



**"The HeadLines"**

**Our Speaker**

From Professor David Buttifant a great outline of his experiences and learnings working with elite footballers and managing and developing personal skills and wellbeing. (Host Geoff Kneale, thanking Professor David Buttifant for his address)



**Paulina, a Past Exchange Student hosted by The Club**

We welcomed Paulina Solarska, our exchange student from Poland in 2008–2009, with husband Lukasz. They are here on a brief holiday and are catching up with Paulina's host families.



**Heide Art/Museum Visit**

21 members and partners enjoyed this extra event in our Fellowship calendar. A guided tour and then walking around at our own pace.



**What's Coming**

- Club Birthday Meeting on 10 May
- Golf Day Sponsors meeting, with speaker from Australian Rotary Health on 17 May
- Vocational Visit to Monash Medical Centre 14 June. This will be a daytime Club Meeting

**The Quote**

From Arthur Bloch - -

"The person who can smile when things go wrong has thought of someone they can blame it on. "

**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](#)



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



**HAPPY  
BIRTHDAY!**

Rotary  
Club of North Balwyn



## Join Us for Our Birthday Celebration

On Thursday May 10 2018

At Kew Golf Club - 6.00 pm for 6.30 pm

### The Evening Includes :

- Entertainment from PDG Greg Ross
- Summary of our History by PP & Charter Member Peter Cleary

Cost - \$37 per person

Bookings, normal advice of partners attending & apologies  
to Hugo Goetze at [hugogoetze@netspace.net.au](mailto:hugogoetze@netspace.net.au)

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### Meeting No.38

Thursday, 12th April 2018

#### **Present:**

Guest Speaker	1	Prof. David Buttifant (Sports Med) - Achieving all-round excellence.
NB Members	47	
Visiting Rotarians	2	Catherine Stahel - Balwyn; Lyn Kneale - Glenferrie.
Partners	3	Melissa Maitland-Smith, Heather Matthews & Bev Sofra.
Guests	4	Maria Buttifant (Wife of GS), Adam Kneale, Paulina & Lukasz Solarski
Friends / Alumni	0	
Meals Served	57	Members :- On Time Apologies 22, Late Apologies 1, LOA 9. Membership 79. Member Attendance 47 = 59.5%
<u>External Activities</u>	4	John Rennie - RC Sorrento; Jane Pennington - DLT, Anthony Stokes - RYPEN c'tee, Garth Symington - SecondBite delivery to Cam Care; Purple Choir - Kathleen McGuire
<u>Absences for Rosters:</u>		Peter Cleary, Paul Fitz, Terry Keyhoe, Dileep Krishna Pillai, Yvonne Lyneham, John Magor, David Rowe, Peter Wilson.

## MEETING ROSTERS

<b>Thursday 19 April</b> <b>Greeters:</b> Adam Hilary, Peter Downton <b>Set Up:</b> Jeanette Leigh, Phil Wade <b>Desk:</b> Beatrice Ko, Neil Marshall	<b>Speaker:</b> Major James Sharp & Major Kym McCarthy <b>Host:</b> Colin Sharp <b>Topic:</b> Modern Day Anzacs James (Colin and Sally's son) and his partner Kym have both seen service in Afghanistan.
<b>Thursday 26 April</b> <b>Greeters:</b> Estelle Kelly, John McBride <b>Set Up:</b> Chris Flavelle-Smith, Geoff Haddy <b>Desk:</b> Joe Butler, Peter Cleary	<b>Speaker:</b> Jo Pride <b>Host:</b> Jim Studebaker <b>Topic:</b> Surviving Human Trafficking and Slavery Jo Pride, CEO of Hagar Australia, is a member of the Aust Govt's Round Table on Human Trafficking
<b>Thursday 3 May</b> <b>Greeters:</b> Bob Bott, Findley Cornell <b>Set Up:</b> Phil Francis, Rowan McClean <b>Desk:</b> Duncan Ansell, David De Garis	<b>Speaker:</b> Mark Hunter <b>Host:</b> Peter Downton <b>Topic:</b> Winemaking is in his Blood Mark Hunter (Peter Downton's nephew) is winemaker at Sanguine Estate, Heathcote. (Astute Rotarians will notice the linguistic connection between "blood" and "sanguine")
<b>Thursday 10 May</b> <b>Greeters:</b> Greg Cribbes, John Gartlan <b>Set Up:</b> Bronwen Dimond, Marcel Muntwyler <b>Desk:</b> Tony Hart, Kinga Paulheim	<b>Topic:</b> Club Birthday Celebration More details to come.

Whitehorse Rotaract Rotary Club Partner

Help Learn Enjoy

YOU'RE INVITED TO:

# GIANT MONOPOLY

SATURDAY 5 MAY | 6:30 PM  
BOX HILL TOWN HALL

TICKETS: \$20 PER PERSON  
TEAMS OF UP TO 10  
HUMANITIX.COM/EVENT/GIANT-MONOPOLY/  
BY 2 MAY

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## Club Diary

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.

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

**Geoff's Health Tip****Can moderate consumption of chocolate lower the risk of Atrial Fibrillation?**

*Atrial fibrillation* (AF) is a type of abnormal heart rhythm (arrhythmia). *Atrial fibrillation* starts in the upper chambers of your heart (the *atria*) and causes them to quiver (fibrillate), instead of beating normally. This can mean your heart doesn't pump blood around your body as efficiently as it should. A large study of men and women in Denmark provided evidence that moderate intake of chocolate lowered the risk of atrial fibrillation.

Previous studies have suggested that cocoa and cocoa containing foods – in particular dark chocolate, confer cardiovascular benefits, perhaps because of their high content of flavonols, which promote healthy blood vessel function.

However, there has only been limited research on the association between consuming chocolate and the occurrence of AF.

Atrial fibrillation affects millions of people around the world and is linked with higher risk of stroke, heart failure, cognitive decline, dementia and death.

The research included 55,502 men and women participating in the Danish Diet study. Amongst this number of participants there were 3,346 cases of AF over a 13.5 year follow-up-period. A study of chocolate consumption over this period showed:

- Those who ate three one ounce servings a month had a 10% lower rate of AF than those who had one serving a month.
- Those who ate four servings a month had a 17% lower rate of AF, and
- Those who ate six to 12 servings a month had a 20% lower rate of AF.

However, eating excessive amounts of chocolate (a common occurrence at Easter) is not recommended because many chocolate products are high in calories from sugar and fat and could lead to weight gain, but moderate intake of chocolate of high cocoa content may be a healthy choice.

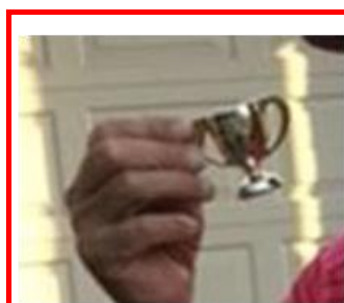


**Geoff**

**CONGRATULATIONS TO GREG CRIBBES**

Guess who won Day Three of the Rich River Classic. He had to drink champagne out of the Trophy too!

Greg,  
The folks at the Men's Shed will be happy to help you construct a cabinet for the Trophy!!  
Editor

**Birthdays and Anniversaries between April 15 and April 22**

**Weddings:** Joe & Fran Butler, Ted & Margaret Wilkins, Larry & Karen Fitzpatrick, Peter & Pat Cleary

**Birthdays:** Beatrice Ko, Bev Hibbert, Marcel Muntwyler, Peter Downton

**Induction Anniversaries:** Garth Symington, Rob Stewart

<p><b>ROTARY CLUB OF NORTH BALWYN 2017/18</b></p> <p><b>President: Rob Head</b>  <a href="mailto:president@rotarynorthbalwyn.com.au">president@rotarynorthbalwyn.com.au</a></p> <p><b>Vice President: Findley Cornell</b>  <a href="mailto:vicepresident@rotarynorthbalwyn.com.au">vicepresident@rotarynorthbalwyn.com.au</a></p> <p><b>Secretary: Gavan Schwartz</b>  <a href="mailto:secretary@rotarynorthbalwyn.com.au">secretary@rotarynorthbalwyn.com.au</a></p> <p><b>Treasurer: Greg Cribbes</b>  <a href="mailto:treasurer@rotarynorthbalwyn.com.au">treasurer@rotarynorthbalwyn.com.au</a></p> <p><b>Grapevine: John McBride</b>  <a href="mailto:jdmcb48@bigpond.net.au">jdmcb48@bigpond.net.au</a></p> <p><b>Noon Sat Weekly Deadline for submissions please.</b></p>	<p><b>APOLOGIES FOR CLUB MEETINGS</b></p> <ol style="list-style-type: none"> <li>1. Sign the "apology sheet" at the front desk at the prior meeting if you know in advance.</li> <li>2. Click <a href="#">HERE</a> 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.</li> <li>3. Or E-mail Hugo Goetze  <a href="mailto:HugoGoetze@netspace.net.au">HugoGoetze@netspace.net.au</a></li> <li>4. Phone 9857 6701 (leave a message if required). Mobile phone calls &amp; SMS are not to be used.</li> </ol> <p><b>Please apologise no later than 5pm on Tuesday.</b></p>
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<p><b>North Balwyn Probus: Don Campbell .</b>  <a href="http://balwynnorthprobus.org.au">http://balwynnorthprobus.org.au</a></p> <p><b>North Balwyn Heights Probus:</b>                  Sue Mullarvey  <a href="mailto:yarramul@tpg.com.au">yarramul@tpg.com.au</a> 9857 4305, 0400 821 402</p>	<p><b>Greythorn Probus:</b>                  Meetings 10am 2nd Tuesday Monthly.                  St Aidan's Church Hall, Duggan St, Balwyn Nth.9859 4941.</p> <p><b>Boroondara Ladies Probus: Janet Eddy</b>  <a href="mailto:jveddey@applewood.net.au">jveddey@applewood.net.au</a></p>
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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.



 <p><b>THE TRAVEL PROFESSIONALS BALWYN NORTH</b></p>  <p>Thank you Helloworld North Balwyn for your ongoing support of our Event Days and assistance with our Mongolia travel arrangements.</p>	 <p><b>Bendigo Bank</b> Kew   Kew East</p> <p>Bendigo Bank is a strong supporter of Nth Balwyn Rotary through its help with our Community Projects and Fund Raising.</p>	
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