



### Club Meeting 24 October

Our Guest Speaker, Jane Sullivan, (pictured right) kept us enthralled with her stories of literature and how this has influenced her life.

Many members knew of Jane through her column in The Saturday Age, which she believes is the longest running column in the paper. In her words - she has always been besotted with books.

Jane's love of books was instilled in her from a very early age. She told a very evocative story of sitting on the floor in her father's study while he worked – he was an artist who created cartoons and she would also draw stick figures with words in balloons. Gradually the figures grew smaller and the words increased. Her literary career followed.

She is a writer of fiction, having written two novels and a brand new publication entitled "Storytime". She is now a freelance writer specialising in literary journalism.

Her career has also included reporting from Africa and China and she won the inaugural Australian Human Rights award for journalism.

Jane focused on how she went back to reread books from her childhood and to analyse if the memories she had of those books from past still held true in the present. She named her favourite book as "Wind in the Willows" and her least favourite author as Enid Blyton. Other books mentioned included The Magic Pudding, the Harry Potter series, the Narnia series, Alice in Wonderland and many others that members could recall as having read in the past.

Members were also interested in her thoughts on book groups and why it appears that they are more popular with women than with men.

The printed word might be changing its format with the digital age but books will continue.

Jane also had some copies of her latest book "Storytime" for sale, which members snapped up at a bargain price.

Our thanks to Jane Pennington for the Speakers' report



Our host for the evening Jane Pennington thanked our speaker Jane Sullivan

### Our Leadership



RI PRESIDENT  
Mark Maloney



DG Grant  
Hocking



AG Eastside  
Barry  
Hickman



President  
RCNB  
Pete Sutherland

### Club Diary

Fellowship Weekend 15–17 November 2019  
Ronald McDonald House Visit 27 November 2019  
Ladies Christmas Fare Friday 13 December 2019  
District Conference March 27–29 2020  
Camp Getaway weekend 16-18 October 2020  
[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 if you know in advance.

Or E-mail to [apologiesrcnb@gmail.com](mailto:apologiesrcnb@gmail.com)

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

## President's Report

Next week is our **Melbourne Cup Night. Please invite your partners and friends (please notify Hugo of partners and friends attending)** to make it a colourful night of fun and entertainment. Bob Bott will be our host for our Guest Speaker race caller Bryan Martin OAM. Horse Racing has been Bryan's life for over 50 years! Loved by both television and radio listeners alike, Martin is best known for calling his own horse the legendary Fields Of Omagh to win 2 Cox Plates. He has been calling for in excess of 45 years – read more [HERE](#).

It was a pleasure to present Bill Oakley with his Paul Harris Reconignition Badge with 4 Saphires.

Last Friday I attended the funeral of Jack Watson and a Rotary Guard of Honour was assembled to see Jack off. Jack is warmly remembered as a remarkable Rotarian and will be missed by everyone at DIK and especially by our [Computers for Community](#) team. With wife Dawn he created the Rotary [Shine On Awards](#) and the C4C project which has been going since the year 2000.

Jack was inducted into Rotary in June 1996, Past President of Brimbank Central Rotary Club year 2004-2005, Paul Harris Fellow plus 3 Rubies.



Have great week in Rotary

President Pete



The team at Bunnings on Friday. Well done team.

## MEETING ROSTERS

**Thursday 31 October****Melbourne Cup Night Partners Night****Greeters:** Greg Cribbes, Peter Elliott**Setup** Larry Fitzpatrick, John Gartlan**Desk:** Ian Adams, Adam Hillary**Speaker:-** Bryan Martin**HOST:-** Bob Bott**Topic:-** Horse Racing in his blood

Bryan Martin OAM is a well-known race caller who has lived for horse racing since he listened to his first Melbourne cup on radio as a six-year old. His career has taken him all over the world including the excitement of Japan in 1990 when he called the great run of the Australian thoroughbred champion, Better Loosen Up winning the prestigious Japan cup. We may be able to recreate a little of that excitement on the night.

**Thursday 7 November****Greeters:** Geoff Kneale, Imre Lele**Setup** Findley Cornell, Rob Head**Desk:** John Rennie, Nino Sofra**Speaker:-** Vocational Awardees**HOST:-** Kinga Paulheim**Topic:-** The importance of Vocation in Rotary

A night very close to home for those familiar with North Balwyn Village. Signorelli's Fresh Fruiterers and The Village Cafe will each be recognized for their contributions and service to our local community

**Thursday 14 November****Greeters:** Phil Wade, Maurie Walters**Setup** Sue McDonald, John McBride**Desk:** Geoff Steinicke, Jim Studebaker**Annual General Meeting****Speaker:-** Peter Elliott and Garth Symington**HOST:-** Takao Yukawa**Topic:-** Autobiographies

Once the formalities of the AGM are concluded, it will be time to relax and listen to the stories of two of our members.

**Thursday 21` November****Greeters:** Ian Adams, Bronwyn Diamond**Setup** Joe Butler, Russell Cooper**Desk:** Duncan Ansell, Barry Cummings**Speaker:-** Mark Hunter**HOST:-** Peter Downton**Topic:-** Labourers in the Vineyard

Mark Hunter (Peter Downton's nephew) will again expand our knowledge of wine from his experience in running the successful Sanguine Estate winery at Heathcote.

His winery did so well at the 2019 Heathcote Wine Show that The Halliday Wine Companion 2020 gives it a red 5-star rating, thereby placing Sanguine Estate in the top 8% of wineries reviewed in Halliday.

**Birthdays and Anniversaries between October 27 to November 3****Weddings:** Jim and Carol Studebaker**Birthdays:** Anthony Stokes, Greg Matthews, Ann Downton**Inductions:** John Gartlan, Greg Ross

## Geoff's Health Tip

### An Alternative Strategy for Obesity Prevention

Many scientists are guilty of clinging to pet theories despite overwhelming evidence that they are mistaken. They have a fascinating ability to rationalise away evidence that doesn't support their views. Of course this can also apply to engineers, accountants and virtually everyone, not just scientists.

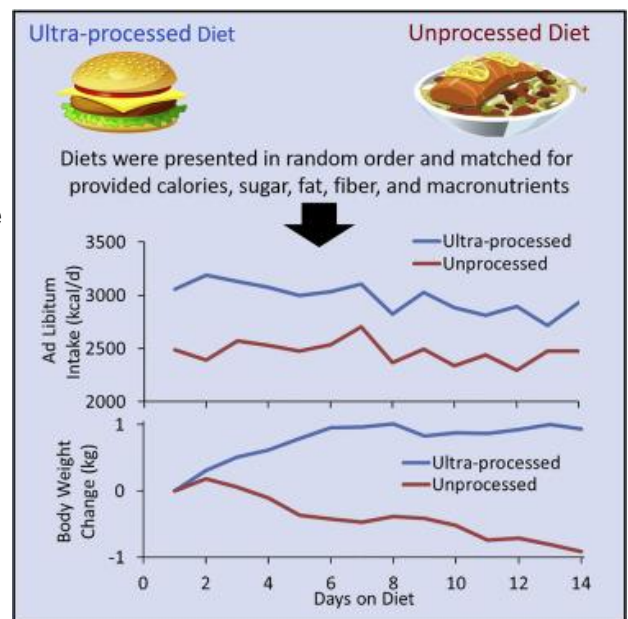
Readers of 'Health Tips' might remember an article titled 'It's Not Fat It's Sugar' in which the previous notion that consuming fat, especially saturated fat, was the root cause of obesity was shown to be false and that the real culprit was sugar.

This hypothesis is now being disputed by Dr Kevin Hall from the National Institute of Diabetes and Digestive and Kidney Diseases (NIH) USA, who claims the culprit is ultra-processed food.

Dr Hall's studies suggest that a dramatic shift in how we make the food we eat bears the brunt of the blame in the rise of obesity. In describing how we make the food we eat, Dr Hall describes ultra-processed food as food made by 'pulling ingredients apart and then recombining them to make ready-to-eat meals'. Ultra-processed food is also distinguished by the large number of ingredients detailed on the package.

To illustrate Dr Hall's theory, researchers enrolled 20 weight-stable adults. The subjects were randomized to receive either ultra-processed or unprocessed diets for 2 weeks immediately followed by the alternate diet for 2 weeks. The subjects were instructed to consume as much or as little as they desired.

Despite the ultra-processed and unprocessed diets being matched for calories, sugar, fat, fiber, and macronutrients, people consumed more calories when exposed to the ultra-processed diet compared to the unprocessed diet. Furthermore, people gained weight on the ultra-processed diet and lost weight on the unprocessed diet.



**Take home message.** Limiting consumption of ultra-processed food may be an effective strategy for obesity prevention and treatment.

**Geoff**

## EVA TILLEY MEMORIAL HOME

The Rotary Club of North Balwyn has supported Eva Tilley for many years through membership of its Board of Management. A position will become available with the retirement of Ian Adams from the Board at the end of this year. Anybody interested in contributing to this form of community support may contact Ian for further information.



## Boroondara Community Outreach



### Christmas Hamper Project

Dear Members,

Last year Diane Goetze asked us to support the socially isolated at Christmas time by helping provide a Christmas gift of Toiletries and Food. This Christmas Hamper is a way of showing that people are thinking of them at this difficult time. The response last year was great and we wish to repeat it.

Items requested are Toiletries, non-perishable food and failing this, cash donations are always welcome!

Last year members asked local pharmacies and businesses for samples which was well received.

The Christmas Hamper Project aims to provide 497 hampers to the vulnerable in our community.

Each week from later in October, Hugo will have a box or basket at Club Meetings to collect the toiletry items for the men & women in Kew rooming houses.


Thanks in advance for your help.

Hugo and Diane Goetze

<u>Meeting No.18</u>		Thursday, 24th October 2019
<b><u>Present:</u></b>		
Guest Speaker	1	Jane Sullivan - Topics Literary.
NB Members	43	
Partners	1	Carol Studebaker
Guests	1	Marianne Mahony OA, Kew Rotary Club Op Shop (T.Yukawa)
Members Present 43 = 63.2% ; Membership = 68		
<b><u>External Activities :</u></b> 29 <u>CAMBERWELL Sunday Market, 20/10</u> - Greg Cribbes, John Magor ;		
<u>GARDENING PROJECT</u> -18 &19/10 ; Greg Cribbes, Sam Hardikar, Janie Pirret, Marcel Muntwyler.		
<u>2nd BITE delivery to CamCare</u> , 24/10 - Maurie Walters ; <u>FARESHARE</u> - Jane Pennington;		
<u>SCHOOLS' READING PROJECT</u> - Kris Walters, E Kelly, J Pirret, Nino Sofra & Eileen Toohill ;		
<u>MEN'S SHED 21/10 &amp; 24/10</u> , David Cheney, Tony Hart & Greg Matthews (2);		
<u>CATERING</u> - next 25 & 26 October ; <u>Jane Pennington</u> - Charter of RC Macedon Ranges ;		
<u>RC Kogarah, NSW</u> - Peter Sutherland.		
<b>Next Week's MEMBER absences</b> - 5 LOA plus 25 Apologies so far.		
Known Attendees - 40 members, 11 Partners and 4 guests.		

Wed 9:22 pm Fri 18 Oct

www.trybooking.com



**The Rotary Foundation**

**Kooyong Lawn Tennis Club**  
489 Glendernie Road,  
Kooyong Victoria 3144

6.30pm for 7.00pm  
13th November 2019

**2 COURSE DINNER**  
Drinks at bar prices  
(one drink on arrival included)

**TICKETS**  
\$40 per person

**RSVP**  
5th November

**BOOKINGS**  
<https://www.trybooking.com/BEYCO>

Each of the five Victorian Rotary Districts will be represented at this special event.

**Wednesday 13th November 2019**

**"A CELEBRATION OF THE ROTARY FOUNDATION"**

with

**Past Rotary International President & Chair Elect of The Rotary Foundation**  
**K.R. "Ravi" Ravindran**

**What's the Buzz about Bees?**

**ROTARIANS FOR BEES**  
cordially invite you to a special

**CELEBRATION OF POLLINATOR WEEK**

**Tuesday, 12 November 2019**  
**6.00pm for 6.30pm start**  
Greenacres Golf Club  
Elm Street, Kew

**GUEST SPEAKERS include:**

**Dr James Fitzsimons and Martin Hanigan - Nature Conservancy**  
"Pollination Pathways & Greening Melbourne's Suburbs"

**Jane and Peter Dyer - Backyard Honey**  
"The Joys & Challenges of Beekeeping"

**Claire Moore - Winner of 2019 Victorian Rural Women's Award**  
"Varroa Resistant Queen Breeding & Beekeeping Certificate Courses"

**Q&A SESSION WILL FOLLOW**  
so prepare your questions ahead of time

**COST \$40 PER PERSON**  
INCLUDES TWO COURSE DINNER AND SOFTDRINKS  
Alcoholic Beverages at Bar Prices

**RSVP & PAYMENT BY WEDNESDAY, 06 NOVEMBER 2019**  
Book now at [www.trybooking.com/560661](http://www.trybooking.com/560661)

**BEE RELATED PRODUCTS & OTHER SURPRISES**

## 27th Rotary Foundation Paul Harris Breakfast



### IMPORTANT INFORMATION

**When**  
Thursday, 21st November 2019

**Where**  
The RACV City Club  
Level 17, 501 Bourke Street  
Melbourne

**Tickets**  
\$70.00 per head  
or  
\$650 for a table of ten  
(incl. GST)

**RSVP**  
7th November 2019

**Time**  
7.15 for 7.30 till 9.00am



### GUEST SPEAKER

**Dr Andrew Browning**

**Maternal health care in Africa- an Australian intervention**

Dr Andrew Browning spent 17 years living with his family in Ethiopia and Tanzania amongst some of the poorest people in the world.

He specialises in treating a devastating birth injury called obstetric fistula. This results from women giving birth at home, without medical help. In labour for four or five days they deliver a stillborn child and the tissues in their pelvis are destroyed, leaving them with large holes (fistula) to their bladder and bowel. Leaking continually they are shunned, depressed and suicidal.

Andrew is one of only a handful of surgeons in the world who have dedicated their lives to helping treat and prevent this. His charity has now built three maternity hospitals in Africa and aims to build many more.

**All funds raised will be used to support Rotary Foundation projects that make lives better in your community and around the world**



- The Rotary Foundation of Rotary International has received 12 consecutive 4-star ratings, the top rating, from Charity Navigator as at January 2019.
- Charity Navigator also rates The Rotary Foundation as Number One in their list of the 10 of the Best Charities Everyone's Heard Of.
- It also received an A+ from Charity Watch its highest rating in 2017 (the most recent rating).
- The Association of American Fundraising Professionals named The Rotary Foundation as the outstanding Foundation for 2016.

**We look forward to welcoming all Rotarians, partners, friends and colleagues to this special event**

**BOOKINGS: [www.trybooking.com/BEYTZ](http://www.trybooking.com/BEYTZ)**

**FOR FURTHER INFORMATION PLEASE CONTACT: Marjorie Gerlinger**

**Email: [marbern@bigpond.net.au](mailto:marbern@bigpond.net.au) • 0419 302 109**

ABN: 29 402 928 051 Reg No. A0018334H Fundraiser Registration No. 10905-18 VCGR Declaration No. 58043





*"People don't know what they want until you show it to them"* Steve Jobs

## Public Image and Membership Seminar

**Want to improve your Web page, impact through Social Media, write a successful Press Release, confidently tell your Rotary Story and attract new members ... well, this day is for you!!**

Venue: Baden Powell College Derrimut Heath Campus  
Sycamore Street, Hoppers Crossing.  
Date: Saturday the 9th November 10 am to 2:30 pm  
Bookings essential Kerry Kornhauser E: Kornhauser.k@gmail.com

**Julie Mason**  
Past District Governor 2015/16  
Rotary District 9800  
Public Image Assistant Coordinator 2018/2020  
Mobile: 0402 324 093

**Kerry Kornhauser**  
Public Image District 9800  
Mobile: 0411 597 690





Rotary  
Yea



# Open Gardens

## YEA & DISTRICT

November 9th and 10th 2019

**TEN EXCEPTIONAL GARDENS OPEN  
IN YEA AND DISTRICT**

**10am-5pm**

\$5 per town garden

\$7 per country garden

\$35 per 2-day pass to all gardens

Plus YEA  
GARDEN CLUB  
Annual PLANT SALE



Information available on Rotary Club of  
Yea website or phone 0448 511 139

Tickets for sale on the Open Garden  
Weekend at the Yea Information Centre  
and at each open garden

Maps and garden descriptions  
available on website from August

**[www.yearotary.org.au](http://www.yearotary.org.au)**



## Second Bite Roster

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
31	Oct	Rob Head	
7	Nov	Garth Symington	
14	Nov	Geoff Haddy	
21	Nov		
28	Nov		
5	Dec		
12	Dec		
19	Dec		

Can you fill these vacancies? Let Garth Know.

## 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: [admin@rotarynorthbalwyn.com.au](mailto:admin@rotarynorthbalwyn.com.au)

<b>31 October</b>	<b>Halloween</b>		<b>5.30pm to 8.00pm</b>	
<b>Thursday</b>	<b>Greythorn Traders</b>	1	Jagath Jayasinghe	2 Don Taylor
	<b>Greythorn Village</b>	3	Nino Sofra	4 Rob Stewart
		5	Ted Wilkins	
<b>2 November</b>	<b>Maserati Club</b>		<b>7.30am to 2.00pm</b>	
<b>Saturday</b>		1	Jagath Jayasinghe	2 Bill Oakley
		3	Bill Oakley	4 Nino Sofra
		5	Nino Sofra	6
		7		8
<b>16 November</b>	<b>Bunnings</b>		<b>8.30am to 12.00pm</b>	<b>12.00pm to 4.00pm</b>
<b>Saturday</b>	<b>Middleborough Road</b>	1	Jagath Jayasinghe	Bill Oakley
	<b>Box Hill</b>	2	Bill Oakley	Marcel Muntwyler
		3	Brian Lacy	
		4	Don Taylor	
		5		
<b>30 November</b>	<b>Kew Christmas Party</b>		<b>5.00pm to 9.00pm</b>	
<b>Saturday</b>	<b>Kew Junction</b>	1		2
		3		4
<b>10 December</b>	<b>Bunnings</b>		<b>8.30am to 12.00pm</b>	<b>12.00pm to 4.00pm</b>
<b>Tuesday</b>	<b>Nunawading</b>	1	Don Taylor	Eileen Toohill
		2	Garth Symington	John Gartlan
		3		
		4		
<b>16 December</b>	<b>Bunnings</b>		<b>8.30am to 12.00pm</b>	<b>12.00pm to 4.00pm</b>
<b>Monday</b>	<b>Middleborough Road</b>	1	Don Taylor	
	<b>Box Hill</b>	2		
		3		
		4		
		5		
<b>21 December</b>	<b>Bunnings</b>		<b>8.30am to 12.00pm</b>	<b>12.00pm to 4.00pm</b>
<b>Saturday</b>	<b>Middleborough Road</b>	1	Don Taylor	
	<b>Box Hill</b>	2	Greg Ross	
		3		
		4		
		5		
<b>26 December</b>	<b>Bunnings</b>		<b>8.30am to 12.00pm</b>	<b>12.00pm to 4.00pm</b>
<b>Thursday</b>	<b>Middleborough Road</b>	1		
	<b>Box Hill</b>	2		
		3		
		4		
		5		

## Gardening Schedule

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		I Glenney
Please complete as circulated at meetings				Advise availability to Neil Marshall



## CAMBERWELL SUNDAY MARKET ROSTER – No 63

Sunday	6.45am – 10.00am	9.45am – 1.00pm
3 November	Geoff Kneale	Findley Cornell
10 November	Rob Head	Janie Pirret
17 November	Brian Lacy	Terry Keyhoe
24 November	John Rennie	
1 December	Ian Richardson	Anthony Stokes
8 December	Brian Thomas	Jagath Jayasinghe
29 December	Greg Ross	Ted Wilkins
5 January	Don Taylor	Tak Yakawa
12 January	Sue McDonald	Geoff Steinicke
19 January	Rowan McClean	
26 January		Marcel Muntwyler
2 February	Estelle Kelly	Nino Sofra
9 February	Tak Yukawa	
16 February	Don Taylor	Eileen Toohill
23 February	Garth Symington	Janie Pirret
1 March	Jim Romanis	
8 March		
15 March		
22 March		
29 March		
<b>EMERGENCIES</b>	If available	Tony Wells 0400 077 647
	If available	David Cheney 0417 355 370
	If available	Adam Hillary 0412 191 413
	If available	John Gartlan 98598559

Geoff Steinicke Mob 0418 175 130 email [gwsteinicke@bigpond.com](mailto:gwsteinicke@bigpond.com)

Also on our webpage at <https://rotarynorthbalwyn.com.au/page/sunday-market>



## 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*