



"The HeadLines"

What's News

- Help where you can with the Golf Day on Friday February 23rd as a player, in organising sponsorship or attending the lunch.
- Do a shift at our catering venues at the Grand Prix in March this year.
- Rowan McClean is now arranging Gardening rosters for the first half of this year.
- Thanks to Brian Thomas for presenting a second cheque for sales of sewing equipment, for \$500.

'Moments of Truth'

A concept developed by Jan Carlzon to improve the business performance of Scandinavian Airlines. It refers to *"any contact or interaction between people and organisations that gives the opportunity to form (or change) an impression about the person or organization"*.

How we conduct ourselves with others reflects us as living the Values of Rotary, and how we interact with members of our community is the opportunity to create a positive impression of Rotary.

The old cliché is - - *"you don't get a second chance to make a first impression"*.

The Quote

From Will Rogers - -

"Everything is changing. People are taking their comedians seriously and the politicians as a joke".

Rob Head

[Our Leadership](#)



RI President
Ian Riseley



DG 9800
Peter Frueh



AG Eastside
Jonathan Shepherd



President
RCNB
Rob Head

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

Club Website: [HERE](#)
Facebook: [Click HERE](#)
The Networker: [Issue 11](#)



DEC/JAN ROTARY DOWN UNDER Click [HERE](#)
Click for [All District Events](#)



Speaker

Our Meeting on 1/2/18 with Kevin Sheedy

Kevin provided an entertaining speech about life and football based on his many years in the game and his experiences since leaving coaching.

He talked to us about creating opportunities to change by doing what you do well, better.

He also mentioned that his inspiration has been Edward deBono with his lateral thinking messages.

Kevin has successfully launched AFL initiatives through the Anzac Day game (supporting defence forces), the Dreamtime round (supporting Indigenous communities) and the Country games in support of struggling rural communities.

He also reflected on the impact of being a first-time coach on the person and their team, the future for Women's football, and the reach of football after seeing 250 kids in Calcutta being knowledgeable about the game from watching it on their iPhones.

We were also entertained by the team-of-the-century selection by a group at one of Kevin's forums who, in seeking 'running' members for their 'squad', named Christopher Skase and Tony Mokbel.



Urgent! There are 20 players still required to fill the card.

GALA CHARITY GOLF DAY 23rd Feb 2018

(Please let Greg Matthews know of any sponsorship contacts you may have).



The Rotary Club of North Balwyn is to hold its annual Gala Charity Golf Day at the Kew Golf Club on

Friday 23rd February.

Funds from this event will go towards helping Youth Mental Health through Australian Rotary Health.

Kew Golf Club: 120 Belford Road, East Kew, is a spectacular parkland setting beside the Yarra River.

The course is only 15 minutes from the Melbourne CBD and just off the Eastern Freeway.

Ambrose Competition: Shotgun Start Gourmet Barbecue Lunch.

Prizes: Overall winners and ...

Longest and Straightest drives.

Entry Fee: \$100.00

The Rotary Club of North Balwyn is seeking support from Rotarians throughout D9800 for this major Community Service Project.

You will be helping the Community whilst enjoying a round of golf on one of Melbourne's Exclusive Golf Courses and enjoy great fellowship and food at Kew Golf Club.

FUNDRAISING BBQ ROSTER

Folks, check your diary and let Nino Sofra know when you can help fill the vacancies.

Contact Nino on 0409 506 226 or email nsofra@bigpond.net.au

10-Feb-18	Bunnings	8.30am to 12.00pm	12.00pm to 4.00pm
Saturday	Middleborough Rd	1. Need One	1 Don Taylor
	Box Hill	2 Estelle Kelly	2
		3. Rob Stewart	3
		4. Ian Richardson.	. Need 3 more

10-Feb-18	Boroondara Summer	5.00pm to 9.30pm	
Saturday	Music Festival	1 Jane Pennington.	5 Sue McDonald
	Canterbury	2. Bill Oakley.	6
	Gardens	3 Jim Romanis	7
			8
17-Feb-18	Boroondara Summer	5.00pm to 9.30pm	
Saturday	Music Festival	1 Tony Wells	5 Greg Mathews
	St James Park	2 Jo Wells	6 Heather Mathews
		Geoff Haddy	7 Eileen Toohill
		Need a Baristar.	8 Sue McDonald

Making a Difference in 2018—District Governor Peter Frueh

As we return from our holiday break, with family and friends, we restart the next step of our Rotary journey. Hopefully we are refreshed and are ready to make our own Rotary resolutions for 2018? Maybe to offer to help an existing project or start a new one? Maybe to seek out an interesting speaker? To look for a community organisation to partner with? To bring along a friend who might be wondering what all this Rotary stuff is about? Make a note to yourself and follow up when you can.

Anne and I have just had the opportunity to welcome home our outbound Youth Exchange students from 2017. They are very happy and have gained so much from their year overseas.



We have also bid farewell to our outbound Youth Exchange students for 2018, who were excited and perhaps a bit nervous in heading overseas to a new culture, new host families and immersion into another language.

What a great opportunity that Youth Exchange provides for the students, their parents, host parents, host and sponsoring clubs, schoolmates and the wider communities. Is your club considering sponsoring or hosting a student during 2018-19?

If so, please contact Youth Exchange Chair Gabrielle Morgan.

Another innovative shorter term youth exchange has been undertaken by North Balwyn. They currently have a group of students plus two Rotarians from Mongolia here for two weeks, after a similar outbound trip to Mongolia in July 2017.

Initiated by Bill Oakley through his international Camping association colleagues, it is one that could be conducted club to club in other countries. President Rob Head, Youth Services Chair Estelle Kelly and Bill undertook a scoping visit to Mongolia two years ago and all aspects have been very well planned.

After this visit is completed, potential future Vocational exchanges will be considered with Mongolia for example in Aged Care. Our District Vocational Service Chair Alan Seale is the person to contact if you are interested in any vocational exchanges. These might consist of sending out or supporting one or two young professionals for 2 to 4 weeks, with home hosting and arranging a suitable vocational exchange visit program to suit their individual needs. Alan and his team are well experienced in this and can work with clubs in establishing a suitable exchange. January is Vocational Services, so support your club Vocational Service chair in mentoring, business awards, vocational visits and other activities the club undertakes or could start.

Rotary International is different from other service organisations, in that members join with their vocational skills (classifications) and can utilize them in the projects and programs undertaken. This makes Rotary a great partner to other organisations, in the skills and connections we bring.

Peter Frueh
District Governor 2017-2018



North Balwyn President Rob Head, with DG Peter, AG Jonathan Shepherd and visitors AG Tsevelt Delgertsoo (left) and Deputy AG Munkjargal Ayurzana. Both are from the Ulaanbaatar Rotary Club.

From *Rotary* District 3450 in Hong Kong, Macau, Mongolia and The Peoples Republic of China Guangdong Province

Dear DG Peter Frueh,

As an AG of Area 9, RID 3450, it was a great pleasure for me to know how happy those kids were in Australia, including PAG Delgertsoo and DAG Munkhjargal.

They assured me that the host families were so warm welcoming the Delegates from Mongolia and the children all were so happy to be with the families.

The 2 Rotarians will give a brief information about their visit to Melbourne Australia during the JPM which will be held on the 6th of February, 2018.

The presidents of 16 Rotary Clubs of Area 9 and 10 will get a chance to know more about the Rotarians and host families.

I personally would like to thank you and the Rotarians for the great hospitality and support to the Delegates from Mongolia.

Also I hope that we will continue this exchange program in the future.

More and more children from Mongolia can have a chance to visit to completely different culture and get to know more young generation from Australian Rotarians and their family members.

Best,

Bayarkhuu N

Assistant Governor Area 9,
RID 3450.

Congratulations to Inspector Stephen Noy & the Boroondara Police

According to crime stats, Boroondara Police Service Area has become the safest PSA in metropolitan Melbourne.

A year or two ago, the Boroondara PSA was driving the state in some areas of volume crime but also had quite high person related crime.

The reductions that have been achieved just aren't in volume crime – it is a 10% reduction in person related crime.

Boroondara residents are experiencing safer and less traumatic lives. This reduction results in resources to focus on the emerging crime and high harm/impact issues.

MEETING ROSTERS

Thursday February 8. Greeters: Jim Romanis, Bernie Smith. Set Up: David de Garis, Brian Hurnard. Desk: Ian Adams, Rowan McClean	Speaker: Bethe Lock Host: Garth Symington Drug Dependency Prevention or Rehabilitation through the Access Health Project. Beth Locke is Manager, Drug and Alcohol Services, at Access Health
Thursday February 15. Greeters: John McBride, Garth Symington. Set Up: Tony Hart, Russell Cooper. Desk: Takao Yukawa, Ted Wilkins.	Speakers: Matt Maudlin and Kathleen McGuire Host: Tony Wells The Purple Cloak Story (and the choir There For You) Matt Maudlin is well- known to our club through his former role at Servants and Kathleen McGuire is our own member. 
Thursday February 22, Please Note that this meeting is a visit to Eva Tilley Memorial	
Greeters: Sue McDonald, Don Taylor Set Up: Brian Lacy, Bill Oakley. Desk: Jeanette Leigh, Findley Cornell	Speaker: Sharelle Rowe, CEO Host: Ian Adams
Thursday March 1, Please Note that this meeting is a visit to North Balwyn Bowls Club	
Greeters: Geoff Haddy Greg Matthews Set Up: Joe Butler, Kinga Paulheim Desk: Chris Flavelle-Smith, Phil Francis	North Balwyn Bowls Club Host: Ian Mollison

Meeting Report**Meeting No.28**

Thursday, 1st February 2018

Guest Speaker	1	Kevin Sheedy
NB Members	50	
Visiting Rotarians	2	from RC Yea - David Anderson & PE Ken Maxfield
Partners	5	Alison Adams, Fran Butler, Jan Cheney, Helenmary Gartlan & Bev Thomas.
Friends / Alumni	1	John Burley
Guests	8	Stuart Wenn, Peter & Barbara Howey, Vince Taskovski - Ted Wilkins; Denis Dalton plus Noel McClland & John McClelland –Guests of John & Helenmary Gartlan; PNM II Majid Behzadnia - John Magor. Member Attendance 50 = 64.1%
Make-Ups.		John Rennie - RC Sorrento.

Absences for Rosters next week:

Tony Ho, Yvonne Lyneham, David Rowe, Russell Turner

Geoff's Health Tip**Mushrooms have more to offer than you think!**

Pasta with **mushrooms** is a famous, and delicious, addition to Italian cuisine. In particular, the porcini mushroom with its strong nutty flavor is an incredibly popular gourmet mushroom. Like so many other good edible mushrooms, , porcini are mycorrhizal. This means that the underground vegetative growth of the mushroom, called the mycelia, enters into a symbiotic relationship with the roots of plants, and because of this complex relationship that occurs in nature porcini aren't easily cultivated.

- The mycelium that grows beneath ground level has detoxifying effect that destroys toxic wastes and improves the quality of plants in your garden.
- Mushrooms belong to the fungi kingdom and represent a distinct type of organism, separate from animals, plants and bacteria.
- Mushrooms are prebiotic, boosting our beneficial bacteria such as Acidophilus and Bifidobacterium, improving digestion and overall health.
- Recent independent research shows that certain varieties of mushroom are also our best dietary source of antioxidants, such as sulphur-rich ergothioneine and glutathione. Another variety contains selenium, also an antioxidant.
- A diet rich in antioxidants helps our bodies withstand normal oxidative stress that damages healthy cells. In addition, mushrooms exposed to UV light are a significant source of vitamin D.
- All types of edible mushrooms contain varying degrees of protein and fibre, and a complex of vitamins.
- Farmers markets usually have an array of different varieties, each with their specific nutritional properties. You will find the growers are eager to explain how mushrooms can benefit your health.



Geoff

Birthdays and Anniversaries between Feb 9th and Feb 16th

Weddings: Adam & Janet Hillary

Birthdays: Sue McDonald, Janina Rowe, Peter Wilson

Induction Anniversaries: Sam Hardikar

Club Diary

Read about Rotary in your area in The Progress Leader

<http://leader.smedia.com.au/progress/>

Friday 23rd February 2018

Gala Charity Golf Day

Saturday 24th Feb 2018

DIK open Day Somerville Road West Footscray

Please RSVP for catering purposes to

dik.vic.rotary@gmail.com sausage sizzle for lunch.

From 10.00am to 3.00 pm with the ribbon cutting ceremony at 1.00pm to open Shed 39.

Thursday 1st March

Annual bowls night at North Balwyn Bowls Club

This will be in lieu of our normal meeting at Club Meeting at KGC.

16-18 March 2018.

District Conference

Warrnambool.

Registrations [Now Open](#)



21 -25 March 2018.

[2018 Formula 1® Australian Grand Prix.](#)

Weekend of 17-19 August 2018

MUNA 2018

See <http://www.rotaryclubofcanberrasunrise.org.au/>

Friday 5th to Sunday 7th October 2018

Camp Getaway Working Bee 2018

Weekend of 19-20-21 October

Fellowship Weekend at Daylesford

Details soon.



TACKLING POVERTY

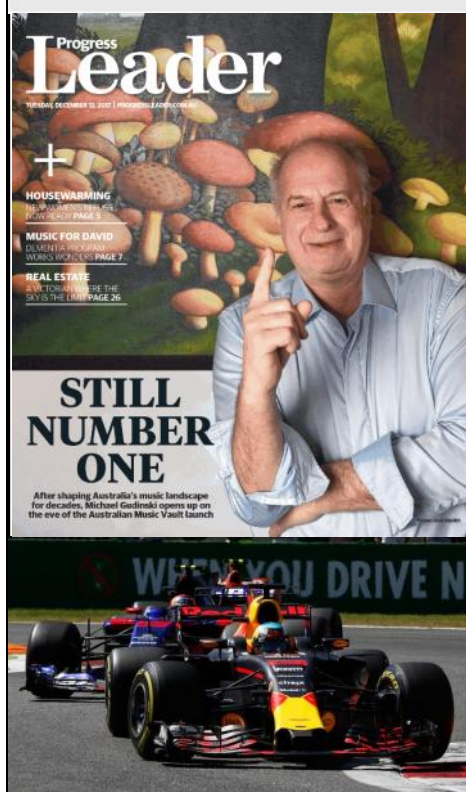
Rotary supports projects in local communities, but balances that with offshore projects.

Minh Hac in Vietnam is a very poor, remote community of 3200 people. This struggling community was discovered by Rotary Club of North Balwyn past president Rowan McClean in 2010.

Since then, club members and community sponsors have embarked on projects that are transforming Minh Hac.

Children could not previously afford to go to school because they needed to tend animals and pick crops to earn enough money for their daily food. Now more than 100 children have been supported to undertake schooling. Schools have received libraries, furniture, fans and teaching equipment. The health clinic now has refrigeration, computers and toilets.

For more information, contact rowanmcclean@gmail.com



ROTARY CLUB OF NORTH BALWYN 2017/18

President: Rob Head

president@rotarynorthbalwyn.com.au

Vice President: Findley Cornell

vicepresident@rotarynorthbalwyn.com.au

Secretary: Gavan Schwartz

secretary@rotarynorthbalwyn.com.au

Treasurer: Greg Cribbes

treasurer@rotarynorthbalwyn.com.au

Grapevine: Peter Sutherland

petesutherland@bigpond.com

Noon Sat Weekly Deadline for submissions please.

APOLOGIES FOR CLUB MEETINGS

1. Sign the "apology sheet" at the front desk at the prior meeting if you know in advance.
2. Click [HERE](#) for apologies. and log into website; select My Menu; Meeting Attendance/Apologies and Make-Ups; Select meeting date; Add Apology to this meeting; and send.
3. Or E-mail Hugo Goetze
HugoGoetze@netspace.net.au
4. Phone 9857 6701 (leave a message if required). Mobile phone calls & SMS are not to be used.

Please apologise no later than 5pm on Tuesday.

North Balwyn Probus: Don Campbell .

<http://balwynnorthprobus.org.au>

North Balwyn Heights Probus:

Sue Mullarvey

yarramul@tpg.com.au 9857 4305, 0400 821 402

Greythorn Probus:

Meetings 10am 2nd Tuesday Monthly.
St Aidan's Church Hall, Duggan St, Balwyn Nth.9859 4941.

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
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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.



The City of Boroondara is a great supporter of Rotary and we thank them for their most recent support with establishment of our North Balwyn Community Men's Shed