



"The HeadLines"

Our Christmas Meeting

Over 80 members, partners, friends and visitors enjoyed the meeting that had a mix of Rotary business, music and fellowship, supported by a brief inspirational address from 'Donald Trump'.

We were pleased to present Reg Parsons with a Paul Harris Fellow recognition for his work over many years with our Club's Catering and Community activities. We also recognised the award of a PHF + 2 to Bill Oakley for his contributions to the Foundation.

Our Carol singing, masterfully coordinated by Master of Ceremony Maurie Walters, was lead by guitarist Nick McKenzie who accompanied us through our favourites including a polished rendition of the 12 Days of Christmas.

The children's gifts brought by members will this year go to families associated with FareShare.

The raffle for the beautiful Christmas Cake baked and donated by Areta Hurnard was won by Sam Hardikar. Proceeds of the raffle went to the Rotary Ladies Christmas Fare bringing the total to \$3,215. Bernie Pigdon from [The Asylum-Seeker Support Centre in Ashburton](#) will be presented with the cheque for this amount at our January 18th meeting and provide those who are not familiar with their work a summary of their activities.

What's Next for the Club?

Breakfast meeting this Thursday 7.30am at Macleay Park and later the Men's Shed has a BBQ at 12.30pm.

The Mongolia Exchange visitors arrive on Wednesday the 10th of January

The Fellowship breakfast at Warran Glen Café and Nursery is on Sunday the 14th of January

The first Club Meeting for 2018 is Thursday the 18th of January.

Please Note: If you know you will be away on holidays this day, then please send an apology or include it on the apologies board at the club breakfast on 21st December. If there are too many "No Shows" The Club will be charged for meals ordered and not consumed.

Do it NOW whilst you remember!

Best Wishes to Alisha Ayres of KGC.

The Kew Golf Club's Functions Manager, Alisha Ayres will soon be taking maternity leave.

We wish all the best to Alisha and her family, and thank her for her support of our activities at Kew Golf Club.

The Quote

(Somerset Maugham)

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

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 10](#)



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



Highlights from our Christmas Meeting



U.S. President Donald Trump was an unexpected guest.

Donald gave us some words of wisdom about how to take over the Rotary Clubs of Kew and Camberwell and reign supreme.



We enjoyed a fantastic program including great entertainment, food and merriment.

President Trump shocked and amazed us in his usual fashion and had no hesitation in taking a payment in Roubles!

The great [Nick Anderson](#) lead and accompanied us through the singing of our favourite Christmas Carols and we relented to the demands of Bronwen Dimond that she would not be part a Christmas Meeting that did not sing the Twelve Days of Christmas, and so we did.

More Highlights from our Christmas Meeting



Reg Parsons was awarded a Paul Harris Fellow Award in recognition of his long history of support of our catering activities.

Bill Oakley is one of the driving forces of our highly successful Catering Committee and also a regular donor to Rotary Foundation, and in recognition of Bill's contribution to Foundation he also received a Paul Harris Fellow recognition award.

The [Paul Harris Fellow recognition](#) acknowledges individuals who contribute, or who have contributions made in their name, of US\$1,000 to The Rotary Foundation of Rotary International.



Thank you Bronwen for the decorations; and we really did love acting out the 12 Days of Christmas. Thank you Areta for another beautiful Christmas Cake, we are grateful of your expertise and efforts, and we are all in envy of Sam.



Highlights from The Weekend

There were three events were supported by our Club on the weekend;

The Variety Kids Christmas Party; Carols in the Park and Carols at Carrical.

Our Christmas Raffle was drawn at Carols in The Park and the winners announced by President Rob. Rob says "I am very pleased to advise that this year's Christmas Raffle raised approximately \$15,000; a great outcome! This result was due to outstanding and relentless work of many,

- The Raffle sub-committee of Colin Sharp, Geoff Kneale, Neil Marshall and John Rennie
- Club members who sold tickets and bought tickets.
- Our local community who bought the tickets
- The sponsors; HipKids, Bunnings and participating Bakers Delight Stores.

Thank you one and all!

The Raffle is not only a major source of funds for our Service programs, but it also raises our profile in the community and allows us to get to know our colleagues better when selling tickets together".

Carols at Carrical



Sing Australia sang beautiful Carols into the setting sun on a perfect night for a BBQ.

We provided the muscle for the sausage sizzle which was enjoyed by the residents of Servants Carrical House, Sing Australia and the local community attendees.

Many of our volunteers were still weary from the Variety Kids Christmas Party, but not too weary to sing and dance when their favourite twelve days of Christmas was sung.



Left: Our girls "In the Groove" singing to the Carols at Carrical.

Right: Richo on the job again at the Variety Kids Christmas Party.



Strange dancing at our Christmas Meeting



Mongolian Short Term Exchange

Return Visit to Melbourne

For the information of Members. Please note the following and feel free to contact Estelle if you would like to volunteer on any day

January 10th

Twelve students and two chaperones arrive in Melbourne, followed by a welcome by their host families in Macleay Park.

Five out of eight of the July participant student's families are hosting Mongolian students on this return visit. Three Rotary Members and Gavan Schwartz's sister are also hosting.

A sixteen day program of activities will take place. One Rotarian has volunteered to coordinate each day and they have been assisted by others to double check the detail and fine tune the program.

Thank you Kristine McDonell for assisting with this.

However: PLEASE NOTE: We need one more host for a fellow lady Rotarian from the R.C. Ulaanbaatar Please contact Estelle if you can help.

January 14th

After enjoying breakfast at Warran Glen Café and Nursery, Rotary Club of North Balwyn Members are invited to attend a Community Event at Clifford Park with the Mongolian visitors, and their Host Families. [Clifford Park Activity Centre, Wonga Park](#) 5-7 Clifford Dr., Wonga Park VIC 3115.

The day will conclude with a BBQ Dinner and D.G. Peter Frueh will be there along with A.G. Jonathan Shepherd.

Regards

Estelle Kelly ekelly2@optusnet.com.au 0424 587 107

Call me if you can help or need any more detail about this program.



New Year Welcome back Brunch

with incoming Mongolian group.

WHEN: Sunday Jan 14, 2018 at 9.15am

WHERE: [Warren Glen Nursery Café](#),

Warrandyte-Ringwood Road.

COST: \$25

Russell Cooper 0417 392109



Getting Excited yet?

Bring on 2018: F1 [Rolex Australian Grand Prix](#)



MEETING ROSTERS

Thursday 21st December Breakfast Meeting Greeter: Rob Head Desk: Brian Lacy, John Magor Cooks: Nino and Greg Matthews	Topic: Fellowship Breakfast at Macleay Park in the North Balwyn Cricket Club Pavilion. 7.30am Only \$22! This is a Club Meeting, therefore please tell Hugo if you are not attending.
Thursday 28th December No Meeting	Christmas Break
Thursday January 18, 2018 First Club meeting of 2018 Speaker: To be advised Desk: Bronwen Dimond, Steven Greatorex. Greeters: Sam Hardikar, Yvonne Lyneham Set Up: Paul Fitz, Larry Fitzpatrick	Program to be advised.
Thursday January 25th No Meeting	No Meeting

Attendance:

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

Meeting Attendance

Club Membership 78, Apologies 27, LOA - 4 . Member Attendance 47 = 60.3%

Guest Musician Nick Anderson; Visiting Rotarian, RC Yea PE Ken Maxfield;

Friends & Alumni - Terry & Maree Keyhoe, Reg Parsons (PHF awardee);

Guests – Fatima Baraka (Jeanette Leigh), Sofra Grand-daughters Enelsa & Imogen.

External Activities (Make-Ups)

Men's Shed 11 & 14 Dec. Bernie Smith, David Cheney, Peter Elliott, Greg Matthews.

Catering - 9 Dec. Sue McDonald, Bill Oakley, Rob Stewart plus ??

DIK - Imre Lele & Pete Sutherland.

Ted Wilkins & Greg Ross at Carols in the Park rehearsal.

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.

Please make apologies no later than Tuesday evenings.

Cheers, Hugo.

GALA CHARITY GOLF DAY**23rd Feb 2018**

(Please let Greg Matthews know of any sponsorship contacts you may have).

The Rotary Club of North Balwyn is to hold its annual Gala Charity Golf Day at the Kew Golf Club on

Friday 23rd February.

Funds from this event will go towards helping Youth Mental Health through Australian Rotary Health.

Kew Golf Club: 120 Belford Road, East Kew, is a spectacular parkland setting beside the Yarra River.

The course is only 15 minutes from the Melbourne CBD and just off the Eastern Freeway.

Ambrose Competition: Shotgun Start Gourmet Barbecue Lunch.

Prizes: Overall winners and ...

Longest and Straightest drives.

Entry Fee: \$100.00

100% of income from this event will go towards helping Youth Mental Health, which has been identified as an area of concern of the local community. Money will be directed to Australian Rotary Health .

The Rotary Club of North Balwyn is seeking support from Rotarians throughout D9800 for this major Community Service Project.

You will be helping the Community whilst enjoying a round of golf on one of Melbourne's Exclusive Golf Courses and enjoy great fellowship and food at Kew Golf Club.

Australian Rotary Health (ARH)**Adopt a Scientist**

One of the many programs run by ARH is "Adopt a Scientist"



'Adopt a Scientist' is a campaign initiative of Lift The Lid

LIFT THE LID
on mental illness

Lift The Lid/ARH aims to raise \$20 million in Australia over the next three years to fund mental health research, increasing ARH funding of research grants fivefold.

'Adopt A Scientist' will be the ongoing public facing campaign until at least 2020.

The campaign will launch in October 2017 (Mental Health Month)

Additional longer term aims

- Continue to promote salience of the urgency and importance of research.
- Lobby for Federal Government support eg by matching public contributions dollar for dollar.

What does 'Adopting a Scientist' mean?

People will have the opportunity to become a 'friend' of the mental health research ARH funds that are donated through Universities, other institutions and among independent researchers.

Supporters can make a one-off adoption contribution or can choose to support research on a monthly basis.

Adopting a Scientist is more than a 'donation'. It is playing an active part in important scientific research that makes a contribution to advancing our understanding of how the world works and how our minds work within it.

Support for 'Adopt a Scientist' will also contribute to promoting careers in Science for young women, shining a light on female role models in mental health research.

All contributions are tax deductible. For your convenience we will send you one receipt at the end of the financial year, for the total amount of your tax deductible contributions.

100% of every dollar pledged goes directly to funding research grants.

ARH is in regular contact with researchers at the Universities and other centres and gets updates from them regularly.

Read more [HERE](#)

Geoff's Health Tip**Mushrooms have more to offer than you think!**

Pasta with mushrooms is a famous, and delicious addition in Italian cuisine. In particular, the porcini mushroom with its strong nutty flavor, is an incredibly popular gourmet mushroom. Like so many other good edible mushrooms, porcini are mycorrhizal. This means that the underground vegetative growth of the mushroom, called the mycelia, enters into a symbiotic relationship with the roots of plants and because of this complex relationship that occurs in nature, porcini aren't easily cultivated.

The mycelium that grows beneath ground level have a detoxifying effect that destroys toxic wastes and improves the quality of plants in your garden.

Mushrooms belong to the fungi kingdom and represent a distinct type of organism, separate from animals, plants and bacteria.

Mushrooms are prebiotic, boosting our beneficial bacteria such as *Acidophilus* and *Bifidobacterium*, improving digestion and overall health.

Recent independent research shows that certain varieties of mushroom are also our best dietary source of antioxidants, such as sulphur-rich ergothioneine and glutathione. Another variety contains selenium, also an antioxidant.

A diet rich in antioxidants helps our bodies withstand normal oxidative stress that damages healthy cells. In addition, mushrooms exposed to UV light are a significant source of vitamin D.

All types of edible mushrooms contain varying degrees of protein and fibre, and a complex of vitamins.

Farmers markets usually have an array of different varieties, each with their specific nutritional properties. You will find the growers are eager to explain how mushrooms can benefit your health.

Geoff

**Birthdays and Anniversaries between Dec 18th and Jan 21st****Our Holiday Babies**

Weddings : Jack and Joanne Liao; Tony and Jo Wells ; Jane and Matthew Pauli; David and Nina de Garis; Ian and Joan Richardson; Sam and Winita Hardikar; Russell and Joan Cooper.

Birthdays: Phil Wade; Kristine McDonell; Findley Cornell; Peter Sutherland; Jan Cheney; Judy Steinicke; Ann Koa; Jeanette Leigh; Gavan Schwartz; Sally Sutherland; John Gartlan; Adrian Ranson.

Induction Anniversaries: Surprisingly few !



Club Diary

Read about Rotary in your area in The Progress Leader

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

Thursday December 21.

Club Christmas Breakfast at Macleay Park.

Saturday December 23rd

Set up of the Uniting Church Hall Kew 1PM

Wednesday 10th—Thursday 25th January

Mongolian Exchange

Sunday January 14th

Brunch at [Warran Glen Nursery Café](#)

(Meet the Mongolian students(12) and their chaperones(2)).

Thursday January 18, 2018

First Club meeting of 2018

Friday 23rd February 2018

Gala Charity Golf Day

16-18 March 2018.

District Conference

Warrnambool.

Registrations [Now Open](#)

21 -25 March 2018.

[2018 Formula 1® Australian Grand Prix.](#)

Friday 5th to Sunday 7th October

2018

Camp Getaway Working Bee 2018

**THE POWER TO MAKE
A DIFFERENCE**
2018 DISTRICT 9800 CONFERENCE
16-18 March / Warrnambool / Victoria
Rotary   **ROTARY
MAKING A
DIFFERENCE**



TACKLING POVERTY

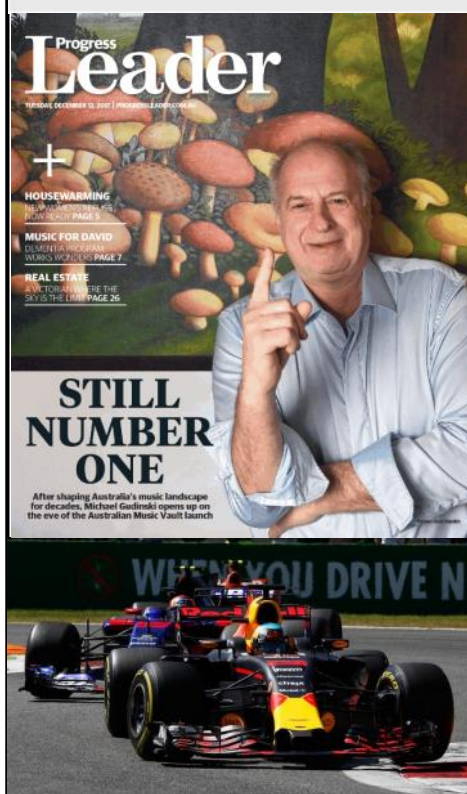
Rotary supports projects in local communities, but balances that with offshore projects.

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: 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 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.



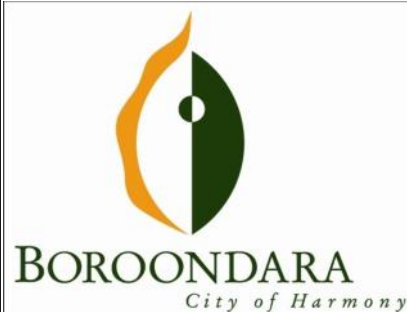
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TRAVEL
THE TRAVEL PROFESSIONALS
BALWYN NORTH



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.



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