



Board Meeting 20 August 2018

This week's Board Meeting was very productive; your board considered a number of important matters.

1. Financial Report.

The previous year's final accounts were presented by last year's Treasurer Greg Cribbes. It was good to see that both the Administration and Service Accounts finished the year in surplus.

2. Drought Assistance.

In principle, the Board were in favour of donating an amount from our Club's Emergence Relief Fund (currently holding \$9K) and also, to explore the possibility of running a Fundraiser. It was felt that whilst there was great need, it would be best at present to consider a longer-term plan. There are many different options being explored by District to aid Victorian Farmers. The board noted that it is still early days and the threat of the drought worsening along with Summer fires may impact our decision making.

It was proposed a Drought Sub-committee be formed - Members wishing to assist should contact Garth Symington. We will provide more information to Members when we have a clear vision as to where we can be of most benefit. Private donations made to the various District and national efforts are most welcome. Otherwise there is Buy A Bale at www.buyabale.com.au.

Options considered by The Club will be presented in The Grapevine when more information is at hand.

3. Days for Girls.

Two Members of our DFG Team together with Brian Thomas are heading off to the Solomon's once more to train the teachers. The Board has agreed to fund one third of the airfares. Other costs will be met by the team.

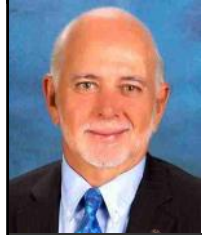
4. Camberwell Sunday Market.

A long-awaited invitation has arrived. The Board considered the proposal and has agreed to participate in the Gold Coin Collection Roster each Sunday at The Camberwell Market.

We will keep you updated with further information through the Grapevine. Geoff Steinicke will maintain a Roster for two 3 hour shifts or one 6 hour shift each Sunday Morning. Only one person is required and the work is not onerous. There is a satisfactory financial outcome for our Club and our involvement may bring further opportunities in the future.

President Nino

[Our Leadership](#)



**RI President
Barry Rassin**



**DG 9800
Bronwyn
Stephens**



**AG Eastside
Barry
Hickman**



**President
RCNB
Nino Sofra**

Club Diary

- August 31 2018 Movie Night "The Book Club"
- Sept 4 Interact Tech Training 4:30-5:30 pm
- 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

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 John McBride at jdmcb48@bigpond.net.au or 0409 257 770 for the next 2 weeks.

Please apologise no later than 5pm on Tuesday.

**MEETINGS
THURSDAYS
6 for 6.30pm
Kew Golf Club
120 Belford
Road Kew
3102
Ph.
Movie
Night9859
6848**

From our last meeting

Our Guest Speaker, Professor Rob Metcalf's presentation on fibrinolysis - the process our bodies implement to remove blood clots was very informative and was delivered in an easily understood and at times, humorous manner.

The challenge for many of us, was trying to pronounce fibrinolysis!!

Tony Wells and Adrian Ranson received certificates of appreciation after returning their jars of Smarties full of gold coins! Well done.

A jar full of \$2 coins becomes \$200 which when matched with funding from the Bill and Belinda Gates Foundation delivers \$1,500 to polio Plus! What a winner.



THE SILVER POT

FROM THE BOARD MEETING

" Money collected in the weekly Silver Pot which over the past few years has gone to the ARHF, will now be specifically applied to an Indigenous Health Scholarship.

These scholarships support Indigenous students to undertake tertiary training in Nursing, Physiotherapy, Dentistry and other health related degrees.

This is in addition to the Club's annual contribution to the ARHF. "

Garth Symington



RC BALWYN'S 46TH BIRTHDAY

11th SEPTEMBER, 2018;
6:15pm-10pm
Greenacres Golf Club
51 Elm Grove, Kew

\$65 per head covers dinner, wine for tables and fabulous entertainment.

rspv to Judith;
judela@bigpond.com by 10/9/18

<u>Meeting No.8</u>	Thursday, 23th August 2018	
<u>Present:</u>		
- Guest Speaker	1	
NB Members	39	
Visiting Rotarians	1	
Partners	0	
Guests	3	Lynette and Paul Choiselat, Robyn Thompson
Friends / Alumni	0	
Meals Served	44	Members now = 74, 38 present = 41% ; LOA = 12, Apol - 21 on time. Booked 45 Monthly stats (from "Club Attendance")
External Activities	6	Peter Sutherland DIK
(Board Approved)		<u>Gardening Project:-</u> G. Haddy, F. Cornell, T. Wells
-		
: <u>Absences for Rosters:</u>	Tony Ho,	Gregor Matthews, Hugo Goetze, Estelle Kelly, Jim Romanis, Larry Fitzpatrick Colin Sharp, Bob Bott, Chris Flavelle-Smith

Gardening Report

Some serious weeding preceded laying of weed matting at a residence in North Balwyn, thanks to teams from Camberwell Grammar and Xavier. Also this past weekend under direction of Rob Head and Sam Hardikar ten MLC students completed work for a very grateful client in Balwyn. This is the largest team from MLC for quite some time.

On Saturday a hard-working group of Year 11 students from Camberwell Grammar made a huge difference at Eva Tilley Memorial Home. They grubbed out tough old bushes and planted a future screening hedge of 20 pittosporum, along with a couple of magnolia trees.

Thank you Greg Cribbes and Ian Adams



Thank you – The Tree Company



When making plans for a school group to work at a North Balwyn property next weekend we had a problem. There was a very large, dead tree in the front garden, threatening to topple over at any time. Safety considerations would have precluded students working anywhere near the tree.

We explained the problem to The Tree Company, including the client's inability to pay for the tree to be removed. At no cost The Tree Company felled the tree and cut it into large logs.

We are very grateful for this firm's help and ask that, if you need any work done on trees on



your property, you consider obtaining a quote from The Tree Company.

Rotary Gardens Project

PLEASE HELP FILL IN THE BLANKS for sessions in the weeks ahead. The Gardens Project needs your help to supervise or assist on the following dates/times. This roster takes us to year end so don't miss out!

			Supervisor	Assisted by
Fri 31/8	XC	3.45-5pm	Garth Symington	Ian Glennay
Sat 1/9	CGS Special (Yr.11)	10 - noon	Geoff Steinicke	Ian Richardson Geoff Haddy
Sat 1/9	MLC	10 - noon	David deGaris	Peter Elliott
Fri 7/9	CGS/XC	3 - 5pm	Greg Cribbes	Brian Hurnard
Sat 8/9	MLC	10 - noon		Anthony Stokes
Fri 14/9	XC	3.45-5pm	Geoff Kneale	Janie Pirret
Sat 15/9	MLC	10 - noon		
SCHOOL HOLIDAYS				
Thurs 11/10	4 RCNB only (barrowing woodchips)	10- noon (or other time to suit volunteers)	Geoff Haddy	
Fri 12/10	XC	3.45-5pm		Brian Hurnard
Sat 13/10	MLC	10 - noon		Janie Pirret
Thurs 18/10	Special XC Yr12 All day	Shifts TBC (max 2 hrs) 6 RCNB pls.	Geoff Haddy	Tak Yukawa
			Greg Cribbes	
Fri 19/10	CGS/XC	3 - 5pm		Ian Glennay
Sat 20/10	MLC	10 - noon		
Fri 26/10	CGS/XC	3 - 5pm		
Fri 2/11	CGS/XC	3 - 5pm		Ian Glennay
Fri 9/11	CGS/XC	3 - 5pm	Greg Cribbes	Ian Glennay

Please advise availability to Geoff Haddy ghaddy@bigpond.net.au

Sutho's IT Tips

Take the test and see if you are one of the Trend Setters.











Have you downloaded and begun using these top 10 Mobile Phone Apps for 2018?

- #1. Tik Tok
- #2. YouTube
- #3. WhatsApp Messenger
- #4. Messenger
- #5. Instagram
- #6. Facebook
- #7. WeChat
- #8. QQ
- #9. iQiYi
- #10. Google Maps

Read more here <https://www.igeeksblog.com/most-downloaded-iphone-apps/>

I'm a 7/10 = Major Geek!!

Tik Tok, QQ, and iQiYi are taking China by storm!

 1	 2	 3
 4	 5	 6
 7	 8	 9
 10		

Pete

The Editor is a moderate Geek with 5/10



City of Boroondara presents

GREYTHORN COMMUNITY HUB

Grand Opening

Saturday 1 September 2018
10am to 1pm

Official proceedings commence at 10.30am

FANTASTIC
ACTIVITIES FOR
EVERYONE

A Yackandandah Memoir

Those members who went on our 2017 Golfing and Fellowship weekend enjoyed a lovely visit to Yackandandah. Here is a true story, from the railway days in 1946, of that little town. The story is recorded in the museum of the Yackandandah and District Historical Society and is reprinted below with the Society's permission. Being a railway terminus, Yackandandah had a turntable. The turntable was out of bounds to everyone, especially young boys. But some disregarded the prohibition and played on it, pushing it around merry-go-round fashion.



Little Bernie Britton, aged 5, was one of those boys. He was sitting on the end of the turntable while older boys pushed it round. When the table reached the position where a steam locomotive could run on or off, the rail on the table coincided with the approach line, being separated by barely half an inch. Bernie's left knee was crushed in this narrow gap.

Bernie did not cry out but his mates did. Mrs Garvey heard them and ran up the hill. How she got the child's knee out even Bernie himself, later on, was never able to work out. But somehow she did and with Bernie in her arms and with assistance from Keith Arnold, who came by on his motor bike, she got Bernie to Sister Boyd and Dr Nicholls at the hospital.

The doctor saw no chance of saving the leg. But Bernie's father, Toby Britton, objected. He said they already had one cripple in the family and he did not want another. (Toby's father had shot his leg off when getting through a fence and had a wooden replacement).

Penicillin was just coming into use and Dr Nicholls rang Melbourne for supplies. The famous Spirit of Progress (the overnight express from Melbourne to Sydney) had never before stopped at Wangaratta but it did that night, with its precious parcel. The penicillin saved little Bernie's leg and perhaps even his life.

Subsequently, Bernie became the postman delivering the mail in Yackandandah for many years.

John Gartlan

HELP REQUEST

It's funny who you meet at the Bunnings BBQ. Last Friday, at the Box Hill Bunnings, we were approached by Len Brear who is with the Nunawading Rotary (<mailto:lhbrear@bigond.com>). Rather than me paraphrase what Len told us then, here is the opportunity he is providing, outlined in a subsequent email:

"For a few years now, I and another member of my Club, (Nunawading Rotary) have been collecting unwanted prescribed spectacles and unwanted sunglasses, mainly non-prescribed from a variety of sources. Also new sunglasses, about 2000 (rejected by an optical company for a reason not relevant).

All of the latter have been distributed to 4 programs including one in the Solomons that your Club was involved in. (I met one of your members at your Bunnings barbecue in Burwood.) The Tavenui Program in Fiji, managed by the RC of Boronia, has taken all the used sunglasses (and a large quantity of the new) and some prescribed sunglasses. They have enough at the moment. Also medical ships in Townsville a few years ago took a large quantity of prescribed spectacles. They were sent to Brisbane to have the prescriptions read. Also a religious group in Vanuatu.

Currently I have nearly 300 spectacles packaged with cases discarded. I am making enquirers from various sources to place what I have and possibly continue to collect. So, I was wondering whether your Club has a program or knows of one that can be assisted.

What we need is someone to 'read' the prescriptions and a process to cheaply and efficiently match them to needy recipients (with perhaps a set of testing spectacles covering a common range of strengths).

Bearing in mind the cost of prescription glasses it has the potential of a terrific program.

Cheers Len Brear" (<mailto:lhbrear@bigond.com>).

I've already passed on the essence of what Len is offering to some of our members involved in the Solomons and Vietnam, but if there's other interest, then I'm sure Len would be all ears and "eyes".

David de Garis



MEETING ROSTERS

<p>Thursday 30 August Greeters: Don Taylor, Maurie Walters Set Up: Not required Desk: Brian Lacy, John Magor</p>	<p>Speaker: PDG Greg Ross Topic: Auto biography - 'The Acting side' This meeting will be held at Columbos Restaurant.</p>
<p>Thursday 6 September Greeters: David Cheney, David de Garis Set Up: John Gartlan, Marcel Muntwyler Desk: John Magor, Jim Romanis</p>	<p>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.</p>
<p>Outgoing CEO of Myer, Richard Umbers will share fascinating insights into retail and logistics.</p> <p>Richard is a graduate of Sandhurst Military College and was an officer in the Engineering Corps. From 1993 to 2002 Umbers worked for Aldi in the UK and Ireland in various roles. After Aldi, Umbers was the managing director of national supermarket chain Progressive Enterprises in New Zealand which was purchased by Woolworths. Richard then worked for 4 years with Woolworths before becoming deputy CEO of Australia Post for 4 years.</p> <p>Richard then spent 4 years at Myers until recently. Richard lives in Melbourne with his wife and three children. He is a keen cyclist and barracks for AFL team Hawthorn.</p>	
<p>Thursday 13 September Greeters: Russell Cooper, Phil Francis Set Up: Rob Head, Terry Keyhoe Desk: Phil Wade, Sue McDonald</p>	<p>Speaker: Julian McMahon Host: Geoff Kneale Globally renowned as the advocate against the Death Penalty, Barrister Julian McMahon represented the Bali 9 and Australian Terrorists.</p>
<p>Julian McMahon was admitted to practice as a solicitor in 1992, and worked for Sly and Weigall and then the Office of Public Prosecutions. He was admitted to the Victorian Bar in 1998, and specialises in criminal and human rights law. He describes his chambers as having a history of "looking after people who no-one else really wants to defend".</p> <p>McMahon opposes the use of the death penalty internationally, and challenged Australian citizen Van Nguyen's execution by Singapore in 2005.</p>	
<p>Thursday 20 September Greeters: Steven Greatorex, Sam Hardikar Set Up: Imre Lele, Rowan McClean Desk: Geoff Kneale, Larry Fitzpatrick</p>	<p>Speaker: Judge John Jordan As County Court Judge and with 40+ years experience in the courts, John will share many humorous stories from our legal system</p>



Rural Aid Buyabale go to <https://www.buyabale.com.au/>

\$600K worth of hay is on it's way from WA



Birthdays and Anniversaries between August 27 and September 2

Weddings: Lis and Geoff Haddy, Elaine and John Magor

Birthdays: Lis Haddy, Sue Fitz, Geoff Haddy

Induction Anniversaries: Eileen Toohill, Ted Angleton, Ian Adams

Geoff's Health Tips

New Facts on Sodium

As long as I can remember, the medical profession and the Heart Foundation have warned us to reduce sodium (salt) in our diet in order to reduce blood pressure and the risk of stroke, and cardiovascular disease (CVD). The World Health Organisation has also recommended reduction of sodium intake as a population-level intervention to reduce CVD and mortality, but new facts show there is now reason to relax the guidelines.



Researchers from the Population Health Research Institute, McMaster University, Ontario Canada, measured blood pressure (BP) and sodium in almost 96,000 adults in 300 communities across 18 countries, and assessed 83,000 adults for CVD over an 8 year period.

- They found that very high sodium intake was associated with increased BP and stroke, but only in those communities with sodium intake in excess of 12 grams of salt per day, almost all of which were located in China. For most of the world's communities between 6 and 11 grams of salt per day is normal.
- There is an association between hypertensive patients and stroke, with increasing salt intake.
- On the other hand, there was a significant inverse association with communities in the lower salt intake of less than 6 grams per day showing that there was an increase in CVD mortality, meaning that low salt intake was associated with harm.
- The researchers also found that foods with a high potassium content, such as fruit, vegetables, and nuts were protective even in those communities with high salt intake.

The study shows that blood pressure and the risk of stroke increase with salt intake, but heart attack and mortality are not affected, and if your blood pressure is normal there is little reason to restrict salt intake.

Geoff

MOVIE NIGHT

I am organising a Rotary Fellowship Film Night at the Palace Theatre, Balwyn to view the upcoming "blockbuster" – **"THE BOOK CLUB"** No – it's not "The Book Shop". It's **"THE BOOK CLUB"!!!!**



It is about a group of mature ladies review the book "50 Shades of Grey"

They find that it changes their lives in a variety of ways!

The cast includes Jane Fonda, Diane Keaton, Candice Bergen and Mary Steenbergen!

Friday evening – 31st August 2018.

Time – 6.30 or 7.00 pm (to be confirmed).

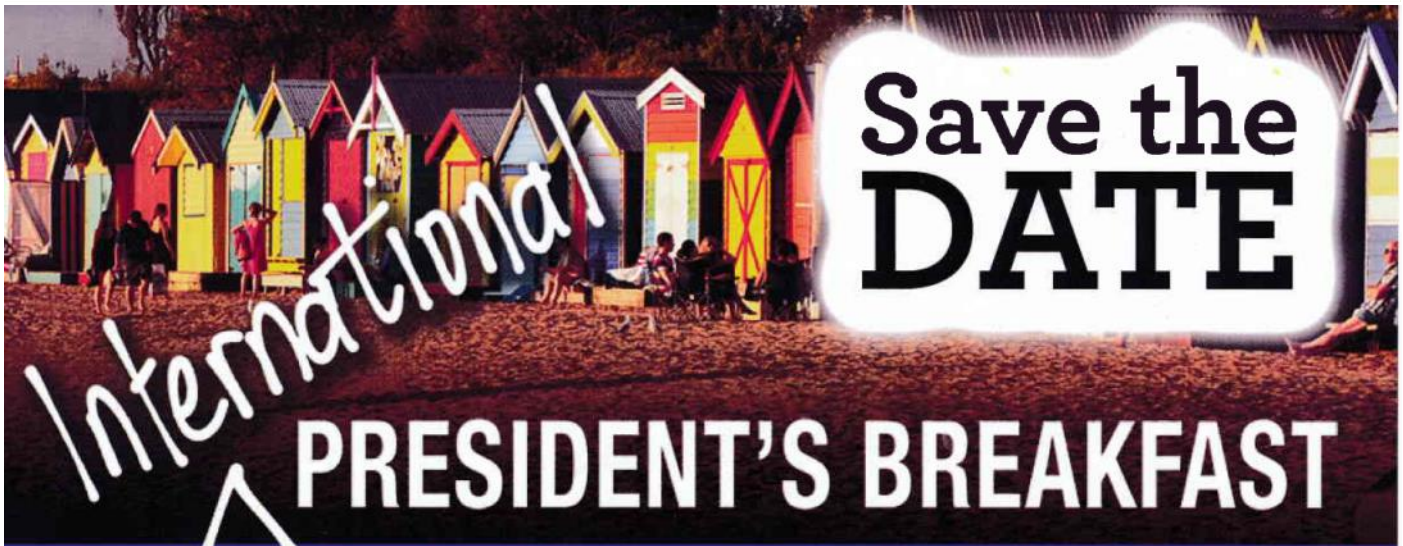
Cost will be \$12.00 per head (at cost).

I have booked 40 seats, so the "first in -best dressed".

Please email cheneydk@bigpond.net.au if you wish to attend.

Many thanks.

David Cheney Fellowship Committee.



Save the
DATE

PRESIDENT'S BREAKFAST



Friday 31st August 2018 7:15am - 9:00 am
MCC Member's Dining Room & Percy Beames Bar (MCG Gate 1)



GUEST SPEAKER: Ian Riseley OAM
President of Rotary International 2017 - 2018
"Why good people should want to be Rotarians"

All Rotarians, Presidents, Past Presidents & Friends of Rotary welcome

\$70pp (early bird \$65 to 31Jul18)

For registration:

<https://www.trybooking.com/359673>

OR Sue Jones, suejones@oiltech.com.au



Help President Meg Ryan and members recognise the outstanding achievements of Past International President Ian

Supporting



EndTrachoma by 2020
Rotary Building Healthy Communities

Rotary  Brighton North

www.northbrightonrotary.org.au



Registration is now Open

www.rotaryconference.org.au

REGISTER BEFORE OCTOBER 31ST



TO WIN FREE REGISTRATION & GALA DINNER FOR 2 PEOPLE PLUS ACCOMMODATION FOR 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

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 2018/19

President: Nino Sofra	president@rotarynorthbalwyn.com.au
Vice President: Adrian Ranson	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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We thank Bread Street Bakery for their ongoing support of our BBQ Fundraising activity through their generous provision of bread supplies.



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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.

