The Grapevine



Our Leadership

<u>RI Presiden</u> 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

"The HeadLines"

Mongolia Update No 2

Our group have just finished their second stage, home-stays with locals in Ulaanbaatar.

Their activities included the Olympics-like opening for the national Naadam Festival, horse racing, riding horses and camels, seeing cultural performances and joining activities within the families of their local hosts.

They are now at their second rural camp, Nairamdal.



Over the weekend, we ran catering activities at Bunnings (on Friday) and the Miniatures Exhibition (on Saturday and Sunday).

A very special thank-you to the Club Members, Partners and Friends who contributed their time to these events.

Great for fund-raising, but also for fellowship and a community face for Rotary.

District Governor Club Visit

Will be next Thursday. DG Peter Frueh will discuss the Rotary International theme for this year and our District's goals and focus, and comment on our Club plans.

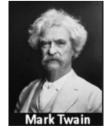
A Note from RI President Ian Riseley

"I share the sad news that the <u>President-elect of Rotary International, Sam F. Owori</u>, died last night as a result of post-operative complications from a planned surgery."



The Quote

"It's better to keep your mouth closed and let people think that you're a fool than to open it and remove all doubt" – Mark Twain



Rob Head



Read The Networker: July 2017 Issue 23



JULY ROTARY DOWN UNDER

Click HERE

Click for All District Events

Rotary Weekly Click HERE

Defibrillator Training

Abnormal heart rhythms, or arrhythmias, are the single most common cause of sudden cardiac arrest. They can happen anywhere – at work, at play, on the road or on the football field – but the good news is, there is a fast and effective way to stop deadly arrhythmias in their tracks.

Our Club has a defibrillator and so do The Kew Golf Club where we meet. They're the seemingly magical devices used on your favourite medical dramas that shock a patient



and bring them back to life. While magic has nothing to do with it, the correct application of a defibrillator enables anyone to resolve the most common cause of cardiac arrest. A quick and effective shock gives you the power to save lives; but what is there to know about defibrillation? Phil Wade, member and ex-paramedic conducted a training session on the defibrillator use before our meeting this week.



This session was well attended and we thank Phil for passing on his knowledge and giving us the confidence to assist someone having a heart attack.





Here's a great idea from Rowan McClean. There is an App that calls Triple Zero with a single push and also locates your position.

Phil noted that as an Ambulance Driver finding the patient can be difficult and when you are resuscitating someone, getting help

fast is critical. This App could save a life—maybe even yours!

Get it <u>HERE</u> From the <u>Govt Triple Zero Awareness Campaign</u>









Our Guest Speaker Peter McCall, <u>Beyondblue Ambassador</u>, and Rotary Member, gave an inspiring and thought-provoking address.

Peter spoke of depression and loneliness and their all-too- frequent consequence, suicide. He expressed the view that everyone in the room, including him, would have been a victim of de-

pression, indirectly if not directly, and that is why this is a huge social problem. No one listening disagreed. The current figure of eight suicides a day in Australia speaks for itself. What a horrifying statistic! And that's only the minority of depressives that take the final, fatal step.

Peter's solution: do what we can to reach out socially to those that we perceive as depressed or withdrawn and, gently and tactfully, ensure that they respond. Allowing them to shy away increases their social isolation and makes their problem worse.



SHAMMATURE ENTRUST

Miniatures

A huge thank you to you all for your work this weekend at the <u>VAME</u> catering event. We made sandwiches, made scones, made toasties by the dozen, made coffee by hundreds of

cups, washed up numerous dishes and were endlessly polite to everyone.

Thank you to the people who stayed longer than they were rostered on for, arrived early and did extra time

and also helped take items to and from Bill's garage. It was a wonderful team effort and I am so grateful to you all for your assistance. You all made a fantastic team to

work with so thank you heaps.

Jane Penning-



RCNB Money Matters....

Thanks to just over 50% of Members for remitting Subscriptions already – appreciated. Really hoping to hear from other Members by the end of July, thanks.

Want to avoid counting coins for Depositing at Bendigo Bank? Their Branch at 411 Whitehorse Rd. Balwyn has a coin counting machine that issues a receipt for bulk coins deposited. You then take this receipt to the Cashier for allocation to our RCNB account, based on a Deposit slip. Very easy (as I used it this morning).

As always, I'm around for a chat anytime. Cheers Greg Cribbes Treasurer Mob 0413 270403



More good news for Coffee drinkers

Two large studies confirm higher coffee intake is linked to significantly lower risk for death across all populations.

As coffee is one of the most popular drinks in Australia and worldwide, the public health effect of coffee intake could be substantial, even if the effect on one individual is small.

A large cohort study conducted by the International Agency for Research on Cancer, Lyon, France, examined the association of coffee intake with all-cause and cause-specific mortality among 451,743 participants, of whom 321,081 were women and 130,662 men.

- The results suggest that higher levels of coffee drinking are associated with lower risk for death from various causes, specifically digestive and circulatory diseases.
- -In a multivariate model, men who drank three or more cups of coffee per day had a 12% lower all-cause mortality than non-coffee drinkers. Women had a 7% lower mortality.
- In terms of cause-specific mortality, men who drank three or more cups of coffee a day had a 59% lower risk for digestive disease mortality than men who drank no coffee whilst women had a 40% reduction in risk compared to women who drank no coffee.
- The researchers also found that women who drank coffee had a significantly lower risk for death from cerebrovascular disease, whilst for men the benefit was small.
- The researchers found the mortality benefit was the same for caffeinated and decaffeinated coffee.

Geoff





GARDENING PROJECT 17th July 2017

School holidays are over!! URGENT, we need a volunteer for Friday 28th July, please consider helping Estelle on that day....Also, Please volunteer where you can, there are plenty of opportunities, it is greatly appreciated

Give me a call anytime - Peter Elliott 0419 417334,

Date and Who with	Time	RCNB Supervisor	Assisted by
Fri 21/7 CGS/X	2.45 – 5.15pm	Garth Symington	Greg Cribbes, lan Adams
Fri 28/7 X	4.00 – 5.15pm		Estelle Kelly
Sat 29/7 MLC	10.00 – 12noon	Sam Hardikar	John Magor
Fri 4/8 CGS/X	2.45 – 5.15pm	Russell Turner	Tak Yukawa
Fri 11/8 CGS/X	2.45 – 5.15pm		
Sat 12/8 MLC	10.00am – 12noon	Rowan McClean	Tak Yukawa
Fri 18/8 CGS/X	2.45 – 5.15pm		
Sat 19/8 CGS	10.00am – 12noon		



Sunday, July 30 at 7 AM - 10 AM

Our bus that was donated by <u>Rotary Club of North Balwyn</u> is being put to good use tonight transporting hungry residents to Romana for our very special meal.

...and a reminder that "Team Servants 2017" is on Sunday Week the 30th July.

Join residents, staff, friends, family and local community as we walk/run as Team Servants 2017!

This is our annual fundraiser and funds will go toward opening a home for women who have

\$15,000 been traumatized by domestic violence.

Click "going" so we can keep you updated about our FREE training sessions in the lead up, as well as info about where we will be on the day.

READ MORE HERE

DONATE HERE

Club Diary

Friday, July 21: The Boroondara Cares Forum

Blackwood Room City of Boroondara Inglesby Road Camberwell (12:30 for 1:00 p.m.)

Saturday 12th August. Rotaract D9800 OurSpace

Rotaract Clubs of Swinburne, Gateway, Melbourne City and new provisional club Stonnington. Our Space welcomes everybody including friends, family, Rotarians and the wider community to enjoy a night of entertainment, celebration and delicious food.

Get Your Tickets Now

Dinner, entertainment, 2 raffle tickets and contribution to Rotaract 9800 activities - \$50

Sunday, August 27; Partners' Afternoon Tea

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

Members; if you have not passed on the invitation send out by E-mail last week 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 (msq. service) or mob. 0425 879279

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.

MEETING ROSTERS

Thursday 20th July

Speaker: DG Peter Frueh Host: President Rob

Topic: Priorities for 'Making a Difference' Greeters: Joe Butler, Yvonne Lyneham

Setup: Findley Cornell, Geoff Haddy

Desk: Peter Downton, Steven Greatorex

Thursday 27th July

Speaker: Kim Groizard Host: Beatrice Ko

Topic: Solar Smiles: Volunteer Dentistry Greeters: Chris Flavelle-Smith, Tony Hart

Setup: Phil Francis, Jeanette Leigh Desk: Adam Hillary, Rowan McClean

Thursday 3rd August

Speaker: CLUB FORUM

Host: President Rob Head

Topic: Submit issues for discussion prior to the

meeting please.

Greeters: Jim Studebaker, Eileen Toohill Setup: Belinda Wandabwa, Maurie Walters

Desk: Phil Wade, Greg Cribbes

Thursday 10th August

Speaker: Estelle Kelly and Bill Oakley

Host: Estelle Kelly

Topic: Mongolian Trip Reunion Greeters: Greg Matthews, Tony Hart Setup: Peter Wilson, Tony Wells

Desk: Bernie Smith, Findley Cornell

This week's Speaker: DG Peter Frueh

Peter Frueh became a Rotarian in 2006 and was President of the Rotary Club of Balwyn in 2011-12. Peter's passion in Rotary is enhancing and being part of high performance teams. This reflects his vocational experience and its application to enhancing Rotarian, Club and District performance in the positive, collegial, volunteer environment that Rotary provides. Peter was born in Melbourne, has a Bachelor of Electrical Engineering and Master of Engineering Science from the University of Melbourne. He joined the PMG (later Telecom and then Telstra) on a cadetship and held a wide range of roles over 30 years with Telstra.

Read more HERE

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

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

This week's meeting

Membership 80, Members Present = 51 or 63.8% Members on LOA = 9

Partners: Sally Sharp. Guest Speaker: Peter McCall and associate Cheryl Lacey (Both RC Mel-

bourne)

Guests: Dileep Krishna Pillai (Beatrice KO), Nora Dingle (mother of Yvonne Lyneham).

Cheers, Hugo

Celebrations

Birthdays: Peter Cleary, Tony Ho, Jack Liao,

Neil Marshall, Penny Evans, Elaine Magor

Inductions: nil

Weddings: Takao and Sanae Yukawa



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.

North Balwyn Probus: Bruno Coniglio.

http://balwynnorthprobus.org.au

North Balwyn Heights Probus:

Sue Mullarvey

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

APOLOGIES FOR CLUB MEETINGS

- 1. Sign the "apology sheet" at the front desk at the prior meeting if you know in advance.
- Click <u>HERE</u> 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 with your personal message.
- 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.

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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FIREWOOD NOW AVAILABLE

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.



Nelloworld



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