



MEETING REPORT - VISIT TO GREYTHORN COMMUNITY HUB

The first records of a Community Hub proposal in the area dated from 2010. A review of existing facilities and services in Balwyn North was commissioned by Boroondara City Council.

This was part of the endorsed 'North East Precinct Action Plan 2010-12'. Council developed further work exploring the potential for new facilities to meet the identified needs but the project was put on hold in 2012 due to property acquisition issues.

The project recommenced in 2014 when detailed project planning commenced and the North East Hub Steering Committee was formed by Council. Following community consultation and successful negotiations with the North Balwyn RSL, the project contract was awarded in 2016.

\$3.2 million of funding was contributed to the project by the Federal government in March 2017 while the City of Boroondara invested \$13.9 million.

In June 2018, it was announced that the facility's official name would be the 'Greythorn Community Hub'. This replaced the working name of 'North East Community Hub'.

On 1 September 2018, Josh Frydenberg MP officially open the Greythorn Community Hub in North Balwyn with Boroondara Mayor Cr Jim Parke and North Balwyn RSL President Graham Foard and Secretary Gwenda Foard.

The Hub, is expected to attract more than 150,000 visitors per year, providing local residents better access to health and community services including allied health, a neighbourhood house, a new library, early childhood support and a new home for the North Balwyn RSL.

Continued on page 2...



Our Leadership



**RI President
Barry Rassin**



**DG 9800
Bronwyn
Stephens**



**AG Eastside
Barry
Hickman**



**President
RCNB
Nino Sofra**

Club Diary

Club Birthday Celebration 9 May 2019

Camp Getaway Working Bee 11–13 October 2019

Fellowship Weekend 15–17 November 2019

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 at the prior meeting if you know in advance. Or E-mail to Hugo Goetze at hugogoetze@netspace.net.au or 9857 6701

MEETINGS THURSDAYS

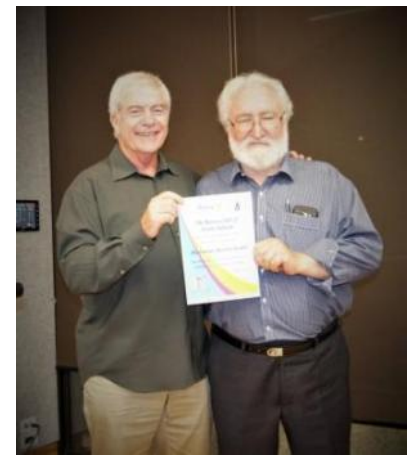
6 for 6.30pm
Kew Golf Club
120 Belford Road Kew
3102
Ph.
9859 6848

Meeting Report continued from page 1.



Our Member Kinga Paulhiem [pictured right] organised our visit to the Greythorn Community Hub.

The Greythorn Community Hub Manager Kate Clampett [pictured left] took us on a tour of the facility.



Entertainment was by those wandering minstrels Rowan and Maurie.

Greg Ross presented Nino with a Certificate marking \$1,000 presented to Rotary Health Research for every Club Member.

Gardening Report

The Rotary Gardens Project is back into full swing after the school holidays. With the help of Imre Lele, Ian Richardson and schools CGS and Xavier, dense undergrowth was cleared from a neglected backyard in Ashburton. A huge effort. Ten Council bins full to the brim.



Perhaps more enjoyable, but equally effective, was Sam Hardikar and a team from MLC working at Camcare. The raised garden beds at Camcare (which RCNB helped construct) are an important source of fresh food for Camcare's clients. So it's terrific that we are able to help.



A little disappointing has been recent response (or lack of it) when the gardening roster is circulated at meetings and via the Grapevine. This Project depends on members prepared to supervise the gardening activities.

Please offer your services.

MEETING ROSTERS

Thursday 2 May Greeters: Phil Francis, Jim Romanis Set Up: Estelle Kelly, John Koa Desk: Jim Studebaker, Rob Head	Speaker:- Leigh Woodgate Host:- Geoff Kneale Topic:- 7 Steps to Overcoming Adversity.
A champion jockey, Leigh's catastrophic fall was broadcast on national television. With the racing world watching and fearing the worst, Leigh survived and after 15 years repairing her shattered body and mind, Leigh's perseverance and dedication, is awe-inspiring. An inspirational and motivating evening as Leigh presents her "Australian Story" to overcoming adversity.	
This is a Partner's night as we celebrate the Club's 39th Birthday	
Thursday 9 May Greeters: Beatrice Ko, Rowan McClean Set Up: Findley Cornell, Don Taylor Desk: Tony Wells, Bronwen Dimond	Speaker:- No Speaker required Host:- Topic:-
Thursday 16 May Greeters: Colin Sharp, Geoff Steinicke Set Up: Barry Cummings, Larry Fitzpatrick Desk: Peter Elliott, Terry Keyhoe	Speaker:- Dr Lena Ly Host:- Brian Lacy Topic:-

<u>Meeting No.41</u>	Wednesday, 24th April 2019
Present:	Vocational Visit to BCC Community Hub at Greythorn.
Guest Speaker	1 Community Hub Mgt. - Kate Clampett.
NB Members	35
Partners	7 mesdames McDonnell, Matthews, Rennie, Romanis, Sofra, Stokes & Taylor.
Meals Served	45 Members Present 35 = 50.7% ; Membership = 69
	Apologies (on time) = 22, LOA = 8, late apologies = 4
External Activities :	16 2nd Bite delivery to CamCare - closed ANZAC day.
(Board Approved)	<u>Fareshare</u> - Jane Pennington ;
<u>Camberwell Sunday Market</u>	21 April - Janie Pirret & Tak Yukawa ;
<u>Schools Reading Project</u>	- school holidays (next 30 April) ;
<u>Gardening Project</u>	- school holidays, next 26 & 27 April ;
<u>Men's Shed</u>	- 23/4 David Cheney, Peter Elliott , Tony Hart & Greg Matthews ;
<u>Catering BBQ</u>	- 20 April, Bill Oakley, Don Taylor + 6 Exch. Students to Mongolia.
<u>Absent Next Week -</u>	LOA = 7; Absent = 9 (so far).

Birthdays and Anniversaries between April 29 to May 5

Weddings:

Birthdays: Joan Lacy, Don Taylor

Inductions: David De Garis, Sue McDonald, Bronwen Dimond, Jim Studebaker

PARTY TIME!

The Rotary Club of North Balwyn turns 39
We've been very busy, now it's time to Party.
Put on your glad rags and kick up your
heels.

Sarah MacLaine and friends are coming to
entertain us.

Thursday 9th May 2019
6 for 6:30pm

Kew Golf Club
120 Belford Rd, East Kew

R.S.V.P. on 9857 6701 or
To Hugo Goetze hugogoetze@netspace.net.au

Rotary

The Rotary Club of North Balwyn
invites you and your partner to our

Changeover Dinner



Date:	Friday 28 June 2019
Venue:	Greenacres Golf Club, 51 Elm St, East Kew
Time:	6.00pm for a 6.30pm start
Cost:	\$65.00 per person Which includes a two course meal, drink on arrival and wine on the table. Other drinks will be at bar prices.
Payment:	Cheque payable to the "Rotary Club of North Balwyn" or Direct deposit into the RCNB bank account: BSB: 633 000 Account Number: 146470653 Account Name: Rotary Club of North Balwyn Admin Account Please put reference: Your name and Changeover
RSVP:	To Jane Pennington by 10 June 2019
Email:	Jane.Pennington@bigpond.com or Phone: 0408 402 555
Dietary:	Please list any dietary requirements at the time of rsvp'ing.
Dress :	Lounge Suit / smart casual with a splash of purple.
Questions ?	Contact Jane Pennington for more information

Seven foods that help reduce Blood Pressure

Over the past ten years most people have already cut back on salt to reduce blood pressure.

Whilst home cooks work away at reducing salt and sugar in the kitchen, maybe it is now time to look at adding foods to your diet that are known to reduce blood pressure naturally.

Dark Chocolate

Many studies show that cocoa products can reduce blood pressure. An Australian analysis of 13 randomised studies concluded that dark chocolate is more effective than a placebo in lowering blood pressure.

Blueberries

Like no other fruit, the intense blue colour, due to anthocyanins, is responsible for significantly lowering blood pressure in otherwise healthy people.

Olive Oil

A study in Spain involving more than 6,000 participants, with at least two years follow up, showed that blood pressure was up to 75 percent lower for those eating more olive oil compared with those eating the least.

Beets

Beets lower blood pressure significantly thanks to high levels of dietary nitrates. The British Heart Foundation funded a study of 68 patients with hypertension. Blood pressure in the beetroot group dropped a mean of 8.1mm Hg compared with the placebo group.

Garlic

In an analysis of seven randomised, placebo controlled trials, researchers found a significant blood pressure lowering effect. On average, the systolic pressure dropped 6.7mmHg and the diastolic pressure dropped 4.8mmHg.

In fact, garlic rivals some blood pressure medications.

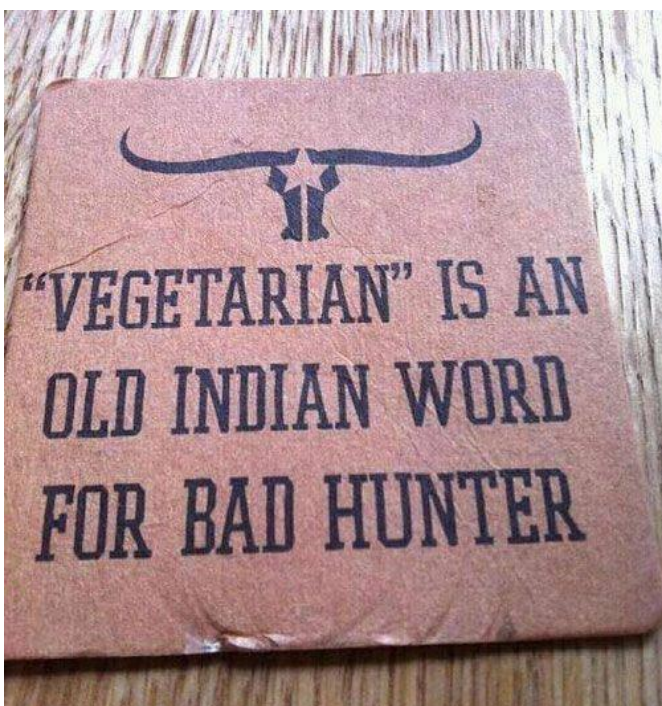
Flaxseed (Linseed)

Eating 30 grams of ground flaxseed per day lowers systolic blood pressure by an average of 15 mmHg and diastolic pressure about 7 mmHg in those with hypertension.

Hibiscus Tea

Hibiscus is a potent source of blood-pressure-lowering anthocyanins. Drinking tea made from the deep magenta-colored calyces (sepals) of the hibiscus flower is an easy way to consume its benefits.

Geoff





CAMBERWELL SUNDAY MARKET ROSTER – No 36

Sunday	6.45am – 10.00am	9.45am – 1.00pm
5 May	Garth Symington	Eileen Toohill
12 May	Geoff Kneale	Geoff Steinicke
19 May	Don Taylor	Imre Lele
26 May	John Rennie	Russell Cooper
2 June	Neil Marshall	Nino Sofra
9 June	Estelle Kelly	Findley Cornell
16 June	Greg Cribbes	Larry Fitzpatrick
23 June	Bill Oakley	Colin Sharp
30 June	Tak Yukawa	Brian Lacy
7 July		Marcel Muntwyler
14 July	Rob Head	
21 July		
28 July		
4 August		
11 August		

Please let me know as soon as possible if you are cancelling

Geoff Steinicke Mob 0418 175 130 email gwsteinicke@bigpond.com

Second Bite Roster

Food is picked up from 2nd Bite between **8:45 and 9:15 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 under privileged.

Please contact **Garth Symington** on mobile 0419 519 899

Date	Volunteer Driver	Team Members NOT available
02-May-19	Steven Greatorex	
09-May-19	Rob Head	
16-May-19	Greg Cribbes	
23-May-19	Imre Lele	
30-May-19	Garth Symington	
06-Jun-19		
13-Jun-19		
20-Jun-19		
27-Jun-19	Greg Cribbes	

Catering Roster

Catering is one of major fundraising activities - help is always wanted!! so if you can help at any of the following, please email: jane.pennington@bigpond.com

8 June	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Saturday	Middleborough Rd	1	Sarah Hurst	Pirozek Family
	Box Hill	2	Jagarth Jayasinghe	Pirozek Family
		3	Emily Rowling	Georgia Suddick
		4	Bill Oakley	Brian Lacy
		5		Bill Oakley
	Eftpos Machine Manager			
29 June	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Saturday	Middleborough Rd	1	Bill Oakley	Bill Oakley
	Box Hill	2		Brian Lacy
		3		Janie Pirret
		4		
		5		
	Eftpos Machine Manager			
13 July	Miniatures		8.30am to 12.30pm	12.00pm to 4.00pm
Saturday	Glen Waverley	1	Jane Pennington	Barry Cummings
		2		Kristine McDonell
		3		Jane Pennington
		4		
		5		
		6		
		7		
		8		
14 July	Miniatures		8.30am to 12.30pm	12.00pm to 4.00pm
Sunday	Glen Waverley	1	Jane Pennington	Jane Pennington
		2		
		3		
		4		
		5		
		6		
		7		
		8		
17 August	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Saturday	Middleborough Rd	1		
	Box Hill	2		
		3		
		4		
		5		

Rotary Gardens Project

This roster has been expanded to third term. Plenty of opportunities for volunteers.

Date	School	Time	RCNB Supervisor	Assisted by (1 or 2 pls.)
Fri 3 May	CGS, XC	3-5pm	G Haddy	Rowan McClean
Fri 10 May	CGS, XC	3-5pm	G Symington	I Glenny, J Pirret
Sat 11 May	MLC	10-noon		M Muntwyler, B Ormerod (C'care)
Fri 17 May	CGS, XC	3-5pm	G Cribbes	J Pirret
Sat 18 May	MLC	10-noon		A Stokes
Fri 24 May	CGS, XC	3-5pm	G Cribbes, G Symington	I Glenny, I Adams (at Eva T)
Sat 25 May	MLC	10-noon		
Fri 31 May	CGS	3-5pm	R McClean	I Glenny, J Pirret
Fri 14 June	XC	3.45 – 5pm	G Cribbes	I Glenny
SCHOOL HOLDS				
Fri 19 July	CGS, XC	3-5pm	G Haddy	I Glenny
Fri 26 July	CGS, XC	3-5pm	G Symington	I Glenny
Sat 27 July	MLC	10-noon		T Yakawa
Fri 2 Aug	CGS, XC	3-5pm	R McClean	I Glenny
Fri 9 Aug	CGS, XC	3-5pm		I Glenny, I Adams (at Eva T)
Sat 10 Aug	MLC	10-noon		
Fri 16 Aug	CGS, XC	3-5pm		I Glenny
Sat 17 Aug (special)	CGS Spl	10-noon		
Fri 23 Aug	CGS, XC	3-5pm		I Glenny
Sat 24 Aug	MLC	10-noon		
Fri 30 Aug	CGS, XC	3-5pm		I Glenny
Sat 31 Aug (special)	CGS Spl	10-noon		
Sat 31 Aug	MLC	10-noon		
Fri 6 Sept	XC	3.45 – 5pm		I Glenny
Sat 7 Sept	MLC	10-noon		
Fri 13 Sept	XC	3.45 – 5pm		I Glenny
SCHOOL HOLDS				

Please complete as circulated at meetings or advise availability to [Geoff Haddy](#)

Do You Own a Luxury Car?

Courtesy: LSC Rebecca Millin

There has been a big increase in the theft and attempted theft of luxury vehicles in the Ashwood area to the south of Whitehorse. This is expected to move into Whitehorse before too long.



Please ensure your vehicles are locked, even if in your garage, carport or behind closed gates. These do not deter would be thieves.

Do not leave the car keys just inside the front or back door, where a break-in to your home can hand the keys to the 'new owners' of your luxury car. Put the keys somewhere else and well out of sight.

Not to be missed!



FORUM DAY – Saturday 11 May 2019

Working Together to Address Homelessness

Corporate Membership and Raising Funds for Signature Projects

Calling all Interested Rotarians:

This is your invitation to a day of information sharing, learning and inspiration.

The day will be in two parts – you may attend both sessions or just one.

9.30am to 12.30pm: *Working Together to Address Homelessness*



This is your opportunity to network with members of other Clubs to discover what projects are currently being undertaken in the homelessness sphere and how Clubs could work together to address Homelessness in local communities. Come prepared to share your projects as well as gain information from others.

12.30pm – 1.30pm: *Lunch*

1.30pm to 4.30pm: *Corporate Membership & Raising Funds for Signature Projects*

Topic experts include:

- | | |
|-----------------------|--|
| • David Jones: | Sponsorships from Businesses & Corporates |
| • Leigh Wallace: | Philanthropic funding opportunities |
| • Gerrie Carr-MacFie: | Obtaining funds from Councils & Corporates |
| • Gary Goldsmith: | Online donations |
| • Philip Archer: | Corporate Membership & proforma sponsorship proposal |



The Details:

Date:	Saturday 11 May 2019
Venue:	DIK, Shed 39, 401 Somerville Road, Footscray West
Start Time:	9am for a 9.30am start
Cost:	\$12.00 which includes lunch
To book:	https://www.trybooking.com/BBTFI
Deadline:	Friday 3 May 2019
Questions:	To Jane Pennington secretary@rotarydistrict9800.org.au

You are invited to



Come and hear about Rotaract— a global organisation that empowers students and young professionals to create positive and lasting change in themselves, their local community and around the world. Partnering with Rotary International, the over 70 Rotaract Clubs across Australia are part of a worldwide organisation of 250,792 individuals in 10,904 clubs covering 184 countries.

Rotaractors are aged 18—30 and they:



HELP

Those in need



LEARN

Through professional development opportunities



ENJOY

Social activities

Does this sound like something you or someone you know would like to know more about?

If so, the Rotary Club of North Balwyn is working to establish a Rotaract Club in Boroondara and is inviting interested people to come, hear and learn about Rotaract from current Rotaract members.

You might be a student, an apprentice, working in an office, working outdoors, working for yourself, at home ...everyone is welcome.

The details for your diary:

Date: Tuesday 14 May 2019

Time: 7pm to 9pm Light refreshments will be provided.

Venue: Greythorn Community Hub, 2 Centre Way, Balwyn North

RSVP: To Jane Pennington by 10 May, admin@rotarynorthbalwyn.com.au

Questions: To Jane on 0408 402 555

We would love to see you then!!

For more information:

Rotaract: www.rotaract.org.au

Rotary North Balwyn: www.rotarynorthbalwyn.com.au

Rotary International: www.rotary.org



We acknowledge the Bendigo Bank East Kew for their support of this project.

Is the Entertainment Guide good value?



People have said, "What's the catch?" There is none. The book is the real deal.

Businesses offer discounts because they get the benefits of advertising. Often, they participate to support their local community.

As for the Entertainment Book, it earns money through the sale of books and digital memberships. Its key selling point is that it only distributes through charities.

The secret to making use of the book is to use it. I find many people feel pressured into buying a book to support a charity, and then are too embarrassed to redeem – or they forget.

For some people there is a social stigma to presenting a voucher, especially in front of other people.

My experience of using the vouchers is positive, and the new digital membership app makes it easier to use (plus I never forget it as it is on my phone).

A discount is only a bargain if you are spending money on something you need or want; it can be easy to fall into the trap of going after deals just to make a saving.

My tips for maximising savings with an Entertainment Book membership:

– You don't have to redeem everything in the book for it to be worthwhile – even if you are only recouping the cost of the membership you are collecting good karma by supporting a charity or cause in your community.

Order your book from Geoff Steinicke 0418 175 130 gwsteinicke@bigpond.com

THANK YOU FOR YOUR SUPPORT!
 Rotary Club of North Balwyn
 Geoffrey Steinicke
 0398578339
gwsteinicke@bigpond.com

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		

CHRIS CROSS

Landscape and Garden Supplies
Call Us (03) 9859 2666

We deliver anywhere!



**FIREWOOD
NOW
AVAILABLE**



We thank Bread Street Bakery for their ongoing support of our BBQ Fundraising activity through their generous provision of bread supplies.



helloworld

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.

Bakers
Delight