



"The HeadLines"

Our Latest Meeting ; guest speaker Alan Lachman with daughter Francesca

A special evening with presentation by Alan and musical performance by daughter Francesca, who is blind. Click on this link for info [Insight School](#).

Francesca was keen to meet the "The Man with the Bell" and her host Gavan; as such Peter and Gavan became her close friends for the night!

Slavery ; a Modern Human Rights Issue ([source ref RDU for October](#))

While we tend to think of slavery as a historical issue, there are more slaves today than at any other point in history.

Slavery is a local problem as well as something that happens elsewhere. There are an estimated 4,300 people thought to be enslaved in Australia, in situations such as forced child marriages and sex-trafficking.

What can you do about it?

- Contact Rotarians Against Slavery (www.ragas.online) or at stokes9@optusnet.com.au
- Buy from companies with transparent and acceptable supply chains ; find them through [Ethical Clothing Australia](#) or Oxfam's [Naughty or Nice listing](#).
- Reduce demand by reusing and recycling

What have we done about it?

Our new education program in Laos with the [Lotus Education Fund](#) is designed to give job skills to young rural girls that help them avoid ending-up in the Thai slave trade.

Remember

The Club AGM will be held on the 9th of November.

Please volunteer early and often with the fundraising rosters leading up to Christmas. i.e. The Christmas Raffle, and Catering.

Please also help Peter Elliott fill the Gardening Roster which is now winding up before Schools exams.

The Quote

"Age is an issue of mind over matter. If you don't mind, it doesn't matter"
Mark Twain

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: [ISSUE 6](#)



OCTOBER ROTARY DOWN UNDER

Click [HERE](#)

Rotary
District 9800

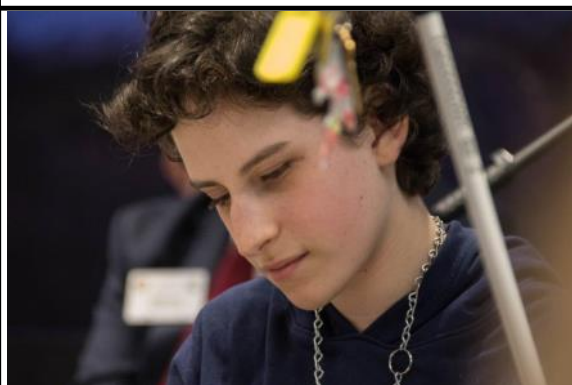


Click for
[All District Events](#)



Guest Speaker: Alan Lachman with daughter, Francesca



 Insight Education Centre for the Blind and Vision Impaired


Alan's story began with the birth of his daughter Francesca in 2001. Francesca was born with a condition that soon led her to lose her sight at a very early age. This is tragic news for any parent but Alan is not your average parent as he was determined that Francesca's disability was not going to prevent her



from achieving the best possible outcome for her in terms of socialization, academic skills and pursuit of her interests, one of which was playing piano. After much frustration with mainstream education "Inclusion" Alan founded Insight, a specialist P-8 school for vision impaired students. It's a story worth reading and you must read Alan's message [HERE](#) to appreciate his drive



and passion to achieve the best for Francesca.

Francesca's achievements were demonstrated to us with her outstanding piano playing and her beautiful personality; she was so engaging and humorous as she tried to take in the goings on of a Rotary meeting. She was not going to play until she found the comfort of knowing who our sergeant Peter was, "The Man with The Bell" and also her Host Gavan.

APPEAL for Toiletries for Christmas Hampers.

The partners and members working for the Days for Girls Project, enjoy the excellent facilities they are using at North Balwyn Uniting Church. To show their appreciation, they will assist [Boroondara Community Outreach](#) - (Natalie Dixon-Monu of Tuesday Good Grub fame), with contents of Christmas Hampers for the 80+ clients who will attend Christmas lunch. **Donations are requested of male and female toiletries** such as :- soaps, face washers, shavers and cream, toothbrushes etc, and also include a chocolate treat in each hamper. Motel and International Air travel toiletries are suitable.

Over the five club meetings in November, (2nd, 9th, 16th, 23rd & 30th) there will be a basket each week to collect all donations.




With thanks, Diane Goetze for the Days for Girls Committee

Camp Getaway Working Bee last Weekend

Red Gum above and Red Wine Left,
with Tony doing the entertainment.
Great work everyone!



MEETING ROSTERS

<p>Thursday 26th October:</p> <p>Speaker: Dr. Dennis Ahnen</p> <p>Host: Larry Fitzpatrick</p> <p>Greeters: Findley Cornell, Geoff Steinicke</p> <p>Setup: John Magor, John Koa</p> <p>Desk: Greg Matthews, Jim Romanis</p>	<p>Topic: Can We Beat Colorectal Cancer (CRC)</p> <p>Dr Dennis Ahnen, an American Gastroenterologist and retired Professor of Medicine at University of Colorado, researches CRC. He did a sabbatical at Royal Melbourne Hospital in 2005-6</p> 
<p>Thursday 2nd November: Partners' Night</p> <p>Speaker: Fr. Joe Giacobbe</p> <p>Host: Eileen Toohill</p> <p>Greeters: Brian Lacy, Estelle Kelly.</p> <p>Setup: Anthony Stokes, George Swanson</p> <p>Desk: John Rennie, Peter Sutherland</p>	<p>Topic: The Punter Priest Who Never Misses a Melbourne Cup</p> <p>Joe, friend of the late Bart Cummings, is well-known in the racing world and acclaimed for his social work with working-class youth. He has mixed with Victorian racing royalty for the past half-century.</p> 
<p>Thursday 9th November</p> <p>Speakers: Yvonne Lyneham and John Koa</p> <p>Host: David Rowe</p> <p>Greeters: Paul Fitz, Imre Lele</p> <p>Setup: Barry Cummings, Steven Greatorex</p> <p>Desk: Brian Hurnard, John McBride</p>	<p>Topic:</p> <p>Member Biographies.</p>
<p>Thursday 16th November</p> <p>Speaker: Rev. Jenny Preston</p> <p>Host: Brian Hurnard</p> <p>Greeters: Ian Richardson, Colin Sharp</p> <p>Setup: Ian Mollison, Duncan Ansell</p> <p>Desk: Bill Oakley, Eileen Toohill.</p>	<p>Topic: Our Call to the Widow, the Orphan and the Stateless.</p> <p>Jenny is a Uniting Church Minister here in Melbourne who has bridged the ocean between Australia and Africa to help the young people of Zambia.</p> 
<p style="text-align: center;">Attendance:</p> <p>Are you unable to attend the next meeting? Are you bringing a Guest or your Partner?</p> <p>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.</p> <p><u>Meeting Attendance:</u></p> <p>Membership 77, Apologies -19, LOA -4, late apologies 4 No-Shows -1, Member Attendance was 49 = 63.6% ; Non-member attendance: 2 Guest Speakers and +2 associates Visiting Rotarian = David Curby, RC Bangkhen (Bangkok). That's all folks. Cheers, Hugo.</p>	
<p style="text-align: center;"><u>Celebrations 23-29</u></p> <p>Birthdays:- Rob Head, Rob Stewart, Ian Mollison</p> <p>Inductions:- Duncan Ansell 2001, John Gartlan 1992</p> <p>Weddings:- John and Ann Koa, Jim and Carol Studebaker</p> 	

There are only four weeks left of our gardening program prior to school holidays again. We still need volunteers for Friday 27th October and for 3rd & 10th November, please consider, you will be rewarded by the experience!!

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

Date and Who with	Time	RCNB Supervisor	Assisted by
Mon 23 /10 X	9.00am – 12noon	Garth Symington	Estelle Kelly
Mon 23/10 X	12noon – 3.00pm	Rob Head	Geoff Steinicke
Fri 27/10 CGS/X	2.45pm – 5.15pm	Ian Adams	
Fri 3/11 X	4.00pm – 5.15pm		
Fri 10/11 X	4.00pm – 5.15pm		

Note; this is the final roster for the calendar year, please consider volunteering.

Catering Roster / Calendar

19-October-2017

Apologies to any Rotarians who have offered to assist and are not on the list.

Anybody who can help on these dates please email me at jane.pennington@bigpond.com Thank-you in anticipation Jane.

04-Nov-17	Masserati Club	8.00am to 1.00pm	
Saturday	Sandown Racecourse	1 Bill Oakley	5 Geoff Kneale
		2 Beatrice Ko (maybe)	6 Melissa M Smith
		3 Estelle Kelly	7 Russell Cooper
		4 John Magor (barista)	8 Neil Marshall

11-Nov-17	Woolworths	8.30am to 1.00pm	
Saturday	Whitehorse Rd, Balwyn	1 Nino Sofra	
		2 Greg Cribbes	
		3 Ian Richardson	

25-Nov-17	Woolworths	8.30am to 1.00pm	
Saturday	Whitehorse Rd, Balwyn	1 Don Taylor	
		2 Estelle Kelly	
		3	

What have Pumpkin Seeds got to do with Men's Health?

You might have noticed in last week's article on Muesli, one of the ingredients we added was pumpkin seeds.

There are many reasons that we add pumpkin seeds, from their essential fatty acid content through to the fibre they contain. However, in terms of **Men's Health**, **pumpkin seeds** contain one particular important element: **zinc**.

Pumpkin seeds are one of the richest sources of zinc as well as a wide variety of nutrients ranging from magnesium and manganese to copper, and protein. They also contain plant compounds known as phytosterols and free-radical scavenging antioxidants, which can give your health an added boost.

Prostate Growth: It is believed up to 40% of the adult male population is zinc deficient. Zinc is one of the primary nutrients required by the prostate. It is used in sperm production, and has also been shown to reduce prostate diseases. Zinc deficiency has been linked to a major cause of low testosterone levels in men. Without adequate zinc, dihydrotestosterone (DHT) is created within the body. DHT is very harmful as it breaks down natural testosterone resulting in premature balding, increased prostate enlargement and potentially even cause prostate cancer.

Immune system: Zinc is an essential trace element, meaning that you only need very small amounts of it. According to the *European Journal of Immunology*, the human body needs zinc to activate T lymphocytes (T cells). T cells have a part to play in our immune system reducing the risk of inflammatory diseases. Zinc-deficient persons also experience increased susceptibility to a variety of pathogens.

Common Cold: There are many other reasons to have an adequate supply of zinc in our system including the frequently mentioned *Cochrane review* that concluded "zinc (lozenges or syrup) is beneficial in reducing the duration and severity of the common cold in healthy people, when taken within 24 hours of onset of symptoms."

Zinc deficiency test that you can do at home.

All you need is a bottle of **liquid zinc sulfate**, which you can buy at your local health food store. Put a small amount in a teaspoon and hold it in your mouth for 10 seconds.

- If you are **extremely** deficient in zinc, a spoonful of zinc sulfate will taste like water.
- If you have a **moderate** zinc deficiency, the zinc sulfate will taste like nothing at first, but will gradually begin to taste metallic or dry.
- If your spoonful of zinc tastes bad and doesn't get any worse after 10 seconds, then you probably have **healthy** zinc levels.

Now, this test isn't the authority on zinc deficiency. There are other health reasons why you may not be able to taste zinc sulfate. But if you can't taste it, you know it's time to get yourself to a trusted health professional or dietitian to get your zinc levels assessed.

Geoff



Saturday 11 & Sunday 12 November 2017

TEN EXCEPTIONAL GARDENS OPEN IN YEA AND DISTRICT

10am-5pm

\$5 per garden or
\$35 per two-day pass to all gardens



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Yea website or phone 0448 511 139

Tickets for sale on the Open Garden
Weekend at the Yea Information Centre
and at each open garden

Maps and garden descriptions
available on website from August



www.yearotary.org.au

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Annapurna, Nepal | 03 - 16 September 2018

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Best of all, you will be raising vital funds for ShelterBox to help ensure no family goes without shelter following a disaster or humanitarian crisis.

Club Diary

Read about Rotary in your area in The Progress Leader

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

Friday 27th October: [Taos Restaurant.](#)

Fellowship Dinner \$56 including drinks
(\$50 non drinkers) 6.30 pm

Tuesday 21st November:

[25th ROTARY FOUNDATION PAUL HARRIS BREAKFAST.](#)

See Findley for Details—\$65 per head or \$60 if we get a table of ten organised.

Thursday 30th November:

Regular Club Meeting to be held at [DIK](#)
Store in West Footscray, Victoria
400 Somerville Rd, West Footscray



Friday 8th December

Christmas Fare—Balwyn North Village Shopping Centre.
Run by our Partners: selling cakes and puddings.

Saturday 16th December

Carols in the Park (Macleay Park Belmore Road)
Christmas Raffle draw on Stage at 9.00 p.m.

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



MORE WAYS TO JOIN IN

The Rotary Club of Hawthorn now conducts a fifth meeting each month for those who would like to be involved in Rotary but are unable to attend its regular weekly Tuesday luncheon meetings. The recent inaugural meeting was well attended and held at the Auburn Hotel in Hawthorn East. Guest speaker David Sia spoke on the topic of "A Personal Journey from Refugee to success in Australia". The next Thursday night meeting will be held on Thursday, October 19 at the Auburn Hotel from 6.30pm to 7.30pm. Guest speaker Di Gillies will talk on the inspiring work of Interplast, which sends teams of volunteer plastic and reconstructive surgeons, anaesthetists and nurses to provide life-changing surgery and medical training in 17 countries across the Asia Pacific region. Bookings: Noel, 0419 018 901 or visit hawthornrotary.org.au

Progress Leader

TUESDAY, OCTOBER 10, 2017 | PROGRESSLEADER.COM.AU



TUNNEL VISION
SOLUTION REACHED FOR
SUNSET INDUSTRIES PAGE 3

LOUD AND CLEAR
KIM TROTTER'S CONCEPTS
GETTY PAGE 5

REAL ESTATE
MODERN LUXURY AT ONE
WITH NATURE PAGE 25

ON SONG

With a new chart-topping album, Anthony Callea says Melbourne's singing pleasures are more important to him than ever



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.



helloworld

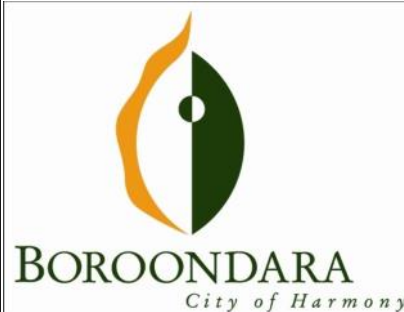


Thank you Helloworld North Balwyn for your ongoing support of our Event Days and assistance with our Mongolia travel arrangements.

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