



Club Meeting 15 August

Our guest speaker last Thursday was eminent criminal defence lawyer Rob Stary. (pictured right)

He told us how his father, aged twenty seven, and his father's parents migrated here in 1949 to get away from Communist Hungary and before that, the Nazis. His father's interest in social justice rubbed off on Rob, who was brought up in Melbourne's working class western suburbs, attending non-elite schools.

Rob stated that he is unrepentant about his list, over the years, of rogue clients and underworld figures, including Julian Assange, Carl Williams, and Tony Mockbel. "I believe very strongly in the rule of law, so we need to robustly defend these people"

Ever since he represented former terror suspect Jack Thomas, he has become the lawyer of choice for terror suspects. He denounced the current terror legislation as a draconian infringement of civil liberties and criticised the Australian Federal Police as acting like "a juggernaut out of control" in the way they have implemented the new laws.

It was evident that Rob Stary is a pugnacious crusader for due process and free speech and a committed advocate for upholding the democratic rule of law.

Imre Lele.

Editor. Our thanks to Imre Lele for the meeting report.



Host for the evening, Imre Lele
thanking our Speaker Rob Stary

Our Leadership



RI PRESIDENT
Mark Maloney



DG Grant
Hocking



AG Eastside
Barry
Hickman



President
RCNB
Pete Sutherland

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

District Conference March 27–29 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.**

From the president's Desk

This week in our Club.

Melbourne turned on some very cool, wet and windy weather which saw our takings at The Bunnings Box Hill BBQ on Friday down on expectations and the Gardening Program cancelled. Our Sunday Camberwell Market volunteers soldiered on and there was snow on The Calder Hwy to endure to reach the [District Team working bee at Camp Getaway](#) where Ken Maxfield was awarded his "Rotarian of the Year" award!

Jane held another Rotaract Interest meeting and is hopeful of finding five more members to reach the "numbers threshold" to officially form a club. The group of prospective Rotaractors attended DIK on the weekend to hear more about Passport Clubs and picked up a large quantity of linen from DIK for delivery to [Kara House](#) to launch their first Community Rotaract Project!

Stay tuned for more information about how you can support our Rotaractor's fund raising efforts in the Relay for Life!

We have our first social occasion next Friday with a movie night. See David Cheney for tix - only \$15 and only a few left!

We were devastated to hear of the tragic freak accident in Parkville when a tree fell following the recent Melbourne gales that took the life of Associate Professor [Allison Milner](#) who had received support from Australia Rotary Health in 2008. Our thoughts go out to Allison's family, friends and colleagues.

Associate Professor Allison Milner started her PhD on suicide prevention with funding support from Australian Rotary Health in 2008. Her PhD study was the first to identify a relationship between globalisation and population-level rates of suicide. She had since become an accomplished researcher on topics such as work-related stressors, disability and suicide.

A heap of work was done at Eva Tilley on Friday with the help of 9 Year 11 boys from Camberwell Grammar and a teacher. Rotarians present were Geoff Steinicke, Marcel Muntwyler and Ian Adams.
Job well done.
Thanks,

President Pete



PARTNERS NIGHTS & MEETING ARRANGEMENTS.

President Peter and the Board are keen to have recognised Partner's Nights as a feature of the Club Speaker/ Meeting program this Rotary year and all our meetings in September fit this category.

*The first is on September 5th when will welcome home the students who recently visited Mongolia with Estelle Kelly and Peter Downton. The title for the night will be The 2019 Mongolian Experience and the students will convey their enthusiasms and insights resulting from their experience of time in an exotic foreign land.

*On September 12th our guest speaker is ABC journalist Louise Milligan who has written a highly publicised book "The Rise and Fall of Cardinal Pell". This presentation is particularly topical given recent legal proceedings against the Cardinal and Louise will provide a behind-the-scenes look at the issues.

*The third meeting that may be of interest to Partner's is on September 19th – a visit to the Eva Tilley Aged Care Centre in North Balwyn. Eva Tilley has long standing links with RC North Balwyn. We last visited the facility a couple of years ago and there have been many changes since then. This meeting will provide an opportunity for an update and progress at Eva Tilley which provides an excellent service in our community.

*Our traditional Partner's night to mark the AFL Grand Final will be held on Thursday September 26th. (We have had a short lived experiment of moving the Grand Final meeting to Wednesday night in Grand Final week, but this year we are reverting to a Thursday night meeting). This is a fixed Partner's meeting in our annual calendar and John Gartlan has engaged a former Hawthorn player, Ray Wilson to speak on "The People Who Make Our Game".

General Meeting Information

More generally, there are several others changes to meeting arrangements proposed for this Rotary year which were outlined at our recent Club Forum.

The Board is not planning a Club breakfast meeting in Christmas week this year, noting Christmas Day 2019 is on a Wednesday. The Board felt to hold a breakfast meeting the preceding week would be a little premature.

With no Christmas breakfast meeting planned our Club Christmas Meeting – a Partner's meeting – has been scheduled for Thursday December 19th.

The next formal meeting following December 19th is likely to be an informal Fellowship brunch, as has been our practice in recent years, on Sunday January 12th or Sunday 19th – a decision to be made later.

Our regular meeting in the week before Easter will be on Wednesday 8th April to accommodate those moving out of town for the Easter break on Thursday.

We have also planned to cancel the Club meeting in Grand Prix week (12th March) because of the large number of members who work on catering at Albert Park.

In addition to the meeting at Eva Tilley, mentioned above, there may be other Club meetings away from Kew Golf Club during the year – for example Ian Mollison may again offer to host us at the North Balwyn Bowls Club for an evening there – as well as other Vocational visits or Fellowship meetings which may be scheduled during the year.

All changes will be publicised closer to each occasion. Director Tony Wells

MEETING ROSTERS

Thursday 22 August Greeters: Barry Cummings, Geoff Steinicke Setup Rowan McClean, Tak Yakawa Desk: Bronwen Dimond, Rob Head	Speaker: Speaker: Timothy Lynch Host: Rowan McClean Topic: Donald Trump
Melbourne University's Timothy Lynch is Associate Professor of Social and Political Sciences. He will give us a most interesting talk on the phenomenon of Donald Trump. Given that the U.S. and the world are stuck with Trump (and may well be for a second term!) we will hear whether there are any positives, in an objective sense, to be taken from his Presidency.	
Thursday 29 August Greeters: Marcel Muntwyler, John Magor Setup Don Taylor, Greg Cribbes Desk: Neil Marshall, Larry Fitzpatrick	Speaker: District Governor Grant Hocking Host: President Peter Sutherland Topic: District Governor's Annual Address to the Club
Thursday 5 September Greeters: S. Hardikar, T. Wells Setup I. Adams, I. Lele Desk: R. Cooper, R. Stewart	Speaker: Our students returning from Mongolia Host: Estelle Kelly and Peter Downton Topic: The 2019 Mongolian Experience.
The students will convey their enthusiasms and insights from their experience and time in an exotic foreign land. We will also hear from Estelle and Peter without whom the Mongolian visit would not have been possible.	

Meeting No.8

Thursday, 15th August 2019

Present:

Guest Speaker 1 Rob Stary - Criminal Lawyer

NB Members 41

Visiting Rotarians 0

Partners 1 Sally Sutherland

Guests 3 Andrew Sutherland, Hengzhi Shai, James Khong

Alumni 0

Members Present 41 = 60.3% ; Membership = 68

External Activities : 6 CAMBERWELL Sunday Market, 11/8 Neil Marshall, Ian Richardson(Board Approved) SCHOOLS' READING PROJECT - 13/8 Eileen Toohill, Maurie Walters,

Kris Walters, Janie Pirret, Judy Steinicke, Philip Wade '2nd BITE delivery to CamCare, 15/8 Rob Head

BBQ CATERING 9/8 Peter Sutherland, Bill Oakley, John Magor, Jim Studebaker, John McBride,Ian Richardson, Nino Sorfa ROTARACT - Jame Pennington ARH (Sydney) - Greg RossVENTURER INTERVIEWS - Bill Oakley, Imre Lele, Russell Cooper, John McBride

Birthdays and Anniversaries between August 25 to September 1

Weddings: Ian & Alison Adams, Geoff & Lis Haddy, John & Elaine Magor, Dileep & Soumya Krisna-Pillai**Birthdays:** Geoff Haddy**Inductions:** Ian Adams, Eileen Toohill, Ted Angleton

Registrations for the 2020 District 9800 Conference in Bendigo are now open!!

CONFERENCE 2020 BENDIGO 27-29 MARCH

Tickets are priced as follows -

Rotarians and Partners (Early-bird Price available until 30/11/19)	\$300.00
First Time Attendees	\$250.00
Rotaractors and Exchange Students	\$200.00

We've got some amazing entertainment, guest speakers and activities planned for the weekend (keep your eyes on our Facebook page for announcements!).

We've drawn inspiration from the 2019/20 motto *Rotary Connects the World*, and can't wait to share the weekend with you.

Go to

<https://www.trybooking.com/book/event?eid=520299&>

to book attendance at the conference



For accommodation, our Club has reserved 20 rooms for 27/28 March 2020 and for those staying on 29th March 10 of these rooms have this extra night at **Quest Schaller Hotel**.

Cnr. Bayner & Lucan Streets, BENDIGO – handy to the Conference Centre

Just call 4433 6100 and quote Rotary Club of North Balwyn

For the Friday night, our Club has booked The Bridge hotel which is a couple of blocks from the Schaller so an easy walk. www.bridgehotelbendigo.com.au 49 Bridge St, Bendigo. 6.15pm for pre dinners (coincidentally during Happy Hour...) then dinner at 7.00pm.

Looking forward to seeing you all there. Jenny & Greg Cribbes Mob 0413 270403

Geoff's Health Tip

How much Protein do You Need Everyday?

I have previously written about muscle strength or the lack of it as you age, and the consequences of frailty. Muscle strength, or muscle mass, gradually falls after you pass 65 years of age. Unfortunately, loss of muscle mass and strength is under-recognised despite its huge influence on recovery from illness.

Recently ABC Health and Wellbeing ran a program on our daily protein requirements. I found it most interesting and, in particular, the fact that as you age you need more protein, not less.

We think of protein for muscle building, but in fact protein is an essential component present in every part of our body, from hair to toe-nails.

How much do you need? At 60 years of age and 60 kgs weight you need 50 grams a day (0.8 grams per kilo body weight) and at 70 + years of age you need 60 grams a day (1 gram per kilo of body weight) assuming you remain the same weight.

It seems a lot of protein in one day, but if we break it down by selecting foods and protein content you will be able to have an interesting selection from which to choose.

Here is a selection of food and their protein content:

Breakfast and Lunch

	Protein	
Two slices of bread 120 grams	14 grams	
Vegemite 2 grams	0.5 grams	
Cereals - Wheat, Oats 4 dessertspoons 50 grams	7 grams	
Slice of tasty cheese 16 grams, eg Bega Slices	4 grams	
Eggs - one 60 grams	7 grams	
Nuts - Almonds, Cashews, Walnuts 10 grams	<u>2 grams</u>	34
grams		

Evening Meal

Red Lentils - third of a cup 60 grams	5 grams
Beans - fresh 60 grams	15 grams
Potato - 100 grams	2 grams
Red Meat 100 grams	22 grams OR
Chicken 100 grams	22 grams OR
Fish 100 grams	<u>18 grams 40 to 44 grams</u>
Total	74 to 78 grams



Vegetarians will need to increase their plant food consumption, especially beans. Incidentally, the popular baked beans served on toast will provide all the types of protein your body requires.

Geoff



Message from Gregfor Matthews (on holidays in the UK)

I've been scouring Scotland for a suitable fencing project for the club & today I found it.
If you have one leg longer than the other it would be a great asset on this project.
Please insert in the Grapevine so the club can get mentally prepared for this challenge.
Gregor.

Second Bite Roster

This is the Roster for Second Bite.

Food is picked up from Second Bite between 8:15 and 9:00 am every Thursday and delivered by 10:00 am to Camcare.

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

Please contact Garth Symington on mobile 0419 519 899

Also see at <https://rotarynorthbalwyn.com.au/page/second-bite-roster>

Date		Volunteer Driver	Team Members NOT available
22	Aug	Jim Studebaker	Hugo Goetze, Geoff Haddy
29	Aug	Garth Symington	Hugo Goetze, Geoff Haddy
5	Sept	Greg Cribbes	Geoff Haddy
12	Sept	Greg Cribbes	Geoff Haddy, Garth Symington
19	Sept		Geoff Haddy, Garth Symington
26	Sept		

Catering Roster at <https://rotarynorthbalwyn.com.au/page/catering-roster>

Catering is one of major fundraising activities - help is always wanted!! so if you can help at any of the following, please email: admin@rotarynorthbalwyn.com.au

21 September	Patchwork & Quilters		8.30am to 12.30pm	12.00pm to 4.00pm
Saturday	Eley St Community	1	Geoff Steinicke	Geoff Steinicke
	Centre, Blackburn South	2	Jagath Jayasinghe	Jagath Jayasinghe
		3	Kinga Paulheim	Peter Downtown
		4		
		5		
		6		
	Coffee Barista	7		
	Coffee Barista	8		
22 September	Patchwork & Quilters		8.30am to 12.30pm	12.00pm to 4.00pm
Sunday	Eley St Community	1	Kinga Paulheim	
	Centre, Blackburn South	2		
		3		
		4		
		5		
		6		
	Coffee Barista	7		
	Coffee Barista	8		
16 October	Hawthorn Arts Centre		10.30am to 2.30pm	
Wednesday		1		2
		3		4
		5		6
		7		8
25 October	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Friday	Middleborough Rd	1	Greg Cribbes	
	Box Hill	2		
		3		
		4		
		5		
31 October	Halloween		5.30pm to 8.00pm	
Thursday	Greythorn Traders	1		2
	Greythorn Village	3		4
		5		
2 November	Maserati Club		7.30am to 2.00pm	
Saturday		1		2
		3		4
		5		6
		7		8
16 November	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Saturday	Middleborough Rd	1		
	Box Hill	2		
		3		
		4		
		5		

Gardening RosterPlenty of opportunities for volunteers at <https://rotarynorthbalwyn.com.au/page/gardening-roster>

Date	School	Time	RCNB Supervisor	Assisted by (1 or 2 pls.)
Thurs 22 Aug	Basscare	2pm -4pm	G. Steinicke	Marcel Muntwyler
Fri 23 Aug	CGS, XC	3-5pm	R McClean	I Glenney
Sat 24 Aug	MLC	10-noon	G Symington	R Head
Fri 30 Aug	CGS, XC	3-5pm	R McClean	I Glenney, J. Pirret
Sat 31 (special)	CGS spl	10-noon	S Hardikar	
Fri 6 Sept	XC	3.45-5pm	G Cribbes	I Glenney, G Symington
Sat 7 Sept	MLC	10-noon	R Head	E Kelly
Fri 13 Sept	XC	3.45-5pm	G Cribbes	I Glenney, J Pirret
SCHOOL HOLS				
Fri 11 Oct	XC	3.45 - 5pm		E Kelly
Sat 12 Oct	MLC	10 - noon		M Muntwyler
Thurs 17 Oct	XC Mannix	9:30 – 1:30		
Fri 18 Oct	CGS, XC	3 - 5pm	G Cribbes	
Sat 19 Oct	MLC	10 - noon	S Hardikar	A Stokes
Fri 25 Oct	CGS, XC	3 - 5pm		
Fri 1 Nov	CGS, XC	3 - 5pm	G Haddy	T. Yakawa
Fri 8 Nov	CGS, XC	3 - 5pm	G Cribbes	
Fri 15 Nov	CGS	3 - 4pm		

Please complete as circulated at meetings or advise availability to Neil Marshall at neiltric@yahoo.com.au**CAMBERWELL SUNDAY MARKET ROSTER – No 52**

Sunday	6.45am – 10.00am	9.45am – 1.00pm
25 August	Garth Symington	Adam Hillary
1 September	Tak Yukawa	Kinga Paulheim
8 September	Greg Cribbes	Colin Sharp
15 September	Tony Wells	Marcel Muntwyler
22 September	Sue McDonald	Larry Fitzpatrick
29 September	Geoff Steinicke	Barry Cummings
6 October	Jim Romanis	Greg Matthews
13 October	Tak Yukawa	Maurie Walters
20 October	Greg Cribbes	John Magor
27 October	Imre Lele	Adam Hillary
3 November	Geoff Kneale	Findley Cornell
10 November	Rob Head	Janie Pirret
17 November		Terry Keyhoe
24 November	John Rennie	Eileen Toohill
1 December		Anthony Stokes
8 December	Brian Thomas	
29 December		
5 January 2020		
19 January 2020		
26 January 2020		

Geoff Steinicke Mob 0418 175 130 email gwsteinicke@bigpond.com**EMERGENCES** if available John Gartlan 98598559

if available David Cheney 0417 355 370

if available Tony Wells 044 077 647

if available Adam Hillary 0412 191 413

Also on our webpage at <https://rotarynorthbalwyn.com.au/page/sunday-market>

Rotary Albert Park Annual Footy Fundraiser**On Friday, 20th September from Midday****At Royal Melbourne Yacht Squadron, 2 Pier Rd, St Kilda*****Special Guest Brendan Fevola***

former Carlton and Brisbane Lions ALF player
regarded as one of the most effective full-
forwards, ever played, Coleman medal winner
and All-Australian
Brendan is current broadcaster @ Fox FM - Fifi,
Fev & Byron show

Tickets \$105**Tables of 10 available****2 Course Lunch and 3 hours drinks**

Please see attached Invitation for further details, or click
on <https://www.trybooking.com/BEIJR> to confirm your booking, don't delay, tickets
will sell FAST!

For any enquires, please contact Lea Ram on 0408 807 194 or
email ramleat@gmail.com



Uh oh..! The news reader looks very like the
wanted man!!

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



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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*