



"The HeadLines"

Last Meeting: the Mongolia Program

Following our recent Mongolia Short Term Exchange, six of the eight Student Participants, (accompanied by their parents) were our guests and Guest Speakers.

Rotary Leaders Estelle Kelly and Bill Oakley spoke highly of the experience and how enthusiastic the students and host families were in Mongolia. Bill also reminded us of the continuing fund-raising to assist with the hosting of the incoming Mongolia group. Barbeques, chocolate sales and raffles are ongoing in the short term.

The students each addressed one aspect of the trip which included the Nars Camp (with no showers), Mongolian Culture, Home-stay experiences in Ulaanbaatar, The [National Naadam Festival](#), Mongolian cuisine and the [Nairamdal Camp](#). Everyone agreed that they gained a lot from their time in Mongolia and were great ambassadors for Rotary and for Australia.

We acknowledged the great contribution to the program from Estelle and Bill, and the support from Ian Adams, Ian Mollison and the student's parents.

The next steps with our Mongolia Exchange trial are :

- Finalise the program for the incoming group from Mongolia (arriving in January)
- Complete this second part of the exchange, and then evaluate The Program.

What's Important in Rotary : a Guide to a Good Life

Rotary has the [4-way Test](#) which asks of us for any plan or action - - Is it the TRUTH? ; Is it FAIR to all concerned? ; Will it build GOODWILL and BETTER FRIENDSHIPS? ; Will it be BENEFICIAL to all concerned?

However, Rotary also asks members to live by the following [Values](#) - Service ; Fellowship ; Diversity ; Integrity ; Leadership.

Keeping this in mind will provide some valuable criteria through which to live our lives, conduct our business and interact with others.

The Quote

"An unfortunate thing about this world is that the good habits are much easier to give up than the bad ones" ; W. Somerset Maugham

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](#)
See us on
Facebook:
[Click HERE](#)

Read The Networker: [Aug 2017](#) Issue 2



AUGUST ROTARY DOWN UNDER
Click [HERE](#)

Rotary District 9800
Click for [All District Events](#)
Rotary Weekly Click [HERE](#)



Students, having returned from The Rotary Club of North Balwyn's Mongolia Short Term Exchange gave a presentation to the Club about their experiences.



Thank you Parents and Students for the energetic fund raising and participation in planning sessions prior to the event. Thank you Bill and Estelle for chaperoning the group and for laying the groundwork for this marvellous experience. Thank you students for participating to the fullest and making the most of this opportunity. We look forward to now hosting the return visiting Mongolian Students.

GARDENING PROJECT 14th August 2017

Please note, a volunteer is required for Friday 18th August!! Please help where you can, there are plenty of opportunities, your involvement is greatly appreciated

Give me a call anytime - Peter Elliott 0419 417 334,

Date and Who with	Time	RCNB Supervisor	Assisted by
Fri 18/8 CGS/X	2.45 – 5.15pm	Greg Cribbes	Urgent!! assistance Required
Fri 25/8 CGS/X	2.45 – 5.15pm	Greg Cribbes	Estelle Kelly
Sat 26/8 MLC	10.00 – 12 noon		Sam Hardikar
Fri 1/9 CGS/X	2.45 – 5.15pm	Greg Cribbes	
Fri 8/9 X	4.00 – 5.15pm	Greg Cribbes	
Sat 9/9 MLC	10.00 – 12 noon	Greg Cribbes	
Fri 15/9 X	4.00pm – 5.15pm		
Fri 13/10 CGS/X	2.45pm – 5.15pm		



YEA GARDEN EXPO

23 & 24 SEP 2017
10AM-4PM

Location: Yea Racecourse
Only an hour from Melbourne....

- Native & flowering plants
- Garden sculptures
- Motorised barrows & vehicles
- Garden tools & vegetable bins
- Seedlings
- Mulch, fertilisers & compost
- Ride-on & push mowers
- Nurseries
- Designers & Contractors
- Mulchers
- Deciduous & Ornamental trees
- Garden books
- Plant Creche * NEW *
- Speakers Program * NEW *
- And much more.....

FOOD & DRINKS AVAILABLE
FACE PAINTING TOO !

Entry \$5 for adults - kids FREE
FREE PARKING

Contact: yeagardenexpo@optusnet.com.au



YEA GARDEN EXPO -- 23rd & 24th September 2017

After the outstanding success of our first Garden Expo last year we are now going to ensure it becomes an annual event and this year the EX-PO will be held on the same weekend as last year namely the 23rd and 24th September 2017 at the Yea Racecourse. While there were many aspects which proved to be an outstanding success last year there were also aspects that had to be better and we have set out to address and improve each facet. Last year we had just under 1600 visitors to the Expo and this year we are aiming to exceed 2000 visitors.

The Fellowship Committee invites Rotarians and their partners, and especially new members, to attend a **Movie Night and Dinner** -

Venue: Palace Cinema, Whitehorse Road, Balwyn

Date & Time: **Friday September 8th, 2017**, with movie starting at 6.30pm. Group booking price of \$12/person

Movie: Tommy's Honour - about a father-son team who ushered in the modern game of golf. As Tom and Tommy (Scotland's Golf Royalty) fame grew, and they were touched by drama and personal tragedy.

Dinner: about 8.30pm at Colombo's, Whitehorse Road, Balwyn. A 2-course meal with coffee/tea for a set price of \$29.00/person.

Details: Maurie Walters or Russell Cooper.

Total Cost: \$41 per person payable prior to August 18th.

Monies will be collected from August 10th

Russell Cooper 0417 392 109

Maurie Walters 0438 005 820



The
“Mongolian
Crew” get back
to more local
fundraising
with a
Bunnings BBQ



Anyone
for a
Sausage
or one
of Bill's
Jams?

Geoff's Health Tip

Remember the Fig Tree

Constipation is one of those subjects we've been told to avoid in polite conversation. But, with as many as one in five people over the age of 30 experiencing constipation at some point in their lives, perhaps it should be up for discussion. As an example, a recent Gut Foundation survey of 1,300 Australian women, aged between 18 and 50, found around 66% reported periodic constipation.

Recently, on boarding a ship for a cruise along the Kimberley coast, all passengers were requested to fill out details about their health profiles. I was surprised to read a foot-note, that read, "should you suffer from constipation, you should report to the ship's doctor for advice and possible treatment." I understand that travel, and the resultant change of diet, is one of the simple causes of constipation. I noticed that whilst the food on this cruise was really excellent, you had to 'search-out' an adequate range of fruit – apples, bananas and oranges – something you always have in plentiful supply when at home. It is the same when you stay at other resorts and hotels. Apparently, eating fruit whilst on holiday, 'isn't cool'.

Whilst we generally think about prunes as a laxative, we should not forget figs – especially dried figs.

As we remember from our biblical studies, the fig tree can trace its history back to the earliest of times. It is native to the Middle East, especially Turkey. Figs have a unique, sweet taste, and when dried, a delightful chewy texture.

Historically, figs have been recommended as a laxative as well as to nourish the intestines. A recent study conducted at the Clinical Trial Centre at the National University Hospital in South Korea, concluded that three figs a day resulted in significant improvement in bowel function in patients suffering from chronic constipation.

The truth is that constipation will often respond to a high-fibre diet, plentiful fluid consumption, and exercise. This fact is well accepted and should be the first treatment of constipation followed by the other natural remedies mentioned above. One is then amazed to find that there are 63 laxative products registered in Australia with estimated sales of \$75 million.

Geoff



Club Diary

Read about Rotary in your area in The Progress Leader

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

Sunday, August 27th: Partners' Afternoon Tea

2.00 pm – 4.00 pm at QPO, hosted by Ailsa Head.

Members; if you have not passed on the invitation sent out by E-mail to your Partner, please look for it and do so. Partners: where our data base held your E-mail the invitation was sent only to you.

Please RSVP to Ailsa Head by 16th August to

rahead@bigpond.com,

or 9387 1676 (msg. service) or mob. 0425 879279

Friday September 8th, 2017

Movie night at the Palace Cinema, Whitehorse Road, Balwyn **Tommy's Honour**

The movie starts at 6.30pm. Group booking price of \$12/person followed by dinner at Colombo's cost \$29/person

Total Cost: \$41/person payable prior to August 18th.

Monies will be collected from August 10th

Contact Russell Cooper 0417 392109 or Maurie Walters 0438 005 820

Friday 13th, Sat 14th & Sun 15th October

Camp Getaway Weekend Working Bee.

Contact Greg Matthews for details

Friday 20th Oct, - Sunday 22nd Oct.

Albury Fellowship Weekend. Contact Nino Sofra for details

16-18 March 2018. District Conference

Warrnambool. Nino Sofra will announce more details later in the year.

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



Plug into projects

Stay tuned

Hey all you cool dudes out there in radio land. Tune into the groove at Radio Rotary every Friday evening from 6-8pm on station 3WBC, 94.1FM on your dial. Rotary "drive time" will challenge you with thought provoking interviews, touching Rotary success stories, laughs and great music.

It all hails from Rotary District 9800, which is the Boroondara region. Jonathan Shephard from Rotary Club of Kew is the presenter and also panel operator. He says that the stories are often poignant.

"It's always moving to hear about what an individual and their club can do to change the lives of others, both locally and around the world," he says.

"One great story came from a group of teenage Camberwell Grammar boys who are in the Rotary Youth Leadership Club. Not only were they fundraising for woman's hygiene products, they also made the items by hand to send overseas so girls could go to school every day. These were very mature and worldly boys."

The chat is always great with everyone from past Rotary World President, John Germ, to regular members who work on extraordinary projects.

"We get a lot of feedback and connection with Generation X, Y and Millennials. They hear about the activities of clubs and members and want to be involved. Coming up on Friday, August 11 you'll hear all about the launch of the North Balwyn Community Men's Shed (September 18), and the recent student trip to the Mongolian International Children's Camp."

MEETING ROSTERS

Thursday 17th August :**Speaker:** Jane Pennington:**Host:** Jane Pennington**Greeters:** Marcel Muntwyler, Neil Marshall:**Setup:** Bronwen Dimond, Ian Richardson**Desk:** Kinga Paulheim, Adrian Ranson.**Topic: Solomon Islands Sewing Machine Project Update.**

With the help of "Mr Sewing" Brian Thomas, and several donated sewing machines new opportunities are emerging for the girls at Henderson.

**Thursday 24th August:****Speaker:** Harold Mitchell:**Host:** Ian Adams**Greeters:** Bill Oakley, Findley Cornell:**Setup:** Ted Wilkins, Ian Adams**Desk:** Duncan Ansell, Colin Sharp******Partner's Night ********Topic: Australia's Place in a Changing World**

[Harold Mitchell](#) "most powerful man in Melbourne" is a well-known and influential figure in media and advertising. The Harold Mitchell Foundation has donated more than \$10 million to Health, Education and the Arts.

**Thursday 31st August:****Speaker:** Adam Craig Dale**Host:** Bernie Smith**Greeters:** John Rennie, Peter Cleary**Setup:** Chris Flavelle-Smith, Joe Butler**Desk:** Estelle Kelly, Russell Turner**Topic: Cricket Now and Then**

[Adam Dale](#) is a former Australian cricketer who played two Tests and thirty One-Day-ers for Australia. Watch Adam's catch of century [HERE](#)

**Thursday 7th September****Speaker:** Judge Fran Hogan of the County Court**Host:** Eileen Toohill**Greeters:** Russell Cooper, Kinga Paulheim**Setup:** Larry Fitzpatrick, Don Taylor**Desk:** Imre Lele, Brian Lacy**Topic: "Judging in a World of Change".**

[County Court Judge Frances Hogan](#) was welcomed to the County Court on 5 October 2001. Fran has since presided in many highly publicised criminal cases.

**Attendance:****Are you unable to attend the next meeting? Are you bringing a Guest or your Partner?**

E-mail Brian Hurnard

bhurnard@netspace.net.au ...or if you know in advance fill in the attendance sheet at The Front Desk on a prior meeting night.

This Week: Membership = 80. In attendance 47 Members and Partners, plus 15 guests being mostly the young people who went to Mongolia (6) and proud parents (8) a total of 62.

Member External Activities (formerly Make-Ups): Rowan McClean at the Cambodian Kids Foundation and the Rotary Showcase Project.

Celebrations**Birthdays:-** Jenny Cribbes**Inductions:-** Tony Ho 2013

Weddings:- Jan and Davis Cheney;
Imre and Tricia Lele
Sally and Peter Sutherland



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 web-site; select My Menu; Meeting Attendance/Apologies and Make-Ups; Select meeting date; Add Apology to this meeting; and send.
3. Or E-mail Brian Hurnard
bhurnard@netspace.net.au with your personal message.
4. Phone 9819 7664 (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.



helloworld



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