



"The HeadLines"

Our Latest Meeting: Solomon's Overseas Project Update

Our Guest Speakers P.P. Jane Pennington, Takao Yukawa, and Brian and Bev Thomas provided an update on our recent Sewing and Days for Girls activities in the Solomon Islands. Photos and accounts from their recent visit provided a fantastic insight into the support the girls at Henderson are receiving. Brian and Bev Thomas have been long time supporters of sewing training and supply of spare parts and machines to the Solomons and on this trip they focused on servicing machines that were out of order and the training of a technician to take on this role long term.

Brian as a past employee of [Aisin Australia](#) has maintained contact after the Australian operations were wound up and has met with representatives who flew to The Solomons from Japan and they have pledged Aisin's ongoing support with supply and serving of the Toyota sewing machines.

Paul Harris Fellow Recognitions

In recognition of Brian and Bev's outstanding support of Rotary and our Solomons Project it was a privilege to present Paul Harris Fellow awards to both Brian and Bev.

[Victorian Child Safe Standards](#) (update no 2)

District is currently reviewing how to assist Rotary Clubs to comply with [changed Working With Children Legislation](#). When we introduce and implement the more-stringent processes for Child Safe practices, please remember that this will be about our Club ensuring the safety of children with whom we have direct contact and not only about complying with new requirements.

A Board sub-committee is working through what needs to change, but it's clear that there will be some new requirements for Club members, partners, Friends and service-providers who participate in our projects and activities.

More detail will come once we are clear on what the Legislation requires of Rotary Clubs.

Gardening

Many thanks to those who filled the vacant places on the current roster.

The program will wind up for 2017 in October when our volunteer School students begin exam preparations.

The Quote

"Some cause happiness wherever they go ; others whenever they go". Oscar Wilde

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](#)

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

Read The Networker: [Aug 2017](#) Issue 3



AUGUST ROTARY DOWN UNDER
Click [HERE](#)

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

Rotary Weekly Click [HERE](#)



Solomons Update



Brian Thomas conveying his great delight at receiving advice personally from Aisin Japan that they will continue to support us with parts for service of machines donated to The Solomons. Brian and Bev are also thrilled to say one of the local lads has shown outstanding talent and interest in learning sewing machine maintenance which will ensure the ongoing utilization of the donated sewing machines and overlockers.



Jane and Tak visited The Solomons with Brian and Bev and helped with the training as well as understanding future needs.



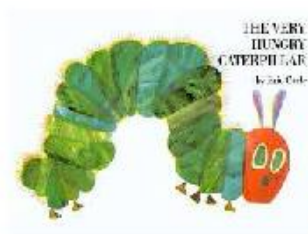
President Rob was delighted to present Paul Harris Fellow awards to Brian and Bev in recognition of their long history of support for our work with the Salesian Sisters at Henderson and Don Bosco Technical School at Tetere, Solomon Islands.



The Club is currently in the early planning stages of another shipping container delivery to The Solomons.

Sally Sharp and Sally Sutherland have had discussions with Sister Anna Maria about their future needs. Sister Anna Maria said that the books previously donated by local Schools via Sally Sutherland's call out for books via the School Library Association of Victoria have been well received and they would love more! Sally will ask Schools to again consider what books may become surplus to their needs later in the year and we will ask Members to donate or otherwise source books.

Stay tuned for more information in coming weeks.



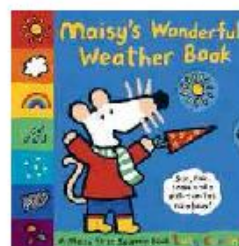
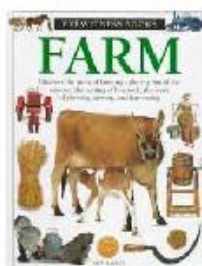
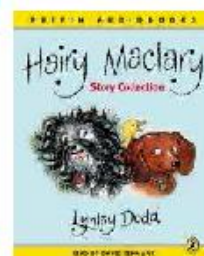
Solomons Book Drive

Please donate books (new and old)

We want pre-school Picture Books :

- Letters, Numbers, Colours, Concepts, and
- Stories and Rhymes to read to young children.

Simple General Information Books for older children
eg Science, Geography, Human Body, Weather etc



What You Can Do to Help?

- *Source, Collect Suitable Books*
- *Bring books to a Partner's Night*
– (date to be advised)
- *Watch the Grapevine for the next Partner's Night date soon (Not this week's Partner's Night).*
- *We can collect large quantities.*

Questions? Contact: *Sally Sharp 0418 695 486*

GARDENING PROJECT 21st August 2017

Please help where you can, there are plenty of opportunities, and your involvement is greatly appreciated.

Give me a call anytime - Peter Elliott 0419 417 334.

Date and Who with	Time	RCNB Supervisor	Assisted by
Fri 25/8 CGS/X	2.45 – 5.15pm	Greg Cribbes	Estelle Kelly
Sat 26/8 MLC	10.00 – 12 noon	Rowan McClean	Sam Hardikar
Fri 1/9 CGS/X	2.45 – 5.15pm	Greg Cribbes	Garth Symington
Fri 8/9 X	4.00 – 5.15pm	Greg Cribbes	Garth Symington
Sat 9/9 MLC	10.00 – 12 noon	Greg Cribbes	Geoff Steinicke
Fri 15/9 X	4.00pm – 5.15pm		
Fri 13/10 CGS/X	2.45pm – 5.15pm		



YEA GARDEN EXPO

23 & 24 SEP 2017
10AM-4PM

Location: Yea Racecourse
Only an hour from Melbourne...

- Native & flowering plants
- Garden sculptures
- Motorised barrows & vehicles
- Garden tools & vegetable bins
- Seedlings
- Mulch, fertilisers & compost
- Ride-on & push mowers
- Nurseries
- Designers & Contractors
- Mulchers
- Deciduous & Ornamental trees
- Garden books
- Plant Creche * NEW *
- Speakers Program * NEW *
- And much more.....

FOOD & DRINKS AVAILABLE
FACE PAINTING TOO !

Entry \$5 for adults - kids FREE
FREE PARKING

Contact: yeagardenexpo@optusnet.com.au



YEA GARDEN EXPO -- 23rd & 24th September 2017

After the outstanding success of our first Garden Expo last year we are now going to ensure it becomes an annual event and this year the EX-PO will be held on the same weekend as last year namely the 23rd and 24th September 2017 at the Yea Racecourse. While there were many aspects which proved to be an outstanding success last year there were also aspects that had to be better and we have set out to address and improve each facet. Last year we had just under 1600 visitors to the Expo and this year we are aiming to exceed 2000 visitors.

The Fellowship Committee invites Rotarians and their partners, and especially new members, to attend a **Movie Night and Dinner** -

Venue: Palace Cinema, Whitehorse Road, Balwyn

Date & Time: **Friday September 8th, 2017**, with movie starting at 6.30pm. Group booking price of \$12/person

Movie: Tommy's Honour - about a father-son team who ushered in the modern game of golf. As Tom and Tommy (Scotland's Golf Royalty) fame grew, and they were touched by drama and personal tragedy.

Dinner: about 8.30pm at Colombo's, Whitehorse Road, Balwyn. A 2-course meal with coffee/tea for a set price of \$29.00/person.

Details: Maurie Walters or Russell Cooper.

Total Cost: \$41 per person payable prior to August 18th.

Monies will be collected from August 10th

Russell Cooper 0417 392 109

Maurie Walters 0438 005 820



Bridge Classes at North Balwyn Bowls Club

Bridge is played in every country in the world, in every country town in Australia and on many cruises so you have many opportunities to Play Bridge and Make Friends. (that sounds like a great motto).

The next set of lessons in playing Bridge starts at North Balwyn Bowls Club at 11am on Thursday 24th August and will continue each Thursday morning for 10 weeks.

Each lesson will last for approx. 90 minutes. Cost is \$15 for the teaching booklet (for those who do not already have a copy) and \$6 per week.

Don't be put off by people saying that Bridge is more complex than Chinese Algebra because it is only marginally so and is therefore a great challenge.

If you wish to try the course for the first time then please let me know so that I can arrange suitable training booklets.



Regards,

Ian Speed

ian_speed@bigpond.com

NORTH BALWYN COMMUNITY MEN'S SHED



Official opening

A partnership project between the City of Boroondara and the Rotary Club of North Balwyn



The City of Boroondara would like to invite you to the official opening of the North Balwyn Community Men's Shed

Monday 18 September
11am

60A Buchanan Ave
North Balwyn

Light refreshments
will be served

RSVP

Monday 11 September
Telephone: 9278 4753
or [register online](#)

North Balwyn Community Men's Shed Official Opening
Mon. 18 September 2017
11:00 am – 12:00 pm AEST
[Add to Calendar](#)

Location

60A Buchanan Avenue
Balwyn North, VIC 3104

[View Map](#)

FREE

REGISTER

Geoff's Health Tip

Do you have too much or too little sleep?



In today's society it's easy to underestimate the importance of a good night's sleep. However, getting too much or not enough sleep can not only lead to serious health problems, but can also impact mood, learning, productivity and good relationships.

Research on sleep patterns over the past 40 years showed that people who usually sleep less than six hours or more than eight hours, are at risk of dying earlier than those who sleep for between six and eight hours. The Harvard-based Nurses Health Study, conducted between 1986 and 2000, revealed that undersleepers and oversleepers were at greater risk of heart disease and stroke, type 2 diabetes and depression.

On the other hand, adults in the preferred seven hours sleep category, often suffer from the problem of 'getting to sleep'. We also seek the benefits of that elusive experience known as 'quality sleep'.

[Dr. Howard Le Wine, Chief Medical Editor of Harvard Health Publications, in summarising the results from the Nurses Health Study, published eight tips for getting better sleep.](#)

- Associate your bedroom with sleep.
- Be sure your bed is comfortable and your bedroom is dark and quiet.
- Have a consistent bedtime schedule.
- If you can't get to sleep, get up and do something relaxing until you get tired or buy a set of radio earphones and whilst lying on your pillow, listen to some music.
- Practice deep breathing, especially increasing the capacity of your upper-lungs.
- Get plenty of exercise. Build up 45 minutes of moderate exercise nearly every day, especially in the morning or try some stretching exercises before bedtime.
- To decrease middle-of-the-night urination, don't drink any fluids after dinner.
- Don't take long naps during the day. Limit afternoon naps to 20-30 minutes in the early afternoon.

Geoff

2018 District Conference—Warrnambool

**THE POWER TO MAKE
A DIFFERENCE**

2018 DISTRICT 9800 CONFERENCE
16-18 March / Warrnambool / Victoria

Rotary



Registrations are now open with the Early Bird rate effective until 30th November. First time conference attendees have been offered a significant price reduction.

<http://www.rotaryconference.org.au/register.html>

Highlight events:

1. Meet the Maremmas

In a world-first, Maremma dogs were trained and placed on Middle Island to protect the penguins from foxes during the breeding season. The project has been a huge success, with no evidence of fox attacks since the beginning of the Project and a steady increase in penguin colony size to an estimated 180 penguins in 2013.

Two Maremma guardian dogs, sisters Eudy and Tula, spend five days per week on Middle Island during the breeding season and on their days off they live at Flagstaff Hill Maritime Village, interacting with visitors and helping to educate people about environmental conservation.

Tours are limited to 20 people.

Cost : \$15.00



2. Back of House Tour

Here lie the stories of hundreds of ships, their crewmen and passengers whose lives were claimed by the Shipwrecked Coast in the 19th Century. Stories passed on by the lucky few who survived the journey to start a new life in a foreign land, vowing never to set foot on a ship again.

Without the modern day comforts we take for granted today, their lives were challenging and tough as they relied on the ocean for resources and communication. Flagstaff Hill is a place to remember and experience the stories of these early battlers who laid the foundations for life as we know it today

Come and experience the Flagstaff Maritime Museum and see how the historic artefacts are cared for and protected.

Tours limited to 15 people.

Cost: \$10.00



Club Diary

Read about Rotary in your area in The Progress Leader

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

Sunday, August 27th: Partners' Afternoon Tea

2.00 pm – 4.00 pm at QPO, hosted by Ailsa Head.

Members; if you have not passed on the invitation sent out by E-mail to your Partner, please look for it and do so.

Partners: where our data base held your E-mail the invitation was sent only to you.

Please RSVP to Ailsa Head by 16th August to

rahead@bigpond.com,

or 9387 1676 (msg. service) or mob. 0425 879279

Sunday, August 27th: Bunnings Box Hill Cake Stall.

Friday September 8th, 2017

Movie night at the Palace Cinema, Whitehorse Road, Balwyn

Tommy's Honour

The movie starts at 6.30pm. Group booking price of \$12/person followed by dinner at Colombo's cost \$29/person

Total Cost: \$41/person payable prior to August 18th.

Monies will be collected from August 10th

Contact Russell Cooper 0417 392109 or Maurie Walters 0438 005 820

Monday 18th September

Men's Shed Official Opening

RSVP before 11th Sept. Please phone 9278 4753

..or [register On-Line](#) FREE

11:00 am – 12:00 pm : 60A Buchanan Avenue, Balwyn North

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. Registrations [Now](#)

[Open](#)

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

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



Plug into projects

Stay tuned

Hey all you cool dudes out there in radio land. Tune into the groove at Radio Rotary every Friday evening from 6-8pm on station 3WBC, 94.1FM on your dial. Rotary "drive time" will challenge you with thought provoking interviews, touching Rotary success stories, laughs and great music.

It all hails from Rotary District 9800, which is the Boroondara region. Jonathan Shephard from Rotary Club of Kew is the presenter and also panel operator. He says that the stories are often poignant.

"It's always moving to hear about what an individual and their club can do to change the lives of others, both locally and around the world," he says.

"One great story came from a group of teenage Camberwell Grammar boys who are in the Rotary Youth Leadership Club. Not only were they fundraising for woman's hygiene products, they also made the items by hand to send overseas so girls could go to school every day. These were very mature and worldly boys."

The chat is always great with everyone from past Rotary World President, John Germ, to regular members who work on extraordinary projects.

"We get a lot of feedback and connection with Generation X, Y and Millennials. They hear about the activities of clubs and members and want to be involved. Coming up on Friday, August 11 you'll hear all about the launch of the North Balwyn Community Men's Shed (September 18), and the recent student trip to the Mongolian International Children's Camp."

MEETING ROSTERS

<p>Thursday 24th August: ****Partner's Night ****</p> <p>Speaker: Harold Mitchell:</p> <p>Host: Ian Adams</p> <p>Greeters: Bill Oakley, Findley Cornell:</p> <p>Setup: Ted Wilkins, Ian Adams</p> <p>Desk: Duncan Ansell, Colin Sharp</p>	<p>****Partner's Night ****</p> <p>Topic: Australia's Place in a Changing World</p> <p>Harold Mitchell "most powerful man in Melbourne" is a well-known and influential figure in media and advertising. The Harold Mitchell Foundation has donated more than \$10 million to Health, Education and the Arts.</p> 
<p>Thursday 31st August:</p> <p>Speaker: Adam Craig Dale</p> <p>Host: Bernie Smith</p> <p>Greeters: John Rennie, Geoff Kneale</p> <p>Setup: Chris Flavelle-Smith, Joe Butler</p> <p>Desk: Estelle Kelly, Russell Turner</p>	<p>Topic: Cricket Now and Then</p> <p>Adam Dale is a former Australian cricketer who played two Tests and thirty One-Day-ers for Australia. Watch Adam's catch of century HERE</p> 
<p>Thursday 7th September</p> <p>Speaker: Judge Fran Hogan of the County Court</p> <p>Host: Eileen Toohill</p> <p>Greeters: Russell Cooper, Kinga Paulheim</p> <p>Setup: Larry Fitzpatrick, Don Taylor</p> <p>Desk: Imre Lele, Brian Lacy</p>	<p>Topic: "Judging in a World of Change".</p> <p>County Court Judge Frances Hogan was welcomed to the County Court on 5 October 2001. Fran has since presided in many highly publicised criminal cases.</p> 
<p>Thursday 14th September:</p> <p>Speaker: Dr. Ingrid Hopper</p> <p>Monash University and Alfred Hospital</p> <p>Host: Findley Cornell</p> <p>Greeters: Duncan Ansell, Tony Hart</p> <p>Setup: Rowan McClean, Gavan Schwartz</p> <p>Desk: Sue McDonald, David Rowe</p>	<p>Topic: "The Science Behind the Prevention of Cardio-Vascular Events by Immunisation".</p> <p>A study will formally test whether the existing pneumococcal vaccine can not only reduce invasive pneumococcal disease but also help to prevent heart attack and stroke.</p> 

Attendance:

Are you unable to attend the next meeting? Are you bringing a Guest or your Partner? E-mail Brian Hurnard bhurnard@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: Membership = 79 (Down from previous 80 as Lindsay Pegg is a resignation) In attendance were 41 members and 3 partners plus a total of 8 guests including visiting RCNB Rotarian John Burley.

Member External Activities (formerly Make-Ups): Rowan McClean at gardening and meeting with RC Kew. Jane was very active with a District Leadership team meeting, District Success Seminar and a Bunnings barbeque. Greg Ross Aust. Rotary Health 'Lift the Lid'.

OUR NEXT MEETING ON 24TH AUGUST IS A PARTNER'S EVENT WITH SPEAKER HAROLD MITCHELL. IF YOU ARE PLANNING ON BRINGING A GUEST OR PARTNER PLEASE LET ME KNOW BY TUESDAY EVENING SO THAT BRIAN CAN MEET OUR BOOKING DEADLINE WITH THE GOLF CLUB.

bhurnard@netspace.net.au

Celebrations

Birthdays:- Tess Greatorex

Inductions:- Nino Sofra 1991

Weddings:- Lyn and Gavan Schwartz,
Alison and Ian Adams; Lis and Geoff Haddy



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 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 Brian Hurnard
bhurnard@netspace.net.au with your personal message.
4. Phone 9819 7664 (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
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**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



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