“The HeadLines”

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

R U OK?

‘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
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.

**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

<table>
<thead>
<tr>
<th>Date</th>
<th>Speaker</th>
<th>Host</th>
<th>Greeters</th>
<th>Setup</th>
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<tbody>
<tr>
<td>Thursday 21st Sept</td>
<td>Koichi Hara</td>
<td>Peter Cleary</td>
<td>David Cheney, Adrian Ranson</td>
<td>Anthony Stokes, Marcel Muntwyler</td>
<td>Bronwen Dimond, David de Garis</td>
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<tr>
<td><strong>Topic:</strong></td>
<td><strong>30 years On.</strong></td>
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<td></td>
<td>Our former inbound Exchange Student Koichi (with wife Myoki), looks back to his year in Melbourne.</td>
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<tr>
<td>Wednesday 27th Sept</td>
<td>Stuart Wenn</td>
<td>Ted Wilkins</td>
<td>John Gartlan, Beatrice Ko</td>
<td>Nino Sofra, Bernie Smith</td>
<td>George Swanson, Sam Hardikar</td>
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<tr>
<td><strong>Topic:</strong></td>
<td><strong>Ground Control</strong></td>
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<tr>
<td></td>
<td>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.</td>
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<tr>
<td>Thursday 5th Oct</td>
<td>Beatrice Ko And Nino Sofra</td>
<td>Takao Yukawa</td>
<td>Peter Sutherland, David de Garis</td>
<td>Takao Yukawa, John Rennie</td>
<td>Jim Studebaker, Jane Pennington</td>
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<tr>
<td><strong>Member Autobiographies:</strong></td>
<td>We love these occasions when we can share our Member’s past achievements and experiences.</td>
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<tr>
<td>Thursday 12th Oct</td>
<td>Julie Szego</td>
<td>Jeanette Leigh</td>
<td>Brian Humard, Larry Fitzpatrick</td>
<td>Tony Ho, Greg Ross</td>
<td>David Cheney, Geoff Haddy</td>
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<tr>
<td><strong>Topic:</strong></td>
<td><strong>The Case of Farah Jama</strong></td>
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<td>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.</td>
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<tr>
<td>Thursday 19th Oct</td>
<td>Julie Szego</td>
<td>Jeanette Leigh</td>
<td>Brian Humard, Larry Fitzpatrick</td>
<td>Tony Ho, Greg Ross</td>
<td>David Cheney, Geoff Haddy</td>
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<td><strong>Topic:</strong></td>
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<tr>
<td>Thursday 19th Oct</td>
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<td>Tony Ho, Greg Ross</td>
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### 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. 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

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### 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.

Changing Futures
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

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

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.

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

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
**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!

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**A Social Occasion at Taos Restaurant.**

**Friday, 27th 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

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**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, 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 entrepre-
neurs 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 pov-

GARDENING PROJECT 10th September 2017
If you haven’t experienced a gardening session with the students of one of our partner schools, be-
tween now and the 3rd of November there are plenty of opportunities; you will be rewarded by the experience!!
Give me a call anytime - Peter Elliott 0419 417 334.

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

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

ROTON 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

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.

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.