



[Our Leadership](#)



RI PRESIDENT
Mark Maloney



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

Meeting Report 28 November

We were graced by the presence of two multi award winner nature and wildlife cinematic photographers David Parer & Elizabeth Parer-Cook.

David is described as an Emmy award-winning Director/ Cameraman with extensive experience in producing/ directing and filming wildlife in remote locations around the world including Australia, the Galapagos, South America, Alaska, Antarctica and Papua New Guinea.

Based at the Australian Broadcasting Corporation's acclaimed Natural History Unit for decades, he has worked with David Attenborough, the BBC, National Geographic, Discovery Channel, PBS-WNET (New York), Canal Plus, NHK, TBS Productions & many other broadcasters making Blue-chip natural history documentaries for television.

Together with Liz we were treated to a short film with "the making of" explanations of Australia – Land of Parrots: the Palm Cockatoo, Wolves of the Sea (Killer Whales), The Dragons of Galapagos, Platypus – World's Strangest Animal, and Terrors of Tasmania (Tasmanian Devils).

We were enthralled and amazed by their productions and life story of adventure whilst exploring and filming the wild and impressed by their 130 prestigious film awards.

To explore David and Liz's adventures and film productions please visit their website [HERE](#) Also see <https://davidparer.com/filmclips/>



Club Diary

Ladies Christmas Fare Friday 13 December 2019
Brunch at Warren Wood Sunday 12 January 2020
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

**Please apologise no later than 5pm
on Tuesday.**

Rotaract brings Christmas cheer!

This week the Rotaractors reached out to Kara House and donated Christmas gifts for teenagers. Kara House cares for women and children who are fleeing domestic violence.

This was the culmination of events which started out with the idea to give Christmas gifts to those less fortunate in the community. We have given to Kara House before and so contacted them again and they were thrilled that the Rotaractors had thought of them.

Then letters were written to local businesses asking for donations and a shopping expedition to Doncaster Shopping Town was arranged to purchase items which were not donated.

Ruby from Kara House came to the Rotaract meeting to receive the gifts and give a few more details about their work and the unfortunate need in the community for these type of services. She was very pleased with all the items which will be given to grateful recipients living in their safe house.

A great project. Very well done to the Rotaractors!!

The photo shows some of the Rotaractors with the items to be donated.



Members are requested to bring along an unwrapped children's toy up to the value of \$15- to our dinner on meeting December 5. The toys will be donated to Camcare for inclusion in their Christmas packages for the less fortunate in the community.

Next Week's Speaker

God is Good for you: Greg Sheridan.

A Defence of Christianity in troubled times



Gregory Paul "Greg" Sheridan AO (born 1956) is an [Australian foreign affairs journalist](#) and [commentator](#). He has been the foreign editor of *The Australian* newspaper since 1992.

Everybody knows that there is still one rule that keeps our civilisation intact: keep quiet about religion and politics, or at the very least keep them separate. Apparently Greg Sheridan, foreign editor of the Australian, did not get the memo. For some time, the Catholic Sheridan, one of Australia's most illustrious journalists, has been showcasing God, Christianity, miracles and even purgatory to the secular press. And it's working. Born in Sydney in 1956, Sheridan knew early on that he wanted to be a journalist, drawn to the profession by "a love of words and language, a love of controversy and intellectual debate, a desire to 'use my gunpowder' and make a difference". He began his journalistic career with the Bulletin, reporting on Vietnamese refugees arriving by boat. This sparked a long-term interest in diplomatic relations in Asia, and he has since authored four books on the subject.

The Judeo-Christian tradition has created and underpinned the moral and legal fabric of Western civilisation for more than 2000 years, yet now we've reached a point in both Australia and many parts of the West where Christianity has become a minority faith rather than the mainstream belief. It's a situation that's fraught both for Christians and our wider society, where the moral certainties that were the foundation of our institutions and laws are no longer held by the majority.

Around the Club



15 Members and partners visited the Fitzroy North Ronald McDonald House on 27/11 as a Vocational Visit.

We enjoyed an interesting tour of their accommodation and family support resources and some insight to this Heritage building.

We then had some fellowship at lunch locally after the tour.

Rob Head Vocational Committee



President's Report

We were pleased to have at our meeting John and Chris Burley back from Vanuatu.



John says *"The end of my assignment included presenting a final report to Directors and the Extension Advisory Committee, along with a farewell ceremony with my agriculture colleagues, our Director General and Director Agriculture. Of course there was kava but also kind words! I will miss the warm hearts of all my niVan friends. Lukim yu mo thank yu tumas lo friendship mo guidance!"*

DIK:

DIK is looking for volunteers to help load a truck with School Furniture on the 11th at Deepdene Primary School; contact Peter Sutherland if you can help.

Interact: I am thrilled to advise that Balwyn High School Interact Club has raised \$1,800 this year to be donated to charitable projects including WWF, Backpack Beds, Vietnam Project, Beyond Blue, Fare Share and our Drought Relief Program.



Interact Members with Interact District Chair Chris Richardson, with teacher Sarah Lerpiniere, and Interact President Clarice Wong receiving a District Citation for their efforts!

Christmas Presents for Camcare:

Don't forget to bring an unwrapped Christmas Present to the next meeting for our annual Christmas Present donation to Camcare.

Australian Rotary Health

Greg Ross was pleased to announce an award has been given to [Teen Mental Health First Aid](#) headed up by Laura Hart. Laura has spoken to us in the past and her project has been funded in the USA by [Lady Gaga!](#)

Have a great week in Rotary

President Pete



The Rotary Club Board has confirmed our last meeting at KGC for 2019 will be Thursday 19th December (Christmas meeting).

We plan to resume Club meetings at KGC on Thursday January 16th (with an informal bbq meal on this date).

Regular dinner meetings would be scheduled from Thursday January 23rd.

Don Taylor is also arranging our traditional brunch at Warren Glen Nursery on January 12th and I believe he will/has contacted you independently about this.

Second Bite Roster – Dec `19 & Jan/Feb/Mar/April `20

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
5	Dec	Greg Cribbes	
12	Dec	Garth Symington	
19	Dec	Hugo Goetze	
9	Jan	Jim Studebaker	
16	Jan	Jim Studebaker	
23	Jan	Maurie Walters	
30	Jan	Rob Head	
6	Feb	Greg Cribbes	
13	Feb		
20	Feb	Garth Symington	
27	Feb		
5	Mar	Greg Cribbes	
12	Mar		
19	Mar		
26	Mar		
2	April	Garth Symington	
9	April		
16	April		
23	April	Greg Cribbes	
30	April		

Friday, 13th December 2019

We are planning the Annual Christmas Fare. Are you able to help with baked goods, puddings, cakes, shortbreads, biscuits, chutneys, to tempt taste buds and decorate Christmas tables?

If you are able to help please deliver goods to Ian Mollison's office, Helloworld, 66 Doncaster Rd by 5:30pm Thursday 12th December.

This year funds raised will go to:

Drought Relief: farm kids @ school.

Enabling students experiencing hardship due to drought to participate fully in their Educational Programs.

Drought Assistance- Educational Expenses including a Camps, Sports and Excursion Fund.

Many thanks for your support.

Enquiries to Bev Sofra

Mob: 0438 567 861



Rotary
Club of North Balwyn



MONGOLIAN CULTURAL IMMERSION TRIP

You are invited to come and meet the 4 girls, 3 boys and 2 chaperones comprising the visiting group from Mongolia.



A Club Day has been organised to give you all the opportunity to meet, chat to and enjoy the company of our visitors.

So please put the date in your diary now!! - Sunday 12 January 2020.

At Clifford Park Scout Activity Centre, 7 Clifford Drive, Wonga Park.

Come from 10.30am onwards, stay for lunch and join in the activities until 4.00pm.

Contact Jane or Estelle for more information.



Clifford Park - Aussies teaching archery to Mongolians – January 2018

Editors note:- It was the Mongols who invented the Composite Bow that Genghis Khan adapted as a weapon of war. Warriors could use the bow effectively while on horseback which was a major contributing factor to the Mongols conquering large tracks of the then known world.

The Mongol bow is rated as effective as the English long bow with a firing distance of 500 yards and accurate to 200 yards with armour piercing capability.

MEETING ROSTERS

Thursday 5 December

Greeters: Don Taylor, Ted Wilkins
Setup: Steven Greateorex, Tony Hart
Desk: Estelle Kelly, Brian Lacy

Speaker:- Greg Sheridan**Host:-** Geoff Haddy**Topic:-** God is Good for you.**Reminder to bring presents for children**

Greg Sheridan is a senior journalist on "The Australian". He has been the foreign editor of that newspaper for the past 27 years with particular attention to Asia. He is an influential national security commentator and is frequently seen and heard on television and radio respectively. He has interviewed Presidents and Prime Ministers across the world. He is author of seven books including "God is Good for You", a defence of religious belief in a secular age.

Thursday 12 December

Greeters: Larry Fitzpatrick, Phil Francis
Setup: Peter Elliott, Adam Hillary
Desk: Greg Cribbes, Geoff Kneale

Speaker:- Catherine "Kitty" O'Connor**Host:-** Findley Cornell**Topic:-** The History and Success of Rotary's Polio Eradication Program

Kitty is a member of the Rotary Club of Laverton-Point Cook and Chair of the D9800 Polio Plus Committee. Kitty organized the recent Walk Around Albert Park Lake and the train ride to Federation Square. She is an enthusiastic promoter of the Rotary Polio story.

Thursday 19 December

Greeters: Terry Keyhoe, Bill Oakley
Setup: Garth Symington, Marcel Muntwyler
Desk: Nino Sofra, Geoff Steinicke

Christmas Meeting. Partners' Night
Evening Program arranged by
Fellowship Committee

Our traditional Christmas partners' meeting is our final meeting for 2019 because there is no breakfast barbecue this year. So this will be your chance to get into the spirit of Christmas with an evening of fellowship and goodwill.

Thursday 16 January

Greeters: Ian Adams, Peter Downton
Setup: Estelle Kelly, John Magor
Desk: Peter Elliott, Jane Pennington

BBQ at Kew Golf Club**No Speaker required****Thursday 23 January**

Greeters: J Jayasinghe, Duncan Ansell
Setup: Geoff Kneale, Rowan McClean
Desk: John McBride, Eileen Toohill

Speaker:- TBC**Host:-** TBC**Topic:-** Autobiographies**Birthdays and Anniversaries between December 2 to December 8**

Weddings: Nil
Birthdays: Tricia Lele, Pat Cleary
Inductions: Nil

Geoff's Health Tip

Did You Know that Cherries Help You Sleep?

You would have noticed that this season's cherries are now in the fruit and veggie shops. The first boxes to hit the market were retailing at \$34 per kilo, but within a week they were down to \$24 and by Christmas I guess they will level out \$4 or \$5 a kilo, however I want to reveal some very interesting studies on cherries and cherry juice that will put you to sleep.



Several studies have now confirmed that cherries not only increase sleep duration and sleep quality, but are also anti-inflammatory.

- * The newest study comes from researchers at Spain's University of Extremadura. The researchers randomly divided 30 people – ten between 20 and 30 years old, ten between 35 and 55 years old and ten between 65 and 85 years old.
- * They were given either a cherry juice drink or a placebo with cherry flavor twice a day. Those who drank the cherry juice experienced substantially better sleep quality – measured by sleep efficiency, awakenings, and total sleep time.
- * Moreover, the researchers found that the older group experienced better improvements in sleep quality than the younger groups.

Another study included scientists from the United States (Nicholas Institute of Sports Medicine), the UK (Northumbria University and the University of Surrey) and South Africa (University of Johannesburg).

- * This study followed 20 healthy men and women with an average age of 27 years old. Half of the group was randomly assigned to drink cherry juice concentrate and the other half drank a placebo for seven days. The juice concentrate was made from tart Montmorency cherries (*Prunus cerasus*).
- * The results determined that the cherry group slept an average of 34 minutes more per night and had a 5-6% increase in sleep efficiency. Sleep efficiency is the time spent asleep as a proportion of time in bed.

They also found that the internal melatonin levels among the cherry group increased significantly, while the placebo group did not have any melatonin increase. The researchers also measured melatonin levels by studying the subject's circadian rhythms.

The researchers concluded: these data suggest that consumption of cherry juice provides an increase in exogenous melatonin that is beneficial in improving sleep duration and quality in healthy men and women and might be of benefit in managing disturbed sleep.

Geoff

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27 - 29 March 2020
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Women *in* Rotary 

International Women's Day
Breakfast

THURSDAY 5 MARCH 2020 | AT 7AM - 9AM
THE PALLADIUM



A Seat At The Table

This event brought to you by Rotary Brighton North & Rotary Melbourne

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.23</u>		Thursday, 28th November 2019
Present:		
Guest Speakers	2	David Parer & Elizabeth Parer-Cook - Filming Wildlife over 4 Decades.
NB Members	40	
Partners	3	Helen Gartlan, Bev Sofra & Sally Sutherland
Alumni / FofR	2	John & Chris Burley.
	47	Booked 50, 3 late apologies.
Members Present 40 = 58.8% ; Membership = 68 .		
External Activities		27
<u>CAMBERWELL Sunday Market, 24/11</u> - John Rennie & Adam Hillary.		
<u>GARDENING PROJECT</u> , next 5/12 at BassCare ; <u>CATERING, next 30/11</u> ; DIK - P. Sutherland ;		
<u>"Good Old Music"</u> 28/11 - Rowan McClean & Maurie Walters.		
<u>2nd BITE delivery to CamCare</u> , 28/11 - Maurie Walters; <u>FARESHARE</u> - Jane Pennington;		
<u>MEN'S SHED</u> , 25/11 & 28/11 - David Cheney, Peter Elliott (2), Tony Hart & Greg Matthews (2) ;		
<u>SCHOOLS READING PROJECT</u> , 26/11 - Janie Pirret, Rob Head, Phil Wade & Kris Walters ;		
<u>Vocational Visit to new Ronald McDonald House</u> , 27/11 -J. Butler, G. Cribbes, B. Cummings,		
R. Head, I. Lele, G. Matthews, S. McDonald, K. Paulheim, E. Toohill, N.Sofra & P, Wade,		
Next Week's MEMBER absences - 6 LOA plus 6 Apologies so far.		

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

6 December	Kew Christmas Party		5.00pm to 9.00pm	
Friday	Kew Junction	1	Geoff Haddy	2 Ian Richardson
		3	Nino Sofra	4 Jagath Jayasinghe
10 December	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Tuesday	Nunawading	1	Don Taylor	Eileen Toohill
		2	Garth Symington	John Gartlan
		3	Geoff Haddy	Nino Sofra
		4	Nino Sofra	Tak Yakawa
14 December	Carols in the Park		6.00pm to 9.00pm	
Saturday	Selling Jam	1	Geoff Steinicke	3 Sue McDonald
		2	Ian Richardson	
	Cooking Sausages	1	Tak Yakawa	2 Eileen Toohill
		3	Nino Sofra	4 Greg Matthews
		5	Pete Sutherland	6 Terry Keyhoe
		7	Greg Cribbes	8 Jim Studebaker
	Selling Glostix	1	Jane Pennington	
	Tin Rattling for Lift the Lid	1		2
		3		4
		5		6
		7		8
16 December	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Monday	Middleborough Road	1	Don Taylor	Ian Richardson
	Box Hill	2	Marcel Muntwyler	John Magor
		3	Nino Sofra	Peter Downtown
		4	Greg Ross (maybe)	Peter Sutherland
		5		
21 December	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Saturday	Middleborough Rd	1	Don Taylor	Tak Yakawa
	Box Hill	2	Nino Sofra	Eileen Toohill
		3	Geoff Haddy	Peter Downtown
		4	Larry Fitzpatrick	Brian Lacy
		5		
26 December	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Thursday	Middleborough Rd	1		
	Box Hill	2		
		3		
		4		
		5		
23 January	Servants Jazz Night		5.00pm to 8.30pm	
	Servants	1	Tony Wells	3 Garth Symington
		2	Greg Matthews	4 Geoff Steinicke
		5	Marcel Muntwyler	6 Nino Sofra
1 February	Summer Music Festival	1		5
Saturday	St James Park	2		6
		3		7
		4		8
8 February	Summer Music Festival		5.30pm to 9.00pm	
Saturday	Greythorn Park	1		5
		2		6
		3		7
		4		8
15 February	Summer Music Festival		5.30pm to 9.00pm	
Saturday	Canterbury Gardens	1		5
		2		6
		3		7
		4		8



CAMBERWELL SUNDAY MARKET ROSTER – No 67

Sunday	6.45am – 10.00am		9.45am – 1.00pm	
1 December	Ian Richardson		Marcel Muntwyler	
8 December	Brian Thomas		Jagath Jayasinghe	
29 December	Greg Ross		Ted Wilkins	
5 January	Don Taylor	Bill Oakley	Tak Yakawa	
12 January	Sue McDonald	Greg Cribbes	Geoff Steinicke	Greg Cribbes
19 January	Rowan McClean	Tony Wells	Peter Elliott	John Magor
26 January	Andrew Sutherland	Jane Pennington	Marcel Muntwyler	Jane Pennington
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		Barry Cummings	
8 March	Tak Yukawa			
15 March	Estelle Kelly			
22 March	Neil Marshall			
29 March	Nino Sofra		Findley Cornell	
5 April				
12 April				
17 April				
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				

**FROM
JANUARY WE
REQUIRE 2
PEOPLE EACH**

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REQUIRE 2
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Donations In Kind hosted Rotary's Longest African Dinner on Friday November 15th

It was an evening of colour, great food & music, lots of fun & many new found friends. What a great night to also announce the Charter of a brand new Rotary Club when District Governor Grant Hocking announced that the 'Rotary Passport Club of Melbourne' (RPM) has officially been accepted by Rotary International. Induction of the 39 new members will take place at 2pm on Sat, 30 November.

Sponsoring Club was Keilor East and PDG Jim Studebaker is the new Club's Mentor.

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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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*