



### "The HeadLines"

#### Our Newest Member

Welcome to our Club to Majid Behzadnia and partner Nagumah (Melody).

We look forward to getting to know them at the Club meetings and activities.

#### The Grand Prix

A big thank you to all who planned and worked in our Grand Prix catering activity last week and last week-end.

This is a special fundraising opportunity for us but involves a lot of work to provide the range of services that we do and to meet the Grand Prix requirements.



#### Our Leadership



**RI President**  
**Ian Riseley**



**DG 9800**  
**Peter Frueh**



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



**President**  
**RCNB**  
**Rob Head**

#### District Conference at Warrnambool

Phil Wade provided a great outline of the recent District Conference at our last meeting, providing his impressions as a newer member of Rotary.



RCNB Members at this year's District Conference in Warrnambool

#### What's Coming

- Fellowship visit to Heide on 15 April. Bookings with Russell Cooper.
- Birthday meeting on 10 May.

#### The Quotes

##### Professor Stephen Hawking

"However difficult life may seem, there is always something you can do and succeed at".

##### George Bernard Shaw

"Which painting at the National Gallery would I save if there was a fire ? The one nearest the door of course".

**Rob Head**

**CHANGE OF MEETING DAY THIS WEEK to Wednesday 28 March**

Club Website: [HERE](#)

Facebook: [Click HERE](#)

The Networker: [Issue 11](#)



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



#### **MEETINGS THURSDAYS**

**6 for 6.30pm**  
**Kew Golf Club**  
**120 Belford Road Kew**  
**3102**  
**Ph.**  
**9859 6848**

## Our Guest Speaker, Inspector Stephen Noy – Boroondara Area Command

Stephen has been with Victoria Police for 36 years, and recently took over the Boroondara area with 120 officers and support task-forces.

He worked previously in several branches of the Police Force and as a teacher at the Police Academy. He has also worked on protection for the Queen's recent visit, undertaken an exchange with Egyptian police and worked in community engagement with refugee and indigenous groups.

Stephen talked about his early policing in Richmond, the current challenges in Boroondara with drug usage and road trauma, and the impact of the diversity of the Boroondara area on the ways that Police and the community interact.



Host, Ian Mollison thanking our Guest Speaker Inspector Stephen Noy

### Some photos from recent trip to Timor .

The sewing machine was received with much joy and a very excited group of young ladies are going to be taught to sew. We also distributed some heavy flow packs to the convent and the hospital.

Sue McDonald



Ron Liner, a former member of RC North Balwyn and now a friend of the Club puts the final touches to the dining table he restored at the Men's Shed and which the Club donated to Carrical House, one of the Servants Community Housing residences in Boroondara.

### Meeting No.35

Thursday, 22nd March 2018

#### Present:

Guest Speaker	1	Inspector Stephen Noy
NB Members	44	
Visiting Rotarians	1	AG Jonathan Shepherd
Partners	5	Carmel Bott, Robyn Elliot, Ailsa Head, Elaine Magor & Helen Rennie.
Guests	4	Lisa Noy & Elizabeth Shepherd, plus Inductee Majid Behzadnia & Naghmeh (Melody).
Meals Served	55	On Time Apologies 19, Late Apologies 3, LOA 8, No Show 3. Member Attendance 44 = 57.1% Membership was 77, now 78
External Activities (Board Approved) (previously Make-Ups.)	56	Gardening - Geoff Haddy, Tony Hart, Marcel Muntwyler & Colin Sharp Grand Prix Catering 44 shifts, Catering at Bunnings - Steven Greatorex, Rob Stewart & Don Taylor; Men's Shed - Tony Hart; John Rennie - RC Sorrento; Greg Ross - RC Parramatta & RC Bendigo Sandhurst. 2nd Bite/Camcare Food Delivery - Geoff Haddy

#### Absences for Rosters:

Check with Hon.Sec. or board members for details. John Magor, David Rowe

Russell Cooper, Paul Fitz, Tony Ho, Dileep Krishna Pillai, Yvonne Lyneham, Brian Thomas & Peter Wilson



## IMAGES FROM THE CONFERENCE



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



## MEETING ROSTERS

**NOTE:- CHANGE OF MEETING DAY**

Wednesday 28 March

Greeters: Russell Cooper, David De Garis

Set Up: Steven Greateorex, Gavan Schwartz

Desk: Brian Lacy, John Rennie

Speaker: Charles Lane

Host: Bill Oakley

Topic: Tribal Warfare

Getting Out Alive: Life with Barabaig "Ritual Murderers" in Tanzania. Charles Lane fought to save a primitive "killer tribe" from extinction by the Tanzanian Government.

Thursday 5 April

Greeters: Brian Hurnard, Bill Oakley

Set Up: Ian Richardson, John McBride

Desk: John Gartlan, Greg Matthews

Speaker: Greg Cribbes (and "The Juggler")

Host: Rob Head

Topic: Autobiography (and Video)

Thursday 12 April

Greeters: Joe Butler, Kinga Paulheim

Set Up: Duncan Ansell, Jim Romanis

Desk: Greg Ross, Bernie Smith

Speaker: Professor David Buttifant

Host: Geoff Kneale

Topic: Collingwood, Carlton, Malthouse & More  
Professor Buttifant is probably Australia's only Professor of Sports Medicine.

Thursday 19 April

Greeters: Adam Hilary, Peter Downton

Set Up: Jeanette Leigh, Phil Wade

Desk: Beatrice Ko, Neil Marshall

Speaker: Major James Sharp &amp; Major Kym McCarthy

Host: Colin Sharp

Topic: Modern Day Anzacs

James (Colin and Sally's son) and his partner Kym have both seen service in Afghanistan.

## EVA TILLEY MEMORIAL HOME GARDENING

WEDNESDAY 28 MARCH 9 a.m.

Thanks to those who volunteered to clear the small courtyard in preparation for the establishment of a sensory garden.

Please arrive at the Nicholson Street entrance by 9 a.m.

The names of the volunteers I managed to note down on Thursday are: Brian Hurnard, Marcel Muntwyler, John Gartlan and Geoff Kneale.

I apologise if I missed your name but please let me know if you will be there.

Ian Adams

## Club Diary

Sunday 15 April Visit to Heide Museum, Bulleen.

Thursday 10 May Club Birthday meeting

Weekend of 17-19 August 2018 MUNA 2018

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

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

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

Read about Rotary in your area in The Progress Leader <http://leader.smedia.com.au/progress/>



## Grand Prix Setting up



## Purple Cloak Choir project with Kathleen Maguire

It's now only a few days until the first rehearsal of "There For You", the song we heard at the recent Club meeting with Matt Maudlin and Kathleen.

Thank you for your interest in this exciting project! We now have interest from a large number of potential participants, including:

- The Tudor Choristers
- The Star Chorale
- Rotary Club of North Balwyn
- Arts Committee, Rotary Club of Melbourne
- Melbourne City Rotaract Club
- Rotary Club of Melbourne
- Rotary Club of Mordialloc
- Brunswick Secondary College Choir
- Lauriston Girls School Choir (to be confirmed)

Rehearsals are being held at Good Shepherd Chapel, Abbotsford Convent .

Time:- from 7:30pm to 9:30pm

Rehearsal 1: March 26

Rehearsal 2: April 2

Rehearsal 3: April 9

Recording Session: April 16

For **anyone** interested, you can sign up via the TeamApp link:

<https://playingourpart.teamapp.com>

or contact Kathleen directly by email: [kathleen@kathleen-mcguire.com](mailto:kathleen@kathleen-mcguire.com)

## BOOKS DONATED TO THE SOLOMONS

Every picture tells a story. Thank you to all the Rotarians for their generous gifts of books and acknowledging Sally Sharp for her work with our very successful Rotary Book Donation Night meeting.

Thanks

Sally Sutherland



**From:** Sr Anna Maria Gervasoni

**Date:** 9 March 2018 at 6:10:28 pm AEDT

**To:** Sally Sutherland

**Subject:** books

thank you, thank you, thank you Sally!!!! we received the boxes of preschool books you sent us through the container!!! wonderful!!!!!!

I took two boxes for Gizo and three will be given by sr Bernadette to the kindy of Burns Creek, the parish where she is working and where some ladies and youth started a kinder garden. the other will be distributed by the sisters of Henderson.

thank you also for the two boxes of how to learn basic English...I took one for us in Gizo and one will be given by the sisters. and also those stripes with the alphabet are wonderful. I took one bunch for Gizo.....here we have several kindies but also our students of the technical need to start from the beginning with English!!!!

thank you and see you soon.....

sr anna



Dear Sally,

What a very special email from Sister Anna Maria, saying thank you, thank you for the Books.

Congratulations both on the initiative to identify the need and the hard work to collect so many "Basic English" books.

Be proud of the project which will help so many young Solomon Island students improve their education skills, so essential in their journey through life.

With thanks

Bob Bott

### Birthdays and Anniversaries between March 23 and March 30

**Weddings:** Barry Cummings & Kristine McDonell, Peter & Robyn Elliott

**Birthdays:**

**Induction Anniversaries:** Jeanette Leigh, Phil Wade

### Geoff's Health Tip

#### Butter Turns Full Circle

When you think of Warrnambool, the location of the recent District Conference, you also think of Western Star butter.

A few years ago butter was villified because, as we were told, its saturated fats resulted in high cholesterol readings with consequent blockages in the arteries, increasing the risk of heart attacks.

We were, as a nation, also becoming overweight and obese. The population took the Heart Foundation's warnings seriously and bought margarine instead of butter, and trimmed excess fat from meat.



Then, 15 years ago, 'trans-fats' hit the headlines. All products containing trans-fats required labels to show the percentage of trans-fats along with other nutritional information. Trans-fats, found in margarine, were considered to be equally as bad as saturated fats. Despite this mandatory reporting requirement, butter, that normally contains 3-4% trans-fats, was never required to include trans-fats on its labels. The Heart Foundation said this was because trans-fats when produced naturally did not require to be listed. Actually, there is no difference between natural or synthetic trans-fats.

At the height of the controversy on the good or evil of butter, Western Star did some nice formula work and produced 'Spreadable Western Star', a mixture of butter and vegetable oil with a dairy content of 60% and a minimum of 34% vegetable oil. This mixture reduced the saturated fat content from 65% to 28% thus addressing some of the concerns of saturated and trans fats.

About 12 months ago, researchers pronounced, "it's not fats that cause obesity and heart attacks, but sugar". I thought this was getting closer to the truth. You may have noticed that sugary drinks are in decline in the US, and now in Australia. The sugar lobby has some serious work to do, but I fear to no avail.

Finally, we turn full circle with the recent announcement by cardiologists at University College, London and the University of California, that "Depriving saturated fats from our diet, unsurprisingly, has been shown to increase mortality risk".

**Geoff**

### Travelling con man campaign update

Home owners can protect themselves from travelling con men or uninvited salespeople by displaying a **'Do not knock'** sticker on their front door or gate post.

Door-to-door salespeople must not knock on the door of a home that has the sticker clearly displayed.

It's important that consumers know their rights when answering the door to someone selling products or services. This knowledge may help them avoid falling victim to travelling con men and some door-to-door sellers, who use pressure tactics to encourage consumers to sign contracts to buy products or services.

If you don't want to be approached by door-to-door salespeople, [get a 'Do not knock' sticker](#) from the [ACCC Consumer Rights](#) website and stick it on your front door or gate post.





## ROTARY CLUB OF NORTH BALWYN 2017/18

**President: Rob Head**

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[jdmcb48@bigpond.net.au](mailto:jdmcb48@bigpond.net.au)

**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)
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](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)

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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.



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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.



**Solomons**  
Flooring