



Nino's Notes

What a busy Club we are!!! Sunday, Geoff Steinicke's Team were again at the Sunday Market representing our Club and putting cash into our coffers. Thank you all.

On Saturday, Bill and his Catering Team, with the assistance of Rotarians from Balwyn Rotary, Cath Stahel, Lesley Hoy, Tim Reynolds and Chris Finley. Also we had Rotarians from MASH, Nicole Osner, Joe Somers, and two others whose names I failed to write down - thank you none the less. It was a joy to have you helping us raise funds for **ARH Lift the Lid** and RAMS. We BBQ'd sausages, sold Bill's jams, Tin rattled (over \$700). We also (thanks to Bill) had the Scout Band come along and help entertain the customers. Naturally, Greg Ross and Bill were very happy to sing and attract (I think) customers whilst they flipped sausages.



Greg Ross was the inspiration for this event and worked tirelessly cooking sausages. Other workers were Brian Lacy, Peter Downton, Marcel Muntwyler, Ian Richardson, Jim Romanis, Bill Oakley, and myself. Jane Pennington assisted by Rostering the workers. If I have forgotten anyone, please forgive me.



I believe that the total gross income was just a tad over \$3000.

Fabulous Effort... all of you, take a bow.

It was particularly lovely to work with other Rotary Clubs and partake of the fellowship. I hope that in future we may be able to work together again.



Also, on Saturday about 20 of our members and partners attended the Camp Getaway working bee to carry out maintenance, gardening, fire mitigation, cleaning, engineering work and many other jobs that needed doing. They acquitted themselves so well that the caretakers Benji and Tara were so impressed they are already working on a programme for next year! To quote one of their sons "....we were one of the best working groups they have had yet...."



The troops were kept well fed by the partners with meals that can only be described as Fine Dining, drinking of course was kept to a minimum (subjective) to ensure that there weren't any late risers following the hard work of the previous day. (continued page 2)

Our Leadership



RI President
Barry Rassin



DG 9800
Bronwyn
Stephens



AG Eastside
Barry
Hickman



President
RCNB
Nino Sofra

Club Diary

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

Camp Getaway Working Bee 11-13 October 2019

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 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

Nino's Notes, continued:-

We did celebrate a birthday and luckily Tony Wells found enough breath to blow out the candles. And again thanks to Tony, we had songs and sing-alongs to celebrate the joy of being together and working together. All in all it was great fun and thank you Gru--- Greg for organising this event for at least 13 years. Thank you all who attended and worked so hard.

Forgive me for not naming all the attendees, but I don't feel I can remember all of them and the Sergeant would make short work of me.

We also had members helping out at Gardening, Second Bite, Food Share, DIK and other events that don't come to mind at the moment. Many other meetings and events were part of this week, all happening behind the scenes without which the Club could not function. Thank you.

President Nino Sofra

**Speaker Richard Umbers Thursday 4 October**

While every one of us is a consumer, we all have our personal opinion about the significantly changing landscape of retail. Retailers all over the world have been unsuccessfully attempting to adapt by investing heavily into marketing and new platforms to create a point of differentiation, however nearly all bricks and mortar retailers are collapsing under the weight of online retail.

With an international leadership background in retail, last Thursday's presentation from Richard Umbers provided an enlightening, factual view on the turbulent retail world.

The evening's host, Geoff Kneale, described Richard's background with his roots commencing at the Royal Military Academy before retail leadership roles in the UK, Ireland, New Zealand and Australia. Not surprisingly, Richard opened by describing the current state of global retail as being Volatile, Uncertain, Complex and Ambiguous – the acronym "VOCA" is a US army leadership term.

1989 saw the launch of the iPhone that Richard described as the start of global trends that would change consumer spending forever. Globalisation, digitalisation and large scale societal change would be enabled through iPhone technology and swooped upon by Millennials. The Millennial generation now represents one third of those entering the work force and it is their behaviours that are shaping attitudes and values of society as a whole. Gone are the days of the family seeking entertainment at the mall – an afternoon spent visiting a range of stores perhaps impulse buying as well as purchasing desirable larger value items. Seventy-eight per cent of Millennials today spend on desirable experiences rather than products of desire.

Retailers today are merely the window to online shopping as Millennials seek the best price for their product online, before leaving home, then venture to the shopping mall for the single purpose of collecting the lowest priced item. Retailers are missing out on margin and impulse purchases. Simultaneously, mall operators such as Westfield and Gandel, must re-strategise and now build multi-purpose developments that build their own traffic from office space and hotels.

The bricks and mortar retail landscape is under enormous pressure are retailers now understand that it costs more to change than to start again. Subsequently, successful retailers are the new retailers building a niche around strong product differentiation and experiences rather than the physical product itself.

Geoff Kneale



Rotary Gardens Project

JUST A FEW BLANKS TO FILL for sessions in the weeks ahead. This roster takes us to year end.

			Supervisor	Assisted by
Fri 12/10	XC (at Royal Talbot)	3.45-5pm	Geoff Kneale	Geoff Haddy, Tony Wells
Sat 13/10	MLC	10 - noon	Marcel Muntwyler	Janie Pirret, Geoff Haddy
Thurs 18/10	Special XC Yr12 9.00am – 1.00pm (at Eva Tilley)	Shifts TBC (max 2 hrs)	Geoff Haddy	Tak Yukawa
			Greg Cribbes	Geoff Kneale
			Estelle Kelly(11-1)	Ian Adams (am)
Fri 19/10	CGS/XC	3 - 5pm	Geoff Haddy	Ian Glenney (1 more please)
Sat 20/10	MLC	10 - noon	Sam Hardikar	
Fri 26/10	CGS/XC	3 - 5pm		Findley Cornell
Fri 2/11	CGS/XC	3 - 5pm	Janie Pirret	Ian Glenney
Fri 9/11	CGS/XC (at Royal Talbot)	3 - 5pm	Greg Cribbes	Ian Glenney, Geoff Haddy

Please advise availability to Geoff Haddy ghaddy@bigpond.net.au

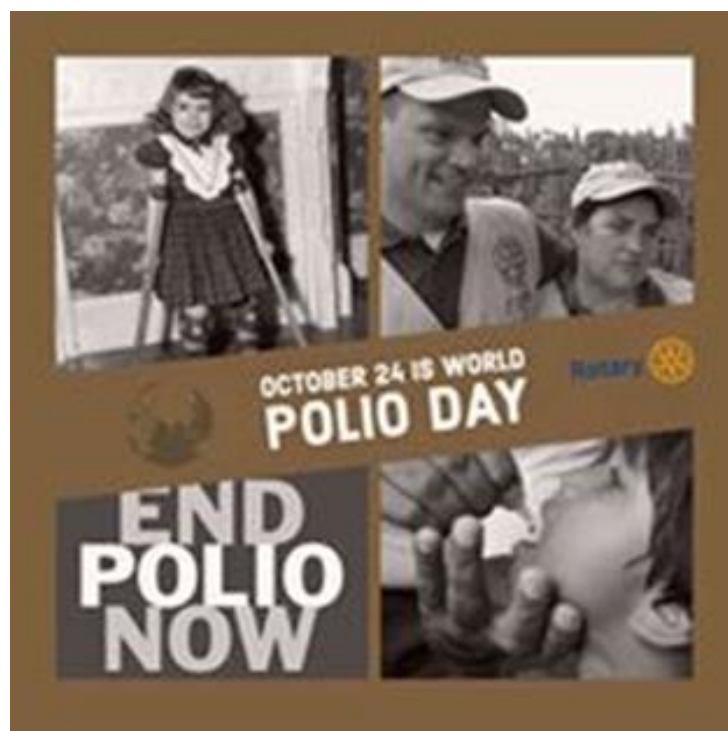
POLIO UPDATE

As of last Sunday, one further case of WPV Polio reported in Afghanistan taking the total for the year in that country to 15.

No further cases reported in Pakistan so that total remains at FOUR – taking the world total for the year to 19, compared with 22 for 2017.

No further cases of cVDPV (vaccine derived) Polio reported in PNG – as the national campaign rolls on – so the total remains at 14.

Total of vaccine derived cases around the world in 2018 stands at 53, compared with 96 for 2017.



MEETING ROSTERS

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.

**Thursday 18 October****Greeters:** Peter Downton, Peter Elliott**Set Up:** David De Garis, Bronwen Dimond**Desk:** Brian Hurnard, John Koa**Speaker:** Professor Anthony Wedd, Melbourne University.**Host:** Peter Sutherland

Why is it so hard to cure Alzheimer's Disease?

Thursday 25 October**Greeters:** Jeanette Leigh, John Magor**Set Up:** Steven Greatorex, Sam Hardikar**Desk:** Estelle Kelly, Anthony Stokes**Speaker:** Alex Birnberg Stride Program Manager at Whitelion**Host:** TBCSupporting Youth at Risk
Whitelion ASN

Stride has been helping to improve the physical, mental and social wellbeing of young people for over 25 years.

Stride wellbeing programs provide young people with essential life skills for now and into the future through workshops focused on relationship and community, resilience, career transitions and school engagement. This equips young people to deal with life challenges and lead to individual self-efficacy, positive community involvement and collective community impact.



Birthdays and Anniversaries between October 8 to October 14

Weddings:**Birthdays:****Induction Anniversaries:** Phil Francis

Christmas Raffle

Please let Maurie Walters know which shifts you can help sell Raffle Tickets.

Mobile 0438 005 820 email maurie.walters@fletchers.net.au

ROTARY CLUB NORTH BALWYN - CHRISTMAS RAFFLE 2018

DATE Wednesday, 31st October, 2018
LOCATION Aldi, Greythorn, Halloween with BBQ

SHIFT	NAME	NAME
12.00pm - 4.00pm		
2.00pm - 4.00pm		
4.00pm - 8.00pm		

DATE Friday, 2nd November, 2018
LOCATION First Choice, Balwyn

SHIFT	NAME	NAME
10.00am - 12.30pm		
12.30pm - 3.00pm		
3.00pm - 5.30pm		

DATE Friday, 2 nd November, 2018
LOCATION Woolworths, Balwyn

SHIFT	NAME	NAME
10.00am - 12.30pm		
12.30pm - 3.00pm		
3.00pm - 5.30pm		

DATE Saturday, 3rd November, 2018
LOCATION Maserati Club, Sandown, with BBQ

SHIFT	NAME	NAME
8.00am - 10.30am		
10.30am - 1.00pm		

Geoff's Health Tips

In Search of the Real Sourdough

To many of us, sourdough is relatively 'new', but sourdough bread can trace its history back several thousand years to the origins of agriculture. Recently, a sourdough bread loaf was excavated in Switzerland that was carbon dated to 3,700BC.

Sourdough bread is made by the [fermentation](#) of [dough](#) using naturally occurring [lacto-bacilli](#) and [yeast](#).

- Sourdough [bread](#) has a mildly [sour taste](#) not present in most breads made with [baker's yeast](#), and better inherent keeping qualities than other breads due to the [lactic acid](#) produced by the lactobacilli.
- I prefer sourdough bread because it is denser than the 'fluffy' bread made using fast acting baker's yeasts, and in my opinion, sourdough tastes better.
- It is also baked at a lower temperature for a longer period of time. This protects the integrity of the cereal grains and preserves the nutritional value.
- In true sourdough, anti-nutrients, such as phytic acid, are eliminated, and gluten is broken down, making it easier on the stomach lining.



Many of us have been to France and enjoyed the various types of bread on offer. Bread made from 100 per cent rye flour, popular in the northern half of Europe, is usually leavened with sourdough culture. Baker's yeast is not useful as a leavening agent for rye bread, as rye does not contain enough gluten to stop the loaf from crumbling.

Over hundreds of years, bakers have experimented to produce starters of various cultures containing a variety of microorganisms including wild yeasts and lactobacilli. During the gold rush days in California, a culture that came to be known as *L.sanfranciscensis* was introduced which was slightly more acidic than lactobacillus, and as a result was free of mould growth for a longer period (moulds do not like acidity). This bread recipe followed the miners as they travelled north to the Klondike.

My prediction is that sourdough bread will eventually become more popular as I believe it offers positive answers to some of the health issues associated with all yeast breads. We will also become more discerning on the types of starter cultures and grains used to produce structure and taste that people find more enjoyable.

Geoff

Meeting No.15

Thursday, 4th October 2018

Present:

Guest Speaker	1	Richard Umbers - Distruption in Retail.
NB Members	52	
Visiting Rotarians	1	Ken Sutherland - RC Kogarah (father of Pete)
Guests	2	Lynne Umbers (wife of Richard) & Lyn Kneale (sister of Geoff)
Members Present	52	= 70.3% ; LOA = 8, Apol = 14
		Revised meal booking to 53 members, plus Speaker & 3 Guests = 57 .

External Activities

(Board Approved)

21	<u>2nd Bite delivery to CamCare</u> - Imre Lele. <u>DIK</u> - Peter Sutherland
	<u>Gardening Project</u> - School Holidays,
	<u>Men's Shed</u> 26th Sept, 2nd & 4th Oct. - David Cheney, Peter Elliott, Tony Hart, & Greg Matthews.
	<u>Camberwell Sunday Market</u> 30 Sept.- Geoff Steinicke & Brian Lacy.
	Bill Oakley - RC Nth Melbourne (20 Sept). Greg Ross - ARH

Absence next week for rosters.

I.Adams, G.Cribbes, C.Flavelle-Smith, J.Gartlan, R.Head, B.Hurnard, J.Koa, R.McClean,

S.McDonald, K.Paulheim, J.Pennington, G.Ross, R.Stewart, J.Studebaker, G.Symington, D.Taylor.



Australia Mongolia Short Term Exchange July 2019



The Rotary Club of North Balwyn has a wonderful opportunity for students to experience Mongolia!! Our program is a short term exchange between Melbourne and Mongolia including participating in two international camping programs, being home hosted with Mongolian families and a short stopover in China. A most successful pilot program was conducted in 2017/2018 and this will be the second exchange organised.

The Details

Some important facts

Dates	Depart Melbourne 28 June 2019 and return to Melbourne 19 July 2019 A 2 day stop over in Beijing is planned during the return journey. The Mongolian Group will visit in January 2020.
Age Range	Students must be aged between 15 and 17 years old on 1 July 2019.
Group Size	A maximum of 12 students and 3 chaperones.
Cost	Approximately \$5,000 \$2,500 will need to be paid in December 2018.
Fundraising	The Rotary Club will organise fundraising events to assist with the costs of the trip and some of these proceeds will also assist with the costs of the Mongolian group's visit in 2020.



First Step

Come to our Information Session

On	Saturday 27 October 2018
At	Balwyn North Primary School, Buchanan Avenue, North Balwyn
From	2.00pm to 3.00pm Refreshments available
RSVP to	Mr Ian Adams, by Wednesday 24 October Email: adams.ian@bigpond.com



Next Step

More information including the application form will be available (very soon) on the Rotary Club of North Balwyn's website:
www.rotarynorthbalwyn.com.au

Need more information now? Please talk to:

Estelle Kelly
Youth Committee Member, Rotary Club of North Balwyn
Phone: 0424 587 107

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.



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

KIA KIA MOTORS
The Power to Surprise™

Rotary Hawthorn



Box Hill Rotary Whitehorse



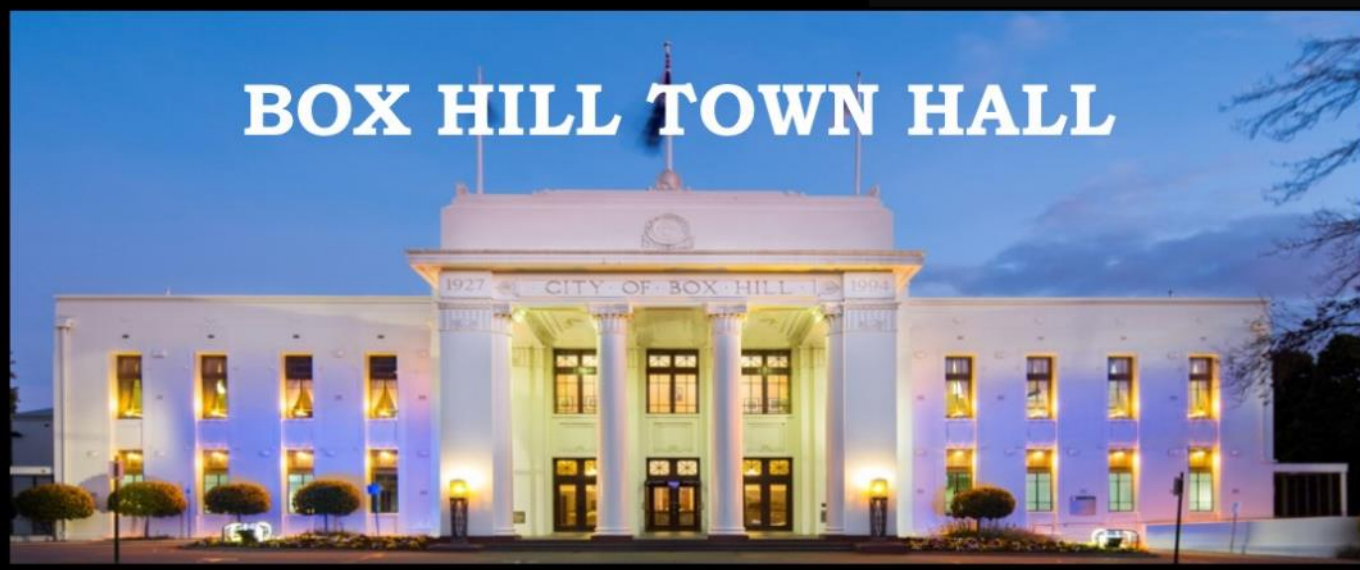
Art Show 2018

Fri 2 - Tue 6
Nov. 2018
5 days

10am - 6pm
(Tue close 4pm)

Beneficiaries: Whitehorse
Community Chest & Blue
Ribbon Foundation project for
Box Hill Hospital

BOX HILL TOWN HALL



GALA OPENING NIGHT DINNER

Thur 1st Nov.

6pm - preview all art

7pm - 3 course dinner

\$75 inc. refreshments.

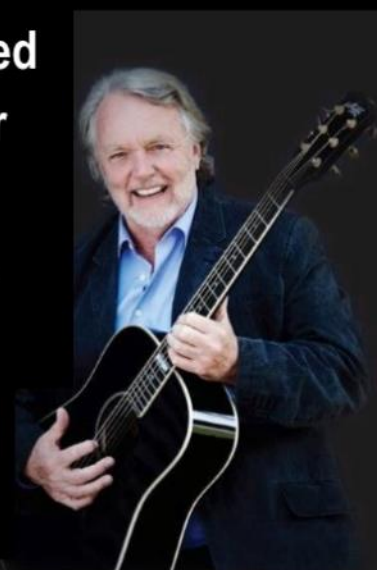
Show will be opened
by celebrity singer

**MIKE
BRADY**

\$10,000 awards presented to show winners.

Quality Art auction, door prizes, music,
silent auctions, novelty prizes & much more

Details: whitehorseartshow.com.au





Registration is now Open

www.rotaryconference.org.au

REGISTER BEFORE OCTOBER 31ST

Early Bird
Registration

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

