



**"The HeadLines"**

**Our Speakers**

We had two most interesting presentations from Major James Sharp and Major Kym McCarthy about their Army experiences overseas, in the cavalry for James and ensuring adherence to the Geneva Conventions for Kym, and their plans for the future.



Host, Colin Sharp, thanking our Speakers Major James Sharp and Major Kym McCarthy

**Gardening Thank You**

We have recently received two letters from gardening clients expressing their appreciation of the work of our Club members and the students working with us.

A great ongoing contribution through a local community project.

**From the Last Board Meeting**

Our financial forecast for the Service account (fundraising and spending on projects) indicates that we will make a surplus for this Rotary year ; ie not draw on any reserves carried-over from last year.

The forecast for Administration (fees, meals etc) also indicates a surplus for this year, restoring reserve funds to this account.

We are exploring a vocational exchange with RC of UlanBataar in Mongolia, on the back of our successful youth exchange with Mongolia.

**What's Coming**

- Club Birthday Meeting on 10 May
- Golf Day Sponsors meeting, with Speaker from Australian Rotary Health on 17 May
- Vocational Visit to Monash Medical Centre 14 June. This will be a daytime Club Meeting

**Some Good Suggestions**

"When you're chewing on life's gristle, don't grumble, give a whistle and this'll help turn things out for the best"

Monty Python – the Life of Brian

"Asking only costs a moment of embarrassment . Not asking means being embarrassed for your whole life".

Japanese Proverb

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 11](#)



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



## Guest Speakers

Our guest speakers for the last meeting were Major Kym McCarthy and Major James Sharp who gave us their perspectives of life in the contemporary Australian Army.

James attended Camberwell Grammar School before joining the Army and graduating from the Australian Defence Force Academy and the Royal Military College Duntroon.

Kym is a lawyer who joined the Army Reserve as a soldier before undergoing officer training and transferring to the Regular Army.

James gave an overview of his training and his two operational deployments in Afghanistan. He talked of the privilege and responsibility of firstly leading a Cavalry Troop as a 22 year old and then secondly as an operational planner in headquarters, helping with the disengagement of the Australian Defence Force from Afghanistan.

Kym gave a thorough insight into the complexities of dealing with risk in war-like operations and especially into the role of legal officers in advising commanders of what is and what is not allowed under the Geneva Conventions. She talked about her exposure to front-line situations and how they relate to operational planning in Afghanistan and Iraq.

They shared with us personal views of their everyday lives in a war zone and the challenges, tragedies and successes of their respective roles.

Both gave a clear view of their skills and those of other Army personnel and how they have effectively transitioned into the civilian workforce. Kym has taken a job as a cyber security solutions consultant with Telstra and James is about to commence employment with RiskLogic, advising companies on their physical and cyber risks and mitigation strategies.



At our meeting on **Thursday 12 April**, we had the pleasure of Professor David Buttifant's company with his wife, Maria. "Butters" is world renowned for his work in Sports Science, including work in the US, Australian Olympic Team, North Melbourne, Collingwood and Carlton football clubs.

Extensive experience and research of athletes at the elite level helps us to better understand mental health across all aspects of all of our lives – our key relationships with family, friends and work.

Facing fear at the elite sports level has helped practitioners understand that fear is a natural stress state to be managed. We understand that unmanaged fear is panic and panic will not only decrease performance but it can be deadly.

However, Fear + Fun + Flow = High Performance.

(Flow, being routine and focussing on your strengths and what you enjoy.)

This is exactly how Butters dragged the exhausted Collingwood players back from the drawn 2010 Grand Final to then defeat St Kilda the following week and this equation shows how, in our daily lives, we can manage our own stress, support others and achieve our most satisfied, purpose-filled lives.

Hosted by Geoff Kneale, a previous Director of the N.I.C.K. Foundation, Butters also discussed the excellent work the N.I.C.K. Foundation has been providing to tens of thousands of young people to instil the principles of: Resilience, Mentoring, Self Belief and Life Balance.

More recently, the Foundation has been providing the opportunity for disadvantaged, yet strong potential young people to be mentored through a life changing event. To travel to Base Camp Everest in order to build the resilience required to overcome their personal hardships, to guide them to emotionally and physically fulfilling lives with the admirable purpose of becoming Ambassadors to other young people in our community.

As Butters stated, "It is through hardship that we learn".



**HAPPY  
BIRTHDAY!**

Rotary  
Club of North Balwyn



**Join Us for Our 38<sup>th</sup> Birthday Celebration**

**On Thursday May 10 2018**

**At Kew Golf Club - 6.00 pm for 6.30 pm**

**The Evening Includes :**

- Entertainment from PDG Greg Ross
- Summary of our History by PP & Charter Member Peter Cleary

**Cost - \$37 per person**

**Bookings, normal advice of partners attending & apologies  
to Hugo Goetze at [hugogoetze@netspace.net.au](mailto:hugogoetze@netspace.net.au)**

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**Meeting No.39**

**Thursday, 19th April 2018**

**Present:**

Guest Speakers 2 Major James Sharp & Major Kym McCarthy - Modern Day ANZACS

NB Members 53

Partners 6 Joan Cooper, Maree Williams, Kerrie Romanis, Sally Sharp,  
Bev Sofra & Kris Walters.

Meals Served 61 Members :- On Time Apologies 16, Late Apologies 1, LOA 8.  
Member Attendance 53 = 67.1%

External Activities 13 Purple Cloak Recording - Kathleen McGuire & Jeanette Leigh;

Gardening Project & Eva Tilley - Ian Adams, John Gartlan, Steven Greatorex, Nino Sofra,

Brian Hurnard, Rowan McClean, Ian Richardson, Rob Stewart & Garth Symington ;

SecondBite delivery to Cam Care - Brian Hurnard ; George Swanson - RC Sorrento .

Absences for Rosters: Paul Fitz, Terry Keyhoe, Dileep Krishna Pillai, Yvonne Lyneham, John Magor,  
David Rowe, Brian Thomas, Peter Wilson.

## MEETING ROSTERS

<b>Thursday 26 April</b> <b>Greeters:</b> Estelle Kelly, Peter Downton <b>Set Up:</b> Chris Flavelle-Smith, Geoff Haddy <b>Desk:</b> Joe Butler, Peter Cleary	<b>Speaker:</b> Jo Pride <b>Host:</b> Jim Studebaker <b>Topic:</b> Surviving Human Trafficking and Slavery Jo Pride, CEO of Hagar Australia, is a member of the Aust Govt's Round Table on Human Trafficking
<b>Thursday 3 May</b> <b>Greeters:</b> Bob Bott, Findley Cornell <b>Set Up:</b> Phil Francis, Rowan McClean <b>Desk:</b> Duncan Ansell, David De Garis	<b>Speaker:</b> Mark Hunter <b>Host:</b> Peter Downton <b>Topic:</b> Winemaking is in his Blood Mark Hunter (Peter Downton's nephew) ) is winemaker at Sanguine Estate, Heathcote. (Astute Rotarians will notice the linguistic connection between "blood" and "sanguine")
<b>Thursday 10 May</b> <b>Greeters:</b> Greg Cribbes, John Gartlan <b>Set Up:</b> Bronwen Dimond, Marcel Muntwyler <b>Desk:</b> Tony Hart, Kinga Paulheim	<b>Topic:</b> Club Birthday Celebration More details to come.
<b>Thursday 17 May</b> <b>Greeters:</b> John Gartlan, Adrian Ranson <b>Set Up:</b> John Rennie, Geoff Steinicke <b>Desk:</b> Colin Sharp, Anthony Stokes	<b>Sponsors "Thank You" Night</b> <b>Speaker:</b> Laura Hart <b>Host:</b> Greg Ross <b>Topic:</b> Australian Rotary Health Laura has had both a Ph.D and a Postdoctoral Fellowship funded by Australian Rotary Health.

Whitehorse Rotaract Rotary Club Partner Help Learn Enjoy

YOU'RE INVITED TO:

# GIANT MONOPOLY

END POLIO NOW

SATURDAY 5 MAY | 6:30 PM  
 BOX HILL TOWN HALL

TICKETS: \$20 PER PERSON  
 TEAMS OF UP TO 10  
 HUMANITIX.COM/EVENT/GIANT-MONOPOLY/  
 BY 2 MAY

BYO DRINKS & NIBBLES

## Club Diary

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.

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

Geoff's Health Tip**Is Sitting the New Smoking?**

For some time researchers have linked sitting for long periods of time with metabolic syndrome – a cluster of conditions that includes increased blood pressure, type 2 diabetes, abnormal cholesterol, obesity and increased risk of cardiovascular disease.

Now new research by scientists from the Semel Institute of Neuroscience at the University of California have established that prolonged periods of sitting in middle age is tied to brain atrophy.

*Brain atrophy is the loss of brain cells called neurons. Atrophy also destroys the connections that help the cells communicate. It can be a result of many different diseases that damage the brain, including stroke and Alzheimer's disease.* The results of this research were published in the April issue of PLOS ONE – a peer-reviewed open access scientific journal.

Using MRI, investigators found sedentary behavior is a significant predictor of medial temporal lobe thinning, a critical memory centre of the brain, which is tied to brain atrophy. Lead researcher Dr Prabha Siddarth, said “the finding that sitting reduces the thickness of this important structure is relevant because it suggests that reducing sedentary behavior may be a possible target for interventions designed to improve brain health in middle-aged and older adults”.

It was also found that physical activity, even at high levels, does not offset the harmful effects of sitting for extended periods. This is concerning given that one can be highly active yet still be sedentary for most of the day.

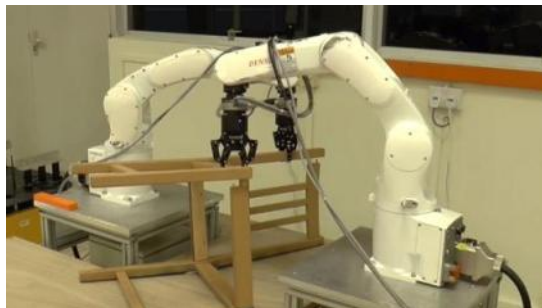
Although the findings are preliminary, Dr Siddarth said “it would be well worthwhile to recommend taking a five minute exercise break after every hour, or less, of sitting”. “This would also apply to driving a car on a long trip.”

Geoff



**Scientists have taken three years** to develop two robotic arms that can assemble **IKEA** flat-pack furniture in just **20 minutes**. See <https://youtu.be/O0nmyluOH90>

Could IKEA supply a robot with every flat pack?  
There is even a Flat Pack Assembly Service available in Melbourne !!  
Editor



### Birthdays and Anniversaries between April 30 and May 7

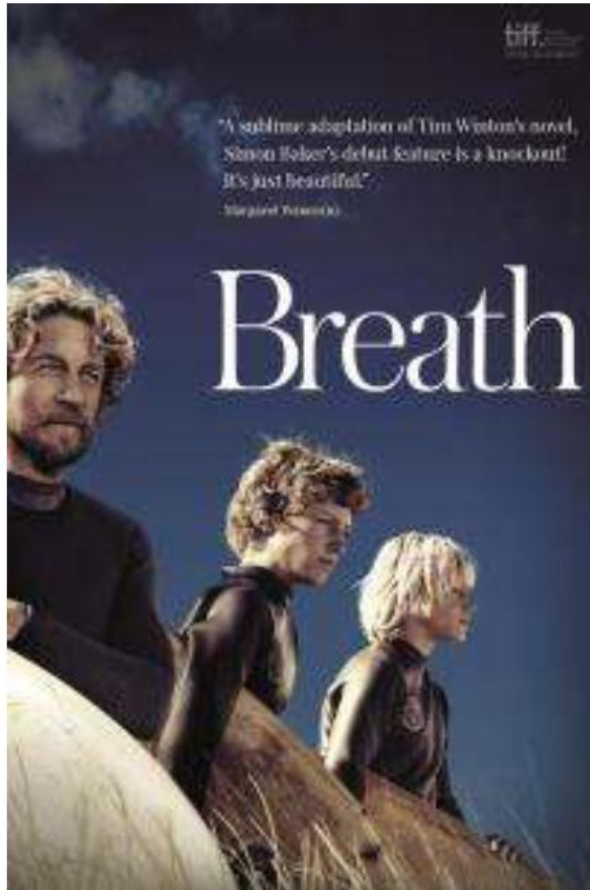
**Weddings:** Peter and Ann Downton, Maurie and Kris Walters, Jim and Kerrie Romanis

**Birthdays:** Joan Lacy, Don Taylor

**Induction Anniversaries:** Bronwen Dimond, Jim Studebaker, John McBride

Please support this fundraising event which will help fund the Residents' Sensory Garden at Eva Tilley. Rotarians from our Club have already contributed time to clearing and painting the courtyard in preparation for further work.  
Tickets may be purchased from Ian Adams for \$25 per ticket at Rotary.

## Eva Tilley Memorial Home Fundraising Event



Tim Winton's novel of the same name, Simon Baker's feature film directorial debut *Breath* follows two teenage boys, Pikelet and Loonie growing up in a remote stretch of the Western Australian coast. Hungry for discovery, the pair form an unlikely friendship with Sando, a mysterious older surfer and adventurer, who pushes the boys to take risks that will have a lasting and profound impact on their lives.

### Payment Details:

**BSB: 083-170**

**Account No. 5152 19 714**

**Account Description: Surname Breath18**

or

**Tickets can also be Purchased at Eva Tilley Reception**

**Call 9859 9541 or Email [info@evatilley.com.au](mailto:info@evatilley.com.au)**

### Venue

## Palace Cinemas

231 Whitehorse Rd,  
Balwyn VIC 3103

### Date

Friday, 4th May 2018

### Time

6:30pm

7pm – Film Commences

### Cost

\$25.00/Per Ticket  
Lucky Door Prize/Lolly Bag

*Proceeds of the night will  
help fund  
Residents' Sensory  
Garden*



**EVA TILLEY**  
*Caring with Dignity*

**ROTARY CLUB OF NORTH BALWYN 2017/18**

**President: Rob Head**

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**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: Michael Martin**

<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)

**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**

**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.

