



"The HeadLines"

Our Last Meeting

Great presentation from Matt Maudlin and our member Kathleen Maguire on a new approach to addressing homelessness. See details on page 2 for Host Tony's summary.

Indigenous Recognition

National Apology Day was on 13 February, and relates to the National Apology to Australia's Indigenous Peoples stolen generation by then PM Kevin Rudd in Federal Parliament.

With our local Indigenous heritage - -

- Robert Hoddle named Boroondara in 1837 from a word in the indigenous language meaning 'where the ground is thickly shaded'.
- The Burke Rd billabong was an important source of food for the local tribes.
- The Victorian Aboriginal Heritage Act 2006 set up Registered Aboriginal Parties (RAP's) as the voice of indigenous people in the management of their local cultural heritage.
- We are in a northern RAP of Boroondara, lands basically to the north of Cotham / Whitehorse roads that are in the Wurundjeri RAP area.

The Golf Day ; next Friday at Kew Golf Club

Join us for lunch, or help with any final 'spinning wheel' prizes to Jim Romanis.

Grand Prix Catering

We have a few outlets/options this year, so help Geoff Steinicke by joining his rosters. It's also a great fellowship time.

From Martin Luther King Jnr.

"Our lives begin to end the day we become silent about things that matter"

Rob Head

Our next Club Meeting is at Eva Tilley.

Meeting details including arrival time and parking are provided for you on page 3.

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 11](#)



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



Guest Speakers on the 15 February

Matt Maudlin, well known to our Club as the former CEO of Servants Community Housing and Club member Kathleen McGuire combined to present at last week's meeting on an innovative program called Purple Cloak, being developed to help homeless people who have capacity to integrate into the community.

Symbolically Purple Cloak provides a "cloak of support" from professionals with experience in areas such as finance, health, personal development and skill building for homeless people encouraged to make the transition to independent living.

Matt Maudlin said that in the process of moving people to independent living, vacancies will be created in the already over-stretched accommodation currently available for homeless people.

Funds for the project will be sought from private and business sectors as well as fundraising through arts initiatives. Businessman and musician Peter Barber, who is a key player in Purple Cloak, has written a song called "There For You" and has asked Kathleen McGuire to create a choral arrangement and to put together a massed choir to record the song. Downloads will be sold to raise significant funds for the project.

Kathleen is encouraging RCNB Club members to participate. Recording will take place at the Abbotsford Convent on Monday 16 April next. Details will follow later. The tune is catchy and we had an opportunity for an early run-through at last week's meeting. (An unnamed critic said the North Balwyn Rotary singers demonstrated enormous potential!).

In speaking about the program Matt said his experience showed Governments have not achieved lasting success in managing homelessness which remains at crisis proportions and Purple Cloak by design provides an alternative community based approach.

Matt, in seeking support, outlined details of the Purple Cloak concept which has been developed over the past 12 months. He is optimistic that with community help and commitment the project will make a difference.

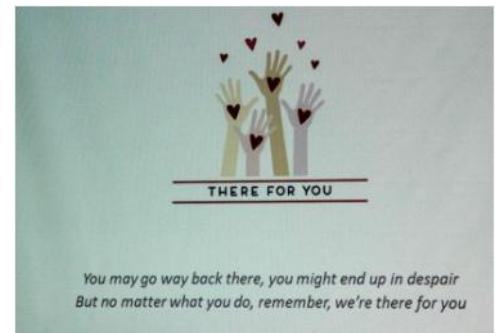
Tony Wells



Speaker Matt Maudlin



Kathleen McGuire



Chorus Words from "There For You"



Speakers Matt Maudlin (left) with host PP Tony Wells and our own Kathleen McGuire.

GARDENING PROJECT UPDATE.

Your help is needed with the commencement our program in February and March.

We have sufficient properties for the period, the schools are locked in and we now need to assemble our volunteer teams.

Below is the state of play. Please consider where you can fill in the gaps and email co-ordinator Rowan McClean to advise him at <rowanmcclean@gmail.com>.

Date/School	Time	Volunteer	Volunteer
Fri 23 Feb CGS/XC	3.00 to 5.00		
Sat 24 Feb MLC	10.00 to Noon		
Fri 2 Mar CGS/XC	3.00 to 5.00	Rob Head	Garth Symington
Sat 3 Mar MLC	10.00 to Noon		
Fri 9 Mar CGS/XC	3.00 to 5.00	Estelle Kelly	
Sat 10 Mar MLC	10.00 to Noon		
Fri 16 Mar CGS/XC	3.00 to 5.00		
Sat 17 Mar MLC	10.00 to Noon	Marcel Muntwyler	
Fri 23 Mar CGS/XC	3.00 to 5.00		
Sat 24 Mar MLC	10.00 to Noon		
Fri 30 Mar XC	3.45 to 5.00		

CLUB VISIT TO EVA TILLEY MEMORIAL HOME**THURSDAY 22 FEBRUARY 2018**

This is a regular Club meeting arranged by the Vocational Committee.

Address is 1100 Burke Road, Balwyn North, on the eastern side of Burke Road, just down the hill on the left from Doncaster Road. For Your Information see <https://www.google.com.au/maps/@-37.7965064,145.0619487,127a,35y,90h,45t/data=!3m1!1e3>

Members are **advised to arrive at 6.30 pm** (Not 6.00 pm as originally announced).

Please do not arrive too early as residents will be finishing their evening meal.

Car Parking: **Please do not park in the grounds** of Eva Tilley as a courtesy to residents, visitors and visiting medical staff. There is adequate off-street parking available in Burke Road and in Marylands Avenue, a nearby side street.

Pre-dinner drinks will be available in the lounge from 6.30 pm at a cost of \$4 per glass.

A BBQ dinner will be provided plus dessert at a cost of \$32, payable on arrival. The visit will include an address by Sharelle Rowe, the recently-appointed CEO, together with an opportunity to view some of the gardening work undertaken as part of the Club 's Gardening program.

Urgent! There are 20 players still required to fill the card.

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 park-land 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

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.



AND IF YOU'RE NOT PLAYING GOLF THEN:-

No doubt all Rotarians get a warm inner glow hearing of the great work carried out by AUSTRALIAN ROTARY HEALTH FUND [ARHF]. Our club is aware of the significance of ARHF through the involvement of our own Greg Ross.

Our fundraising Golf Day on 23rd February is in aid of ARHF Mental Healthy Research.

If you're not playing golf on the day, we look forward to your participation by:-

- Joining us for the gourmet BBQ lunch. Great value at \$30
 - Participate in the fun and frivolity over lunch, and
 - Try your luck and win a prize on "THE WHEEL". Each Wheel ticket will give you 4 chances of winning.
 - \$10 Tickets 4 chances of winning prizes valued around \$100 each spin.
 - \$20 Tickets 4 chances of winning prizes valued around \$200 each spin.
 - Buying \$50 lots such as 1 x \$20 ticket and 3 x \$10 tickets gives 16 chances to win
- Jim Romanis will be at the desk this and the following Thursday to gladly take your money and have you listed to be allocated tickets on the day.

These tickets will be held in trust for you under the reliable and capable hands of Geoff Steinicke.

If you will be attending lunch, please pay \$30 to Greg Matthews.

Jim Romanis

PS Last year we raised \$3,000 on the wheel & \$1,000 on other activities.

This year we hope to make \$5,000.



Rotary Club Bowls Night – Thursday 1 March

On the Thursday 1 March, our regular club meeting will be replaced by our annual lawns bowls night at North Balwyn Bowls Club, Buchanan Avenue, Balwyn North – next to the Balwyn High School.

Plenty of parking available.

Cost for the evening will be as normal, \$37 per person, including a 2 course dinner.

Details :

6.00pm arrival for 6.30pm dinner

7.30pm – social bowls

Bowls will be provided, and we have an hour or so under lights on the fabulous greens

Flat(ish) footwear is required i.e. runners., sandals, thongs – just no heels please.

No previous experience is needed and instruction will be available.

This is a great social night which an opportunity to try bowls and to see the facilities at this multi-purpose community venue ; the Men's Shed will be open from 6.00 – 6.30 for a look if you are interested.

Guests are also welcome.

For catering purposes please contact Ian Mollison on any of the contact details below.

P +61 (03) 9819 7173 **M** 0418 513 120

E: ian.balwynnorth@helloworld.com.au

**Good advice from Rowan McClean.**

VicEmergency is the official Victorian Government app for emergency warnings and information for mobile phones, iPads and computers..

Apart from the ease of having Ambulance, Fire and Police at the push of a button, it is more precise than a 000 call because it has the locational coordinates showing where the call is being made from. This saves you from having to describe the location such as the nearest street corner (which is often difficult, especially on a golf course!).

Please consider downloading it. It could save lives.

Rowan McClean

Download **VicEmergency**, set up a user profile and watch zones to ensure you receive official warnings and information for areas that interest you.

Watch the **VicEmergency video** at www.youtube.com/channel/UCskGgVGdfEp1C3BMiiwAyzQ

To review support articles or submit a request, visit <http://support.emergency.vic.gov.au>

Main Features:

- Live incident map showing current warnings, planned burns and other types of incidents across Victoria including flood, earthquake, storms, tsunamis, shark sightings.
- Simple to create a profile and use watch zones that ensure you get official warnings for your local area.
- Warnings and information are pushed out to a user's phone when issued by Victoria's emergency services.
- GPS integration to determine your current location and surrounding incidents.
- Emergency Warnings, Warnings, Advice and information as issued by Victoria's emergency services
- Share incidents and warnings with friends and family.
- View forecast Fire Danger Ratings on the map.

View today's and tomorrow's Total Fire Ban status.

Past President Jane Pennington has booked a table for The International Women's Day Breakfast on March 7th at Palladium Crown. Want to go? Contact Jane on mobile 0408 402 555b or email at jane.pennington@bigpond.com

Not to be missed! Book online at rotaryiwdbreakfast.org.au

Women *in* Rotary  presents

International Women's Day Breakfast Wednesday 7th March 2018 | The Palladium Crown

Brought to you by The Rotary Club of Brighton North
& The Rotary Club of Melbourne



Let them Roar!

Explore the road to success

MC

Moderator



**Stephen
Quartermain**



**Ali
Moore**



**Andy
Penn**



**Deborah
Glass**



**Adam
Fennessy**



**Emma
Welsh**



**Husna
Pasha**

\$850 CORPORATE TABLE OF 10

\$740 STANDARD TABLE OF 10 - SINGLE TICKET: \$75 - VCE/TERTIARY: \$50

6.30am for 7.00am start. Finishes promptly at 9am. FREE parking in the multi-deck carpark.

Presenting Partner

Major Partners

Proceeds go to selected charities

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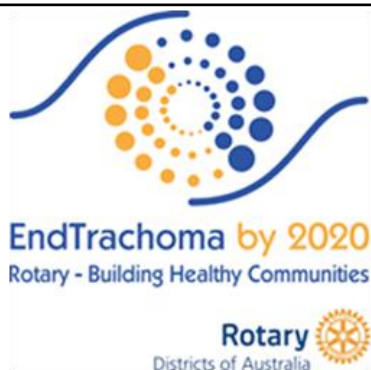
nab

WorkSafe

violence free families

Interplast
Repairing bodies & rebuilding lives
in the Asia-Pacific region

St Kilda Mums



TRACHOMA LIVE

DAILY 5PM EDST 19-25 FEB 2018

with SPECIAL GUESTS

PRESIDENT IAN RISELEY, ROTARY INTERNATIONAL
 DR. ANTHONY SOLOMON, WORLD HEALTH ORGANISATION
 PROF. KERRY ARABENA, INDIGENOUS HEALTH EQUITY UNIT
 PROF. HUGH TAYLOR, INDIGENOUS EYE HEALTH
 GWEN TROUTMAN-WEIR, AUSTRALIAN TRACHOMA ALLIANCE

Go to facebook.com/endtrachomaby2020 to hear these speakers **at 5pm EDST 19—25 February**

OUR GUESTS



President Ian Riseley, Rotary International

needs no introduction! In his year as RI President, he has challenged us to make a difference, and what better way to do this than through ending trachoma in Australia. It has been said about Ian that through a career spent making connections among friends, colleagues, and Rotarians, he has brought that gift of putting people together to his work as Rotary's president. He wants to unite Rotarians in Australia towards the important work of trachoma elimination in our own country, and see it done by 2020.



Dr. Anthony Solomon, World Health Organisation

was born in Brisbane and undertook his medical training at the University of Queensland. He has extensive education and experience with neglected tropical diseases and trachoma research, and was Chief Scientist to the Global Trachoma Mapping Project. Since 2014 he has been Medical Officer responsible for the Global Trachoma Elimination Programme at the World Health Organization in Geneva.



Prof. Hugh Taylor AC, MD, FRANZCO, Indigenous Eye Health

is the Harold Mitchell Chair of Indigenous Eye Health at the University of Melbourne and the President of the International Council of Ophthalmology. His work focuses on the provision of eye care and improving access to services in Australia and globally and includes the elimination of trachoma. He has written 36 books and reports and more than 700 scientific papers. He has received multiple international awards and prizes. In 2001, he was made a Companion in the Order of Australia.



Prof. Kerry Arabena, Indigenous Health Equity Unit

a descendant of the Meriam people from the Torres Strait, is Chair for Indigenous Health and Director of the Indigenous Health Equity Unit at the University of Melbourne. She is the Lead Investigator on the Australian Model of the First 1000 Days Study and has an extensive background in public health, administration, community development and research. She is an inspiring human being: a board director, author business owner, mother, grandmother, with interests in achieving equity for all Australians.



Gwen Troutman-Weir, Australian Trachoma Alliance

is a strong Gomeri Murri woman from Mungindi, and is the Program Implementation Manager of the ATA. She works on developing innovative, sustainable environmental health programs with remote Aboriginal communities across Central Australia, which will contribute to the elimination of trachoma. What we love about working with Gwen is the passion and integrity she has in her work, and absolute respect for self-determination by people in communities.

www.facebook.com/endtrachomaby2020

MEETING ROSTERS

Thursday 22 February **Please Note that this meeting is a visit to Eva Tilley Memorial Home**

Greeters: Sue McDonald, Don Taylor
Set Up: Not Required
Desk: Jeanette Leigh, Findley Cornell

Speaker: Sharelle Rowe, CEO
Host: Ian Adams

Thursday 1 March **Please Note that this meeting is a visit to North Balwyn Bowls Club**

Greeters: Geoff Haddy
 Greg Matthews
Set Up: Not Required
Desk: Chris Flavelle-Smith, Phil Francis

North Balwyn Bowls Club
Host: Ian Mollison

Thursday 8 March

Greeters: Phil Wade,
 Duncan Ansell.
Set Up: John Gartlan, Colin Sharp
Desk: Greg Cribbes, Estelle Kelly

Speakers: Peter Downton and Adam Hillary
Host: Russell Cooper
Topic: Autobiographies

Thursday 15 March

Greeters: Peter Cleary, Paul Fitz
Set Up: Adrian Ranson, Sam Hardikar
Desk: Ian Adams, David Cheney

Speaker: TBC
Host: TBC
Topic: TBC

Meeting Report for GV

Meeting No.30

Thursday, 15th February 2018

Present:

Guest Speakers	2	Matt Maudlin -The Purple Cloak Story, in association with member Kathleen McGuire - "There for You" Choir
NB Members	4	
	8	
Visiting Rotarians	1	Kerry Kornhauser - RC Melbourne, Int'l Women's Day Breakfast.
Partners	1	Audrey Sexton (Kathleen McGuire)
Guests	1	Peter Barber (Matt Maudlin & Kathleen McGuire)
Meals Served	5	
	2	Member Attendance 48 = 61.5%
		On Time Apologies -21, Late Apologies -4, LOA -4, No Show -1 .
External Activities		Membership = 78
(Board Approved)		Gardening Project Assessments - Findley Cornell, Brian Hurnard,
(previously Make-Ups.)		Rowan McClean & Bill Oakley.
		Greg Ross - D9820 Conf. in Sale Vic.; Pete Sutherland - DIK.
		Geoff Haddy - 2nd Bite food to Camcare; Rowan McClean - Basscare;
		Catering - Estelle Kelly, Sue McDonald, Bill Oakley, Jane Pennington,
		Ian Richardson, Jim Romanis, Rob Stewart & Don Taylor.

Absences for Rosters next week:

Paul Fitz, Tony Ho, Dileep Krishna Pillai, Yvonne Lyneham, David Rowe and Russell Turner

Geoff's Health Tip

How Safe are Packaged Foods?

A recent article in The British Medical Journal released on February 14 has drawn associations between consumption of highly-processed food and risk of cancer. The French researchers from the University of Sorbonne Paris showed that a 10% increase in the proportion of highly-processed food in the diet was associated with an overall increased cancer risk, and a 12% increased risk in breast cancer.

The study was conducted from 2009 until 2017 on 104,980 participants, aged over 18 years, who consumed a mainly Western diet.



Cancer represents a major worldwide burden, with 14 million new cases diagnosed in 2012. In the past decades, diets in many countries have shifted towards a dramatic increase in consumption of highly-processed foods, especially in Europe, the USA, Canada, New Zealand, Brazil and Australia.

How do we define highly-processed food?

- Highly-processed foods undergo multiple physical, biological, and/or chemical processes. These foods are considered to be microbiologically safe, convenient, highly palatable, and affordable.
- The French study included mass produced breads and buns, sweet or savoury snacks, industrialised confectionery and desserts, sweetened drinks, meat balls, poultry and fish nuggets, reconstituted meats, instant noodles and soups, frozen or shelf stable ready meals, and other food products made mostly from sugar, oils and fats.
- Most of these foods also include flavouring agents, colours, emulsifiers, humectants and non-sugar sweeteners.

My suggestion is to look at the label and if you see a large number of ingredients then it is highly-processed. Manufacturers have to declare all ingredients on the label, however there are some regulations that permit no declaration if the ingredient percentage is below a certain figure. This does not apply to foods containing known allergens.

The take home message is to look for what I call 'clean labels' on packaged foods, that is, foods with a minimal number of ingredients.

Geoff

Birthdays and Anniversaries between Feb 23rd and March 1st

Weddings:

Birthdays: Robyn Elliott, Janet Hillary

Induction Anniversaries:

Club Diary

Read about Rotary in your area in The Progress Leader

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

Friday 23 February 2018

Gala Charity Golf Day

Saturday 24 February 2018

DIK open Day Somerville Road West Footscray

Please RSVP for catering purposes to

dik.vic.rotary@gmail.com sausage sizzle for lunch.

From 10.00am to 3.00 pm with the ribbon cutting ceremony at 1.00pm to open Shed 39.

Thursday 1 March

Annual bowls night at North Balwyn Bowls Club

This will be in lieu of our normal meeting at Club Meeting at KGC.

16-18 March 2018.

District Conference

Warrnambool.

Registrations [Now Open](#)



21 -25 March 2018.

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

Weekend of 17-19 August 2018

MUNA 2018

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

Friday 5th to Sunday 7 October 2018

Camp Getaway Working Bee 2018

Weekend of 19-20-21 October

Fellowship Weekend at Daylesford

Details soon.



TACKLING POVERTY

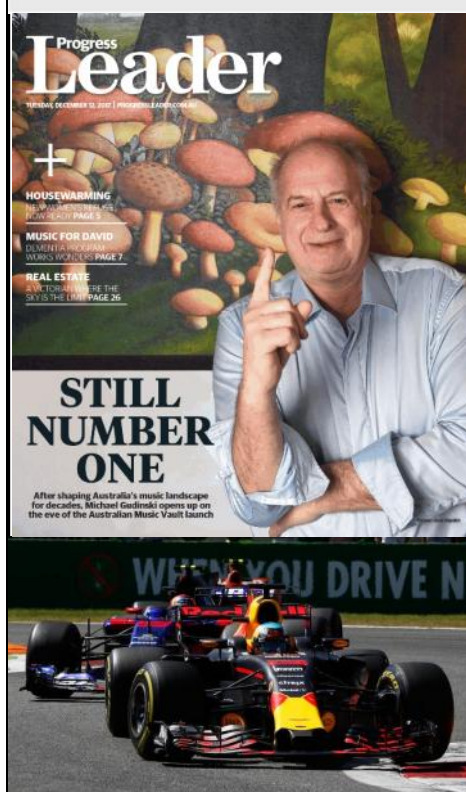
Rotary supports projects in local communities, but balances that with offshore projects.

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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**FIREWOOD
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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.



helloworld
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