



The year is rapidly coming to an end, and this is Fellowship month on the Rotary calendar.

Fellowship is one of the five core values of Rotary, the others being service, diversity, integrity and leadership. In many clubs there is a real objection to the use of the word **fellowship** and there are some clubs where the use of the word will require the person using it to pay a fine. It seems those who find the word objectionable see it as one of those legacy words that define **old** Rotary, and inconsistent with **new** Rotary. That said, no one seems to have been able to identify or even invent a word that comes close to all that is implied in the word fellowship.

Rotarians, spouses, and Rotaractors join together to:

- Share a common interest in worthwhile recreational activities (sports, hobbies, etc.)
- Further their vocational development through acquaintance with others of the same profession
- Make new friends around the world
- Explore new opportunities for service
- Have fun and enhance their Rotary experience.

There are nearly 70 formal Rotary Fellowships catering for interests from [Chess](#) to [Crick-et](#) and [Stamps](#) to [Skiing](#).

PDG Denis Shore says we are probably misusing the word and maybe, if we avoided using it in the context of pre-dinner drinks or social time, we would restore it to its proper place as a real core value of Rotary.

Networking has been suggested as a better representation of what is intended by the word fellowship. The reaction of our members at the last meeting was that this does not fit the bill either! Whatever word Rotarians may feel most comfortable with, fellowship is alive and well in Rotary and is being celebrated most demonstrably over this month and into July as Club Officers change and all Rotarians recommit to Service Above Self.

Thanks to all the people who were engaged in club activities outside normal club meetings. In particular, I would like to thank the people who made the journey to Echuca for the Rotary Showcase last weekend to promote Rotary.

Next year's Rotary International theme *Making a Difference* is a great theme, but Rotary will always continue to serve humanity.

Our Club can be very proud of what we achieve at home and abroad, and I congratulate all our members on the contribution we have made this year.

Next week is my final meeting as club President. I thank you all for your support during 2016/2017. We are a great team!

President Rowan

[Our Leadership](#)



RI President
John F. Germ



DG 9800
Neville John



AG Eastside
Jonathan Shepherd



President RCNB
Rowan McClean

MEETINGS

THURSDAYS
6 for 6.30pm
Kew Golf Club

120 Belford
Road Kew
3102
Ph.
9859 6848

ROTARY CLUB OF
NORTH BALWYN
Club Website:
Click [HERE](#)

See us on
Facebook:
Click [HERE](#)

Read The Networker:

[Enjoy Rotary](#)



JUNE Rotary Down Under:
Click [HERE](#) A YEAR IN PICTURES

Rotary District 9800 Click for [All District Events](#)

Rotary Weekly Click [HERE](#)



Our last meeting was a wine appreciation night, and many members needed no encouragement to participate. Thanks to Darren O'Hara for his history of wine and in debunking some of the myths. My teaspoons

will no longer have the status in the household they have had. All indications are that the raffle held on the night and wine sales will yield about \$1,000 to The Club.

Rowan



Dr. Kathleen McGuire was inducted to the club as our 10th new member for 2016/2017. Kathleen will bring a different perspective to RCNB and, being a music tragic, I am really looking forward to working with her during the next Rotary year. *Rowan*





EARTH SONG

PRESENTED BY
THE TUDOR
CHORISTERS

DIRECTED BY

DR KATHLEEN McGUIRE

SATURDAY 24TH JUNE 2017
2.30PM
CHURCH OF ALL NATIONS
180 PALMERSTON STREET
CARLTON
TICKETS:
ADULTS \$30, CONC \$25



WHEELCHAIR ACCESS AVAILABLE
PLEASE CONTACT JOY FOR
DETAILS

Guest Artists: Greek Band from Brunswick Secondary College

Enjoy a cappella folk and world music from various corners of the globe in celebration of the Earth.



Tickets: www.trybooking.com/OSCA
Email: concertbookings@tudorchoristers.org.au
Website: www.tudorchoristers.org.au
Ticket Secretary: Joy Sharp 9808 7979



Our newest member Kathleen McGuire invites us all to consider attending her concert on Saturday in Carlton.

Kathleen would love to see you and is sure you will enjoy the concert. Ted and Margaret Wilkins who have experienced the concert will attest to how good it is!

CONCERT: EARTH SONG

Saturday, June 24, 2:30PM

Church of All Nations, 180 Palmerston Street, Carlton.

Presented by the **Tudor Choristers**

Dr **Kathleen McGuire**, music director.

Winter doldrums getting you down? This program of a cappella folk music from around the world, with special guests: Greek Band from Brunswick Secondary College, is sure to lift your spirits!

Tickets at the door or in advance:

\$30 full, \$25 concession

<https://www.trybooking.com/OSCA>

Phone: Joy Sharp, ticket secretary:
03 9808 7979

Echuca Rotary Showcase and Echuca Steam Rally





P.P. Jane Tramping about the Great Ocean Road Walk last weekend



Coffee at [CAFÉ MANIZ](#) last Tuesday



The 14 student MLC gardening Team on Saturday. What a great turn out! They made quick work of weeding the small 12 sq foot yard!

WORKING WITH CHILDREN

Working with Children Check

Further to the notes on changes to Child Safety Standards appearing in the Grapevine on Thursday 1st. June, I wish to bring to your attention some important changes being introduced into legislation. When working with children (under 18 years) the definition of Direct Contact is currently limited to :-

- Physical contact
- Face to face oral communication

This is now to become :-

- Face to face contact
- Contact by post or other written communication
- Contact by phone or other oral communication
- Contact by email or other electronic communication

Also, there is currently provision that allows a person with a WWC check to supervise directly persons without a WWC check whilst working with children, although this was rarely done in our Club.

In future, all persons having contact with children must have a WWC check.

John Rennie

Protection Officer

Details on how to apply for a Check. [Click HERE](#)



Boroondara Cares

Hello everybody,

This note is a reminder that , as per the minutes of the May meeting, it has been decided to defer the June meeting until July.

June Calendars are pretty full with Changeover activities so we thought it best to let the dust settle on these activities first.

Our next meeting is therefore scheduled for Friday 21st July.

We hope to see you there,

Regards

Bob Lambert



Left:
Guess
Who?

And
Jim
with
Moritz!



GARDENING PROJECT 19th June 2017

School holidays start from 1st July, so a couple of weeks break before we get back into gear in July. Please volunteer where you can, it is greatly appreciated. Give me a call anytime - Peter Elliott 0419 417334,

Date and Who with	Time	RCNB Supervisor
Fri 23/6 CGS	2.45 – 5.15pm	Ian Adams
Sat 24/6 MLC	10.00am – 12noon	Rob Head
Fri 21/7 CGS/X	2.45 – 5.15pm	Garth Symington
Fri 28/7 X	4.00 – 5.15pm	
Sat 29/7 MLC	10.00 – 12noon	
Fri 4/8 CGS/X	2.45 – 5.15pm	

Dr Mosley's gut feeling is spot on



Gut is not a word or description of that part of our body that is pleasant, and the technical description of gut bacteria, 'microbiome', does not endear itself either. Either way, we have to know that the gut, which begins at the mouth and ends at the anus, is so important to our health that we have to feed it properly in order to remain healthy.

There is good evidence a healthy microbiome – our personal mix of gut bacteria – improves mood and energy output and adjusts our immunity levels to the point where we can change the way we manage a wide range of diseases. It all begins with the variety of food we eat every day.

Food travels a tortuous path through the stomach where it is smashed up and dissolved in hydrochloric acid before travelling through the small intestine, where 90 percent of the digestion and absorption of food occurs. What remains passes into the large intestine, also called the colon, where most of the 50 trillion bacteria, some fungi and protozoa, collectively the microbiome, reside.

Dr Mosley has written several books, the latest of which is ['The Clever Gut Diet'](#) in which he says, “One of the big health mistakes we have made over the past few decades is that, in our ignorance, we have laid waste to our microbiome. A healthy microbiome should be very diverse. The Western microbiome is not, and the implications are huge”. “Many of us eat such a narrow range of foods that our gut bacteria are forced to exist on a restricted diet. That's why we should broaden our range of bacteria to include fermented foods, such as sauerkraut, yoghurt and sourdough bread that are full of good bacteria.”

The microbiome in the large intestine need a variety of foods to perform their miracle of producing vitamins and fatty acids. One special food is a type of soluble fibre I wrote about some weeks ago. It is called 'resistant starch'. As the description might imply, resistant starch passes through the stomach and small intestine intact, and is then consumed by the microbiome in the large intestine. Next week I will indicate the foods that are highest in resistant starch and also describe how you can produce resistant starch in pasta and rice.

Geoff

MEETING ROSTERS

Thursday 22nd June

Speaker: Imre Lele
 Overseas Projects Overview
 Greeters: Bob Bromley, Jeanette Leigh
 Setup: George Swanson, Peter Downton
 Desk: Duncan Ansell, Anthony Stokes

Sunday 2nd July

Club Changeover
 Kew Golf Club 12.00 for 12.30
 Greeters: Sue McDonald, Colin Sharp
 Setup: Peter Elliott, John Gartlan
 Desk: John Koa, John McBride

Thursday 6th July

Speaker: Member Biographies
 Host: Maurie Walters
 Greeters: Tony Hart, Kathleen McGuire
 Setup: John Magor, Rob Stewart
 Desk: Maurie Walters, Don Taylor

Thursday 13th July

Speaker: Mr. Peter McCall
 Beyond Blue
 Host: John Gartlan
 Greeters: Takao Yukawa, Greg Mathews
 Setup: Adam Hillary, Brian Hurnard
 Desk: John Gartlan, Ted Wilkins

Next week we will hear from Director International Service Imre Lele and some club members about our international projects. Counting Mongolia, we now have five offshore initiatives that we are involved in. Timor Leste and Bali may be slowing down, but our work in the Solomon Islands and Vietnam continue to enhance lives in those areas.

Next week we will also feature a presentation by the Vietnam Team, just back from a visit, about the work being done there. Efforts have been transformational to the two communities involved, and Dr. Max Hardy and I will join Imre to give members an up-to-date picture of the exciting developments occurring. *Rowan*

Attendance:**PRESENT!**

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.

This week's meeting: 53 members out of 81 were present.

Also present were :- partner Melissa Maitland-Smith (Geoff Kneale),
 Guest Speaker Darren O'Hara from Personalise your Wine,
 Exchange Student Moritz Ellermann,
 New member, Inductee Kathleen McGuire and partner Audrie Sexton.

Celebrations

Birthdays: Ted Wilkins

Inductions: John Koa 2016, Brian Lacy 2013, Lindsay Pegg 1999

Weddings: Too cold for Weddings

ROTARY CLUB OF NORTH BALWYN 2016/17

President: Rowan McClean

president@rotarynorthbalwyn.com.au

Vice President: Bill Oakley

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 web-site; 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 with your personal message.
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: Bruno Coniglio.

<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.



Thank you Helloworld North Balwyn for your ongoing support of our Event Days and assistance with our Mongolia travel arrangements.



Bendigo Bank

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

Club Diary

DISTRICT CHANGEOVER LUNCH - 25th June 2017 - RACV CITY CLUB

The end of the Rotary year is fast approaching. To celebrate Rotary Serving Humanity and looking forward to Rotary Making a Difference. All members and partners are invited to join DG Neville and Rebecca and DGE Peter and Anne at the District changeover lunch on 25th June 2017. For more details and booking information [Click HERE](#)

Sunday 2nd July: Club Change Over Lunch. 12.00 for 12.30pm at Kew Golf Club.

July 8-17 [Camberwell Art Show](#)

(Friday July 7th is the Gala Opening and Preview Night)
Book On-line \$55. Drinks. Canapes. Over 1,300 paintings.

Sunday, August 27 ; Partners' Afternoon Tea

2.00 pm – 4.00 pm at QPO, hosted by Ailsa (invitation to come)

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

16-18 March 2018.District Conference

Warrnambool. Nino Sofra will announce more details later in the year.



**Club
Changeover.**



Luncheon on 2/7/17 at
Kew Golf Club

Recognising Rowan's year
and welcoming Rob's year.
Includes ; a piano interlude
from [Alan Kogosowski](#) and
'reflections' by



John
Gartlan

