



## "The HeadLines"

### Our Last Meeting

- Our Guest Speaker CAMS CEO Tim Schenken, provided an interesting insight into the world of motor racing from the perspective of a driver and a race organiser (Summary on page 2).
- Geoff Steinicke provided a great background to our involvement with catering at the Grand Prix over 20+ years and to our program for this year.
- Christine and Mahla from our Interact Club at Balwyn HC summarised their recent activities and the value that they have gained from this involvement. Thanks to Estelle for this support.



Estelle Kelly with Interactor Cathrine Li

### The District Conference at Warrnambool

30 members and partners have just returned from two days of Rotary and community information and some great Fellowship opportunities.

We are considering an appeal against the decision not to award Adrian Ranson the best-dressed-in-green award for the Gala Dinner (which coincided with St Patrick's Day).

Phil Wade will give us his conference summary next Thursday.

### Credit Card Option

Our facility to pay for meals by credit card is now well-established and available to all at our meetings ; an extra \$1- charge for the card fees.

### What's Coming

- Hot Cross Bun sales through Findley Cornell
- A stand-up/cocktail party-style Club meeting on Thursday 5 April
- Fellowship visit to Heide on 15 April

### The Quote

From George Orwell - -

"Freedom is the right to tell people what they do not want to hear."

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

Thursday 22 March **Please Note that this meeting is a Partners Evening**

Club Website: [HERE](#)

Facebook: [Click HERE](#)

The Networker: [Issue 11](#)



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



**Our Guest Speaker ; Tim Schenken from CAMS**

Tim is the CEO of CAMS (the Confederation of Motor Sports), having joined them in 1984 after a distinguished motor racing career. His racing career spanned hill-climb, Formula 1 and Sports Car racing, and he has raced with the Brabham team, participated in the Le Mans races and achieved a podium finish in F1. After racing, Tim moved to building racing cars with Tiger Racing.

CAMS organises and conducts Formula 1 racing in Australia, while the Grand Prix Corporation is the promoter. Through CAMS, Tim has had a wealth of experiences with race planning, race days, the drivers and the racing teams.

Tim used a Q&A format with those attending to deliver his talk, suggesting that the standing of motor racing operations in Australia is very high and that it's probably safer to drive an F1 vehicle on the track than a sedan on our roads.



Host Neil Marshall and speaker Tim Schenken OAM

**UN International Women's Day 8 March**

The UN's focus is for -- **"A time to reflect on progress made, to call for change and to celebrate acts of courage and determination by ordinary women who have played an extraordinary role in the history of their countries and communities."**

**INTERNATIONAL  
WOMEN'S DAY 2018**

Leave No Woman Behind

Locally, we reflect on the circumstances of women at work and in the family setting.

Internationally, we can consider the plight of people such as the Nigerian school girls abducted by Islamic extremists and women working in Bangladesh sweatshops.

This year, our Club is supporting :

- The CamCare program for women affected by domestic violence.
- The Lotus Education program for young girls in Laos; developing vocational skills.
- The Days for Girls program.

**Rob Head**

RCNB representatives, Barry Cummings, Gavan Schwartz, Jane Pennington and Findley Cornell at Government House for the Vice-Regal reception for RIP President Ian Riseley

**Meeting No.34**

**Thursday, 15th March 2018**

**Present:**

Guest Speaker	1	Tim Schenken of CAMS.
NB Members	46	
Visiting Rotarians	1	AG Jonathan Shepherd
Guests	3	Brigitte Schenken (wife of Tim), Stefan Collard & Ray Davies (Colin Sharp)
Interactors	2	Matha Mahajeri & Cathrine Li
		On Time Apologies 18, Late Apologies 5, LOA 8, Unexpected Guests 2.
		Member Attendance 46 = 59.7% Membership = 77
External Activities	12	Gardening - Peter Elliott, Rowan McClean & Anthony Stokes.
(Board Approved)		RIPres Reception: Findley Cornell, Barry Cummings, Jane Pennington,
(previously Make-Ups.)		& Gavan Schwartz. 2nd Bite/Camcare Food Delivery - Geoff Haddy
		Men's Shed - David Cheney, Peter Elliott, Greg Matthews & Bernie Smith.

Absences for Rosters: Paul Fitz, Tony Ho, Dileep Krishna Pillai, Yvonne Lyneham, David Rowe, Brian Thomas

Peter Wilson, Joe Butler, Larry Fitzpatrick, Phil Francis, Jack Liao, Rowan McClean, Nino Sofra, Tony Wells.

## MEETING ROSTERS

<b>Thursday 22 March <i>Partners Night</i></b> <b>Greeters:</b> Marcel Muntwyler, Eileen Toohill <b>Set Up:</b> Jim Studebaker, Imre Lele <b>Desk:</b> Bob Bott, Larry Fitzpatrick	<b>Speaker:</b> Inspector Stephen Noy <b>Host:</b> Ian Mollison <b>Topic:</b> Policing in Boroondara Stephen Noy is the senior police officer responsible for the Boroondara area.
<b>NOTE:- CHANGE OF MEETING DAY</b> <b>Wednesday 28 March</b> <b>Greeters:</b> Russell Cooper, David De Garis <b>Set Up:</b> Steven Greateorex, Gavan Schwartz <b>Desk:</b> Brian Lacy, John Rennie	<b>Speaker:</b> Charles Lane <b>Host:</b> Bill Oakley <b>Topic:</b> Tribal Warfare Getting Out Alive: Life With a Band of 'Ritual Murderers'
<b>Wednesday 5 April</b> <b>Greeters:</b> Brian Hurnard, Bill Oakley <b>Set Up:</b> Ian Richardson, John McBride <b>Desk:</b> John Gartlan, Greg Matthews	<b>Speaker:</b> Greg Cribbes (and "The Juggler") <b>Host:</b> Rob Head <b>Topic:</b> Autobiography (and Video)
<b>Wednesday 12 April</b> <b>Greeters:</b> Joe Butler, Kinga Paulheim <b>Set Up:</b> Duncan Ansell, Jim Romanis <b>Desk:</b> Greg Ross, Bernie Smith	<b>Speaker:</b> Professor David Buttifant <b>Host:</b> Geoff Kneale <b>Topic:</b> Collingwood, Carlton, Malthouse & More Professor Buttifant is probably Australia's only Professor of Sports Medicine.

## Club Diary

21 –25 March 2018. [2018 Formula 1® Australian Grand Prix.](#)

Sunday 15 April Visit to Heide Museum, Bulleen.

Thursday 10 May Club Birthday meeting

Weekend of 17-19 August 2018 MUNA 2018

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

Friday 5 to Sunday 7 October 2018 Camp Getaway Working Bee 2018

Weekend of 19-20-21 October Fellowship Weekend at Daylesford Details soon.

**NEW EVENT**

**Visit to Heide Museum, Bulleen for group tour.**

**Date and Time:** Sunday April 15 at 11.00am

**Location:** 7 Templestowe Road, Bulleen.

**Cost for entry and the tour:** \$22 per person

**Lunch:** Available from the café on an individual basis

**Money:** To be collected at Rotary meetings from mid March.

**Enquiries:** to Russell Cooper 0417 392109

Read about Rotary in your area in The Progress Leader <http://leader.smedia.com.au/progress/>

## Purple Cloak Choir project ; with Kathleen Maguire

It's now only a few days until the first rehearsal of "There For You.", the song we heard at the recent Club meeting with Matt Maudlin and Kathleen.

For **anyone** interested, you can sign up via the TeamApp link: <https://playingourpart.teamapp.com> or contact Kathleen directly by email: [kathleen@kathleen-mcguire.com](mailto:kathleen@kathleen-mcguire.com)

## End Polio Now 2017 Update

The global fight to eradicate the world of the polio virus is getting ever closer to achieving its goal. The report from Rotary International, provides a very useful summary of what has been happening. [rotary-ribi.org/upimages/distreps/1010/814/NovemberDecember2017.pdf](http://rotary-ribi.org/upimages/distreps/1010/814/NovemberDecember2017.pdf)

At year end the number of cases due the Wild Polio Virus in 2017 was 22, a little higher than had been reported at the time of publication. That was a significant improvement from the 37 cases in all of 2016 and importantly there were no new cases from Nigeria. 14 of the 22 infections were in Afghanistan and 8 in Pakistan.

There is also some news that is less positive. The number of cases of the Circulating vaccine derived virus increased from a negligible 5 cases to 91. This spike mainly relates to the total breakdown of infrastructure and difficulty of access in Syria (74 cases up from 0) and 14 cases in the DR Congo (0 previously). The good news is that the wild polio virus is still under control in those countries.

Clubs and Rotarians are understandably suffering from "Polio funding fatigue" but we are so close and our promise to the children of the world has not yet quite come to pass. Our district will provide some of our District Designated Funds as a tangible contribution and we thank those clubs and individuals who have also supported the appeal. As we get closer to the end of the Rotary year we would ask clubs to do what they can.



2017-18 Fundraising Goals	Progress
US\$1,500 per club (US\$50 million total)	Total Contributions (as of 10 Dec) US\$18.9 million
20% or more DDF from all districts (US\$10 million total)	DDF raised: US\$4.1 million
US\$5.0 million in Major Gifts	Major Gifts: US\$5.4million

<https://www.facebook.com/EndPolioNow/videos/10155891110659837/>

**Remember that every dollar contributed is matched 2 to one by the Bill and Melinda Gates Foundation.**

## BARISTA TRAINING

The Vocational Committee has made arrangements for members to do barista training at the Village Café, 74 Doncaster Road, North Balwyn. This will provide us with more members who are able to use the club's coffee machine at catering activities.

The manager, Sam, has generously offered to train members on a one-on-one basis on weekdays between 10 a.m. and 11.00 a.m. This is usually a quieter time at this busy café but we need to be mindful that, if it gets busy, there could be a delay in training. If you wish to take advantage of this offer please email me at [adams.ian@bigpond.com](mailto:adams.ian@bigpond.com) and indicate which day of the week is best for you and I will confirm your time slot.

**Geoff's Health Tip****High Fibre Diets are also Good for the Brain**

I had previously written about the benefit of a high fibre diet in preventing colorectal cancer through the production of butyric acid (a short chain fatty acid) in the large intestine. Now, new research has shown there is a relationship between butyric acid, and other short chain fatty acids produced by fermentation, and our brain.

One particular study examines the use of butyrate's as a potential therapeutic for neurological disorders.



- The benefits of a high fibre diet in the colon are now well documented, but its potential impact on the brain has largely been understudied.
- High fibre foods such as oat bran, wheat bran, peas, beans and potatoes provide an ample supply of fibre to produce these short chain fatty acids. Sodium butyrate (formed from butyric acid and sodium) has demonstrated a profound effect on improving learning and memory. These improvements in learning and memory have also been demonstrated in models of memory-impaired traumatic brain injury.
- Several studies have examined the beneficial effects of a high fibre diet on memory and cognition in children. For example, children placed on a high fibre diet demonstrate better cognitive control than children who typically ate a lower fibre diet. It also shows, from these studies, that we have neglected the importance of a high fibre diet for children which most probably extends into adulthood.

Although it is not yet clear how gut micro biota positively and negatively affects brain function, what is clear is the necessity to eat more fibre.

There is good evidence a healthy micro biome – 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.

**Geoff**

### **Birthdays and Anniversaries between March 17 and March 22**

**Weddings:**

**Birthdays:**

**Induction Anniversaries: Kinga Paulheim, Imre Lele**

## NEWS FROM THE SOLOMONS ON ARRIVAL OF THE CONTAINER

On Friday, March 9, 2018, 5:17 PM, Sr Anna Maria Gervasoni wrote to Brian Thomas:

hi Brian!!! as you know the container arrived in Honiara and had been open already. we received the wonders you and the friends of Rotary prepared for us....thank you once more for helping us soooooo much. the two boxes for Eddie are still with us because at this moment he is in the village.

for the boxes of preschool books I took two of them for Gizo, sr Bernadette will give three for the kinder garden of the parish we are following up, and another two are waiting for their destination....the sisters will tell you to whom.

I took for Gizo also one sewing machine and some treads....also some screw drivers....never enough!

I will write to Sally to thank especially for the books. we gave the black jackets to fr Srimal, he has many boys they will make good use of them, but the shirts are good also for our ladies and girls, just to cut the sleeves. The three shelves will be given to the kinder garden of the parish...it is just starting and needed of everything!!!!

thank you very much once more for the hard work all of you put in this container to help our mission, you know how we treasure anything you prepare for us.

looking forward to see the two of you in May.....the 16th at Scoresby we will have the final vows of sr Bernadette, all of us will be there so you can see us all once more. the Rotary Club will receive the invitation but I anticipate it to you already!!!! tell to all the good friends of the Club who know us.

see you

sr anna



Items from the container were given to Good Samaritan Hospital (La Pieta Sisters - Tetere) and Salesian Sisters (FMA - Henderson).



**From:** Takao Yukawa 湯川隆夫

**To:** Sutherland Peter <[petesutherland@bigpond.com](mailto:petesutherland@bigpond.com)>

**Subject:** Computers sent to Solomon Islands

Hi, Peter,

Teachers of Rural Training Centre at Tetere, Solomon Islands got computers you have reconditioned. (I suspect one of them is the one you indicated the battery was not charging well?)

Cheers

Tak



## ROTARY CLUB OF NORTH BALWYN 2017/18

**President: Rob Head**

[president@rotarynorthbalwyn.com.au](mailto:president@rotarynorthbalwyn.com.au)

**Vice President: Findley Cornell**

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**Treasurer: Greg Cribbes**

[treasurer@rotarynorthbalwyn.com.au](mailto:treasurer@rotarynorthbalwyn.com.au)

**Grapevine: John McBride**

[jdmcb48@bigpond.net.au](mailto:jdmcb48@bigpond.net.au)

**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)

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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.



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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.

We welcome Bertocchi as a new sponsor

