



"The Headlines"

Golf Day Sponsors Thank You Meeting

The presentation from Professor Tony Jorm on the work of Australian Rotary Health (ARH) provided a background to Club members and our Golf Day sponsors. This demonstrated how the funds raised on the Golf Day will be utilised by ARH and the importance to their Research Program.

Greg Matthews presented Greg Ross, as Chairman of ARH, with the proceeds from last February's Golf Day in the form of a cheque of \$20,000.

We were also pleased to receive:

- A \$5,500 grant from the Kew East Bendigo Bank to support a local Rotaract project planned by President Elect Nino for the coming Rotary year
- \$500 from Kew Rotary Club as a 'dividend' which reflects the support of our Club and Men's Shed for their Fair Trade and Gift Shop in Kew East.



PHF Awards

The meeting also saw Tony Wells and Greg Ross receive enhanced Paul Harris Fellow awards as a result of their contributions to the Rotary Foundation.

The Quote

From Mark Twain

"20 years from now, you'll be more disappointed by the things you didn't do than by the ones you did do."

What's Coming

- Vocational Visit to Monash Medical Centre 14 June. This will be a daytime Club Meeting commencing at 2:00pm
- Tree Planting on 24 June at Boroondara Park PS
- Club Change Over Luncheon Sunday 1 July at 12.00 pm

And remember "Rotary can and does make a difference".

Rob Head

Our Leadership



RI President
Ian Riseley



DG 9800
Peter Frueh



AG Eastside
Jonathan Shepherd



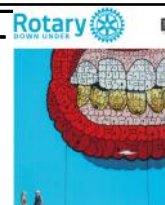
President
RCNB
Rob Head

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 16](#)



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



The Headlines continued:-**Mental Health Resources from Professor Tony Jorm our Speaker**

Tony spoke of online resources that are available, through ARH and Mental Health First Aid ; see the links below :

<https://australianrotaryhealth.org.au/>

<https://mhfa.com.au/>

Community Gardening Project

We received the following appreciation from a recent gardening householder:

"(I wish) to thank Geoff Haddy and Ian Richardson for all their hard work in my garden last Saturday, and for organising the young ladies from MLC and Jacky from the Scouts."

This gardening work provides a consistent profile for us with our local community and retains strong links with local schools and Boroondara Council.

A coordinator of the project is needed from this coming July. So please contact Rowan McClean or Garth Symington to see how you can help here.

Support From Bendigo Bank

We received a grant of \$5500 at our last meeting from the Kew East Branch of the Bendigo Bank to support a project planned for next year.

We also received grants from this Branch last year for gardening equipment and this year to support the cost of our local Drug & Alcohol education project with Access Health.

The Club now banks with this Branch and we appreciate their ongoing support for our local community projects. Please support the Branch when you can.

Kew Rotary Club's Fair Trade Gift Shop

Take the opportunity to visit this shop at 650 High St Kew, just near the Harp Hotel.

**RCNB Guest Speaker Professor Tony Jorm ... 17 May 2018**

On very short notice, due to the illness of Dr Laura Hart, Professor Tony Jorm (a member of the Rotary Club of Carlton), spoke passionately to our members about the mental illness challenge in Australia. From Census interviews, it is clear that in any given year, one in five Australians will experience a mental health problem. It is the third biggest disease burden for the overall population and the number one disability for the young. Those suffering tend to delay getting treatment and still feel there is a stigma attached to mental illness, so the community needs to be more supportive and non-judgemental.



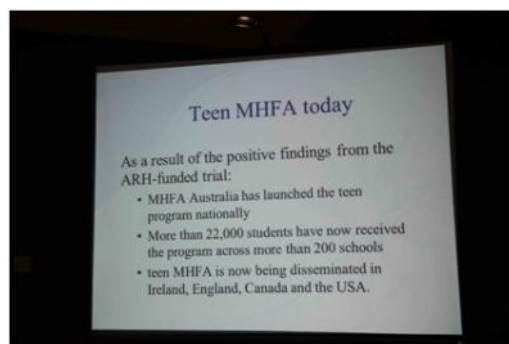
Mental illness research is manifestly underfunded and the work that Australian Rotary Health is doing to fund new research is hugely important. Since 1981, ARH has saved thousands of lives through research outcomes, from cot death through to its current priority of mental illness prevention.

Tony and his wife Betty Kitchener, with research funding from ARH, founded Mental Health First Aid in Australia, a program focussed on mental health training and support. The program has reached 22,000 in over 200 schools and has now spread to England, Ireland, Canada and the USA.

For more information, go online: Australian Rotary Health, incorporating Lift the Lid and Adopt a Scientist, and to Mental Health First Aid.

Greg Ross

A special thank you to our Golf Day Sponsors



Tree Planting at Boroondara Park Primary School on Saturday 28 June.

Can you help between 9:00am and 4:00pm?

This will fulfill Rotary International President Ian Riseley's request for all Rotarians to plant a tree.

PS Gardening Note:- To avoid congestion in the storage shed, the mowers are now under the house with a similar lock and the same combination. Rowan McClean

**WORKING WITH CHILDREN.**

Any members holding Working With Children Cards / Compliance through their work situation are asked to take the necessary steps **to have a volunteer one as well** through Rotary with RCNB listed as the employer. This request has come through PETS and probably is in response to some awkward situations that have evolved recently. This is done to ensure compliance in the event their work situation changes and their work related WWC/Compliance is no longer valid. There is no cost involved for volunteer WWCs.

For further information please contact the Protection Officer – John Rennie.

ANNUAL REPORT

Should members require a hard copy of the Annual Report, please request one from Secretary Gavan Schwartz.

As has occurred in recent years, the Annual Report will be distributed electronically while hard copies will be restricted to about 10.

This saves considerable funds in the admin account. This worked well last year.

Any requests to be directed to "The Secretary" by email please.

Meeting No.43**Thursday, 17th May 2018****Present:**

Guest Speaker 1 Prof. Tony Jorm - ARH Research & Mental Health First Aid.
 NB Members 48 including member sponsors.
 Visiting Rotarians 2 RC Kew Pres Carl Zammit (no meal) & PP Jill Forsyth
 Partners 3 Karen Fitzpatrick, Heather Matthews & Mary George.
 Guests 7 Baumgartners - Brad Hunt & Josh Kennedy ; Fletchers - Jeremy Desmier;

Romanis Cant - Manuel Hannah & James McGinnes ; Solomons - Vince Taskovski ;

Bendigo Bank - Marie Briggs ; Helloworld - Ian Mollison & Mary George ;

Cooper Street Storage - Larry & Karren Fitzpatrick ; Eastgate Furniture - Adrian Ranson.

Members :- Apologies 20, LOA 11, = Member Attendance 48 = 60.8%

External Activities 13 **Weekly 2nd Bite delivery to CamCare** - Rob Head : **DIK** - Peter Sutherland.

(Board Approved) **Gardening Project** - Findley Cornell, Greg Cribbes, Rowan McClean &

Marcel Muntwyler. **Men's Shed** - David Cheney, Peter Elliott, Tony Hart, Greg Matthews, Bernie Smith.

Catering - Bill Oakley (2), Jane Pennington, Ian Richardson, Don Taylor & Eileen Toohill.

Absences for Rosters:

Russell Cooper, Tony Ho, Terry Keyhoe, Dileep Krishna Pillai, Yvonne Lyneham,

Kathleen McGuire, David Rowe, Colin Sharp, Jim Studebaker, Brian Thomas & Peter Wilson

Club Diary

Club Change Over Luncheon Sunday 1 July at 12.00 pm

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

October 2018 Fence repairs in Cobden. Date to be confirmed

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

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

MEETING ROSTERS

Thursday 24 May**Greeters:** Brian Lacy, Ian Richardson**Set Up:** Joe Butler, Peter Cleary**Desk:** Imre Lele, Phil Wade**Speaker:** Julian Burnside QC**Host:** John Gartlan**Topic:** Justice? What Is It? How Do We Get It?

Julian Burnside is a prominent human rights advocate. Our members from ten years ago will recall what a compelling speaker he is.

Our Speaker this week: Julian Burnside is a prominent Melbourne barrister who has represented clients in many high profile commercial cases and who, in recent years, has been a prominent civil rights advocate, particularly for asylum seekers and refugees. He is renowned for his eloquence and his quietly persuasive speaking skills. As well, he is a very active supporter of the arts and has also found time to write quite a number of books, including even a children's book.

**Thursday 31 May****Greeters:** Jim Romanis, Bernie Smith**Set Up:** Bill Oakley, Nino Sofra**Desk:** John Magor, Peter Sutherland**Speaker:** Len Raphael**Host:** Rowan McClean**Topic:** Central Asia. Unusual Places but Normal People

Len is a much-travelled accountant, financial planner and family man (5 children)

Thursday 7 June**Greeters:** Geoff Steinicke, Anthony Stokes**Set Up:** Colin Sharp, Bernie Smith**Desk:** Chris Flavelle-Smith, John McBride**Speaker:** Bruce Whalley**Host:** David de Garis**Topic:** Lawrence of Arabia - Man and Myth

Military historian, tram driver and panellist on ABC quiz show "Think Tank". Our speaker is all of these.

Vocational Visit to Monash Medical Centre 14 June. This will be a daytime Club Meeting commencing at 2:00pm followed by on-site refreshments.

Thursday 14 June**Greeters:** Jim Studebaker, Peter Sutherland**Set Up:** George Swanson, Don Taylor**Desk:** Sue McDonald, Marcel Muntwyler**Speaker:** Professor Don Campbell**Host:** Ian Adams**Topic:** Medicine and Nursing Behind the Scenes**ENDURING POWER OF ATTORNEY (Medical Treatment) and new ADVANCED CARE DIRECTIVE**

From 12 March 2018 a person wishing to appoint a Medical Treatment Decision Maker must do so by an Advanced Care Directive made in accordance with the prescribed form. The directive may provide for the refusal or withdrawal of medical treatment and consent to commencement of future treatments. The directive may make binding instructional and or values directives.

An existing Enduring Power of Attorney directive made before 12 March 2018 remains in force until replaced or updated by a new Advanced Care Plan Directive.

Although lead by the Commonwealth Government, the legal requirements and forms are state based. The Victorian forms may be accepted in some other states with various stipulations. For full details, refer to these two websites -

The Commonwealth overview is available at <https://www.advancecareplanning.org.au/>

The more detailed instructions and forms for Victoria are available at <https://www2.health.vic.gov.au/acp>

(Thanks to Hugo Goetze and Brian Lacy for this information).

Birthdays and Anniversaries between May 22 and May 29**Weddings:** Nino and Bev Sofra, Tony and Carolyn Hart**Birthdays:** Jim Romanis**Induction Anniversaries:** George Swanson

Geoff's Health Tip**More good news for Coffee drinkers**

With coffee assuming the mantle of Australia's most popular beverage, you will be pleased to know that a massive review of the scientific literature has found that drinking three to four cups of black coffee a day provides the most health benefits overall.

The study, recently [published in the British Medical Journal](#) found benefits reducing risk for such issues as melanoma, heart disease, multiple sclerosis, type 2 diabetes, liver disease, prostate cancer, Alzheimer's, computer-related back pain and more.

The history of coffee drinking makes an interesting read:

- Legend has it that coffee was discovered by Kaldi in the 1500s. Kaldi was an Ethiopian goatherder, who noticed his suddenly frisky goats eating glossy leaves and red berries and then tried it for himself.
- It's thumbs up today but the news on coffee has not always been positive. The Arabs were the first to start coffee-houses and that's where coffee got its first black mark. Patrons of coffee-houses were said to be more likely to gamble and engage in "criminally unorthodox sexual situations".
- In the 1600s, as the popularity of coffee grew and spread, the medical community began to extol its benefits. It was especially popular in England as a cure for alcoholism, one of the biggest medical problems of the time.
- In the 1700s tea had replaced coffee in London as the daily drink of choice. The preference continued until 1773 when the Boston Tea Party made it unpatriotic to drink tea. Coffee houses popped up everywhere, and the stimulant qualities of coffee were said to contribute to the ability of the colonists to work longer hours.
- And now a couple of negatives: two studies in 2001 and 2015 found a 20% increase in risk of urinary tract cancer for coffee drinkers but not tea drinkers. If this is a family risk factor you might want to switch to tea. A 2010 meta-analysis found a correlation between coffee consumption and lung disease, but the study found it impossible to completely eliminate the effects of smoking.

As coffee is one of the most popular drinks in Australia and worldwide, the positive health effects of coffee intake could be substantial, even if the effect on one individual is small.

Geoff



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See Geoff Steinicke



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**Rotary**

Inviting you and your Partner to



The Rotary Club Of North Balwyn CHANGEOVER LUNCHEON

on SUNDAY, 1ST JULY 2018



Sala Venezia Room, Veneto Club, 191 Bulleen Rd, Bulleen, 12 Noon for 12:30pm



Cost \$60 pp (In Advance)

Two course meal, on arrival a glass of Prosecco, mineral water or a beer from the bar
and 2 bottles of wine on the table or beer from the bar

Entertainment: Italian folk singer (Elvira), Reflections (John Gartland)

Dress: Jackets for men

Members & guests: Bookings and payments at meetings, 7, 14 & 21 June.

Payments by EFT to BSB 633 000 A/C 146470653 (including Name) or cheque.

RSVP: By 21st June 2018 to hugogoetze@netspace.net.au



In support of the



I am walking 35kms on 26 August 2018 from Yarra Bend Park to St Kilda.

Mito is a terminal disease that robs the body's cells of energy, causing multiple organ dysfunction or failure. Mito can affect anyone at any age.

Please sponsor my walk to help people living with Mito and support the Australian Mitochondrial Disease Foundation to develop better treatments and find a cure for this devastating disease.



Why am I doing this?

Many members of the Rotary Club of North Balwyn will remember the devastating loss suffered by Peter and Pat Cleary and their family when their grandson, Archer Banjo Cleary, passed away from Mito when he was only 7 months old, a life taken just as it was starting.

This is something I can do to raise funds for this cause.

My fundraising page is:

<https://blw-melbourne-2018.everydayhero.com/au/jane-7>

Or I can accept donations in person.

Thank you all so much for your support.

Jane Pennington

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: John McBride

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
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: Michael Martin

<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.



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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.

