



## Meeting Report

### The Timor Consortium

To help celebrate Foundation month we were addressed by Vijay Susarla of the Camberwell Club on the Timor consortium.

This started as a small project with a modest budget of \$10,000 putting in a water tank and toilet in a small village in Timor Leste. This village was geographically relatively close to Dili but chronologically and culturally much further away.

It was soon realised that there were many similar villages which were crying out for similar facilities. It was also realised that this was beyond the abilities of a single Rotary club and so the consortium was established between a number of clubs both within D9800 and beyond with the contact in Timor Leste of the RC Dili.

Much greater funds were required to complete the project so a global grant was sought and received from the Foundation. The grant application was complex and arduous but eventually successful. With the various ways of Matching Grants a multiplier effect came into operation and the budget expanded to \$140,000. Many Rotarians and locals were involved in the construction but with the ideal of sustainability the locals were (with much initial resistance) trained in the maintenance of the facilities and were held to be responsible.

Some cultural differences were observed where two tanks were damaged due to "fear" of the unknown. Similarly when two other tanks were to be used as replacements and sourced from an unfinished installation there was a reluctance to release them as "possession" is culturally very important in this part of the world.

Vijay stressed the value of global grants to enable a single club to facilitate a large project and also the ability of Rotary and Rotarians to work together to achieve their goal.

Findley Cornell.



### Our Leadership



**RI President  
Barry Rassin**



**DG 9800  
Bronwyn  
Stephens**



**AG Eastside  
Barry  
Hickman**



**President  
RCNB  
Nino Sofra**



## Club Diary

December 2018 Fence repairs in Cobden.  
December 7 Ladies Christmas Fare  
February 15-17 2019 Multi-Districts Conference  
February 22 Annual Charity Golf Day  
Australian Grand Prix 11-17 March 2019  
Camp Getaway Working Bee 11-13 October 2019  
[Read about Rotary in your area in The Progress Leader](http://leader.smedia.com.au/progress/)  
<http://leader.smedia.com.au/progress/>

## APOLOGIES FOR CLUB MEETINGS

Sign the "apology sheet" at the front desk at the prior meeting if you know in advance. Or E-mail to Hugo Goetze at [hugogoetze@netspace.net.au](mailto:hugogoetze@netspace.net.au) or 9857 6701

**Please apologise no later than 5pm on Tuesday.**

**MEETINGS  
THURSDAYS  
6 for 6.30pm  
Kew Golf  
Club  
120 Belford  
Road Kew  
3102  
Ph.  
9859 6848**

## MEETING ROSTERS

**Thursday 22 November****Greeters:** Terry Keyhoe, John Koa**Set Up:** Adrian Ranson, Rowan McClean**Desk:** Steven Greatorex, Geoff Haddy**Speaker -** Paul & Rania Scarlett**Host -** Geoff Kneale**PARTNERS NIGHT      PARTNERS NIGHT**  
**VENUE:- NORTH BALWYN BOWLS CLUB****PARTNERS NIGHT      PARTNERS NIGHT**  
**MEAL PRICE \$25:00 PER HEAD.****Thursday 29 November****Greeters:** Brian Lacy, Imre Lele**Set Up:** Bronwen Dimond, Ian Richardson**Desk:** Peter Elliott, John McBride**Speakers -** Bev Sofra, Brian Thomas  
and Jenny Sanders**Topic -** Solomon's Report**Thursday 6 December****Greeters:** Kinga Paulheim, Colin Sharp**Set Up:** Jim Romanis, Geoff Steinicke**Desk:** Ted Wilkins, Greg Cribbes**Speakers -** Sue Taffe**Host -** Jeanette Leigh**CHRISTMAS PARTY    CHRISTMAS PARTY    CHRISTMAS PARTY    CHRISTMAS PARTY**  
**THIS IS A PARTNERS NIGHT****Thursday 13 December****Greeters:** Anthony Stokes, Garth Symington**Set Up:** Jim Studebaker, Peter Sutherland**Desk:** Russell Cooper, David Cheney**SUPPORT OUR LADIES TEAM**

On behalf of President Nino many thanks to those members who indicated their monetary support of our team of ladies who Pranced Around the Park for End Polio Now.

Donations may be made to the Club Service Account BSB 633-000 Account No 146140785

Add your name and the word "Prance" as the reference.

Many Thanks, Findley



**Birthdays and Anniversaries between November 12 to November 19**

**Weddings:** Beatrice and Christopher Ko

**Birthdays:** Kerry Romanis, David Rowe, Greg Cribbes

**Induction Anniversaries:** David Cheney, Peter Elliott



Place your orders with Colin Sharp email [colinsharp@bigpond.com](mailto:colinsharp@bigpond.com) \$10.00 for a pack of 6 tarts

# WE'RE ALL ABOUT OUR COMMUNITY THIS *Christmas*

At Bakers Delight, we're all about our community so this Christmas we'd like to offer your school or organisation the opportunity to bring some additional delight to your network with our

## **Bakers Delight Christmas Fundraising Drive**

**We'll donate \$2 from every  
Christmas Tart 6-pack sold!**



Fruit Mince Tarts!!

Lemon Tarts!!

\$10.00 a pack of 6 Tarts!

### **Need more Christmas convincing....?**

We will happily provide free samples of our freshly baked, delicious Fruit Mince and Lemon Tarts.

We pride ourselves on maintaining the highest possible quality products by using only the finest ingredients.

### **Want to join in our jolly offer?**

If you wish to participate in a Bakers Delight Christmas Fundraising Drive, we will confirm both your order due date and order delivery date for your event.

Merry Christmas,



**Baker Delight Franchisee**

T:

*Bakers Delight*

## Geoff's Health Tips

**Daily Yoghurt – more than Flavour of the Month**

From small beginnings amongst health conscious European migrants, Australia's daily consumption of yoghurt has grown considerably. At present, 20% of the population regularly eat yoghurt of which flavoured yoghurt currently accounts for 52% of total consumption, and is falling, whilst 'natural' is currently 48%, and rising in popularity.

**The word 'yoghurt' comes from the Turkish language, meaning 'curdled' or 'thickened milk', which is pretty much what happens to milk during yoghurt production.**

At its simplest, it is milk that is heated and then has live bacteria added. The side of the packaging reveals which bacteria was used, such as *Streptococcus thermophilus*, *Bifidobacterium*, *Lactobacillus casei* and *Lactobacillus bulgaricus*.

**Like milk, yoghurt is a rich source of calcium and protein, and provides other nutrients such as iodine, vitamins D, B2 and B12, and zinc.**

Yoghurt has many benefits, including better bone health, reduced risk of developing cardiovascular disease (CVD), and a favourable influence on gut microbiota.

**Better Bone Health**

- \* In a study of 733 healthy postmenopausal women who ate at least one serving of yoghurt a day had better bone health than women who never consume yoghurt.

**Reduce the risk of CVD**

- \* New research published in the *American Journal of Clinical Nutrition* suggests that a fatty acid found in dairy could lower the risk of death from cardiovascular disease – and strokes in particular.

**Feeding your gut microbiota**

- \* Researchers at the University of Virginia School of Medicine have reversed depression symptoms in mice by feeding them *Lactobacillus*, a probiotic bacteria found in live-cultures yoghurt. Further, they have discovered a specific mechanism for how the bacteria affect mood, providing a direct link between the health of the gut microbiome and mental health.



Geoff

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<u>Meeting No.21</u>		Thursday, 15th November 2018
<b>Present:</b>		
Guest Speaker	1	Vijay Susarla (RC Camberwell) - Timor Leste Rotary Consortium (6 clubs)
NB Members	52	Majid Behzadnia & Ted Wilkins - both present, no meal.
Guests	2	Lee Yang & PNM Dr Mala Desai (both Rowan McClean)
		Members Present 52 = 70.3% ;
		Apologies - LOA = 3, On-time = 18, Late = 1.
<b>External Activities</b>	15	<b><u>2nd Bite delivery to CamCare</u></b> - Brian Hurnard;
(Board Approved)		<b><u>Gardening Project</u></b> at Royal Talbot 10 Nov.- Greg Cribbes, FoR Ian Glenney, & Geoff Haddy. (Last for this term). <u>Camberwell Sunday Market</u> 4 Nov.- Neil Marshall & John Rennie.
		<b><u>Reading Program</u></b> at St Bridget's 13 Nov. - John Gartlan, Estelle Kelly, Bill Oakley & Phil Wade;
		<b><u>Men's Shed</u></b> 13 & 15 Nov. - David Cheney, Peter Elliott, Tony Hart & Greg Matthews ;
		<b><u>Catering</u></b> - 9 Nov. Bill Oakley, Don Taylor, Eileen Toohill ; 11 Nov.- Beatrice Ko, Greg Matthews, Jane Pennington, Ian Richardson & Eileen Toohill.
		<b>Absent Next week for Rosters</b> :Cribbes, Downton, Hardikar, Hart, Ho, Liao, Marshall & Romanis.



**CLUB AGM – FINANCIALS, NEXT YEAR'S OFFICE BEARERS AND PROTECTION POLICY**

Matters raised at the Club's Annual General Meeting on November 8<sup>th</sup> 2018 included the formal presentation of the audited financial statements, the election of office bearers for 2019/20 and a review of the Club's Child Protection Policy by the Club's Protection Officer.

**Club Finances:**

The Treasurer for years 2017-2018, Greg Cribbes, noted that the Club finances (reports circulated prior to the meeting) were in a healthy state as a result of excellent fund raising efforts coupled with administrative changes. These changes have placed both the Service and Administration accounts in strong positions going forward into the current Rotary Year.

**Election of Office Bearers for the 2019-20 Year:**

Single nominations were in hand for all vacant positions;

PRESIDENT NOMINEE	Greg Cribbes	
VICE PRESIDENT	John Magor	
SECRETARY	Gavan Schwartz	
TREASURER	Adam Hillary	
DIRECTORS (2 Year)	Tony Hart	Community Service
	Adrian Ranson	Foundation
	Rowan McClean	International Service
	Jim Studebaker	Membership
DIRECTORS (1 Year)	Kinga Paulheim	Vocational Service
	Jane Pennington	Youth
	Bill Oakley	Fund Raising

The Vice President declared those nominated as elected and introduced the ongoing members of the Board –

Peter Sutherland	President 2019-20
Nino Sofra	IPP
Tony Wells	Club Service

**Club Protection Program**

The Club Protection Officer John Rennie addressed the Club AGM on our Protection Policy which covers our work with children and vulnerable adults. This is a critical policy.

It goes to protecting the Club's reputation by seeking to prevent unwanted issues and consequences including adverse publicity and, in a worst case scenario, potential litigation.

Key points made by John included:

- ♦ *The Board encourages all members to hold a current Working With Children Card. Under Victorian state law, members must hold a Working With Children Card when working with children. There are no exceptions.*
- ♦ *All projects where children are involved must have an appointed team leader whose responsibility is to ensure all Club members, and others working with them, have a current WWC Card.*
- ♦ *The Club has produced Child Safe Standards as mandated after the report by the Royal Commission into Child Sexual Abuse. These include taking reasonable steps to protect children from abuse; treating everyone with respect; listening and responding to views and concerns of children; ensuring that where possible lone adults are not left alone with a child; report any allegations of child abuse or harassment to the President, Vice President or Secretary for further appropriate action; ensure as quickly as possible that the child is safe if an allegation of child abuse is made.*

John Rennie is available to provide advice and further detail on these important issues.



# Christmas Fare

Commonwealth Bank, North Balwyn Village

Friday, 7<sup>th</sup> December 2018

We are planning the Annual Christmas Fare again this year. Are you able to help with baked goods, puddings, cakes, shortbreads, biscuits, chutneys and much more to tempt taste buds and decorate Christmas tables?

If you are able to help could you please deliver goods to Ian Mollison's office, Helloworld, 66 Doncaster Rd by 5:30pm Thursday 6<sup>th</sup> December.

This year funds raised will go to  
**Impact for Women**  
Making a difference to women  
and children fleeing extreme violence  
at home

Many thanks for your help.

Do NOT  
mind your own business

Do nothing  
and you may as well  
lend a hand

 impact



Enquires to Bev Sofra Mob: 0438 567861



# Peace Through Service Conference

## Rotary



## Melbourne Convention Centre Friday 15 February 2019

- Learn how Rotary's Areas of Focus promote international peace and harmony
- Join leaders & share ideas
- Be inspired by world class speakers
- Learn about Rotary's Peace Building partners
- Learn how your club can become a Peace Builder Club
- Enjoy networking opportunities



**MC Brittany Arthur**



**Ian Riseley OAM**



**Steve Killelea AM**



**Tony Stuart, UNICEF**



**Tilman Ruff AM**

### PROVISIONAL PROGRAM AVAILABLE

on the 2019 Victorian

Multi District Conference website:

[www.rotaryconference.org.au](http://www.rotaryconference.org.au)

Before November 30: \$150 (\$75 with VMD Conference registration)

After November 30: \$200



## ROTARY INFORMATION

Rotary International	Website:-	<a href="https://www.rotary.org/">https://www.rotary.org/</a>
	Facebook:-	<a href="https://www.facebook.com">https://www.facebook.com</a>
	Twitter:-	<a href="https://twitter.com/Rotary">https://twitter.com/Rotary</a>
Rotary Australia	Website:-	<a href="http://rotaryaustralia.org.au">rotaryaustralia.org.au</a>
	Facebook:-	<a href="https://www.facebook.com/RotaryAroundAustralia/">https://www.facebook.com/RotaryAroundAustralia/</a>
	Facebook RDU:-	<a href="https://www.facebook.com/rotarydownunder/">https://www.facebook.com/rotarydownunder/</a>
	Twitter:-	<a href="https://twitter.com/rotaryaustralia">https://twitter.com/rotaryaustralia</a>
District 9800	Website:-	<a href="https://www.rotarydistrict9800.org.au/">https://www.rotarydistrict9800.org.au/</a>
	Facebook:-	<a href="https://www.facebook.com/rotarydistrict9800/">https://www.facebook.com/rotarydistrict9800/</a>
	Twitter:-	<a href="https://twitter.com/rotaryd9800?lang=en">https://twitter.com/rotaryd9800?lang=en</a>
	Networker:-	<a href="http://rotarydistrict9800.org.au/content/54/networker">rotarydistrict9800.org.au/content/54/networker</a>
Rotary Club of North Balwyn	Website:-	<a href="http://www.rotarynorthbalwyn.com.au">www.rotarynorthbalwyn.com.au</a>
North Balwyn Men's Shed	Website:-	<a href="http://www.northbalwynmensshed.com">www.northbalwynmensshed.com</a>
Find a Rotary Club:-		<a href="https://my.rotary.org/en/search/club-finder">https://my.rotary.org/en/search/club-finder</a>

## ROTARY CLUB OF NORTH BALWYN 2018/19

President: Nino Sofra	<a href="mailto:president@rotarynorthbalwyn.com.au">president@rotarynorthbalwyn.com.au</a>
Vice President: Adrian Ranson	<a href="mailto:vicepresident@rotarynorthbalwyn.com.au">vicepresident@rotarynorthbalwyn.com.au</a>
Secretary: Gavan Schwartz	<a href="mailto:secretary@rotarynorthbalwyn.com.au">secretary@rotarynorthbalwyn.com.au</a>
Treasurer: Adam Hillary	<a href="mailto:treasurer@rotarynorthbalwyn.com.au">treasurer@rotarynorthbalwyn.com.au</a>
Grapevine: John McBride	<a href="mailto:jdmcb48@bigpond.net.au">jdmcb48@bigpond.net.au</a> <b>Noon Sat Weekly Deadline for submissions.</b>

North Balwyn Probus:	Michael Martin	<a href="http://balwynnorthprobus.org.au">http://balwynnorthprobus.org.au</a>		
North Balwyn Heights Probus:	Sue Mullarvey	<a href="mailto:yarramul@tpg.com.au">yarramul@tpg.com.au</a>	98574305	0400821402
Greythorn Probus:		<a href="http://greythornprobus.org.au">greythornprobus.org.au</a>	98594941.	
Boroondara Ladies Probus:	Janet Eddy	<a href="mailto:jveddey@applewood.net.au">jveddey@applewood.net.au</a>		

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Thank you Helloworld North Balwyn for your ongoing support of our Event Days and assistance with our Mongolia travel arrangements.



**Bendigo Bank**

Kew | Kew East

Bendigo Bank is a strong supporter of Nth Balwyn Rotary through its help with our Community Projects and Fund Raising.

*Bakers  
Delight*