



"The HeadLines"

Last Week in Rotary



Members and partners were involved in selling raffle tickets; barbeques; community garden-ing; packing [FORaMeal](#) packs with Canterbury Rotary Club; helping Balwyn North Primary School with their annual Fair and working at Donations in Kind (DIK).

A great contribution to our local community in the space of one week. Many thanks to every-one involved.

The Rotary Foundation; extract from a letter of RI Presi- dent Ian Riseley's.

"Last Rotary year, our Foundation received US\$304 million in total con-tributions. Those gifts are now hard at work, Doing Good in the World: supporting Rotary's work today and strengthening our organization for tomorrow. The Foundation approved 494 district grants and 1,260 glob-al grants, with a total of \$111 million in funding.

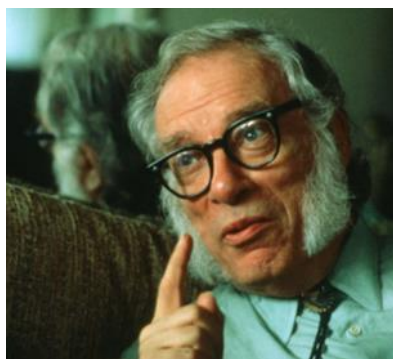
[Polio eradication](#) is the number one priority of Rotary and our Founda-tion. It has been a historic year for polio eradication with unprecedented new support and fewer cases of polio than ever before. The [Bill and Melinda Gates Foundation](#) has increased its commitment to our polio eradication initiative, and will match 2:1 all Rotary contributions up to \$50 million for the next three years. If Rotarians raise \$50 million per year, the Gates Foundation will match this with \$100 million. In total, more than one billion dollars in new funding for polio were pledged by governments and key donors in Atlanta".

The Quote

"People who think they know everything are a great annoyance to those of us who do."

Isaac Asimov

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

Club Website: [HERE](#)

Facebook: [Click HERE](#)

The Networker: [Issue 8](#)



November ROTARY DOWN

UNDER Click [HERE](#)

Click for [All District Events](#)



Guest Speaker:

[Rev. Deacon Jenny Preston](#) both challenged and educated us on the predicament of the young, disabled and aged population in Zambia. Jenny, husband John and Harriet, a talented Zambian Master of Health Education, combined forces in 1996 to improve a very dire situation.

Working out of Melbourne they not only organised funding to upgrade the existing but dilapidated Community schools, they also brought the total number of Schools around the district of Mungale to a total of 500. Much of the existing buildings lacked sanitation facilities, a safe water supply, and the teaching facilities that we all take for granted.

Shipping containers were adapted and four teacher houses were constructed in the local mudbrick style, and solar powered pumps were installed to provide a source of fresh water. The underpaid teachers, few in number, were trained to encourage their pupils to learn sewing skills as well as husbandry of chickens and goats which they could trade for other household essentials, even cows.

This has all been a laborious process especially as the Australian Government withdrew support some time ago leaving [Kondanai Zambia](#) to rely solely on private donations to fund their important work.



Harriet Sianjibu-Miyato helps to coordinate and continue the Schools Program and you can read her story below.

Jenny covered her subject with passion and compassion. Right from the start we knew exactly where she was coming from, her faith, her integrity and her persistency to the cause and we thank her for her engaging presentation.

Brian Hurnard (Host)



[Australian by Degree. Harriet Sianjibu Miyato, Zambia](#)

Published on Feb 21, 2017

Education the only vaccine against poverty

Harriet Sianjibu-Miyato was one of the early recipients of an Australia Award scholarship. She travelled to Melbourne in 1993 to complete a Masters of Education at Deakin University.

Harriet is a passionate advocate for education and says “Education, not only is it a right, but it is the only vaccine that one can use when you want to work towards getting rid of poverty”.

When Harriet returned to Zambia she commenced work with Zambia Open Community Schools, popularly known as ZOCS. ZOCS is an organisation that has been offering education to orphans and vulnerable children since 1992.

Harriet praises her time in Australia allowing her to see things differently and return to Zambia being able to do things in a way that could help her country. She says “Zambia is not a poor country. Zambia is endowed with a lot of natural resources. But only when people are educated will they tap into that and see that is a development that can take us out of poverty”.

Ask us a question at: globalalumni@dfat.gov.au

If you are Australia Global Alumni, get connected: <https://australiaglobalalumni.gov.au>



The Christmas Raffle.

Win a \$2,000 Shopping Spree!

Please keep putting your name on the selling roster and get involved. Sell your own book and return it as early as possible to save the last minute reminders.

Thank you to everyone who has already participated.

The Roster is circulated at meetings and via E-mail.

Contact [Geoff Kneale](mailto:geoffwkneale@gmail.com) to get involved.

geoffwkneale@gmail.com Phone: 0408 588 033

0000	RAFFLE TICKETS		0000	
				NAME
				ADDRESS
				CITY
				PHONE

\$2 Voucher with every ticket



\$1,000 Cubby House or Vouchers



\$500 Vouchers in-store

**Catering Roster**

Along with the Christmas Raffle Roster there is also the Catering Roster.

At this time of year we are always stretched for volunteers to meet all of our commitments.

Please review the Catering Roster and contact Jane Pennington if you can help.

The roster has been distributed by separate E-mail.

November is Rotary Foundation Month**The Rotary Foundation (TRF) and Rotary Australia World Community Service (RAWCS)****Working together to achieve results**

Lou Johnson, chair of The Rotary Foundation Australia Ltd, and Michael Perkins, chair of Rotary Australia World Community Service Ltd, talk to Rotary Down Under about the differences between TRF and RAWCS, how each entity operates, and the importance of working together to achieve the best outcome.

All the different facets of Rotary can get confusing. Could you explain the difference between The Rotary Foundation (TRF) and Rotary Australia World Community Service (RAWCS)?

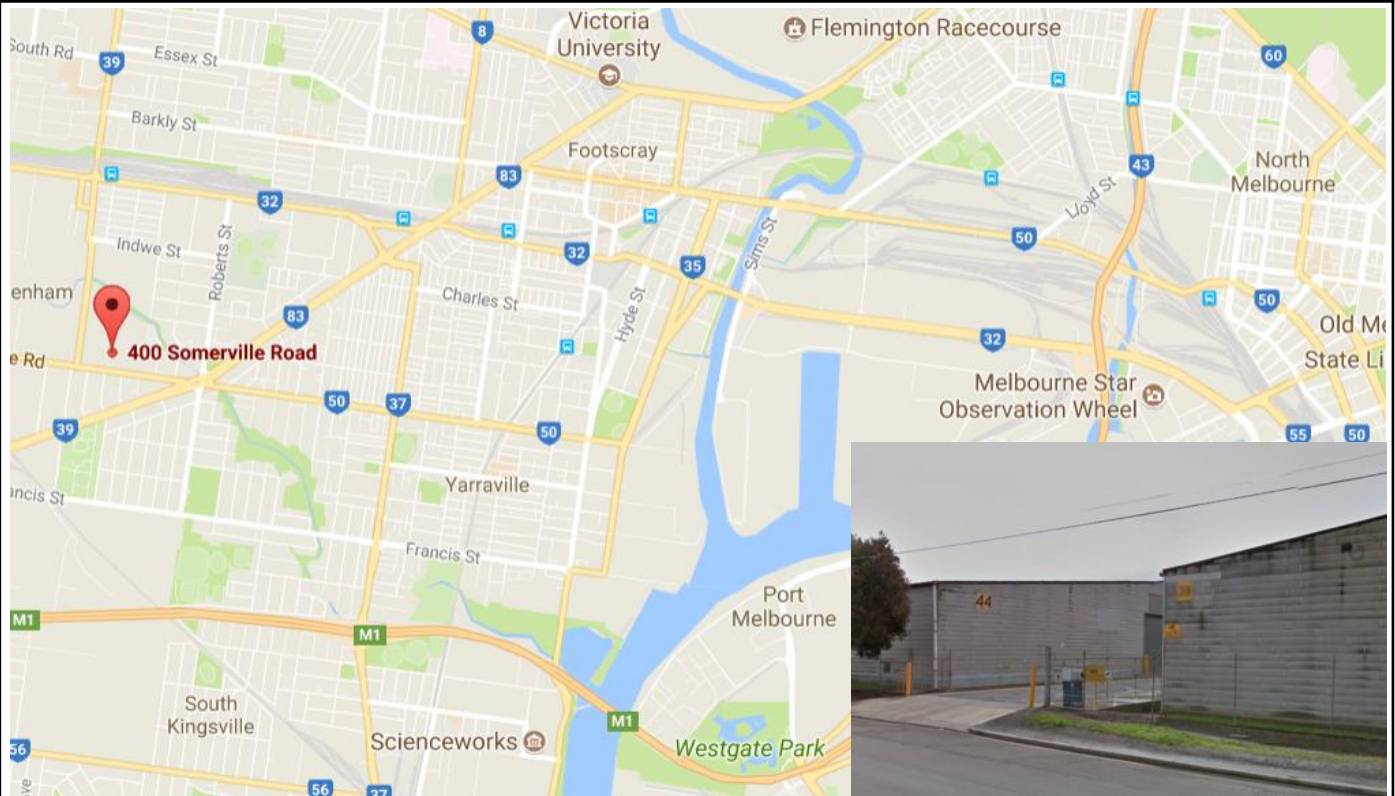
Lou Johnson: The ultimate objectives of The Rotary Foundation and RAWCS are similar – to facilitate Rotarians to do humanitarian work in the world – however, they operate in very different ways and at different levels. TRF receives donations primarily from clubs and Rotarians, and then distributes the funds to Rotarians for projects via global and district grants. They also provide scholarships and fund the polio program, Rotary's major project, which is changing the world forever.

TRF recognises donors including Paul Harris Fellows and members of the Paul Harris Society, Arch Klumph Society and Bequest Society. In Australia, the main financial support comes from clubs and individual Rotarians participating in this recognition system.

Michael Perkins: RAWCS, by contrast, is a financial infrastructure system for Rotarians to use, allowing the raising of funds for their projects via tax deductible donations. We are likened to a solicitor's trust account, where the funds we hold are not actually our funds, but instead the funds of many clubs and districts. These funds are then directed to their projects, which can be overseas or in Australia.

Clubs prefer to use the RAWCS infrastructure as opposed to their bank account, for example, because not only do we review and assist them with their project plans, we handle all the regulatory requirements – and believe me, there are a lot of them, all undergoing continuous change. Rotary Clubs and Districts not acting in accordance with the latest requirements can quickly come unstuck. By using RAWCS's infrastructure, clubs and districts very much minimise their risk around fundraising and management.

Getting to DIK 30th November. 400 Somerville Rd, West Footscray



Options:

1. Monash Freeway, Westgate Bridge and Williamstown Road

Take The Monash Freeway M1. Cross over the Westgate Bridge and exit left to Williamstown Road Exit and proceed Right onto Williamstown Road (North Bound) . Turn Left onto Somerville Road. Google says 20km (from Kew) and 30 mins.

2. Eastern Freeway and Flemington Road

Similar Distance to 1.: Head down the Eastern Freeway then Alexandra Parade and down Flemington Road and turn right into Somerville Road.

3. Brunswick Road and Gordon Street

Take a northerly route such as Heidelberg Road and Park Street to reach Brunswick Road off St Georges Road. After crossing the Maribyrnong River turn left onto Route 37 Van Ness Rd which becomes Gordon Street which takes you to the Princes Hwy not far from DIK.

Consider your Options

1. The Westgate Bridge route is straight forward and works well in off-peak, delays in peak times can create delays. Check the radio news for delay reports and /or Google Maps if it has the traffic delay feature.
2. The Eastern Freeway route is very direct but traffic is unpredictable and delays are often encountered in Alexandra Avenue and prior to the Tulla Freeway Entrance before reaching Flemington Road. I do not recommend this route.
3. This route may appear convoluted and long but keeps wide of city traffic and can be faster if there are delays getting onto the Westgate Bridge.

Members should allow for a 1 hour journey with all options.




Put December 17th in your Diary for an enjoyable night at Carrical House Kew.

18-20 Mason St, Hawthorn VIC 3122

As in previous years The Club will be running a BBQ

All Welcome!

MEETING ROSTERS

<p>Thursday 23rd November</p> <p>Speaker: Lien Trinh</p> <p>Host: Geoff Kneale</p> <p>Greeters: Bob Bott; Sue McDonald</p> <p>Setup: Neil Marshall; Peter Wilson</p> <p>Desk: Garth Symington; Tony Hart</p>	<p>Topic: Reflections of Our First Global Grants Scholar.</p> <p>Lien Trinh, The first recipient of the Rotary D9800 Global Grant Scholarship has completed her studies at the London School of Hygiene & Tropical Medicine for the Master of Public Health degree.</p> 
<p>Thursday 30th November</p> <p>Speaker: Bob Glindemann</p> <p>Host: Imre Lele</p> <p>Greeters: John Koa, Nino Sofra</p> <p>Setup: Russell Cooper, Greg Matthews</p> <p>Desk: Ted Angleton, Marcel Muntwyler</p>	<p>Visit to DIK</p> <p>400 Somerville Road</p> <p>West Footscray</p> <p>Topic: The Vital Role of Donations in Kind</p>
<p>Thursday 7th December</p> <p>Speakers: Jo Bergman and Stewart Kreltszheim</p> <p>Host: Bev Sofra</p> <p>Greeters: Ian Adams, Jane Pennington</p> <p>Setup: Jim Romanis, David Rowe</p> <p>Desk: Ian Richardson, Joe Butler</p>	<p>Topic: <u>"No Roads Health"</u></p> <p>No Roads – Health was formed in 2012 when an Australian experienced No Roads Expeditions Kokoda Track Guide identified a desperate need for health care on the Kokoda track.</p> <p>Mission: To partner with aid agencies to deliver targeted health activities which benefit the people of Papua New Guinea</p>
<p>Thursday 14th December <u>Partners' Night</u></p> <p>Speakers: Christmas Meeting</p> <p>Greeters: Rowan McClean, Jim Studebaker</p> <p>Setup: Greg Cribbes, Imre Lele</p> <p>Desk: Peter Cleary, Maurie Walters</p>	<p>Topic:</p> <p>Sing along to your favourite Christmas Carols at our Christmas Meeting. Bring an unwrapped Christmas Present up to the value of \$20 to help make Christmas a bit more special for a disadvantaged family.</p>

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 77, On-time apologies –21, LOA - 4, Member Attendance 53 = 67.5%
Make-Ups / External Service to the Community – 25

Mens Shed 6 & 9 Nov. Bernie Smith, David Cheney & Greg Matthews. **Catering** 11th Nov. - Greg Cribbes, Bill Oakley, Nino Sofra & Geoff Steinicke. **Gardening** 10 Nov. (last this year) - Peter Elliott, **BNPS Fete** 11 Nov. - Rob Head, Rowan McClean, Gavan Schwartz, Don Taylor & Tony Wells.; **DIK** - Pete Sutherland; **Food Packing** (RC Canterbury) 13 Nov. - Phil Francis, Kinga Paulheim & Peter Wilson.; **Aust. Rotary Health Board** 2 Nov. Greg Ross ;

Rowan McClean - 10 & 14 Nov. **HVE Audiology**, 13 Nov. **RAWCS**, & 14 Nov. **East Timor Water** ; George Swanson **RC Sorrento**.

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

Celebrations

Birthdays: Kris Walters, Rob Head, Rob Stewart

Inductions: Nil

Weddings: Beatrice and Christopher Ko,
Duncan and Jane Ansell



Geoff's Unhealthy Tip
"Eat more Rotary Cakes and Puddings"
Puddings in cloth \$16.50 each
large Christmas Cakes \$18 each
Small Christmas Cakes \$9 each



Geoff's Alternate Health Tip?

Drinking Two Beers Is Better Than Codeine For Pain Relief

- Meta-analysis of 18 controlled experiments supported analgesic effects of alcohol.
- Alcohol resulted in a small increase in pain threshold.
- A moderate-large decrease in pain ratings was also observed.
- Higher blood alcohol content is associated with greater analgesia.
- *Analgesic effects may contribute to alcohol dependence in those with persistent pain.*

Over the course of 18 studies, researchers from the University of Greenwich found that consuming two pints of beer can cut discomfort by a quarter.

By elevating your blood alcohol content to approximately 0.08 per cent, you'll give your body "a small elevation of pain threshold" and thus a "moderate to large reduction in pain intensity ratings".

The researchers explained: "Findings suggest that alcohol is an effective analgesic that delivers clinically-relevant reductions in ratings of pain intensity, which could explain alcohol misuse in those with persistent pain, despite its potential consequences for long-term health."

It's not clear, however, whether alcohol reduces feelings of pain because it affects brain receptors or because it just lowers anxiety, which then makes us think the pain isn't as bad.

Now for the sobering news

However experts are also speaking out to clarify that the results of the new study don't mean alcohol is good for us.

Rosanna O'Connor, director of Alcohol and Drugs at Public Health England, said:
"Drinking too much will cause you more problems in the long run. It's better to see your GP."

"Strongest analgesia occurs for alcohol levels exceeding World Health Organisation guidelines for low-risk drinking and suggests raising awareness of alternative, less-harmful pain interventions to vulnerable patients may be beneficial."

A study released on Friday said drinking four pints of beer in one night was enough to destabilise the heart's natural rhythm and increase the risk of heart failure and stroke.

Researchers at Oktoberfest in Munich found that drinkers' chances of cardiac arrhythmia, which opens the door to a host of more serious conditions, doubled after the intake.

Scientists monitored 3028 drinkers at the beer festival and found evidence of "holiday heart syndrome", where people without any history of problems developed irregular heartbeats.

The researchers from The University Hospital Munich found that nearly one in three attendees was suffering from cardiac arrhythmia!

The Australian Government's National Health and Medical Research Council says healthy men and women should drink no more than two standard drinks a day.

Geoff's Ghost Writer



CHRISTMAS FARE

FRIDAY 8TH DECEMBER 2017 ; DONCASTER ROAD

OUTSIDE THE COMMONWEALTH BANK, 9.00-12.00

Ladies, friends and supporters,

We are planning our Christmas Fare again this year; are you able to assist with baking cakes, puddings, chutneys, shortbreads, mince pies, slices etc. for sale?

As in previous years, we need a variety of smaller items made up on a Christmas plate, wrapped in cellophane and with ingredients (no cream) listed, to the value of \$5.00.

Larger cakes, puddings and other items will be individually priced.

Please deliver your goodies to Ian Molli-son's office, Hello World, 66 Doncaster Road, North Balwyn on **Thursday 7th December up until 5.30 pm.**

Funds this year will go to the Refugee Support Program at Baptcare Ashburton.

Many thanks for your help,

Ailsa Head

Enquiries—Jo Wells 9859 3725

Rotary Club of North Balwyn



GALA CHARITY GOLF DAY

RC North Balwyn is to hold its annual Gala Charity Golf Day at the Kew Golf Club on Friday 23rd February 2018 to raise funds for Youth Mental Health through Australian Rotary Health.

The Kew Golf Club is located in Belford Road in East Kew, in a spectacular parkland setting beside the Yarra River. The course is easily accessible, 15 minutes from the Melbourne CBD and just off the Eastern Freeway.

An Ambrose competition with a shotgun start will be followed by fellowship and a gourmet barbecue lunch. There will be prizes for the overall winners plus the longest and straightest drives.

The cost per entrant will be \$100.00 and the main beneficiary of the funds will be Youth Mental Health which has been identified as an area of concern following discussions with the local community. Money will be directed to Australian Rotary Health.

RC North Balwyn is seeking support from Rotarians throughout D9800 for this major Community Service Project while enjoying excellent golf and good fellowship at Kew Golf Club.



Boroondara White Ribbon Day

11am to 1pm, Wednesday 22 November 2017

Parkview Room, Camberwell Civic Centre
8 Inglesby Road, Camberwell.

You are invited to attend the 6th annual Boroondara White Ribbon Day event to raise awareness about the negative impact of violence against women and children.

More details [HERE](#) Book [HERE](#)

Club Diary

Read about Rotary in your area in The Progress Leader

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

Thursday 30th November: Regular Club Meeting to be held at [DIK](#) West Footscray, Victoria. 400 Somerville Rd.

Friday 8th December

Christmas Fare—Balwyn North Village Shopping Centre.

Funds to [Refugee Support Program](#) at Baptcare Ashburton.

Thursday 14th December

Club Christmas Meeting and Partners' Night

Saturday 16th December

Carols in the Park (Macleay Park Belmore Road)

Christmas Raffle draw on Stage at 9.00 p.m.

Sunday 17th December

Servants Christmas Carols & BBQ

Thursday December 21.

Club Christmas Breakfast at Macleay Park.

Wednesday 10th—Thursday 25th January

Mongolian Exchange

Sunday January 14th

Casual meet with Mongolian students(12) and their chaperones(2).

Thursday January 18, 2018**First Club meeting of 2018****Friday 23rd February 2018**

Gala Charity Golf Day

16-18 March 2018.

District Conference

Warrnambool.

Registrations [Now Open](#)

21 -25 March 2018.

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

Friday 5th to Sunday 7th October 2018

Camp Getaway Working Bee 2018

**THE POWER TO MAKE
A DIFFERENCE**
2018 DISTRICT 9800 CONFERENCE
16-18 March / Warrnambool / Victoria



Servants Community Housing has been operating low-cost accommodation and safe housing for people suffering from long term mental illnesses for more than 25 years. The three homes are situated across the Boroondara area. Servants offers people a safe environment with a strong sense of community and belonging. The Rotary Club of North Balwyn has been a great supporter of Servants Community Housing. In 2013, it provided a bus for the organisation. It has also engaged in several fundraising activities over the years. Recently, Rotary's Donations In Kind facility in Footscray, Rotary's major recycling operation, provided 200 sets of quality bed linen and 200 towels. The linen was donated by the Western Australian mining industry and will be shared between Servants' three residences.

To donate household goods to Donations In Kind, contact Peter Sutherland on 0490 133 173.

Progress Leader

TUESDAY NOVEMBER 2, 2017 / PROGRESSLEADER.COM.AU



SMOOTH SAILING
WILLIAMS TANGESTIC
FAMILY CRUISE
PAGE 4

HOUSE RULES
COUNCILS FIGHT HOUSING
ESTATE REWAP
PAGE 5

REAL ESTATE
PERFECT LOCATIONS
LOG MAINTENANCE GEN
PAGE 28

NEVER FORGET

Bob Semple, one of the brave and tenacious Rats of Tobruk, remembers friendships forged under fire



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

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.



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