

The Grapevine



Our Leadership



RI PRESIDEN **Mark Maloney**



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 5 December

Greg Sheridan AO, well-known political commentator, author, and foreign affairs journalist at "The Australian" gave us an enthralling talk.

In his latest book, "God is Good for You" Greg moves away from politics (somewhat) to defend Christianity in a secular age. He argues, persuasively, that our society will be permanently impoverished if we become ignorant of the great debt which our democracy and rule of law owes to Christianity, the first religion to treat all people, even slaves, as equal in the eyes of God and therefore, through social evolution, as equal in the eyes of our law.



Why was Greg's talk enthralling? Firstly, the absorbing content. Secondly, his manner of delivery was one of such charisma and presence that, at no time, did his audience want him to finish.

But, best of all, was his frequent use of humour. He even managed to find humour in the Old Testament where he likened God sending out Jonah on a difficult mission to an overbearing News Corporation editor sending out his hapless and resentful journalist on a difficult assignment.

If we heard similar in church on Sundays, pews would be filled and slumberinducing sermons would be no more.

Our thanks to John Gartlan for the meeting report.

Next Weeks Speaker is Catherine "Kitty" O'Connor on 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.



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/

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.

President Pete's Page

This week in Rotary we saw several guests attend to hear our Guest Speaker Greg Sheridan. Accompanied by his wife Jessie we were invited to consider that "God is Good for You"; the title of Greg's seventh book which we were able to purchase to delve further into the topic.

We have two meetings remaining before our Christmas recess. Next week's Guest Speaker on the 12th of December is Catherine "Kitty" O'Connor from the R.C. Laverton/Point Cook.

Kitty will speak to us about the success of Rotary's Polio Eradication Program.

Then on the 19th of December we will celebrate Christmas in our usual fashion with the singing of Christmas Carols accompanied by our own musical talent of Rowan McClean and Maurie Walters.

We would love to see all partners attend to help us celebrate Christmas (and to improve the singing J).

As always, please let Hugo know if you are not attending or bringing a guest or partner.

Balwyn High School Interact Club.

We were thrilled to receive \$1,800 from the fund raising efforts of our Interact Club and disperse money to the causes the students elected to support, which are; The WWF (World Wide Fund for Nature Australia): Backpack Beds: RC North Balwyn Vietnam Project: Beyond Blue: Fare Share: and for the provision of Rotary Christmas Cakes to our Cluster Club Donation to drought affected farmers in Bairnsdale.

We are indeed fortunate to have such a hardworking and thoughtful Interact Club lead by Teacher Miss Lerpiniere, and President Clarice Wong and members.

International District Grant Approval.

A District Grant (\$5,000) has been approved for the Vietnamese Dental Project. International Chair Rowan is happy to announce that this money will support Dr. Mala Desai and himself visit soon after the TET holiday. It will create a great opportunity to provide oral health for the kindergarten children in the four Rotary supported communities in Phu Tho Province for the first time!

Computers for Community (C4C)

Our Club has been asked to nominate C4C as a District Recognised Program. Such programs are those that are self-sustaining (Not financed by Rotary) but aligned to Rotary projects and goals. Criteria for Recognised Programs are, Impact across Rotary Districts, Implemented with support of several Rotary Clubs, has a proven successful track record, is self-sustaining, and addresses one or more of Rotary's six areas of focus.

A motion will be moved that our Club goes ahead with this nomination in support of the great work that C4C does in providing computers for education in underprivileged communities. C4C needs to be endorsed as a Rotary Recognised Program to meet the needs of its Microsoft Refurbishers License and to provide status and recognition for its work within the Rotary community of Clubs and Districts. The recognition also provides assurance to Rotary Districts that the project is run in accordance with Rotary Policy and Procedures, and is auditable and properly managed.

Congratulations to everyone for your continuing contributions to the many activities our Club is involved with each week.

President Pete

REMEMBER THE NEW POLICE PHONE NUMBER

When you require police assistance but not the lights and sirens.

131 444

Use this number for reporting –
stolen bicycles, property from your car or other items
Personal property lost in Victoria
Damage to your property including graffiti
Register your party
Inform police when you are away from your property



Around the Club

The Rotary North Balwyn Gardens Program has worked at four properties for Basscare in the last two years, and CEO Craig Bardrick asked us for help to tidy a new property in Canterbury which will become a special dementia care centre in the New Year.

With the school students on holidays, seven members tackled the unfriendly, overgrown property into a neat and attractive one. What a fabulous job the team did!

Thanks to Estelle Kelly, Janie Pirret, Steven Greatorex, Garth Symington, and Imre Lele, who were joined by Craig, his son and his Executive Assistant to clean up the venue.

Neil Marshall and Rowan McClean.







The bike riders celebrating Rob Head's recent birthday.

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.

Letterbox Warning

Editor

With Christmas approaching faster than we might like, please be aware that there have been some reports of 'letterbox tampering'. If you order Christmas gifts to be delivered, please secure your letterbox or someone other than your family will be enjoying your presents.

Suggest having your parcels delivered to a Neighbour instead of leaving them on top of letterboxes or in view at the front door.

Lock your letterbox.



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
12	Dec	Garth Symington	
19	Dec	Hugo Goetze	
9	Jan	Jim Studebaker	
16	Jan	Jim Studebaker	
23	Jan	John McBride	
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

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 Gengkis 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

12 December Thursday

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

Garth Symington, Marcel Muntwyler Setup

Nino Sofra, Geoff Steinicke Desk:

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 lan Adams, Peter Downton

Setup Estelle Kelly, John Magor

Desk: Peter Elliott, Jane Pennington **BBO at Kew Golf Club**

No Speaker required

Thursday 23 January

Greeters J Jayasinghe, Duncan Ansell

Geoff Kneale, Rowan McClean Setup

Desk: John McBride, Eileen Toohill Speaker:s- Andrew Sutherland

and Hugo Goetze

Host:-Jagath Jayasinghe

Topic:-Autobiographies

Thursday 30 January

Greeters: Kinga Paulheim, Sam Hardikar

Setup Sue McDonald, Greg Matthews

Desk: Neil Marshall, Nino Sofra

Sandi Givens Speaker:-

Host:-Jane Pennington

Topic:-Relay for Life

Sandi Givens is an inspirational volunteer guiding the Manningham Relay for Life which is an exciting and moving overnight experience that raises vital funds for the Cancer Council's research, prevention, information and support services.

The Rotaractors have met Sandi because they had a team in the 2019 Relay for Life and are keen to repeat in 2020.

Birthdays and Anniversaries between December 9 to December 15

Weddings: Nil

Birthdays: Geoff Steinicke, Tricia Marshall

Inductions:

Geoff's Health Tip

Move over Apples, Avocados do a Better Job

Right now Avocados are plentiful and well priced, and of course we have all enjoyed smashed avocados on toast at any time of the day.

New rearch shows avocados significantly boost lutein concentrations in your brain, with corresponding improvements in cognitive function. Lutein has beneficial antioxidant and anti-inflammatory effects, and avocados are an excellent source.



Lutein is a carotenoid that's excellent for your brain. Lutein accumulates in the macular region of your eye's retina.

Macular pigment is largely comprised of lutein and another carotenoid, zeaxanthin, and plays an important role in filtering blue light, while also offering antioxidant and anti-inflammatory properties.

Considering that one avocado contains about 0.5 milligrams (mg) of lutein, researchers were interested to know if eating this healthy fruit could benefit cognition.

For six months, 48 adults consumed either one avocado, one potato or one cup of chickpeas daily -- the latter two options serving as control options, since they contain no lutein.

At the end of the study, lutein levels in the avocado group increased by 25%, compared to 15% in the control group (which may have been due to unreported dietary changes that took place during the study). However, the avocado group also had an increase in macular pigmentation after six months, while the control group did not.

Along with improvements in memory, those eating an avocado a day had improved sustained attention, working memory and efficiency in approaching a problem, leading researchers to conclude, "Dietary recommendations including avocados may be an effective strategy for cognitive health".

Geoff

Acknowledgment GreenMedinfo's lutein research.





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

Meeting No.24		Thursday, 5th December 2019			
Present:					
Guest Speakers	1	Greg Sheridan "God is Good for You"			
NB Members	46				
Visiting Rotarians	2	Peter Peyton (Preston), David Rush (Hawthorn).			
Partners	4	Helen Gartlan, Diane Goetze, Kerrie Romanis & Carol Studebaker			
Guests	5	Jessie (Jasbir) Sheridan, Denis & Jan Dalton (J.Gartlan),			
John Perry (D.Rush), Jess Bradley (Greg Sheridan / Dymocks & Grand Daughter of Ron Carnell).					
PNM	2	Rob Hortin & Jennifer Hortin (Jim Studebaker)			
Alumni / FofR	1	John Burley.			
Members Present	46 = 6	64.7% ; Membership = 68 .			
External Activi	25	CAMBERWELL Sunday Market, 1/12 - Marcel Muntwyler, Ian Richardson;			
GARDENING PROJECT (Schools), 5/12 at BassCare - S.Greatorex, E.Kelly, I.Lele. R.McClean,					
N.Marshall, J.Pirret & G.Symington; GARDENING ASSESSMENT - Rowan McClean;					
2nd BITE delivery to CamCare , 5/12 - Greg Cribbes; FARESHARE - Jane Pennington;					
MEN'S SHED, 2/12 & 5/12 - David Cheney, Peter Elliott (2), Tony Hart & Greg Matthews (2);					
SCHOOLS READING PROJECT , 3/12 - Estelle Kelly, Janie Pirret, Eileen Toohill, Phil Wade					
& Kris Walters; ROTARY GARDENING 29/11 - Geoff Haddy & Greg Cribbes.					
DIK - Peter Sutherland					
Next Week's MEMBER absences - 5 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

14 December	Carols in the Park		6.00pm to 9.00pm	
Saturday	Selling Jam	1	Geoff Steinicke 3 Sue McDonald	
		2	lan Richardson	
	Selling Glostix	1	Jane Pennington	Can you help
	Tin Rattling for	1		raise money
	Lift the Lid	3		for Lift The Lid
		5		IOI LIIL THE LIU
		7	8	
16 December	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Monday	Middleborough Road	1	Don Taylor	lan 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
4.5.1	0		Marcel Muntwyler	6 Nino Sofra
1 February	Summer Music Festival	1		5
Saturday	St James Park	2		6
		3		7
0 Cohrusani	Cummer Music Feetivel	4	8	
8 February	Summer Music Festival	1	5.3UPM 1	to 9.00pm
Saturday	Greythorn Park	2		5 6
		3		7
		4		8
15 February	Summer Music Festival	4		
Saturday	Canterbury Gardens	1	5.30pm to 9.00pm	
Jataraay	January Garaciis	2		6
		3		7
		4		8
		4		0

Can you do this

7777733				shift. Contact			
CAMBERNE	CAMBERWE	LL SUNDAY MAI	RKET ROSTER	Geoff Steinicke			
Sunday	6.45am –	10.00am	9.45am – 1.00pm				
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	Rob Head	Nino Sofra	Adam Hillary			
9 February	Tak Yukawa						
16 February	Don Taylor		Eileen Toohill	Brian Lacy			
23 February	Garth Symington	Ted Wilkins	Janie Pirret				
1 March	Jim Romanis	Greg Matthews	Barry Cummings				
8 March	Tak Yukawa		Adam Hillary				
15 March	Estelle Kelly	Greg Cribbes	Terry Keyhoe	Greg Cribbes			
22 March	Neil Marshall	Rowan McClean	Janie Pirret				
29 March	Nino Sofra		Findley Cornell				
5 April	Tak Yukawa						
12 April							
19-Apr		Greg Cribbes					
26-Apr				Greg Cribbes			
3 May							
10 May							
17 May							
F1 Grand Prix 12-15 N		ence 27-29 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				
If available Tak Yukawa 0450 122 432 Geoff Steinicke Mob 0418 175 130 email gwsteinicke@bigpond.com							
Also on our webpage at https://rotarynorthbalwyn.com.au/page/sunday-market							

Rotary Day at the United Nations each year celebrates the organizations' shared vision for peace and highlights the critical humanitarian activities that Rotary and the United Nations lead around the world.

This year six humanitarians who are members of the family of Rotary were honoured as People of Action: Connectors Beyond which focuses on the global refugee crisis.

The annual event, held in New York City on 9 November this year, celebrated the vision for peace that Rotary and the UN share. Through Rotary's long history with the UN, its members have helped people affected by war, famine, and disaster.

Lucienne Heyworth Peace Scholar (Uppsala University 2015-2017) was nominated by District 9800 and was one of

the 6 people honoured at the UN. Lucienne is pictured right at a Melbourne Club Meeting with Rob Fels.



ROTARY INFORMATION

Website:https://www.rotary.org/ **Rotary International**

> Facebook:https://www.facebook.com Twitter:https://twitter.com/Rotary

Rotary Australia Website:rotaryaustralia.org.au

> Facebook:https://www.facebook.com/RotaryAroundAustralia/

https://www.facebook.com/rotarydownunder/ Facebook RDU:-

Twitter:https://twitter.com/rotaryaustralia

District 9800 Website;https://www.rotarydistrict9800.org.au/

> Facebook:https://www.facebook.com/rotarydistrict9800/ https://twitter.com/rotaryd9800?lang=en Twitter:-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 vicepresident@rotarynorthbalwyn.com.au Vice President: John Magor 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.

Michael Martin http://balwynnorthprobus.org.au North Balwyn Probus:

North Balwyn Heights Probus: yarramul@tpg.com.au 98574305 0400821402 Sue Mullarvey

Greythorn Probus: greythornprobus.org.au 98594941.

Boroondara Ladies Probus: iveddev@applewood.net.au Janet Eddy

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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.



THE TRAVEL PROFESSIONALS **BALWYN NORTH**



Thank you Helloworld North Balwyn for your ongoing support of our Event Days and assistance with our Mongolia travel ar-

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.

