

The Grapevine



Our Leadership

Club Meeting 17 October

Our speaker this week was Jim Callahan.

As well as being on the Board of Caterpillar Holdings Australia Pty Ltd, Jim is the General Manager for Hard Rock Vehicles, Caterpillar Inc with responsibility for product strategy, product development, marketing, after sales support and Manufacturing of Caterpillar's hard rock underground mining product portfolio.

A graduate of Melbourne University with a Bachelor of Engineering (Hons), Jim has extensive mining experience, including 23 years now with Caterpillar.

Jim spoke to us on the environmental re-

sponsible behaviour of the mining industry and Caterpillar's input into this area. Product development has included technical development of more efficient diesel engines that have reduced polluting outputs.

Jim also commented on a change from open cut mining to targeted boring to access underground resources and underground mining which has a greatly reduced impact on the environment.

Jim (pictured right) was presented with our Certificate of Appreciate by host for the evening Findley Cornell.

On Sunday last President Pete attended the birthday parties of Jack and Dawn Watson (90 and 85 years old respectively). Jack and Dawn are the founders of Computers for Community (C4C) whereby they recognised an opportunity in the year 2000 when uncertainty about the ability of computers to carry on beyond past the year 2000 caused a flood of second hand computers to be made obsolete. Nineteen years later C4C continues to receive second hand computers from businesses and others to be repurposed for Rotary Projects locally and overseas.



Jack and Dawn also founded the Shine-On Awards in recognition of those with disabilities who achieve greatness in the face of adversity. Jack and Dawn were awarded Rotary Hero Awards by President Pete on their Birthday in recognition of their fantastic contribution to Rotary.







DG Grant Hocking



AG Eastside Barry Hickman



President RCNB Pete Sutherland

MEETINGS

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

Club Diary

Fellowship Weekend 15—17 November 2019
Ronald McDonald House Visit 27 November 2019
Ladies Christmas Fare Friday 13 December 2019
District Conference March 27—29 2020
Camp Getaway weekend 16-18 October 2020
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 if you know in advance.

Or E-mail to apologiesrcnb@gmail.com
Please apologise no later than 5pm on Tuesday.

President Pete's Report

This week we saw a number of Community activities keeping our members involved in volunteering.

There are a number of Cluster, Foundation and District Events coming up next before the end of the year. Please read The Grapevine for details and attend if you can make time!

Last weekend we enjoyed our annual Camp Getaway Working Bee which we reported in last week's Grapevine, and again thanks to Greg Matthews for making the arrangements for this activity. It's not only a help to Camp Getaway but also a great fellowship weekend.

At DIK on Tuesday Sue McDonald and Garth Symington met with Jenny Foster (D9800 Dir. International) to hold discussions with John MacDonald (Ballarat Rotary) and Trina Sale (Solomon Islands National Referral Hospital (NRH) ED Director) who was brought to DIK

by Joanna Wood from Adelaide's Flinders ED. John will go to The Solomons this week to sup-

port an Oral Centre with David Goldsmith (Dentist and Rotarian from Ballarat) at The Solomons NRH. The upshot is that Trina has now seen what DIK has to offer and John and David can see firsthand and discuss with Trina what items the next container from DIK to The Solomons could include to satisfy maximum immediate need. This is Solomon Islands Coordination in action exemplified.

On Wednesday we were invited to a Community Event at Boroondara Arts Centre in Hawthorn to cater for their Annual Community Event which this year was associated with the White Ribbon Organisation. Over 400 participants were treated to key note speakers on family violence followed by a lunch presented by our Club. We provided Halal Chicken, and Sausages, accompanied by fresh salads and vegetarian options. Thanks go to Nino and Bill and helpers on the day to make this day the success that it was.

Saturday 19th saw a number of us Walk Against Polio at Albert Park where we met to walk one lap around Albert Part Lake to help raise awareness of Polio and raise funds for our continued End Polio Campaign.

Nino and Gregor turned on the BBQ and Greg Ross handed out the drinks for the fifty plus Rotarians, partners and friends who participated.

This weekend sees more Community Events happening; thanks everyone for your ongoing support of these activities which include, The Gardening Program, Second Bite delivery of food to Boroondara Cares, FareShare Volunteering, Primary School Reading Program, Camberwell Market volunteering, Mens Shed attendance, DIK volunteering and Cluster Meetings. We must also acknowledge the ongoing work by our Board and Committees in keeping our Club

Programs and Meetings meaningful, constructive and engaging for all members.

Keep up the great work! President Pete









Camp Getaway Working Bee Photos





Rotary District 9800 Governor changed the name of the group "Rotary District 9800 Discussion Group" to "People of Action Rotary District 9800".

Visit Group

MEETING ROSTERS

Thursday 24 October

Greeters: Tony Hart, Jagath Jayasinghe
Setup John McBride, Neil Marshall

Desk: Marcel Muntwyler, Bill Oakley

Speaker:- Jane Sullivan

HOST:- Jane Pennington

Topic:- Storytime

Readers of the Saturday Age will be familiar with Jane's weekly column called "Turning Pages" in which she discusses all manner of matters literary, from classics to their modern day equivalents. She writes for readers of all ages including ourselves when we were young, recalling her own childhood love of reading as a fan of Enid Blyton, Alice in Wonderland, The Wind in the Willows and Christopher Robin and Winnie the Pooh. Jane is also an author and in her most recent book she reviews her love of childhood reading from an adult perspective. Those of you who are members of a book group could find that your fellow book group members are most interested.



Thursday 31 October

Melbourne Cup Night Partners Night

Greeters: Greg Cribbes, Peter Elliott

Setup Larry Fitzpatrick, John Gartlan

Desk: lan Adams, Adam Hillary

Speaker:- Bryan Martin
HOST:- Bob Bott

Topic:- Horse Racing in his blood

Bryan Martin OAM is a well-known race caller who has lived for horse racing since he listened to his first Melbourne cup on radio as a six-year old. His career has taken him all over the world including the excitement of Japan in 1990 when he called the great run of the Australian thoroughbred champion, Better Loosen Up winning the prestigious Japan cup. We may be able to recreate a little of that excitement on the night.

Thursday 7 November

Greeters: Geoff Kneale, Imre Lele

Setup Findley Cornell, Rob Head

Desk: John Rennie, Nino Sofra

Speaker: Vocational Awardees

HOST:- Kinga Paulheim

Topic: The importance of Vocation in Rotary

A night very close to home for those familiar with North Balwyn Village. Signorelli's Fresh Fruiterers and The Village Cafe will each be recognized for their contributions and service to our local community

Thursday 14 November

Greeters: Phil Wade, Maurie Walters
Setup Sue McDonald, Ian Mollison

Desk: Geoff Steinicke, Jim Studebaker

Annual General Meeting

Speaker:- Peter Elliott and Garth Symington

HOST:- Takao Yukawa **Topic:-** Autobiographies

Once the formalities of the AGM are concluded, it will be time to relax and listen to the stories of two of our members.

Birthdays and Anniversaries between October 20 to October 26

Weddings: Nil

Birthdays: David de Garis Inductions: Duncan Ansell

Geoff's Health Tip

Recently it was reported in The Age that one in five Australians were being woken by texts and

social media alerts, or waking up to send them. The study conducted by lead researcher Sarah Appleton at Flinders University's Institute of Sleep issued a dire warning on the serious knock-on effects for our waking lives.

"When the alert sounds the temptation to look is enormous, and it is a really difficult problem to manage because it is so pervasive and ingrained in our population."

Even more frightening is sleep-texting, which is the sending of texts while you are asleep. It occurs when you are sleeping with your phone close to you in bed. These messages are more often sent in response to an alert. The chime or alerting sound that would signify a new text message during our wakefullness may similarly prompt our attention during sleep. Replying to a message while asleep may almost be an automatic behavior, but it may not be without errors although autocorrect may help make sense of the reply.

The most important thing to realise is that your entire brain my not be asleep or awake



at the same time. It could be akin to sleep-walking or sleep-talking. It is not just teenages that sleep-text although they are more susceptible. Adults who send a lot of texts during the day and sleep with their phone are also known to sleep-text.

In today's society it's easy to underestimate the importance of a good night's sleep. In particular, it is important to eliminate sleep deprivation. In April, the federal government's inquiry into Sleep Health Awareness found inadequate and interupted sleep cost the economy \$66.3 billion.

Dr Howard LeWine, Chief Medical Editor of Harvard Health Publications, in summarising the results from the Nurses Health Study, published several tips for getting better sleep.

- * Remove your mobile from the room and far enough away so you can't hear the alert.
- * Be sure your bed is comfortable and your bedroom is dark and quiet.
- Have a consistent bedtime schedule.
- * Practice deep breathing, especially increasing the capacity of your upper-lungs.
- * To decrease middle-of-the-night urination, don't drink any fluids after dinner.

Geoff



Garth Symington's family teaching Mongolian students water safety and surfing at Angelsea in January 2018.

Mongolian Cultural Immersion program

On January 5th a contingent of 8 Mongolian students and 3 female chaperones arrive for a two week stay, departing January 20th. We are seeking home hosts for students and chaperones. Chaperones may be home hosted singly but Rotary International decrees students <u>MUST be hosted in pairs.</u> There are four boys and four girls in the group.

The students range in age from 12 - 17 years. The 12 year old boy is the grandson of the contingent leader, Byamba Chultem, who is very experienced in working with young people travelling internationally. Her grandson will be hosted with one of the older students. The ages of the other students range from 14 - 17 years.

The Youth Committee has planned a program comprising day activities, a bus tour along the Great Ocean Road and free time for host families to choose daily activities. The Melbourne students we took to Mongolia in July are invited to join the Mongolian students in all activities.

All members of the host family over the age of 18 years are required to have a Working With Children's Check.

Day activities will include catering for lunches or evening meals. Assistance with catering will also be required. It is another opportunity for RCNB members to meet and interact with the Mongolian group.

The visit by the Mongolian group in January 2018 was very successful with RCNB members contributing where they felt able to.

Ask Jane Pennington, Ian Adams, Bill Oakley, Peter Downton or Estelle Kelly for further details.

Estelle Kelly

Boroondara Community Outreach



Christmas Hamper Project

Dear Members,

Last year Diane Goetze asked us to support the socially isolated at Christmas time by helping provide a Christmas gift of Toiletries and Food. This Christmas Hamper is a way of showing that people are thinking of them at this difficult time. The response last year was great and we wish to repeat it.

Items requested are Toiletries, non-perishable food and failing this, cash donations are always welcome!

Last year members asked local pharmacies and businesses for samples which was well received.

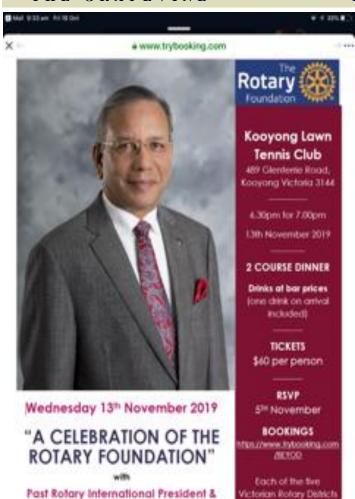
The Christmas Hamper Project aims to provide 497 hampers to the vulnerable in our community.

Each week from later in October, Hugo will have a box or basket at Club Meetings to collect the toiletry items for the men & women in Kew rooming houses.

Thanks in advance for your help.

Hugo and Diane Goetze

	Meeting No.17		Thursday, 17th October 2019		
Present:			,		
F	Guest Speaker 1		Jim Callahan - Head of Caterpillar WorldWide Mining		
\vdash	oucot opeanor		Equipment development for Sustainable use.		
\vdash	NB Members	42	Equipment development for oustainable use.		
\vdash	IND WICHIBEIS		bers Present 42 = 61.8% ; Membership = 68		
\vdash					
Ext	External Activities : 2		DIK 15/10 - J.Pennington & P. Sutherland ;		
	CAMBERWELL Sunday Market, 13/10 - Tak Yukawa, Maurie Walters ;				
	GARDENING PROJECT - 11&12/10; E.Kelly, A.Stokes, G.Symington;				
CA	CATERING -16/10, Sue McDonald, Jane Pennington, Peter & Sally Sutherland,				
Jim	Romanis & Nino	Sofra	; <u>2nd BITE delivery to CamCare</u> , 17/10 Greg Cribbes ;		
ME	MEN'S SHED 14/10 & 17/10, David Cheney & Greg Matthews (2);				
SC	SCHOOLS' READING PROJECT - Kris Walters, E Kelly, W Oakley, J Pirret				
	& Phillip Wade; FARESHARE - Jane Pennington;				
CA	CAMP GETAWAY 11-14/10, Peter Elliott, Larry Fitzpatrick, Imre Lele, Lindsay Pegg.				
Gre	Greg Matthews, J.Pennington, Colin Sharp, Peter Sutherland, & Tony Wells				
	Next Week's absences - The 8 LOA plus 9 Apologies so far.				





27th Rotary Foundation Paul Harris Breakfast

will be represented

at this special



Chair Elect of The Rotary Foundation

K.R. "Ravi" Ravindran

IMPORTANT INFORMATION

When

Thursday, 21st November 2019

Where

The RACV City Club Level 17, 501 Bourke Street Melbourne

Tickets

\$70.00 per head or \$650 for a table of ten (Incl. GST)

RSVP

7th November 2019

Time

7.15 for 7.30 till 9.00am





GUEST SPEAKER

Dr Andrew Browning

Maternal health care in Africa- an Australian intervention

Dr Andrew Browning spent 17 years living with his family in Ethiopia and Tanzania amongst some of the poorest people in the world.

He specialises in treating a devastating birth injury called obstetric fistula. This results from women giving birth at home, without medical help. In labour for four or five days they deliver a stillborn child and the tissues in their pelvis are destroyed, leaving them with large holes (fistula) to their bladder and bowel. Leaking continually they are shunned, depressed and suicidal.

Andrew is one of only a handful of surgeons in the world who have dedicated their lives to helping treat and prevent this. His charity has now built three maternity hospitals in Africa and aims to build many more.

All funds raised will be used to support Rotary Foundation projects that make lives better in your community and around the world



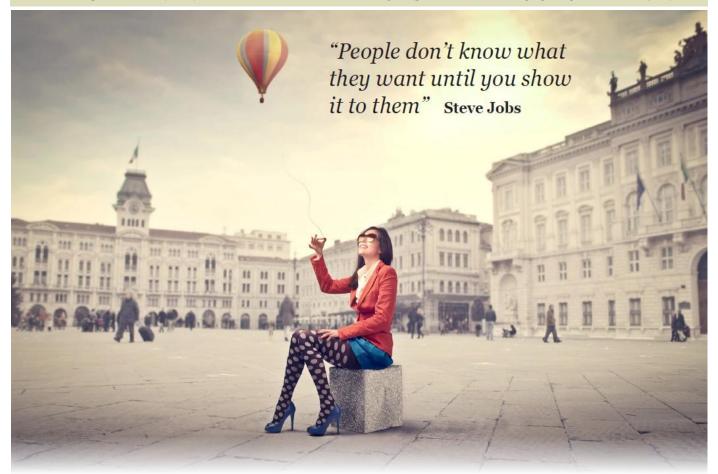
- . The Rotary Foundation of Rotary International has received 12 consecutive 4-star ratings, the top rating, from Charity Navigator as at January 2019.
- · Charity Navigator also rates The Rotary Foundation as Number One in their list of the 10 of the Best Charities Everyone's Heard Of.
- It also received an A+ from Charity Watch its highest rating in 2017 (the most recent rating).
- The Association of American Fundraising Professionals named The Rotary Foundation as the outstanding Foundation for 2016.

We look forward to welcoming all Rotarians, partners, friends and colleagues to this special event

BOOKINGS: www.trybooking.com/BEYTZ

FOR FURTHER INFORMATION PLEASE CONTACT: Marjorie Gerlinger Email: marbern@bigpond.net.au • 0419 302 109

ABN: 29 402 928 051 Reg No. A0018334H Fundraiser Registration No. 10905-18 VCGR Declaration No. 58043



Public Image and Membership Seminar

Want to improve your Web page, impact through Social Media, write a successful Press Release, confidently tell your Rotary Story and attract new members ... well, this day is for you!!

Venue: Baden Powell College Derrimut Heath Campus

Sycamore Street, Hoppers Crossing.

Date: Saturday the 9th November 10 am to 2:30 pm Bookings essential Kerry Kornhauser E: Kornhauser.k@gmail.com

Julie Mason

Past District Governor 2015/16 Rotary District 9800 Public Image Assistant Coordinator 2018/2020

Mobile: 0402 324 093

Kerry Kornhauser

Public Image District 9800 Mobile: 0411 597 690





Songs & Stories from the Deep

Water is often used as a metaphor. It is serene and turbulent, deep and shallow, calming and disturbing, pacifying and irritating.

All Directions Community Choir have chosen water as the point of departure to explore what it means to be human and living with a mental illness. We have incorporated some gospel and modern songs that use water as a focal point, and added to these our own original songs, poetry and prose.

Time: 7pm - 8pm

When: Thurs 24th or Sat 26th Oct

Where: Habitat Uniting Church Hall

23 Highbury Grove, Kew

Cost: \$25 Concession

\$40 + Waged

Cheese Platters & Refreshments incl

WWW.TRYBOOKING.COM/BFEWN

OR PHONE NATALIE 0409 019 269

ART EXHIBITION 5:30 - 6:45 & 8PM



FUNDRAISER

FOR BCO ARTS & MUSIC ACTIVITIES

"We support people who are socially isolated or living with a mental illness, to live with dignity and engage in community' www.BCOkew.org

Second Bite Roster

The Roster to collect food from 2nd Bite and deliver to Camcare.

Food is picked up from 2nd Bite between **8:15 and 8:45 am** every Thursday and delivered by **9:45 am** to Camcare.

Food is then sorted by Camcare staff for their 11:00 am distribution to the under privileged.

Please contact **Garth Symington** on mobile 0419 519 899

Date		Volunteer Driver	Team Members NOT available
24	Oct	Maurie Walters	
31	Oct	Rob Head	
7	Nov	Garth Symington	
14	Nov	Geoff Haddy	

Catering Roster

Catering is one of major fundraising activities - help is always wanted!! so if you can help at

25 October	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Friday	Middleborough Road	1	Greg Cribbes	Bill Oakley
	Box Hill	2	Nino Sofra	Nino Sofra
		3	Don Taylor	
		4		
		5		
26.0-4-1	Balwyn Park		0 11	2.20
26 October	Community		9am to 1	2.30pm
Saturday	Opening, Whitehorse Rd	1	Nino Sofra	2 Greg Cribbes
		3	Estelle Kelly	4
		5		6
31 October	Halloween		5.30pm to 8.00pm	
Thursday	Greythorn Traders	1	Jagath Jayasinghe	2 Don Taylor
	Greythorn Village	3	Nino Sofra	4 Rob Stewart
		5		
2 November	Maserati Club		7.30am to	2.00pm
Saturday		1	Jagath Jayasinghe	2 Bill Oakley
· ·		3	Bill Oakley	4 Nino Sofra
		5	Nino Sofra	6
	13	7		8
16 November	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Saturday	Middleborough Road	1	Jagath Jayasinghe	Bill Oakley
	Box Hill	2	Bill Oakley	Marcel Muntwyler
		3	Brian Lacy	
		4	Don Taylor	
		5		
10 December	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Tuesday	Nunawading	1	Don Taylor	Eileen Toohill
•		2	Garth Symington	John Gartlan
		3		
		4		
16 December	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Monday	Middleborough Road	1	Don Taylor	•
	Box Hill	2		
		3		
		4		
		5		
21 December	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Saturday Middleborough Road		1	Don Taylor	
	Box Hill	2	Greg Ross	
	24	3		
		4		

Gardening Schedule

Friday, October 25	CGS, XC	3.00-5pm	N Marshall.	I Adams
Friday, November 1	CGS, XC	3-5pm	G Haddy	T Yakawa
FRIDAY November 8	CGS, XC	3-5pm	G Cribbes	F Cornell
Friday November 15	CGS	3-4pm		I Glenny
Please complete as circulated at meetings				Advise availability to Neil Marshall



CAMBERWELL SUNDAY MARKET ROSTER - No 62

Sunday	6.45am – 10.00am	9.45am – 1.00pm		
27 October	Imre Lele	John Magor		
3 November	Geoff Kneale	Findley Cornell		
10 November	Rob Head	Janie Pirret		
17 November	Brian Lacy	Terry Keyhoe		
24 November	John Rennie	Eileen Toohill		
1 December	lan Richardson	Anthony Stokes		
8 December	Brian Thomas	Jagath Jayasinghe		
29 December	Greg Ross	Ted Wilkins		
5 January	Don Taylor	Tak Yakawa		
12 January	Sue McDonald	Geoff Steinicke		
19 January				
26 January		Marcel Muntwyler		
2 Feburary	Estelle Kelly	Nino Sofra		
9 Feburary				
16 Feburary				
23 Feburary	Garth Symington			
1 March				
8 March				
15 March				
22 March				
29 March				
EMERGENCIES	If available	Tony Wells 0400 077 647		
	If available	David Cheney 0417 355 370		
	If available	Adam Hillary 0412 191 413		
	If available	John Gartlan 98598559		
Geoff Steinicke Mob 0418 175 130 email gwsteinicke@bigpond.com				
Also on our webpage at https://rotarynorthbalwyn.com.au/page/sunday-market				

ROTARY INFORMATION

Rotary International Website: https://www.rotary.org/

Facebook:- https://www.facebook.com
Twitter:- https://twitter.com/Rotary

Rotary Australia Website:- <u>rotaryaustralia.org.au</u>

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;- <u>www.rotarynorthbalwyn.com.au</u>

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 2019/20

 President: Peter Sutherland
 president@rotarynorthbalwyn.com.au

 Vice President: John Magor
 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 <u>varramul@tpg.com.au</u> 98574305 0400821402

Greythorn Probus: greythornprobus.org.au 98594941.

Boroondara Ladies Probus: Janet Eddy <u>jveddey@applewood.net.au</u>

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We thank Bread Street Bakery for their ongoing support of our BBQ Fundraising activity through their generous provision of bread supplies.



<u>helloworld</u>

TRAVEL

THE TRAVEL PROFESSIONALS 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.

