



From the Club Services Director – Tony Wells

The role of Club Service Director has been described as the “Keeper of the House” and as such is accountable for the day to day running of the Club. But effectively Club Service is a team responsibility. There are many different roles in Club Service, including for example the Grapevine, Almoner, Sergeant, Attendance, Child Protection, the Web and Fellowship. There are other areas and all are important.

Those working with Club Service are in the process of seeking a smooth transition from the just completed Rotary year to 2018/19 and this has been made easier with continuity in some of the key roles. Our aim is to ensure the Club functions effectively during the year.

One significant issue we’ve had under review is the cost of Rotary for our members. Costs inevitably rise, and so the Club was pleased to be able to keep the increase in our annual fee this year to \$5.00, which in percentage terms is a very small rise.

We also hope that an increase in the cost of meals at Kew Golf Club can be absorbed by the Rotary Club. This still has to go to the Board, but the Club Administration Account is in a healthy state and we are working to keep the meal cost at \$37.00 per head (\$38.00 for those using the Club’s electronic card terminal).

The total cost to members of their meals at Club meetings across the full Rotary year will be further reduced by lower meal costs for at least four meetings, and maybe more, we are planning away from KGC. We expect one of these will be held at Colombo’s Restaurant and three at the North Balwyn Bowls Club. There will be more detail later.

In another cost reduction we will no longer provide two bottles of wine at the President’s table at KGC, although we will continue to offer wine by the glass to our visitors. Over a full year we calculate this might save the Club Administration Account close to \$1,500. Every little bit counts.

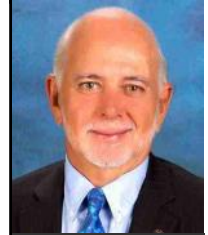
Apart from the financials, another project we’ve been working on is development of a detailed Club calendar for the full Rotary year to provide a framework for the Board and its planning processes. We expect to publish the key elements of this on our recently revised and user friendly Club website.

Another key element for a successful year will be our speaker program and Geoff Kneale already has commitments from several outstanding presenters with significant experience in areas such as the law, business and science. Geoff would be pleased to hear from those with ideas and suggestions for speakers. Let’s help him make this a collective responsibility.

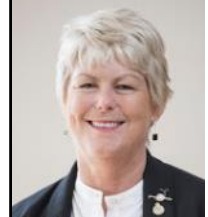
Club Service underpins much of our Club activity and as Club Services Director I hope you will provide feedback, ideas and constructive criticism where appropriate so that we can make RC North Balwyn even more effective in achieving our Rotary goals in 2018/19.

Tony Wells

[Our Leadership](#)



**RI President
Barry Rassin**



**DG 9800
Bronwyn
Stephens**



**AG Eastside
Barry
Hickman**



**President
RCNB
Nino Sofra**

Club Diary

Weekend of 17-19 August 2018 MUNA 2018
September 2018 Fence repairs in Cobden.
5-7 October 2018 Camp Getaway Working Bee 2018
Weekend 19-21 October Fellowship Weekend at Daylesford
Australian Grand Prix 11–17 March 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 HugoGoetze@netspace.net.au
 Phone 9857 6701 (leave a message). Mobile phone calls & SMS are not to be used.

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**

Speaker Summary.

Our speaker, Steve McBurney is the recently appointed Commissioner of the Australian Building and Construction Commission (ABCC). The ABCC is responsible for maintaining the rule of law, promoting improved workplace relations to ensure building work is carried out fairly, productively and for the benefit of all.



Steve is well known for his impressive record of 18 years as an AFL field umpire having twice earned All Australian honours. Steve umpired over 400 AFL games, including four grand finals and was third on the all-time list behind Hayden Kennedy (495 games) and Rowan Sawers (410 games). Steve spoke of his almost accidental career as an AFL umpire. While aiming to become a football player he remembers the coach saying to him "Steve, you've got great skills, good fitness," before adding the tough line: "You're completely lacking in courage and you won't go anywhere with your football. Do you want to try umpiring?" Steve added it was the best thing he had done. Steve went on to speak of his dedication and training to qualify for selection as an AFL umpire and some of more memorable experiences he had in that role. It was clear Steve was not lacking in courage in making decisions on the field, even controversial decisions which were found to be correct on peer review.

Steve told us of the initiative he and his eight year old son Oscar had taken introducing the *Fiona McBurney Match Day Experience* program in memory of his late sister. Oscar attended the meeting as Steve's guest. The program pairs AFL umpires with young adults with down syndrome on match days. The experience, which was introduced in Victoria in the 2015 AFL season has now been extended to other States.

Steve spoke briefly of his time as Chief Examiner investigating organised crime. Turning to his current role as Commissioner of the Australian Building and Construction Commission Steve spoke of recent initiatives in making voluminous industry codes/legislative instruments more accessible through iPhone apps and that each phone inquiry/complaint to the ABCC is answered directly by a member of its staff.

Brian Lacy

Meeting No.2**Thursday, 5th July 2018****Present:**

Guest Speaker 1 Steve McBurney

NB Members 51

Guests 1 Oscar McBurney - son of Steve.

Members now = 73, 51 present = 69.9% ; LOA = 5, Apol = 16*,

No Show = 1 ; * includes 1 late apology from Bali.

External Activities 31 - for last 2 weeks.

(Board Approved) 2nd Bite delivery to CamCare - Geoff Haddy & Hugo Goetze.

DIK Bike Repairs - Peter Sutherland (2); Gardening Project 22/6 & 5/7 - Greg Cribbes, Geoff Haddy, Brian Hurnard, Brian Lacy, Rowan McClean & Garth Symington. Tree Planting at BPPS - Ian Adams, Findley Cornell, David deGaris, Steven Greatorex, Rob Head, Rowan McClean, Greg Matthews, Bill Oakley, Jane Pennington, Jim Romanis, Nino Sofra, Geoff Steinicke & Maurie Walters.

Reelink BBQ 24/6 - Joe Butler, Phil Francis, Ian Richardson, Nino Sofra, Geoff Steinicke & Peter Sutherland.

RC Myrtleford - Jane Pennington. DIK Inc Board Meeting - Imre Lele.

Absence for Rosters Next Week:

Russell Cooper, Barry Cummings, Chris Flavelle-Smith, Brian Lacy, Jim Romanis, Don Taylor & Ted Wilkins.

Membership Subscription

Thank you to those members who have already paid this year's subscription – a fantastic response by more than half our members in the first week!

Geoff H – Asst Treasurer

**Rotary Club of North Balwyn Inc.**

**PO Box 135
North Balwyn
Vic 3104**

ABN: 15 960 124 742

**TAX INVOICE**

MEETING ROSTERS

Thursday 12 July
Greeters: Beatrice Ko, Neil Marshall
Set Up: David Cheney, David De Garis
Desk: Sam Hardikar, Garth Symington

Speaker: John Daley
Host: Peter Sutherland
Topic: The Rise of Protest Politics: Is Sensible Policy Still Possible?
 John Daley is CEO of the Grattan Institute which is a very well-regarded Think Tank on current affairs and issues.

Good Policy in a Populist World.

Established political parties are struggling across the developed world, while "outsider parties" rise.

Some think that these political changes are a consequence of economics: increasing inequality; slower economic growth; differences in economic growth between cities and regions; or increasing job insecurity. Others think that the issues reflect culture wars: too much (or the wrong kind) of migration; too much social liberalism; or widening cultural divides between metropolis and region. But the evidence suggests that the biggest problems are institutional, reflecting falling trust in established structures, and a widening gap between rulers and ruled.



Is it possible to get worthwhile policy reform in this environment? Or are the prospects bleak given low trust in government? And if so, what institutional reforms do we need to improve the prospects of better public policy?

Thursday 19 July
Greeters: Bronwen Dimond, Chris Flavelle-Smith
Set Up: Greg Matthews, Anthony Stokes
Desk: Phil Wade, Bill Oakley

Speaker: DG Bronwyn Stephens
Host: President Nino Sofra
Topic: District Governor's Visit

Thursday 26 July
Greeters: Imre Lele, Majid Behzadnia
Set Up: Russell Cooper, Findley Cornell
Desk: Peter Elliott, Adam Hillary

Speaker: Professor Gillian Triggs
Host: Rob Head
Topic: Common Compassion and a Charter of Human Rights.
 Gillian Triggs was President of the Australian Human Rights Commission 2012 - 2017, Dean of the Sydney University Law Faculty 2007 - 2012

The new team at work....



The catering team working at the Reclink Community Cup

The Travelling Minstrels at work again

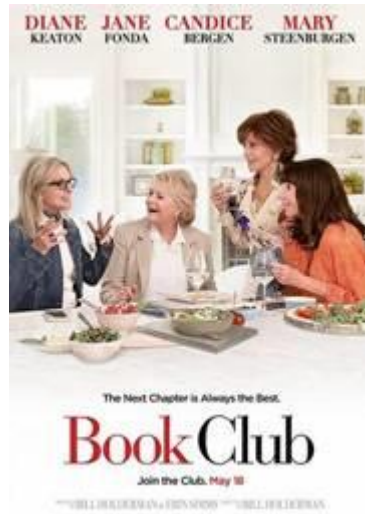
Birthdays and Anniversaries between July 9 and July 16

Weddings:
Birthdays: Audrie Sexton, Barry Cummings
Induction Anniversaries:

MOVIE NIGHT

I am organising a Rotary Fellowship Film Night at the Palace Theatre, Balwyn to view the upcoming “blockbuster” – “**THE BOOK CLUB**”

No – it’s not “The Book Shop”. It’s “**THE BOOK CLUB**”!!!!



It is about a group of mature ladies review the book “50 Shades of Grey”

And find that it changes their lives in a variety of ways!

Stars Jane Fonda, Diane Keaton, Candice Bergen and Mary Steenburgen!

Friday evening – 31st August 2018.

Time – 6.30 or 7.00 pm (to be confirmed).

Cost will be \$12.00 per head (at cost).

I have booked 40 seats, so the “first in -best dressed”.

Please email cheneydk@bigpond.net.au if you wish to attend.

Many thanks.

David Cheney

Fellowship Committee.

Donate your old glasses and give someone new sight

Has your eyesight moved on and your old glasses are just cluttering up your drawers? Then put them to good use and change someone’s life forever.

Boroondara Eye Care is running an eye glasses drive til 31 July collecting old and unwanted prescription glasses for the North Balwyn Rotary Club.

The club collects prescription glasses which they distribute to poor communities in Vietnam

Boroondara Eye Care owner and optometrist Paula Monaco says the donated glasses are prepared ready for distribution to the communities.

“We check all the glasses, fix anything that may be wrong with them, check the lens prescription which is attached to each pair of glasses, so they can be given to the people who need them,” Ms Monaco said.

“These glasses give new life to children and adults who would probably never have been able to go to school or to go work.”

Boroondara Eye Care has already collected and prepared 60 pairs of glasses which North Balwyn Rotary Club distributed in Vietnam.

Anyone wishing to donate their old glasses can drop them off to Boroondara Eye Care at 264 Doncaster Road, Balwyn North.

Geoff's Health Tip**Dates Contain Nourishing Information**

As a small boy I can remember the jar of dates in our food pantry. I enjoyed eating them and on occasions my mother made 'date squares'. Although dates were not part of the daily food mix they were used in a variety of recipes, of which every cook would have their specialty. Judy's specialty is 'date nutties'.

Dates, of course, are in the palm tree family and, along with coconut and red palm, are some of the oldest cultivated plants known in the historical record; in fact, they are so old we don't know where they originated.

Each year, Australia imports 5,000 to 7,000 tonnes of dates, mainly from Iran, and although date palms have been grown successfully across a range of sites in Australia for over 100 years, there are still significant restraints to developing a viable industry able to compete with imports.

For centuries dates have been used as sweeteners and as a quick snack, or meal. They are cholesterol-free and very low in fat. Plus, they're energy boosters, making them a suitable snack for the health-conscious. Also, [they're rich in vitamins B1, B2, B3, B5, A1 and K](#), proteins, dietary fiber, iron (11 percent), potassium (16 percent), calcium, manganese, copper and magnesium. The soluble and insoluble fibers and amino acids present in dates can also help to improve the digestive system.

Dates are whole foods, but by weight, they are 80 percent pure sugar. To understand date sugar from the whole food, Israeli scientists took a group of people, fed them dates for a month and measured what happened: they determined that their subjects had no adverse effects on [blood sugar or weight, but had beneficial improvements in triglycerides and antioxidant stress levels](#).

So, why do many people who choose to eliminate excess sugars from their lifestyle still consume dates? Well, it seems that dates are naturally rich in nutrition [despite being rich in fructose](#), so there's a trade-off. Some even consider dates the most ideal food.



Geoff

Sutho's On-Line NEWS

[Scam warning as myGov Medicare payment site 'cloned'](#)

Some unscrupulous criminal gang has made a pretty good copy of The Australian Government Website MyGov. For those of you who use the MYGov site don't get tricked by bogus E-mails asking you to re-enter your banking details.

"The federal government's [StaySmartOnline service says the scam involves a 'phishing' email that looks to be from Medicare, and a 'cloned' MyGov payment website](#).

After being prompted to enter your login details and provide a secret security question and answer, users are transferred to a fake Medicare website.

"These emails and web pages feature myGov and Medicare design and branding, making them appear legitimate," the StaySmartOnline statement reads.

To avoid email scams:

— Do not click on links in emails or text messages claiming to be from myGov or Medicare. **myGov will never send you a text, email or attachment with hyperlinks or web addresses.**

Read more at <https://www.staysmartonline.gov.au/>

I recommend and subscribe to the Stay Smart Online [E-Mail Alert Service](#)



Rotary Club of North Balwyn

Website

Our new website is up and running!! It is found at: www.rotarynorthbalwyn.com.au

The screenshot shows the website's header with the Rotary logo and 'Club of North Balwyn'. A search bar and 'Member Login' link are in the top right. A navigation menu includes 'About Us', 'About Rotary', 'Join Us', 'Our Activities and Projects', 'News & Updates', 'Calendar', and a blue 'Contact Us' button. Below the menu is a banner for 'Our Community.....' with a collage of photos. The main content area is divided into three columns: 'Our Club' with a welcome message, meeting details, venue, and invitation; 'Rotary North Balwyn' with a mission statement and a photo of two surf rescuers; and 'Speakers' with a list of recent meeting speakers and topics.

There are sections of it which are for Club members only. All Club members have a log in and a password.

The log in is your name ie first name space second name with capital letters for the two names. Example Jane Pennington

All passwords are 3104. You can change this once you have logged in the first time.

Competition

Nino has instigated a competition!! There is a picture of a bottle of wine hidden somewhere on the new website.

The first person to find it and email me (jane.pennington@bigpond.com) will win a bottle of wine.

If you have any questions, suggestions or comments please do let me know. I would love to hear what other information you would like put up. Or if you do not like your photo please send me another one to go up.....

Jane Pennington
0408 402 555
jane.pennington@bigpond.com

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:- 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 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: Adria 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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Thanks to Chris Cross Landscape & Gardening Supply for their support of our Club through housing our 3 storage containers.



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.

