Rotary Year 2019-20 Week 4 18 July 2019

The Grapevine



MEETING REPORT

Club of North Balwyn

Rotary

Yimba Uganda was founded in 2013 by Emmanuel Kusasira Edwin, in partnership with Anne-Marie Reddan. The inspiration for Yimba Uganda developed from Emmanuel's life experiences growing up.

He went on the complete a university degree in Social Sciences at Uganda's most renowned University, whilst building his career as an established Gospel



Emmanual who is a professional musician did a song for the members. A member commented that the song sounded like the Essendon Football Club song in Swahilli!! artist. As his music career grew and he became more known and respected in society, Emmanuel

Host for the meeting, Jane Pennington with our guest speakers Emmanual and Anne Marie with baby Zabu.

never forgot where he came from and has utilized his standing and voice in society to advocate and address the needs of these communities close to his heart, in particular the youth.

Uganda has one of the youngest populations in the world, with young people making up the highest percentage of the population, majority of which are unemployed.

Yimba Uganda works to break the cycle of poverty in Uganda by providing vocational training and education to Ugandan youth who have grown up in vul-

nerable communities like Emmanuel, in order to reduce unemployment rates and empower the next generation to be economically independent and self-reliant.

The dream at Yimba Uganda is to establish a youth focused vocational training center that trains Ugandan youth in a wide variety of diverse income generating akills and trades. Currently they have al

skills and trades. Currently they have already commenced a highly successful Tailoring, Fashion and Design course, a Music mentorship program and an Agriculture and farming project. As Yimba Uganda grows, it will continue to develop and offer more courses to Ugandan youth, so they are able to utilize their talents, and passions to pursue a promising career in their desired fields.

BREAKING THE CYCLE OF POVERTY IN UGANDA... Image: Constraint of the second se

Club Diary

Fellowship Weekend 15-17 November 2019

District Conference March 27–29 2020

Read about Rotary in your area in The Progress Leader <u>http://leader.smedia.com .au/progress/</u>

APOLOGIES FOR CLUB MEETINGS

Sign the "**apology sheet**" at the front desk if you know in advance.

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



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

THURSDAY 18 JULY 2019

FROM THE PRESIDENT'S DESK

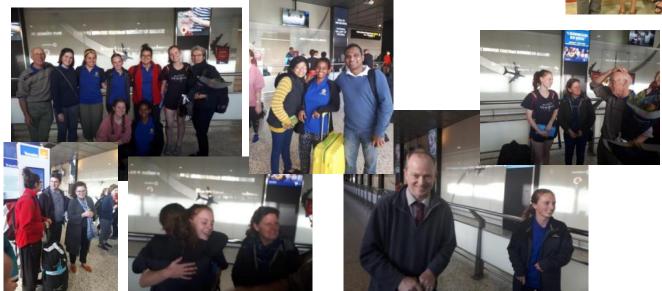


At the meeting was Rotarian Colleen de Offay from the Rotary Club of Brighton who attended the meeting as a supporter of Yimba Uganda seen with President Peter Sutherland.

In the photo (right) is our former exchange student-Clarrise Buchet at her graduation with her parents.

The returning Mongolian Cultural Visit team at the airport. Rotarians Estelle Kelly and Peter Downton who escorted the students to Mongolia.





Wanted - Interviewers!!

The North Balwyn Scouts have invited our members to come and assist with mock interviews.

Date: Wednesday 14 August

In the evening for about two hours

We need six Rotarians so if you can assist please contact Bill Oakley.



Thank you to the 43 members who have paid their RCNB subscription.



Inc. PO Box 135 North Balwyn Vic 3104

Rotary Club of North Balwyn

With the Workd

ABN: 15 960 124 742

Preferred payment method:

By internet direct bank transfer to the Club's Administration Account at Bendigo Bank:

BSB: 633 000 A/c Number: 146470653

A/c Name: "Rotary Club of North Balwyn Inc. Administration Account".

Please be sure to enter your <u>SURNAME</u> and "<u>SUBS</u>" in the appropriate internet field so these details appear on the Club's Bendigo Bank statement to assist identification.

AROUND THE CLUB

Dear Troops,

Based on the weather this last week end, I can't imagine too many places better to be than huddled in our snug and cosy (very cosy!) new kitchen at Mt Waverley Community Centre. It was a real opportunity to get to know everybody well. Despite the rather cramped conditions we did rather well over the week-end.

Thanks for a great effort, particularly from Jane who was there from go to whoa! Also it was great to welcome Naomi Uehara back for a guest appearance on the coffee machine. I hope you all enjoyed doing some catering which didn't involve

turniing sausages. After taking out costs, profit to the Club will be of the order of \$3000, a good start for President Peter's year.

Cheers Bill Oakley























MEETING ROSTERS

Th	ursday	25 July	Speaker:	Ken Mitchell and Thorold Merrett
	eeters: t Up:	Adam Hillary, Sue McDonald Rob Stewart, Maurie Walters	Host:-	Geoff Kneale
De	•	Imre Lele, Kinga Paulheim	Topic:	1958 Grand Final

The 1958 Grand Final between Melbourne and Collingwood was as fascinating on field as offfield.

Historical and enthralling, this week we are blessed to hear from Thorold Merrett, Best On Ground, and have a number of other players attend to hear the stories behind the MCG arm wrestle that still enthrals us 61 years later.

Thursday Greeters: Set Up: Desk:	1 August Estelle Kelly, Ian Richardson Jim Studebaker, Jane Pennington Greg Ross, Ted Wilkins	Speaker:Nil requiredHost:President Peter SutherlandTopic:Forum Night
Thursday Greeters: Set Up: Desk:	8 August John Rennie, Findley Cornell Phil Wade, Sam Hardikar Peter Cleary, Steve Greatorex	Speaker:John Ballis CEO of ReclinkHost:Bill OakleyTopic:Reclink's Helping Hand to the Disadvantaged

John Ballis will refresh our knowledge of, and enthusiasm for, the great work done by Reclink. This follows the recent involvement of our club, led by Bill, Nino and our catering team at yet another successful annual Community Cup at Collingwood's famous Victoria Park.

Meeting No.4	Thursday, 18th July 2019					
Present:						
Guest Speaker	2 Em (Emmanuel) Edwin & Ann Maree Reddan (with baby Zabu)					
NB Members	40					
Visiting Rotarians	1 Colleen D'Offay - RC Brighton					
Guests	1 PNM 1 Andrew Sutherland (Greg Ross)					
Members Present	40 = 58.8% ; Membership = 68 Apologies - On Time = 16, Late =1, LOA = 11.					
External Activities	14 CAMBERWELL Sunday Market, 14/7 - Rob Head & Anthony Stokes.					
(Board Approved)	SCHOOLS' READING PROJECT - restarts in 2 more weeks.					
2nd BITE delivery	to CamCare, 18/7 - Jim Studebaker.					
<u>MEN's SHED</u> 16 8	MEN's SHED 16 & 18/7 - David Cheney, Peter Elliott (2), Tony Hart (2), Greg Matthews					
FARESHARE - Jane Pennington. GARDENING PROJECT - starts again Friday 19th.						
BBQ CATERING , Miniatures 13 & 14 July - Barry Cummings, Jagath J (2), David Cheney, Jane Pennington (3)						
Janie Pirret, Geot	Janie Pirret, Geoff Steinicke, Jim Studebaker (2), Pete Sutherland (3), Eileen Toohill + 5 FofR & Partner.					
<u>DIK -</u> Peter Suther	DIK - Peter Sutherland (2) & Imre Lele (2) , Greg Ross - ARH.					
Apologies for next	Apologies for next week - these 12 LOA plus 8+ apologies.					
	Birthdays and Anniversaries between July 16 to July 27					
-	and Sanae Yakawa, Rowan and Penny McClean					
-	Angleton, Winita Hardikar					
Inductions: Nil						

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Rotary International Convention in Melbourne 2023

It is with great excitement that Rotary Club of Melbourne announces Melbourne as the host city for the 2023 Rotary International Convention, attracting over 20,000 delegates and the largest Conference secured this century for Victoria.

Thirty years since Melbourne hosted the same international event.

President Robert Fisher announced: "This is fantastic news for Rotary in our part of the world.



Huge congratulations are due to Hugh Bucknall, the Melbourne Convention Bureau, the D9800 Bid Team, many of our own members and countless others who put their collective shoulder to the wheel and demonstrated to Rotary International the kind of magnificent Convention we would stage in Melbourne!"

This is a Big Deal!

Melbourne is a Big Events City! The global spotlight will be on Melbourne and how we present ourselves to the world.

The Convention will take place in late May 2023 using superb venues; Rod Laver Arena and the Melbourne Convention & Exhibition Centre. All activities and events are within the "Heart and Soul" of Melbourne.



Registrations for the 20 Bendigo are now open!! CONFERENCE 2020	20 District 9800 Confere Tickets are priced as follows -	nce in
BENDIGO 27-29 March	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 entertainn speakers and activities planned for (keep your eyes on our Facebook p announcements!).	the weekend
	We've drawn inspiration from the 20 motto <i>Rotary Connects the World</i> , a to share the weekend with you.	
	Go to https://www.trybooking.com/book/ever to book attendance at the conference	nt?eid=520299&

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 <u>Rotary Club of North Balwyn</u>

For the Friday night, our Club has booked <u>The Bridge hotel</u> which is a couple of blocks fromthe Schaller so an easy walk. www.bridgehotelbendigo.com.au49 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 There's More to the Catch of the Day

Research by Professor Les Cleland and his team at the Royal Adelaide Hospital established that taking about 10ml of Fish Oil a day was beneficial in treating arthritis. This finding has since been supported by abundant evidence that the Omega-3 fats were the beneficial component in fish oil. Now, new research points to fish oil lowering the risk of heart failure.

A study carried out by researchers at the University of Rochester School of Medicine, USA, in a diverse group of 6,000 men and women of middle age, established that fish oil reduced the risk of heart failure.



It was also shown that increasing the consumption of fish oil from 3ml to 10ml per day confered additional cardiovascular benefits. The study was published in the July issue of the American College of Cardiology Journal.

Although this study was centered on fish oil, with known amounts of Omega-3 fats (30%), we should also include regular fish consumption as an additional source to boost the amount of Omega-3 fats circulating in our bodies' plasma. Most Australians are deficient in Omega-3 fats, and even those who frequently consume fish, do not obtain sufficient to provide noticeable heart health benefits.

Another benefit of regularly consuming more Omega-3 fats, whether it be fish oil or flaxseed oil (55% Omega-3), is the lowering of triglycerides in the blood. Many of us will remember the presentation by Dr Peter Brukner in which he suggested we look at the ratio of triglycerides to HDL cholesterol as an indicator of the risk of a heart attack ('A Fat Lot of Good' by Dr Peter Brukner p35). The ratio illustrates the benefit of Omega-3 fats in lowering blood triglycerides and, in so doing, reducing the risk of a heart attack.

Take home message: Australians with known heart deficiencies should consider the benefits of taking fish oil on a regular basis.

Geoff

2019/2020 ENTERTAINMENT BOOK

2019/2020 ENTERTAINMENT BOOK

Contact Geoff Steinicke at gwsteinicke@bigpond.com or Mobile 0418 175 130



Make way for 2019 | 2020 Entertainment Memberships!



Support Rotary Club of North Balwyn! Get your new Entertainment Membership today.

Purchase your 2019 | 2020 Entertainment Membership!

Eva Jilley's Winter Wonderland Gallery Evening

> Wednesday 24th July 2019 from 6:30pm for a 7:00pm start

Please join us in this exciting exhibition of resident's talents!

A night of wine, cheese, entertainment, raffles, and silent auction

We invite you to view the collection of works during the evening and listening to the pleasant music by "Friends of Eva Tilley"

This is a fundraising event that will assist in the Art and Music Program at Eva Tilley

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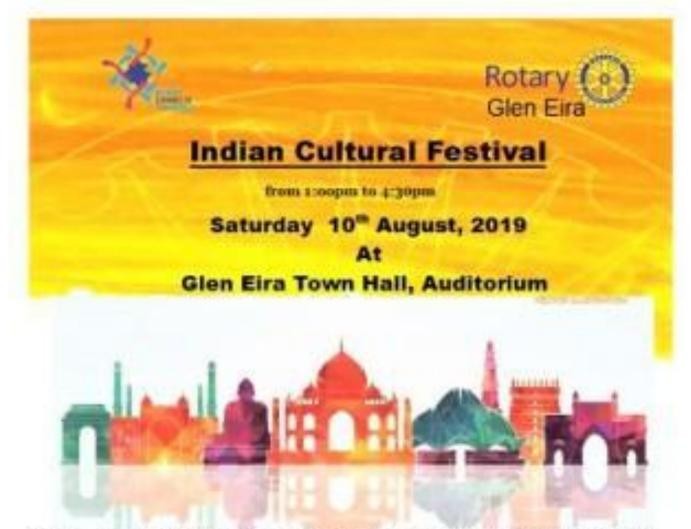
Please RSVP with Lifestyle Team or Reception on 9859-9541 by 19th July 2019

THURSDAY 18 JULY 2019

Garth Symington is endeavouring to get at least one table of 10 from the club for this function which is being supported by all 8 clubs in the Boroondara area.

Could members and partners contact Garth on 0419519899 or email him on <u>garths45@icloud.com</u> to book a seat. Garth will book and pay for the table and collect the money from members and partners





Join us in celebrating India's culture – the sounds, tastes and feel of a truly wonderful country.

India is more than just the Taj Mahali

See what Rotary is doing in India. Hear about our projects across India.... Want to help too - talk to us.

- Polio eradication
- Sanitation

- Clean water
- Solar Lighting
- Education
- * Days for Girls

Admission: \$10.00 Family, \$ 5.00 Adults \$2,00 Students

Froudy supported by Glen Elia City Council

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

Date		Volunteer Driver	Team Members NOT available
25	July	Hugo Goetze	
1	Aug	Geoff Haddy	Garth Symington
8	Aug	Steven Greatorex	Hugo Goetze
15	Aug	Rob Head	Hugo Goetze, Geoff Haddy
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		



CAMBERWELL SUNDAY MARKET ROSTER – No 48						
Sunday	6.45am – 10.00am	9.45am – 1.00pm				
28 July	Geoff Haddy	Brian Lacy				
4 August	Peter Sutherland	Janie Pirret				
11 August	Neil Marshall	Ian Richardson				
18 August	Sue McDonald	Geoff Steinicke				
25 August	Garth Symington	Colin Sharp				
1 September	Tak Yukawa	Kinga Paulheim				
8 September	Greg Cribbes	Adam Hillary				
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					
27 October	Imre Lele					
3 November	Geoff Kneale					
10 November						
17 November						
24 November	John Rennie					
1 December						
8 December						
29 December						
Please let me know as	soon as possible if you are cance	elling				

Geoff Steinicke Mob 0418 175 130 email gwsteinicke@bigpond.com

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

27 July	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Saturday	Middleborough Rd	1	Kinga Paulheim	
	Box Hill	2	Lachlan Bruce	
		3	Maggie Bruce	
		4		
		5		
9 August	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Friday	Middleborough Rd	1		
	Box Hill	2		
		3		
		4		
		5		
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		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		
	Centre, Blackburn South	2		
		3		
		4		
		5		
		6		
	Coffee Barista	7		
	Coffee Barista	8		

Date	School		Supervisor	Assisted by,
Friday, July 19, 2019	CGS, XC	3-5pm	G Haddy	I Glenny, J Pirret
Friday, July 26, 2019	CGS, XC	3-5pm	G Symington	I Glenny, J Pirret
Saturday, July 27, 2019	MLC	10-noon	G Haddy	T Yakawa
Friday, August 02, 2019	CGS, XC	3-5pm	R McClean	I Glenny
Friday, August 09, 2019	CGS	3-5pm	Colin Sharp	I Glenny, I Adams
Saturday, August 10, 2019	MLC	10-noon	G Haddy	F Cornell
Friday, August 16, 2019	CGS, XC	3-5pm	I Lele	I Glenny J Pirret
Saturday, August 17, 2019	CGS Special	10am-noon	G Steinicke	M Muntwyler
Friday, August 23, 2019	CGS, XC	3-5pm	R McClean	I Glenny
Saturday, August 24, 2019	MLC	10-noon	G Symington	Rob Head
Friday, August 30, 2019	CGS, XC	3-5pm		I Glenny
Saturday, August 31, 2019	CGS Special	10am-noon		
Saturday, August 31, 2019	MLC	10-noon		
Friday, September 06, 2019	XC	3.45-5pm	G Cribbes	I Glenny, G Symington
Saturday, September 07, 2019	MLC	10-noon		E Kelly
Friday, September 13, 2019	XC	3.45-5pm	G Cribbes	I Glenny
SCHOOL HOLIDAYS				
Friday, October 11	XC	3.45-5pm		E Kelly
Saturday, October 12				M.Muntwyler
Friday, October 18	CGS, XC	3-5pm	G Cribbes	
Saturday, October 19	MLC	10-noon	S Hardikar	
Friday, October 25	CGS, XC	3.45-5pm		
Friday, November 1	CGS, XC	3-5pm	G Haddy	
Friday, November 8	CGS, XC	3-5pm	G Cribbes	
Friday, November 15	CGS	3-4pm		
Please complete as circulated at meetings				Advise availability to Neil Marshall

Garden Schedule 20 July 2019

Rotary Safe Families



It is our responsibility as Rotarians and Australian citizens to be informed and part of the solution to ending Family Violence in our communities. We must not avoid this topic because we feel helpless or believe that it doesn't happen to people we know. Rotary Safe Families is a program that will assist Rotarians to be "part of the solution" and to spread "NO" to Family Violence across your community, your Club and throughout Australia.

Our specifically designed "toolkit" provides everyone with practical safe methods of what actions we need to take to prevent this violence from occurring in the first place and suggestions on how to support someone you know who may be a victim of family violence Go to https://rotarydistrict9800.org.au/Stories/rotary-safe-families for more information.

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	R	ROTARY INFORMATION	
Rotary International Website:-		https://www.rotary.org/	
	Facebook:-	https://www.facebook.com	
	Twitter:-	https://twitter.com/Rotary	
Rotary Australia	Website:- Facebook:-	<u>rotaryaustralia.org.au</u> https://www.facebook.com/RotaryAroundAustralia/	
	Facebook RDU		
	Twitter:-	https://twitter.com/rotaryaustralia	
District 9800	Website;-	https://www.rotarydistrict9800.org.au/	
	Facebook;-	https://www.facebook.com/rotarydistrict9800/	
	Twitter:- Networker:-	<u>https://twitter.com/rotaryd9800?lang=en</u> rotarydistrict9800.org.au/content/54/networker	
Rotary Club of North Balv		www.rotarynorthbalwyn.com.au	
North Balwyn Men's Shed	-	www.northbalwynmensshed.com	
-	a Rotary Club:-	https://mv.rotary.org/en/search/club-finder	
Drasidanti Datar Sutharia		CLUB OF NORTH BALWYN 2019/20	
President: Peter Sutherla	-	ident@rotarynorthbalwyn.com.au	
Vice President: John Mag		oresident@rotarynorthbalwyn.com.au	
Secretary: Gavan Schwar		etary@rotarynorthbalwyn.com.au	
Treasurer: Adam Hillary		surer@rotarynorthbalwyn.com.au :b48@bigpond.net.au Noon Sat Weekly Deadline for submissio	
Grapevine: John McBride	junici		JII5.
North Balwyn Probus:		ael Martin <u>http://balwynnorthprobus.org.au</u>	
North Balwyn Heights Pro	bus: Sue N	Mullarvey <u>yarramul@tpg.com.au</u> 98574305 040082	21402
Greythorn Probus:		greythornprobus.org.au 98594941.	
Boroondara Ladies Probu	IS: Janet	t Eddy jveddey@applewood.net.au	
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Landscape and G	arden Suppli		IE
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	TRAVEL	Kew Kew East	
THE TRAVEL PROF		New New Last	({{
BALWYN NORT		Bendigo Bank is a strong	
100		supporter of Nth Balwyn	
Thank y	orid North Bal-	Rotary through its help	
	your ongoing	Bendigo Bank is a strong supporter of Nth Balwyn Rotary through its help with our Community Projects and Fund	t
support	of our Event	Projects and Fund	
	nd assistance	Raising.	
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