



"The HeadLines"

Our New Youth Drug & Alcohol Program

The club has been committed to find a suitable project to assist in educating the youth in this ever-increasing area of concern in the broader community.

We have worked with the Youth Resources Officer for Boroondara from Victoria Police, and the Alcohol and Drug Services section (AOD) of Access Health, to fund a program to develop an evidence-based package of education resources for parents, families and teachers. The program will include information sessions on common AOD issues and emerging AOD themes in young people in Boroondara.

Grand Final Meeting

Remember to wear your favourite Football Club colours to our next meeting.

The Quote

Martin Luther King Jr.

"Our lives begin to end the day we become silent about things that matter."



President: Rob Head

Koichi Hara, former Exchange student Koichi Hara returns after 34 Years

In 1983 Koichi Hara was the Club's second Inbound Exchange Student and today he attended our meeting as Guest Speaker accompanied by his wife Ayumi.

Koichi took us on a journey back to the time of his Exchange which included many photos of his time in Melbourne that portrayed some much younger looking current Club Members.

Koichi told us of his family and business life as an Executive in the food division of the giant Mitsubishi Corporation, of his role as a Founding and current Director of Rotex Japan and of his family's involvement as Host Parents for a recent Exchange Student in Tokyo.

Koichi spoke of the impact of his experience in Australia as being responsible for his better knowledge of the English language, the involvement of his two brothers as Rotary Exchange Students, an increase in confidence, positive thinking and sociability all of which have assisted his career. Above all he acknowledged "The wonderful human relationships that had been established"

At the conclusion of his speech Koichi who is a 6 Dan in Kendo entertained us with a demonstration of Yangu-shinkage ryu.

Koichi's visit and presentation reinforces the enormous benefits emanating from the Youth Exchange Program which has always been an integral part of the activities undertaken by this Club.

Host: Peter Cleary

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 5**



September ROTARY DOWN UNDER

Click [HERE](#)

Rotary
District 9800

Click for
[All District Events](#)

Rotary **Weekly** Click [HERE](#)



Guest Speaker: Exchange Student Koichi Hara Returns After 34 Years



Above: Carol Studebaker, Judy Reddish, Koichi, Koichi's wife Ayumi and Lisa Zuccala. The Reddishs, Muntwylers, and Zuccalas were three of Koichi's four host families.

Host Peter Cleary welcomed Koichi to our meeting. (thanks Geoff Steinicke for the photos)



One for the History Books! Our Club's Three Past District Governors.

Geoff says this collectors item is the first time these three have been photographed together. Jim Studebaker, John Reddish and Greg Ross.



It's our AFL Footy Grand Final Partner's Meeting this Wednesday:

Apologies and Guests attending intentions are due today Monday.
Bringing your Partner?
Can't Make it?

Let Hugo know—NOW !

HugoGoetze@netspace.net.au

MEETING ROSTERS

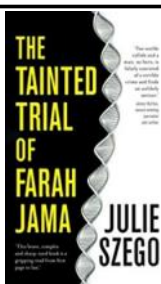
**Wednesday 27th September: PARTNER'S NIGHT
AFL GRAND FINAL CELEBRATION NIGHT****Speaker:** Stuart Wenn**Host:** Ted Wilkins**Greeters:** John Gartlan, Beatrice Ko**Setup:** Peter Sutherland, Bernie Smith**Desk:** George Swanson, Sam Hardikar**Topic : And then there were two.**

Stuart is a recently retired AFL umpire who officiated in 341 senior games between 1995 and 2014. Stuart Wenn tied for the [Bishop Shield](#) as the best field umpire for 2014.

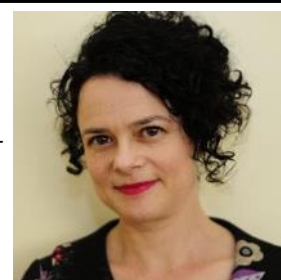
**Thursday 5th October:****Speakers:** Beatrice Ko And Nino Sofra**Host:** Takao Yukawa**Greeters:** Peter Sutherland, David de Garis**Setup:** Takao Yukawa, John Rennie**Desk:** Jim Studebaker, Jane Pennington**Member Autobiographies:**

We love these occasions when we can share our

Member's past achievements and experiences.

**Thursday 12th October:****Speaker:** Julie Szego**Host:** Jeanette Leigh**Greeters:** Brian Hurnard, Larry Fitzpatrick**Setup:** Tony Ho, Greg Ross**Desk:** David Cheney, Geoff Haddy**Topic:**[The Case of Farah Jama](#)

Hear Julie's (an Age Journalist) gripping account of a recent miscarriage of justice in Melbourne when a young Somali refugee was wrongly convicted of rape.

**Thursday 19th October:****Speaker:** [Alan Lachman](#) with [daughter, Francesca, a musical prodigy, who will play piano for us](#) .**Host:** Gavan Schwartz,**Greeters:** Greg Cribbes, Phil Francis**Setup:** Phil Wade, Peter Downton**Desk:** Don Taylor, Bob Bott**Topic:**[Pathway to Inclusion: How Blind and Vision Impaired Children across Australia can benefit from Francesca's Journey through the Darkness](#)**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: Club Membership 78, apologies 16, LOA 8, late apologies 3, Attendance 51 = 65.4%

Guest Speaker and Guests 5, Partners 4 and Alumni 2. All up 62 present.

Club external activities during the last week – Gardening Project Peter Elliott, Yvonne Lyneham & Tony Wells. Catering for Men's Shed Opening Larry Fitzpatrick, John Magor & Nino Sofra. DIK Peter Sutherland.

Guests, Koichi Hara (PHF) & wife Ayumi; Lisa Zucalla, Ron Roy and daughter Liz Waker. Plus PDG John & Judy Reddish.

Partners, Pat Cleary, Judy Steinicke, Carol Studebaker & Sanae Yukawa.

Liz was the young Club's first out-going Exchange Student (1982), who went to Japan.

Koichi was our second incoming Exchange Student (1983/84) – also from Japan.

Host Parents were Reddish, Zucalla, Roy & Muntwyler. Peter Cleary was Koichi's Councillor.

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

[Celebrations](#)

Birthdays:- Ailsa Head, Heather Matthews,
Duncan Ansell, Steven Greatorex, Sanae Yukawa.

Inductions:- Nil

Weddings:- Brian and Areta Hurnard



Alan Seale, Melbourne Central RC ; Chair of [District Vocational Service](#) recently invited us to be part of the Be Collective. As a result Peter Sutherland attended the [BeCollective](#) Workshop at Swinburne University last Monday.

Be Collective is a digital gateway for measuring and tracking social impact. It may be of interest to you in your research as an opportunity to collaborate as the platform is available for free to social enterprises, corporates and individuals: <https://www.becollective.com/>.

Alan has introduced this tool to Rotary with the assistance of Swinburne University as a potential means to run projects within and between Clubs.

Further information will follow should we choose to join this initiative.

RCNB District International Grant Application

Lotus Educational Fund: Laos

Past member John Burley has been working with President Rob Head for several months to identify a possible project in Laos that provides support to school age girls and meets our expectation of being run through a credible organisation.

The Board has approved the [Lotus Education Fund](#) budget of A\$7,500 for the delivery of a training program for ten girls in basic vocational skills, life skills and economic / job market skills.



The program is delivered over two months by their partner organisation [Sengsavang Shelter](#) with the involvement of school teachers and the Village Council. They provide support to impoverished adolescent girls who would otherwise be at risk of entering the sex trade in neighbouring Thailand, or be subject to early marriage and therefore a lack of financial opportunities in their villages.

The Club has lodged a strong District International Grant Application for A\$2,500 with the balance of A\$5,000 to be met from Club funds.

A Social Occasion at Taos Restaurant.

Friday, 27th Oct. at 6.30 PM.
\$56 per person includes alcohol – wine.

\$50 for non-drinkers.
A board will be circulated to indicate your attendance at coming meetings.



With your host Jack Liao



Drivers required for [RYPEN](#) (Rotary Youth Program of Enrichment) camp to take our RYPEN Candidate Robert Wu to [DOXA Malmsbury Camp](#) 1000 Vaughan Springs Road, Drummond North.

Drop off by 5.30 pm Friday October 27th.

The trip is about 120km on The Calder Freeway.

Coming Home: Sunday 29th.

Lunch at the camp is at 12.45 and candidates are free to leave after lunch and the presentation of certificates.

Drivers need to be accompanied by another adult.

Working With Children Check is required for all adults travelling with our candidate.

Make of car, colour and registration details also need to be registered with RYPEN.

Contact Estelle to volunteer. 0424 587 107 ekelly2@optusnet.com.au





25th Rotary Foundation Paul Harris Breakfast.

Tuesday 21st November RACV Club 501 Bourke Street; Melbourne.

\$65.00 per head or \$600 table of 10. 7.15 for 7.30 till 9.00 am.

Bookings: Please Contact Findley.

fcornell8@bigpond.com , 9857 5407

Camp Getaway Working Bee Weekend

Friday 13th, Sat 14th & Sun 15th October

We would like to see more of you [there](#) than have currently volunteered.

To participate give Greg Matthews a ring 0419 597 780 and let him know your availability. A great time is assured!



Rotary



Club of North Balwyn

GARDENING PROJECT 25th September 2017

School holidays at the moment so a short break before we get back into it. If you haven't experienced a gardening session with the students of one of our partner schools, now until the 3rd of November there are plenty of opportunities, 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
Fri 13/10 CGS/X	2.45pm – 5.15pm	Geoff Haddy	Findley Cornell
Sat 14/10 MLC	10.00am – 12noon	Sam Hardikar	Marcel Muntwyler
Fri 20/10 CGS/X	2.45pm – 5.15pm		
Sat 21/10 MLC	10.00am – 12noon		Yvonne & Matt Lyneham
Mon 23 /10 X	9.00am – 12noon	Garth Symington	
Mon 23/10 X	12noon – 3.00pm		
Fri 27/10 CGS/X	2.45pm – 5.15pm		
Fri 3/11 X	4.00pm – 5.15pm		

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

Monday 23 October is a one off special for students from Xavier College, there will be 20 – 24 boys for the day, 9.00am – 3.00pm. We will need at least 4 members to supervise / assist on the day, two shifts of two 9.00am – 12noon, 12noon - 3.00pm.

Geoff's Health Tip

85 out of 100 Australians say they are healthy – but are they really?

The [Australian Institute of Health and Welfare](#) (AIHW) 2016 report is a key information resource on the health of Australians. AIHW director and CEO Barry Sander-son said, "Australia has much to be proud of in terms of health".



The report showed we are living longer than ever before, death rates continue to fall, and most of us consider ourselves to be in good health. In percentage terms, 56% would rate their health as excellent, and 29% as good. However, 19% have a disability, 20% a mental health disorder (in the last 12 months) and 50% have at least one chronic disease. I know these figures don't add up – so are we really kidding ourselves when we say our health is good?

The influence of lifestyle factors on a person's health was a recurring theme in [the AIHW report](#) that showed 13% of Australians smoke daily, 18% drink alcohol at risky levels, and 95% do not eat the recommended servings of fruit and vegetables. In terms of physical activity, 55% do enough exercise but 63% are overweight or obese.



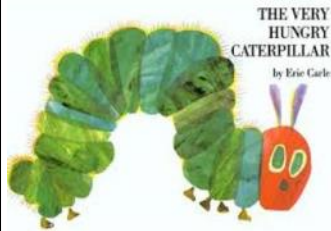
Cancer is now a leading cause of death in Australia – 47,000 died from cancer in 2016. The most common cancers are prostate, breast, colorectal, melanoma and lung cancer. It is estimated there will be 134,000 new cases of cancer diagnosed this year, and this number is expected to rise to 150,000 by 2020 – a 12% increase in three years.



Alongside this data we must also count the millions of dollars accumulated and spent on research to resolve these urgent health issues. As an example, \$519 million has been spent worldwide on breast cancer research, of which Australian research grants totaled \$129 million.

Whilst progress has been made into the treatment of all diseases, data that shows a significant increase in diagnoses and treatment opens up research into the possible causes. Next week I will discuss one unexpected reason for this increase that might have a profound effect on our lifestyle.

Geoff



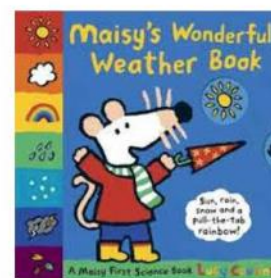
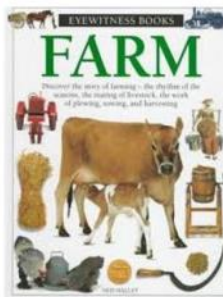
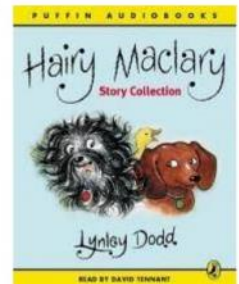
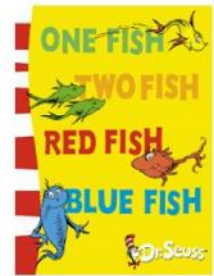
Solomons Book Drive

Please donate books (new and old)

We want pre-school Picture Books :

- Letters, Numbers, Colours, Concepts, and
- Stories and Rhymes to read to young children.

Simple General Information Books for older children
eg Science, Geography, Human Body, Weather etc



What You Can Do to Help

- ***We need your help!***
- ***Source, Collect Suitable Books***
- ***Please bring your books to the Meeting on October 12***
- ***We will collect large quantities***

Any questions, contact: Sally Sharp 0418 695 486

Club Diary

Read about Rotary in your area in The Progress Leader

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

Wednesday 27th September

Grand Final Club Meeting



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

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.

Friday 8th December

Christmas Fare—Balwyn North 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](#)

**THE POWER TO MAKE
A DIFFERENCE**
2018 DISTRICT 9800 CONFERENCE
16-18 March / Warrnambool / Victoria

Rotary



ROTARY
MAKING A
DIFFERENCE

21 -25 March 2018. [2018 Formula 1® Australian Grand Prix.](#)

Rotary



NATURE AND NURTURE

Being in nature is demonstrably good for our health. However there are those in the community through age or disability who can no longer tend to their gardens the way they once could. The Rotary Club of North Balwyn (RCNB) comes to the rescue in these cases. One happy recipient says: "Due to limited mobility, I am unable to work on the garden I have loved for 30 years. It was distressing to see it fall into disarray and become overgrown. The wonderful students and Rotary people cleaned it up for me and now I love sitting reading the paper in the garden again." For five years RCNB has teamed up with schools in the Boroondara area to conduct the voluntary gardening service. Over the past year they helped at 38 properties and filled 350 council bins — about 830 community service hours. If you, or anyone you know, has a garden in need of a clean-up, or want further information, call Peter Elliott on 0419 417 334.



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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**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



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.



BOROONDARA
City of Harmony

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