



Meeting Report

Wednesday 26th September – Speaker, Jeff Gieschen.

Host, Ted “Dusty” Wilkins, opened the evening stating that Wednesday’s Grand Final meeting dinner speaker was the perfect Aussie Rules All-Rounder. Having been highly successful as a player and coach in country footy, Jeff Gieschen achieved great success at the highest AFL level as a player and coach across two states and three clubs, culminating as national head of AFL Umpires.



Subsequently, Jeff’s presentation elaborated on all aspects of footy including:

- This weekend’s Grand Final - the psychology and physical preparation required for an entire 11 months.
- Richmond, last year’s Premier’s, four themed approach in 2017 that is true about the broader realities in life.
- Don’t be afraid to show your vulnerabilities. Embrace your differences which in turns draws people closer together as we support each other;
- Total team. Give everything for your team (family, community) and focus on making your team mate better.
- Pound the rock. Relentless pressure (tirelessly and consistently doing the right thing) eventually leads to success. Jeff spoke of Richmond’s 35kg granite rock, pounded 1000 times by a sledgehammer only to crack open on the 1001th strike however it was each of the first 1000 hits that weakened and drew the eventually terminal opening crack.
- “Burn the boats” – The Spanish adventurer who directed his unmotivated and outnumbered army to “burn the boats” and thereby have no exit strategy, failure is not an option so fight for your survival and get the job done.
- Hard work and passion peppered Jeff’s presentation however success is both a delight and relief with a long lasting afterglow. Jeff’s father once told his son, “Every lick of the icecream is worth 100 kicks up the bum”.

The evening was rounded out by Jeff’s discussion about controversial rules including his own rule of “taking out an opponent’s legs” and the success of that new rule to reduce leg/knee injuries.

Arguably the highlights of the evening were “Dusty” Wilkins sleeve tattoos and Jeff’s tip for another famous Magpie premiership.

Our Leadership



**RI President
Barry Rassin**



**DG 9800
Bronwyn
Stephens**



**AG Eastside
Barry
Hickman**



**President
RCNB
Nino Sofra**

Club Diary

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

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

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

MEETING ROSTERS

Thursday 4 October**Greeters:** George Swanson, Eileen Toohill**Set Up:** Tak Yukawa, Ted Wilkins**Desk:** Tony Wells, Ian Adams**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.

Umbers is 48 years old and lives in Melbourne with his wife and three children. He is a keen cyclist and barracks for AFL team Hawthorn.

Umbers was an officer in the British Army and graduated from famed military college Sandhurst. He was in the Engineering Corps. From 1993 to 2002 Umbers worked for Aldi in the UK and Ireland in various roles, including operations, supply chain, finance, transformation programs and property.

After Aldi, Umbers was the managing director of national supermarket chain Progressive Enterprises in New Zealand. The chain was then bought by Woolworths.

From 2006 to 2010, Umbers worked for Woolworths Australia where his roles included buying, marketing and customer engagement through its loyalty program.

Prior to joining Myer, Umbers was Executive General Manager for parcel and express services at Australia Post, and also held the position of Chief Executive for StarTrack. Umbers had responsibility for the enterprise wide eCommerce program, a major change initiative designed to position Australia Post to take advantage of the boom in online shopping.

**Thursday 11 October****Greeters:** Don Taylor, Maurie Walters**Set Up:** Tony Hart, Peter Cleary**Desk:** Findley Cornell, Barry Cummings**Speaker:** Karen Hayes, CEO Guide Dogs Victoria**Host:** Eileen Toohill

Karen Hayes is recognised as a dynamic influencer in the Australian Not-for-Profit sector. She currently leads the Victorian Division of Guide Dogs Australia, which is currently Australia's "Most Trusted Charity" for the 5th year in a row, as voted by the Reader's Digest Trusted Brand Poll.

A past Telstra Business Woman of the Year Award finalist, Karen is currently a Board member of Vision 2020 Australia, Multiple Sclerosis Ltd, The Melbourne International Comedy Festival and presides as President of the VU Western Spurs AFLW Football Club.

Karen is a strong advocate for women. A breast cancer survivor, Karen was one of the founders of Breast Cancer Network Australia, playing a pivotal role in the growth of the organisation and the development of the inaugural 'Field of Women' event at the MCG in 2010.

In her role as a Board Member at Melbourne Football Club, Karen developed a number of strategies to increase the participation of women at all levels of both playing, participating and supporting the AFL.

As the co-founder of the Australian chapter of the International Women's Forum (IWF), Karen continues to play a leadership role for women across a number of industries and communities globally.

Prior to joining Guide Dogs Victoria, Karen enjoyed an exemplary blue chip career in the Professional Services sector including as Director, Corporate Engagement and Human Capital with UXC Limited and CEO for Planpower, a major Project Management delivery organisation.

In 2017, Karen was inducted into the Victorian Honour Roll of Women, in recognition of her outstanding contribution to business and the community.

**Birthdays and Anniversaries between October 1 to October 7****Weddings:** Trish and Neil Marshall**Birthdays:** Fran Butler, Tak Yakawa, Tony Wells, Garth Symington**Induction Anniversaries:**

CAMBERWELL SUNDAY MARKET

Our first experience of the Camberwell Sunday Market. Brian Lacy and I found the experience most enjoyable.

On arriving at 6.45am the Balwyn members gave me a hearty welcome and handed out a Hi Vis vest and a running sheet indicating the 'gate' where I was on duty. I was delighted to find that you didn't have to ask for a donation as people had their coins ready to put into the collector's bucket.

The system is set up with two Rotarians allocated to each of the six gates. For variety, you move to another gate every hour enabling you to meet and chat with Rotarians from other clubs.

I would recommend that the two Rotarians nominated for duty each Sunday have each other's mobile number. This will enable the Rotarian arriving at 9.45am to take over from the one who is on duty for the first shift.

Parking: Brian parked in an all-day section along Burke Road and caught a tram. I parked in the top deck section of the car-park at the back of the 'Well' off Prospect Hill Road - an 8 minute walk to the Balwyn Van.

Geoff



CAMBERWELL SUNDAY MARKET ROSTER CHANGES

Please notify Geoff Steinicke Mob 0418 175 130 email gwsteinicke@bigpond.com of any changes to the roster.

CAMBERWELL SUNDAY MARKET ROSTER

Sunday	6.45am – 10.00am	9.45am – 1.00pm
7 October	Brian Thomas	Findley Cornell
14 October	Duncan Ansell	Eileen Toohill
21 October	Tak Yukawa	Tony Hart
28 October	Sue McDonald	Marcel Muntwyler
4 November	Tony Wells	Russell Cooper
11 November	Neil Marshall	John Rennie
18 November	Janie Pirret	Estelle Kelly
25 November	Sam Hardikar	Jim Studebaker
2 December	Garth Symington	Greg Cribbes
9 December	Sue McDonald	Brian Thomas
30 December	Greg Ross	Tak Yukawa
6 January	Rob Head	Terry Keyhoe
13 January	Ted Wilkins	Geoff Steinicke
20 January		
27 January	Don Taylor	
3 February		
10 February	Greg Cribbes	Greg Cribbes
17 February		
24 February		

Christmas Raffle

We are pleased to advise that Hip Kids and Bakers Delight have agreed to support our fund raising efforts again this year.

At this stage we will commence the roster Wednesday October 31 at Greythorn Central's Halloween event.

We will have 8400 tickets to sell over 7 weeks. The roster will be available at our next meeting. I look forward to your assistance where possible.

Maurie Walters

Wednesday, 31 October 2018	Greythorn - Halloween
Friday, 2 November 2018	First Choice Balwyn
Friday, 2 November 2018	Woolworths Balwyn
Friday, 2 November 2018	Dan Murphy Kew
Saturday, 3 November 2018	Maserati Club
Saturday, 3 November 2018	Woolworths Kew

Pete's IT Tips

Ever wonder what flight was thundering over your house or leaving that jet vapour trail high in the sky?

The answer is [Flightradar24](https://www.flightradar24.com) where you can track any commercial flight anywhere in the world.

It's free with small price options to improve the experience.



Ever been at an Airport and can't find a Flight Board or want to check your flight time before you leave home? Flight Board is your answer. Look up every commercial Airport Flight Board in the world to check flight arrivals and departures in real time. Available free for iPhone and iPad

I have even found the app is updated before the Melbourne Airport Flight Board



Ever been to Port Philip Bay and wondered what ship that was you were looking at and where it came from where it going? Nerdy I know, but your answer is Marine Traffic. Ok it costs \$6 but its fun. It's great for checking when the next Queenscliff Sorrento Ferry is coming too!



Boroondara Cares 2018 Chances Golf Day

This annual Golf Day raises money for the **Chances Scholarship Program**.

Boroondara Cares Foundation through its CHANCES Scholarship Program supports talented and motivated young people to overcome barriers to educational success. The program aims to provide opportunities and support for young people in our community who are experiencing financial disadvantage and social isolation.

This is a Boroondara Cares - 8 Rotary cluster clubs supported project, with the RC of Hawthorn being the organising club.

For \$95.00 players get:

- * Light lunch with tea, coffee, soft drinks
- * 18 holes of golf in Ambrose format
- * Opportunity to win a Kia Cerato - HOLE-in-ONE prize
- * Nearest to the pin prize
- * Best Drive prize
- * Various team prizes
- * Open bar for an hour after play - free wine and beer
- * Dinner with wine on the table - excellent meal

Why not put together some RCNB teams.

A promotional poster for the Boroondara 2018 CHANCES Golf Day. The background is a lush green golf course with a blue flagstick in the foreground. A white Titleist golf ball with the number 3 is positioned next to the flagstick. In the bottom left corner, a silver Kia Cerato is shown. The text is white and green, providing details about the event, including the date, time, cost, and prizes. Logos for Kia Motors and Rotary Hawthorn are at the bottom.

Boroondara 2018 CHANCES Golf Day
Box Hill Golf Club Monday 29th October 11.00 a.m

\$95.00 per person
Includes a light lunch & dinner following the event.

Registration and Payment Trybooking Boroondara CHANCES Golf Day 2018
<https://www.trybooking.com/book/event?eid=409816&>

Competition Format: Ambrose

Hole in One Prize
Kia Cerato valued at \$25,700

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Rotary Hawthorn



End Polio ... Prance in the Park

Save the Date! 17th November if your Club is looking for an event to get involved in around World Polio Day on 24th October, here it is!

District 9800 End Polio Now Ambassador Susie Cole and Club presidents Amritpal Singh (Southbank) & Kitty O'Connor (Laverton/Point Cook) are organising a major fundraiser for End Polio Now and they need 20 Rotary Clubs to send 5 walkers/prancers to participate in the inaugural **End Polio Prance in the Park**, featuring punks, princes & princesses! at Albert Park Lake on Saturday 17th November.

This year only 100 walkers can participate as more than that will require Parks Victoria permits, more complicated infrastructure & time to plan, but if this year is a success it will grow to a major event in 2019 & beyond.

Every Club's Team representatives are being asked to raise at least \$1,000 in sponsorship, wear a **District 9800 End Polio Now T-shirt** (made famous at the Rotary International Convention in Toronto recently!) & dress as a punk, prince or princess at this fun event!

All teams' sponsorships will be attributed to their respective clubs as part of their annual contribution to Foundation and End Polio Now and if the event raises the hoped for \$100,000, with the Bill & Melinda Gates Foundation contribution of 2:1 it will be \$300,000 towards the final push to end polio in the world!

The registration/sponsorship website is coming soon, so meanwhile, who's in?

Susie will be there in her gold shorts helping to run the day, we need 17 more clubs to register & join the Prahran Prancers, Southbank Strutters & Laverton/Point Cook Lopers (working titles – may change) with 5 more prancers apiece!

Let Susie (scole16@hotmail.com) or Kitty (catherine@champagnethursday.org) know if you're up for prancing (or even just walking sedately)?

If not prancing, for an extra charge you can be part of the "End Polio Push".... where you'll be pushed around the 5km course in a DIK loaner wheelchair!

Save the date & NOMINATE!!

Susie Cole
District 9800 End Polio Ambassador
PP Rotary Club of Prahran
scole16@hotmail.com



Geoff's Health Tips

Cabbage isn't just for Coleslaw

A friend of mine was knocked over by his dog. When I saw him later, his right leg below the knee was encased in a plastic boot. In a few weeks he was able to discard the boot, but his knee ached so much he decided to see a Naturopath. The examination pointed to inflammation around the knee. On parting, the Naturopath recommended wrapping the knee with washed and rolled cabbage leaves. My friend found that the pain gradually subsided and wondered what was in cabbage leaves that reduced inflammation.



Apparently, the use of a compress of cabbage leaves in pain relief is one of those folk remedies that sometimes work. A quick survey of the literature showed how a cabbage compress can be prepared and applied to the inflamed area. The literature also indicated that although there is no scientific proof, cabbage leaves have been used for years as a low-cost, natural remedy to treat joint pain and inflammation.

Cabbage is a cruciferous vegetable like cauliflower, bok choy, Brussels sprouts, kale and broccoli. The cruciferous vegetables contain numerous phytonutrients, one in particular known as sulforaphane shows promise as an anti-cancer agent. Cabbage also contains a significant amount of Vitamin K, a key vitamin in helping the blood to clot.

Cruciferous vegetables are a good place to start if you want to improve your diet, especially for reducing the risk of inflammation-related conditions such as cardiovascular disease, diabetes, obesity and wonky knees.

Geoff

Meeting No.14

Wednesday, 26th September 2018

Present:

Guest Speaker	1	Jeff Geischen - Former VFL Player, Coach & Umpire.
NB Members	34	
Partners	14	Mesdames Cheney, McDonell, deGaris, Elliott, Gartlan, Keyhoe, Magor, Matthews, Romanis, Sofra, Taylor, Wells, Wilkins & Yukawa.
Guests	2	Dorothy Brown (Toohill) & FoR Maria Gouvoussi.
		Members 34 = 45.9% ; LOA = 8, Apol = 32
<u>External Activities</u>	24	<u>2nd Bite delivery to CamCare</u> - Rob Head & to RC Pascoe Vale
(Board Approved)		<u>Gardening Project</u> - School Holidays,
		<u>Men's Shed</u> 25th - David Cheney, Peter Elliott, Tony Hart, Greg Matthews & Garth Symington.
<u>Absence next week for rosters.</u>		
		I.Adams, G Cribbes, C Flavelle-Smith, G.Haddy, E.Kelly, B.Ko,
		R. McClean, K.Paulheim, J.Studebaker, G. Symington.



Registration is now Open

www.rotaryconference.org.au

REGISTER BEFORE OCTOBER 31ST

Early Bird
Registration



**TO WIN FREE REGISTRATION &
GALA DINNER FOR 2 PEOPLE
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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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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.

