

## The Grapevine



Our Leadership



RI PRESIDENT Mark Malonev



DG Grant Hocking



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

## Thursday 25<sup>th</sup> July – Speakers, Ken Mitchell & Thorold Merrett

On Thursday evening, the relationship between Probus and Rotary was reinforced by the Probus led presentation celebrating an historical, enthralling sporting battle in 1958 at the MCG.

It was great to see Rotarians from other Clubs and our own Bob Bott in attendance to hear the enthralling story of the two footy heavy weights – Melbourne and Collingwood football clubs. For this was no

ordinary football match as Nth Balwyn Mens Probus Director, Ken Mitchell, clearly annunciated. This game is renowned as "The Greatest Upset in Sporting History" (ex Herald Sun).

Ken, whose knowledge of the game would relegate Bruce McAveney to novice level, set the scene for the evening. Melbourne FC saw odds of Pharlap scale as the crowd of 98,700 people arrived at a very wet and muddy MCG in Sept, 1958. Melbourne had creamed the last 3 premierships and would go on to win another 2 consecutive premierships. Only the young, small and inexperienced Pies would halt the otherwise phenomenal record of 6 consecutive flags.

Thorold Merrett, our co-speaker on the evening, was amongst those small yet dynamic youngsters who halted the Melbourne charge. Back in 1958, Thorold won Best On Ground and judging by his heavily bandaged finger last Thursday evening, Thorold is still refining his hand-balling skills – 61 years later, Collingwood needs him again!

Thorold explained the motivating impact that past Pie greats from the invincible '20s and '30s era had on the young team of 1958. "Don't let us down, do not disappoint your parents and supporters" beckoned the greats such as Coventry, Collier and Regan.

Comprising of 5 teenagers the young brigade buckled in the first quarter to be down 5 goals to 0. However the next 2 quarters saw an incredible fight back led by Thorold's 120 yard sprint down the wing to bring down Melbourne's fastest gun Bluey Adams. Thorold counts this feat in front of the Members as his greatest achievement on the day which clearly sent a resounding message around the MCG.

Thorold's nickname of "The Jet Propelled Midget" was born.

Whilst "Biff and Clout" ensued behind play, the speed of the Pie youngsters and the reliability of the key defenders clasped the famous 18 point victory.

and the reliability of the key defenders clasped the famous 18 point victory. Perhaps there was more to the win as Thorold admitted to sipping sherry at half time and his sex talks with Jock McHale as a 15 year old.

Questions comparing the strategies of footy today and the loss of the drop and torpedo kicks closed off a great night.

The only unfortunate side to the evening was the fact Thorold still has not washed and returned Bob Bott's towel.

Our thanks to Geoff Kneale for the meeting report.

## Club Diary

Fellowship Weekend 15-17 November 2019

District Conference March 27-29 2020

Read about Rotary in your area in The Progress Leader <a href="http://leader.smedia.com.au/progress/">http://leader.smedia.com.au/progress/</a>

## **APOLOGIES FOR CLUB MEETINGS**

Sign the "apology sheet" at the front desk if you know in advance.

Or E-mail to <a href="mailto-apologiesrcnb@gmail.com">apologiesrcnb@gmail.com</a>
Please apologise no later than 5pm on Tuesday.

#### FROM THE PRESIDENT'S DESK

Our first Rotary Hero award recipient is our Ian Mollison who is long time sponsor of our Club through many activities including a lawn bowls night at his local North Balwyn Lawn Bowls Club where he is renowned as Club Champion!

This first award went down really well with our Club and helps us have fun whilst acknowledging our heroes.

Ian also helps our members with travel plans through his Hello World Travel business and he recently pulled off the impossible when unexpected last minute itiner-

ary changes were required for an overseas Club Program.

Ian is truly a Rotary Hero!

Thanks for making Rotary more fun.

Some photos from our meeting....



#### Wanted - Interviewers!!

The North Balwyn Scouts have invited our members to come and assist with mock interviews.

Date: Wednesday 14 August

In the evening for about two hours

We need six Rotarians so if you can assist please contact Bill Oakley.

#### From Jim Romanis

Weather is fantastic...have had the joint war games flotilla "invade " Bowen last weekend..it was fabulous to experience and talk to Australian,U.S. Japanese and New Zealand soldiers.

Last night we had the visiting MELBOURNE Cup 2019 troupe and we held the Cup.



#### **MEETING ROSTERS**

1 August Thursday

Greeters: Estelle Kelly, Ian Richardson

Jim Studebaker, Jane Pennington Set Up:

Desk: Greg Ross, Ted Wilkins Speaker: Nil required

Host: President Peter Sutherland

Topic: Forum Night

Forum night!! Your opportunity to hear President Pete's plans for the next Rotary Year and have your say.

Thursday 8 August

Greeters: John Rennie, Findley Cornell Set Up: Phil Wade, Sam Hardikar

Desk: Peter Cleary, Steve Greatorex

Speaker: John Ballis CEO of Reclink

Host: Bill Oakley

Topic: Reclink's Helping Hand to the

Disadvantaged

John Ballis will refresh our knowledge of, and enthusiasm for, the great work done by Reclink. This follows the recent involvement of our club, led by Bill, Nino and our catering team at yet another successful annual Community Cup at Collingwood's famous Victoria Park.

Thursday 15 August

Greeters: Brian Thomas, John Koa John Rennie. Bill Oaklev Set Up:

Desk: Ian Mollison, Peter Elliott Speaker: Rob Stary

Host: Kinga Paulheim

Topic: For Rob, Australia Has Truly Been the

Lucky Country

## Meeting No.5

## Thursday, 25th July 2019

### Present:

2 Thorold Merrett & Ken Mitchell Guest Speaker

NB Members 39

Visiting Rotarians 6 Ken Maxfield - PP RC Yea; Jenny Foster - International Director D9800;

David Alexander PDG & International Director D9810; Catherine O'Connor - Pres. Point Cook:

Russell Hayes - RC ScarBorough WA; David Goldsmith - RC Ballarat West.

Guests Andrew Sutherland - PNM 2nd visit.

Alumni 1 Bob Bott - In Collingwood team with Thorold Merrett until 1953

Members Present 39 = 57.4%; Membership = 68

Apologies - On Time = 18, Late =1, LOA = 10. Late extra attendees = 2.

External Activities 16 'CAMBERWELL Sunday Market, 21/7 - Findley Cornell & Geoff Kneale.

(Board Approved) 2nd BITE delivery to CamCare, 25/7 - Hugo Goetze

MEN's SHED 23 & 25/7, Board Meet 26/7 - David Cheney, Tony Hart, Greg Matthews, Garth Symington.

FARESHARE - Larry Fitzpatrick; GARDENING PROJECT - Geoff Haddy, Ian Glenny.

BBQ CATERING - This Saturday 27th, DIK - Peter Sutherland & Imre Lele.

Apologies for next week - 12 LOA plus 6 + apologies.

#### Birthdays and Anniversaries between July 29 to August 4

Weddings: Nil

Birthdays: Nini Sofra, Jim Studebaker, Rowan McClean

Inductions: Peter Sutherland

## **Rotary International Convention in Melbourne 2023**

It is with great excitement that Rotary Club of Melbourne announces Melbourne as the host city for the 2023 Rotary International Convention, attracting over 20,000 delegates and the largest Conference secured this century for Victoria.

Thirty years since Melbourne hosted the same international event.

President Robert Fisher announced: "This is fantastic news for Rotary in our part of the world.



Huge congratulations are due to Hugh Bucknall, the Melbourne Convention Bureau, the D9800 Bid Team, many of our own members and countless others who put their collective shoulder to the wheel and demonstrated to Rotary International the kind of magnificent Convention we would stage in Melbourne!"

This is a Big Deal!

Melbourne is a Big Events City! The global spotlight will be on Melbourne and how we present ourselves to the world.

The Convention will take place in late May 2023 using superb venues; Rod Laver Arena and the Melbourne Convention & Exhibition Centre. All activities and events are within the "Heart and Soul" of Melbourne.

## Joining the dots: Rotary Connecting our Community







Your Rotary Club picks up food from <u>SecondBite</u> West Heidelberg early Thursday mornings and delivers to <u>Camcare</u>, and likewise we pick up from Fareshare in Abbottsford and deliver to CamCare on Tuesdays or Wednesdays.

Our Club also assists Camcare hold a BBQ on the last Thursday of the month. The meat comes from Fareshare, and our collectors from SecondBite pick up 2 or 3 trays of bread and rolls in addition to the usual fruit and vegetables.

To find out how to get involved in these Club Food Transport Projects, and volunteering possibilities in these Community Support Organisation see your Club Community Director.

<u>Camcare</u> is a community organisation of professionals and volunteers working together to help people in Boroondara when times are tough. Camcare provide wellbeing and support services, information and practical assistance. This may be food relief in a crisis, connecting to other services, or professional counselling for new parents, unsettled teenagers or vulnerable families. We go out to see people who need help in their homes.

Camcare also creates a welcoming community space at Camcare for people to meet and participate in activities - a place to belong.

<u>SecondBite</u> is a leading national food rescue organisation. They work with a range of food suppliers to rescue surplus fresh food from across the network, and redistribute it to local charities around Australia. These charities run food programs to support people in need in their communities.

<u>FareShare</u> rescues food that would otherwise go to waste and cooks it into free nutritious meals for people in need. Around four million Australians experience food insecurity each year while as much as \$20 billion worth of food is wasted. In Melbourne, with the help of 900 regular volunteers, FareShare cooks more than 5,500 free meals a day for charities such as soup vans, homeless shelters, women's refuges and community food banks.

Registrations for the 2020 District 9800 Conference in Bendigo are now open!!

**CONFERENCE 2020** BENDIGO

27-29 MARCH



Tickets are priced as follows -

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, guest speakers and activities planned for the weekend (keep your eyes on our Facebook page for announcements!).

We've drawn inspiration from the 2019/20 motto Rotary Connects the World, and can't wait to share the weekend with you.

Go to

https://www.trybooking.com/book/event?eid=520299& to book attendance at the conference

For accommodation, our Club has reserved 20 rooms for 27/28 March 2020 and for those staying on 29th 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 Rotary Club of North Balwyn

For the Friday night, our Club has booked The Bridge hotel which is a couple of blocks from the Schaller so an easy walk. www.bridgehotelbendigo.com.au 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**

## Hypertension - Is it Systolic or Diastolic Pressure that is of most concern?

If you have wondered whether systolic blood pressure (the high reading) or diastolic blood pressure, or both, contribute to cardiovascular risk or stroke, you are not alone. Controversy has existed for a long time, but a recent study of more than 1.3 million people has established that both hypertensive systolic and diastolic pressures contribute to cardiovascular disease and risk of stroke. The study was published in the July issue of the *New England Journal of Medicine*.

The researchers used two thresholds 140/90mm Hg and 130/80mm Hg. The former represented 19% of the population and the latter represented 44%, while the balance (37%) had systolic and diastolic pressures outside these ranges.

- \* The findings showed that systolic blood pressure increased as a function of age, whereas diastolic blood pressure measurements peaked for those in their 50s.
- Higher systolic pressure in older people can be attributed to stiff atherosclerotic arteries and this may also be responsible for low diastolic pressure.



- \* People with wide pulse pressures (difference between systolic and diastolic measurements) are indicative of arterial stiffness and disease, and are more at risk.
- In otherwise healthy people, the best cardiovascular protection advice is to reduce systolic pressure to 120mm Hg even though the diastolic pressure might be in the mid to low 60mm Hg range.

The study demonstrated that both systolic and diastolic are important, and it shows that in people who are generally healthy, the lower the pressure the better.

Geoff

#### 2019/2020 ENTERTAINMENT BOOK

#### 2019/2020 ENTERTAINMENT BOOK

Contact Geoff Steinicke at <a href="mailto:gwsteinicke@bigpond.com">gwsteinicke@bigpond.com</a> or Mobile 0418 175 130



Support Rotary Club of North Balwyn! Get your new Entertainment Membership today.

Purchase your 2019 | 2020 Entertainment Membership!

Garth Symington is endeavouring to get at least one table of 10 from the club for this function which is being supported by all 8 clubs in the Boroondara area.

Could members and partners contact Garth on 0419519899 or email him on <a href="mailto:garths45@icloud.com">garths45@icloud.com</a> to book a seat. Garth will book and pay for the table and collect the money from members and partners

## Boroondara Cares Foundation CHANCES Scholarship Program

invites you to

# Breakfast

with the Lord Mayor of Melbourne, Sally Capp



at

## Kooyong Lawn Tennis Club

489 Glenferrie Road, Kooyong

on

## Wednesday 7th August

6.45 am for 7.00 am start, concluding at 8.45 am

## **Bookings**

Via TryBooking website https://www.trybooking.com/BCPZK

Bookings close: Tuesday 30th July @ 7.30pm

**Individual cost:** \$55.00 per head **Table of 10 cost:** \$500 per table

## **Enquiries contact:**

secretary@boroondaracares.org.au





Join us in celebrating India's culture – the sounds, tastes and feel of a truly wonderful country.

## India is more than just the Taj Mahall

See what Rotary is doing in India. Hear about our projects across India.... Want to help too - talk to us.

- Polio eradication
- Clean water
- Solar Lighting
- Sanitation
- Education
- Days for Girls

Admission: \$10.00 Family, \$ 5.00 Adults \$2.00 Students

Proudly supported by Glen Eira City Council

#### 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
1	Aug	Geoff Haddy	Garth Symington
8	Aug	Steven Greatorex	Hugo Goetze
15	Aug	Rob Head	Hugo Goetze Geoff Haddy
22	Aug	Jim Studebaker	Hugo Goetze Geoff Haddy
29	Aug	Garth Symington	Hugo Goetze Geoff Haddy
5	Sept	Greg Cribbes	Geoff Haddy
12	Sept	Greg Cribbes	Geoff Haddy Garth Symington
19	Sept	Imre Lele	Geoff Haddy Garth Symington
26	Sept		



## CAMBERWELL SUNDAY MARKET ROSTER - No 48

Sunday	6.45am – 10.00am	9.45am – 1.00pm
28 July	Geoff Haddy	Brian Lacy
4 August	Peter Sutherland	Janie Pirret
11 August	Neil Marshall	lan Richardson
18 August	Sue McDonald	Geoff Steinicke
25 August	Garth Symington	Colin Sharp
1 September	Tak Yukawa	Kinga Paulheim
8 September	Greg Cribbes	Adam Hillary
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	
27 October	Imre Lele	
3 November	Geoff Kneale	
10 November		
17 November		
24 November	John Rennie	
1 December		
8 December		
29 December		

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

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

## 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: <a href="mailto:admin@rotarynorthbalwyn.com.au">admin@rotarynorthbalwyn.com.au</a>

9 August	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Friday	Middleborough Road	1	Pete Sutherland	Jim Studebaker
	Box Hill	2		
		3		
		4		
		5		
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	
	Centre, Blackburn South	2		
	Centre, Diackburn South			
	Centre, Diackburn South	3		
	Centre, Blackburn South	3 4		
	Centre, Diackburn South	3 4 5		
		3 4 5 6		
	Coffee Barista	3 4 5		
		3 4 5 6		
25 October	Coffee Barista Coffee Barista Bunnings	3 4 5 6 7	8.30am to 12.00pm	12.00pm to 4.00pm
25 October Friday	Coffee Barista Coffee Barista Bunnings Middleborough Road	3 4 5 6 7 8	8.30am to 12.00pm Greg Cribbes	12.00pm to 4.00pm
	Coffee Barista Coffee Barista Bunnings	3 4 5 6 7 8	-	12.00pm to 4.00pm
	Coffee Barista Coffee Barista Bunnings Middleborough Road	3 4 5 6 7 8	-	12.00pm to 4.00pm
	Coffee Barista Coffee Barista Bunnings Middleborough Road	3 4 5 6 7 8	-	12.00pm to 4.00pm

Mobile Phones for Timor Leste



If members have a working iPhone sitting their bottom draw and not being used can you please consider donating it to the RC Camberwell via Peter Sutherland?

Please ensure it's not locked to a network or iTunes account. The phone will be reset to wipe any personal data.

Requested on behalf of Past District Governor Don Jago RD RC Camberwell

## **Gardening Roster**

Plenty of opportunities for volunteers.

Date	School	Time	RCNB Supervisor	Assisted by (1 or 2 pls.)
Fri 2 Aug	CGS, XC	3-5pm	R McClean	I Glenny
Fri 9 Aug	CGS, XC	3-5pm	C Sharp	I Glenny I Adams (at Eva T)
Sat 10 Aug	MLC	10-noon	G Haddy	F Cornell
Fri 16 Aug	CGS, XC	3-5pm	I Lele	I Glenny, J Pirret
Sat 17 Aug (special)	CGS Spl	10 - noon	G Steinicke	M Muntwyler
Fri 23 Aug	CGS, XC	3-5pm	R McClean	I Glenny
Sat 24 Aug	MLC	10-noon	G Symington	R Head
Fri 30 Aug	CGS, XC	3-5pm		I Glenny
Sat 31 (special)	CGS spl	10-noon		
Sat 31 Aug	MLC	10-noon		
Fri 6 Sept	XC	3.45-5pm	G Cribbes	I Glenny, G Symington
Sat 7 Sept	MLC	10-noon		E Kelly
Fri 13 Sept	XC	3.45-5pm	G Cribbes	I Glenny
SCHOOL HOLS				
Fri 11 Oct	XC	3.45 - 5pm		E Kelly
Sat 12 Oct	MLC	10 - noon		M Muntwyler
Fri 18 Oct	CGS, XC	3 - 5pm	G Cribbes	
Sat 19 Oct	MLC	10 - noon	S Hardikar	
Fri 25 Oct	CGS, XC	3 - 5pm		
Fri 1 Nov	CGS, XC	3 - 5pm	G Haddy	
Fri 8 Nov	CGS, XC	3 - 5pm	G Cribbes	
Fri 15 Nov	CGS	3 - 4pm		

Please complete as circulated at meetings or advise availability to Neil Marshall at neiltric@vahoo.com.au

# Rotary Safe Families



It is our responsibility as Rotarians and Australian citizens to be informed and part of the solution to ending Family Violence in our communities. We must not avoid this topic because we feel helpless or believe that it doesn't happen to people we know. Rotary Safe Families is a program that will assist Rotarians to be "part of the solution" and to spread "NO" to Family Violence across your community, your Club and throughout Australia.

Our specifically designed "toolkit" provides everyone with practical safe methods of what actions we need to take to prevent this violence from occurring in the first place and suggestions on how to support someone you know who may be a victim of family violence Go to <a href="https://rotarydistrict9800.org.au/Stories/rotary-safe-families">https://rotarydistrict9800.org.au/Stories/rotary-safe-families</a> for more information.

#### ROTARY INFORMATION

**Rotary International** Website:https://www.rotary.org/

> Facebook:https://www.facebook.com Twitter:https://twitter.com/Rotary

rotaryaustralia.org.au **Rotary Australia** Website:-

> Facebook:https://www.facebook.com/RotaryAroundAustralia/ Facebook RDU:https://www.facebook.com/rotarydownunder/

Twitter:https://twitter.com/rotaryaustralia

District 9800 https://www.rotarydistrict9800.org.au/ Website;-

> https://www.facebook.com/rotarydistrict9800/ Facebook:https://twitter.com/rotaryd9800?lang=en Twitter:-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 2019/20

**President: Peter Sutherland** president@rotarynorthbalwyn.com.au vicepresident@rotarynorthbalwyn.com.au Vice President: John Magor 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.

Michael Martin http://balwynnorthprobus.org.au **North Balwyn Probus:** 

North Balwyn Heights Probus: Sue Mullarvey yarramul@tpg.com.au 98574305 0400821402

**Greythorn Probus:** 98594941. greythornprobus.org.au

**Boroondara Ladies Probus:** iveddev@applewood.net.au Janet Eddy

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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.



## THE TRAVEL PROFESSIONALS **BALWYN NORTH**



Thank you Helloworld North Balwyn for your ongoing support of our Event Days and assistance with our Mongolia travel ar-

## **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.

