



MEETING REPORT

Jill Forsyth of the Rotary Club of Kew, donated \$2,000 to our Club. This donation is from funds raised at the Kew Rotary Fair Trade and Charity Shop, East Kew, at which Members of the Club volunteer their time.

President Nino organised Rowan McClean to provide an update on Minh Hac, Vietnam.

Thanks to Rowan for the following.

Rotary North Balwyn Support for the Minh Hac Community (MH), Vietnam.

While in Hanoi in 2007 working for the UN, I was asked if I could muster support for children in Minh Hac (MH) who can't afford school.

The request came from Thuy and her husband who had attended the basic Minh Hac schools. They completed tertiary qualifications and are a great role models for the children at Minh Hac.

Thuy's mum, MH's People's Committee chair for 12 years, is completely trusted by the community. Thuy's dad, Mr Dai, previously a diplomat, agreed to be our representative. Initially 20 Australians agreed to help with this project.

With no Vietnam Rotary, we set up a Charitable Trust in Melbourne and completed painstaking paperwork to register a local Non Government Organisation (NGO) in Vietnam. Legislation changed the month before approval, and we had to prepare the application again!

Our first sponsor and I were the first foreigners ever to visit MH and we encountered a dusty road and subsistence farmers growing corn and rice. The sponsor met her assigned orphan girl who was 9 and had to tend animals to earn enough money for food so couldn't attend school. The sponsor supported her through school and University: she has a good job in Hanoi.

Continued on page 2..



Our Leadership



RI President
Barry Rassin



DG 9800
Bronwyn
Stephens



AG Eastside
Barry
Hickman



President
RCNB
Nino Sofra

NOTICE TO MEMBERS.

Please notify Hugo of Apologies and guests **by 5 pm Monday 22** for the meeting this week at the Greythorn Community Hub on Wednesday 24 April.

Club Diary

Club Birthday Celebration 9 May 2019

Camp Getaway Working Bee 11–13 October 2019

Fellowship Weekend 15–17 November 2019

Read about Rotary in your area in The Progress Leader
<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 or 9857 6701

Please apologise no later than 5pm on Monday.

MEETINGS THURSDAYS

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

Rotary North Balwyn Support for the Minh Hac Community (MH), Vietnam.

Continued from page 1

The community priority is for a pagoda, but we won't support politics or religion.

It is wanted to bring people together so Interact and our club fund a community centre that local trades people build.

In 2010, Imre Lele and I set up the first library in the new Centre (there are no libraries, even in the schools).

We are told that the government will close the 100-child Kindergarten because there is nowhere to safely store food. A \$300 refrigerator purchased on the spot saves the day.

We consult with the community about priorities and set up a local leadership team to spread responsibility, encourage involvement and help avoid "unorthodox practices". There are some 250 registered NGOs in the Province that do not perform. Why do these Australians in a new NGO want to help MH for nothing in return? Gaining trust of the Minh Hac community takes two years.



Challenges included:

- * Complicated visit and reporting procedures
- * Establishing systems to protect funds - avoiding cash and setting up vouchers
- * Opening bank accounts
- * Arranging pro bono audits by PKF in Vietnam and Australia
- * Constraints to DIK containers (doubts about Customs officials)
- * Avoiding "facilitation" payments
- * Communication misunderstandings
- * Lack of punctuality
- * Different values, attitudes and behaviours.

The top-down power hierarchy inhibits initiative. Even educated people are not able to plan, set priorities or multitask to our expectations.

We have equipped schools and clinics.

150 children have been sponsored at school with 20% going on to tertiary education.

We have provided potable water, supported small business start-ups, and commenced three projects to break the poverty cycle.

We have expanded to the Yen Luat community through Rotary Bacchus Marsh, Bang Gia through Rotary Balwyn and, in the next three months, Cheu Luu through Rotary Brighton.

Conclusion

North Balwyn Rotarians have visited Minh Hac, and there are more than 20 who support the project financially.

100% of contributions go to the specific child or project, and no charity I know of can claim that.

Some members think we should spend all of our community service funds locally.

We do have serious local challenges, but we have 70+ members as a resource and I see it as an **"AND"**, not an **"EITHER/OR"**.

Rotary helps people in need worldwide, and our club should strive for balance.

What has been the cost to RCNB?

Since inception, we have spent only 6.5% of our total annual Service Revenues on Minh Hac while achieving impressive outcomes.

Our support for the community has improved the lives of very many people for small financial outlays, and we should be very proud of our contribution as a club.

Rowan McClean

MEETING ROSTERS

**Note:- This meeting is a change of date and will be held at The Hub Community Centre.
Partners and Guests most welcome.**

Wednesday 24 April Greeters: Chris Flavell Smith, Jeanette Leigh Set Up: John Koa, Tony Hart Desk: Jim Romanis, Anthony Stokes	Speaker:- No Speaker required Host:- Topic:-
Thursday 2 May Greeters: Phil Francis, Jim Romanis Set Up: Estelle Kelly, John Koa Desk: Jim Studebaker, Rob Head	Speaker:- Leigh Woodgate Host:- Topic:- 7 Steps to Overcoming Adversity.
A champion jockey, Leigh's catastrophic fall was broadcast on national television. With the racing world watching and fearing the worst, Leigh survived and after 15 years repairing her shattered body and mind, Leigh's perseverance and dedication, is awe-inspiring. An inspirational and motivating evening as Leigh presents her "Australian Story" to overcoming adversity.	
This is a Partner's night as we celebrate the Club's 39th Birthday	
Thursday 9 May Greeters: Beatrice Ko, Rowan McClean Set Up: Findley Cornell, Don Taylor Desk: Joe Butler, Bronwen Dimond	Speaker:- No Speaker required Host:- Topic:-

<u>Meeting No.40</u>	Wednesday, 17th April 2019
<u>Present:</u>	
NB Members	30
Visiting Rotarians	1 Jill Forsyth - RC Kew
Meals Served	31 Members Present 30 = 43.5% ; Membership = 69
	Apologies (on time) = 30, LOA = 7, late apologies = 1, No Show = 1
<u>External Activities :</u>	16 <u>2nd Bite delivery to CamCare</u> - 18th April Maurie & Kris Walters
(Board Approved)	<u>Jane Pennington - Fareshare (2nd weeks) & RC Kew OpShop (FairTrading)</u>
	<u>Camberwell Sunday Market</u> , 14/4 Greg Cribbes & Ian Richardson ;
	<u>Schools Reading Project</u> - school holidays (next 30 April)
	<u>Gardening Project</u> - school holidays, next 26 & 27 April
	<u>Men's Shed</u> - David Cheney, Peter Elliott (2), Tony Hart (2) & Greg Matthews ;
	<u>Catering BBQ</u> - next, Easter Saturday 20th April; Rowan McClean - <u>RC Brighton</u> ;
	<u>Training Day for Mongolian Tour</u> - Peter Downton, Estelle Kelly, Bill Oakley &??

Birthdays and Anniversaries between April 22 to April 27

Weddings: Peter and Pat Cleary, Geoff and Judy Steinicke
Birthdays: Ursula Smith, Bernie Smith, Bronwen Dimond
Inductions: Rob Stewart

PARTY TIME!

The Rotary Club of North Balwyn turns 39
We've been very busy, now it's time to Party.
Put on your glad rags and kick up your
heels.

Sarah MacLaine and friends are coming to
entertain us.

Thursday 9th May 2019
6 for 6:30pm

Kew Golf Club
120 Belford Rd, East Kew

R.S.V.P. on 9857 6701 or
To Hugo Goetze hugogoetze@netspace.net.au

Model United Nations Assembly (MUNA)

This year, our Club has sponsored two teams to attend the District 9800 Model United Nations Assembly (MUNA). Daniel Moshopoulos and Edward Spink from Trinity Grammar School will represent North Korea and Balwyn High School's Leroy Floyd and Ned Lindenmayer have been allocated the United States of America.

During their debates, the positions held by both of these countries are likely to be very much at odds with the boys' personal opinions on a number of issues, so it should be an interesting and challenging experience for all four of our participants.

In past years, both Trinity Grammar and Balwyn High have performed very well, showing evidence of excellent research, which has resulted in a deep understanding of their allocated country's international position on issues such as world security, human rights, protecting the environment and other areas affecting the future of the planet.

Students dress in the national costume of their country and passionately argue their cases in the hope of winning the competition and progressing to National level.

This year, MUNA is being held at Swinburne University, in the AMDC building Room 301, on the weekend of 27th – 28th April. Resolutions will be discussed from 9:00am to 5:00 pm on the Saturday and from 9:00am to 3:00pm on the Sunday, with a lunch break from 12.45pm – 1:30pm on both days.

MUNA will close with an award ceremony at 3:30pm.

Observers are very welcome throughout the weekend and I would encourage any members and their families who have not seen the spectacle that is MUNA, to drop in to Swinburne for an hour or so.

You won't be disappointed!



DSCF1160.JPG



DSCF1161.JPG



DSCF1162.JPG



DSCF1163.JPG



DSCF1165.JPG



DSCF1166.JPG



DSCF1167.JPG



DSCF1168.JPG



Geoff's Health Tip

Reducing the Risk of Our Second Most Common Cancer

Bowel cancer, also known as colorectal, rectal and colon cancer, is the second most common cancer in both men and women in Australia and is more common in people over the age of 50. In 2018 there were 4,129 deaths attributed to bowel cancer in Australia, the second highest number of cancer deaths.

Are there ways to reduce the risk of bowel cancer?

One of the most remarkable discoveries came from an observation that black Africans living in the horn of Africa did not suffer from bowel cancer. We now know this was due to their higher intake of **resistant fibre** in their diet, compared to the European or Western diet.

We define resistant fibre by its resistance to digestion in the stomach and small intestine, then travelling through the gut it is fermented in the large intestine. Fermentation produces nutrients, especially short chain fatty acids, such as butyric acid. **It is believed these short chain fatty acids reduce the risk of bowel cancer.**

Resistant fibre occurs naturally in most foods but, relevant to the Australian diet, vegetables such as chickpeas, beans (think of Heinz), potatoes (especially potato salad), provide nearly half the resistant fibre intake.

Of the grains, barley has the highest percentage of resistant fibre, especially BARLEYmax™ developed by CSIRO and sold by the Healthy Grain Company.

The study of the black Africans' diet also found that after cooking grains such as rice, corn and pasta, and then cooling, the percentage of resistant fibre increased considerably.

The phenomenon of cooking, cooling and then reheating to increase the amount of resistant fibre, not only applies to rice, but also to potatoes (eg, potato salad), pasta, noodles and other grains, such as oats (porridge).



Geoff

Another photo from the Moama golfing weekend.

If I was that golf ball, I would be scared!
VERY VERY SCARED!





CAMBERWELL SUNDAY MARKET ROSTER – No 34

Sunday	6.45am – 10.00am	9.45am – 1.00pm
28 April	Kinga Paulheim	Estelle Kelly
5 May	Garth Symington	Eileen Toohill
12 May	Geoff Kneale	Geoff Steinicke
19 May	Don Taylor	Imre Lele
26 May	John Rennie	Russell Cooper
2 June	Neil Marshall	Nino Sofra
9 June	Estelle Kelly	Findley Cornell
16 June	Greg Cribbes	Larry Fitzpatrick
23 June	Bill Oakley	Colin Sharp
30 June	Tak Yukawa	Brian Lacy
7 July		Marcel Muntwyler
14 July	Rob Head	
21 July		
28 July		
4 August		
11 August		

Please let me know as soon as possible if you are cancelling
 Geoff Steinicke Mob 0418 175 130 email gwsteinicke@bigpond.com

Second Bite Roster

The Roster to collect food from Second Bite and deliver to Camcare.

Date		Volunteer Driver	Team Members NOT available
25	April	Closed Anzac Day	
2	May	Steven Greateorex	
9	May	Rob Head	
16	May	Greg Cribbes	
23	May	Imre Lele	
30	May	Garth Symington	
6	June		
13	June		
20	June		
27	June	Greg Cribbes	

Catering Roster

Catering is one of major fundraising activities - help is always wanted!!

So if you can help at any of the following events, please email Jane Pennington at jane.pennington@bigpond.com

25 April	ANZAC Day		5.30am to 9.30am	
Thursday	Doncaster RSL	1	Greg Matthews	4 Bill Oakley
	Doncaster Road	2	Jane Pennington	5 Nino Sofra
		3	Greg Cribbes	6 John Gartlan
			Barista: David de Garis	David Cheney
8 June	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Saturday	Middleborough Rd	1	Sarah Hurst	Pirozek Family
	Box Hill	2	Jagarth Jayasinghe	Pirozek Family
		3	Emily Rowling	Georgia Suddick
		4	Bill Oakley	Brian Lacy
		5		Bill Oakley
	Eftpos Machine Manager			
29 June	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Saturday	Middleborough Rd	1	Bill Oakley	Bill Oakley
	Box Hill	2		Brian Lacy
		3		Janie Pirret
		4		
		5		
	Eftpos Machine Manager			
13 July	Miniatures		8.30am to 12.30pm	12.00pm to 4.00pm
Saturday	Glen Waverley	1		
		2		
		3		
		4		
		5		
		6		
		7		
		8		
14 July	Miniatures		8.30am to 12.30pm	12.00pm to 4.00pm
Sunday	Glen Waverley	1		
		2		
		3		
		4		
		5		
		6		
		7		
		8		
17 August	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Saturday	Middleborough Rd	1		
	Box Hill	2		
		3		
		4		
		5		

Gardening Roster

This roster has been expanded to third term. Plenty of opportunities for volunteers.

Date	School	Time	RCNB Supervisor	Assisted by (1 or 2 pls.)
SCHOOL HOLS				
Fri 26 April	CGS, XC	3-5pm	R McClean	J Pirret G Haddy
Sat 27 April	MLC	10-noon	S Hardikar	+ B Ormerod (C'care)
Fri 3 May	CGS, XC	3-5pm	G Haddy	
Fri 10 May	CGS, XC	3-5pm	G Symington	I Glenney J Perret
Sat 11 May	MLC	10-noon		M Muntwyler, B Ormerod (C'care)
Fri 17 May	CGS, XC	3-5pm	G Cribbes	J Pirret
Sat 18 May	MLC	10-noon		
Fri 24 May	CGS, XC	3-5pm	G Cribbes G Symington	I Glenney, I Adams (at Eva T)
Sat 25 May	MLC	10-noon		
Fri 31 May	CGS	3-5pm	R McClean	I Glenney J Pirret
Fri 14 June	XC	3.45 – 5pm	G Cribbes	I Glenney
SCHOOL HOLS				
Fri 19 July	CGS, XC	3-5pm	G Haddy	I Glenney
Fri 26 July	CGS, XC	3-5pm	G Symington	I Glenney
Sat 27 July	MLC	10-noon		T Yakawa
Fri 2 Aug	CGS, XC	3-5pm	R McClean	I Glenney
Fri 9 Aug	CGS, XC	3-5pm		I Glenney I Adams (at Eva T)
Sat 10 Aug	MLC	10-noon		
Fri 16 Aug	CGS, XC	3-5pm		I Glenney
Sat 17 Aug (special)	CGS Spl	10 - noon		
Fri 23 Aug	CGS, XC	3-5pm		I Glenney
Sat 24 Aug	MLC	10-noon		
Fri 30 Aug	CGS, XC	3-5pm		I Glenney
Sat 31 (special)	CGS spl	10-noon		
Sat 31 Aug	MLC	10-noon		
Fri 6 Sept	XC	3.45-5pm		I Glenney
Sat 7 Sept	MLC	10-noon		
Fri 13 Sept	XC	3.45-5pm		I Glenney
SCHOOL HOLS				

Please complete as circulated at meetings or advise availability to Geoff Haddy at ghaddy@bigpond.net.au (until such time as Brian Lacy fully assumes the Coordinator's role).

Rotary

Club of Rochester



Incorporated No. A0021076T

An evening at -
The Heritage Court House
 Home of Rochester Rotary.

23 Moore Street, Rochester
 (Opposite Graeme Nelson Motors)

A invitation to join us
 At the legendary

PIE AND PORT NIGHT

Featuring local baked country fare, complimented with soothing beverages.

Saturday 4th May, 2019.

6:30pm for 7:00pm

\$30 per person. Early Bird.

\$35 after 30 April.

RSVP Friday 26th April (for catering purposes, thank you)

Direct credit payment to bank account - Rotary Rochester, BSB 633 000 A/c 1321 85521

Please label **Pie & Port** and your name and

email the names of attendees to:

: bryangriffiths4@bigpond.com

Or enclose payment with your snail mail reply.

Secretary (Pie & Port)

PO Box 74

Rochester 3561

*Would you like to come along?
 Bookings are open to reply now.*

Cut here

Attendance return for PIE and PORT

Number of persons attending at \$30 per person

Names:

.....
 Please indicate any specific dietary requirements

Not to be missed!

Rotary
District 9800



FORUM DAY – Saturday 11 May 2019

Working Together to Address Homelessness

Corporate Membership and Raising Funds for Signature Projects

Calling all Interested Rotarians:

This is your invitation to a day of information sharing, learning and inspiration.

The day will be in two parts – you may attend both sessions or just one.

9.30am to 12.30pm: *Working Together to Address Homelessness*



This is your opportunity to network with members of other Clubs to discover what projects are currently being undertaken in the homelessness sphere and how Clubs could work together to address Homelessness in local communities. Come prepared to share your projects as well as gain information from others.

12.30pm – 1.30pm: *Lunch*

1.30pm to 4.30pm: *Corporate Membership & Raising Funds for Signature Projects*

Topic experts include:

- | | |
|-----------------------|--|
| • David Jones: | Sponsorships from Businesses & Corporates |
| • Leigh Wallace: | Philanthropic funding opportunities |
| • Gerrie Carr-MacFie: | Obtaining funds from Councils & Corporates |
| • Gary Goldsmith: | Online donations |
| • Philip Archer: | Corporate Membership & proforma sponsorship proposal |



The Details:

Date:	Saturday 11 May 2019
Venue:	DIK, Shed 39, 401 Somerville Road, Footscray West
Start Time:	9am for a 9.30am start
Cost:	\$12.00 which includes lunch
To book:	https://www.trybooking.com/BBTFI
Deadline:	Friday 3 May 2019
Questions:	To Jane Pennington secretary@rotarydistrict9800.org.au

You are invited to



Come and hear about Rotaract— a global organisation that empowers students and young professionals to create positive and lasting change in themselves, their local community and around the world. Partnering with Rotary International, the over 70 Rotaract Clubs across Australia are part of a worldwide organisation of 250,792 individuals in 10,904 clubs covering 184 countries.

Rotaractors are aged 18—30 and they:



HELP

Those in need



LEARN

Through professional development opportunities



ENJOY

Social activities

Does this sound like something you or someone you know would like to know more about?

If so, the Rotary Club of North Balwyn is working to establish a Rotaract Club in Boroondara and is inviting interested people to come, hear and learn about Rotaract from current Rotaract members.

You might be a student, an apprentice, working in an office, working outdoors, working for yourself, at home ...everyone is welcome.

The details for your diary:

Date: Tuesday 14 May 2019

Time: 7pm to 9pm Light refreshments will be provided.

Venue: Greythorn Community Hub, 2 Centre Way, Balwyn North

RSVP: To Jane Pennington by 10 May, admin@rotarynorthbalwyn.com.au

Questions: To Jane on 0408 402 555

We would love to see you then!!

For more information:

Rotaract: www.rotaract.org.au

Rotary North Balwyn: www.rotarynorthbalwyn.com.au

Rotary International: www.rotary.org



We acknowledge the Bendigo Bank East Kew for their support of this project.



Is the Entertainment Guide good value?



People have said, "What's the catch?" There is none. The book is the real deal.

Businesses offer discounts because they get the benefits of advertising. Often, they participate to support their local community.

As for the Entertainment Book, it earns money through the sale of books and digital memberships. Its key selling point is that it only distributes through charities.

The secret to making use of the book is to use it. I find many people feel pressured into buying a book to support a charity, and then are too embarrassed to redeem – or they forget.

For some people there is a social stigma to presenting a voucher, especially in front of other people.

My experience of using the vouchers is positive, and the new digital membership app makes it easier to use (plus I never forget it as it is on my phone).

A discount is only a bargain if you are spending money on something you need or want; it can be easy to fall into the trap of going after deals just to make a saving.

My tips for maximising savings with an Entertainment Book membership:

– You don't have to redeem everything in the book for it to be worthwhile – even if you are only recouping the cost of the membership you are collecting good karma by supporting a charity or cause in your community.

Order your book from Geoff Steinicke 0418 175 130 gwsteinicke@bigpond.com

THANK YOU FOR YOUR SUPPORT!
 Rotary Club of North Balwyn
 Geoffrey Steinicke
 0398578339
gwsteinicke@bigpond.com

ROTARY INFORMATION

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

ROTARY CLUB OF NORTH BALWYN 2018/19

President: Nino Sofra	president@rotarynorthbalwyn.com.au
Vice President: Adrian Ranson	vicepresident@rotarynorthbalwyn.com.au
Secretary: Gavan Schwartz	secretary@rotarynorthbalwyn.com.au
Treasurer: Adam Hillary	treasurer@rotarynorthbalwyn.com.au
Grapevine: John McBride	jdmcb48@bigpond.net.au Noon Sat Weekly Deadline for submissions.

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

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BALWYN NORTH



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*