



## Meeting Report

Our Guest Speaker, John Ballis CEO of Reclink provided us with a comprehensive view of how Reclink's program locally and interstate is achieving improvement outcomes for vulnerable and isolated people.

Reclink Australia has been transforming the lives of people experiencing disadvantage through its Victorian Football League for more than 25 years. This is an all age, all ability, all gender competition involving 13 teams. The program has recently been evaluated by La Trobe University for its Social Return on Investment. The report found that every \$1 invested in cash, staff time, volunteer time and other resources to operate the Victorian Reclink Australia Football League, generates at least \$.8.94 in social value. This is achieved through increased social connectedness, wellbeing and mental health status of participants, employment outcomes, personal development, skill development, a decreased risk of gambling, a decreased risk of suicidal thoughts and behaviours, physical health, a decrease in high risk alcohol and drug behaviour; and crime reduction.

Other programs run by Reclink include Australia's High Density Housing Community and Safety Program [HDHP] in the ACT, where Reclink works with residents with high and complex needs who have been, are currently, or are at risk of becoming, involved in the criminal justice system across six public housing sites in Canberra. This has been achieved in part through:-

- Community garden beds where residents are encouraged to grow and produce their own produce. Introduction of these garden beds has resulted in establishing an environment of natural surveillance of residents which has assisted to reduce crime.
- A workshop program has facilitated the opportunity for residents to work together on projects, learn new skills from one another.
- A health-based programs for men called "Blokes Business" is delivered on a weekly basis at onsite workshop/community garden programs.

In Queensland, Reclink's Skilling Queenslanders for Work initiatives have engaged over 360 paid trainees and students in community-based projects delivering work outcomes for people experiencing long-term unemployment. This program has achieved an average 76% employment outcomes as well as further education and training for participants.

A key part of Reclink's fund raising is the Community Cup, which RCNB has been involved with since the first event at Elsternwick Park in 2009.

Proceeds from our BBQ trailer sales at the Community Cup this year was presented by President Nino Sofra to Reclink CEO John Ballis.



## Our Leadership



**RI President  
Barry Rassin**



**DG 9800  
Bronwyn  
Stephens**



**AG Eastside  
Barry  
Hickman**



**President  
RCNB  
Nino Sofra**

**CAN YOU FIND THE BOTTLE OF WINE ON OUR WEBSITE!! Details on page 3.**

## Club Diary

**August 31 2018** Movie Night "The Book Club"  
**Sept 4** Interact Tech Training 4:30—5:30 pm  
**Oct 5-7 2018** Camp Getaway Working Bee 2018  
**Weekend 19-21 Oct** Fellowship Weekend at Daylesford  
**December 2018** Fence repairs in Cobden.  
**February 15-17 2019** Multi-Districts Conference  
**Australian Grand Prix 11—17 March 2019**

## 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 John McBride at [jdmcb48@bigpond.net.au](mailto:jdmcb48@bigpond.net.au) or 0409 257 770 for the next 2 weeks.

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

**MEETINGS  
THURSDAYS  
6 for 6.30pm  
Kew Golf Club  
120 Belford  
Road Kew  
3102  
Ph.  
Movie  
Night 9859  
6848**



The Rotary Club of Canterbury is presenting a very special and important awareness evening on **Beekeeping** with presentations on the international gravity of the decline of the bee population and the Joys of Bee keeping.



Speakers on the night will be **John Sipek**, Mayor of Moonee Ponds, on what his Council is doing in this field and **Faye Kirkwood**, Apiarist and Rotarian, on the fascination and enjoyment of bee keeping.

Our aim is to gather the interested Rotary people and form an Action Group for our District to encourage more Rotarians to keep bees and have hives. We then hope our District model will lead to other Districts in Australia and globally to address this potentially very serious world challenge.

It will be a fascinating and fun evening with some special surprises like honey tasting (and honey mead for non drivers). We will have a bee quiz and the prize will be a beautiful freshly baked beehive cake for the winner.

**Meeting** at the RC Canterbury venue: Bass Centre, 2 Rochester Rd, Canterbury

**Date** Monday 20<sup>th</sup> August, 2018 **Time** 6.30pm to 8pm

**Cost** \$30 per person. (two course meal plus tea/coffee etc). Drinks at bar prices.

For catering and planning purposes, please advise John McCaskill names and number of people attending (email is [john@jmcresources.com.au](mailto:john@jmcresources.com.au) ).

#### Meeting No.6

**Thursday, 9th August 2018**

#### Present:

-	Guest Speaker	1
-	NB Members	38
	Visiting Rotarians	0
	Partners	1
	Guests	0
	Friends / Alumni	0

Meals Served 40

Members now = 74, 38 present = 51.4% ; LOA = 9, Apol - 28 on time.

Booked 43

Monthly stats (from "Club Attendance")

External Activities

6

Council Mtg N. Sofra, Garth Symington; Swinburne Mtg K. Paulheim, I. Adams

(Board Approved)

Gardening Project - R. McClean x 2, Geoff Steinicke

George Swanson RC Sorrento,

#### Absences for

#### Rosters:

Brian Lacy, Tony Ho, Barry Cummings, Gregor Matthews, Hugo Goetze, Estelle Kelly, Jim Romanis

Larry Fitzpatrick, Colin Sharp, Bob Bott, Chris Flavell-Smith



## Rotary Gardens Project

**PLEASE HELP FILL IN THE BLANKS for sessions in the next three/four weeks. The Gardens Project needs your help to supervise or assist on the following dates/times.**

			Supervisor	Assisted by
Thurs 16/8	<b>RCNB Only</b> (mowing)	10.00am – 12.30pm	Geoff Haddy	Greg Cribbes, Nino Sofra Imre Lele
Fri 17/8	CGS/XC a clean-up job at renovated SERVANTS ppty	3- 5pm	Geoff Haddy	Findley Cornell, Ian Glennly, Tony Wells
Sat 18/8	<b>CGS Special</b> (Yr. 11 at Eva Tilley)	10 - noon		Beatrice Ko, Ian Adams, Geoff Haddy
Fri 24/8	CGS/XC	3- 5PM		Geoff Kneale
Sat 25/8	MLC	10 - noon	Sam Hardikar	
Fri 31/8	XC	3.45-5pm	Garth Symington	Janie Pirret, Ian Glennly
Sat 1/9	<b>CGS Special</b> (Yr.11)	10 - noon	Geoff Steinicke	Ian Richardson (one more please)
Sat 1/9	MLC	10 - noon	David deGaris	Peter Elliott
Fri 7/9	CGS/XC	3-5pm		
Sat 8/9	MLC	10 - noon		
Fri 14/9	XC	3.45-5pm		
Sat 15/9	MLC	10 - noon		

Please advise availability to [ghaddy@bigpond.net.au](mailto:ghaddy@bigpond.net.au)

## New Garden Equipment

Our Rotary Gardens Project is ready to whip into action!

Whilst we own several whipper-snippers which are stored in our shed, most users will be aware that these aging items are not always reliable, and are also designed for light work. What was needed was a sturdier specimen capable of starting easily, and handling the tougher jobs. We now have it: a **STIHL FS85R**.

The heavy-duty line is self-feeding (no need to bang it on the ground) and the instructions are easy to follow if you need to re-load. We even have a pre-wound spare spool, and plenty of spare 2.4mm line. We've also purchased some 2-stroke (synthetic) fuel which is in the orange container in the shed, so no need for you to mix petrol/oil and risk getting the proportions wrong.

Geoff Haddy is happy to demonstrate the easy start (start button ON, prime by pressing a couple of times, choke ON (up position) then 2-3 pulls, choke OFF, pull again, you're away), and how to re-load the line. Please ask before you re-load line for the first time – there is one little 'trick' to ensure the auto-linefeed works.



**CATERING ROSTER / CALENDAR****AUGUST 2018**

Please email me if you can assist:

[Jane.Pennington@bigpond.com](mailto:Jane.Pennington@bigpond.com)

17 August	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Friday	Middleborough Rd	1	Don Taylor	4 Bill Oakley
	Box Hill	2	John Burley	5 Ted Wilkins
		3		6

24 August	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Friday	Middleborough Rd	1	Don Taylor	4 Eileen Toohill
	Box Hill	2		5
		3		6

30 August	Bunnings		5:00pm to 9:00pm	
Thursday	Middleborough Rd	1	Bill Oakley	4 Garth Symington
	Box Hill	2	John Burley	5 John Gartlan
		3	Sue McDonald	

(Please bear in mind that this weekend is the Working Bee at Camp Getaway)

6 October	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Saturday	Middleborough Rd	1	Don Taylor	4 Eileen Toohill
	Box Hill	2		5
		3		6

12 October	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Friday	Middleborough Rd	1	Don Taylor	4
	Box Hill	2		5
		3		6

9 Nov	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Friday	Middleborough Rd	1	Don Taylor	4
	Box Hill	2		5
		3		6

16 Nov	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Friday	Middleborough Rd	1	Don Taylor	4 Eileen Toohill
	Box Hill	2		5
		3		6

30 Nov	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Friday	Middleborough Rd	1	Don Taylor	4
	Box Hill	2		5
		3		6

13 Dec	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Thursday	Middleborough Rd	1	Don Taylor	4
	Box Hill	2		5
		3		6

20 Dec	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Thursday	Middleborough Rd	1	Don Taylor	4
	Box Hill	2		5
		3		6



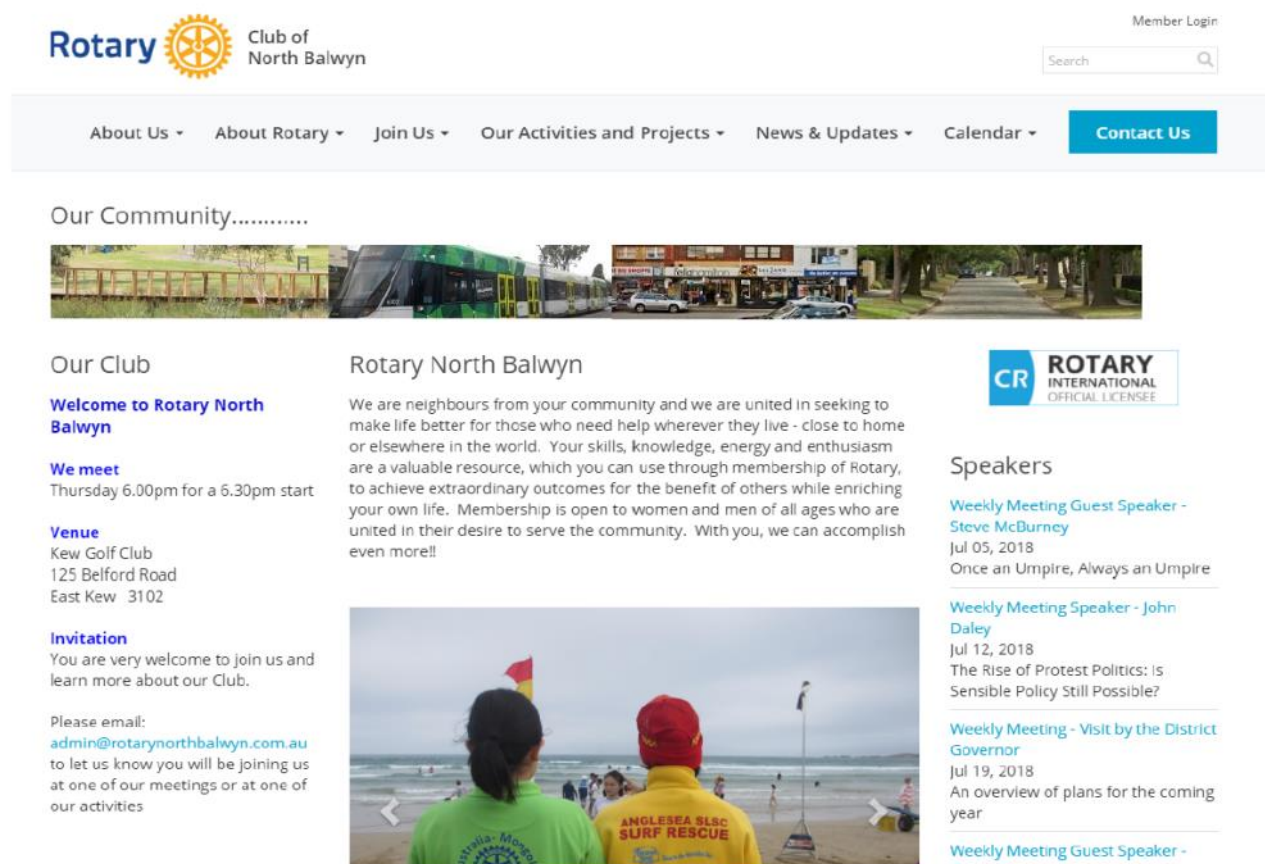
## Rotary Club of North Balwyn

There is a bottle of wine for members to find! Look in the members section!

### Website

A voucher for partners to find in the non members section.

Our new website is up and running!! It is found at: [www.rotarynorthbalwyn.com.au](http://www.rotarynorthbalwyn.com.au)



The screenshot shows the website for the Rotary Club of North Balwyn. At the top, there is a navigation bar with links: About Us, About Rotary, Join Us, Our Activities and Projects, News & Updates, Calendar, and a prominent blue 'Contact Us' button. Below the navigation bar is a banner image showing a green tram and a street scene. The main content area is divided into three columns. The left column, titled 'Our Club', contains sections for 'Welcome to Rotary North Balwyn', 'We meet' (Thursdays 6.00pm to 6.30pm), 'Venue' (Kew Golf Club, 125 Belford Road, East Kew 3102), and 'Invitation' (You are very welcome to join us and learn more about our Club). It also includes an email address: [admin@rotarynorthbalwyn.com.au](mailto:admin@rotarynorthbalwyn.com.au). The middle column, titled 'Rotary North Balwyn', features a paragraph about the club's mission and a photograph of two people in yellow and red surf rescue gear on a beach. The right column, titled 'Speakers', lists upcoming speakers and topics, including Steve McBurney, John Daley, and a visit by the District Governor.

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](mailto: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](mailto:jane.pennington@bigpond.com)

## MEETING ROSTERS

**Thursday 16 August**

**Greeters:** Geoff Haddy, Rob Head  
**Set Up:** Brian Thomas, John McBride  
**Desk:** John Koa, Bill Oakley

**Speaker:** Andrew Licciardo & Justin Cilmi  
**Host:** Sam Hardikar  
**Topic:** Devon Partners Financial Planning

Specialising in Aged Care financial advice, Andrew and Justin will facilitate a Q & A panel to demystify a critical yet misunderstood necessary phase in our lives. Discussing all aspects of Aged Care planning,

Members are requested to send Sam Hardikar questions before the meeting to best facilitate answers.

**Thursday 23 August**

**Greeters:** John Rennie, Ian Richardson  
**Set Up:** Barry Cummins, Geoff Steinicke  
**Desk:** Peter Sutherland,, George Swanson

**Speaker:** Professor Rob Medcalf  
**Host:** Findley Cornell  
**Topic:** Fibrinolysis - the process our bodies implement to remove blood clots.

Having developed a world breaking medical discovery, Professor Medcalf two decades long research into strokes has inadvertently led to an amazing discovery about blood - soon to hit the media, Professor Medcalf's research will save millions of lives worldwide.

**Thursday 30 August**

**Greeters:** Don Taylor, Maurie Walters  
**Set Up:** Tak Yukawa, Ted Wilkins  
**Desk:** Yvonne Lyneham, Rowan McClean

**Speaker:** PDG Greg Ross  
**Topic:** Auto biography  
 This meeting will be held at Columbos Restaurant.

**Thursday 6 September**

**Greeters:** David Cheney, David de Garis  
**Set Up:** John Gartlan, Marcel Muntwyler  
**Desk:** John Magor, Jim Romanis

**Speaker:** Richard Umbers CEO of Myer and Deputy CEO of Australia Post.  
 Outgoing CEO of Myer, Richard will share fascinating insights into retail and logistics.  
 How the way we shop and receive our purchases is rapidly changing and bricks and mortar stores are struggling to compete.

**Thursday 13 September**

**Greeters:** Russell Cooper, Phil Francis  
**Set Up:** Rob Head, Terry Keyhoe  
**Desk:** Phil Wade, Sue McDonald

**Speaker:** Julian McMahon  
**Host:** Geoff Kneale  
 Globally renowned as the advocate against the Death Penalty, Barrister Julian McMahon represented the Bali 9 and Australian Terrorists.

**Thursday 20 September**

**Greeters:** Steven Greatorex, Sam Hardikar  
**Set Up:** Imre Lele, Rowan McClean  
**Desk:** Geoff Kneale, Larry Fitzpatrick

**Speaker:** Judge John Jordan  
 As County Court Judge and with 40+ years experience in the courts, John will share many humorous stories from our legal system

**Birthdays and Anniversaries between August 13 and August 19**

**Weddings:** David and Jan Cheney, Imre and Trish Lele, Peter and Sally Sutherland

**Birthdays:** Jenny Cribbes, Barbara Stokes

**Induction Anniversaries:** Tony Ho

### Geoff's Health Tips

#### What do you know about your Pulse?

Your pulse is your heart rate, or the number of times your heart beats in one minute. Heart rates vary from person to person, but a normal resting heart rate is usually 60-100 beats per minute.

Once upon a time we were shown how to take a pulse using the tips of your index and middle finger on the palm side of your other wrist, below the base of the thumb. You had to press lightly with your fingers until you could feel the blood pulsing beneath your fingers. Then we had to count the beats you could feel in 10 seconds and multiply this number by 6. The problem we experienced was we were not expert at finding the right spot.

These days the electronics industry has come to our aid and produced a battery operated blood pressure and heart rate test unit, such as the one shown here. They cost a little over \$100 from most pharmacies. If you are on anti-hypertensive medication these units will enable you to check your blood pressure and your heart rate.



#### Prescription Drugs

Anti-hypertensive medications are numerous and likely to increase in variety and effectiveness as Governments request doctors to reduce the blood pressure of their patients from 140/80 to 130/70 mmHg.

Most doctors prescribe a combination of drugs to combat hypertension. If the desired result is not forthcoming they might increase the dose or add a new drug into the mix. There are so many possibilities of adverse drug reactions that the heart rate can be affected without reducing the blood pressure. Certain mixtures can even be toxic to the heart.

#### Maximum and Minimum Heart Rate

I don't think we have to be concerned by the maximum heart rate which is, on average, the highest your pulse can get, and only of interest to athletes. Of more concern is a heart rate of less than 60. Around 60 your heart doesn't stop, it just doesn't pump blood as well as it should. That means you may be short of breath, feel weak, or have swollen legs and feet, among other symptoms. In an extreme case of a heart rate of 50 or below, you might lose consciousness without warning because your brain is not receiving enough blood.

Recommendation for those taking anti-hypertensive and/or coronary medication

Buy a battery operated unit that measures blood pressure and pulse, and run a test every few days.

Geoff

#### 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"

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

The cast includes Jane Fonda, Diane Keaton, Candice Bergen and Mary Steenburgen!

**Friday evening – 31<sup>st</sup> 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](mailto:cheneydk@bigpond.net.au) if you wish to attend.

Many thanks.

David Cheney Fellowship Committee.





*City of Boroondara presents*

# GREYTHORN COMMUNITY HUB

## Grand Opening

**Saturday 1 September 2018**  
**10am to 1pm**

Official proceedings commence at 10.30am

FANTASTIC  
ACTIVITIES FOR  
EVERYONE

FREE  
EVENT

Greythorn Community Hub is an exciting new facility bringing much needed community services and programs to you and your family.

*Council acknowledges the support of the North Balwyn RSL*

**2 Centre Way,  
Balwyn North**  
(Behind the  
Greythorn shops)

- Explore the Hub
- Live music and entertainment
- Table tennis competitions
- Virtual reality
- Kids' art activities
- Photo booth
- And more...

For more information visit:  
[www.boroondara.vic.gov.au/greythornhub](http://www.boroondara.vic.gov.au/greythornhub)







**Save the DATE**

**International PRESIDENT'S BREAKFAST**

 **Friday 31<sup>st</sup> August 2018** 7:15am - 9:00 am  
MCC Member's Dining Room & Percy Beames Bar (MCG Gate 1)



## **GUEST SPEAKER: Ian Riseley OAM**

**President of Rotary International 2017 - 2018**

**"Why good people should want to be Rotarians"**

All Rotarians, Presidents, Past Presidents  
& Friends of Rotary welcome

**\$70pp** (early bird \$65 to 31Jul18)

For registration:

<https://www.trybooking.com/359673>

OR Sue Jones, [suejones@oiltech.com.au](mailto:suejones@oiltech.com.au)



Help President Meg Ryan and members recognise the  
outstanding achievements of Past International President Ian

Supporting



**EndTrachoma by 2020**  
Rotary Building Healthy Communities

**Rotary Brighton North**

[www.northbrightonrotary.org.au](http://www.northbrightonrotary.org.au)





**Registration is now Open**

[www.rotaryconference.org.au](http://www.rotaryconference.org.au)

**REGISTER BEFORE OCTOBER 31<sup>ST</sup>**

Early Bird  
Registration

**TO WIN FREE REGISTRATION &  
GALA DINNER FOR 2 PEOPLE  
PLUS ACCOMMODATION FOR  
TWO NIGHTS (UP TO \$500)**

**Early Bird \$175,**

**New Rotarians \$125**

(joined after July 1 2016)

**AFTER NOVEMBER 30TH \$225**

**Conference Dinner \$110**

## GALA DINNER



Featuring the Baker Boys, a 9 piece band covering a wide variety of music  
3 course meal, Open Bar plus surprises all night

## WHAT ROTARY DOES!



As well as a fantastic Rotary Showcase there will be “three hands on projects” where you can pack emergency food for disaster relief, pack birthing kits or kits for the homeless in our communities.

Always a great fellowship opportunity

Further details [www.rotaryconference.org.au](http://www.rotaryconference.org.au)



## 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 2018/19

President: Nino Sofra	<a href="mailto:president@rotarynorthbalwyn.com.au">president@rotarynorthbalwyn.com.au</a>
Vice President: Adria Ranson	<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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**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.

