



"The Headlines"

"This Is the End"

My final Headlines page!! Thanks to everyone for their involvement and support for our Club activities during this Rotary year.

Julie Nihill, Our Speaker.

Julie gave us an interesting and very personal insight into her extensive career in acting.

Au Revoir Bernie Smith.

We said a fond farewell to resigning Charter Member PP Bernie Smith PHF last Thursday.

Bernie has been a great contributor and influence for our Club, and for the establishment of the Community Men's Shed.



Special Meeting Guests.

We heard from Anika and Coco from MLC, part of the group who have completed book readings for children in Minh Hac, our supported village in Vietnam. Deb Krumples from MLC attended the meeting with the girls.



The readings have been completed by Ellie Robinson-Hauge, Keira Murugasu, Isla Teague, Coco Booth and Annika Eisenmajer.

It was also good to meet Kirsty McDougall from CGS, Rasika Crowley from Xavier and Sue Heffernan from MLC, who are our school contacts for the Community Gardening.

Our Busy Wrap-Up

- Our Club Change Over luncheon at the Veneto Club on Sunday 1 July, 12pm for 12.30pm.

The Quotes

"The fact that a great many people believe something, is no guarantee of its truth."
Somerset Maugham

"It isn't pollution that's harming the environment.
It's the impurities in our air and water that are doing it."
(former USA Vice President) Dan Quayle

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 16](#)



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



Guest Speaker Report.

Our Speaker, Julie Nihill, took us on an emotional journey, as she described the life events which finally convinced her that her destiny lay in the Arts.

Originating from potato famine refugees and born into a family where stern discipline was revered, Julie's early life prepared her well for the rigours of an acting career. Inspired by her Year 9 Speech and Drama teacher at CLC, in Eltham, she was drawn into the theatrical life, where a part in Arthur Miller's "The Crucible" showed her the power that actors can have over their audiences.

Early work in Australian plays from "The Pram Factory" led to travel to Sydney where her portrayal of Jessie Bradman in the "Bodyline" series, established her acting career. After 12 years as publican, Chris Reilly, in "Blue Healers", Julie left acting to pursue other interests, but after winning an Arts scholarship, the power of Tennessee Williams' writing drew her back to the theatre, where she continues to work. Her most recent role was in "Picnic at Hanging Rock" and she is currently working on "The Blake Mysteries" with the 7 Network.

In closing, Julie inspired us all with her strongly held belief that "we are all extraordinary, as human beings".

Bronwen Diamond

**UN Day Against Drug Abuse & Illicit Trafficking 26 June.**

This Day focusses us on "action and cooperation to achieve an international society free of drug abuse."

In a small way we are helping here through our support of Access Health in their design and delivery of a drug education program for families in Boroondara.

Tree Planting at Boroondara Park P.S.

Last Saturday, around 20 Rotarians and partners planted and watered over 100 trees and set up screens to protect garden beds ; our part of the challenge from RI Pres Ian Riseley to plant a tree for each Club member.

Also, a great fellowship activity. Thanks to Gavan Schwartz for organising us all.

**Reclink Catering BBQ Sunday 24 June**

Our final catering event for this Rotary year, and a big event at the Reclink Football Day at Victoria Park. Many thanks to the large group who contributed on the day in planning, preparing, serving, then packing away. We grossed around \$5,900 from the day, from which we will be able to make a good contribution back to Reclink for their good work. **Rob Head**

Meeting No.48**Thursday, 21st June 2018****Present:**

Guest Speaker 1 Julie Nihill - An extraordinary Life in the Arts.
 NB Members 54
 Visiting Rotarians 1 Janie Pirret - RC Glenferrie & Gardening Project
 Partners 2 Jan Cheney & Fiona Smith (Bernie's daughter)
 Guests 5 Fatima Baraka (Jeanette Leigh) ; Rowan McClean's School's
 Gardening leaders Kirsty McDougall (CGS), Rasika Cowley (Xavier) & Sue Heffernan (MLC) did not stay for a meal
 Deb Krumples (MLC) Teacher plus 2 students & Parents. Reading for our Minh Hac project. Did not stay for a meal.
 Members :- Apologies 17, LOA 5, Member Attendance 54 = 71.1%
 External Activities 6 **Weekly 2nd Bite delivery to CamCare** - Bill Oakley (14/6)
 (Board Approved) & Geoff Haddy (21/6); DIK Peter Sutherland 14 & 21/6; Bread to Servants - Peter Sutherland 14/6
 ; Garth Symington - **Boroondara Cares** meeting re our assistance for the newly built Greythorn Community Hub.
 Absences for Rosters: Tony Ho, Terry Keyhoe, David Rowe, Don Taylor, Gavan Schwartz.

Club Diary

Club Change Over Luncheon Sunday 1 July at 12.00 pm

Weekend of 17-19 August 2018 MUNA 2018

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

September 2018 Fence repairs in Cobden. Date to be confirmed

Friday 5 to Sunday 7 October 2018 Camp Getaway Working Bee 2018

Weekend of 19-20-21 October Fellowship Weekend at Daylesford Details soon.

MEETING ROSTERS

There is NO Meeting on 28 June at Kew Golf Club.

This Meeting has been transferred to Sunday 1 July for Changeover.

Venue:- The Veneto Club
191 Bulleen Road
Bulleen

Time:- 12:00 noon for 12:30
Sala Venezia Room

Thursday 5 July

Greeters: Jim Studebaker, Peter Sutherland
Set Up: Peter Elliott, Tony Wells
Desk: Peter Downton, Marcel Muntwyler

Speaker: Steve McBurney

Host: Brian Lacy

Topic: Once an Umpire, Always an Umpire

Stephen McBurney (nickname Jack) as a Field Umpire, Stephen umpired 400 career games in the AFL. Stephen was named the All Australian Umpire for the 2003 and 2007 seasons and umpired the Grand Finals in 2002, 2003, 2007 and 2009.

The Turnbull government appointed Stephen to the position of the Australian Building and Construction Commissioner in January 2018



Thursday 12 July

Greeters: Beatrice Ko, Neil Marshall
Set Up: David Cheney, David De Garis
Desk: Sam Hardikar, Garth Symington

Speaker: John Daley

Host: Peter Sutherland

Topic: The Rise of Protest Politics: Is Sensible Policy Still Possible?

John Daley is CEO of the Grattan Institute which is a very well-regarded Think Tank on current affairs and issues.

Thursday 19 July

Greeters: Larry Fitzgerald, Chris Flavelle-Smith
Set Up: Brian Lacy, Anthony Stokes
Desk: Phil Wade, Bill Oakley

Speaker: DG Bronwyn Stephens

Host: President Nino Sofra

Topic: District Governor's Visit

The Editor's daughter, Megan Marmo, was in Tulagi last week, and sent through the following photo.



Megan was visiting her friend and fellow Occupational Therapist, Jo Carney, who is a Australian Volunteer at the Honiara Hospital.

Megan took a bag of donated adjustably walking sticks for Jo's patients. Jo has passed on her thanks to Club Members and DIK for the donation. (Megan travelled to the Solomon Islands to help Jo celebrate a significant birthday.)

Birthdays and Anniversaries between June 26 and July 1

Weddings: Rob and Ailsa Head

Birthdays: John Magor, Imre Lele, Geoff Kneale

Induction Anniversaries: Russell Cooper, Ted Wilkins, Peter Sutherland

Geoff's Health Tip**Improving gut flora is a hot topic right now**

On reading ever increasing volumes of new research one cannot help but agree that there is a lot to be learned about the relationship between microflora in our gut and disease. In the past I don't think any of us ever considered the variety of microflora (bacteria, viruses, yeasts, etc) in our gut had anything to do with disease. Now, through dedicated research, we are aware of the connection between the gut and autoimmune diseases such as Parkinson's, and the recent discovery of a connection between the gut and cardiovascular disease.



Interestingly, Hippocrates (the father of medicine) once said, "*All disease begins in the gut*". Much of his wisdom, which is now over 2,000 years old, has stood the test of time, however it is also true that not all diseases begin in the gut.

Recently, a paper headed 'Is triclosan messing with gut microbes?' was published in *Science Translational Medicine*. (Triclosan is an antibacterial used in soap, toothpaste and other personal care products.) The evidence was that triclosan disrupted the balance of microbes in the gut, reducing the number of friendly Bifidobacterium. The US Food and Drug Administration has ordered it be removed from personal care products. As far as I am aware, Australian manufacturers are voluntarily removing triclosan from their formulations.

It is beyond the special limits of this health tip to discuss other diseases that may have their origins in the gut but, more importantly, we should ask what can I do to improve my gut flora?

Here are eight suggestions to improve gut health

- Broccoli and other cruciferous vegetables (kale, cabbage, and cauliflower)
- Bananas – slightly green are best
- Polenta
- Blueberries
- Beans, chickpeas and lentils
- Jerusalem artichokes
- Yogurt (yoghurt)
- Fermented plant-based foods: sauerkraut, tempeh and miso.

Geoff

Photos from around the Club





Rotary

Inviting you and your Partner to



The Rotary Club Of North Balwyn CHANGEOVER LUNCHEON

on SUNDAY, 1ST JULY 2018



Sala Venezia Room, Veneto Club, 191 Bulleen Rd, Bulleen, 12 Noon for 12:30pm



Cost \$60 pp (In Advance)

Two course meal, on arrival a glass of Prosecco, mineral water or a beer from the bar
and 2 bottles of wine on the table or beer from the bar

Entertainment: Italian folk singer (Elvira), Reflections (John Gartland)

Dress: Jackets for men

Members & guests: Bookings and payments at meetings, 7, 14 & 21 June.

Payments by EFT to BSB 633 000 A/C 146470653 (including Name) or cheque.

RSVP: By 21st June 2018 to hugogoetze@netspace.net.au

<p>ROTARY CLUB OF NORTH BALWYN 2017/18</p> <p>President: Rob Head president@rotarynorthbalwyn.com.au</p> <p>Vice President: Findley Cornell vicepresident@rotarynorthbalwyn.com.au</p> <p>Secretary: Gavan Schwartz secretary@rotarynorthbalwyn.com.au</p> <p>Treasurer: Greg Cribbes treasurer@rotarynorthbalwyn.com.au</p> <p>Grapevine: John McBride jdmcb48@bigpond.net.au</p> <p>Noon Sat Weekly Deadline for submissions please.</p>	<p>APOLOGIES FOR CLUB MEETINGS</p> <ol style="list-style-type: none"> 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. <p>Please apologise no later than 5pm on Tuesday.</p>
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<p>North Balwyn Probus: Michael Martin http://balwynnorthprobus.org.au</p> <p>North Balwyn Heights Probus: Sue Mullarvey yarramul@tpg.com.au 9857 4305, 0400 821 402</p>	<p>Greythorn Probus: Meetings 10am 2nd Tuesday Monthly. St Aidan's Church Hall, Duggan St, Balwyn Nth.9859 4941.</p> <p>Boroondara Ladies Probus: Janet Eddy jveddey@applewood.net.au</p>
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Thanks to Chris Cross Landscape & Gardening Supply for their support of our Club through housing our 3 storage containers.

	<p>We thank Bread Street Bakery for their ongoing support of our BBQ Fundraising activity through their generous provision of bread supplies.</p>	
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<p>helloworld TRAVEL THE TRAVEL PROFESSIONALS BALWYN NORTH</p>  <p>Thank you Helloworld North Balwyn for your ongoing support of our Event Days and assistance with our Mongolia travel arrangements.</p>	<p>Bendigo Bank Kew Kew East</p> <p>Bendigo Bank is a strong supporter of Nth Balwyn Rotary through its help with our Community Projects and Fund Raising.</p>	
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