



Welcome to 2018

"The HeadLines"

Our Meeting on the 18th Jan 2018 ([Rotary Vocational Month](#))

Paul Harris 1912: *"Of all the hundred and one ways in which men can make themselves useful to society, undoubtedly the most available and often the most effective are within the spheres of their own occupations."*

60 people at our wonderful evening program enjoyed:

- Guest Speaker Greg Smith AM; Chairman of the Country Fire Authority (CFA) and a former Deputy President of the Australian Industrial Relations Commission and Fair Work Commission; speaking on Ethics in Business and Life from his range of experiences.
- Presentation from our Mongolia exchange group; a short talk and gifts presentation from the two leaders and a cultural dance performance from one of the students.
- Presentation by Jo Wells of the Christmas Fare cheque of \$3,215 to Maurice Hobson and Hazel Rice from Ashburton's Asylum-Seeker Support Centre, [House of Hope](#).
- Presentation of PHF recognitions for personal contributions to the Foundation to Jane Pennington and Peter Elliott.

What's Coming: No Club meeting on Thursday 25th January.

Our Mongolian visitors depart Melbourne on 25th January after their tour around the Great Ocean Road.

The Quote

Advice from ancient Chinese philosopher Lao Tzu to Club Presidents - -
"Care about what other people think and you will always be their prisoner".

Rob Head

Footnote : Members were mistakenly charged \$37, for the meal (a one-course barbeque) when the charge should have been \$30.

Treasurer Greg will arrange a refund.

[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 11](#)



DEC/JAN ROTARY DOWN
UNDER Click [HERE](#)
Click for [All District Events](#)



Speaker: [Greg Smith AM](#)



GUEST SPEAKER: Greg Smith began his working career as Secretary of Meat and Allied Trades Federation before taking up a leading industrial relations role with Australia's then principal employer organisation – the Confederation of Australian Industry, becoming its Deputy Director before being appointed as a Commissioner in the Australian Conciliation and Arbitration Commission. At 37 years of age Greg was the second youngest person ever appointed to that tribunal. He served 28 years with the Commission as it evolved to become the Australian Industrial Relations Commission, Fair Work Australia and the Fair Work Commission, retiring two years ago when, as Greg put it, he reached “the age of statutory senility”. Both before and during his time with the Commission

Greg worked with the International Labour Organisation assisting in the establishment of labour rights in various countries, but particularly African countries.

Greg's role in the Commissions was to prevent and settle industrial disputes and to determine individual rights. Soon after he retired from the Commission Greg was called on to conciliate a dispute between various agencies of the United Nations. In 2008 Greg was made a member of the Order of Australia for his work in industrial relations.

Currently, Greg is Board Chair for the Country Fire Authority, a Board Member of Ambulance Victoria and a Board Member of the Zoological Parks and Gardens.

In his presentation Greg addressed the subject of ethics in business. Introducing the topic Greg said it seems that ethics have slipped, a bit like the story of the frog - the premise is that if a frog is put suddenly into boiling water, it will jump out, but if the frog is put in tepid water which is then brought to a boil slowly, it will not perceive the danger and will be cooked to death. He suggested that because of gradual change in ethics we have not noticed it as much.

Greg identified two types of ethics,

1. “pertaining to or dealing with morals or the principles of morality”.
2. Being in accordance with rules or standards for right conduct or practice, especially the standards of a profession.

Greg focused his talk on the concepts of right and wrong. Greg gave examples of ethical consideration of advocates in cases that come before the Commission including the duty not to mislead the tribunal and to represent the case fairly. He spoke of the dilemma when conciliating settlements which he thought was unfair until it became clear to him that not all the facts are necessarily disclosed to the conciliator during the course of the conciliation.

When he took on the role as CFA Board Chair Greg said he did not appreciate the extent to which the dispute in emergency services was a political dispute and not simply a very difficult industrial dispute. This called into focus the ethics of the people involved. The CFA has an integrity officer whose role it is to deal with breaches of values and codes of conduct.

In relation to Ambulance Victoria Greg spoke of the ethical issues associated with the use and control of drugs and finally he spoke of the ethical justification for having animals on display where they lose their liberty. Finally, Greg made the observation that ethics is lagging far behind the business community. He said it appears there is no line they will not cross to create division or to play to partisan interests.

The presentation was from start to finish interesting and very informative.

Host, Brian Lacy.



Presentation of two Paul Harris Fellowship Awards to two of our generous Rotary Foundation Supporters, Peter Elliott and Jane Pennington.



It was a hot Melbourne Summer Night, a balmy 42 degrees as we arrived at 6pm which made a beer at the bar mandatory to get started.

Geoff's Health tip; Stay Hydrated!

Presentation of the Cheque to [Baptcare House of Hope](#) from the Ladies Christmas Fare



Houses of Hope is an exciting community-based response to the critical shortage of housing for people seeking asylum living in our community. In partnership with churches and volunteers, Baptcare's Houses of Hope offer safe, suitable and secure housing to very vulnerable individuals and families who otherwise face homelessness. Maurice Hobson and Hazel Rice from the Ashburton Asylum-Seeker Support Centre were most appreciative and we were pleased to be supporting a local community project.

The Short Term Mongolian Exchange return visit is in full swing and the chaperones Muggi and Degi presented gifts and Club Banners from Ulaanbaatar. Geoff Taylor PP of the RC of Mt Waverly who also have links with Ulaanbaatar was presented with a banner .



Degi and Muggi presenting a club banner and gifts to President Rob.

Below Left: Geoff Taylor RC Mt Waverley



[Tanhil Tankhil](#)

Performing a traditional dance.

We haven't seen a lot of our newer member [Kathleen McGuire](#) because she has had a drawn out recovery from a gall bladder operation but she promises she will be fighting fit very soon, and after Guest Presenting at two Rotary Clubs in January, will be back as a regular attendee with us (and joint Guest Speaker with Matt Maudlin on Feb. 15th).

In the mean time Kathleen highly recommends to us a free event she is conducting.

Madama Butterfly Opera in the Park, Victoria Gardens, Prahran, hosted by the

City of Stonnington on Sat Feb 3, 7:30PM

<http://www.stonnington.vic.gov.au/Discover/City-of-Stonnington-events/The-Classics/Opera>)

Best regards from Kathleen



Jim's Secret Recipe Exposed!

I supplied my famous THAI SALAD at the BBQ dinner last Sunday for the Mongolian activity day at Wonga Park. Later I had numerous requests to divulge the secret—so here it is!

JIM'S FAMOUS THAI SALAD

1. INGREDIENTS FRESH all to be washed and left to dry.

Wombok [Chinese cabbage], Spanish onion, Capsicum red , green, yellow, Shallot/spring onion, Coriander, Mint.

2. INGREDIENTS DRY

Place in a bowl when ready to serve and stir in sauce.

CHANG'S original fried noodles, crushed peanuts or almond slivers [optional]

3. SAUCE

Olive oil, Sesame seed oil, Sweet chili sauce, Apple cider vinegar, Lime juice, Brown sugar, Pepper

PREPARATION

FRESH INGREDIENTS TO BE VERY THINLY SLICED AND CHOPPED

Coriander; the full flavour is mainly in stalks hold bunch tightly and chop off roots and then chop/chop until halfway through green leaf Shallot/spring onion chop up to the end of firm green As you slice and chop ingredients place in large bowl and ensure all are evenly mixed.

The quantity will obviously depend on number to be served e.g for 14 to 18 persons 1 medium wombock 3 medium sized capsicum, 1 Spanish onion 1 bunch spring onion 1 bunch coriander ,mint to taste

SAUCE [FOR 14/18 PERSONS]

Use a screw top jar. 2/3 tablespoons brown sugar, add apple cider vinegar, olive oil, Sweet Chilli sauce [each about half cup or more depending on your taste] small pour sesame seed oil. Couple of limes, ,pepper to taste SHAKE JAR [with lid on !!] taste should be sweet/acidic and a hint of Chilli sauce if not experiment with bit more to suit your taste.

IMPORTANT

Keep fresh ingredients in bowl in fridge until serving add sauce and dry ingredients only when ready to serve

HOPE YOU ENJOY, JIM ROMANIS



Australian Government

STAYSMARTONLINE

Be Careful What you "Like"

<https://staysmartonline.govcms.gov.au/news/what-a-like-can-reveal-about-you>

MEETING ROSTERS

Thursday
January 25th
No Meeting

No Meeting

Thursday February 1.

Greeters: Dileep Krishna-Pillai,
Peter Downton

Set Up: Geoff Steinicke, Peter Sutherland

Desk: Anthony Stokes, Greg Ross.

Speaker: Kevin Sheedy

“Coping With Life Changes”

Host: Eileen Toohill

Most members will know of this speaker.

Thursday February 8.

Greeters: Jim Romanis, Bernie Smith.

Set Up: David de Garis,
Brian Hurnard.

Desk: Ian Adams, Rowan McClean

Speaker: Bethe Locke

Host: Garth Symington

Drug Dependency Prevention or Rehabilitation through the Access Health Project. Beth Locke is Manager, Drug and Alcohol Services, at Access Health

Thursday February 15.

Greeters: John McBride,
Garth Symington.

Set Up: Tony Hart, Russell Cooper.

Desk: Takao Yukawa, Ted Wilkins.

Speakers: Matt Maudlin and Kathleen McGuire

Host: Tony Wells

The Purple Cloak Story (and the choir [There For You](#))

Matt Maudlin is well-known to our club through his former role at Servants and Kathleen McGuire is our own member.



Attendance:

Are you unable to attend the next meeting?

Are you bringing a Guest or your Partner?

There is no meeting this week: 25th Jan.

The next Meeting will be held at Kew Golf Club on Thursday 1st Feb.

Please make apologies no later than Tuesday evenings.

Cheers, Hugo.

GALA CHARITY GOLF DAY**23rd Feb 2018**

(Please let Greg Matthews know of any sponsorship contacts you may have).

The Rotary Club of North Balwyn is to hold its annual Gala Charity Golf Day at the Kew Golf Club on

Friday 23rd February.

Funds from this event will go towards helping Youth Mental Health through Australian Rotary Health.

Kew Golf Club: 120 Belford Road, East Kew, is a spectacular parkland setting beside the Yarra River.

The course is only 15 minutes from the Melbourne CBD and just off the Eastern Freeway.

Ambrose Competition: Shotgun Start Gourmet Barbecue Lunch.

Prizes: Overall winners and ...

Longest and Straightest drives.

Entry Fee: \$100.00

100% of income from this event will go towards helping Youth Mental Health, which has been identified as an area of concern of the local community. Money will be directed to Australian Rotary Health.

The Rotary Club of North Balwyn is seeking support from Rotarians throughout D9800 for this major Community Service Project.

You will be helping the Community whilst enjoying a round of golf on one of Melbourne's Exclusive Golf Courses and enjoy great fellowship and food at Kew Golf Club.



Australian Rotary Health Announces 2018 Mental Health Research Funding

Australian Rotary Health is pleased to announce they will dedicate \$1,598,008 towards research in a wide variety of mental health areas in 2018.

This includes 11 new Mental Health Research Grant projects, 10 continuing Mental Health Research Grant projects, 2 new Postdoctoral Fellowships, 2 continuing Postdoctoral Fellowships, and 4 new Ian Scott PhD Scholarships in mental health.

The research will focus on important topics such as suicide prevention, child mental health, depression and anxiety, and perinatal mental health.

Australian Rotary Health CEO Joy Gillett OAM said it is always a pleasure to award new funding to deserving research candidates.

“As always, there were many outstanding applications this round, and it was difficult to choose from so many worthwhile projects,” Ms Gillett said.

“We are positive that the projects we have selected will produce some interesting findings in the mental health field.”

Here is a breakdown of the funding:

A total of \$691,611 will be put towards the following new Mental Health Research Grant projects

Read more [HERE](#)

Geoff's Health Tip**Healthy New Year's Resolutions****Lose weight**

The fact that this is perennially among the most popular resolutions suggests just how difficult it is to commit to. But [you can succeed](#) if you don't expect overnight success. "You want results yesterday, and desperation mode kicks in," says Pam Peeke, MD, author of *Body for Life for Women*. "Beware of the valley of quickie cures."

Stay in touch

Feel like old friends (or family) have fallen by the wayside? It's good for your health to reconnect with them. Research suggests people with strong social ties live longer than those who don't.

Quit smoking

Fear that you've failed too many times to try again? Talk to any ex-smoker, and you'll see that multiple attempts are often the path to success.

Save Money

Save money by making healthy lifestyle changes. Walk or ride your bike to work, or explore carpooling. (That means more money in your pocket *and* less air pollution.)

Cut your stress

A little pressure now and again won't kill us; in fact, short bouts of stress give us an energy boost. But if stress is chronic, it can increase your risk of—or worsen—[insomnia](#), [depression](#), [obesity](#), [heart disease](#), and more.

Volunteer

Happiness also increases when we help others. Happiness is good for your health. A 2010 [study](#) found that people with positive emotions were about 20% less likely than their gloomier peers to have a heart attack or develop heart disease. Other research suggests that positive emotions can make people more resilient and resourceful.

Go back to school

No matter how old you are, heading back to the classroom can help revamp your career, introduce you to new friends, and even boost your brainpower. What's more, several studies have linked higher educational attainment to a decreased risk of Alzheimer's disease.

Cut back on alcohol

[Drinking alcohol](#) in excess affects the brain's neurotransmitters and can increase the risk of depression, memory loss, or even seizures. Chronic heavy drinking boosts your risk of liver and heart disease, hypertension, stroke, and mental deterioration, and even cancers of the mouth, throat, liver, and breast.

Get more sleep

Sleep is more beneficial to your health than you might realize. A lack of sleep has been linked to a greater risk of obesity and type 2 diabetes. And sleep is crucial for [strengthening memories](#).

Travel

The joys and [rewards of vacations](#) can last long after the suitcase is put away. Traveling allows us to tap into life as an adventure, and we can make changes in our lives without having to do anything too bold or dramatic.

Happy New Year! Geoff

Birthdays and Anniversaries between Jan 22 and Feb 4th

Weddings: Rob and Lachelle Stewart.

Birthdays: Karen Fitzpatrick, Ivy Angleton, Greg Ross, Alison Adams, Hugo Goetze,
Lachelle Stewart, Anita Swanson.

Induction Anniversaries: Geoff Kneale 2017, Neil Marshall 2017, Anthony Stokes 1989.

Club Diary

Read about Rotary in your area in The Progress Leader

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

Friday 23rd February 2018

Gala Charity Golf Day

Saturday 24th Feb 2018

DIK open Day Somerville Road West Footscray

Please RSVP for catering purposes to

dik.vic.rotary@gmail.com sausage sizzle for lunch.

From 10.00am to 3.00 pm with the ribbon cutting ceremony at 1.00pm to open Shed 39.

Thursday the 1st March

Annual bowls night at North Balwyn Bowls Club

This will be in lieu of our normal meeting at Club Meeting at KGC.

16-18 March 2018.

District Conference

Warrnambool.

Registrations [Now Open](#)



21 -25 March 2018.

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

Weekend of 17-19 August 2018

MUNA 2018

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

Weekend of 19-20-21 October

Fellowship Weekend at Daylesford

Details soon.

Friday 5th to Sunday 7th October 2018

Camp Getaway Working Bee 2018



TACKLING POVERTY

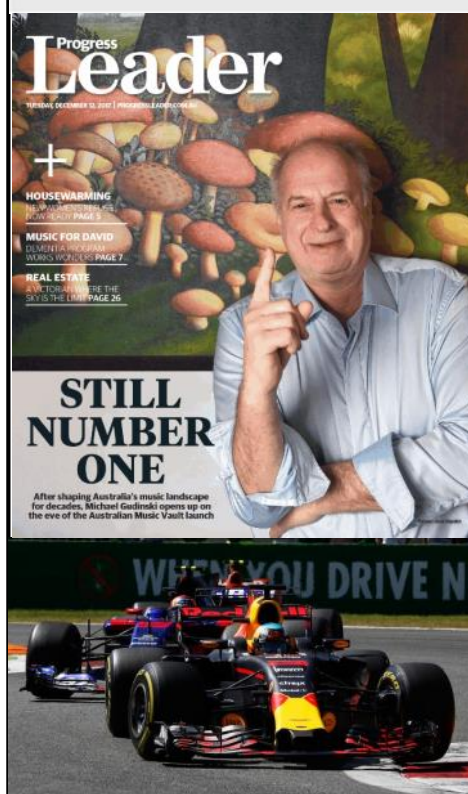
Rotary supports projects in local communities, but balances that with offshore projects.

Minh Hac in Vietnam is a very poor, remote community of 3200 people. This struggling community was discovered by Rotary Club of North Balwyn past president Rowan McClean in 2010.

Since then, club members and community sponsors have embarked on projects that are transforming Minh Hac.

Children could not previously afford to go to school because they needed to tend animals and pick crops to earn enough money for their daily food. Now more than 100 children have been supported to undertake schooling. Schools have received libraries, furniture, fans and teaching equipment. The health clinic now has refrigeration, computers and toilets.

For more information, contact rowanmcclean@gmail.com



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

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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.



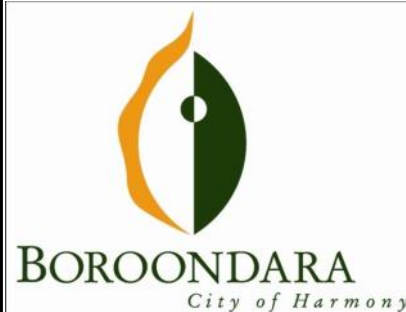
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BALWYN NORTH



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