



#### [Our Leadership](#)



**RI President**  
**John F. Germ**



**DG 9800**  
**Neville John**



**AG Eastside**  
**Jonathan Shepherd**



**President RCNB**  
**Rowan McClean**

#### **MEETINGS**

**THURSDAYS**  
**6 for 6.30pm**  
**Kew Golf Club**

**120 Belford**  
**Road Kew**  
**3102**  
**Ph.**  
**9859 6848**



Thanks VP Bill Oakley for standing in last week while I visited our Vietnam project with International Director Imre Lele and Friends Dr. Max Hardy and Rachael Nguyen. The visit exceeded my expectations and introduced two potentially really significant improvements. Imre will include a summary in the Grapevine shortly.

We had eight speakers at the meeting this week! This year we have provided a summary of key Board matters at dinner meetings following Board meetings, but this was an opportunity to help members, especially the newer members, gain a better understanding of the large range of projects in which The Club becomes involved.

The Directors presented an overview of the activities in their portfolios at this meeting, and made themselves available for questions from the floor.

Of course all of us volunteer, and we do what we can to participate in Club activities and projects given family, work and other commitments. The Directors of the club, though, make special contributions during their period on the Board, and I express thanks on behalf of members to those people who have acted in these roles this year. We have a strong and active club and the leadership shown by the Board has been excellent. This month retiring Board members will prepare a hand over of their areas to their successors to ensure a smooth start to the 2017/18 team.

There was strong endorsement from members to this year publish the Annual Report on line. This will save the club considerable cost and I believe is a move in the right direction as the club adopts more technology solutions in its operations. If any member would prefer a printed report please contact Secretary Gavan Schwartz and we will arrange to have a copy printed for you. The Club Directory will still be produced in printed form, but the District Directory will be on line with a limited number of printed copies.

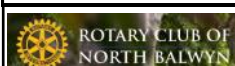
Next week we will hear from Peter Stewart, Optometrist and Kew Rotarian, about his long running successful Sumba Eye Project.

Have good week, and show the world Rotary Serving Humanity as we Make a Difference

**President Rowan**

### **LADIES FUNDRAISING EVENING AT BLUE ILLUSION, BALWYN**

A reminder to Ladies attending the Blue Illusion Fundraising Evening, it is to be held this Thursday evening 8 June commencing at 6.30pm. Please contact Kristine McDonell – Mobile 0412 095 725 if you have any queries.



Club Website:  
Click [HERE](#)



Rotary Club of North Balwyn

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

Read The Networker:  
[Future World Leaders](#)



JUNE Rotary Down Under:

Click [HERE](#) A YEAR IN PICTURES



Rotary  
District 9800

Click for [All District Events](#)

Rotary Weekly Click [HERE](#)



## Directors and Committee Heads reported on progress made on our plan of 2016/17

Rotary North Balwyn



One Page Plan 2016/17

**WHERE we want to be****Vision**

Our Vision is to be a highly regarded provider of service to others through quality **service** programs, a diverse and active **membership**, a positive community **image**, rewarding **Fellowship** for its members and productive external **partnerships**.

**Objectives**

1. Increase membership by 10%
2. Develop or strengthen three meaningful third-party partnerships
3. Achieve corporate compliance
4. Enhance the RCNB image through quality media/social media exposure

**HOW we will get there****Strategies**

| Membership                                   | Foundation   | Community Service  | International Service                           | Image   | Fund-Raising                                      | Vocational Service                                | Youth  | Club Service  | Finance  |
|--|--|--|---|---|---|---|--|---|--|
| Recruit positively for 10% membership growth | Plan 100 year celebration                                | Strengthen three external partnerships                     | Fund DIK rental and container                   | Strengthen social media tools                     | Identify beneficiaries through targeted budgeting | Provide jobs advice via two schools events        | Increase Interact membership to 20                   | Implement a successful calendar of club events        | Present up-to-date accounts monthly to Board         |
| Appoint six new young members                | Increase EREY and Paul Harris Society participation      | Complete Men's Shed project                                | Implement Vietnam school water trials           | Pursue monthly media exposure for Rotary projects | Continue successful programs, including catering  | Arrange three visits to commercial businesses     | Share exchange student with RC Balwyn                | Conduct a membership satisfaction survey              | Improve annual budgeting                             |
| Appoint four new overseas-born members       | Plan grant applications for RABS and RAWCS opportunities | Commence primary school reading assistance                 | Commence micro-loan Vietnam pigs project        | Help members sign on and use My Rotary            | Introduce three new revenue sources               | Arrange for six vocational presentations meetings | Participate in two youth programs external to Rotary | Consider TED talks and RI videos for speakers program | Communicate progressive financial results to members |
|  |  | Continue Gardening, Days For Girls and Festival activities | Fund malaria eradication in the Solomon Islands |   |   |   | Pilot short-term exchange to Mongolia                |   | Ensure compliance with CAV requirements              |





## Foundation Centennial Celebration Dinner



Left: Carmel and Bob Bott together with DG Neville John and his wife Becky ( old friends) prior to receiving a Major Donors Award acknowledging contributions by Bob to The Rotary Foundation over many years.

Bob and Carmel received the "Award" from Paul Nextel - Chairman of Rotary International Foundation who is currently visiting Australia for this special occasion.

The Foundation Centennial Dinner was indeed a very special celebration for District 9800.

## Rotary Club of North Balwyn is raising funds. Here's how you can help...

We are raising as much as we can to help our fundraising. You can help us by buying either an Entertainment Book or a Digital Membership. Whichever you choose, you'll receive hundreds of valuable offers for everything you love to do, and help our fundraising at the same time!



Rotary Club of North Balwyn  
Geoffrey Steinicke  
03 98578339  
[gwsteinicke@bigpond.com](mailto:gwsteinicke@bigpond.com)

**THANK YOU FOR YOUR SUPPORT!**



We are raffling a New Age Manta Ray Caravan valued at \$62000- with all proceeds going to Umoja Orphanage Kenya. Tickets are \$10 each and we have 15000 available. 2nd prize is a \$2000- travel voucher

OR.. Buy a ticket for your chance to Win a 1994 Pontiac Firebird formula V8. Money raised from this raffle will be used to assist further enhance and develop the multi award winning Shepparton Motor Museum.

Buy Tickets [HERE](http://rotix4.com.au/buy-event-tickets) <http://rotix4.com.au/buy-event-tickets>



**SERVANTS SEEKS SUPPORT FROM RCNB****Please Vote For Us!**

Wonderful news! Servants has been shortlisted for the IKEA "Living Local Community Grant." We are one of three projects in the running. Our submission is a plan to refurbish the dining/living area at Hamer Court - if successful, this will take place with an IKEA design team and product! This is a really exciting opportunity for Servants and the Hamer community, but it is decided by a public vote! That means the result is up to you. The winning submission will be the one that receives the most votes. So please - vote for our project!

The easiest way is to click this link: <http://IKEA.com.au/vote>

There is no sign in process, you simply have to select your local IKEA store and then select Servants as the submission you wish to vote for! We will be posting the link, and any updates from IKEA, on our Facebook - so make sure you've 'liked' the Servants Community Housing page!

Voting is open now, until Sunday, June 11th, with the winner announced on June 14th.

Servants Community Housing is seeking our support in its effort to win a grant from Ikea to upgrade the dining and living area at Hamer Court, one of its three residences in Boroondara.

RCNB has a close association with Servants and its programs to provide affordable housing for needy people in our Community.

To be successful in its grant application Servants needs to win a public on line vote and the details on how to do this are indicated in the communication from Servants below.

Servants is one of our significant local community projects and the CEO Amanda Donohoe would be most appreciative of any support we could provide.

Make sure you select Richmond Store

**1. Which is your local IKEA Store?**

Richmond VIC

The process of voting on line only takes a few moments.

Tony Wells

**IMPORTANT INFORMATION – CHANGES TO CHILD SAFETY STANDARDS**

**As advised to Protection Officers and Secretaries at District Assembly by District Director Governance David Whiting below and attached are details on this matter. Please read and share with your Board and Members of the Club.**

In April 2012 the Victorian Parliament directed the Family and Community Development Committee enquiring to consider and report to the Parliament on the processes by which religious and other non-government organisations respond to the criminal abuse of children by personnel within their organisations. A report was handed to Parliament in October 2013.

In January 2013 the Federal Government empaneled a Royal Commission to investigate institutional responses to allegations and incidents of child sexual abuse. While a final report is yet to be presented, the Royal Commission has provided regular updates and interim reports.

As a result of its own enquiries, and in the context of the interim reports provided by the Royal Commission, the Victorian government has introduced legislation which applies to the activities of Rotary Clubs. Those changes will require Rotary Clubs to review their practices and processes. They will not automatically require them to change those processes.

At the same time the National Insurance Committee (which organises insurance for Rotary Clubs in Australia) has introduced a new document which requires clubs to go substantially further than ensuring that their members/volunteers involved in youth activities are the holders of Working with Children Checks.

[Introduction to changes to Child related activities.docx](#)

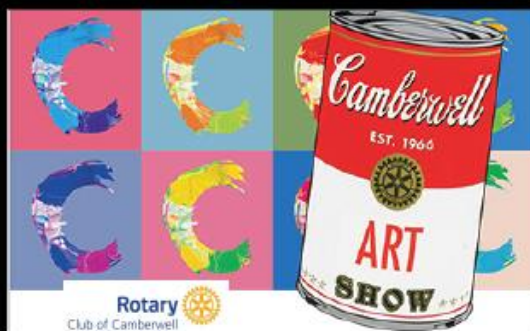
[Guide to volunteers.docx](#)

[Codes of Conduct.docx](#)

[Rotary Youth Volunteer Information Declaration form.docx](#)



## EXCLUSIVE INVITATION TO ROTARY CLUBS.



## CAMBERWELL ART SHOW 8-17 JULY 2017

Swinburne University ATC Building,  
Burwood Rd Hawthorn. (Gala Opening Fri 7 July)

## WINE & CHEESE NIGHTS ROTARY CLUBS ONLY. CHOOSE YOUR NIGHT!

Relax. These are not Rotary Meeting nights!  
Choose your preferred night from Mon to Fri.

**Monday July 10 to Friday July 14**  
6pm to 9pm.

**\$15 pp**

Includes: Entry, quality Wine & Cheese + Catalogue  
Art expert will walk your group around.

### BOOK ONLINE / ART SHOW INFO

[www.camberwellartshow.org.au](http://www.camberwellartshow.org.au)

### Enquiries:

[karennolan4@optusnet.com](mailto:karennolan4@optusnet.com)

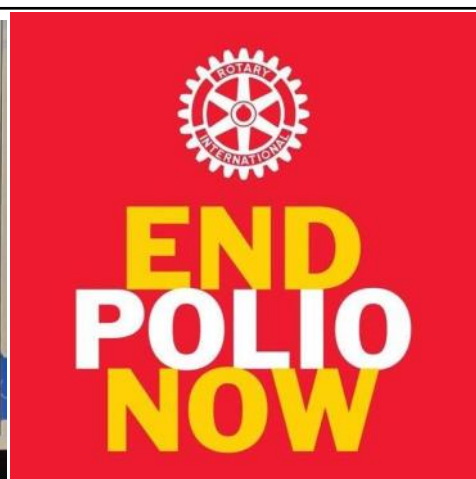
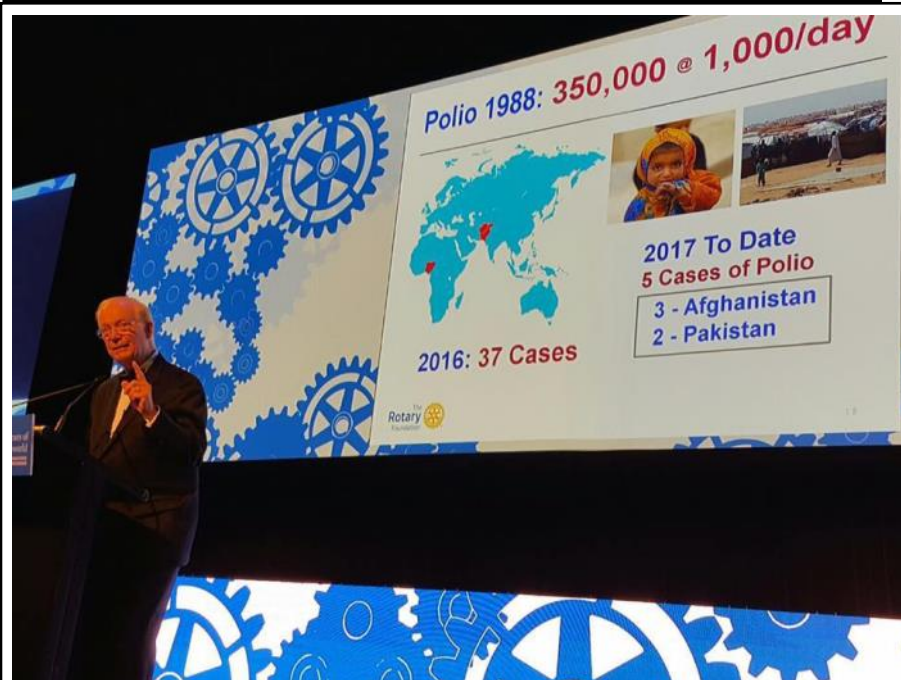
*Please contact Russell  
Cooper who will organise  
our Club Booking*  
[russellcooper6@gmail.com](mailto:russellcooper6@gmail.com)

## MAY 2017 – GOVERNOR'S MESSAGE - YOUTH SERVICES



"Rotary has a special responsibility to-wards youth, and a number of initiatives must be directed to the youth of today be-cause they become the citizens of tomor-row". – Past Rotary International President - Sir Angus Mitchell

Read more [HERE](#)



END POLIO—[READ MORE HERE](#)



My Rotary



## GARDENING PROJECT 5th June 2017

School holidays start from 1st July but there are a number of opportunities in June that need volunteers, please consider these and let me know if you can help.

*Give me a call anytime - Peter Elliott 0419 417334,*

| Date and Who with              | Time             | RCNB Supervisor             | Assisted by               |
|--------------------------------|------------------|-----------------------------|---------------------------|
| Thur 8/6 RCNB<br>Grass cutting | 11.30am – 1.30pm | Peter Elliott<br>Nino Sofra | John Magor<br>Bill Oakley |
| Fri 16/6 CGS/X                 | 2.45 – 5.15pm    | Geoff Haddy                 | Estelle Kelly             |
| Sat 17/6 MLC                   | 10.00am – 12noon | Geoff Steinicke             | Tak Yukawa                |
| Fri 23/6 CGS                   | 2.45 – 5.15pm    | Ian Adams                   |                           |
| Sat 24/6 MLC                   | 10.00am – 12noon | Rob Head                    | Marcel Muntwyler          |
| Fri 21/7 CGS/X                 | 2.45 – 5.15pm    |                             |                           |
| Fri 28/7 X                     | 4.00 – 5.15pm    |                             |                           |

### Geoff's Health Tip

#### Can nutrition intervene to decrease anger and hostility?

The recent appalling unprovoked attack on surgeon Dr Patrick Pritzwald-Stegmann at Box Hill Hospital has raised questions, not only as to the increasing number of attacks by patients in care institutions, but also as to the need to investigate the cause and treatment of sudden aggressive behavior. The 'one-punch' attack on Dr Pritzwald-Stegmann is one of over 90 recorded in Australia between 2000 and 2017 that has resulted in life impairment or death.



While the scientific community was already aware of the benefits of Omega-3 fatty acids in reducing inflammation and promoting neural functioning, more recent studies are confirming that Omega-3 is crucial to the health of cognitive functioning and a positive mood.

A study over 25 years of children in the small island nation of Mauritius has provided some interesting indications. The researchers from the [University of Pennsylvania](http://www.upenn.edu) tracked the development of children who had participated in an enrichment program as three year-olds, as well as the development of children who did not participate.

At 11 years, children in the enrichment program showed a marked improvement in brain function as compared with those who did not participate. "We saw children who had poor nutritional status at age three were more antisocial and aggressive at eight, 11 and 17. That made us look back at the intervention, and what stood out about the nutrition component was the children who received an extra three portions of fish a week showed no increase in anger and hostility."

There is now a considerable amount of evidence that shows the negative effects of an Omega-3 shortage in the brain. Without enough Omega-3 fatty acids, people are more prone to anger and hostility. The problem is that our bodies do not produce Omega-3s, we can only get it from food, and of course you all know which foods are rich in Omega-3.

Geoff

## MEETING ROSTERS

Thursday 8th June  
 Speaker: Peter Stewart  
 High on Vision: Update on Sumba Eye Project  
 Host: Nino Sofra  
 Greeters: Peter Downton, Duncan Ansell  
 Setup: Ian Mollison, Larry Fitzpatrick  
 Desk: Joe Butler, David de Garis

Thursday 15th June  
 Speaker: Mr. Darren O'Hara  
 Personalise Your Wines  
 Host: Joe Butler  
 Greeters: Bernie Smith, Adam Hillary  
 Setup: Ian Adams, Phil Wade  
 Desk: Neil Marshall, Russell Turner

Thursday 22nd June  
 Speaker: Imre Lele  
 Overseas Projects Overview  
 Greeters: Bob Bromley, Jeanette Leigh  
 Setup: George Swanson, Peter Downton  
 Desk: Duncan Ansell, Anthony Stokes

**Sunday 2nd July**  
 Club Changeover  
 Kew Golf Club  
 12.00 for 12.30

**Attendance:**

**PRESENT!**

Are you unable to attend the next meeting? Are you bringing a Guest or your Partner?

E-mail Hugo Goetze. [hugogoetze@netspace.net.au](mailto:hugogoetze@netspace.net.au)

...or if you know in advance fill in the attendance sheet at The Front Desk on a prior meeting night.

Attendance this week: 53 members out of 81

2 visiting Rotarians - PP Rod Ferris of RC Bundoora and wife Heather.

1 guest - PNM Heather McGuire, 3<sup>rd</sup> visit.

...and Exchange Student Moritz Ellermann.

Club Directors reported their committee's activities.

15 Members on external activities - 4 worked on the Gardening Project; 3 on Catering;

Greg Ross to RC Essendon, Port Phillip Cluster meeting, and 2 Foundation Dinners;

7 members went to the 100<sup>th</sup> year Celebration Foundation Dinner.

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We thank Chris Cross Landscape and Gardening Supply for their ongoing support of our Club through the housing of our 3 storage containers.



We thank Bread Street Bakery for their ongoing support of our BBQ Fundraising activity through their generous provision of bread.

**Celebrations**

**Birthdays:** Adam Hillary, Sally Sharp

**Inductions:** Ian Mollison, 1997; Jane Pennington, 1997; Maurie Walters, 2003.

**Weddings:** Hugo and Diane Goetze



## ROTARY CLUB OF NORTH BALWYN 2016/17

**President: Rowan McClean**

[president@rotarynorthbalwyn.com.au](mailto:president@rotarynorthbalwyn.com.au)

**Vice President: Bill Oakley**

[vicepresident@rotarynorthbalwyn.com.au](mailto:vicepresident@rotarynorthbalwyn.com.au)

**Secretary: Gavan Schwartz**

[secretary@rotarynorthbalwyn.com.au](mailto:secretary@rotarynorthbalwyn.com.au)

**Treasurer: Greg Cribbes**

[treasurer@rotarynorthbalwyn.com.au](mailto:treasurer@rotarynorthbalwyn.com.au)

**Grapevine: Peter Sutherland**

[petesutherland@bigpond.com](mailto: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](mailto:hugogoetze@netspace.net.au) with your personal message.
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:** Bruno Coniglio.

<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)

## Club Diary

**Thursday 8th June:** Ladies fund Raising Night Blue Illusion Balwyn. Contact Kristine McDonell 0412095725

**Saturday 10th and Sunday 11th June:** [Echuca Showcase Rotary](#)

**DISTRICT CHANGEOVER LUNCH - 25th June 2017 - RACV CITY CLUB**

The end of the Rotary year is fast approaching. To celebrate Rotary Serving Humanity and looking forward to Rotary Making a Difference. All members and partners are invited to join DG Neville and Rebecca and DGE Peter and Anne at the District changeover lunch on 25th June 2017. For more details and booking information [Click HERE](#)

**Thursday 29th June 2017. No Meeting**

**Sunday 2nd July: Club Change Over Lunch. 12.30pm at Kew Golf Club.**

**July 8-17 [Camberwell Art Show](#)**

(Friday July 7th is the Gala Opening and Preview Night)

Book On-line \$55. Drinks. Canapes. Over 1,300 paintings.

**Sunday, August 27 ; Partners' Afternoon Tea**

2.00 pm – 4.00 pm at QPO, hosted by Ailsa (invitation to come)

**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. Nino Sofra will announce more details later in the year.



**Club  
Changeover.**



Luncheon on 2/7/17 at Kew Golf Club

Recognising Rowan's year and welcoming Rob's year. Includes ; a piano interlude from [Alan Kogosowski](#) and 'reflections' by John Gartlan

