



#### "The HeadLines"

#### Our Latest Meeting.

#### Camp Getaway Weekend



Twenty Club members and eight partners have volunteered their time to attend the weekend at Camp Getaway at Axedale. This annual working bee is coordinated by Greg Matthews and involves upgrading and maintaining the facilities and having a good time.



Pictures: Tony providing the evening entertainment and Rusell on the mower. See more [HERE](#)

Camp Getaway is a continuing project of the combined Rotary Clubs of District 9800.

#### Club AGM.

Notice is given of the AGM for the 9th of November

Nominations are open for the positions of President-elect, Vice President, Secretary, Treasurer and four Directors. Details of roles and nomination forms can be obtained from Secretary Gavan Schwartz.

#### Reading in Schools Program.

Phillip Wade is coordinating a Reading In Schools Program.

Expressions of interest can be directed to Phillip to attend a local Primary School for a couple of hours a week to listen to students read.

A current Working With Children Check is mandatory.

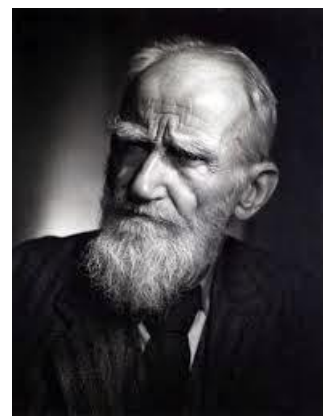
A volunteer/expression of interest form has been distributed to Members.

#### The Quote



"A life spent making mistakes is not only more honourable, but more useful than a life spent doing nothing".  
George Bernard Shaw.

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: [ISSUE 6](#)



OCTOBER ROTARY DOWN UNDER

Click [HERE](#)



Click for  
**All District Events**



## Guest Speaker: Julie Szego



This week we heard a fascinating presentation from lawyer turned journalist and author, Julie Szego.

Julie gave us a nail biting account of her experience writing her latest book, a gripping tale called [The Tainted Trial of Farah Jama](#), where a young Melbourne/Somali man was arrested & wrongly convicted for the rape of a middle aged woman.

In the book, Julie meticulously details the compelling account of Jama's incarceration, followed by the eventual overturning of one of the worst miscarriages of justice in Victorian legal

history. Yet this story is more than just a cautionary tale about putting blind faith in science. It's an intriguing and confronting story about the heartache of migration and the trials of integration, cultural taboos and gender wars. Above all it is an encounter with the subtle, unseen prejudice that can cast its spell over even the most enlightened minds.

The Tainted Trial of Farah Jama was published by Wild Dingo Press, 2014, and shortlisted for several awards in 2015; the Victorian Premier's Literary Award (non-fiction), NSW Premier's Literary Award (non-fiction) and the Sisters in Crime Davitt Award (non-fiction).

Host: Jeanette Leigh



**Next week's Speaker:** [Alan Lachman](#) with [daughter, Francesca](#)

After 20 years running a successful business in Italy, Melbourne-born Alan Lachman returned to Melbourne to enroll his daughter, Francesca, in a school for the blind. When he discovered that the State Government was closing down these specialist schools, he dedicated his next seven years to creating his own school for the blind and vision-impaired.

In 2014, Insight Education Centre for the blind and vision-impaired opened in Berwick. It is now a world leader in education for the blind. Alan's story is one of incredible determination against great odds to fulfil his goal of giving blind children a brighter future and a pathway to a fulfilling life at a time when 70% of blind adults remain unemployed.

Be inspired by Alan and by his daughter Francesca, now 15 and a musical prodigy, who will sing and play for us on the night.

### Christmas Raffle

The Christmas Raffle has commenced!

Colin Sharp is coordinating this year's selling roster so please give Colin your maximum support by volunteering to sell at the designated selling locations.

The Raffle Roster will be circulated at each meeting. Please also pick up your individual book(s) to sell to your friends and relatives!

On Saturday we were selling at Bunnings Box Hill whilst Barbequing and also shaking the can National Mental Health Day.

Thank you to the many members who participated. Jane is managing the Catering Roster; please read it and add your name by contacting Jane. This roster is circulated by E-mail and at Club Meetings.





## Fellowship Weekend to Albury is next Weekend.

*Details have been circulated and we look forward to a great time.*

*Any questions? Ask Nino!*

*...and Colin reminds those who are wanting to attend the Army Museum Bandiana visit. "Get on the list or you won't get in' and 'bring Photo ID'.*



### Container to The Solomons

The container will be delivered soon to the DIK warehouse in West Footscray and we will be calling for volunteers to help us load it up with useful items for The Salesian Sisters at Henderson and The Don Bosc Technical School at Tere.

Standby for the exact date.

We anticipate providing fifty bicycles this year donated by DIK. The Tech School is keen to teach more students to ride. The Club is donating some tools and spare parts to help keep them on the road.

Picture: Peter buying some items for bike maintenance from Bunnings during the recent BBQ at Box Hill.



### Solomon's Book Drive -THANK YOU!

On behalf of the Salesian Sisters and the pre-school children in the Solomon Islands, a heartfelt thanks for your generous donations of books. The response from the club has been fantastic.

So far, from personal donations and after last night's Book Collection night, we have collected around 900 books! That does not include the many boxes of donated books that Sally Sutherland has collected from the school libraries.

I know that many grandchildren's book shelves have been raided and money spent and all these donations will be welcomed, well read and loved.

The container, bound for the Solomon's is to begin loading at DIK on 26th October, so this collection night was well timed.




If you would like to donate more or haven't yet done so, please bring your books to next week's Rotary meeting where Col or Peter will collect them. Or you can just drop them off at either of our houses.

Thank you so much,

The Sallys (Sally Sharp and Sally Sutherland)



## MEETING ROSTERS

<p>Thursday 19th October:</p> <p>Speaker: <a href="#">Alan Lachman</a> with <a href="#">daughter, Francesca, a musical prodigy, who will play piano for us</a> .</p> <p>Host: Gavan Schwartz,</p> <p>Greeters: Greg Cribbes, Phil Francis</p> <p>Setup: Phil Wade, Peter Downton</p> <p>Desk: Don Taylor, Bob Bott</p>	<p>Topic: <a href="#">Pathway to Inclusion: How Blind and Vision Impaired Children across Australia can benefit from Francesca's Journey through the Darkness</a></p> 
<p>Thursday 26th October:</p> <p>Speaker: Dr. Dennis Ahnen</p> <p>Host: Larry Fitzpatrick</p> <p>Greeters: Findley Cornell, Geoff Steinicke</p> <p>Setup: John Magor, John Koa</p> <p>Desk: Greg Matthews, Jim Romanis</p>	<p>Topic: <b>Can We Beat Colorectal Cancer (CRC)</b></p> <p>Dr Dennis Ahnen, an American Gastroenterologist and retired Professor of Medicine at University of Colorado, researches CRC. He did a sabbatical at Royal Melbourne Hospital in 2005-6</p> 
<p>Thursday 2nd November: <b>Partners' Night</b></p> <p>Speaker: <a href="#">Fr. Joe Giacobbe</a></p> <p>Host: Eileen Toohill</p> <p>Greeters: Brian Lacy, Estelle Kelly.</p> <p>Setup: Anthony Stokes, George Swanson</p> <p>Desk: John Rennie, Peter Sutherland</p>	<p>Topic: <b>The Punter Priest Who Never Misses a Melbourne Cup</b></p> <p>Joe, friend of Bart Cummings, is well-known in the racing world and acclaimed for his social work with working-class youth. He has mixed with Victorian racing royalty for the past half-century.</p> 
<p>Thursday 9th November</p> <p>Speakers: Yvonne Lyneham and John Koa</p> <p>Host: David Rowe</p> <p>Greeters: Paul Fitz, Imre Lele</p> <p>Setup: Barry Cummings, Steven Greateorex</p> <p>Desk: Brian Hurnard, John McBride</p>	<p>Topic: Member Biographies.</p>

**Attendance:**

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

E-mail Hugo Goetze [hugogoetze@netspace.net.au](mailto:hugogoetze@netspace.net.au) ...or if you know in advance fill in the Attendance Sheet at The Front Desk on a prior meeting night. Please make apologies no later than Tuesday evenings.

**Meeting Attendance:**

Membership 78, On-time apologies -19, LOA -5, late apologies 0,

No-Shows -4, Member Attendance 50 = 64.1% ;

Partners 7 plus 1 late advice, plus Guest Speaker Julie Szego = 59 in total.

Booked 62 meals.

[That's all folks](#). Cheers, Hugo.

**Celebrations**

**Birthdays:-** Ian Richardson; Joan Richardson;

Bill Oakley; Ala Taylor; David de Garis; Joanne Huang.

**Inductions:-** Nil

**Weddings:-** Brian and Joan Lacy



There are only four weeks left of our gardening program prior to school holidays again. We still need volunteers for Friday 27th October, please consider, you will be rewarded by the experience!!

*Give me a call anytime - Peter Elliott 0419 417 334.*

<b>Date</b> and Who with	<b>Time</b>	<b>RCNB Supervisor</b>	<b>Assisted by</b>
Fri 13/10 CGS/X	2.45pm – 5.15pm	Geoff Haddy	Findley Cornell
Sat 14/10 <b>RCNB</b>	10.00am – 12noon	Sam Hardikar	Marcel Muntwyler, Ian Richardson
Fri 20/10 CGS/X	2.45pm – 5.15pm	Tony Hart	Findley Cornell
Sat 21/10 <b>RCNB</b>	10.00am – 12noon	Geoff Haddy	Yvonne & Matt Lyneham
<b>Mon</b> 23 /10 X	9.00am – 12noon	Garth Symington	Estelle Kelly
<b>Mon</b> 23/10 X	12noon – 3.00pm	Rob Head	Geoff Steinicke
Fri 27/10 CGS/X	2.45pm – 5.15pm	Ian Adams	
Fri 3/11 X	4.00pm – 5.15pm		

**Note; this is the final roster for the calendar year, please consider volunteering.**



**Peter Frueh**

20 hrs - Vimeo - 

I'm playing in the 2017 Ping Pong-A-Thon this coming Friday because

there are 45.8 MILLION PEOPLE who are SLAVES in our world! I'm aiming to raise \$1,000 to help young people in South East Asia find their way to FREEDOM!

Sponsor me at

[www.pingpongathon.com/peterfrueh](http://www.pingpongathon.com/peterfrueh)

Together we can bring hope and a future to some of the most exploited young people in our world.

Thanks for your support – every little bit counts!

[Peter the underdog](#)



2017 Ping Pong-A-Thon 2017 // Promo

It's now the time of year when we begin getting outdoors more often now that daylight savings is here and Rotary outdoor volunteering abounds. Remember to look after your skin and apply sun-screen every day and reapply regularly when you are volunteering outdoors. There is sunscreen available in the BBQ trailer.

[Click this link](#) to Spot the difference: harmless mole or potential skin cancer.





Our Club engaged [Pot-Pourri](#) for the District Governor's Chang-over Dinner in 1990 at Chaucer's, Canterbury. The fabulous night with the Phantom of the Opera theme was thoroughly enjoyed by all and David Cheney recommends members wishing to relive this memory may wish to attend a current concert by Pot-Pourri.

Tickets: Click [HERE](#) Tue. 5 December 2017 6:00 pm – 10:00 pm

Assembly Hall, Scots Church: 156 Collins Street, Melbourne

## POT-POURRI 30TH ANNIVERSARY GALA CONCERT AND THE WITH ONE VOICE CHOIRS

Tuesday 5th December // Assembly Hall Scots Church // 156 Collins Street Melbourne

Doors 6pm // With One Voice Choirs 6.30pm // Supper 7:30pm // Pot-Pourri 8pm



With favourite highlights from Opera, Broadway and Song

### FEATURING:

TANIA DE JONG AM (SOPRANO) REBECCA BODE (SOPRANO) JON BODE (TENOR)  
JONATHAN MORTON (BARITONE) ANTHONY BARNHILL (PIANIST/MUSICAL DIRECTOR)

All [MusterDrive8](#) travelers have the opportunity to join a bus tour around Hobart and see the picturesque Mt Wellington. 4 Feb – 25 Feb 2018



Sign up today:

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

## JOIN OUR JOURNEY AROUND AUSTRALIA WHILE ON THE ROAD FOR MENTAL HEALTH!

Have fun while we embark on a remarkable journey while helping people with mental illness

REGISTER NOW

[David Winter](#) of Bread Street Mont Albert is a tremendous supporter of Rotary and our Club through donations of bread for our BBQs, and he has now organised a fund raiser for the [Rotary Club of Mont Albert and Surrey Hills](#) (MASH).

Rustys Fete:

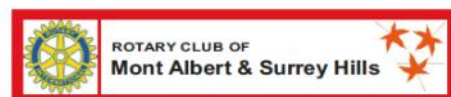
Wrought Iron Sculptures for sale.

Our Lady's Primary School,

31 Erasmus St. Surrey Hills

Saturday 21 October

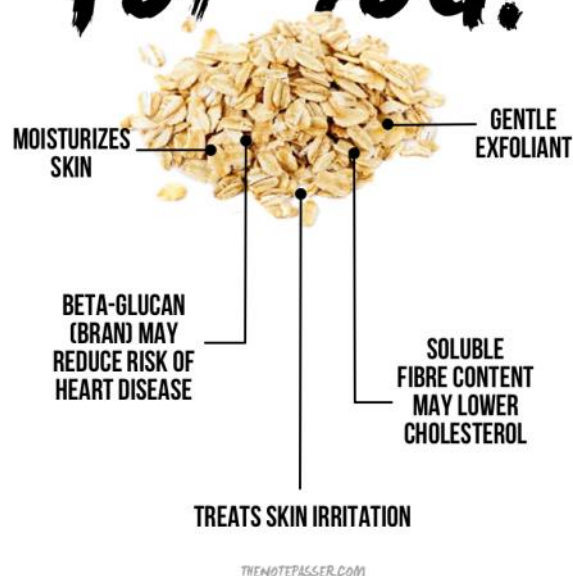
10am to 3pm



## Geoff's Health Tip

## Oats are Special

# OATMEAL is good for you!



It must be more than 40 years ago that Judy and I changed from wheat-flakes, Coco Pops and Special K breakfast cereals to oats. From memory, I think it was the result of an interesting recipe called **Muesli** that we saw in Choice magazine, which included oats as well as sultanas, almonds, pumpkin and sunflower seeds.

Some of our European-born friends also recommended it to us and provided a sample. We decided it was to our liking and we mixed about two kilos of the ingredients at a time. This would last our family a few days. At that time we didn't know much about the benefits of oats, but in Europe oats are a universal breakfast cereal.

Later, we learnt about a Swiss nutritionist named Bircher Benner who went one step further and soaked the oats in yoghurt and sliced fruit overnight, producing the much sought after Bircher Muesli. Have you noticed that in hotels where Bircher Muesli is available, the Bircher bowl invariably empties first and people wait around for more to arrive.

What is it about Bircher Muesli that is healthier than other cereals?

1. Digestion is easier. The starches are broken down on soaking overnight, and the phytic acid (which all plants contain) is greatly reduced.
2. Oats contain resistant starch, a natural type of fibre that escapes digestion and feeds the micro-organisms in your large intestine producing the short chain fatty acids that reduce the risk of colorectal cancer.
3. Preparing the Bircher Muesli the night before saves time in the morning. Place it in the refrigerator overnight, and it's ready for breakfast.
4. Oats contain Beta-glucans, known to lower cholesterol by absorption with bile acids and subsequent removal on excretion from the body.
5. Oats are a good source of quality protein ranging from 11-17% by dry weight, which is higher than most other grains.
6. Oat tips for better health. Remember to choose old fashioned original unsteamed rolled oats. Supermarket rolled oats are steamed to prolong shelf life with the loss of some nutritional factors. If cost is not an issue, then choose organic rolled oats.

Geoff



## Club Diary

Read about Rotary in your area in The Progress Leader

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

Friday 20th Oct, - Sunday 22nd Oct.

Albury Fellowship Weekend. Contact Nino Sofra for details

Friday 27th October: [Taos Restaurant](#).

Fellowship Dinner \$56 including drinks  
(\$50 non drinkers) 6.30 pm

Tuesday 21st November:

[25th ROTARY FOUNDATION PAUL HARRIS BREAKFAST](#).

See Findley for Details—\$65 per head or \$60 if we get a table of ten organised.

Thursday 30th November:

Regular Club Meeting to be held at [DIK](#)

Store in West Footscray, Victoria

400 Somerville Rd, West Footscray

Friday 8th December

Christmas Fare—Balwyn North Village Shopping Centre.



Run by our Partners: selling cakes and puddings.

Saturday 16th December

Carols in the Park (Macleay Park Belmore Road)

Christmas Raffle draw on Stage at 9.00 p.m.

16-18 March 2018. District Conference

Warrnambool. Registrations [Now](#)

[Open](#)

21 -25 March 2018. [2018 Formula](#)

[1® Australian Grand Prix](#).

THE POWER TO MAKE  
A DIFFERENCE

2018 DISTRICT 9800 CONFERENCE  
16-18 March / Warrnambool / Victoria

Rotary



Friday 5th to Sunday 7h October 2018

Camp Getaway Working Bee 2018



## MORE WAYS TO JOIN IN

The Rotary Club of Hawthorn now conducts a fifth meeting each month for those who would like to be involved in Rotary but are unable to attend its regular weekly Tuesday luncheon meetings.

The recent inaugural meeting was well attended and held at the Auburn Hotel in Hawthorn East. Guest speaker David Sia spoke on the topic of "A Personal Journey from Refugee to success in Australia".

The next Thursday night meeting will be held on Thursday, October 19 at the Auburn Hotel from 6.30pm to 7.30pm.

Guest speaker Di Gillies will talk on the inspiring work of Interplast, which sends teams of volunteer plastic and reconstructive surgeons, anaesthetists and nurses to provide life-changing surgery and medical training in 17 countries across the Asia Pacific region. Bookings: Noel, 0419 018 901 or visit [hawthornrotary.org.au](http://hawthornrotary.org.au)

## Progress Leader

TUESDAY, OCTOBER 10, 2017 | PROGRESSLEADER.COM.AU



TUNNEL VISION  
SOLUTION REACHED FOR  
SHEPHERDSONS PAGE 3

LOUD AND CLEAR  
FROM THE BENCH OF COURAGE  
GETTY PAGE 5

REAL ESTATE  
MODERN LIVES AT YOUR  
FORTH PAGE 25

## ON SONG

With a new chart-topping album, Anthony Callea says Melbourne's singing pleasures are more important to him than ever





## ROTARY CLUB OF NORTH BALWYN 2017/18

**President: Rob Head**

[president@rotarynorthbalwyn.com.au](mailto:president@rotarynorthbalwyn.com.au)

**Vice President: Findley Cornell**

[vicepresident@rotarynorthbalwyn.com.au](mailto:vicepresident@rotarynorthbalwyn.com.au)

**Secretary: Gavan Schwartz**

[secretary@rotarynorthbalwyn.com.au](mailto:secretary@rotarynorthbalwyn.com.au)

**Treasurer: Greg Cribbes**

[treasurer@rotarynorthbalwyn.com.au](mailto:treasurer@rotarynorthbalwyn.com.au)

**Grapevine: Peter Sutherland**

[petesutherland@bigpond.com](mailto: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](mailto: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](mailto: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](mailto: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.



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