



"The HeadLines"

Our Melbourne Cup Meeting; Guest Speaker Fr Joe Giacobbe

It was great to see the members and partners dressed for the races; plenty of colour from both men and women, and there were as many men with hats as there were women. Also, great table decorations.

Many thanks to the Fellowship committee.

Mongolia Exchange Program

A busy time is coming for our Mongolia exchange program, with the incoming team arriving on the 10th of January (12 students and 2 leaders) and the selection process is ready to start for an outgoing team in July 2018.

District Conference

Will be at Warrnambool from the 16th to 18th March 2018.

Check for information [at http://www.rotaryconference.org.au/](http://www.rotaryconference.org.au/).

Early-bird (cheap) registrations will expire soon.

The Quote

"What a pity people don't take as much care with planning their breeding as do racehorse owners". (Jeffrey Bernard)

Reminder from Hugo to bring Toiletries

Please donate Toiletries for the [Boroondara Community Outreach](#) Christmas Hampers. Thank you for your response so far. Any later excess will be easily used in the New Year in support of those in the rooming houses.

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 8](#)



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



Guest Speaker: Father Joe Giacobbe

Father Joe entertained us with his quick wit and fascinating stories about his upbringing which led him to become associated with the horse racing industry and how it led to the formation of [Doxa](#).

Doxa was established in 1972 by Father Joe. Joe as a young priest worked with some of Melbourne's most disadvantaged communities, and during this time he realised that many young people he worked with might never have a holiday or visit the country during their childhood. He decided to establish a camp at Malmsbury to give these young people a positive life experience possibly for the first time. And so Doxa was born. From its humble beginnings, hundreds of people have worked together to help make Father Joe's dream of lasting change for disadvantaged young people a reality.

However, as it was Melbourne Cup Theme night Father Joe amazed us with his passion for Melbourne Cup history and the associations he has had and continues to have with jockeys, owners and trainers.

Father Joe knows how to laugh and he certainly had all of us laughing too when recalling some of his experiences.

Thanks Joe for a memorable night.

"Fashions on the Field" was held and judged by Joe. Best Male, Tony Wells and Best Female Estelle Kelly!. Thanks for dressing up and making our night more colourful.

Later the next day the sweeps were drawn up and e-mailed to all members. The scene is now set for another great Melbourne Cup Day

Good Luck everyone!



The Christmas Raffle. Win \$2,000 Shopping Spree

\$2 Voucher on reverse side of ticket



Here is a man pleading for your support.

Put your name on the Christmas Raffle ticket selling roster and get involved. Sell your own book and return it as early as possible to save the last minute reminders.

Thank you to everyone who has already participated. The weather was colder than the rejections on Saturday!



\$1,000 Cubby House or Vouchers



\$500 Vouchers in-store shopping

**DATE**

Friday, 10th November, 2017

LOCATION

Coles, North Balwyn

SHIFT	NAME	NAME
10.00am - 12.30pm	John Rennie	Greg Cribbes
12.30pm - 3.00pm	Findley Cornell	Peter Wilson
3.00pm - 5.30pm	Ted Wilkins	Brian Hurnard

DATE

Friday, 10th November, 2017

LOCATION

First Choice, Balwyn



SHIFT	NAME	NAME
10.00am - 12.30pm	Russell Cooper	Phil Francis
12.30pm - 3.00pm		
3.00pm - 5.30pm	Adrian Ranson	Nino Sofra

DATE

Saturday, 11th November, 2017

LOCATION

Woolworths, Balwyn, with BBQ



SHIFT	NAME	NAME
10.00am - 12.30pm	Estelle Kelly	Greg Ross
12.30pm - 3.00pm	Geoff Haddy	Anthony Stokes
3.00pm - 5.30pm		

DATE

Saturday, 11th November, 2017

LOCATION

Woolworths, KEW



SHIFT	NAME	NAME
10.00am - 12.30pm	Tak Yukawa	
12.30pm - 3.00pm		
3.00pm - 5.30pm	Jim Romanis	

MEETING ROSTERS

Thursday 9th November **Meeting & Club AGM**
 Speakers: Yvonne Lyneham and John Koa
 Host: David Rowe
 Greeters: Estelle Kelly, Imre Lele
 Setup: Barry Cummings, Steven Greatorex
 Desk: Brian Hurnard, Tony Wells

Topic:
Member Biographies.
And Club Annual General Meeting

Thursday 16th November
 Speaker: Rev. Jenny Preston
 Host: Brian Hurnard
 Greeters: Ian Richardson, Colin Sharp
 Setup: Ian Mollison, Duncan Ansell
 Desk: Bill Oakley, Eileen Toohill.

Topic: Our Call to the Widow, the Orphan and the Stateless.

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.](#)



Thursday 23rd November
 Speaker: [Lien Trinh](#)
 Host: Geoff Kneale
 Greeters: Bob Bott; Sue McDonald
 Setup: Jim Romanis; Peter Wilson
 Desk: Garth Symington; Tony Hart

Topic: Reflections of Our First Global Grants Scholar.

[Lien Trinh](#), The first recipient of the Rotary D9800 Global Grant Scholarship has completed her studies at the London School of Hygiene & Tropical Medicine for the Master of Public Health degree.



Thursday 30th November
 Speaker: Bob Glindemann
 Host: Imre Lele
 Greeters: John Koa, Nino Sofra
 Setup: Russell Cooper, Greg Matthews
 Desk: Ted Angleton, Marcel Muntwyler

Visit to DIK
400 Somerville Road
West Footscray
Topic: The Vital Role of Donations in Kind

Attendance:

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

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.

Meeting Attendance: Membership 77. Apologies 34 attendance 42, Partners 15.

Guest Speaker Fr Joe Giacobbe.

External activities by members.

Men's Shed Bernie Smith & David Cheney.

Pete Sutherland DIK. Bob Bott Paul Harris Society Lunch.

Greythorn Halloween BBQ – Joe Butler, Larry Fitzpatrick, Bill Oakley, Ian Richardson, Nino Sofra, Don Taylor, Tony Wells, Ted Wilkins.

RYPEN Transport – David deGaris, John Gartlan, Anthony Stokes (& partners)

[That's all folks.](#) Cheers, Hugo.

Celebrations

Birthdays: Ian Adams

Inductions: Greg Matthews 1985, Jim Romanis 1995,
 John Rennie 1988, Colin Sharp 2010

Weddings: Nil



Servants Community Centre

Servants is well on the way to establishing the previously advised residence for women in Hawthorn and a new larger residence in Box Hill, taking their number of residences to five.

We are also providing bbq facilities at Servant's Carols service on December 18th.



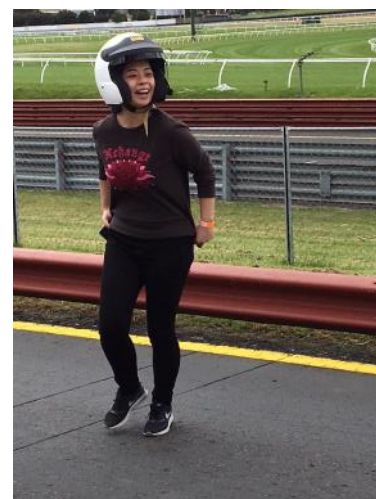
Amanda Donohoe is now the CEO of Servants Community Housing. Amanda succeeds Matt Maudlin, who concluded his service after 18 years with Servants on 11th January.



Maserati Club of Australia

Maserati had their "Come and Try Day" at Sandown Raceway on Saturday and our Club put on a BBQ for the attendees.

We sold out of everything!



Thank you Maserati for letting us be part of this day,
....and Beatrice had the best time of all!

Rotary

Club of North Balwyn



GARDENING PROJECT

6th November 2017

This is the last roster for 2017, students now have exams followed by holidays but we still need another volunteer for Friday 10th November which is only a one hour job.

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



Date and Who with	Time	RCNB Super- visor	
Fri 10/11 X	4.00pm – 5.15pm	Peter Elliott	ONE MORE Needed

Geoff's Health Tip

Why do People Ignore Good Nutritional Advice?

Last week our speaker, Professor Ahnen, made it clear that colorectal cancer was one of the more serious cancers, rating third of the more commonly diagnosed cancers in Australia. In particular, its incidence in Australia was amongst the highest in the world, with more than 16,000 cases diagnosed in 2016.

The illustrated colour chart presented showed a high incidence of colorectal cancer in the USA, Europe and Australia and a low incidence in Mexico and most African nations. You had to wonder why there was this marked difference.

Whilst Professor Ahnen was keen to illustrate that early detection was important, for which treatment was available, he also pointed to the causes of the disease, which were red meat and processed meat, low intake of fibre-containing foods and fruit and vegetables.

Recently, the CSIRO revealed that only one in ten persons ate the recommended serving of vegetables and one in just under seven, the recommended serving of fruit.

As all of you would know, I have been foremost in promoting healthy diets that are low in red meat, no processed meat, and including a plant-based regime of fruit and vegetables. In fact, the healthiest diets are 80% plant based.

Why do people not follow good nutritional advice? Is it because it does not suit them? Is it because they are unwilling to accept different views? I know in many cases it stems from what their mother cooked, and what she liked or disliked. In some families the food provided is dictated by financial circumstances. This invariably leads to the consumption of processed carbohydrate foods, potatoes and cheaper meat categories, with almost total exclusion of green vegetables. It is difficult to reason why there is an aversion to fruit and vegetables as, in my experience, fruit and vegetables provide the best value for money of all food categories.

If it is true that people will not change their diet no matter how much evidence is put before them, is there a tipping point where they may consider following good nutritional advice? Probably there is, but it should not be at the point of a decision on one's mortality.

Geoff



**Coffee anyone?
10 am everyday!**





CHRISTMAS FARE

FRIDAY 8TH DECEMBER 2017 ; DONCASTER ROAD

OUTSIDE THE COMMONWEALTH BANK, 9.00-12.00

Ladies, friends and supporters,

We are planning our Christmas Fare again this year; are you able to assist with baking cakes, puddings, chutneys, shortbreads, mince pies, slices etc for sale.

As in previous years, we need a variety of smaller items made up on a Christmas plate, wrapped in cellophane and with ingredients (no cream) listed, to the value of \$5.00. Larger cakes, puddings and other items will be individually priced.

Please deliver your goodies to Ian Mollison's office Hello World, 66 Doncaster Road North Balwyn on Thursday 7th December up until 5.30pm.

Funds this year will go to the Refugee Support Program at Baptcare Ashburton.

Many thanks for your help.

Ailsa Head

Queries—Jo Wells 9859 3725



Mongolian Exchange Program

INCOMING Group

A contingent of 14 people arrives from Ulaanbaatar on 10th January and departs on 25th January 2018. The group consists of 12 children travelling with two female chaperones. Both chaperones are Rotarians from the Rotary Club of Ulaanbaatar. There are five male students and seven female students ranging in age from eleven years to sixteen years.

The Youth Committee has developed a program of activities including sightseeing around Melbourne and its environs, a short tour along the Great Ocean Road returning via Ballarat and some free time with host families. Host families are being sought from families of the contingent RCNB chaperoned in Mongolia July 2017 and families of Interact students at Balwyn High School. RCNB members are also being invited to home host two Mongolians for the duration of their stay.

Keep Sunday January 14th free as a casual opportunity in which to meet the Mongolian students and their chaperones.

To support the Youth Committee RCNB members are also being invited to be available to assist with transport, catering and general assistance.

On November 30th an information session is being held for home hosting parents at Estelle's place.

OUTGOING JULY 2018

An **information session** for students and parents interested in applying to travel to Mongolia in July 2018 is being held on **Sunday 19th November** at Balwyn North Primary School between 2-3 pm. Students from our July 2017 contingent have been invited to contribute to the session.

Short listed applicants and their parents will be interviewed on Saturday 9th December to select a final group. In order to meet Child Safety regulations 3 adults per student are required. If you can assist please notify Estelle, even being able to assist for half a day will be helpful.



Club Diary

Read about Rotary in your area in The Progress Leader

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

Thursday 9th November

CLUB AGM

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.

Funds to [Refugee Support Program](#) at Baptcare Ashburton.

Thursday 14th December

Club Christmas Meeting and Partners' Night

Saturday 16th December

Carols in the Park (Macleay Park Belmore Road)

Christmas Raffle draw on Stage at 9.00 p.m.

Monday 18th December

Servants Christmas Carols & BBQ

Thursday December 21.

Club Christmas Breakfast at Macleay Park.

Sunday January 14th

Casual meet with Mongolian students and their chaperones

16-18 March 2018.

District Conference

Warrnambool.

Registrations [Now Open](#)

**THE POWER TO MAKE
A DIFFERENCE**

2018 DISTRICT 9800 CONFERENCE
16-18 March / Warrnambool / Victoria



21 -25 March 2018.

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

Friday 5th to Sunday 7th October 2018

Camp Getaway Working Bee 2018



One of Rotary's major Australian programs is Australian Rotary Health (ARH). This year, ARH chairman Gregory Ross initiated a new major national research campaign called Lift The Lid on Mental Illness.

With support from Rotary clubs throughout Australia, the campaign aims to raise money for research into depression, anxiety, youth mental health, suicide and self-injury, PTSD, eating disorders, schizophrenia and bipolar disorders, dementia, and alcohol and substance abuse.

Almost one in five people will experience a mental health issue in a 12-month period and it's estimated that nearly half of the Australian population will experience such a problem during their lives.

Mr Ross said ARH was a research-based organisation and the ongoing social media campaign, Adopt a Scientist, aimed to raise \$20 million by 2020.



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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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.



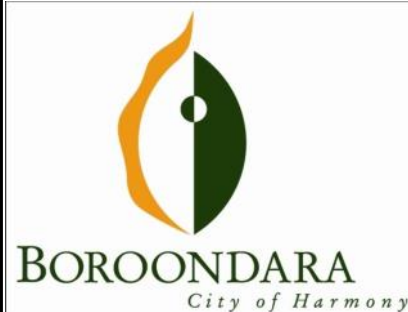
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TRAVEL
THE TRAVEL PROFESSIONALS
BALWYN NORTH



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.



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