



"The Headlines"

Our Vocational Meeting at Monash Medical Centre

Last Thursday, twenty-five members, partners and friends enjoyed the afternoon as guests of Monash Medical Centre.

We were hosted by Prof Don Campbell and Deputy Directors of Operations Sue Liersch and Deb Positti.

Summary on page 2.



Our Busy Wrap-Up

- Tree planting session at Boroondara Park Primary School on Saturday 23 June in support of the request from RI President Ian Riseley for Clubs to plant trees.
- Our annual Reclink BBQ on Sunday 24 June
- Our Club Change Over luncheon at the Veneto Club on Sunday 1 July, 12pm for 12.30pm.

An Accolade for Rotary

Rotary's commitment to eradicating polio worldwide won Best Nonprofit Act in the Hero Awards of the One Billion Acts of Peace campaign, an international global citizens' movement to tackle the world's most important issues.

The campaign is an initiative of PeaceJam Foundation and is led by 14 Nobel Peace Prize Laureates, including the Dalai Lama, Desmond Tutu, and Rigoberta Menchú Tum, with the ambitious goal of inspiring a billion acts of Peace by 2020.

The Quotes

"The difference between what we do and what we are capable of doing would suffice to solve most of the world's problems"

Mahatma Gandhi

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 16](#)



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



Vocational Visit to the Clayton Monash Medical Centre

This tour showed us what goes on behind the scenes to enable a large hospital to deliver its medical services.

We first visited a newly-refurbished ward and learned how the staff deal with difficult families, difficult medical situations and manage the complexities of the range of health issues that now present at a hospital.

We then visited the kitchen area from which they serve meals to around 650 patients each day, the busy loading dock from where they also schedule all support staff, the laundry and the radiology centre (learning about the options now available for treatment using a catheter).

Very impressive presentations from all the hospital staff at each of these areas, enthusiastic and professional, when they have busy schedules to meet.

Our visit ended with a very pleasant afternoon tea.

From the recent Boroondara Library BBQ

From Boroondara Manager Kate Brewster to Bill Oakley :-

“The day was fabulous and made all the better by your BBQ and friendly banter. Plus, it was the most delicious hamburger I have ever eaten!

I hope to work with your club again soon.”

The Rotary Club of Camberwell is conducting the 53rd Camberwell Art Show in July.

This is Australia’s largest and most prestigious community based Art event where 1350 paintings from the country’s top and emerging artists are exhibited.

The Gala Opening on Friday evening 6 July is a fun night and recognised as a not-to-be missed fixture on the art calendar. Here, patrons get the first pick of the art accompanied by canapés and good wine.

The program includes the awarding of \$37,500 in prizes including \$20,000 best in show.

Tickets cost \$55 each and are easy to purchase on line from camberwellartshow.org.au .

Rob Head

1350 Paintings
from Australia’s top artists

camberwellartshow.org.au



2018 Camberwell Art Show

Gala Opening Fri 6th July
Open Sat 7th to Sun 15th July



427 Burwood Rd Hawthorn

Club Diary

Club Change Over Luncheon Sunday 1 July at 12.00 pm

Weekend of 17-19 August 2018 MUNA 2018

See <http://www.rotaryclubofcamberrasunrise.org.au/>

September 2018 Fence repairs in Cobden. Date to be confirmed

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/>

MEETING ROSTERS

Thursday 21 June

Greeters: Maurie Walters, Tony Wells
Set Up: Ted Wilkins, Tak Yukawa
Desk: Ian Richardson, Jim Romanis

Speaker: Julie Nihill**Host:** Bronwen Dimond

Topic: My Life in the Arts: from Larrikinism to KFC
 An experienced actress, Julie has been in Blue Heelers and A Country Practice and is currently in Picnic at Hanging Rock and the Blake Mysteries.

Julie Nihill, with 30 years award winning experience in many Australian feature films, mini-series, television dramas and theatre is widely known for her role in the multi-award winning Blue Heelers, as the publican Chris Riley. Her training with Trinity College, London, laid a strong foundation for the portrayal of many distinctly Australian characters and it was probably her portrayal as Jessie Bradman in the iconic Bodyline that established her in the Australian film industry. Most recently, she has appeared in The Leftovers, Picnic at Hanging Rock and is currently working on the Blake Mysteries for the Seven Network.



There is NO Meeting on 28 June at Kew Golf Club.

This Meeting has been transferred to Sunday 1 July at the Veneto Club for Changeover.

Please note; please RSVP for the changeover lunch at the latest by the **21 June**.

Payments must be made by this date as they can't be taken on the day of the Changeover.

So, please make payments by bank transfer at anytime or by EFT, Cash or cheque at the meeting on the 21 of June.

Thursday 5 July

Greeters: Jim Studebaker, Peter Sutherland
Set Up: Peter Elliott, Tony Wells
Desk: Peter Downton, Marcel Muntwyler

Speaker: Steve McBurney**Host:** Brian Lacy

Topic: Once an Umpire, Always an Umpire
 During his acclaimed AFL career, Steve McBurney umpired more than 400 games. Now 51, Steve is a very different kind of umpire as the Australian Government Building and Construction Commissioner.

Thursday 12 July

Greeters: Beatrice Ko, Neil Marshall
Set Up: David Cheney, David De Garis
Desk: Sam Hardikar, Garth Symington

Speaker: John Daley**Host:** David de Garis

Topic: The Rise of Protest Politics: Is Sensible Policy Still Possible?

John Daley is CEO of the Grattan Institute which is a very well-regarded Think Tank on current affairs and issues.

Meeting No.47**Thursday, 14th June 2018****Present:**

Vocational Visit to Monash Medical

NB Members 18

Partners 4 Alison Adams, Carmel Bott, Sally Sharp & Carol Studebaker.

Guests 1 Amelinda Wade (daughter of Phil)

Absences for Rosters:

Geoff Haddy, Tony Ho, Terry Keyhoe, Dileep Krishna Pillai,
 Yvonne Lyneham, David Rowe & Don Taylor

External Activities Not recorded on this Vocational Visit to Monash Medical.

Birthdays and Anniversaries between June 18 and June 25**Weddings:**

Birthdays: Ted Wilkins

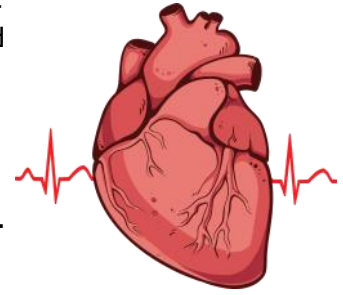
Induction Anniversaries: John Magor, John Koa, Brian Lacy, Ian Richardson

Geoff's Health Tip**Magnesium – you cannot live without it!**

In the heart there are four essential minerals (sodium, potassium, calcium and magnesium). **Sodium** and **potassium** provide an electrolytic balance, **calcium** is required for cardiac muscle contraction and **magnesium** is known to lower blood pressure and dilate the arteries. **Magnesium** also regulates the amount of **calcium** in the heart.

Whilst most of us are aware of the warnings concerning excess **sodium** (high blood pressure) and deficient **calcium** (weak bones) there is less information about **potassium** and magnesium. Today your Health Tip is about the role of magnesium.

- Magnesium is needed for energy production, cellular health, nerve/muscle/joint health, hormone regulation, and more. The heart is a muscle, which is why magnesium is so crucial for it to function. It is also important for the magnesium to be in balance with the other minerals, which are very important for heart health as well as blood pressure regulation.
- *Andrea Rosanoff*, PhD, Director of Research & Science Information Outreach, University of Hawaii said, **“Low magnesium levels have been found to be the best predictor of heart disease, contrary to the traditional belief that cholesterol or saturated fat play the biggest roles”**.
- "Additionally, after decades of rising dietary calcium intake not balanced with rising dietary magnesium intake, dietary calcium-to-magnesium ratios are on the rise, and studies are showing **that calcium supplements not balanced with magnesium increase the risk of heart disease.**"

**Are leg cramps an indication of magnesium deficiency?**

Leg Cramps are a common problem that affect the feet, calves and thigh muscles. They involve sudden, painful involuntary contractions of a leg muscle. They often occur while a person is sleeping or resting. They can be gone in a few seconds, but the average duration is **9 minutes**. They can leave tenderness in the muscle for up to 24 hours. In most cases the reason for leg cramps is never found, and they are considered harmless, but most of us (including myself) have found that taking a daily 1,000mg magnesium tablet considerably reduces their occurrence. It is open to conjecture whether the occurrence of cramps signals a magnesium deficiency.

Are you getting enough magnesium?

Good natural sources of magnesium include pumpkin seeds, nuts and green leafed vegetables, or take the alternative and top up with a magnesium supplement.

Geoff

**The Flem-Ken Festival of Arts and Ideas is coming!**

The Flem-Ken Festival of Arts and Ideas is an inaugural Festival that will promote the grassroots creativity of our artistically vibrant community. The Festival will showcase and celebrate the creative culture and strengths of the Flemington and Kensington area.

We are looking for a strong image or design that reflects promotes and celebrates the Festival's aims. The winning design will capture the vibrancy, spirit and atmosphere of this community driven Festival with the image to be incorporated in all promotional materials in the lead up to and during the 2018 event.

The competition is open to any interpretation and any style of design.

Entries: Open - June 8th 2018 - Close - July 9th 2018

FREE to ENTER

Cash Prizes Awarded: \$1,500 on offer

The winner will be chosen by popular vote and will receive \$1,000 in prize money.

Entry forms and full design brief are available from http://rotaryflemington.org.au/01Arts_Festival.html and Rotary Op Shop 444 Racecourse Road, Flemington.

Entries are subject to Terms and Conditions as stated on the Entry Form.

For further information email: flemkenfestival@rotaryflemington.org.au



The Flem-Ken Festival Poster Prize is proudly sponsored by the Rotary Club of Flemington



Rotary

Inviting you and your Partner to



BE THE INSPIRATION

The Rotary Club Of North Balwyn CHANGEOVER LUNCHEON

on SUNDAY, 1ST JULY 2018



Sala Venezia Room, Veneto Club, 191 Bulleen Rd, Bulleen, 12 Noon for 12:30pm



Cost \$60 pp (In Advance)

Two course meal, on arrival a glass of Prosecco, mineral water or a beer from the bar
and 2 bottles of wine on the table or beer from the bar

Entertainment: Italian folk singer (Elvira), Reflections (John Gartland)

Dress: Jackets for men

Members & guests: Bookings and payments at meetings, 7, 14 & 21 June.

Payments by EFT to BSB 633 000 A/C 146470653 (including Name) or cheque.

RSVP: By 21st June 2018 to hugogoetze@netspace.net.au

<p>ROTARY CLUB OF NORTH BALWYN 2017/18</p> <p>President: Rob Head president@rotarynorthbalwyn.com.au</p> <p>Vice President: Findley Cornell vicepresident@rotarynorthbalwyn.com.au</p> <p>Secretary: Gavan Schwartz secretary@rotarynorthbalwyn.com.au</p> <p>Treasurer: Greg Cribbes treasurer@rotarynorthbalwyn.com.au</p> <p>Grapevine: John McBride jdmcb48@bigpond.net.au</p> <p>Noon Sat Weekly Deadline for submissions please.</p>	<p>APOLOGIES FOR CLUB MEETINGS</p> <ol style="list-style-type: none"> 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. <p>Please apologise no later than 5pm on Tuesday.</p>
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<p>North Balwyn Probus: Michael Martin http://balwynnorthprobus.org.au</p> <p>North Balwyn Heights Probus: Sue Mullarvey yarramul@tpg.com.au 9857 4305, 0400 821 402</p>	<p>Greythorn Probus: Meetings 10am 2nd Tuesday Monthly. St Aidan's Church Hall, Duggan St, Balwyn Nth.9859 4941.</p> <p>Boroondara Ladies Probus: Janet Eddy jveddey@applewood.net.au</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>helloworld TRAVEL THE TRAVEL PROFESSIONALS BALWYN NORTH</p>  <p>Thank you Helloworld North Balwyn for your ongoing support of our Event Days and assistance with our Mongolia travel arrangements.</p>	<p>Bendigo Bank 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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