



Like a broken mirror, this is my last reflection.

Imre Lele, our Director International Service, led a presentation on the recent visit by himself, Dr. Max Hardy and myself to the two communities in Vietnam we are supporting. Thanks to Max for joining the presentation despite not feeling well. Bill Oakley gave members a comprehensive overview of the help we have given in the past and are currently providing to the Solomon Islands.

Highlights of the Vietnam visit were:

- meeting the students who have been able to gain an education by means of the support of 18 club members or Friends and 19 non-Rotarian sponsors.
- observing the success of our Community Development Centre in terms of social integration. The first Centre was part funded by the Balwyn High School Interact Club and our Club. Residents in the area have been inspired to build five more smaller centres that bring their communities together for functions, meetings and events.
- discussing with Micro loan experts from Thanh Hoa their large and very successful program south of Hanoi. We were able to discuss their approach and, given the limited funds we have available, begin to develop a modified approach that might enable the establishment of a new program in [Minh Hac](#).
- negotiating the purchase of a new ultrasound machine from a GEC distributor with which Max was able to train the doctor and five medical staff in its use.
- seeing the catalytic impact of our Community Development Program in encouraging new business development.



Left: The visiting team receives a thank you gift from Mr. Chien of the Provincial Department of Foreign Affairs.

Right: Minh Hac clinic staff learn to use the new ultrasound machine.



We can be proud of our international achievements, which provide a good balance in the club with our extensive local community service.

I would like to thank everyone associated with The Club for their support during the last 12 months and, hopefully, you will be able to join us at Changeover; noon, Sunday 2nd July at Kew Golf Club, where I can thank you personally. It has been a busy and enjoyable year highlighted by outstanding Fundraising and Membership Development. This is a great Club and I am sure 2017/2018 will be an equally successful year under Rob Head's leadership.

[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

Rotary Club of North Balwyn
Club Website: [HERE](#)

Rotary Club of North Balwyn
See us on Facebook: [Click HERE](#)

Read The Networker: [June 2017](#)



JUNE Rotary Down Under:
Click [HERE](#) A YEAR IN PICTURES

Rotary District 9800
Click for [All District Events](#)

Rotary Weekly
Click [HERE](#)





At District Assembly on 26/5 Past District Governor Jim Studebaker was presented with the [Rotary Foundation Citation for Meritorious Service](#) for outstanding service to the Foundation and Doing Good in the World.

The Trustees of The Rotary Foundation of Rotary International Award the "Citation For Meritorious Service" annually to those who have rendered outstanding service to the Foundation. The handsomely gilded certificate is signed by the Trustee Chairman. The award is given for active service to the Foundation; one who has contributed only financially is not considered for this award. One Rotarian only per district is eligible to receive this award each year.

A rare honour as only 150 are presented worldwide each year. How fantastic is this!!! Congratulations Jim!!

Wearing your Paul Harris Fellow Pin

Being awarded a Paul Harris Fellow by The Club for recognition of your services to Rotary is a great honour and Members are encouraged to wear their pin to Club Functions such as the forthcoming Changeover Lunch .



When wearing a Paul Harris (and/or Centurion) pin, the Rotary pin is worn at a higher level to all other pins.

You can read about The History of the Paul Harris Fellowship cognition [HERE](#)

The Paul Harris Fellow recognition acknowledges individuals who contribute, or who have contributions made in their name, of US\$1,000 to The Rotary Foundation of Rotary International.

At the International Assembly in 1979, then-RI President-elect James Bomar challenged each Rotary club to make one non-Rotarian a Paul Harris Fellow. The Rotary Club of Pikesville, Maryland, USA, responded by making a donation in the name of Mother Teresa in 1980. The entertainer Pearl Bailey also became a Paul Harris Fellow through a joint effort of the Rotary clubs in Cape Cod, Massachusetts.

Many notable figures have been named as Paul Harris Fellows, including U.S. President Jimmy Carter, Russian President Boris Yeltsin, U.S. astronaut James Lovell, UN Secretary-General Javier Perez de Cuellar, and Jonas Salk.

The number of Paul Harris Fellows reached the one million mark in 2006.



The Reclink Community Cup was held on Sunday and our caterers put on an all day marathon of selling sausages to the big turnout at Abbotsford Victoria Park.



Bill was packing up in the dark slightly worse for wear and wrote collapsed on his couch later that night, " Dear Troops, I've just

downed my second beer and am

into my third and have done some counting and figuring. First, thank you all for your support for what turned out to be a very busy day. Particular thanks to Geoff Steinicke and Phil Francis - morning shifters who stayed on well into the afternoon to see us through. Those of you who were there would know that there was a continuous queue which started at about 11.30, and contin-

ued non stop until well after 5.00pm, by which time we had run out of all drinks, rolls, onions, and paper serviettes. We battled on until 5.30 or so and sold virtually all our sausages. We sold the remaining dozen or so loaves of bread and have little left to worry about in the way of leftovers."

Bill says the day will prove to be good for The Club and Reclink as we are going 50:50 in the takings for the day.



Interact Tech Tips

July 2017

Boroondara Library members enjoy complimentary access to computers with Adobe Reader (PDF reader) and Microsoft Office programs. If you aren't a member, it is free to sign up online or at a library.

If you don't own a printer, you can print for a small fee at any Officeworks store. If more convenient, Boroondara Libraries also provide printing services for a more expensive fee.

For a free iPad crash-course, head over to Kew Library on Friday July 21st from 1:30pm to 3:00pm for "Beginners guide to iPad". Register at <https://www.eventbrite.com.au/e/beginners-guide-to-ipad-with-readytechgo-tickets-34903220472>.

Thanks Hannah for your tips this year.

Hannah says, "It has been a pretty busy term for us Interactors as we are year 12s.

I would like to inform you that I will no longer be sending Interact's Tech Tips through, rather it will be Catherine Li.

Catherine is the Vice President of the Interact Club and heads up Interact's Technology Projects.

Thank you ☺ Hannah Korte"

Geoff's Health Tip

How you can put more Resistant Starch into your Diet

Starches that resist breakdown in the stomach and small intestine provide food for the microbiome (bacteria mass) in the large intestine. The bacteria then ferment the resistant starch, and in so doing produce nutrients, especially butyric fatty acid, that provide a diverse range of health benefits including reduced glycaemic response, weight reduction, increased immunity levels, mood control and the prevention of bowel cancer.

Resistant Starch occurs naturally in most foods, but relevant to the Australian diet, potatoes and bananas provide nearly half the resistant starch intake. Interestingly, green bananas contain 9 grams of resistant starch per 100 grams, but this drops to 1.2 grams on ripening. Other vegetables such as chickpeas, beans and hi-fibre bread provide in excess of 1 gram per serve. Of all grains, barley has the highest percentage of resistant starch.

One of the most remarkable discoveries is from an observation that black Africans did not suffer colon cancer. We now know this was due to their higher intake of resistant starch in their diet, compared to the European or Western diet. It was revealed that by cooking grains such as rice, corn and pasta, and then cooling, the percentage of resistant starch increased considerably. As an example, 100 grams of white rice cooked and immediately tested had 0.37grams of resistant starch. On cooling, the amount of resistant starch more than doubled to 0.77 grams, and on reheating in a microwave, it was found there was a further increase.

The phenomenon of cooking, cooling and then reheating to increase the amount of resistant starch, not only applies to rice, but also potatoes, pasta, noodles and other grains such as oats (porridge).

Dietary fibre is listed on nutritional information panels on labels, however this includes all fibres including soluble, insoluble and resistant starch. There is currently no indication for resistant starch. However, the National Health & Medical Research Council has recommended a daily intake of 4 grams for men and 3 grams for women, although some researchers have indicated a minimum of 10 grams per day.

Geoff



Health Benefits

- Aids weight loss and digestive health
- Helps prevent constipation
- Helps to maintain blood sugar levels
- Reduces the risk of developing diabetes and heart disease
- Boosts immunity
- Reduces the risk of colon cancer
- Increases mineral absorption

GARDENING PROJECT 26th June 2017

School holidays start from 1st July, so a couple of weeks break before we get back into gear in July. Please volunteer where you can, it is greatly appreciated. Give me a call anytime - Peter Elliott 0419 417334,

Date and Who with	Time	RCNB Supervisor	Assisted by
Fri 21/7 CGS/X	2.45 – 5.15pm	Garth Symington	Geoff Haddy
Fri 28/7 X	4.00 – 5.15pm		Estelle Kelly
Sat 29/7 MLC	10.00 – 12noon	Sam Hardikar	
Fri 4/8 CGS/X	2.45 – 5.15pm		
Fri 11/8 CGS/X	2.45 – 5.15pm		
Sat 12/8 MLC	10.00am – 12noon		



Rotaract District 9800 presents

OurSpace



12 August 2017
7pm onwards



Fitzroy Town Hall



Early Bird Tickets
from **\$35**



Gateway • Melbourne City • Stonnington* • Swinburne

*provisional club

Get Your Tickets Now

Our Space celebrates young inspiring adults making a difference in local and global communities. Our Space is a celebration for the past, present and future activities of the Rotaract Clubs of Swinburne, Gateway, Melbourne City and new provisional club Stonnington. Our Space welcomes everybody including friends, family, Rotarians and the wider community to enjoy a night of entertainment, celebration and delicious food.

6:30pm for 7:00pm start
Contact Details:
Michael Galluzzo - 0404 637 078

Fees and Meals

At its meeting last week the Board considered the charges to members for the coming financial year. After careful review of our Administration Budget including our commitments to Rotary International (for District levy, insurance and Rotary Down Under magazine) as well as the costs to manage our Club the Board was then required to balance this with the objective of ensuring we at least break-even in our Administration Account in 2017-18. We have had several years where our income has been insufficient to cover our expenses thus running down past reserves.

It was decided that our member subscription fee level for the New Year would be set at **\$365** (up \$30 from \$335). Early in the New Year the Treasurer will advise the preferred method for receipt of your subscription. Meal costs will also rise, partly due to an increased charge by Kew Golf Club (\$1) and partly due to an increase in the margin (\$1) to meet the costs of our speakers and guests. From July the meal charge will be **\$37** (up \$2 from \$35).

MEETING ROSTERS

Sunday 2nd July

Club Changeover
 Kew Golf Club 12.00 for 12.30
 Greeters: Sue McDonald, Colin Sharp
 Setup: Peter Elliott, John Gartlan
 Desk: John Koa, John McBride

Thursday 6th July

Speaker: Member Biographies
 Host: Maurie Walters
 Greeters: Tony Hart, Kathleen McGuire
 Setup: John Magor, Rob Stewart
 Desk: Maurie Walters, Don Taylor

Thursday 13th July

Speaker: Mr. Peter McCall
 Beyond Blue
 Host: John Gartlan
 Greeters: Takao Yukawa, Greg Mathews
 Setup: Adam Hillary, Brian Hurnard
 Desk: John Gartlan, Ted Wilkins

Thursday 20th July

Speaker: DG D9800 Peter Freuh
 Priorities for "Making a Difference"
 Host: Rob Head
 Greeters: Joe Butler, Yvonne Lyneham
 Setup: Findley Cornell, Bob Bromley
 Desk: Peter Downton, Steven Greatorex

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

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

This week's meeting: "52 members out of 82 were present.

Also present were :- Guest Dr Max Hardy and BHS Interactors Annabelle Wang & Lok Choy.

Lead Speaker was Imre Lele, assisted by Bill Oakley, Max Hardy and Rowan McClean.

Attendance : This meeting = 74.0%, Month of June = 75.7% and Club Year 16/17 = 81.3%

District relaxed the attendance expectations 12 months ago and for comparison, the figures for Club year 15/16 were :
 Month of June 2016 = 80.7% and year 86.1%

It has been proposed to simplify the attendance calculations in the 17/18 club year starting immediately by not including Make-Ups and 85 year rule Excused Leave, so Meeting Attendance is simply Members present / club membership that week.

To illustrate, the simple method gives 63.4% for this week's meeting, 64.0% for June '17 and 61.0% for Club Year 16/17.

Make-ups will still be recorded so we have a measure of the club's external activities. The focus is on an Active Membership.

Cheers, Hugo

Celebrations

Birthdays: Brian Hurnard, John Magor, Imre Lele,
 Geoff Kneale

Inductions: Russell Cooper 2010,
 Ted Wilkins 2000.

Weddings: Rob and Ailsa Head.



ROTARY CLUB OF NORTH BALWYN 2016/17

President: Rowan McClean

president@rotarynorthbalwyn.com.au

Vice President: Bill Oakley

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 web-site; 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 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 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.



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



Bendigo Bank

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

Club Diary

Sunday 2nd July: Club Change Over Lunch. 12.00 for 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.

Saturday 12th August. [Rotaract D9800 OurSpace](#)

Rotaract Clubs of Swinburne, Gateway, Melbourne City and new provisional club Stonnington. Our Space welcomes everybody including friends, family, Rotarians and the wider community to enjoy a night of entertainment, celebration and delicious food. *Dinner, entertainment, 2 raffle tickets and contribution to Rotaract 9800 activities* - \$50

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.

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



**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

