



"The HeadLines"

Our Fellowship Meeting at North Balwyn Bowls Club

A great evening of Fellowship and a interesting standard of lawn bowls from Members and Partners, as we enjoyed the fine facilities of North Balwyn Bowling Club.



Our visit included the opportunity to inspect the Men's Shed which was taken up by many attendees before the Bowls night. Thanks to the Committee for opening the facility.

Men's Shed

Held a General Meeting on Thursday 1 March.

We heard many positive suggestions for progressing the activities of the Shed, and the meeting reflected the growth of involvement of non-Rotarian members in their program.

Golf Day Update

Raised net \$17,500 which will go to the Youth Mental Health Research stream of Aust Rotary Health. Thanks again to all who helped to make that a great day.

District Governor Appointment

The District 9800 Governor Nominee (Designate), to serve as Governor in 2020-21, will be Past President Philip Archer, nominated by the Rotary Club of Southbank.

The Quote

Col Sanders

"There's no reason to be the richest person in the cemetery"

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

Thursday 22 March **Please Note that this meeting is a Partners Evening**

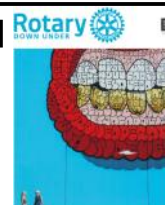
Club Website: [HERE](#)

Facebook: [Click HERE](#)

The Networker: [Issue 11](#)



MARCH ROTARY DOWN UNDER Click [HERE](#)
Click for [All District Events](#)



Donations In Kind Open Day

We (RCNB) have contributed funds towards the new racking and a plaque is to be attached. Bob Glindemann says thanks!



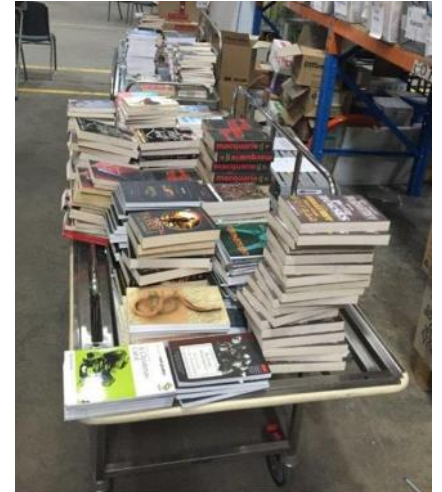
Geoff and Andrew inspect the new forklift generously donated by Geoff to DIK.



Couldn't have a Rotary Event without a BBQ for workers and visitors!!

Office Max has donated tons of new books. Lots of children's fiction reading and some educational learning to read and write books.

Contact DGE Bronwen Stephens on 0410 324 53750 or email dge@rotarydistrict9800.org.au if you have a project where these books could be used. A donation to DIK would be appreciated.



If Members would like to approach Schools in their children's or grandchildren's circles, this outstanding dictionary can be purchased from DIK for a donation of **\$50** upwards.

Need a copy for yourself? Peter Sutherland can pick one up at DIK each Thursday. **Recommended retail price is \$129.95** Visit <https://www.macquariedictionary.com.au/news/view/article/52/> for more information.

Peter can be contacted at petesutherland@bigpond.com or mobile 490133173

GET YOUR HOT CROSS BUNS FROM FINDLEY CORNELL !

Fill out your order form and forward or hand to Findley by March 15!.

Thanks to Bakers Delight for this generous offer of \$2.00 per pack of 6 Hot Cross Buns ordered being donated to The Club.

Hot Cross Bun Order Form

Name: _____

Club

6-pack - \$7.00 each

QTY

Apple & Cinnamon

Traditional

Choc Chip

Fruitless

Order due before:
for delivery on:

Total: \$_____

**\$2.00 from every 6-pack purchased will be donated
back to Club**



Bakers Delight Holdings Ltd and its associated companies ("Bakers Delight") require the personal information requested in this order form including name and business information, in order to make your order. Without such personal information, we will be unable to accept and deliver your order. Your personal information will not be disclosed to any third party in Australia or overseas and will not be used for any purpose other than to deliver your order.

Our Privacy Policy contains information about how you may access the personal information we hold about you and information about how to seek correction of such information, if necessary. Our Privacy Policy also contains information about how you may complain about an alleged breach of the Australian Privacy Principles and how we will deal with such a complaint. Our Privacy Policy can be viewed without charge at www.bakersdelight.com.au/privacy-policy. Alternatively, please contact our Privacy Officer either via email at privacy@bakersdelight.com.au or via phone on 03 9811 6111 and we will send or email you a free copy.

Contact Jane Pennington to fill the vacancies for catering.
Mobile 0408 402 555 or email jane.pennington@bigpond.com

Catering Roster / Calendar

25-February-2018

Apologies to any Rotarians who have offered to assist and are not on the list.

Anybody who can help on these dates please email me at jane.pennington@bigpond.com Thank-you - Jane.

Note: Grand Prix is also happening at this time

22-Mar-18	Bunnings	5.30pm to 9.30pm	
Thursday	Middleborough Rd	1	
	Box Hill	2	
		3	
		4	

URGENT HELP
NEEDED

02-Apr-18	Bunnings	8.30am to 12.00pm	12.00pm to 4.00pm
Monday	Middleborough Rd	1 Don Taylor	5
	Box Hill	2	6
		3	7
		4	8

Setting up for ANZAC Day

24-Apr-18	Doncaster RSL	3.00 - 5.00pm	
Tuesday	Doncaster Road	1 Bill Oakley	3
		2 John Gartlan	4

Need two baristas

25-Apr-18	Doncaster RSL	5.30am - 9.00am	
Wednesday	Doncaster Road	1 Bill Oakley	5
	ANZAC DAY	2 Jane Pennington	6
		3	7
		4	8

11-May-18	Bunnings	8.30am to 12.00pm	12.00pm to 4.00pm
Friday	Middleborough Rd	1 Don Taylor	5 Eileen Toohill
	Box Hill	2	6
		3	7
		4	8

08-Jun-18	Bunnings	8.30am to 12.00pm	12.00pm to 4.00pm
Friday	Middleborough Rd	1 Don Taylor	5
	Box Hill	2 Greg Cribbes	6
		3	7
		4	8

This is the Queen's Birthday Long Weekend

11-Jun-18	Bunnings	8.30am to 12.00pm	12.00pm to 4.00pm
Monday	Middleborough Rd	1 Greg Ross	5 Eileen Toohill
	Box Hill	2	6
		3	7
		4	8

Past President Jane Pennington has booked a table for The International Women's Day Breakfast on March 7th at Palladium Crown. Want to go? Contact Jane on mobile 0408 402 555 or email at jane.pennington@bigpond.com

Not to be missed! Book online at rotaryiwdbreakfast.org.au

Women *in* Rotary  presents

International Women's Day Breakfast Wednesday 7th March 2018 | The Palladium Crown

Brought to you by The Rotary Club of Brighton North
& The Rotary Club of Melbourne



Let them Roar!

Explore the road to success

MC

Moderator



**Stephen
Quartermain**



**Ali
Moore**



**Andy
Penn**



**Deborah
Glass**



**Adam
Fennessy**



**Emma
Welsh**



**Husna
Pasha**

\$850 CORPORATE TABLE OF 10

\$740 STANDARD TABLE OF 10 - SINGLE TICKET: \$75 - VCE/TERTIARY: \$50

6.30am for 7.00am start. Finishes promptly at 9am. FREE parking in the multi-deck carpark.

Presenting Partner

Major Partners

Proceeds go to selected charities

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CHARTERED ACCOUNTANTS
PRIVATE BUSINESS SERVICES

Allianz

nab

WorkSafe

violence free families

Interplast
Repairing bodies & rebuilding lives
in the Asia-Pacific region

St Kilda Mums

STAMPS TO END TRACHOMA.

PP Jane Pennington is looking forward to receiving stamps from members and friends.

We need your used stamps to help



We're NOT asking for \$\$\$ – Just your used stamps!

Your Used Stamps, once trimmed and sorted, will be sold, and every dollar raised will go towards preventing this infectious eye disease by improving health and hygiene in remote areas of Australia.

Together with the World Health Organisation, we can achieve the global effort to eliminate trachoma by 2020.

Collect used stamps from your Work, Schools, Universities, Hospitals, Medical Clinics, and Council Officesand don't forget your neighbours.
Remember every stamp helps!



Contact: Rotarian Carrol Farmer ericfarmer@bigpond.com



***Australians working with Australians in need –
Together we can make a difference.***

MEETING ROSTERS

Thursday 8 March Greeters: Phil Wade, Duncan Ansell. Set Up: John Gartlan, Colin Sharp Desk: Greg Cribbes, Estelle Kelly	Speakers: Peter Downton and Adam Hillary Host: Russell Cooper Topic: Autobiographies
Thursday 15 March Greeters: Peter Cleary, Greg Matthews Set Up: Adrian Ranson. Sam Hardikar Desk: Ian Adams, David Cheney	Speaker: Tim Schenken Host: Neil Marshall Topic: The Excitement of The Grand Prix Tim Schenken is a former Formula One driver and is Clerk of the Course at the 2018 Grand Prix.
Thursday 22 March <i>Partners Night</i> Greeters: Marcel Muntwyler, Eileen Toohill Set Up: Jim Studebaker, Imre Lele Desk: Bob Bott, Larry Fitzpatrick	Speaker: Inspector Stephen Noy Host: Ian Mollison Topic: Policing in Boroondara Stephen Noy is the senior police officer responsible for the Boroondara area.
NOTE:- CHANGE OF MEETING DAY Wednesday 28 March Greeters: Russell Cooper, David De Garis Set Up: Steven Greatorex, Jim Romanis Desk: Brian Lacy, John Rennie	Speaker: Charles Lane Host: Bill Oakley Topic: Tribal Warfare During two decades in Africa, Charles Lane fought to save a primitive "killer" tribe from extinction by the Tanzanian government

GARDENING PROJECT UPDATE.

Your help is needed with the our Gardening Program Please consider where you can fill in the gaps and email co-ordinator Rowan McClean to advise him at <rowanmcclean@gmail.com>.

Fri 9/3	CGS/XC	3- 5PM	Rowan McClean	Ian Glenny
Sat 10/3	MLC	10 - noon	Peter Elliott	Anthony Stokes
Fri 16/3	CGS/XC	3- 5PM	Geoff Haddy	Colin Sharp
Sat 17/3	MLC	10 - noon	Marcel Muntwyler	
Fri 23/3	CGS/XC	3- 5PM	Tony Hart	Estelle Kelly
Sat 24/3	MLC	10 - noon	David de Garis	Ian Richardson
Fri 20/4	CGS/XC	3- 5PM	Greg Cribbes	Colin Sharp, Ian Glenny
Sat 21/4	MLC	10 - noon		
Fri 27/4	CGS/XC	3- 5PM	Geoff Haddy	Ian Glenny
Sat 28/4	MLC	10 - noon		
Fri 4/5	CGS/XC	3- 5PM	Rowan McClean	Imre Lele
Sat 5/5	MLC	10 - noon		
Fri 11/5	CGS/XC	3- 5PM	Greg Cribbes	Finley Cornell
Sat 12/5	MLC	10 - noon	Marcel Muntwyler	Anthony Stokes?
Fri 18/5	CGS/XC	3- 5PM	Rowan McClean	Geoff Haddy
Sat 19/5	MLC	10 - noon		
Fri 25/5	CGS/XC	3- 5PM	Geoff Haddy	Ian Glenny
Sat 26/5	MLC	10 - noon		
Fri 15/6	CGS/XC	3- 5PM	Garth Symington	Ian Glenny
Sat 16/6	MLC	10 - noon		

Geoff's Health Tip**Why You Should Switch to Oats**

I can remember my farmer friend saying, "When we had horses to pull the plough we set aside 15% of the oat crop for the horses". Once considered only acceptable food for livestock, oats are now regarded as one of the healthiest foods for humans. Whilst oats have been a staple food in many northern European countries for decades, oats are now valued in many other countries, including Australia, as a nutrient rich, low calorie, low-glycemic meal option that provides energy over an extended period.

Oats and groats (the whole-grain kernel with the husk removed) are 100% whole-grain, with germ, endosperm and bran intact. In purchasing 'whole-grain' oats one has to be careful to make sure the bran has not been partially or completely removed from the grain, because the bran has well proven cholesterol lowering properties.

- Oat bran contains beta-glucan, a known LDL (low-density lipoprotein) cholesterol lowering protein. Lipoprotein is best explained as a mixture of fat and cholesterol. In lowering LDL, the beneficial ratio of HDL (high density lipoprotein) to LDL normally increases. Other grains do not have the same effect on blood lipid profiles.
- A 2006 study on oat polyphenols, reported by GreenMed Info 14 February 2018, confirmed previous findings that oats offered additional benefits beyond simply lowering cholesterol. In this study, a polyphenol, unique to oats, was shown to inhibit the initiation and progression of atherosclerosis.
- Coeliac disease is a serious hereditary autoimmune disorder in which the ingestion of gluten leads to damage in the small intestine. Oats are one of the few gluten-free grains, as long as they are uncontaminated. Beyond their gluten-free status, oats have been observed to have a healing effect in individuals with coeliac disease, however including oats in the diet has remained controversial.
- Oats and other high-fibre foods may prevent you from getting colon diseases. The exact method by which roughage works is unknown. Fibre is not digested, but some of it ferments in your colon. This fermentation process may be linked to preventative health benefits through the formation of short chain fatty acids.
- While people of English or European descent may prefer a porridge of oats heated with milk (Quaker Oat company) my preferred breakfast is based on original whole-grain rolled oats mixed with yoghurt, almonds, sultanas, pumpkin and sunflower seeds, and topped with sliced banana or berries. Yumm!



Geoff

Birthdays and Anniversaries between March 10 and March 16

Weddings:

Birthdays: Colin Sharp, Helen Rennie, Eileen Toohill, Jane Ansell

Induction Anniversaries: Geoff Haddy, Rob Head, Tak Yukawa, Bob Bott

Club Diary

Read about Rotary in your area in The Progress Leader <http://leader.smedia.com.au/progress/>

16-18 March 2018.
District Conference
Warrnambool.



21 -25 March 2018.
[2018 Formula 1® Australian Grand Prix.](#)

Visit to Heide Museum, Bulleen for group tour.

Date and Time: Sunday April 15 at 11.00am

Location: 7 Templestowe Road, Bulleen.

Cost for entry and the tour: \$22 per person

Lunch: Available from the café on an individual basis

Money: To be collected at Rotary meetings from mid March.

Enquiries: to Russell Cooper 0417 392109

Thursday 10 May
Club Birthday meeting

Weekend of 17-19 August 2018
MUNA 2018

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

Friday 5 to Sunday 7 October 2018
Camp Getaway Working Bee 2018

Weekend of 19-20-21 October
Fellowship Weekend at Daylesford
Details soon.



TACKLING POVERTY

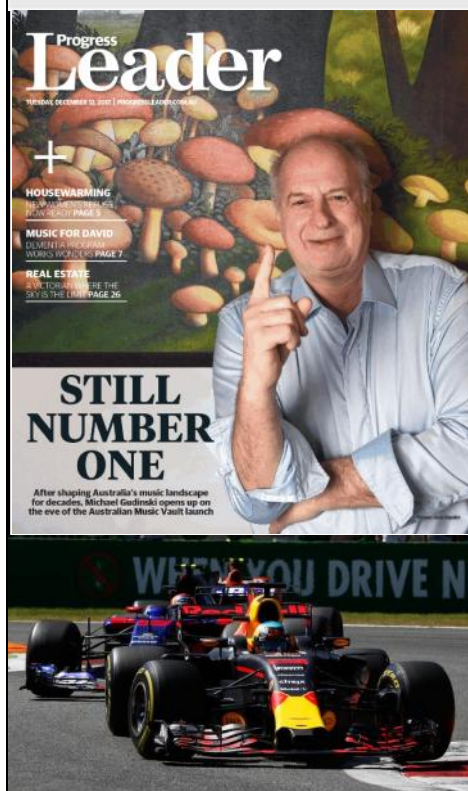
Rotary supports projects in local communities, but balances that with offshore projects.

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: John McBride

jdmcb48@bigpond.net.au

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
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.

We welcome Bertocchi as a new sponsor

