



**Meeting Report**

Prior to last Thursday evening's presentation, a member jibed "With a name like John Jordan, is he a gun wielding American Outlaw from the West?"

Clearly Ian Mollison changed his view amidst the hysterical, yet true, stories presented by Judge John ranging from excuses from jury service to court transcripts of both Defendants and Prosecutors. John opened the evening stating his confusion of Sergeant Matthews ability to incur fines on members without any evidence whatsoever.



Our Host for the evening, Brian Thomas, managed a wonderful evening with all members fully engaged and surprised by the 'Stand-Up Comedian Judge'.

In a drunk driving case a witness stated "The vehicle swove paralytically towards the curve".

Another driving incident court case heard the response to the question, "When you drove through the intersection, at what speed were you travelling?"

"80km per hour Sir".

"80km per hour? Well what gear were you in?"

"Shorts and a t-shirt, Sir".

A wrongly done-by employee described his boss as being "so low, so low he could walk upright under a pregnant snake!"

John highlighted the fact that so many struggle with finding the right words when expressing themselves in court. When discussing an investment property a witness claimed the "land had a catheter on the property".

During the Q & A it was interesting to hear some members stumbling on their words ..."John, I have an anec, an aaneck, errr a story about a court case....."

In John's summary, he twice gave praise to the Director's reports that indicated the extensive and broad range of projects that the North Balwyn Club tirelessly provides to our community.

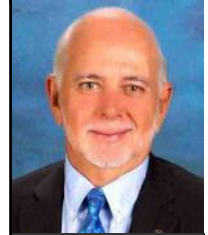
**Interact Club Update:**

Last Wednesday the Balwyn High Interact Club ran IT TAKES TWO as a lunchtime fund raiser.

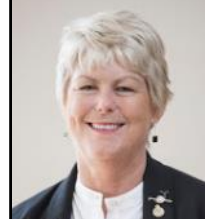
The program comprised five performances by students and teachers featuring items of dance and song. The event generated a lot of cheering and voices calling for encores. It was well attended by both students and staff.



[Our Leadership](#)



**RI President  
Barry Rassin**



**DG 9800  
Bronwyn  
Stephens**



**AG Eastside  
Barry  
Hickman**



**President  
RCNB  
Nino Sofra**

**Club Diary**

Oct 5-7 2018 Camp Getaway Working Bee 2018  
Weekend 19-21 Oct Fellowship Weekend at Daylesford  
December 2018 Fence repairs in Cobden.  
February 15-17 2019 Multi-Districts Conference  
Australian Grand Prix 11-17 March 2019  
[Read about Rotary in your area in The Progress Leader](http://leader.smedia.com.au/progress/)  
<http://leader.smedia.com.au/progress/>

**APOLOGIES FOR CLUB MEETINGS**

Sign the "apology sheet" at the front desk at the prior meeting if you know in advance. Or E-mail to Hugo Goetze at [hugogoetze@netspace.net.au](mailto:hugogoetze@netspace.net.au) or 9857 6701

**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**

**The Rotary Foundation**

Before the PolioPlus program began, over 350,000 people were affected by polio every year.

In the past Rotary year 16 cases were reported (Afghanistan and Pakistan). Happily, India has been polio free since 2012 and Nigeria since August 2016.

For each of the next five years, \$50 million contributed in donations from Rotary will be matched with \$100 million from the Bill and Melinda Gates Foundation.

Since the commencement of The Rotary Foundation, \$44.7 billion has been raised. Last year total giving was \$417.7 million with some \$10 million from Australia.

**Australia Rotary Health**

In the last year’s profit and loss statement from Australian Rotary Health, income increased from \$3.3 million to \$4.3 million with a surplus of \$700,000. This will enable more researchers to be funded.

**RCNB Youth Committee**

Two Balwyn High students have nominated for the RYPEN (Rotary Program of Enrichment) Camp in Malmsbury in October.



**Post Grand Final BBQ 30 September**

A major part of the year for the **AFL Football Memorabilia Shop in Swan Street Richmond** is the sale of the Herald Sun **“Premiers Poster”** on the day after. The posters are delivered about 5.00am from the printers and people start queuing from around 3.00am.

They usually get many thousands through the door. **A proportion from the sale of each poster goes to the MS Society.**

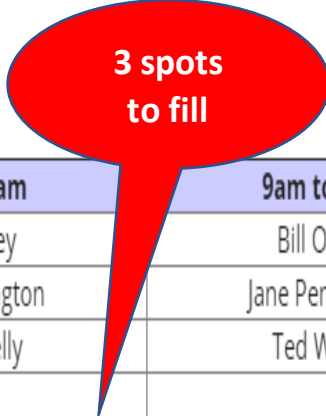
There are no food shops close to this part of Swan Street, and we have been asked if we would like to sell sausages and maybe egg and bacon sandwiches to the crowd. So we propose an early start - 6.00am to 9.30am for the early shift and 9.00am to 12.00 for the later shift.

We are negotiating with Yarra Council about what we can do, but expect to need at least four or five for each shift - more if we can sort out the logistics of selling coffee too.

We will probably make a contribution to MS from the takings, but it is mostly a fundraiser for us. Please let Jane Pennington know if you can fill a roster spot! [jane.pennington@bigpond.com](mailto:jane.pennington@bigpond.com)

Cheers

Bill



30 September	Post Grand Final BBQ		6am to 9am	9am to noon
Sunday	419 Swan St, Richmond	1	Bill Oakley	Bill Oakley
		2	Jane Pennington	Jane Pennington
		3	Estelle Kelly	Ted Wilkins
		4		
	Efpos Machine Manager		David de Garis	

## MEETING ROSTERS

**GRAND FINAL NIGHT****Note:- Meeting changed to Wednesday night 26 September.****Wednesday 26 September****Greeters:** Tony Hart, Tony Ho**Set Up:** Rob Stewart, Maurie Walters**Desk:** Adrian Ranson, Duncan Ansell**Speaker:** Jeff Gieschen.**Host:-** Ted Wilkins

Jeff Gieschen played 150 games in the Latrobe Valley Football League (LVFL) with the Maffra Football Club during which time he collected three Player of The Year awards, two League Best and Fairest Awards and seven Club Best and Fairest Awards (including one as a 15-year-old in 1972). Gieschen coached the Maffra Football Club in 1979, 1980 and 1982 (and was inducted into the Maffra F.C.'s inaugural Hall of Fame in 2008). He coached Wodonga from 1986 to 1991 for two Premierships and was awarded Regional Coach of the Year in 1990. During his six years at Wodonga the club won five Ovens and Murray League Club Championships based on the combined results of the Senior, Reserve and Third grade teams. (He was also named as Wodonga's "Coach of the Century" in 2004).



He coached West Perth from 1992 to 1994 which included a Grand Final loss to Claremont in 1993, during which season he was awarded the JJ Leonard Medal for West Australian Coach of the Year Award. In 1995 and 1996 he was Assistant Coach for the Geelong Football Club which included a Grand Final appearance in the former season. In 1997 he became coach of the reserves team at Richmond and took that side from the wooden spoon (the year before) to Premiership winners. Gieschen was appointed Senior Coach from late in the 1997 season. He held the position until the end of 1999.

Gieschen served as the Umpires' National Umpire Manager Australian Football League for 14 years, until his resignation which took effect on 28 November 2013

**Thursday 4 October****Greeters:** George Swanson, Eileen Toohill**Set Up:** Tak Yukawa, Ted Wilkins**Desk:** Tony Wells, Ian Adams**Speaker:** Richard Umbers CEO of Myer and Deputy CEO of Australia Post.

How the way we shop and receive our purchases is rapidly changing and bricks and mortar stores are struggling to compete.

Umbers is 48 years old and lives in Melbourne with his wife and three children. He is a keen cyclist and barracks for AFL team Hawthorn.

Umbers was an officer in the British Army and graduated from famed military college Sandhurst. He was in the Engineering Corps. From 1993 to 2002 Umbers worked for Aldi in the UK and Ireland in various roles, including operations, supply chain, finance, transformation programs and property.

After Aldi, Umbers was the managing director of national supermarket chain Progressive Enterprises in New Zealand. The chain was then bought by Woolworths.

From 2006 to 2010, Umbers worked for Woolworths Australia where his roles included buying, marketing and customer engagement through its loyalty program.

Prior to joining Myer, Umbers was Executive General Manager for parcel and express services at Australia Post, and also held the position of Chief Executive for StarTrack. Umbers had responsibility for the enterprise wide eCommerce program, a major change initiative designed to position Australia Post to take advantage of the boom in online shopping.

**Birthdays and Anniversaries between September 24 and September 30****Weddings:** Paul and Sue Fitz, Brian and Areta Hurnard**Birthdays:** Ailsa Head, Heather Matthews, Duncan Ansell**Induction Anniversaries:**

## Geoff's Health Tips

### Lowering Blood Pressure Reduces the Risk of Mild Cognitive Impairment (MCI)

When we are confronted with mild cognitive impairment, as some of us are as we age, you find that there is little or no help from the pharmaceutical companies in treating the cause of the disease. Many companies stopped research after early failures and moved away from neurodegenerative treatments, whilst continuing work on alleviating the symptoms.

This week I was interested to read the results of a study reported at the recent Alzheimer's Association International Conference in Chicago. The study named THE SPRINT MIND involved 9,300 elderly people with hypertension, who were taking anti-hypertensive medication.

The study found that lowering systolic blood pressure to a target of 120 mmHg or lower in people with cardiovascular risk factors reduced the risk of mild cognitive impairment by 19% and probable all-cause dementia by 17% relative to those who achieved the less intensive target of less than 140 mmHg



At the Conference, Jeff D. Williamson, MD, said “the results of the 4-year study that required strict blood pressure control for 3.2 years, with a systolic target of 120 mmHg or lower, reduced the incidence of mild cognitive impairment by a magnitude of benefit that no amyloid-targeting investigational drug has ever approached”. “I think we can say this is the first disease-modifying strategy to reduce the risk of MCI.”

Hypertension is a highly prevalent condition, with 60%-70% having it to various degrees. I think the problem for most people with hypertension will be finding the right drug combination that lowers the systolic target to 120mmHg. As mentioned in a previous Health Tip, my GP has been recommended by the Government health department to reduce blood pressure from 140/80mmHg to the new level of 130/70mmHg. Of course, lowering blood pressure to these levels has the added benefits of reducing the risk of heart disease and stroke.

**Geoff**

#### Meeting No.13

Thursday, 20th September 2018

#### Present:

Guest Speaker 2 (Judge) John Jordan plus his wife Rosie Jordan

NB Members 51

Partners 2 Melissa Maitland-Smith & Bev Sofra

Guests 2 Dominic Laye & Adam Kneale (guests of Geoff Kneale)

Members 74, Present = 51 = 69.9% ; LOA = 5, Apol = 18

Revised Thursday down to 57 to stay within the -10% KGC allowance.

External Activities 24 2nd Bite delivery to CamCare - Rob Head; DIK Bike Repairs - Peter Sutherland;  
(Board Approved) Gardening Project - on 14th, Geoff Haddy, Brian Hurnard, Imre Lele & Janie Pirret.

On 15th - Geoff Haddy & Sam Hardikar: RC Sorrento - George Swanson:

Schools Reading - John & Helen Gartlan, Bill Oakley, Eileen Toohill & Phil Wade.

RC North Melbourne, Bill Oakley - RAM;

Men's Shed 18th & 20th - David Cheney, Peter Elliott, Tony Hart, Greg Matthews & Garth Symington. (all both days)

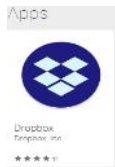
Not Available for Rosters Next Week. (21)

B. Bott, J. Butler, R. Cooper, P. Cleary, G. Cribbes, B. Dimomd, P. Fitz, C. Flavelle-Smith

S. Greatorex, B Hurnard, E. Kelly, B. Ko, J. Koa, S. McDonald, N. Marshall, I. Richardson,

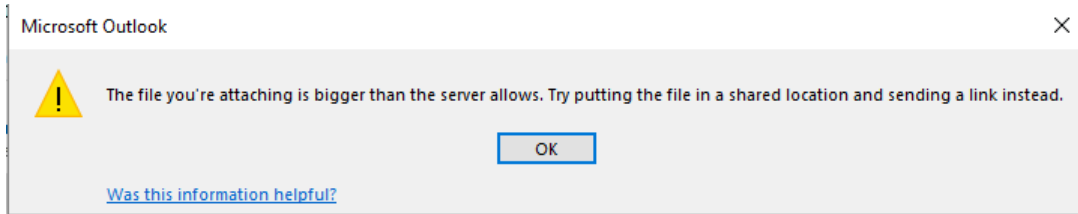
G. Schwartz, C. Sharp, R. Stewart, A. Stokes, J. Studebaker.

## Pete's IT Tips



### Drop Box

**Another way to send information to your friends when E-mail fails you.**



If you have experienced the message above– then Drop Box may be your solution.

Drop Box is Cloud Based File Storage utility which you can share with your friends.

You can download the Drop Box App from Google Play or the Apple iTunes Store or on the web at <https://www.dropbox.com/downloading>

A DropBox Basic account is free and includes 2 GB of space. You can download free apps to access Dropbox from your [computer](#), [phone](#), or [tablet](#). You can also [earn more space](#) on your DropBox Basic account.

When Drop Box is launched you can see an empty space where you can “drag” files into folders you create to be stored in “The Cloud”. You can then select who you wish to share these saved files with by sending an invitation via Drop Box to your friends. Best thing is there is no file size limit. Above is an example of the share invitation – by e-mail or by sending a link which Drop Box Creates.

Every time a change is made to the folder an e-mail notification is sent to those sharing the files. Download it and try it out.

It also a great way to save holiday photos when travelling.

Peter Sutherland

## Pennies for Polio

I have a unique fundraising opportunity, raising money for the End Polio Campaign.

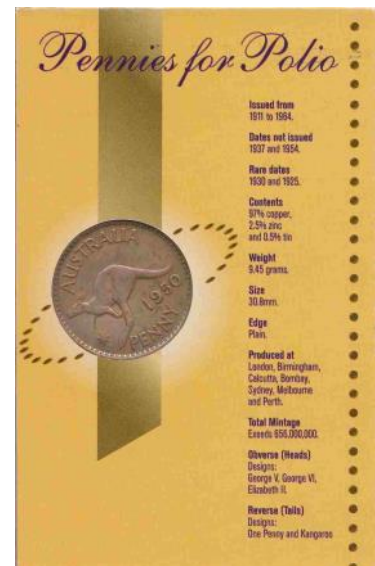
I have Pennies for Polio at the bargain price of \$2.00 each.

I have the following years and so if this is your birth year, it is something you need to purchase!!!

1942, 1943, 1944, 1947, 1950, 1951, 1956, 1960, 1962, 1963

I will have them at the next meeting so please do come and talk to me then.

Jane Pennington





**Registration is now Open**

[www.rotaryconference.org.au](http://www.rotaryconference.org.au)

**REGISTER BEFORE OCTOBER 31<sup>ST</sup>**

Early Bird  
Registration



**TO WIN FREE REGISTRATION &  
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TWO NIGHTS (UP TO \$500)**

**Early Bird \$175,**

**New Rotarians \$125**

(joined after July 1 2016)

**AFTER NOVEMBER 30TH \$225**

**Conference Dinner \$110**

## GALA DINNER



Featuring the Baker Boys, a 9 piece band covering a wide variety of music  
3 course meal, Open Bar plus surprises all night

## WHAT ROTARY DOES!



As well as a fantastic Rotary Showcase there will be “three hands on projects” where you can pack emergency food for disaster relief, pack birthing kits or kits for the homeless in our communities.

Always a great fellowship opportunity

Further details [www.rotaryconference.org.au](http://www.rotaryconference.org.au)

**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 2018/19**

President: Nino Sofra	<a href="mailto:president@rotarynorthbalwyn.com.au">president@rotarynorthbalwyn.com.au</a>
Vice President: Adrian Ranson	<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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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.

