



## Vale. Paul Louis Fitz.

The Rotary Club of North Balwyn has lost a much loved and respected member with the passing of Paul Fitz, a man whose life reflected the Rotary ideal of "Service Above Self".

Paul was born on 19<sup>th</sup> Sept. 1938 and died on Sunday, 15<sup>th</sup> March 2020, aged 81. He is survived by his wife Sue and three children – Cathie, Louise and Mark – Father-in-law of Rodney, David and Jodie. There are six grandchildren.

Paul grew up in Sydney (Woollahra then Pymble) and attended Saint Ignatius College, Lane Cove, and St Aloysius College in Kirribilli, followed by studying science at the School of Textiles & Technology in Kensington (later renamed University of New South Wales). He obtained a Bachelor of Science.

It was when travelling overseas that Paul met Sue and coaxed her to follow him back to Australia where they were married.

His entire working life of thirty years was spent with the Australian Wool Bureau in Melbourne – later to become the Australian Wool Corporation, specializing on the technical side, and subsequently responsible for the development and launch of "New Young Wool".

In 1991 when Paul retired from the Australian Wool Corporation, he was General Manager of the Product Marketing Group.

Many of his friends first met when Paul joined North Balwyn Apex Club in 1968 and was a member to 1971, when he was transferred to Sydney with his employment.

There he joined French's Forest Apex Club and was a member from 1971 to 1977. Being transferred back to Melbourne, he rejoined North Balwyn Apex Club until reaching the compulsory retirement age of 40 and was presented with Life Membership.,

**Continued on page 2**

## **Fellowship Weekend 2020**

Date: October Fri 23, Sat 24 and Sun 25

Location: Bright

Accommodation: Bogong View Motel (\$110/120 per night. New management updated rooms) We need to lock in the numbers asap so either email [waltersm@bigpond.net.au](mailto:waltersm@bigpond.net.au) or add your name(s) to the sheet I will have at our March 19 meeting. 3 nights recommended. Let me know if you can only do two nights



## 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**

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](mailto:apologiesrcnb@gmail.com)

**Please apologise no later than 5pm**  
**on Tuesday.**

## Continued from page 1

On 8<sup>th</sup> May 1980, Paul became a Charter member of North Balwyn Rotary, and has remained an active member since – two months short of 40 years.

His Classification was Wool Marketing (Retired).

In 1980/81, Paul was Club Sergeant.



In the 1983/84 club year, Paul was Vice President, Club Service Director and Grapevine editor (Paul was responsible for the naming of the club newsletter).

In addition to these duties, Paul chaired the Club's first Fashion Show, held at the Camberwell Civic Centre before a dinner dance crowd of some two hundred guests.

He was Club President in 1985/86 ; Vice President again in 2002/03 ; Director of Club Foundation in 2004/05 and Chair of Horizons Committee in 2006/08.



Paul's Rotary Service has been recognised with Paul Harris Sapphires (2).

District 9800 recognised his outstanding contribution to the Rotary Foundation with the coveted District Foundation Service Award in 1990. His description of the Foundation as "the engine room of Rotary" will be long remembered.

Paul held the office of District Chairman of ROMAC (Rotary Overseas Medical Aid for Children (its original name) and subsequently was instrumental in promoting ROMAC throughout Australia, resulting in having ROMAC recognised as a National Rotary Program – one of only three such bodies (Rotary Health Foundation and RAWCS).



He was ROMAC's first Multi-District ROMAC Committee; first National ROMAC Committee Chairman and was presented with Honorary Life Membership of ROMAC in 2004.

His other District offices included District Governor's Group Representative; GSE Chairman; District Secretary' Humanitarian Grants Committee Chair; Leader of the GSE Team to USA and Canada; and Chairman of the following District committees – Youth Services, International Services, Foundation Committee.



In his spare time, Paul found time to partake of his love of golf, and joined the Kew Golf Club on his return from Sydney. He joined the board of the golf club and was elected as Club Captain for three years, and was responsible for a number of policies being introduced in the long term interests of the members,

Rotary, golf, Kew Golf club, shiraz and the Geelong Football Club numbered amongst his real loves – second only to his love for Sue and his family.

He was true to his belief that if one couldn't say something nice about someone, it was better to say nothing (other than opposing footballers!).

Paul will be long remembered by those close to him for his enormous courage shown during his prolonged illness – illnesses which he bore without complaint.



Someone once said: "Our goal isn't to live forever. Our goal is to create something that will".

On reflection Paul Louis Fitz could be said to have achieved that.

R I P Paul. Our thanks to David Cheney for this obituary.

**Post Script.** If you would like a copy of Celebrant Gregory Ross's Eulogy, as delivered at the Private Service at Springvale Botanical Cemetery on 18<sup>th</sup> March 2020, please contact Greg or Secretary Gavan direct.



## MEETING ROSTERS

All Rotary Club of North Balwyn meetings are cancelled until 15 April unless otherwise notified.

**Thursday 16 April**  
**Greeters** Adam Hillary, Ian Richardson  
**Setup** David Cheney, Tony Hart  
**Desk:** Rowan McClean, Jim Studebaker

**Speaker:-** Pupils from Nth Balwyn's Primary Schools.  
**Host:-** Greg Ross  
**Topic:-** If I Could Change One Thing in the World

Kinga Paulheim's Vocational Service Committee has issued invitations to the five Primary Schools of North Balwyn to take part in a Year 6 Essay Competition on the above topic. On this night of award and recognition, you will have an opportunity to re-connect with the enthusiasm and idealism of youth.

**Thursday 23 April**  
**Greeters** Brian Lacy, Ian Mollison  
**Setup** Russell Cooper, Rob Head  
**Desk:** Imre Lele, John McBride

**Speaker:-** RAAF Commanding Officer David Grierson  
**Host:-** David Cheney  
**Topic:-** Why Anzac Day Remains Important

Our Anzac Day Speaker, David Grierson, was awarded the Order of Australia in 2014 for service to veterans and their families. He was 23 years with the RAAF, including flying Caribou aircraft in the Vietnam War. Subsequent RAAF roles included nine years of VIP flying, during which he counted six Australian Prime Ministers and three generations of the Royal Family among his passengers.

**Thursday 30 April**  
**Greeters** Chris Yuoi, John McBride  
**Setup** Peter Cleary, Estelle Kelly  
**Desk:** Ian Adams, Maurie Walters

**Speaker:-** Adam Hillary  
**Host:-** Kinga Paulheim  
**Topic:-** Vocational Service

The Vocational Service Committee has arranged for Adam Hillary to speak to us on his vocational history and how he envisages that vocation unfolding in future years.

#### Birthdays and Anniversaries between March 23 and March 29

**Weddings:** Barry Cummings and Kristine McDonnell  
**Birthdays** Nil  
**Inductions:** Nil



## **WHAT WILL RCNB LOOK LIKE BY 2025??**

**Our Rotary District facilitation process** helps a Rotary Club design its own VISION, and then sets out the steps necessary to achieve that vision. The result is not a vision decided by the Rotary District or by Rotary International, it is a vision designed and endorsed by the Club's own members that will help to ensure continuity and consistency in its leadership & programming, to set the stage for future progress.

By starting with the end in mind, successful clubs:

- Sustain and increase membership
- Implement successful service projects
- Support the Rotary Foundation
- Develop leaders in the club and beyond

And develop a long-range plan which creates;

- Continuity of leadership, vision and process
- Consistency in programming
- Consensus, solidarity & unanimity in purpose and action

During the session, a team of approx. 20 Members of the Rotary Club of North Balwyn will review every aspect of the Club's functions and determine the way forward for the Club.

During the coming weeks all Members of the Rotary Club of North Balwyn will be invited to participate in an online survey, which should take between 15 and 20 minutes to complete. This will benchmark your Club as it sits currently. The results of your anonymous survey will be forwarded to Club Co-ordinator, Greg Cribbes prior to your Club Vision session and will provide information of members sentiments into the post session implementation phase.

The information gathered in the survey will serve as a starting point

for the Club Vision facilitation on **Saturday 16<sup>th</sup> May 2020** at Kew Golf Club which will commence at 9.00am and go for 4 hours. At the end of the 4 hour process the members will have a clear vision of:

- **What the Club stands for in its community**
- **The Club's target membership size in 3 years**
- **Identification of the Clubs attributes**
- **Top 3 objectives for each Avenue of Service**
- **Ways to improve the Club's leadership development**
- **Understanding of the Club's Leadership Plan**

It is anticipated that a good representation of Club Members will volunteer to attend the facilitation session. Once the facilitation is completed, various responsibilities will be allocated and implemented at the Club. The entire membership will be given a summary of the outcomes of the session and the plan will then be implemented in the coming month.

The District Club Vision Facilitation Team is looking forward to assisting the Rotary Club of North Balwyn with this very important facilitation session.

***If you have any questions or would like to nominate to be part of defining the future of our Club during this process, please contact us asap.***

- ***Greg Cribbes on 0413 270403 or***
- ***Rob Head on 0438 062424.***

**Here's what others have had to say...**

*"We are truly on a new adventure, with a fresh sense of excitement and possibility. Thank you for making this happen".*

*"If other clubs experience the same level of progress that we are enjoying, this truly ranks among the most significant contributions to Rotary that I will experience".*

*"It's so simple, it actually works; the process is sound and easy to follow".*

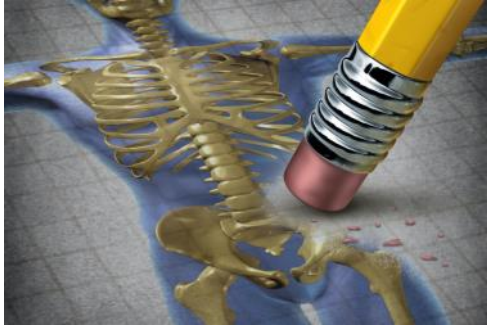
*"The session generated a great deal of enthusiasm and gave the club a point from which to rebuild and progress".*



## Study links air pollution to osteoporosis

By [Ben Coxworth](#)

January 06, 2020



*For the study, bone mass was measured in participants' lumbar spine and left hip*

Air pollution has long been associated with health problems such as respiratory diseases, and has more recently even been [linked to psychotic experiences](#). New research now reinforces the theory that it may also cause osteoporosis.

For the recent study, scientists from Spain's Barcelona Institute for Global Health (ISGlobal) assessed the outdoor air quality of 28 villages near the Indian city of Hyderabad. They were particularly interested in levels of suspended fine particulate matter and black carbon.

The researchers additionally analyzed the bone health of 3,717 residents of those villages. A technology known as dual-energy x-ray absorptiometry was used, to measure bone mass at the lumbar spine and the left hip.

The data was gathered over a four-year period, from 2009 to 2012. During that time, residents also completed questionnaires regarding the type of indoor cooking fuel they used.

It was ultimately found that the villagers' average annual exposure to airborne particles (measuring 2.5 micrometers or less) sat at 32.8 micrograms per cubic meter. This is far above the World Health Organisation's maximum recommended level of 10 micrograms.

Importantly, it was also noted that the higher a village's levels of outdoor air pollution, the lower its residents' bone mineral content and mineral density tended to be. There was no correlation, however, between bone mass and the use of biomass such as wood for cooking fuel.

"This study contributes to the limited and inconclusive literature on air pollution and bone health," says ISGlobal's Dr. Otavio T. Ranzani, first author of a paper on the research. "Inhalation of polluting particles could lead to bone mass loss through the oxidative stress and inflammation caused by air pollution."

The paper was recently published in the journal [Jama Network Open](#). Source: [ISGlobal](#)

## Looking at the map for some weekend travel ideas





## Second Bite Roster –Mar/April `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
26	Mar	Geoff Haddy	
2	April	Hugo Goetze	Geoff Haddy
9	April		
16	April	Geoff Haddy	
23	April	Greg Cribbes	
30	April	Rob Head	
7	May		Geoff Haddy
14	May	Garth Symington	Geoff Haddy
21	May	Maurie Walters	
28	May		

Can you help out on this day?  
Let Garth know!

**All catering events are on hold until further notice. Consequently forward events listed in May/June are on hold until further advice.**





# BUILDING SUSTAINABLE FUTURES



## INTERACT CONFERENCE VICTORIA 2020

**SATURDAY MAY 23**

**10AM START**

**CAMP GETAWAY, 161  
KIMBOLTON-AXEDALE RD,  
AXEDALE**

Meet, create and showcase  
with your fellow Interactors,  
Rotarian trailblazers and  
**Jason Ball, 2017 Young  
Australian of the Year  
(Victoria).**

All Victorian Interactors  
welcome. Book your ticket  
here before tickets run out:  
[https://www.trybooking.com  
/BHFRY](https://www.trybooking.com/BHFRY)

Follow our page on  
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Conference Victoria 2020.'  
and Instagram  
[@interactconfvic2020](https://www.instagram.com/interactconfvic2020)





# 130 fellowships for fully funded university training in peace and conflict resolution, are now available

**Applications to district 9800 close 15<sup>th</sup> May 2020**

Through application of their training, study, networking, and practice Rotary Peace Fellows become leaders and catalysts for peace and conflict resolution.

Many go on to careers in national governments, NGOs, the military, law enforcement, peace education, media, international organizations like the United Nations and World Bank, and grass roots organisations working in communities. See also: <https://rotaryclubofmelbourne.org.au/peace>; <https://www.rotary.org/en/our-programs/peace-fellowships>

Rotary International is committed to this program. Since 2002 more than 1,300 graduates have been trained.

## THE ROTARY PEACE FELLOWSHIP INCLUDES:

- Tuition, fees and course materials
- Room and board
- Round-trip transportation
- Internship/field study expenses
- Insurance

## TWO YEAR MASTERS DEGREE

Up to two years of fully funded graduate study at an internationally recognised program in England (University of Bradford), Japan (International Christian University), Sweden (Uppsala University), or United States (Duke and University of North Carolina at Chapel Hill).

## THREE MONTH PROFESSIONAL DEVELOPMENT CERTIFICATE

Designed for mid-career professionals already working in the field of peace and conflict resolution. This fully funded course at Chulalongkorn University in Bangkok and Makerere University Kampala offers a mix of theory and practical skills in both a classroom environment and in the field.

## ELIGIBILITY AND SELECTION CRITERIA

Applicants for Rotary Peace Fellowships must have the following:

- A strong commitment to peacebuilding demonstrated through professional and academic achievements
- Excellent leadership skills
- Proficiency in English
- For the master's program, a bachelor's degree or equivalent, plus three years of full-time relevant work experience
- For the certificate program, a strong academic background, plus five years of full-time relevant work experience

## HOW TO APPLY

Rotary Peace Fellows are selected through a competitive worldwide process.

**REVIEW:** The entire application online at <https://my.rotary.org/en/peace-fellowship-application>

**SPEAK TO:** A Rotarian that you know, before 31<sup>st</sup> March 2020

**CONTACTS:** Rob Helme, Tania Miletic (Peace Fellow Alumnus) or Bob Fels at [office@rotaryclubofmelbourne.org.au](mailto:office@rotaryclubofmelbourne.org.au)

## DISTRICT 9800

District 9800 has recruited and mentored more successful Rotary Peace Fellow applicants than any other district, worldwide. **On-line applications for peace fellowships require District endorsement.**

**Is there someone that you know who might benefit from this program? Please circulate this flyer to them.**



## ROTARY INFORMATION

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

### ROTARY CLUB OF NORTH BALWYN 2019/20

President: Peter Sutherland	<a href="mailto:president@rotarynorthbalwyn.com.au">president@rotarynorthbalwyn.com.au</a>
Vice President: John Magor	<a href="mailto:vicepresident@rotarynorthbalwyn.com.au">vicepresident@rotarynorthbalwyn.com.au</a>
Secretary: Gavan Schwartz	<a href="mailto:secretary@rotarynorthbalwyn.com.au">secretary@rotarynorthbalwyn.com.au</a>
Treasurer: Adam Hillary	<a href="mailto:treasurer@rotarynorthbalwyn.com.au">treasurer@rotarynorthbalwyn.com.au</a>
Grapevine: John McBride	<a href="mailto:jdmcb48@bigpond.net.au">jdmcb48@bigpond.net.au</a> <b>Noon Sat Weekly Deadline for submissions.</b>

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

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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*