## **Club Meeting 22 August**

Rotary

Club of North Balwyn

This week we heard from our Speaker Tim Lynch, Associate Professor in the School of Social and Political Sciences at the University of Melbourne, whose academic focus has been on American power. He has studied American leadership in detail from George Bush Senior to Donald Trump.

Much of the focus of his well-received presentation was on the style and approach of current President Trump, which he used a five dimension model to analyse. He observed that Trump is a populist and not an academic thinker. He does not read. His use of Twitter has been unique as a form of communication. He is first and foremost a nationalist and, unlike many of his predecessors, this over-rides globalism. Trump also emphasises "make" rather than "consume".

Dr. Lynch contended that Trump is consistent, even through the chaos he creates. The final point in the model was that Trump uses instinct rather than expertise, something we have all observed.

There is no doubt that Trump is different, unpredictable and shuns the diplomatic approaches of most previous Presidents of the United States. Lynch observed that Melania deserves praise for seemingly keeping him more constrained than he might otherwise be!

Trump has churned through advisors, made some incredible announcements and shocked us all at times.

It will be interesting to see if he is successful in winning a second term.

Our thanks to Rowan McClean for the Speaker's summary.

### **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.



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



**Our Leadership** 











Host for the evening, Rowan McClean thanking our Speaker Associate Professor Tim Lynch.

Rotary Year 2019-20 Week 9 22 August 2019

The Grapevine

#### From the President's Desk

#### World Polio Day is Thursday 24th October

Saturday, October 19, 2019 at 10 AM – 1 PM, will you participate in <u>Walk Your Way - Ro-</u> <u>tary Walk to End Polio</u>? Swan picnic area Albert Park Lake, South Melbourne, Victoria. Register now via <u>https://rotarywalk.raisely.com</u> SIGNUP <u>HERE</u>



### Place the date in your diaries and signup!

#### Morning tea with the DG

The purpose is for any Rotarian to come and meet DG, AG, DST to chat about concerns, promote events, discuss ideas, or just to get to know each other better. There are no restrictions to who can attend or what discussions can occur.

Thursday 29th August - 10.30 am to 12 pm; Amora Hotel Riverwalk Melbourne,

649 Bridge Rd, Richmond VIC 3121, Australia.

Please let Barry Hickman know if you are planning to attend.

Barry Hickman <<u>barry.hickman@gmail.com</u>

#### D9800 Bendigo Conference 2020

Registrations are open and progressing. Costs are very reasonable and all inclusive.

Signup at <a href="https://www.trybooking.com/book/event?eid=520299">https://www.trybooking.com/book/event?eid=520299</a>

It was with great pleasure that we presented Geoff Kneale with a Hero of Rotary Recognition for the work he carried out on heading up our program of helping Drought Affected Farmers



Pete

#### A note from Bill Oakley

The RAM National Conference (which is being held in Melbourne this year at Ciloms Hotel which is near the Airport) is quite one of the best Rotary gatherings I attend each year. Its content is all relevant to RAM's and Rotary's fight against malaria.

Australian Rotary has taken responsibility for helping a group of our near neighbours in their fight against malaria - PNG, Solomon Islands, Vanuatu, Timor Leste, and, growing out of our work with Timor Leste, we are also starting work in NTT Province in Indonesia, which surrounds Timor Leste.

At the conference will be representatives from these countries and from the RAM organisations doing the work on the ground in these countries. There will also be speakers from the main research organisations in Australia which is the World's leading centre for malaria research.

There will also be a speaker from the Australia Defence Force School of Tropical Disease Research. Australian military people are active in many places around the World where malaria remains endemic, and lead the World in developing processes, practices, pills and procedures to keep soldiers "fight-ready" in tropical disease areas.

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#### **MEETING ROSTERS**

Thursday Greeters: Setup Desk:	<b>29 August</b> Marcel Muntwyler, John Magor Don Taylor, Greg Cribbes Neil Marshall, Larry Fitzpatrick	Speaker: Host: Topic:	District Governor Grant Hocking President Peter Sutherland District Governor's Annual Address to the Club
Thursday Greeters: Setup Desk:	5 September Sam Hardikar, T.ony Wells Ian Adams, Imre Lele Russell Cooper, Rob Stewart	Speaker: Host: Topic:	Our students returning from Mongolia Estelle Kelly and Peter Downton 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.

Thursday	12 September	Speaker:	Louise Milligan
Greeters:	Joe Butler, Eileen Toohill	Host:	Tony Wells
Setup Desk:	Brian Lacy, Peter Downton Greg Matthews, Estelle Kelly	Topic:	The rise and fall of Cardinal Pell.

Louise Milligan is an ABC television journalist and reporter whose explosive 2017 book cast serious doubt on whether George Pell was as innocent as he claimed in apparently knowing nothing of the horrific wrongdoing of his clerical colleagues. The fact that Pell himself was subsequently charged with certain offences increased the suspicions. Louise will give us a detailed behind-the-scenes look at what has been an issue of intense public interest.

Meeting No.9	Thursday, 22st August 2019	
Present:		
Guest Speaker	1 Associate Professor Timothy Lynch	
NB Members	45	
Visiting Rotarians	0	
Partners	1 Helen Gartlan	
Guests	1 Andrew Sutherland	
Alumni	0	
	Members Present 45 = 66.2% ; Membership = 68	
External Activities :	CAMBERWELL Sunday Market, 18/8 Sue McDonald, Geoff Steinicke	
(Board Approved)	SCHOOLS' READING PROJECT - Bill Oakley, Janie Pirret, Judy Steinicke, Philip Wade	
2nd BITE delivery to CamCare, 22/8 Jim Studebaker 'MEN's SHED Tony Hart, Peter Elliott, David Cheney		
GARDENING PROJECT - 16th, 17th & 22nd August - Imre Lele, Janie Pirret, Geoff Steinicke, Neil Marshall		
Marcel Muntwyler, Rowan McClean BBQ CATERING -17/8 Jagath Jayasinghe, Bill Oakley, John Magor		
Phil Francis, Nino Sofra, John McBride		
RAWCS AGM 18/8 - Bill Oakley, Rowan McClean 'Donations in Kind -22/8 Sue McDonald		

Birthdays and Anniversaries between September 1 to September 6

Inductions:	NII
Inductional	Nil
Birthdays:	Sue Fitz, Lis Haddy, Melissa Maitland-Smith
Weddings:	Nil

#### 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 5<sup>th</sup> 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 12<sup>th</sup> 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 19<sup>th</sup> – 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 26<sup>th</sup>. (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 19<sup>th</sup>.

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

Our regular meeting in the week before Eater will be on Wednesday 8<sup>th</sup> 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 (12<sup>th</sup> 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

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# **Relay for Life**

Relay For Life is a community fundraising challenge to support the Cancer Council.

Teams commit to walking, rolling or running around a track to signify that cancer never rests, so neither does the Cancer Council.

Members of the Prospective Rotaract Club in Boroondara combined with Rotarians from the area have a Team in Relay for Life.

We are the RotaBoars (Rotaract Boroondara)!!!

#### Manningham 2019

7—8 September 2019 from 4pm Saturday to 12pm Sunday

Rieschiecks Reserve, George Street, Doncaster East

#### Come and Support our Team and make this a Rotaract /

#### **Rotary / Cluster Project**

We will have a marquee set up and would love you to come along to the event and walk some laps with us or just sit in our Team tent and chat to the Team members.

Would you like to join or donate to our Team?

#### Here is our Team page and you can do both on it:

https://secure.fundraising.cancer.org.au/site/TR/

#### RelayforLife/CCVIC?

team id=65638&pg=team&fr id=5811

Want more information?

Contact: Jane Pennington

Email: Jane.Pennington@bigpond.com

Phone: 0408 402 555

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THE GRAPEVINE

THE GRATEVINE	THURSDAT 22 AUG		
Registrations for the 202		nce in	
Bendigo are now open!! CONFERENCE 2020	Tickets are priced as follows -		
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 entertainment, gu speakers and activities planned for the week (keep your eyes on our Facebook page for announcements!).			
	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 29<sup>th</sup> 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. <a href="http://www.bridgehotelbendigo.com.au">www.bridgehotelbendigo.com.au</a>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

#### The Heart Foundation and The Mediterranean Diet

New guidelines from the Heart Foundation show that we should move closer to the Mediterranean Diet to reduce the risk of disease, and maintain wellness.

The Mediterranean Diet is typical of the diet of southern Greece. The key components include:

- \* Olive oil as the main source of fat
- \* High intakes of fish, vegetables, fruit, nuts, and legumes
- \* Low meat and dairy consumption
- \* Avoidance of sugary and processed foods, particularly processed meat, and moderate alcohol consumption.

I first read about the Mediterranean Diet in a 1994 study called the Lyon (France) Heart Health Study.

- \* This was a study involving patients that had suffered a heart attack. They were divided into two groups. One group was requested to follow a typical Mediterranean Diet and the other was to continue with their normal diet.
- After a five year and a final 10 year follow up it was found that those following the Mediterranean Diet had suffered considerably fewer secondary cardiovascular events than those on the normal diet, whilst mortality was also significantly less. This study has been repeated several times with similar results.

Since the 1994 Lyon Heart Health Study, other researchers have shown the Mediterranean Diet is also protective against depression and stroke, and there is now evidence to show sleep quality is improved.

- \* In searching the literature that investigated the influence of diet on depression, researchers from the Department of Public Health, University College London, included 41 studies in their review.
- \* The results showed that there is compelling evidence that diet could be part of a comprehensive approach to treating and preventing depression.
- \* Another study conducted at the University of East Anglia confirmed previous findings suggesting that the Mediterranean Diet reduced the risk of stroke. The evidence showed the results were more pronounced in women than men.
- In another large study of 1600 adults conducted by the Department of Nutrition at the Harokopio University, Athens, investigators showed that sleep quality, rather than sleep duration, is positively associated with adherence to the Mediterranean Diet.

Will these compelling results help you modify your diet?

#### Geoff

### NIGERIA CLOSE TO POLIO FREE

NIGERIA has announced that three years had elapsed since it last recorded a case of polio, a key step towards eradicating the notorious disease in Africa.

"Three years without a case of wild polio virus is a historic milestone for Nigeria and the global community," said Faisal Shuaib, director of the National Primary Health Care Development Agency. Nigeria, Africa's most

Nigeria, Africa's most populous nation, was the last country on the continent to suffer from outbreaks of the wild polio virus, but has recorded none since August 2016.

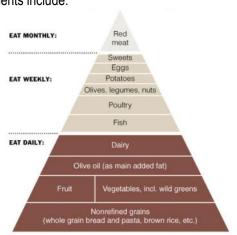
#### Dear Troops,

What a difference a day makes - Saturday and sunshine proved a heady mix. We did solid business all day and sold to the last packet of sausages. After two top ups of bread we still ran out, and sold the last 30 or so sausages on crusts. Sorry Nino, it will be slim pickings for the chooks this week.

The results. After restoring the float cash takings were \$1515, and were supplemented by a further \$167 on the EFTPOS machine, making total takings \$1682 a pretty good result. Thanks to all of you for your hard work and support.

Cheers

Bill Oakley



nean Diet is also <u>protective against de-</u>

### 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 <a href="https://rotarynorthbalwyn.com.au/page/second-bite-roster">https://rotarynorthbalwyn.com.au/page/second-bite-roster</a>

Date		Volunteer Driver	Team Members NOT available
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 <u>https://rotarynorthbalwyn.com.au/page/catering-roster</u> Catering is one of major fundraising activities - help is always wanted!! so if you can help at any of the following, please email: <u>admin@rotarynorthbalwyn.com.au</u>

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	iiioopiii to toopii
	Centre, Blackburn South	2		
		3		
		4		
		5		
		6		
	Coffee Barista	7		
	Coffee Barista	8		
16 October	Hawthorn Arts Centre	0	10.30am to	2 30pm
Wednesday	Hawmon Arts Centre	1	10.3041110	2.30pm
weatesuay		3		4
		5		6
		7		8
25 October	Punnin as	/	8.30am to 12.00pm	12.00pm to 4.00pm
	Bunnings Middleborough Rd	1	Greg Cribbes	12.00pm to 4.00pm
Friday	Box Hill	1	Greg Cribbes	
	Box Hill	2		
		3 4		
		-		
		5		
31 October	Halloween		5.30pm to	
Thursday	Greythorn Traders	1		2
	Greythorn Village	3		4
		5		
2 November	Maserati Club		7.30am to 2	
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		

#### THE GRAPEVINE

#### THURSDAY 22 AUGUST 2019

Garden Schedule 23 August 2019

Date	School		Supervisor	Assisted by.
Friday, August 16, 2019	CGS, XC	3-5pm	I Lele	J Pirret
Saturday, August 17, 2019	CGS Special	10am-noon	G Steinicke	M Muntwyler
Thursday, August 22, 2019	Basscare	2pm>4pm	R McClean	N Marshall
Friday, August 23, 2019	CGS, XC	3-5pm	I Lele	I Glenny
Saturday, August 24, 2019	MLC	10-noon	G Symington	Rob Head
Friday, August 30, 2019	CGS, XC	3-5pm	I Glenny	J Pirret
Saturday, August 31, 2019	CGS Special	10am-noon	S Hardikar	
Friday, September 06, 2019	XC	3.45-5pm	G Cribbes	I Glenny, G Symington
Saturday, September 07, 2019	MLC	10-noon	Rob Head	E Kelly
Friday, September 13, 2019	ХС	3.45-5pm	G Cribbes	I Glenny J Pirret
SCHOOL HOLIDAYS				
Friday, October 11	хс	3.45-5pm		E Kelly
Saturday, October 12	MLC	10-noon		M.Muntwyler
Thursday October 17	XC Mannix	9.30-1.30		
Friday October 18	CGS, XC	3-5pm	G Cribbes	J Pirret
Saturday, October 19	MLC	10-noon	S Hardikar	A Stokes
Friday, October 25	CGS, XC	3.45-5pm	G Symington	
Friday, November 1	CGS, XC	3-5pm	G Haddy	T Yakawa
Friday, November 8	CGS, XC	3-5pm	G Cribbes	F Cornell
Friday, November 15	CGS	3-4pm		
Please complete as circulated at meetings				Advise availability to Neil Marshall



### CAMBERWELL SUNDAY MARKET ROSTER - No 53

Sunday	6.45am – 10.00am	9.45am – 1.00pm		
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	Brian Lacy	Terry Keyhoe		
24 November	John Rennie	Eileen Toohill		
1 December	lan Richardson	Anthony Stokes		
8 December	Brian Thomas			
29 December	Greg Ross			
5 January	Don Taylor			
19 January				
26 January				
EMERGENCIES	If available	John Gartlan 9859 8559		
	If available	David Cheney 0417 355 370		
	If available	Tony Wells 044 077 647		
	If available	Adam Hillary 0412 191 413		
Geoff Steinicke Mob 0418 175 130 email gwsteinicke@bigpond.com				
Also	on our webpage at https://rotarynorthb	palwyn.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 fullforwards, 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 <u>https://www.trybooking.com/BEIJR</u> to confirm your booking, don't delay, tickets will sell FAST!

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

Does anybody know anything about drones? I bought this off a lad outside the pub last night and I can't get it to take off.





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### **ROTARY INFORMATION**

ROTARY INFORMATION					
Rotary International	Website:- Facebook:- Twitter:-	<u>https://www.rotary.org/</u> <u>https://www.facebook.com</u> <u>https://twitter.com/Rotary</u>			
Rotary Australia	Website:- Facebook:- Facebook RDU:- Twitter:-	<u>rotaryaustralia.org.au</u> <u>https://www.facebook.com/RotaryAroundAustralia/</u>			
District 9800	Website;- Facebook;- Twitter:- Networker:-	https://www.rotarydistrict9800.org.au/ https://www.facebook.com/rotarydistrict9800/ https://twitter.com/rotaryd9800?lang=en rotarydistrict9800.org.au/content/54/networker			
Rotary Club of North Balw North Balwyn Men's Shed Find a	-	www.rotarynorthbalwyn.com.au www.northbalwynmensshed.com https://my.rotary.org/en/search/club-finder			
President: Peter Sutherlan Vice President: John Mag Secretary: Gavan Schwart Treasurer: Adam Hillary Grapevine: John McBride	nd <u>preside</u> or <u>vicepre</u> z <u>secreta</u> <u>treasu</u>	LUB OF NORTH BALWYN 2019/20 ent@rotarynorthbalwyn.com.au esident@rotarynorthbalwyn.com.au ary@rotarynorthbalwyn.com.au rer@rotarynorthbalwyn.com.au 48@bigpond.net.au Noon Sat Weekly Deadline for submissions.			
North Balwyn Probus: North Balwyn Heights Pro Greythorn Probus:	bus: Sue M	el Martin <u>http://balwynnorthprobus.org.au</u> ullarvey <u>yarramul@tpg.com.au</u> 98574305 0400821402 <u>greythornprobus.org.au</u> 98594941.			
Boroondara Ladies Probus: Janet Eddy jveddey@applewood.net.au CHRIS CROSS We deliver anywhere! Landscape and Garden Supplies Call Us (03) 9859 2666 We thank Bread Street Bakery					
for their ongoing support of our BBQ Fundraising activity through their generous provision of bread supplies.					
TRAVEL PROFESSIONALS					
BALWYN NORTH Thank ye Hellowo wyn for support Days an with our	H B ou rld North Bal- your ongoing of our Event d assistance a travel ar-	endigo Bank is a strong upporter of Nth Balwyn Rotary through its help with our Community Projects and Fund Raising.			
11					