



Club Meeting 26 September

It's not everyone who knows what they will be wearing in their coffin, but Ray Wilson does. It's a white T shirt featuring a photo of his run in with Carl Ditterich, where Ray remained standing, but floored the great Carl.

Ray's career started with Melbourne University Blacks and progressed to Hawthorn. He won Best and Fairest in 1966 and played in the 1971 Grand Final, winning against St Kilda by 4 points. Back in the rooms coach John Kennedy words were "Fellas, I want you to think of the 20 players next door"

In a talk covering coaches, players, umpires officials and fans, Ray captivated his audience. He related an anecdote of John Kennedy's difficulty in scoring goals against a country team. The first kick looked good but was awarded a point. The second received the same treatment and the third surely went through the middle and was finally questioned. The reply came back "It's hard to score a goal up here"

Ray finished his talk with a video of his grandson, the ultimate fan of Cyril Rioli, with eyes shining with enthusiasm for this wonderful game of ours.

Members should also question President Pete about his dinner story of a certain coach and cans of green paint.

Our thanks to Eileen Toohill for the meeting report.

Attentive Members and Partners enjoying Ray Wilson's presentation (pictured right)



Our host for the evening and Saints supporter Eileen Toohill thanking our Speaker Ray Wilson OAM for his presentation.



One eyed Richmond supporter Ted Wilkins asking a question of our speaker Ray Wilson OAM



Our Leadership



RI PRESIDENT
Mark Maloney



DG Grant
Hocking



AG Eastside
Barry
Hickman



President
RCNB
Pete Sutherland

Club Diary

Camp Getaway weekend 11-13 October
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
[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

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

From President Pete's Desk:-

Last weekend we were invited to cater for the Patchwork and Quilters Exhibition at Eley Road Blackburn South. Thanks to the great preparation of Bill Oakley and volunteers we had an enjoyable time serving up hot coffees, jam and cream scones, sandwiches and toasties. The income from this activity of approximately \$1,500 will go to Australian Rotary Health Mental Health programs.



This week's AFL Grand Final meeting was supported by Guest Speaker Ray Wilson of Hawthorn fame. Ray played from 1966 to 1972 and still considers Coach John Kennedy to be God. We very much enjoyed Ray's anecdotes from this VFL era and especially the fact that ran into Carlton's tough man Carl Ditterich in the 1971 Grand Final and survived better than Carl! Ray still keeps his hand in football and is heavily involved with his old amateur club, University Blacks, as past president. Ray received the Medal of the Order of Australia (OAM) in the General Division in 2017 for his service to the community and to sport.

Congratulations to everyone who has participated in the Camberwell Market volunteering with the Rotary Club of Balwyn. Geoff Steinicke announced that our participation has reached the 1 year mark now, and it has been a successful new activity.

Thanks Geoff for managing the roster!

Next week's speaker is Francis Deng: From Sudanese boy soldier to Australian Citizen"

A great story of redemption and persistence told by a courageous young man. Too many young boys suffered extraordinary deprivation as forced child-soldiers during the brutal Sudanese civil war. Francis Deng was one; his physical suffering compounded by the tragic deaths of his mother and younger siblings. Many boys died. Miraculously, Francis survived. His harrowing story as one of the 'Lost Boys', redemption through the opportunities Australia offered, contributions to his adopted country, and support for those within this community facing transition and cultural challenges, is important and gripping.

This will be another great opportunity to consider inviting your partner or friend to what will be a most entertaining and informative evening.

Have a great week in Rotary

President Pete

Club Visit to the new Ronald McDonald House ; North Fitzroy

club Members, Family, Friends are invited to our next Vocational Visit on Wednesday November 27, to this latest RMCD House.

This is a heritage building, recently re-fitted for another home-away-from-home for seriously ill children and their families.

The tour will commence at 10.30 am, and we will later walk to the nearby Park St café for light lunch.

We will ask for numbers nearer the time ; please just set aside the date at this stage.

Rob Head Vocational Committee

Camp Getaway Weekend October Friday 11th to Sunday 13th.

Vacancies available for members, partners and friends.

Contact Greg Matthews on mobile 0419 597 780 or email greg1144@bigpond.net.au to confirm availability for a great project.

MEETING ROSTERS

Thursday 3 October**Greeters:** Duncan Ansell, Russell Cooper**Setup** Kinga Paulheim, Greg Ross**Desk:** Garth Symington, Anthony Stokes**Speaker:-** Francis Deng**HOST:-** Ian Adams**Topic:-** From Sudanese boy soldier to Australian Citizen

Francis is from Sudan. His incredible story begins when he was conscripted as a boy soldier and forced to fight in his war torn homeland. Escaping and being welcomed, eventually, by Australia as a refugee, he came to work at NAB through the bank's visionary "African Inclusion Program" run jointly in Melbourne with Jesuit Social Services to give African refugees a helping hand.

Thursday 10 October**Greeters:** Steven Greatorex, Ian Mollison**Setup** Ian Richardson, Jim Romanis**Desk:** Jane Pennington, John Rennie**Speaker:-** Peter Brandy**HOST:-** Gavan Schwartz**Topic:-** Media and Music—Life Experiences

This is a night for music lovers because Peter Brandy knows his music. He is a Conductor of extensive international experience who originally studied at the Guildhall School of Music and Drama in London. Since then, he has held many important positions in Australia, conducting Orchestral and Choral Music, and is currently Music Director of the Australian Conservatoire of Ballet and the Heidelberg Choral Society. He is also a highly regarded announcer on the classical music station 3MBS 103.3 FM.

| <u>Meeting No.14</u> | Thursday, 26th September 2019 |
|-------------------------------------|---|
| <u>Present:</u> | |
| Guest Speaker | 1 Ray Wilson - Team Hawthorn 1966-71 |
| NB Members | 36 |
| Partners | 7 Jan Cheney, Kristine McDonell, Robyn Elliott, Helen Mary Gartlan, Elaine Magor, Heather Matthews, Maree Williams. |
| Alumni / FofR | 1 Maria Gouvoussi |
| | Members Present 26 = 57.4% ; Membership = 68 |
| <u>External Activities :</u> | <u>27 GARDENING PROJECT - Geoff Haddy, Neil Marshall ;</u> |
| | <u>CAMBERWELL Sunday Market, 22/9 Sue McDonald, Larry Fitzpatrick ; DIK - Peter Sutherland</u> |
| | <u>2nd BITE delivery to CamCare, 26/9 John McBride, Garth Symington; FARESHARE - Larry Fitzpatrick</u> |
| | <u>MEN'S SHED 23 & 26/9, Peter Elliott (2), David Cheney & Greg Matthews (2);</u> |
| | <u>CATERING - Peter Downton, J. Jayasinghe (2), Estelle Kelly, Kinga Paulheim (2),</u> |
| | <u>Geoff Steinicke (2); RC Essendon - Greg Ross & CHRISTCHURCH NZ for 5 days of ARH.</u> |
| | <u>Next Week's absences - 11 LOA plus 4 Apologies so far.</u> |

Birthdays and Anniversaries between September 30 to October 6**Weddings:****Birthdays:** Sanae Yakawa, Fran Butler, Duncan Ansell, Steven Greatorex,**Inductions:**

Geoff's Health Tip

Forget Milk Chocolate You must have Dark!

The results of a trial published in the *NeuroRegulation* Journal, revealed that eating high cocoa strength chocolate increased brain activity in a dose dependant way. That is the more you ate the better, within reason, as increasing sugar levels increased obesity.

- * Brain images of 122 undergraduate students attending Northern Arizona University were taken, before eating chocolate, then five minutes and 60 minutes after eating chocolate.
- * Results showed that eating high cocoa content chocolate – 70% cacao – made the brain more alert and attentive.
- * The authors noted that there was a slight increase in blood pressure for a short time, but over a two week period, cocoa led to significant decreases in systolic and diastolic pressure that translated to a 20% reduction in strokes, and a 10% reduction in coronary heart disease.
- * New research showed from two studies being presented at the Experimental Biology 2018 annual meeting in San Diego that consuming dark chocolate that has a high concentration of cacao (minimally 70% cacao, 30% organic cane sugar) has positive effects on stress levels, inflammation, mood, memory and immunity.
- * The authors noted that regular milk chocolate, high in sugar and milk powder, did not produce the same effect.



Geoff





Our Club Member Nino Sofra in Mongolia recently .

Garth Symington's family teaching Mongolian students water safety and surfing at Angelsea in January 2018.

Mongolian Cultural Immersion program

On January 5th a contingent of 8 Mongolian students and 3 female chaperones arrive for a two week stay, departing January 20th. We are seeking home hosts for students and chaperones. Chaperones may be home hosted singly but Rotary International decrees students MUST be hosted in pairs. There are four boys and four girls in the group.

The students range in age from 12 – 17 years. The 12 year old boy is the grandson of the contingent leader, Byamba Chultem, who is very experienced in working with young people travelling internationally. Her grandson will be hosted with one of the older students. The ages of the other students range from 14 – 17 years.

The Youth Committee has planned a program comprising day activities, a bus tour along the Great Ocean Road and free time for host families to choose daily activities. The Melbourne students we took to Mongolia in July are invited to join the Mongolian students in all activities.

All members of the host family over the age of 18 years are required to have a Working With Children's Check.

Day activities will include catering for lunches or evening meals. Assistance with catering will also be required. It is another opportunity for RCNB members to meet and interact with the Mongolian group.

The visit by the Mongolian group in January 2018 was very successful with RCNB members contributing where they felt able to.

Ask Jane Pennington, Ian Adams, Bill Oakley, Peter Downton or Estelle Kelly for further details.

Estelle Kelly



**Boroondara
Cares**

Boroondara Chances Golf Day on 28/10/2019

Boroondara Cares Foundation operates the Boroondara CHANCES Scholarship Program which gives out over \$100,000 a year to about 100 worthy students locally. The scholarships are merit based and help close the gap in school expenses.

Here is a tremendous opportunity to help students from less well-off families succeed in their education. There are three ways you may assist:

1. Sponsor a hole in the name of your business from \$300.00;
2. Book yourself or a group of 1 to 4 players into the golf day – see below
3. Make a donation via Boroondara Cares Foundation on their website, www.boroondaracares.org.au

Bookings

Visit www.trybooking.com to find our event, Boroondara Cares CHANCES Golf Day 2019 and follow the prompts.

You can go straight to the event with the following link

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

The funds raised will support the CHANCES Scholarship Program which is a major Boroondara Cares initiative supporting students in the area who are financially or socially disadvantaged.

Another great example of Rotary International at work.
Supported by the 8 Rotary Clubs in the Boroondara area

Competition Format

Ambrose – foursome

Date

Monday 28th October 2019 from 11am

Venue

Box Hill Golf Club, 202 Station Street, Box Hill

Cost

The cost is only \$100.00 per person that includes a light lunch, 18 holes of Golf and a BBQ buffet dinner following the event, plus lots of prizes for winning groups, best drive and nearest to the pin.

Book direct as indicated or contact Garth Symington (RC of North Balwyn)
For more information on 0419 519 899 or at garths45@icloud.com

Is the NBN going to be overtaken before it's completed?

Amazon is moving forward with a plan to launch thousands of satellites into space in order to bring reliable broadband internet service to rural areas across the globe.

Amazon subsidiary Kuiper Systems has applied to the United States Federal Communications Commission (FCC) to launch more than 3,000 satellites into space under the name Project Kuiper.

The application states, "The effective implementation of global broadband services requires more than the design, construction, and deployment of the technologically advanced satellite system, low-cost customer terminals, and gateways. It also requires worldwide terrestrial network infrastructure and customer operations capabilities."

"The Kuiper system will help bridge gaps in coverage by complementing the efforts of terrestrial fixed and mobile carriers and reaching some of the most remote and hard-to-reach areas - where it is often geographically difficult or cost-prohibitive for terrestrial service providers to operate today."

Kuiper Systems Chief Executive Officer is Rajeev Badyal — SpaceX's former vice president. Interestingly enough, SpaceX launched 60 satellites into orbit on 23 May 2019. Their satellites are also intended to provide internet service worldwide.

The name of SpaceX's project is Starlink — and they are cleared to launch a total of 11,943 satellites. Chief Executive Officer Elon Musk says the plan is to launch 60 satellites at a time. He predicts they will achieve global coverage after 24 launches.

It would appear that these companies are involved in a satellite space race.

Amazon Chief Executive Officer Jeff Bezos said the internet satellites are a long-term project. For engineers, the project presents an incredible opportunity

While astronomers are worried that more satellites in space may begin obscuring some of the star systems they study, educators that do not have their eyes on the skies are thinking an interconnected world means more opportunities for education and training.

With more people connected to the internet globally, the chance for online education and training will naturally follow. Those in rural areas who cannot afford to move to a city for university could benefit from earning tertiary degrees through online means. Low-cost communication technologies and low-cost internet service provided by satellites could transform multiple careers around the world.



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

One Day.
One Focus:
Ending Polio

Is your club celebrating
World Polio Day on
October 24, 2019?

END POLIO NOW

RDU SUPPLIES

Licensed Rotary Brand Distributor.

Hi, you're receiving this email because you've ordered from RDU Supplies recently and we would like to keep you up-to-date with items that may be of interest to you and your club.

We will **only** send one email per month to advise you of new stock, specials and any promotions we are having.

Each email will come with the unsubscribe option (at the bottom of the email) but we hope that you will find the information beneficial to your club...

This apron screen printed with the End Polio Now logo is perfect to wear to fundraising barbecues and more.

Measurements: 85 cm x 95 cm.
One size fits all. Adjustable straps.

35% Cotton / 65% Polyester

Machine washable.

END POLIO NOW APRON

\$24

click to buy

END POLIO NOW HAT

Available early October

\$15.50

Red cap with white piping embroidered with the End Polio Now logo. One size fits all. 100% cotton.

MIXED PACK OF ROTARY AND END POLIO NOW BALLOONS

click to buy

\$15

Spread awareness of Rotary and the End Polio Now cause with our branded balloons. Suitable to be filled with helium.

Packet of 25 balloons. (12 End Polio Now and 13 Rotary)

END POLIO NOW

\$18

FABRIC: 100% premium cotton, 185 G

END POLIO NOW BUMPER STICKER

\$1.50

End Polio Now sticker for decoration of collection buckets, club furnishings, stationery, cars and more. The sticker has a white background.

Measurements: 160mm x 65mm

The bumper sticker is waterproof and the ink used on them is UV resistant.

They will last at least 12 months depending on the weather conditions.

click to buy

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 |
|------|-----|------------------|----------------------------|
| 3 | Oct | Hugo Goetze | |
| 10 | Oct | | |
| 17 | Oct | Greg Cribbes | |
| 24 | Oct | | |
| 31 | Oct | Rob Head | |
| 7 | Nov | Garth Symington | |
| 14 | Nov | Geoff Haddy | |

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

Also on our website <https://rotarynorthbalwyn.com.au/page/catering-roster>

| | | | | |
|--------------------|-----------------------------|---|--------------------------|--------------------------|
| 16 October | Hawthorn Arts Centre | | 10.30am to 2.30pm | |
| Wednesday | | 1 | | 2 |
| | | 3 | | 4 |
| | | 5 | | 6 |
| | | 7 | | 8 |
| 25 October | Bunnings | | 8.30am to 12.00pm | 12.00pm to 4.00pm |
| Friday | Middleborough Road | 1 | Greg Cribbes | |
| | Box Hill | 2 | | |
| | | 3 | | |
| | | 4 | | |
| | | 5 | | |
| 31 October | Halloween | | 5.30pm to 8.00pm | |
| Thursday | Greythorn Traders | 1 | | 2 |
| | Greythorn Village | 3 | | 4 |
| | | 5 | | |
| 2 November | Maserati Club | | 7.30am to 2.00pm | |
| Saturday | | 1 | | 2 |
| | | 3 | | 4 |
| | | 5 | | 6 |
| | | 7 | | 8 |
| 16 November | Bunnings | | 8.30am to 12.00pm | 12.00pm to 4.00pm |
| Saturday | Middleborough Road | 1 | | |
| | Box Hill | 2 | | |
| | | 3 | | |
| | | 4 | | |
| | | 5 | | |
| 10 December | Bunnings | | 8.30am to 12.00pm | 12.00pm to 4.00pm |
| Tuesday | Nunawading | 1 | | |
| | | 2 | | |
| | | 3 | | |
| | | 4 | | |
| 16 December | Bunnings | | 8.30am to 12.00pm | 12.00pm to 4.00pm |
| Monday | Middleborough Road | 1 | | |
| | Box Hill | 2 | | |
| | | 3 | | |
| | | 4 | | |
| | | 5 | | |

Gardening Schedule

| | | | | |
|---|-----------|-----------|-------------|--------------------------------------|
| Friday, October 11 | XC | 3.45-5pm | G Symington | E Kelly |
| Saturday, October 12 | MLC | 10-noon | | M.Muntwyler |
| Thursday October 17 | XC Mannix | 9.30-1.30 | | T Yakawa |
| Friday October 18 | CGS, XC | 3-5pm | G Cribbes | J Pirret |
| Saturday, October 19 | MLC | 10-noon | S Hardikar | A Stokes |
| Friday, October 25 | CGS, XC | 3.45-5pm | G Symington | I Adams |
| 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 57

| Sunday | 6.45am – 10.00am | 9.45am – 1.00pm |
|--------------------|------------------|---------------------------|
| 6 October | Jim Romanis | Greg Matthews |
| 13 October | Tak Yukawa | Maurie Walters |
| 20 October | Greg Cribbes | John Magor |
| 27 October | Imre Lele | Adam Hillary |
| 3 November | Geoff Kneale | Findley Cornell |
| 10 November | Rob Head | Janie Pirret |
| 17 November | Brian Lacy | Terry Keyhoe |
| 24 November | John Rennie | Eileen Toohill |
| 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 | | |
| 19 January | | |
| 26 January | | |
| 2 February | Estelle Kelly | |
| 9 February | | |
| 16 February | | |
| 23 February | | |
| EMERGENCIES | 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

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

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 2019/20

| | |
|-----------------------------|---|
| President: Peter Sutherland | president@rotarynorthbalwyn.com.au |
| Vice President: John Magor | 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.

*Bakers
Delight*