



Club Meeting 3 October

On Thursday we were privileged to hear Francis Deng speak about his journey from being one of the Sudanese 'lost children', a boy soldier and eventually an Australian citizen.

His presentation was a powerful educational experience for us as he spoke about his happy village life as a cow and goat herder under the tutelage of his father:-

- * then as a 9 year old being forced to leave home and join with some 20,000 boys during the Sudanese civil war,
- * the anguish he experienced being away from his family; and then fleeing to Kenya as one of the Sudanese 'lost boys' in the knowledge that his mother and younger siblings had not survived the civil war.

In Kenya he received his primary and secondary education in English under the sponsorship of the UN and his thirst for learning was met. In 2002, as he was just completing high school, Australia was offering resettlement for Sudanese girls and boys and he eventually made his way to this country.

Francis' incredible journey demonstrates his resilience in the face of adversity, his quest for knowledge and a profound belief in the power of humanity.

Our thanks to Ian Adams for the meeting report.

Francis sent this letter after the meeting.

Dear John,

It was my absolute pleasure and honour to be invited as a guest speaker at the Rotary Club of North Balwyn. I enjoyed my interaction with the amazing warm and friendly members.

I was reading about the Rotary International website and I truly love the work this Organisation does around to advance values of humanity. As you briefly talked to me about, I was reading about the Causes and Programs Rotary International is involved around the world and I am more inspired by the honourable work for humanity. I will read more about understand better the Rotary International and Clubs work.

Thank you for connecting and introducing me with the Rotary International work!

We remain connected,

Francis



Host for the meeting, Ian Adams, thanking Francis for his presentation.

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

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/>

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.**

From President Pete's Desk:-

We enjoyed our Guest Speaker Francis Deng and felt thankful that John Gartlan was able to connect with Francis and invite him to share his story with us. John Mc Bride has let us know where to obtain Francis's autobiography and I encourage members to consider broadening your knowledge about the life of a refugee and supporting Francis by buying his book. "A Child Escapes". <https://achildescapes.com.au/>.

This weekend is our annual [Campgetaway](#) working bee. Thanks Gregor for organising this and we look forward to reporting back to the Club what a productive and enjoyable time we have had.

Camp Getaway caters for those of all abilities and mobility, provides a meeting place for support groups, and offers those who need it most a sanctuary away from their daily struggles. Whilst disability and related support groups have priority for booking dates, Camp Getaway welcomes bookings from family groups, church groups, clubs, special functions, business meetings, and recreational groups.

Next Thursday I will be unable to attend our Club Meeting and Tony Wells has accepted my request to be Acting President for the night. John Magor is also away and Sue McDonald will be your Sergeant, so it will be a whole new line up! Our speaker is Peter Bandy speaking about "**Media and Music Life Experiences**" who will be introduced by Gavan Schwartz.

This will be another great opportunity to consider inviting a guest or partner to come along.



[Peter Bandy](#) is a conductor of considerable experience with successful performances in such diverse genres as Choral, Orchestral, Opera and Ballet Music. Alongside his performing talents are years spent learning his craft as Music Director, Music Arranger, Chorus Master and Orchestra Manager. He has conducted most professional orchestras in Australia and New Zealand and has held important positions conducting Choral and Orchestral Music, Opera and Ballet.

Have a great week in Rotary

President Pete

ROTARY CLUB OF NORTH BALWYN Inc NOTICE OF ANNUAL GENERAL MEETING.

The Annual General Meeting of the Rotary Club of North Balwyn will take place at Kew Golf Club on Thursday 14th November 2019 starting at 6.40 pm.

Nominations for elected positions will be called for on Thursday 10th October and close on Thursday 7th November 2019.

Audited Financial statements will be available to members prior to the meeting date on the website. (Currently available)

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 ggreg1144@bigpond.net.au to confirm availability for a great project.

MEETING ROSTERS

Thursday 10 October**Greeters:** Steven Greateorex, 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 Bandy 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.

Thursday 17 October**Greeters:** David Cheney, Peter Cleary**Setup** Barry Cummings, Bronwen Diamond**Desk:** Phil Francis, Sam Hardikar**Speaker:-** Jim Callahan**HOST:-** Findley Cornell**Topic:-** Tackling the challenge of conducting Safe and Sustainable Mining whilst being a Environmentally responsible Corporate Citizen.

As well as being on the Board of Caterpillar Holdings Australia Pty Ltd, Jim is the General Manager for Hard Rock Vehicles, Caterpillar Inc with responsibility for product strategy, product development, marketing, after sales support and Manufacturing of Caterpillar's hard rock underground mining product portfolio. A graduate of Melbourne University with a Bachelor of Engineering (Hons), Jim has extensive mining experience, including 23 years now with Caterpillar.

Thursday 24 October**Greeters:** Tony Hart, Jagath Jayasinghe**Setup** Jeanette Leigh, Neil Marshall**Desk:** Marcel Muntwyler, Bill Oakley**Speaker:-** Jane Sullivan**HOST:-** Jane Pennington**Topic:-** Storytime

Readers of the Saturday Age will be familiar with Jane's weekly column called "Turning Pages" in which she discusses all manner of matters literary, from classics to their modern day equivalents. She writes for readers of all ages including ourselves when we were young, recalling her own childhood love of reading as a fan of Enid Blyton, Alice in Wonderland, The Wind in the Willows and Christopher Robin and Winnie the Pooh. Jane is also an author and in her most recent book she reviews her love of childhood reading from an adult perspective. Those of you who are members of a book group could find that your fellow book group members are most interested.

**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**Birthdays and Anniversaries between October 7 to October 13****Weddings:** Nil**Birthdays:** Garth Symington, Tony Wells**Inductions:** Phil Francis

Geoff's Health Tip

Which Sunscreen Should you Buy?

In this present cooler weather it's hardly appropriate to write about sunscreens, but shortly there will surely come hot sunny days and there will be an avalanche of advice on sunscreens, and how to protect oneself from getting skin cancer or a more serious melanoma.

Some of us, including myself, who can trace their origins back to the Celts of central Europe, are 99% certain to develop skin cancers, especially on the ears and the backs of wrists. It has often been said, "We are in the wrong country when it comes to enjoying the benefits of the sun."

In early November 1973 I participated in a trial of sunscreens at the Royal Prince Alfred Hospital in Camperdown, Sydney. The trial was conducted outside in morning sun, and included all the popular sunscreens on the market at that time. Participants in the trial were selected on the basis of the question "do you burn?" Those that answered "yes" were randomly anointed with the sunscreens and exposed to the sun for three hours.

The results showed that there were only two sunscreens that were protective for three hours on sensitive skin. These products were allocated a Sun protection Factor (SPF) of 15. (See me if you are interested in how to calculate SPF)

Today, testing is conducted by test laboratories using solar lamps designed to simulate the sun's rays. Results using solar lamps can drive up the SPF to 50. In my view therein lies a basic testing flaw – are solar lamps an effective substitute for the sun's rays in an open-air environment?

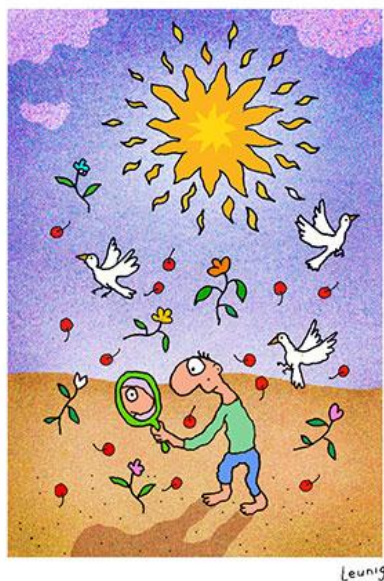
In the past 40 years many chemical compounds developed for sunscreens have been quite successful in absorbing the sun's rays. I suspected, and later it has been found, that some of these chemicals would be found in the blood plasma, albeit in nanogram quantities, but nevertheless further testing is required to provide a guarantee of safety.

The other type of sunscreen is the reflective type made using zinc oxide or titanium dioxide. Although these have a ghosting effect on the skin they are very effective and in my view safer overall.

Geoff

SUN

Almighty Sun, amazing friend,
I praise the blessings that you send:
The morning light, the flowers, the wine,
The playful shadow that is mine,
The crimson cherries in the bowl,
The warmth you bring into the soul.
The paintings on the sky you make,
The silver sparkle on the lake...
And now this wild epiphany:
A melanoma just for me.





Nino and Bev Sofra catching up for coffee with Rowan and Penny McClean in Lucerne!

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

Songs & Stories from the Deep

Water is often used as a metaphor. It is serene and turbulent, deep and shallow, calming and disturbing, pacifying and irritating.

All Directions Community Choir have chosen water as the point of departure to explore what it means to be human and living with a mental illness. We have incorporated some gospel and modern songs that use water as a focal point, and added to these our own original songs, poetry and prose.

Time: 7pm - 8pm

When: Thurs 24th or Sat 26th Oct

**Where: Habitat Uniting Church Hall
23 Highbury Grove, Kew**

**Cost: \$25 Concession
\$40 + Waged
Cheese Platters & Refreshments incl**

WWW.TRYBOOKING.COM/BFEWN

OR PHONE NATALIE 0409 019 269

ART EXHIBITION 5:30 - 6:45 & 8PM



FUNDRAISER

FOR BCO ARTS & MUSIC ACTIVITIES

"We support people who are socially isolated or living with a mental illness, to live with dignity and engage in community" www.BCOkew.org

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.15</u>	Thursday, 3rd October 2019
<u>Present:</u>	
Guest Speaker	1 Francis Deng. Children living in South Sudan under rebel control.
NB Members	42
Visiting Rotarians	2 Jenny Foster (Essendon) & David Goldsmith (Ballarat West)
Partners	1 Heather Matthews
Guests	1 John Ioannou
	Members Present 42 = 61.8% ; Membership = 68
<u>External Activities</u>	13 GARDENING PROJECT - next 11th October ;
	DIK - Peter Sutherland ; <u>CAMBERWELL Sunday Market</u> , 29/9 Geoff Steinicke, Barry Cummings.
	2nd BITE delivery to CamCare, 3/10 John McBride ; <u>CATERING</u> - next 16th October;
	<u>FARESHARE</u> - Jane Pennington ; <u>SCHOOLS' READING PROJECT</u> - in recess, School holidays.
	<u>MEN'S SHED 30/9 & 3/10</u> , Peter Elliott (2), David Cheney & Greg Matthews (2);
	<u>RC Balwyn</u> - Phil Wade; <u>RC Sorrento</u> - John Rennie. ; Greg Ross - <u>RC Geelong East</u> .
	Next Week's absences - these 11 LOA plus 4 Apologies so far.

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
10	Oct	Imre Lele	
17	Oct	Greg Cribbes	
24	Oct	Maurie Walters	
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	Jane Pennington	2 Peter Sutherland
		3	Sally Sutherland	4 Sue McDonald
		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	Jagath Jayasinghe	2
	Greythorn Village	3		4
		5		
2 November	Maserati Club		7.30am to 2.00pm	
Saturday		1	Jagath Jayasinghe	2
		3		4
		5		6
		7		8
16 November	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Saturday	Middleborough Road	1	Jagath Jayasinghe	
	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

Date	School		Supervisor	Assisted by.
SCHOOL HOLIDAYS				
Friday, September 20, 2019	Rotary Team X 6	Hilda Street. 2.>>4PM	N Marshall.	I Glenny. G Haddy
Friday, October 11	XC	3.45-5pm	G Symington	F Kelly
Saturday, October 12	MLC	10-noon		A Stokes
Thursday October 17	XC 25 boys a large group	9.30-1.30	S Greateorex	T Yakawa I Adams plus 1 more please
Friday October 18	CGS, XC	3-5pm	G Cribbes	J Pirret
Saturday, October 19	MLC	10-noon	S Hardikar	M Muntwyer
Friday, October 25	CGS, XC	3.45-5pm		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 Glenny

Can you help fill this Vacancy?



CAMBERWELL SUNDAY MARKET ROSTER – No 60

Sunday	6.45am – 10.00am	9.45am – 1.00pm
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	Sue McDonald	
19 January		
26 January		Marcel Muntwyler
2 February	Estelle Kelly	
9 February		
16 February		
23 February	Garth Symington	
1 March		
8 March		
15 March		
22 March		
29 March		
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