



President Report Meeting 50 18th June

Dear Members,

This Rotary year is almost done with our last "Ordinary Zoom Meeting" this week. I sincerely hope every member can attend Changeover next Thursday, 5.45pm 6pm. The meeting will be hosted at my home with a small "COVID-19 Appropriate" gathering of Board Members to conduct the formalities. The Meeting will be screened on a wide screen TV and I expect it to be filled with your smiling faces!

The Zoom Meeting number is as previous weekly meetings. We don't publish ZOOM Meeting numbers for security reasons but please inform Jane if you are intending to attend and she will send you the link if you don't have it. Otherwise – see you there! I want this to be a fun night welcoming of our new Board and acknowledging and recognising the successes we have enjoyed in our current year. Despite the pandemic we have much to celebrate.

What I wish going forward is for everyone to stay on board whilst we see this pandemic through to its conclusion; please keep the faith and continue your support for Rotary International, District, and our Club, and our leadership team.

I have enjoyed recruiting Guest Speakers from afar, taking advantage of the Zoom freedoms we derive from not requiring our Guest Speakers to attend in person. I loved hearing from David de Garis from the UK, Dr Dennis Bittisnich informing us about his United Nations experiences concerning nutrition issues in the Pacific, and Prof Amanda Leach from Darwin, informing us about her mission to assist Indigenous communities in the NT achieve better outcomes regarding ear infection and hearing loss. These speaker opportunities have broadened our horizons and given scope to new possibilities for future projects.

Please let Greg Cribbes know if you have further suitable Zoom Guest Speakers remembering location and distance is of little consequence.

At Changeover you will meet our incoming District Governor Philip Archer. I invite you to read Philip's LinkedIn profile to appreciate what a dynamic individual Phil is. <https://au.linkedin.com/in/archerphilip>;

...also attending is District Governor Elect Nominee [Amanda Wendt](#) R.C. Melbourne, and [Past International President Bill Boyd](#). Bill Boyd was President of Rotary International in 2006/2007, only the second New Zealander to hold that position.

Continued on page 2

Our Leadership



RI PRESIDENT
Mark Maloney



DG Grant
Hocking



AG Eastside
Barry
Hickman



President
RCNB
Pete Sutherland

See you at our weekly Thursday 4pm Zoom Meetings

Use this recurring link <https://zoom.us/j/416185483>

Club Diary

Camp Getaway weekend 16-18 October 2020

Fellowship Weekend 23–25 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.**

MEETINGS THURSDAYS

6 for 6.30pm

Kew Golf
Club

120 Belford
Road Kew
3102

Ph.
9859 6848

Continued from page 1

Of course we have our very own Past District Governors Greg Ross and Jim Studebaker! Jim has been a member of our club since 1991. Ironically Jim wrote in 2009 as DG regarding Victorian Bush Fires ***"Victorian clubs are doing a tremendous job at rallying to help those in need, both in donations and relief projects, "Rotary will be there when the fire is out and the dust settles. It's clear that many communities are going to need long-term help rebuilding."***

Jim is currently sits on our D9800 Bush Fire Relief Committee coordinating our current response.

Greg Ross, who we know has trouble not to sing his verse, certainly deserves all of us to sing his praise! Just for the record, Greg Ross has been a Director of Australian Rotary Health since November 2013. Greg joined Rotary in 1976 in Berwick, then moved Districts, joining the Rotary Club of North Balwyn. He is Past District Governor of District 9800, has worked as a literacy volunteer in Thailand, as a RAWCS volunteer in Vanuatu and led a GSE Team to California. Greg was also MC at the International Conventions in Taipei and Melbourne, and Song Leader/MC at the International Assembly in Anaheim.

Therefore we are assured of a night of attendees of outstanding calibre who will be warmly welcomed through your attendance – see you there.

President Pete.

2020 VIRTUAL CONVENTION NEWS

We're only days away from the first Rotary Virtual Convention! This message includes information you need to know to experience it all, 20-26 June and beyond.

For the best convention experience, use a desktop or laptop computer and the Google Chrome browser. If you don't already have Chrome, you can [download it free](#). We also suggest that you make sure there are no other heavy uses of your internet connection, such as movie streaming or game playing, when you connect. A download speed of at least 3 Mbps is recommended. (You can [test your connection speed for free](#).)

HOW TO PARTICIPATE

General sessions, 20 and 21 June. To take part in the general sessions, go to the home page of riconvention.org. Click on the button under the **General Sessions** block, which will say **JOIN** beginning 19 June. You'll automatically be directed to a preview page where you can check your connection. Starting 20 June, at 08:00 Chicago time (UTC-5), when you select **JOIN** you'll be taken to the current session, and it will play in your browser's default language. These sessions will also be available to view later.

Walking Challenge, 20-26 June. To participate, [register and download the app](#).

House of Friendship, 20-26 June. Click on the link provided on the [activities page](#) beginning 20 June.

Featured Breakouts, 22-26 June. Go to the [Featured Breakouts page](#) to see the schedule. To join a session between 22-26 June, click the link next to the session title. These sessions will also be available to view later.

July Breakouts. Sign up for these sessions on the [July Breakouts page](#). See the details about each session by hovering to the right of the session number and clicking the arrows icon to expand the description. In the description, follow the link to register. Check back often for updates.

MORE INFORMATION

We'll send a reminder email the day before the event, so be sure to check your inbox. Until then, you can read the [FAQs](#) to make sure you're ready for the convention.

Don't forget to invite a friend and share your experience on social media by using #Rotary20. See you there!

Birthdays and Anniversaries between June 22 to June 28

| | |
|------------|--------------------------------|
| Weddings: | Nil |
| Birthdays | Ted Wilkins |
| Inductions | Ian Richardson, Russell Cooper |

Vanuatu Cyclone Relief

A big thank you to all who have donated to our appeal for the provision of health packs to those evacuated to Port Vila, Vanuatu, for treatment at the central hospital there. Each pack contains the essentials for survival away from the recipient's home village, tailored to the age and gender of the recipient.

The pack includes bedding, food, clothing and toiletries, none of which are supplied by the hospital.

We have transferred \$AUS 2,304 to Port Vila Rotary Club to enable these packs to be provided.

The photos attached shows some of the early recipients gratefully receiving the essential supplies to make their stay more comfortable.

Kind regards

John Burley



BRIGHT Fellowship Weekend Oct 23, 24 & 25.

If you wish to join us for a great weekend please let me know asap as ideally we want the whole group in the one motel. We have reserved rooms at Bogong View Motel and I encourage you to book now to ensure you don't miss out.

We now have a total of 19 rooms booked; 16 rooms for 3 nights and 3 rooms for 2 nights. Total number indicating they will attend, including partners is currently at 32. Only a few available rooms remain.

As the date draws closer we need to lock in our bookings. Kris and I will revisit Bright in July to ensure the accommodation, restaurants, cultural and activity venues we shortlisted are still viable.

Please call 0438 005 820 or email mauriewalters@gmail.com to be added to the list.

List of members participating registered

1. CRIBBES
2. CUMMINGS
3. ELLIOTT
4. McCLEAN
5. MAGOR
6. MATTHEWS
7. PAULHEIM
8. PENNINGTON
9. PIRRET
10. RENNIE
11. ROMANIS
12. ROSS
13. SOFRA
14. SUTHERLAND
15. SYMINGTON
16. TAYLOR
17. TOO HILL
18. WALTERS
19. WELLS
20. YUDI

Maurie Walters
+61 438 005 820



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**THE 2020 ROTARY
VIRTUAL CONVENTION**

20-26 June 2020 | Learn more at riconvention.org

Geoff's health tip

Tofu - More than Meets the Eye

Tofu is one of those foods that sparks debate. Some can't rave enough about its health benefits, while others declare that it is a genetically-modified poison to be avoided at all costs (most Soy is produced from genetically modified Soy Beans).

This left me wondering whether we should eat Tofu or not, however recent research has left little doubt that regular consumption of Tofu significantly reduces the risk of coronary heart disease (CVD) and by selecting GMO free Soy Milk, overcomes the assertions applied to genetically modified Soy Beans.

Interestingly, no similar benefit was observed for the regular intake of Soy Milk from which Tofu is made.

What Is Tofu?

Tofu is a food made of condensed Soy Milk from Soybeans that is pressed into solid white blocks in a process quite similar to cheesemaking. It originated in China.

Rumor has it that a Chinese cook discovered Tofu more than 2,000 years ago by accidentally mixing a batch of fresh Soy Milk with Nigari.

Nigari is what remains when salt is extracted from seawater. It is a mineral-rich coagulant used to help Tofu solidify and keep its form.

Like Soy Milk, Tofu is a good source of protein and isoflavonoids.

The Research

The study began in 1984 with the selection of 74,241 women and 42,226 men who were required to be free of CVD at baseline. The participants were required to fill out a validated food frequency questionnaire which included a question on Soy Milk consumption and a summarised intake of vegetables, tofu, beverages, nuts and legumes, red meat and processed meat, pork, chicken, fish, sodium and alcohol.

Every two years there was a follow up questionnaire on lifestyle factors (for example: body weight, cigarette smoking, medication, hypertension, diabetes and cholesterol status).

At the study's conclusion in 2012, there were 8,359 documented cases of nonfatal heart attacks or death from CVD.

The results

An analysis of the results showed that the participants who consumed Tofu once a week reduced the risk of CVD by 18% compared with those who consumed Tofu once a month. No similar benefit was observed consuming Soy Milk.

Further analysis showed the benefit of plant-based protein compared with animal protein in reducing cardiac events.

Geoff



Essay prize winners are Alecia Ong 2nd and Kevin Ch'ng 1st from Balwyn North Primary (pictured left) and Jemima Park Belle Vue Primary 3rd (pictured right). Staff at Balwyn North Primary school showing Office Work Vouchers for the school. (see page 7 for more details)



From: Amanda Leach [<mailto:Amanda.Leach@menzies.edu.au>]

Sent: Thursday, 18 June 2020 5:16 PM

To: Peter Sutherland

Subject: RE: Zoom Meeting reminder

Thankyou Peter – amazing to have so many Rotary members join and ask great questions!

Just to let you know ball-park figures for the equipment (excl GST). Let me know if the group is interested, and if so, is there's a preference for type of equipment. It would be amazing to have a donation as we are always 'penny pinching'. Also the community health services generally have no or antiquated equipment and with the high staff turnover the knowledge about using it for a diagnosis is lost. Having the community Ear Health Facilitator with mobile equipment also means children can be seen at home, they don't have to go to the clinic which is often scary for them, and difficult for mum if there are lots of siblings and no transport.

Otoscope \$980 (or \$1800 for top quality) – best used with laptop for image to be stored and reviewed with family.

Tympanometer \$3,900 (does not include paper refills) – handheld portable is fantastic

hearScreen basic hardware set USD800, hearScreen additional otoscope USD230, Software annual package USD180, hearTest (more sophisticated testing at frequencies) USD228. We have been able to negotiate a 22.5% discount on the hearScreen to date. These quotes were at 19 Feb 2019.

Best Wishes,

Amanda



At last Monday's Joint Board Meeting, 2020/21 Subscriptions were approved:

- This year, in view of the extra pressures from CV19 our Club and our District have sought ways to keep member costs to a minimum in setting the annual subscription rate.
- In particular, the District (from its own reserves) is allocating a subsidy to all clubs in the District to be applied to reduce member subscriptions.
- As a result, your subscription this coming year will be less than last year, despite some other rising costs. **It will be \$350, with the usual option of paying in two instalments if you wish.**
- Your subscription includes various RI costs and includes on-line access to the Rotary Down Under magazine. A few members have elected to receive a hardcopy RDU at an extra charge of \$10.
- Subscription invoices will be issued in the first week of July.

Any queries call PE Greg Cribbes 0413 270403 or Incoming Treasurer Geoff Haddy 0418 584968

Rotary Club of North Balwyn Year 6 Essay Writing Competition 2020

'If I Could Change One Thing In The World'

Participating Primary Schools:

Balwyn North, Belle Vue, Boroondara Park, Greythorn, St Bede's.

Officeworks Gift Vouchers x 11

First prize ... \$1,000 = two \$500 vouchers (one for student, one for school)

Second prize ... \$500 = two \$250 vouchers (one for student, one for school)

Third prize ... \$300 = two \$150 vouchers (one for student, one for school)

Five encouragement prizes ... five \$100 vouchers (five for students)

Officeworks Presentation Certificates x 3

First prize certificate ... for winning student

Second prize certificate ... for runner-up student

Third prize certificate ... for third place student

Prize Winners

| | | |
|-------------------|--|---------------------------------|
| First ... | Student: Kevin Ch'ng <i>Reality</i> | School: Balwyn North Primary |
| Second ... | Student: Alecia Ong <i>Go Vegan</i> | School: Balwyn North Primary |
| Third ... | Student: Jemima Park <i>Homelessness</i> | School: Belle Vue Primary |
| Encouragement ... | Stephanie Abonyi <i>Self Doubt</i> | School: St Bede's Primary |
| Encouragement ... | Yee Lin Ang <i>Plastic</i> | School: Greythorn Primary |
| Encouragement ... | Riley Cheung <i>Human Greed</i> | School: Boroondara Park Primary |
| Encouragement ... | Grace Hester <i>Bullying</i> | School: St Bede's Primary |
| Encouragement ... | James Newell <i>Climate Change</i> | School: Greythorn Primary |

If I could change one thing in the world

by Alecia Ong



There are many things I want to change in this world to make it a better place, but if I had to choose one, it would be that everyone becomes vegan. If the world became vegan it would have a huge positive impact on four major issues we have in the world. It would save the environment, end world hunger, make everyone healthier and, lastly, save many animal's lives!

Let's start with the positive impact veganism has on the environment. Animal agriculture is responsible for an astounding 51% of all global CO2 emissions. Compare this to the 18% caused by vehicles, factories and so on. Animal agriculture is also responsible for 45% of earth's land gone and 91% of the Amazon forest's destruction. Animal agriculture also consumes a huge amount of water.

The second amazing impact veganism changes is ending world hunger. Currently 705 million people are starving on earth. We are wasting 85% of the world's grains to feed live stock. This makes no sense as the grains getting fed to livestock, could be used to feed the millions of starving people.

The third impact veganism has is making humans healthier, being vegan can reduce the chance of having heart disease, cancer, strokes, diabetes, obesity, harmful cholesterol, Alzheimer's disease and even can help you live longer. All the nutrients we get from animals is actually originally from the plants that animals eat. So we are getting second hand nutrients along with all the bad stuff such as animal fat, bacteria and a lot of other things. It's so much healthier to cut out the animal and go straight to the plant!

Lastly, going vegan saves animal's lives. We all claim we are animal lovers and are against animal cruelty, yet with every bite of meat we take, we're supporting the killing of animals. Some people say that we eat animals because "it's the circle of life", "it's nutritious" and "that it's natural for humans" but it's not. If it were natural we would be hunting and eating animals like lions do!

An extra thing to think about is, imagine if I told you I ate cats and dogs. You would think I was crazy for eating these certain animals but who made the judgement that some animals are pets and others are food? Why is it okay to eat cows and not cats, pigs and not dogs? It's only that we have been conditioned to eat certain animals. Animals are just like humans, they want to live and they fight to the end against getting slaughtered.

We can all change to being vegan. It's not difficult, it doesn't need extra money, it doesn't need governments to get involved, and it doesn't require anything we don't already have. This is something that every man, woman and child can do now by simply choosing what goes onto our plates. We can change the world with every bite we take!

Volunteering at Eva Tilley

The Eva Tilley Memorial Home, which provides residential aged care in North Balwyn, is seeking volunteers for the facility's in-house kiosk. Eva Tilley is a community based and community owned not-for-profit facility, which has been supported by Rotary over many years. RC North Balwyn's Gardening Program is a good example.

The Rotary Clubs of Balwyn and North Balwyn are represented on the Board of Eva Tilley (Clarke Ballard and Tony Wells) and support for the proposed volunteering program is being canvassed with other Rotary Clubs in the Eastside Cluster to determine interest in sharing the workload. Participants would be part of a large team.

The kiosk at Eva Tilley normally opens each weekday between 10am and 3.30 pm and is operated basically by a single person. However the details are flexible and open for discussion – options might be to share shifts or split them into morning and afternoon sessions.



The kiosk is located in a central open space at Eva Tilley and provides a basic service, including beverages and food, available for purchase. Preparing coffee is part of the role and training can be provided for those who have not used a coffee machine.

Participants would need to register as an Eva Tilley volunteer and undertake an induction program. There would also be a requirement for a police check and flu immunisation.

Those who might participate extends to Rotarians, our husbands, wives or partners and other friends of Rotary.

To be effective the program would require list of willing volunteers committed to the program and a coordinator to develop a roster and ensure continuity. It is suggested we might consider taking responsibility for operating the kiosk on one, or perhaps two days per week.

Rotary's support for Eva Tilley reflects one aspect of community service in our area and the RCNB Board believes the request from Eva Tilley is a "good-fit" for our service program and well worth consideration and implementation.

Please contact me if you have an interest and I can discuss the proposal in more detail.

Tony Wells
welstar@bigpond.com
0400 077 647

Changeover Celebration

Rotary
Club of North Balwyn



You are invited to join Rotary North Balwyn as they celebrate a very different Changeover.



Come and celebrate how Rotary North Balwyn connected the world and now look forward to opening opportunities.



Date

Thursday 25 June 2020

Time

5.45pm for a 6pm start

Method

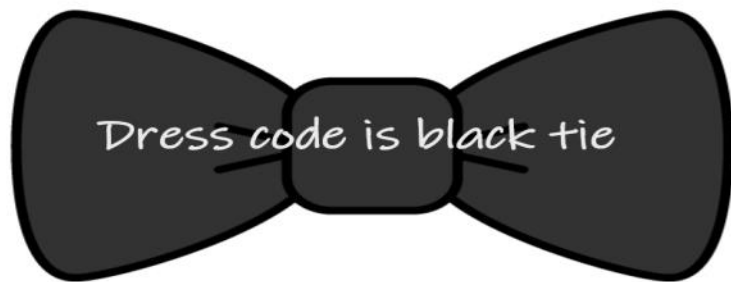
Via Zoom (electronically)

The link will be sent to you a few days before the event.



Have a glass ready for a celebratory toast

We would love you to join us as we farewell Pete and his team and welcome Greg and his team.



RSVP: To Jane Pennington at Jane.Pennington@bigpond.com

Or 0408 402 555

By: 22 June 2020

This will ensure you receive the zoom link. Any questions or concerns re zoom please contact Jane.

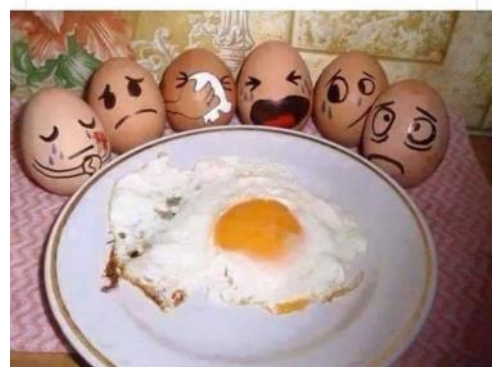


The art



The Artist

She died last Fry Day. Thank God she wasn't beaten. Dont worry, she went over easy. She's now on the sonny side. She's definitely in a better plate.



Second Bite Roster –June/July/Aug`20

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 |
|------|------|------------------|----------------------------|
| 25 | June | Colin Sharp | |
| 2 | July | Rob Head | |
| 9 | July | Greg Cribbes | |
| 16 | July | Maurie Walters | |
| 23 | July | Garth Symington | |
| 30 | July | Don Taylor | |
| 6 | Aug | | |
| 13 | Aug | Geoff Haddy | |
| 20 | Aug | Greg Cribbes | |
| 27 | Aug | | |

Rotary
District 9800



ROTARY DISTRICT 9800 CHANGEOVER

DG Grant Hocking & DGE Philip Archer

Invite you to attend the District 9800 Changeover

ZOOM MEETING

SATURDAY 27th JUNE 2020

1.00 PM – 3.00 PM



RSVP: 22nd June 2020

<https://www.trybooking.com/BJUIV>

Zoom link will be sent upon RSVP



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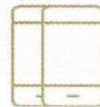
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Rotary Club of North Balwyn

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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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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*