



### Club Meeting 5 September

Wow! What a dynamic group of young women. Thursday saw Parents and Students from our recent Mongolian Immersion Program inform us of their fantastic adventure.

Their videos and commentary showed what a great time they had and we enjoyed the entertaining skits that they incorporated into the presentations.

The sharing of their experiences was well done along with the manner in which they answered questions from the floor.

Comments from several of the group about personal development, becoming more confident also included a big thank you to the North Balwyn Rotary Club for making it happen.

Appreciation was shown for Estelle Kelly and Peter Downton as group leaders. [shown right with our Mongolian Expedition Students]

This is Rotary at it's best along with the work that Bill Oakley has done.

Sergeant Adrian Ranson conducted an in depth question and answer session focusing on knowledge about Mongolia.

The Mongolian Expedition Students have been great ambassadors for Rotary and Australia.



Not in the correct order are our Mongolian Expedition Students :- Eirene Carajias, Sarah Hurst, Sandy Jayasinghe, Emily Melnyk, Till Morrow, Veronica Pirozek, Emily Rowling, Tess Rowles, and Georgia Suddick.



### 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

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](mailto:apologiesrcnb@gmail.com)

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

## From the President's Desk

Maria Hicks has accepted the role of *Charter President* of the soon to be formed **Passport Club** that will be based at DIK.

Maria has done extensive humanitarian work in Cambodia and is currently the official Days For Girls Representative for all of Cambodia.

This Rotary Club will continue to meet on the **1st Saturday of each month at 10:00am**.

PDG Jim Studebaker has accepted the role on behalf of D9800, as the Mentor for this new Club.

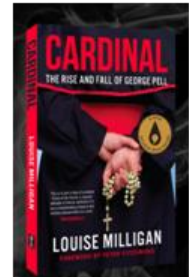
Don't miss next week's Speaker, Louise Milligan, who will speak about "The Rise and Fall of Cardinal Pell". A great night is assured.

This weekend saw our Rotaractors participate in the Cancer Council Relay for Life.

Congratulations Jane Pennington and participants in raising funds for this great cause. It's not

too late donate to the Rotaboars Team [HERE](#).

As we go to press they have raised \$1,495!



Team Page of:

### RotaBoars (Rotaract Boroondara)

#### Our Progress



Donate to our Team

#### Our Relay

Manningham 2019

When: 7-8 September 2019, 4pm Sat to 12pm Sun

Join Our Team



#### Our Reason to Relay:

Thank you for visiting our team page. Relay For Life is our opportunity to join together to make a difference in our community. Each year thousands of Australians participate in Relays across Australia and our team is proud to be part of that. By joining or donating to our team, you will be helping Cancer Council save even more lives.

We're aiming high - help us reach our fundraising goal!



North Balwyn Rotary Club cooked egg and bacon rolls for the hungry participants. The Relay for Life organisers provided the food and the sales contributed to the fund raising.

Delivery, FareShare, DIK, Rowan's Entertaining and Passport Club planning.

Pete

The Club is continuing to have a very active time with The Gardening Program, Camberwell Market, Reading In Schools, Second Bite



The Rotaractors and Jane Pennington walked through the night carrying the Rotaboar mascot for which they received the Best Baton Award.





## MEETING ROSTERS

**Thursday 12 September**  
**Greeters:** Joe Butler, Eileen Toohill  
**Setup** Brian Lacy, Peter Downton  
**Desk:** Greg Matthews, Estelle Kelly

**Speaker:** Louise Milligan  
**Host:** Tony Wells  
**Topic:** The rise and fall of Cardinal Pell.

Louise Milligan is an ABC television journalist and reporter whose explosive 2017 book cast serious doubt on whether George Pell was as innocent as he claimed in apparently knowing nothing of the horrific wrongdoing of his clerical colleagues. The fact that Pell himself was subsequently charged with certain offences increased the suspicions. Louise will give us a detailed behind-the-scenes look at what has been an issue of intense public interest.

**Thursday 19 September**  
**Greeters:** John Gartlan, Duncan Ansell  
**Setup** Not required  
**Desk:** David Cheney, Jane Pennington

Visit to Eva Tilley Aged Care Facility  
 This meeting is not at the Kew Golf Club.  
**Speaker:** Sharelle Rowe, CEO of Eva Tilley  
**Host:** Ian Adams  
**Topic:** Eva Tilley Update

**Thursday 26 September**  
**Greeters:** Janie Pirret, Tony Hart  
**Setup** Phil Wade, Phil Francis  
**Desk:** Tak Yakawa, John Magor

**GRAND FINAL NIGHT**  
**Speaker:-** Ray Wilson Hawthorn player 1966-71  
**HOST:-** Eileen Toohill  
**Topic:-** People who make our game great.

Meeting No.11

Thursday, 5th September 2019

Present:

Guest Speaker 9 Our Mongolian Expedition Students :- Eirene Carajias, Sarah Hurst, Sandy Jayasinghe, Emily Melnyk, Till Morrow, Veronica Pirozek, Emily Rowling, Tess Rowles, & Georgia Suddick.

NB Members 47

Rotarian/Guest 2 PNM I - Cris Yudi; Vivien Ross (Greg Ross)

Partners 1 Robyn Elliott

Guests 12 11 Parents of the Students plus 1 sister

Members Present 47 = 68.1% ; Membership = 79

**External Activities** 19 CAMBERWELL Sunday Market, 1/9 Kinga Paulheim, Tak Yukawa ; (Board Approved) GARDENING PROJECT 30&31/9, Sam Hardikar, Janie Pirret, Pete Sutherland, & Rowan McClean (2) ; 2nd BITE delivery to CamCare, 5/9 Greg Cribbes ; SCHOOLS' READING PROJECT 3/9 - Estelle Kelly, Janie Pirret, Judy Steinicke, Philip Wade ; Men's Shed 2&5/9, Peter Elliott (2), Tony Hart & David Cheney; Fairshare - Larry Fitzpatrick; DIK - Peter Sutherland ; Greg Ross - ARH Sydney; Jane Pennington 2/9 - RC Richmond. Apologies for next week = 9 plus 11 LOA.

## Birthdays and Anniversaries between September 16 to September 22

**Weddings:** NIL

**Birthdays:** Christopher Lai, Nadia Ranson, John McBride, Stan Hibbert, Paul Fitz, Margeret Wilkins, Tak Yakawa

**Inductions:** Phil Francis



**ROTARY  
CONNECTS  
THE WORLD**



# **DISTRICT 9780 WELCOMES ROTARY INTERNATIONAL PRESIDENT MARK DANIEL MALONEY TO BALLARAT**

**Rotary**   
District 9780

## **PRESIDENTIAL DINNER**

Tuesday,  
24 September 2019

6.30pm pre dinner drink  
7.00pm dinner

The Mercure Ballarat  
613 Main Road,  
Ballarat VIC

**COST:** \$60/person (incl. booking fee)  
Includes 2 course meal  
& pre dinner drink.  
Drinks at bar prices.

**Tickets** available at  
<https://www.trybooking.com/BDVLC>

**PEOPLE OF ACTION:** [www.rotary9780.org](http://www.rotary9780.org)

## Geoff's Health Tip

## Bananas with a Touch of Green are Beneficial

Most people know that bananas are rich in potassium and that their high potassium content is important in controlling the ratio of potassium to sodium in the diet, an important function in reducing the risk of heart disease.

However, apart from their potassium content, partially ripe or green bananas are a **rich source of resistant fibre**. In fact, **green bananas** are the richest source of resistant fibre. This is important, as I have frequently referred to the fact that most Australians are deficient in fibre, especially resistant fibre that protects the colon.

Most people eat bananas when they're yellow and ripe, but green and unripe bananas are also safe to eat, however, some people dislike their taste and texture. Green bananas are less sweet because they are higher in starches and lower in sugars and they are firmer and more difficult to peel.

I have been a yellow banana lover for many years, but lately I have been buying bananas with a **touch of green**. Not because partially green bananas last longer than the fully ripe bananas, which they actually do, but for the very important reason that **partially green bananas contain a very high percentage of resistant fibre**. Resistant fibre is important for the health of the colon.

As the description might imply, resistant fibre passes through the stomach and small intestine intact, and feeds the friendly bacteria that reside in your gut. Short chain fatty acids are produced that keep the colon healthy, and there is significant evidence suggesting that they help protect against colon cancer.

Like most fruits, bananas contain a variety of other minerals and vitamins, however their stand-out value is their very high percentage of resistant fibre compared with all other fruit and vegetables and whole-grains.

Take home message: Next time you buy bananas, look for ones with a touch of green. You will find them firmer than the fully ripe ones. Method: peel and slice and add to your muesli.

Geoff

## A note from Bill Oakley

The RAM National Conference (which is being held in Melbourne this year at Ciloms Hotel which is near the Airport) is quite one of the best Rotary gatherings I attend each year. Its content is all relevant to RAM's and Rotary's fight against malaria. Australian Rotary has taken responsibility for helping a group of our near neighbours in their fight against malaria - PNG, Solomon Islands, Vanuatu, Timor Leste, and, growing out of our work with Timor Leste, we are also starting work in NTT Province in Indonesia, which surrounds Timor Leste.

At the conference will be representatives from these countries and from the RAM organisations doing the work on the ground in these countries. There will also be speakers from the main research organisations in Australia which is the World's leading centre for malaria research.

There will also be a speaker from the Australia Defence Force School of Tropical Disease Research. Australian military people are active in many places around the World where malaria remains endemic, and lead the World in developing processes, practices, pills and procedures to keep soldiers "fight-ready" in tropical disease areas.

I recommend this Conference and would welcome anyone joining me at it.

Bill Oakley



FORMULA 1 ROLEX  
AUSTRALIAN GRAND PRIX  
2020

THU 12 MAR - SUN 15 MAR 2020





**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](http://www.boroondaracares.org.au)

### **Bookings**

Visit [www.trybooking.com](http://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 28<sup>th</sup> 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](mailto:garths45@icloud.com)

## 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  |
|------|------|------------------|-----------------------------|
| 5    | Sept | Greg Cribbes     | Geoff Haddy                 |
| 12   | Sept | Greg Cribbes     | Geoff Haddy Garth Symington |
| 19   | Sept | Imre Lele        | Geoff Haddy Garth Symington |
| 26   | Sept | John McBride     |                             |
| 3    | Oct  |                  |                             |
| 10   | Oct  |                  |                             |
| 17   | Oct  |                  |                             |
| 24   | Oct  |                  |                             |
| 31   | Oct  |                  |                             |
| 7    | Nov  |                  |                             |
| 14   | Nov  |                  |                             |

2<sup>nd</sup> Bite Roster also available on our website

<https://rotarynorthbalwyn.com.au/page/second-bite-roster>

## 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](mailto:admin@rotarynorthbalwyn.com.au)

Also on our website <https://rotarynorthbalwyn.com.au/page/catering-roster>

| 21 September | Patchwork & Quilters    |   | 8.30am to 12.30pm | 12.00pm to 4.00pm |
|--------------|-------------------------|---|-------------------|-------------------|
| Saturday     | Eley St Community       | 1 | Geoff Steinicke   | Geoff Steinicke   |
|              | Centre, Blackburn South | 2 | Jagath Jayasinghe | Jagath Jayasinghe |
|              |                         | 3 | Kinga Paulheim    | Peter Downton     |
|              |                         | 4 |                   |                   |
|              |                         | 5 |                   |                   |
|              |                         | 6 |                   |                   |
|              | Coffee Barista          | 7 |                   |                   |
|              | Coffee Barista          | 8 |                   |                   |
| 22 September | Patchwork & Quilters    |   | 8.30am to 12.30pm | 12.00pm to 4.00pm |
| Sunday       | Eley St Community       | 1 | Kinga Paulheim    |                   |
|              | Centre, Blackburn South | 2 |                   |                   |
|              |                         | 3 |                   |                   |
|              |                         | 4 |                   |                   |
|              |                         | 5 |                   |                   |
|              |                         | 6 |                   |                   |
|              | Coffee Barista          | 7 |                   |                   |
|              | Coffee Barista          | 8 |                   |                   |
| 16 October   | Hawthorn Arts Centre    |   | 10.30am to 2.30pm |                   |
| Wednesday    |                         | 1 |                   | 2                 |
|              |                         | 3 |                   | 4                 |
|              |                         | 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 |                   | 2                 |
|              | Greythorn Village       | 3 |                   | 4                 |
|              |                         | 5 |                   |                   |
| 2 November   | Maserati Club           |   | 7.30am to 2.00pm  |                   |
| Saturday     |                         | 1 |                   | 2                 |
|              |                         | 3 |                   | 4                 |
|              |                         | 5 |                   | 6                 |
|              |                         | 7 |                   | 8                 |

## Gardening Schedule

|   |           |           |             |                                      |
|---|-----------|-----------|-------------|--------------------------------------|
| Saturday, September 07, 2019              | MLC       | 10-noon   | N Marshall  | E Kelly                              |
| Friday, September 13, 2019                | XC        | 3.45-5pm  | G Cribbes   | J Pirret                             |
| SCHOOL HOLIDAYS                           |           |           |             |                                      |
| Friday, October 11                        | XC        | 3.45-5pm  | G Symington | E Kelly                              |
| Saturday, October 12                      | MLC       | 10-noon   |             | M.Muntwyler                          |
| Thursday October 17                       | XC Mannix | 9.30-1.30 |             | T Yakawa                             |
| Friday October 18                         | CGS, XC   | 3-5pm     | G Cribbes   | J Pirret                             |
| Saturday, October 19                      | MLC       | 10-noon   | S Hardikar  | A Stokes                             |
| Friday, October 25                        | CGS, XC   | 3.45-5pm  | G Symington | 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 Glenney                            |
| Please complete as circulated at meetings |           |           |             |                                      |
|   |           |           |             | Advise availability to Neil Marshall |



## CAMBERWELL SUNDAY MARKET ROSTER – No 55

| Sunday   | 6.45am – 10.00am | 9.45am – 1.00pm           |
|--|------------------|---------------------------|
| 15 September   | Tony Wells       | Marcel Muntwyler          |
| 22 September   | Sue McDonald     | Larry Fitzpatrick         |
| 29 September   | Geoff Steinicke  | Barry Cummings            |
| 6 October  | Jim Romanis      | Greg Matthews             |
| 13 October   | Tak Yukawa       | Maurie Walters            |
| 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       |                           |
| 12 January   |                  |                           |
| 19 January   |                  |                           |
| 26 January   |                  |                           |
| <b>EMERGENCIES</b>   | If available     | John Gartlan 9859 8559    |
|  | If available     | David Cheney 0417 355 370 |
|  | If available     | Tony Wells 044 077 647    |
|  | If available     | Adam Hillary 0412 191 413 |
| Geoff Steinicke Mob 0418 175 130 email <a href="mailto:gwsteinicke@bigpond.com">gwsteinicke@bigpond.com</a>                                  |                  |                           |
| Also on our webpage at <a href="https://rotarynorthbalwyn.com.au/page/sunday-market">https://rotarynorthbalwyn.com.au/page/sunday-market</a> |                  |                           |



## ROTARY INFORMATION

|                             |                |  |
|-----------------------------|----------------|--|
| Rotary International        | Website:-      | <a href="https://www.rotary.org/">https://www.rotary.org/</a>  |
|                             | Facebook:-     | <a href="https://www.facebook.com">https://www.facebook.com</a>  |
|                             | Twitter:-      | <a href="https://twitter.com/Rotary">https://twitter.com/Rotary</a>  |
| Rotary Australia            | Website:-      | <a href="http://rotaryaustralia.org.au">rotaryaustralia.org.au</a>   |
|                             | Facebook:-     | <a href="https://www.facebook.com/RotaryAroundAustralia/">https://www.facebook.com/RotaryAroundAustralia/</a>      |
|                             | Facebook RDU:- | <a href="https://www.facebook.com/rotarydownunder/">https://www.facebook.com/rotarydownunder/</a>                  |
|                             | Twitter:-      | <a href="https://twitter.com/rotaryaustralia">https://twitter.com/rotaryaustralia</a>                              |
| District 9800               | Website:-      | <a href="https://www.rotarydistrict9800.org.au/">https://www.rotarydistrict9800.org.au/</a>                        |
|                             | Facebook:-     | <a href="https://www.facebook.com/rotarydistrict9800/">https://www.facebook.com/rotarydistrict9800/</a>            |
|                             | Twitter:-      | <a href="https://twitter.com/rotaryd9800?lang=en">https://twitter.com/rotaryd9800?lang=en</a>                      |
|                             | Networker:-    | <a href="http://rotarydistrict9800.org.au/content/54/networker">rotarydistrict9800.org.au/content/54/networker</a> |
| Rotary Club of North Balwyn | Website:-      | <a href="http://www.rotarynorthbalwyn.com.au">www.rotarynorthbalwyn.com.au</a>                                     |
| North Balwyn Men's Shed     | Website:-      | <a href="http://www.northbalwynmensshed.com">www.northbalwynmensshed.com</a>                                       |
| Find a Rotary Club:-        |                | <a href="https://my.rotary.org/en/search/club-finder">https://my.rotary.org/en/search/club-finder</a>              |

### ROTARY CLUB OF NORTH BALWYN 2019/20

|                             |   |
|-----------------------------|---|
| President: Peter Sutherland | <a href="mailto:president@rotarynorthbalwyn.com.au">president@rotarynorthbalwyn.com.au</a>                          |
| Vice President: John Magor  | <a href="mailto:vicepresident@rotarynorthbalwyn.com.au">vicepresident@rotarynorthbalwyn.com.au</a>                  |
| Secretary: Gavan Schwartz   | <a href="mailto:secretary@rotarynorthbalwyn.com.au">secretary@rotarynorthbalwyn.com.au</a>                          |
| Treasurer: Adam Hillary     | <a href="mailto:treasurer@rotarynorthbalwyn.com.au">treasurer@rotarynorthbalwyn.com.au</a>                          |
| Grapevine: John McBride     | <a href="mailto:jdmcb48@bigpond.net.au">jdmcb48@bigpond.net.au</a> <b>Noon Sat Weekly Deadline for submissions.</b> |

|                              |                |   |           |            |
|------------------------------|----------------|---|-----------|------------|
| North Balwyn Probus:         | Michael Martin | <a href="http://balwynnorthprobus.org.au">http://balwynnorthprobus.org.au</a> |           |            |
| North Balwyn Heights Probus: | Sue Mullarvey  | <a href="mailto:yarramul@tpg.com.au">yarramul@tpg.com.au</a>                  | 98574305  | 0400821402 |
| Greythorn Probus:            |                | <a href="http://greythornprobus.org.au">greythornprobus.org.au</a>            | 98594941. |            |
| Boroondara Ladies Probus:    | Janet Eddy     | <a href="mailto:jveddey@applewood.net.au">jveddey@applewood.net.au</a>        |           |            |

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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*