



Meeting Report

Vice President Adrian Ranson chaired the Annual General Meeting.



Treasurer 2017 - 2018 Greg Cribbes (left), presented the accounts for the last Rotary Financial year.

Speaker for the night was Secretary Gavan Schwartz (pictured right) who entertained us with his autobiography.



Our Leadership



RI President
Barry Rassin



DG 9800
Bronwyn
Stephens



AG Eastside
Barry
Hickman



President
RCNB
Nino Sofra

LESS WE FORGET

LESS WE FORGET

LESS WE FORGET

The Club barbecue trailer was hard at work at the RSL Remembrance Service last Sunday.



PLEASE NOTE THAT THIS WEEK'S MEETING IS BEING HELD AT THE NORTH BALWYN BOWLING CLUB AND IS A PARTNERS NIGHT. THIS IS A REGULAR MEETING WITH BEV SOFRA AND BRIAN THOMAS PRESENTING A REPORT ON THE SOLOMON'S ACTIVITIES. THERE WILL BE NO BOWLING.

Club Diary

December 2018 Fence repairs in Cobden.
December 7 Ladies Christmas Fare
February 15-17 2019 Multi-Districts Conference
February 22 Annual Charity Golf Day
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/)
<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

MEETING ROSTERS

Thursday 15 November**Greeters:** Rob Head, Brian Hurnard**Set Up:** Joe Butler, Jane Pennington**Desk:** Terry Keyhoe, Sam Hardikar**Speaker -** Vijay Susarla**Host -** Findley Cornell**Topic -** Timor Consortium

Foundation Advisor & Project Manager, Vijay will report on the goals, obstacles and successes of the Timor Rotary Consortium.

Assisting the school children of Timor Leste, the project exemplifies the coming together of numerous clubs to achieve great results - Camberwell, Chadstone/East Malvern, Glenferrie, Hawthorn, Malvern and Prahran.

Thursday 22 November**Greeters:** Terry Keyhoe, John Koa**Set Up:** Adrian Ranson, Rowan McClean**Desk:** Steven Greatorex, Geoff Haddy**Speaker -** Paul & Rania Scarlett**Host -** Geoff Kneale

PARTNERS NIGHT PARTNERS NIGHT
VENUE:- NORTH BALWYN BOWLS CLUB

PARTNERS NIGHT PARTNERS NIGHT
MEAL PRICE \$25:00 PER HEAD.

Thursday 29 November**Greeters:** Brian Lacy, Imre Lele**Set Up:** Bronwen Dimond, Ian Richardson**Desk:** Peter Elliott, John McBride

Speakers - Bev Sofra, Brian Thomas
 and Jenny Sanders

Topic - Solomon's Report**Thursday 6 December****Greeters:** Kinga Paulheim, Colin Sharp**Set Up:** Jim Romanis, Geoff Steinicke**Desk:** Ted Wilkins, Greg Cribbes**Speakers -** Sue Taffe**Host -** Jeanette Leigh

CHRISTMAS PARTY CHRISTMAS PARTY CHRISTMAS PARTY CHRISTMAS PARTY

Thursday 13 December**Greeters:** Anthony Stokes, Garth Symington**Set Up:** Jim Studebaker, Peter Sutherland**Desk:** Russell Cooper, David Cheney

Birthdays and Anniversaries between November 11 to November 17

Weddings:**Birthdays:** David Rowe, Greg Cribbes**Induction Anniversaries:** Colin Sharp

Geoff's Health Tips

The Mediterranean Diet

I first read about the Mediterranean Diet in a 1994 study called the Lyon (France) Heart Health Study, in which patients that had suffered a heart attack were divided into two groups. One group was requested to follow a typical Mediterranean Diet and the other was to continue with their normal diet. After a five year and a final 10 year follow up it was found that those following the Mediterranean Diet had suffered considerably fewer secondary cardiovascular events than those on the normal diet, whilst mortality was also significantly less. This study has been repeated several times with similar results.

The Mediterranean Diet is typical of the diet of Cretans and the people of southern Greece. The key components include olive oil as the main source of fat, high intakes of fish, vegetables, fruit, nuts, and legumes, low meat and dairy consumption, avoidance of sugary and processed foods, and moderate alcohol consumption.

Since the 1994 Lyon Heart Health Study, other researchers have shown the Mediterranean Diet is also protective against depression and stroke, and there is now evidence to show sleep quality is improved.

*In searching the literature that investigated the influence of diet on depression, researchers from the Department of Public Health, University College London, included 41 studies in their review. Most of the studies enrolled generally healthy people. The results showed that there is compelling evidence that diet could be part of a comprehensive approach to treating and preventing depression.

*Another study conducted at the University of East Anglia confirmed previous findings suggesting that the Mediterranean Diet reduced the risk of stroke. The evidence showed the results were more pronounced in women than men.

*In another large study of 1600 adults conducted by the Department of Nutrition at the Harokopio University, Athens, investigators showed that sleep quality, rather than sleep duration, is positively associated with adherence to the Mediterranean Diet.

Will these compelling results help you modify your diet?

Geoff



<u>Meeting No.20</u>		Thursday, 8th November 2018
<u>Present:</u>		
Guest Speaker	1	Gavan Schwartz - a member autobiography.
NB Members	48	= 64.9%
		Apologies - LOA = 4, On-time = 15, Late = 6, No Apology = 1.
External Activities	15	<u>2nd Bite delivery to CamCare</u> - Geoff Haddy:
(Board Approved)		<u>Gardening Project 2 Nov.-</u> Janie Pirret & F-of-R Ian Glinney
<u>Reading Program at St Bridget's, Cup Day - no School. C/well Sunday Market 4 Nov.-</u> Adam Hillary & Tony Wells.		
<u>Men's Shed 8 Nov. only</u> - David Cheney, Peter Elliott, Tony Hart & Greg Matthews.		
<u>Catering 3 Nov.</u> Maserati at Sandown - Terry Keyhoe, 'Bill Oakley (2), Jim Romanis & Geoff Steinicke.		
Known Absence for Rosters next week. C. Flavelle-Smith, J. Gartlan, R. Head, T. Ho, T. Keyhoe, J. Leigh,		
J. Liao, S. McDonald, J. Romanis, G. Ross & G. Symington.		

ROTARY CLUB NORTH BALWYN - CHRISTMAS RAFFLE 2018

DATE Friday, 16th November, 2018

Can you help?

Contact Maurie Walters 0438 005 820

LOCATION Woolworths, KEW

SHIFT	NAME	NAME
10.00am - 12.30pm	JOHN RENNIE	ESTELLE KELLY
12.30pm - 3.00pm		
3.00pm - 5.30pm		

4
more
please

DATE Saturday, 17th November, 2018

LOCATION First Choice, Balwyn

SHIFT	NAME	NAME
10.00am - 12.30pm	BRIAN LACY	JOE BUTLER
12.30pm - 3.00pm		
3.00pm - 5.30pm		

4 people
needed

DATE Saturday, 17th November, 2018

LOCATION Woolworths, Balwyn

SHIFT	NAME	NAME
10.00am - 12.30pm	MARCEL MUNTWYLER	TONY HART
12.30pm - 3.00pm	MARIA GOUVOUSSI	
3.00pm - 5.30pm	TED WILKINS	

2
more
please

DATE Friday, 23rd November, 2018

LOCATION Woolworths, KEW

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

5
more
please

DATE Saturday, 24th November, 2018

LOCATION Woolworths, Balwyn (with BBQ?)

SHIFT	NAME	NAME
10.00am - 12.30pm	GEOFF HADDY	
12.30pm - 3.00pm	MARIA GOUVOUSSI	
3.00pm - 5.30pm	MAJID BEHZADNIA	ANTHONY STOKES

DATE Saturday, 24th November, 2018

LOCATION Woolworths, KEW

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

Avalon Speedway Event

Larry Fitzpatrick invited RC North Balwyn members to the Avalon Speedway last Saturday for a night of excitement, thrills and spills and even mayhem.

The evening became more memorable when the Fitzpatrick team won the Avalon Invitational for Wingless Sprint cars, one of the two featured events on the program.

Larry is pictured with the team driver Travis Millar and the trophy.



Those present had access to the pit area and were briefed and able to see at first hand the detailed work and the many finite changes which go into the set-up for the car for racing; not only for the final but the preceding heats – an eye opening experience for the non-initiated.

It was a great night – informative and entertaining.

Larry's pit team includes his three sons Gary, Gavin and Sean.

Tony Wells

Thanks to David Cheney for the answers to the Melbourne Cup Night Quiz!!

NORTH BALWYN MELBOURNE CUP QUIZ ROTARY

	Question.	Answer.	Points
1	Who won the 1st Melbourne Cup? When? Carried weight?	Archer. 1861. 60.5 kgs.	3
2	Who carried the heaviest weight to win? When? Weight?	Carbine. 1890. 66 kgs	3
3	Which horse won 3 in a row? What were the years?	Makybe Diva. 2003 to 2005.	2
4	Bart Cummings won 12 Cups. When was the most recent? Horse's name?	Viewed. 2008	2
5	Who was Bart's first Cup winner? When?	Light Fingers. 1965.	2
6	Name the strapper for Comic Court? When?	J B Cummings. 1950	2
7	Which two jockeys have won the most Cups? How many?	Harry White and R Lewis. 4 each.	3
8	What is the age of the two oldest Cup winners? Their names? Their age?	Catalogue in 1938; Toryboy in 1865. 8	3
9	What year was the field first limited to 24 starters?	1955	1
10	What was the Cups largest field of starters? When?	39 starters in 1890.	2
11	Who won in 2015?	Prince of Penzance	1
12	What was the jockey's name?	Michelle Payne	1
13	Who won last year? What was the jockey's name?	Rekindling. Corey Brown	2



Christmas Fare

Commonwealth Bank, North Balwyn Village

Friday, 7th December 2018

We are planning the Annual Christmas Fare again this year. Are you able to help with baked goods, puddings, cakes, shortbreads, biscuits, chutneys and much more to tempt taste buds and decorate Christmas tables?

If you are able to help could you please deliver goods to Ian Mollison's office, Helloworld, 66 Doncaster Rd by 5:30pm Thursday 6th December.

This year funds raised will go to
Impact for Women
Making a difference to women
and children fleeing extreme violence
at home

Many thanks for your help.

Do NOT
mind your own business

Do nothing
and you may as well
lend a hand

↑mpact



Enquires to Bev Sofra Mob: 0438 567861

SUPPORT OUR LADIES TEAM

On behalf of President Nino many thanks to those members who indicated their monetary support of our team of ladies who will Prance Around the Park for End Polio Now.

Donations may be made to the Club Service Account BSB 633-000 Account 146140785

Add your name and the word "Prance" as the reference.

Many Thanks

Findley

End Polio ... Prance in the Park

Save the Date! 17th November if your Club is looking for an event to get involved in around World Polio Day on 24th October, here it is!

District 9800 End Polio Now Ambassador Susie Cole and Club presidents Amritpal Singh (Southbank) & Kitty O'Connor (Laverton/Point Cook) are organising a major fundraiser for End Polio Now and they need 20 Rotary Clubs to send 5 walkers/prancers to participate in the inaugural **End Polio Prance in the Park**, featuring punks, princes & princesses! at Albert Park Lake on Saturday 17th November.

This year only 100 walkers can participate as more than that will require Parks Victoria permits, more complicated infrastructure & time to plan, but if this year is a success it will grow to a major event in 2019 & beyond.

Every Club's Team representatives are being asked to raise at least \$1,000 in sponsorship, wear a **District 9800 End Polio Now T-shirt** (made famous at the Rotary International Convention in Toronto recently!) & dress as a punk, prince or princess at this fun event!

All teams' sponsorships will be attributed to their respective clubs as part of their annual contribution to Foundation and End Polio Now and if the event raises the hoped for \$100,000, with the Bill & Melinda Gates Foundation contribution of 2:1 it will be \$300,000 towards the final push to end polio in the world!

The registration/sponsorship website is coming soon, so meanwhile, who's in?

Susie will be there in her gold shorts helping to run the day, we need 17 more clubs to register & join the Prahran Prancers, Southbank Strutters & Laverton/Point Cook Lopers (working titles – may change) with 5 more prancers apiece!

Let Susie (scole16@hotmail.com) or Kitty (catherine@champagnethursday.org) know if you're up for prancing (or even just walking sedately)?

If not prancing, for an extra charge you can be part of the "End Polio Push".... where you'll be pushed around the 5km course in a DIK loaner wheelchair!

Save the date & NOMINATE!!

Susie Cole
District 9800 End Polio Ambassador
PP Rotary Club of Prahran
scole16@hotmail.com





CAMBERWELL SUNDAY MARKET ROSTER – No 7

Sunday	6.45am – 10.00am	9.45am – 1.00pm
18 November	Sue McDonald	Larry Fitzpatrick
25 November	Sam Hardikar	Jim Studebaker
2 December	Greg Cribbes	Garth Symington
9 December	Kinga Paulheim	Brian Thomas
30 December	Greg Ross	Tak Yukawa
6 January	Rob Head	Terry Keyhoe
13 January	Ted Wilkins	Geoff Steinicke
20 January	Bill Oakley	Ian Richardson
27 January	Don Taylor	Janie Pirret
3 February	Steven Greateorex	Estelle Kelly
10 February	Greg Cribbes	Greg Cribbes
17 February *	David de Garis	
24 February	Phil Francis	Joe Butler
3 March	Geoff Haddy	Anthony Stokes
10 March		
17 March +		
24 March		
31 March		
7 April		

CAN YOU
HELP?

Please let me know as soon as possible if you are cancelling

Geoff Steinicke Mob 0418 175 130 email gwsteinicke@bigpond.com

* Multi District Conference Feb 15 -17 + Grand Prix 17 March

Peace Through Service Conference

Rotary



Melbourne Convention Centre Friday 15 February 2019

- Learn how Rotary's Areas of Focus promote international peace and harmony
- Join leaders & share ideas
- Be inspired by world class speakers
- Learn about Rotary's Peace Building partners
- Learn how your club can become a Peace Builder Club
- Enjoy networking opportunities



MC Brittany Arthur



Ian Riseley OAM



Steve Killelea AM



Tony Stuart, UNICEF



Tilman Ruff AM

PROVISIONAL PROGRAM AVAILABLE

on the 2019 Victorian

Multi District Conference website:

www.rotaryconference.org.au

Before November 30: \$150 (\$75 with VMD Conference registration)

After November 30: \$200



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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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*