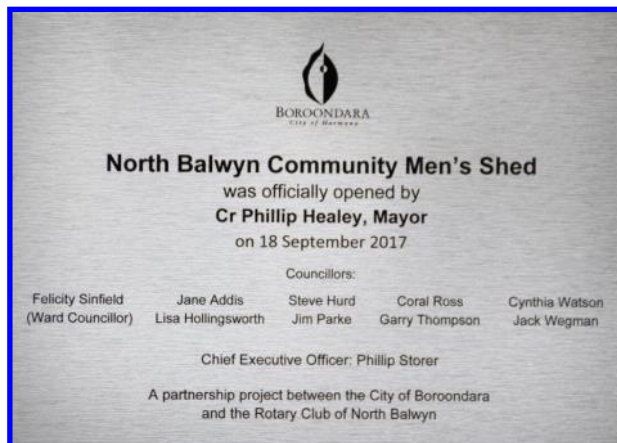




#### "The HeadLines"



**The Men's Shed**  
A great opening ceremony today on Monday September 28th; more later in this bulletin .



#### 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**

#### R U OK ?



**1. Ask**



**2. Listen**



**3. Encourage action**



**4. Check in**

'RUOK? Day' was last Thursday, 14/9/17; this is a national day dedicated to reminding everyone that we've all got what

it takes to ask others "are you ok?" and to support those struggling with life. Taking part can be as simple as learning [R U OK?'s four steps](#) so you can have a conversation with family, friend or fellow Rotarian that could change their life.

#### Days for Girls Sewing Group

A successful packing day was held last Saturday. Thanks to Larry Fitzpatrick and our new PHFs Brian and Bev Thomas for helping with technical matters on the day.

#### The Quote

Ronald Reagan

"The government is like a baby's alimentary canal, with a happy appetite at one end and no sense of responsibility at the other."



**Rob Head**



Club Website: [HERE](#)

See us on Facebook:

[Click HERE](#)

Read The Networker: [Aug 2017](#) Issue 3



September ROTARY DOWN UNDER

Click [HERE](#)

**Rotary**  
District 9800

Click for  
[All District Events](#)

**Rotary**

**Weekly** Click [HERE](#)



**Guest Speaker: Dr. Ingrid Hopper****Australian Study for the Prevention through Immunisation of Cardiovascular Events**

Our speaker was Dr. Ingrid Hopper who is a specialist physician at the Alfred Hospital and a clinical pharmacologist. Ingrid is Head, Drug and Devices Registries.

Ingrid explained to us about human implant devices and how registration was important with respect to safety, and gave examples of six devices and went into some detail of problems with some breast implants and how reporting of these to a registry and communication of this information to five other registries around the world improved patient safety.

In the field of clinical pharmacology clinical trials play an important part. There are six types of trials where a phase zero trial is the original work in animals and phase five is post marketing surveillance, again a place for registries.

Ingrid briefly discussed the various phases of clinical trials and then went on to discuss the AUSPICE trial in more detail.

Chance observations in animal studies showed that mice given the pneumococcal polysaccharide vaccine for an entirely different purpose had a lower prevalence of atherosclerosis and had lower levels of lipids. They subsequently showed lower levels of plaque formation and this was due to the antibodies formed by the vaccination blocking the uptake of oxidized LDL by white blood cells.

In humans, a meta-analysis of publications between 2002 – 2014 showed a 17% reduction of cardiovascular disease in persons who had received the pneumococcal vaccine compared with those who hadn't. This convinced the [NH&MRC](#) to run [a trial](#), the AUSPICE trial, and Ingrid is one of the principal investigators.

To enter the trial participants must be between ages 55-60, must NOT have had a heart attack, must have high cholesterol and or high blood pressure and NOT had the vaccine.

The Study is seeking 6,000 volunteers and so far have about 4000.

Rotarians, family, friends and others who satisfy the above criteria are encouraged to apply to join the trial.

*Host Findley Cornell*



**WE NEED YOU**

**Thank you**

Are you aged 55 – 60?  
Do you suffer from two of the following conditions?

- High cholesterol
- High blood pressure
- Excess bodyweight

1800 199 108  
med.auspice@monash.edu

You could participate in a national study to test whether a one-off vaccine can reduce the risk of heart attack and stroke.

**We need 6000 Australians to help us change the health of a nation and test whether a safe, existing vaccine can reduce the risk of heart disease.**

Call 1800 199 108 email med.auspice@monash.edu or visit <http://AUSPICE.apps.hmri.com.au> to find out more

**Sick of Ironing?**

Our Solomons Project requires 6 ironing boards.

Give yours away today and get liberated!

(Please wash the cover and make it look nice. Contact Peter Sutherland to arrange pick-up and transport to DIK)



## MEETING ROSTERS

**Thursday 21st September:****Speaker:** Koichi Hara**Host:** Peter Cleary**Greeters:** David Cheney, Adrian Ranson**Setup:** Anthony Stokes, Marcel Muntwyler**Desk:** Bronwen Dimond, David de Garis**Topic: 30 years On.**

Our former inbound Exchange Student Koichi (with wife Myoki), looks back to his year in Melbourne.

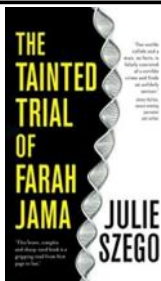
**Wednesday 27th September: PARTNER'S NIGHT****AFL GRAND FINAL CELEBRATION NIGHT****Speaker:** Stuart Wenn**Host:** Ted Wilkins**Greeters:** John Gartlan, Beatrice Ko**Setup:** Nino Sofra, Bernie Smith**Desk:** George Swanson, Sam Hardikar**Topic : Ground Control**

Stuart is a recently retired AFL umpire who officiated in 332 senior games between 1995 and 2014. Stuart Wenn tied for the [Bishop Shield](#) as the best field umpire for 2014.

**Thursday 5th October:****Speakers:** Beatrice Ko And Nino Sofra**Host:** Takao Yukawa**Greeters:** Peter Sutherland, David de Garis**Setup:** Takao Yukawa, John Rennie**Desk:** Jim Studebaker, Jane Pennington**Member Autobiographies:**

We love these occasions when we can share our

Member's past achievements and experiences.

**Thursday 12th October:****Speakers:** Julie Szego**Host:** Jeanette Leigh**Greeters:** Brian Hurnard, Larry Fitzpatrick**Setup:** Tony Ho, Greg Ross**Desk:** David Cheney, Geoff Haddy**Topic:****[The Case of Farah Jama](#)**

Hear Julie's (an Age Journalist) gripping account of a recent miscarriage of justice in Melbourne when a young Somali refugee was wrongly charged with rape.

**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 26, late apologies 2, Member Attendance 52 = 66.7%. Total present = 55  
Guest – Joyce Wong; Susan Barbour.

**External Activities :**

**Gardening Project** - Greg Cribbes (2), Garth Symington & Geoff Steinicke.

**Rotary Show Case** - Estelle Kelly, Imre Lele, Rowan McClean, Bill Oakley and Nino Sofra.

**Audiology Project** - Rowan McClean.

Bill Oakley - RC Melbourne Central (RAMS). Greg Ross - RC Sandringham (Lift the Lid)

Peter Sutherland—Computers for Community

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

**Celebrations**

**Birthdays:-** Margaret Wilkins, Takao Yukawa,  
Jane Pauli, Carol Symington.

**Inductions:-** Nil

**Weddings:-** Peter and Trish Wilson, Paul and Sue Fitz.



## Our Community Men's Shed; Opening Ceremony. Monday 18th September 2017



Approximately eighty people attended our Men's Shed opening with formal speeches from MHR Josh Frydenberg, Mayor of Boroondara, Phillip Healey, Men's Shed Chair Tony Hart and President Rob. A plaque was unveiled to finalised the formalities after which the gathered retired to an informal morning tea catered by our bbq crew and scones-and-muffin crew.



Special thanks go to the Men's Shed Board of Tony Hart, David Cheney, Bernie Smith, Greg Matthews, Garth Symington, Peter Elliott and Ian Mollison; and to Jeanette Leigh for her work on the Men's Shed website and past member Geoff Griffiths for his help.



Thanks also to all Rotarians who contributed to the fund-raising and the preparation of the facility ; and to Boroondara Council, Canterbury Girls HS, Boroondara Park PS, Bunnings and North Balwyn Bowling Club, and to all who have donated tools to the Shed.

North Balwyn Rotary see the Shed as enabling all sorts of community programs and support, and attracting members from a range of profiles and interests.

Our Club will continue to be involved with and support The Shed (Aka North Balwyn Community Men's Shed Incorporated), as it moves forward as a Community Resource.

*President, Rob Head*







### Partner's Night

Our 'Grand Final' Club Meeting at the Kew Golf Club will be held on **Wednesday September 27th, not Thursday 28th**.

"Cut off" for apologies is moved 24 hours forward to Monday evening.

Get excited and dress in your Favourite Club Colours!

In Need of a Night Out? Here is a great show presented by [Interplast Australia & New Zealand](http://www.interplast.org.au).

### Changing Futures

Featuring Australian icons **Daryl Braithwaite, Russell Morris, Richard Stubbs** and **Chris Wilson**.

Join us for a fantastic evening of Australian music and lots of laughs at this one-night-only event at Melbourne's historic Athenaeum Theatre and support medical charity Interplast.

Hosted by radio host and comedian Richard Stubbs, the evening's entertainment includes some of the most-loved names in the Australian music scene: [Chris Wilson](#), [Daryl Braithwaite](#) and [Russell Morris](#) and their bands. This is [The Real Thing](#)

Find out more at: [www.interplast.org.au](http://www.interplast.org.au)

**All proceeds go to Interplast**

**Athenaeum Theatre**

Doors Open 7.15pm for 7.30pm

Book your tickets now on the Ticketek website. Group bookings of 10 or more will be charged at the concession price. To make a group booking call the Athenaeum on (03) 9650 1500.



TICKETS From \$69 Changing Futures

**Athenaeum Theatre**

188 Collins Street, Melbourne VIC 3000

<http://premier.ticketek.com.au/shows/show.aspx?sh=INTERPLA17#>

### [Bikes for Kids Volunteer Application - Variety](#)

Join us on 11 October 2017 as we aim to build 200 bikes and present them to children in need! [variety.org.au](http://variety.org.au).



Our incredible supporters came together in June to fund an incredible 200 bikes for kids in need. Now we are looking for some wonderful volunteers to join [Derryn Hinch](#) and the Variety crew to build and help present these special gifts to deserving children. Fill out our volunteer form to apply today!

[https://www.variety.org.au/vic/bfk-volunteer/?variety\\_state=vic](https://www.variety.org.au/vic/bfk-volunteer/?variety_state=vic)



**Drivers required** for [RYPEN](#) (Rotary Youth Program of Enrichment) camp to take our RYPEN Candidate Robert Wu to [DOXA Malsmsbury Camp](#) 1000 Vaughan Springs Road, Drummond North.

**Drop off by 5.30 pm Friday October 27th.**

The trip is about 120km on The Calder Freeway.

**Coming Home: Sunday 29th.**

Lunch at the camp is at 12.45 and candidates are free to leave after lunch and the presentation of certificates.

**Drivers need to be accompanied by another adult.**

Working With Children Check is required for all adults travelling with our candidate.

Make of car, colour and registration details also need to be registered with RYPEN.

Contact Estelle to volunteer. 0424 587 107 [ekelly2@optusnet.com.au](mailto:ekelly2@optusnet.com.au)





## Camp Getaway Working Bee Weekend

Friday 13th, Sat 14th & Sun 15th October

We would like to see more of you [there](#) than have currently volunteered.

To participate give Greg Matthews a ring 0419 597 780 and let him know your availability. A great time is assured!



## A Social Occasion at Taos Restaurant.



Friday, 27<sup>th</sup> October at 6.30 PM.

\$56 per person includes alcohol – wine.

\$50 for non-drinkers.

A board will be circulated to indicate your attendance at coming meetings.



With your host Jack Liao

## A note from Doug Hawley (President RC Canterbury) to Members

I thought that your members may be interested in an initial outcome of the distribution of the [FORaMEAL food packs that your Clubs helped to pack during our Cluster night at Canterbury Girls High School last May](#).

Following our Cluster packing night, the RC Canterbury sent food packs sufficient for 37,000 meals to 4 Rotary Clubs in the Philippines in July. One of these Clubs was the [RC Cainta in Manila](#). The packs sent to this Club have now been distributed to evacuees from Marawi where there is major conflict currently proceeding. The net result of this conflict is that the evacuees are living in a tent city but have little food let alone nutritious food like our food packs provide. The packs distributed were some of the ones that your Clubs helped pack. Also of interest is that the person in the RC Cainta who organised the distribution was [Jeng Liban](#) who was the team leader of the incoming GVE team in Julie Mason's year as DG.



Best regards  
Doug



A message from your Foundation Chairman.  
25th Rotary Foundation Paul Harris Breakfast.

Tuesday 21st November

RACV Club 501 Bourke Street; Melbourne.

\$65.00 per head or \$600 table of 10.

**Bookings: Please Contact Findley.**

[fcornell8@bigpond.com](mailto:fcornell8@bigpond.com) , 9857 5407

7.15 for 7.30 till 9.00 am.

### GUEST SPEAKER

**Daniel Flynn**

**The Thankyou journey - a blueprint for turning ideas into reality**

Driven, resourceful and determined, Daniel Flynn is one of Australia's most successful entrepreneurs under the age of 30.

He is the founder and managing director of the social enterprise Thankyou, which has given more than \$5.5 million to help end global poverty.



**Rotary**



Club of North Balwyn

## GARDENING PROJECT 10th September 2017

If you haven't experienced a gardening session with the students of one of our partner schools, between now and the 3<sup>rd</sup> of November there are plenty of opportunities; you will be rewarded by the experience!!

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

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

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

**Monday 23 October is a one off special for students from Xavier College, there will be 20 – 24 boys for the day, 9.00am – 3.00pm. We will need at least 4 members to supervise / assist on the day, two shifts of two 9.00am – 12noon, 12noon - 3.00pm.**



## Geoff's Health Tip

### Rotary is Good for Your Health

Twenty years ago mental health was not something of interest or newsworthy. We never thought about it as a disease, and those who suffered from it usually suffered alone. But in the last fifteen years, organisations such as *Beyondblue* and *Headspace* have been established to promote good mental health.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.



A New Zealand study, recently published in the [Australian & New](#)

[Zealand Journal of Psychiatry](#), has shown that increasing your level of social connection can protect your future mental health. It's now well established that people who feel socially isolated, or as though they don't belong, have worse mental health than those who feel socially connected.

Previous research has found 'social connectedness' is at least as [good for your health](#) as quitting smoking or increasing exercise.

It aids recovery from physical and mental illness, and provides resilience for stressful life events and transitions.

**What is social connectedness? - these photos from our Men's Shed Opening are a picture of Social Connectedness - Smiles all round.**

Social connectedness isn't about being popular, or having a lot of friends. Although it can come from the personal relationships



you have with other individuals, the study shows that [belonging to groups](#) is most important for your future mental health.

When you feel you truly belong to a group, you benefit from both the bonds shared with other group members, and from how belonging to that group tells you something about who you are. Groups might also include a shared purpose for existing social groups, such as the 'men's sheds' movement which brings together men to work on meaningful projects in the company of other men.

A considerable amount of money has already been spent on research projects studying mood disorders, anxiety, adolescent onset mental illness and biochemical cognitive deficits, to name just a few of the admirable research programs financially supported by Australian Rotary Health. However, the programs that focus on [building social connectedness](#) have been shown to be the most effective in treating depression, anxiety, other forms of mental illness, and in protecting your future mental health.

Geoff



## Club Diary

Read about Rotary in your area in The Progress Leader

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

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

Weekend of 23th 24th September

[YEA Gardening Expo](#)

Wednesday 27th September—Grand Final Club Meeting

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.



**Friday 8th December**

Christmas Fare North Balwyn 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](#).



## NATURE AND NURTURE

Being in nature is demonstrably good for our health. However there are those in the community through age or disability who can no longer tend to their gardens the way they once could. The Rotary Club of North Balwyn (RCNB) comes to the rescue in these cases. One happy recipient says: "Due to limited mobility, I am unable to work on the garden I have loved for 30 years. It was distressing to see it fall into disarray and become overgrown. The wonderful students and Rotary people cleaned it up for me and now I love sitting reading the paper in the garden again." For five years RCNB has teamed up with schools in the Boroondara area to conduct the voluntary gardening service. Over the past year they helped at 38 properties and filled 350 council bins — about 830 community service hours. If you, or anyone you know, has a garden in need of a clean-up, or want further information, call Peter Elliott on 0419 417 334.



## 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)

# CHRIS CROSS

*Landscape and Garden Supplies*  
Call Us (03) 9859 2666

*We deliver anywhere!*



**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.



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.



**BOROONDARA**  
*City of Harmony*

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