



### Club Meeting 8 August

We welcomed John Ballis from Reclink who is grateful of our club's support of the annual Melbourne Community Cup. Reclink are encouraged this week by the announcement by Greg Hunt MP, Minister for Health, promising that the Australian Federal Government will continue their funding support for Reclink's national programs for a minimum of 4 years!

<https://www.reclink.org/>



In other news we are pleased to announce that our audited financial accounts from last year have been approved by The Board and we thank Baumgartners and our Finance team of Geoff Haddy and Adam Hillary for completing this essential task.

#### What a picture!

*If a picture's worth a thousand words, our annual accounts should be in the art gallery! In one place you can see the results of your strenuous fundraising and, more importantly, the ways you and your Club have served communities here and abroad. Members are invited to review **RCNB FINANCIAL STATEMENTS FOR THE YEAR ENDED 30<sup>th</sup> JUNE 2019** available on our website in the section For Club Members. The accounts will be formally presented at our next AGM.*

Community activity this week included attendance by 10 members at the Chances Breakfast which is a fundraiser by our Boroondara Cares and supporting Rotary Clubs for the Chances Scholarship program. Scholarships support disadvantaged secondary students in Boroondara to complete their studies. <https://boroondaracares.org.au/program/help-for-education/>

Thanks Garth for booking a table at Kooyong Tennis Club and helping our club contribute over \$500 to the cause. The meeting was well attended by over 250 mostly Rotarians and we enjoyed an inspiring speech from Melbourne Lord Mayor Sally Capp <https://www.melbourne.vic.gov.au/about-council/our-profile/lord-mayor-and-councillors/Pages/lord-mayor-sally-capp.aspx>

Sally was key note speaker at our recent Multidistrict Conference and is an avid supporter of Rotary.

Continues on page 2

#### 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

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.**

**Continued from page 1**

The Gardening Program, SecondBite food delivery, Camberwell Market, DIK, Rotaract Club activities, Catering activity, and Club Committee meetings have kept many members busy this week. Congratulations everyone on your continuing efforts. Thank you all for participating in our annual Club Forum Meeting.

We didn't have time to hear from all the Directors, however we will create opportunities at future meetings to discuss specific plans of each Director and Committee Chair.

I thank members for their participation and interest in the proceedings and look forward to an enjoyable active year in North Balwyn Rotary.



Director of Community Service, Tony Hart, presented a report to the Club

Please note, we are collecting used spectacles for Vietnam. Could members collect from friends and family over next 4 weeks and donate to the cause.

Bring to Rotary meetings and give to Maurie Walters or Peter Elliott

President Pete

Host for the evening, Bill Oakley, with our Guest Speaker John Ballis and President Peter Sutherland



Dear Troops,

Well, I guess it could have been worse at the Bunnings BBQ on Friday. We could have been playing in the snow like Hawthorn. Indeed it felt cold enough at times. Needless to say the weather kept a fair number away, and considering this the results weren't too bad. After restoring the float our takings were - Cash \$492.00 and EFT \$29.00 totalling \$521 - not quite \$20 per hour, but close.

Thanks for shivering through the day with us, and we look forward to better weather and better results next Saturday 17 August.  
Bill Oakley.

**CORRECTION.**

Last weeks presentation at the Forum night by Rowan McClean gave an update on our International Program, not just Vietnam as reported in the Grapevine last week.

**Wanted – Interviewers!!**

The North Balwyn Scouts have invited our members to come and assist with mock interviews.

Date: Wednesday 14 August

In the evening for about two hours

We need six Rotarians so if you can assist please contact Bill Oakley.

**MEETING ROSTERS**

<b>Thursday 15 August</b> <b>Greeters:</b> Brian Thomas, John Koa <b>Set Up:</b> John Rennie, Bill Oakley <b>Desk:</b> Ian Mollison, Peter Elliott	<b>Speaker:</b> Rob Stary <b>Host:</b> Kinga Paulheim <b>Topic:</b> For Rob, Australia Has Truly Been the Lucky Country
Rob Stary is a lawyer well-known in Melbourne legal circles as counsel for the defence. However, he will speak primarily about his good fortune to have been born in Australia after his father, aged 27, and his father's parents migrated here in 1949 to get away from Communist Hungary and, before that, the Nazis. For Rob, born in 1956, Australia was, by comparison, a paradise where he could go to school in Footscray and then to University, FREE, to study Law. No wonder he is an advocate committed to upholding the democratic rule of law.	
<b>Thursday 22 August</b> <b>Greeters:</b> Barry Cummings, Geoff Steinicke <b>Setup:</b> Rowan McClean, Tak Yakawa <b>Desk:</b> Bronwen Dimond, Rob Head	<b>Speaker:</b> Speaker: Timothy Lynch <b>Host:</b> Rowan McClean <b>Topic:</b> Donald Trump
Melbourne University's Timothy Lynch is Associate Professor of Social and Political Sciences. He will give us a most interesting talk on the phenomenon of Donald Trump. Given that the U.S. and the world are stuck with Trump (and may well be for a second term!) we will hear whether there are any positives, in an objective sense, to be taken from his Presidency.	
<b>Thursday 29 August</b> <b>Greeters:</b> Marcel Muntwyler, John Magor <b>Setup:</b> Don Taylor, Greg Cribbes <b>Desk:</b> Neil Marshall, Larry Fitzpatrick	<b>Speaker:</b> District Governor Grant Hocking <b>Host:</b> President Peter Sutherland <b>Topic:</b> District Governor's Annual Address to the Club

**Meeting No.7****Thursday, 8st August 2019****Present:**

Guest Speaker 1 John Ballia - Reclink

NB Members 36

Visiting Rotarians 0

Partners 0

Guests 1 Andrew Sutherland

Alumni 0

Members Present 36 = 52.9% ; Membership = 68

**External Activities :** 6 'CAMBERWELL Sunday Market, 4/8 Peter Sutherland, Janie Pirret  
 (Board Approved) 2nd BITE delivery to CamCare, 8/8 Steven Gaterorex
**GARDENING PROJECT** - 2nd & 8th August, Rowan McClean (2), I Glenny**Birthdays and Anniversaries between August 12 to August 18****Weddings:** Peter and Sally Sutherland**Birthdays:** Jenny Cribbes, Barbara Stokes, Peter Elliott**Inductions:** Tony Ho



## Registrations for the 2020 District 9800 Conference in Bendigo are now open!!

**CONFERENCE 2020  
BENDIGO**  
**27-29 MARCH**

Tickets are priced as follows -

<b>Rotarians and Partners</b> (Early-bird Price available until 30/11/19)	<b>\$300.00</b>
<b>First Time Attendees</b>	<b>\$250.00</b>
<b>Rotaractors and Exchange Students</b>	<b>\$200.00</b>

We've got some amazing entertainment, guest speakers and activities planned for the weekend (keep your eyes on our Facebook page for announcements!).

We've drawn inspiration from the 2019/20 motto *Rotary Connects the World*, and can't wait to share the weekend with you.

Go to

<https://www.trybooking.com/book/event?eid=520299&>

to book attendance at the conference



For accommodation, our Club has reserved 20 rooms for 27/28 March 2020 and for those staying on 29<sup>th</sup> March 10 of these rooms have this extra night at **Quest Schaller Hotel**.

Cnr. Bayner & Lucan Streets, BENDIGO – handy to the Conference Centre

Just call 4433 6100 and quote Rotary Club of North Balwyn

For the Friday night, our Club has booked The Bridge hotel which is a couple of blocks from the Schaller so an easy walk. [www.bridgehotelbendigo.com.au](http://www.bridgehotelbendigo.com.au) 49 Bridge St, Bendigo. 6.15pm for pre dinners (coincidentally during Happy Hour...) then dinner at 7.00pm.

Looking forward to seeing you all there. Jenny & Greg Cribbes Mob 0413 270403

## Geoff's Health Tip

## More than Just Sweet and Wet

The Queensland town of Kingaroy offered its congratulations to the nearby town of Chinchilla – known as the 'melon capital of Australia' – after it became the proud owner of the four-ton, nine metre-long watermelon on Wednesday.

But do Australians really enjoy melons? I have noticed that sliced watermelons and other melons are universally served at breakfast in hotels and at breakfast functions. I have also noticed that older people do not relish seeking out melons as part of their normal year round shopping routine, maybe they are too heavy to cart to the car? On the other hand younger families buy them as a treat for their children, but watermelon is so much more than a treat.

- \* Watermelon is exceptionally rich in lycopene (hence its red colour) and other carotenoids that boost your antioxidant levels. Watermelon's high levels of lycopene are very effective at protecting cells from damage and may help lower the risk of heart disease according to a study at Purdue University.
- \* A study published in a 2012 *American Journal of Hypertension* showed that daily consumption of watermelon improved arterial function by enabling blood vessel dilation\*.
- \* \*The amino acid L-citrulline in the juice converts to arginine which is also beneficial in ameliorating this cardiovascular dysfunction.

Watermelon juice significantly improves metabolic syndrome in diabetics, by improving glycaemic

**Geoff**



**2019/2020 ENTERTAINMENT BOOK**

**2019/2020 ENTERTAINMENT BOOK**

Contact Geoff Steinicke at [gwsteinicke@bigpond.com](mailto:gwsteinicke@bigpond.com) or Mobile 0418 175 130



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Once upon a time, Arch Klumph had a dream of Doing Good in the World. The Rotary Foundation was created to make that dream a reality by funding service projects in communities that need our help. Today, donors like you continue to make dreams come true.

Your donation to The Rotary Foundation helped us raise more than \$395 million last Rotary year. That means more clean water, less disease, and greater hope for a peaceful world.

Thank you, for your continued support of The Rotary Foundation. Your dedication and generosity make success stories around the world possible. Because of you, once upon a time is now.

*Sincerely,*  
***The Rotary Foundation***

The Rotary Foundation transforms your gifts into service projects that change lives both close to home and around the world.

Since it was founded more than 100 years ago, the Foundation has spent more than \$4 billion on life-changing, sustainable projects.

With your help, we can make lives better in your community and around the world.

### **Our mission**

The mission of The Rotary Foundation of Rotary International is to enable Rotarians to advance world understanding, goodwill, and peace through the improvement of health, the support of education, and the alleviation of poverty.

### **What impact can one donation have?**

- For as little as 60 cents, a child can be protected from polio.
- \$50 can provide clean water to help fight waterborne illness.
- \$500 can launch an antibullying campaign and create a safe environment for children.

**DONATE NOW** <https://my.rotary.org/en/donate>





## Membership Minute

August is Membership and New Club Development Month



Show your Rotary pride by adding a [Proud Member frame](#) to your profile picture on Facebook.

[Watch RI President Mark Daniel Maloney](#) speak about growing Rotary.

Read More [HERE](#)

**Indian Cultural Festival**  
from 1:00pm to 4:30pm  
**Saturday 10<sup>th</sup> August, 2019**  
**At**  
**Glen Eira Town Hall, Auditorium**

Join us in celebrating India's culture – the sounds, tastes and feel of a truly wonderful country.

**India is more than just the Taj Mahal**

See what Rotary is doing in India. Hear about our projects across India... Want to help too – talk to us.

- \* Polio eradication
- \* Sanitation
- \* Clean water
- \* Education
- \* Solar Lighting
- \* Days for Girls

Admissions: \$10.00 Family,  
\$5.00 Adults,  
\$2.00 Students

Proudly supported by Glen Eira City Council



### CAMBERWELL SUNDAY MARKET ROSTER – No 50

Sunday	6.45am – 10.00am	9.45am – 1.00pm
18 August	Sue McDonald	Geoff Steinicke
25 August	Garth Symington	Colin Sharp
1 September	Tak Yukawa	Kinga Paulheim
8 September	Greg Cribbes	Adam Hillary
15 September	Tony Wells	Marcel Muntwyler
22 September	Sue McDonald	Larry Fitzpatrick
29 September	Geoff Steinicke	Barry Cummings
6 October	Jim Romanis	Maurie Walters
13 October	Tak Yukawa	Findley Cornell
20 October	Greg Cribbes	John Magor
27 October	Imre Lele	Adam Hillary
3 November	Geoff Kneale	Findley Cornell
10 November		
17 November		Terry Keyhoe
24 November	John Rennie	Eileen Toohill
1 December		Anthony Stokes
8 December		
29 December		

Geoff Steinicke Mob 0418 175 130 email [gwsteinicke@bigpond.com](mailto:gwsteinicke@bigpond.com)

#### EMERGENCES

if available John Gartlan 98598559

if available Adam Hillary 0412 191 413

Also on our webpage at <https://rotarynorthbalwyn.com.au/page/sunday-market>

## Second Bite Roster

This is the Roster for Second Bite.

Food is picked up from Second Bite between 8:15 and 9:00 am every Thursday and delivered by 10:00 am to Camcare.

Food is then sorted by Camcare staff for their 11:00 am distribution to the underprivileged.

Please contact Garth Symington on mobile 0419 519 899

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

Date		Volunteer Driver	Team Members NOT available
15	Aug	Rob Head	Hugo Goetze, Geoff Haddy
22	Aug	Jim Studebaker	Hugo Goetze, Geoff Haddy
29	Aug	Garth Symington	Hugo Goetze, Geoff Haddy
5	Sept	Greg Cribbes	Geoff Haddy
12	Sept	Greg Cribbes	Geoff Haddy, Garth Symington
19	Sept		Geoff Haddy, Garth Symington
26	Sept		

## 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)

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

<b>17 August</b>	<b>Bunnings</b>		<b>8.30am to 12.00pm</b>	<b>12.00pm to 4.00pm</b>
<b>Saturday</b>	<b>Middleborough Road</b>	1	Bill Oakley	Bill Oakley
	<b>Box Hill</b>	2		John McBride
		3		
		4		
		5		
<b>21 September</b>	<b>Patchwork &amp; Quilters</b>		<b>8.30am to 12.30pm</b>	<b>12.00pm to 4.00pm</b>
<b>Saturday</b>	<b>Eley St Community</b>	1	Geoff Steinicke	Geoff Steinicke
	<b>Centre, Blackburn South</b>	2	Jagath Jayasinghe	Jagath Jayasinghe
		3	Kinga Paulheim	Peter Downtown
		4		
		5		
		6		
	Coffee Barista	7		
	Coffee Barista	8		
<b>22 September</b>	<b>Patchwork &amp; Quilters</b>		<b>8.30am to 12.30pm</b>	<b>12.00pm to 4.00pm</b>
<b>Sunday</b>	<b>Eley St Community</b>	1	Kinga Paulheim	
	<b>Centre, Blackburn South</b>	2		
		3		
		4		
		5		
		6		
	Coffee Barista	7		
	Coffee Barista	8		
<b>16 October</b>	<b>Hawthorn Arts Centre</b>		<b>10.30am to 2.30pm</b>	
<b>Wednesday</b>		1		2
		3		4
		5		6
		7		8



## Gardening Roster

Plenty of opportunities for volunteers at <https://rotarynorthbalwyn.com.au/page/gardening-roster>

Date	School	Time	RCNB Supervisor	Assisted by (1 or 2 pls.)
Fri 16 Aug	CGS, XC	3-5pm	I Lele	I Glenny, J Pirret
Sat 17 Aug (special)	CGS Spl	10 - noon	G Steinicke	M Muntwyler
Fri 23 Aug	CGS, XC	3-5pm	R McClean	I Glenny
Sat 24 Aug	MLC	10-noon	G Symington	R Head
Fri 30 Aug	CGS, XC	3-5pm		I Glenny, J. Pirret
Sat 31 (special)	CGS spl	10-noon		
Sat 31 Aug	MLC	10-noon		
Fri 6 Sept	XC	3.45-5pm	G Cribbes	I Glenny, G Symington
Sat 7 Sept	MLC	10-noon	R Head	E Kelly
Fri 13 Sept	XC	3.45-5pm	G Cribbes	I Glenny
SCHOOL HOLS				
Fri 11 Oct	XC	3.45 - 5pm		E Kelly
Sat 12 Oct	MLC	10 - noon		M Muntwyler
Fri 18 Oct	CGS, XC	3 - 5pm	G Cribbes	
Sat 19 Oct	MLC	10 - noon	S Hardikar	A Stokes
Fri 25 Oct	CGS, XC	3 - 5pm		
Fri 1 Nov	CGS, XC	3 - 5pm	G Haddy	T. Yakawa
Fri 8 Nov	CGS, XC	3 - 5pm	G Cribbes	
Fri 15 Nov	CGS	3 - 4pm		

Please complete as circulated at meetings or advise availability to Neil Marshall at [neiltric@yahoo.com.au](mailto:neiltric@yahoo.com.au)

### Fellowship Function:

**Theatre Night – Palace Theatre, Balwyn.**

**The film – “Late Night” starting Emma Thompson. [Comedy/Drama]**

**Date: Friday, 23<sup>rd</sup> August 2019.**

**Time: 6.30 pm or 7.00 pm (to be confirmed).**

**Cost: \$15.00 per head. (non-allocated seating)**

**30 tickets have been reserved so first in, best dressed.**

**See David Cheney or Bronwen Dimond to reserve your ticket and payment.**



***Rotary Albert Park Annual Footy Fundraiser*****On Friday, 20th September from Midday****At Royal Melbourne Yacht Squadron, 2 Pier Rd, St Kilda*****Special Guest Brendan Fevola***

former Carlton and Brisbane Lions ALF player  
regarded as one of the most effective full-  
forwards, ever played, Coleman medal winner  
and All-Australian

Brendan is current broadcaster @ Fox FM - Fifi,  
Fev & Byron show

**Tickets \$105****Tables of 10 available****2 Course Lunch and 3 hours drinks**

Please see attached Invitation for further details, or click  
on <https://www.trybooking.com/BEIJR> to confirm your booking, don't delay, tickets  
will sell FAST!

For any enquires, please contact Lea Ram on 0408 807 194 or  
email [ramleat@gmail.com](mailto:ramleat@gmail.com)



Congratulations to our former member, Ken Maxfield, on being awarded the Rotarian of the Year trophy by District Governor Grant Hocking at Camp Getaway today.  
First time I have seen him speechless! with Grant Hocking.



## 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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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*