



"The HeadLines"

This week we had the pleasure of inducting Brian Thomas into our Club. Brian is well known to us through his support of our Solomon Islands project. Brian has recently received a Paul Harris Fellow Award in recognition of this support. Brian has procured several Aisin (Toyota) sewing machines and overlockers for the Salesian Sisters in Henderson, and he and wife Bev recently visited the Solomon Islands to train a local man in machine service and repairs, and to provide sewing training to the ladies at Henderson.

Brian also presented us with a cheque for \$2,200 from the sale of a specialised sewing machine provided through member Steven Greatorex.

Welcome Brian and Bev

Our Rotary Foundation Month

During the month we learned about the Foundation from our Club speakers, and saw a practical result of the Foundation's good work through our Guest Speaker, Lien's presentation.

Paul Harris Fellow Presentation



Geoff Steinicke is an avid supporter of The Rotary Foundation and in recognition of this support was awarded a Paul Harris Fellow award. Well done Geoff!

The Quote

[Daniel Flynn](#); founder of the Thank-You Business

"The concept of Impossible is someone's opinion, not a fact"

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 9](#)



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





EndTrachoma by 2020

Rotary Building Healthy Communities

Guest Speaker: Lien Trinh is a Rotary Foundation Scholar who applied herself to become qualified in Optometry with studies at the University of Melbourne, University of New South Wales and the London School of Hygiene and Tropical Medicine at the University of London. Having received her Master of Optometry, Lien applied for the Rotary Foundation Scholarship which led her to travel to the UK in 2013 to become qualified in Health services, Health Systems, Indigenous health, and Medical anthropology.

Lien is now a Project Co-ordinator with EndTrachoma by 2020 working to identify and support effective public health interventions that will contribute to ending trachoma, a potentially blinding infectious eye disease, from Australia by 2020.

Trachoma is a bacterial eye infection that can lead to blindness if left untreated.

Australia is the only developed country in the world where trachoma still exists. The Australian government and non-government organisations including Fred Hollows, have invested much money and efforts since the 1970s to eliminate the disease, and we are very close to doing this by 2020.

EndTrachoma by 2020 is an initiative led by the Rotary Club of Melbourne with Nourish our Communities Ltd, in conjunction with Rotary Clubs around Australia.

Lien is keen for us to spread the message of EndTrachoma by visiting their Facebook page and "Liking and Following" them to make your network of friends aware of this community health problem in Australia.

[Visit the Facebook Page](#) , Read More [HERE](#) and [HERE](#)

Lien Spoke about her experiences with Aboriginal Communities where she assists with recovery of sight through cataract and Trachoma treatment. Lien explained that Trachoma is the result of several infections (even 100's) which eventually cause the eye lid to turn inward causing major irritation and scarring of the eye surface leading to blindness. Its occurrence is largely due to poor hygiene in deprived remote aboriginal communities where washing of clothes, and daily face washing is not widely practiced.

Visit <https://www.endtrachoma2020.org.au/projects> to see how your donation can help to buy a Personal Care Kit, A Mirror, Pool Maintenance, and Washing facilities.

You can donate by clicking [HERE](#)



The Christmas Raffle.

Win a \$2,000 Shopping Spree!

Please keep putting your name on the 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 Roster is circulated at meetings and via E-mail. Contact [Geoff Kneale](#) to get involved.

geoffwkneale@gmail.com Phone: 0408 588 033

Please return you **red** "Personal Raffle Book" to Colin Sharp or Geoff Kneale as soon as possible

\$2 Voucher with every ticket



\$1,000 Cubby House or Vouchers



\$500 Vouchers in-store



Happy scene at the Rotary Foundation Breakfast on Tuesday the 21st of November.

Garth Symington was presented with a special recognition award (District Service Award, Foundation Grants 2013 - 2016) and he also won a prize in the raffle!

(Absent from photo are Barry Cummings, Colin Sharp and Geoff Steinicke).



Left: A group of English Language learners in Bali which our Club has been supporting.

Kadek, from [Café Maniz](#) (where some of our members have a coffee each day at 10am), was kind enough to take some books to them from

Toiletries for Boroondara Community Outreach.

Thank you all for the great response to the request for toiletries to be added to the 80+ Christmas Hampers for those attending the Christmas Lunch.

When the four weeks of collections was seen in one bundle, the total was overwhelming and should allow each recipient to be set up for several months.

Any items in excess will be distributed later by Natalie on a needs basis.

With thanks, Diane Goetze for the Days for Girls Committee.

Geoff has two puddings \$16.50,
Three large cakes \$18,
and one small cake \$9.
Get yours before they run out!



Last Thursday at DIK:

Imre and Ian squeezed a pallet of hospital linen in to our container to the Solomons along with some other late arrival goods. Imre announced "It's now full"!

Thanks everyone for helping with collection and packing of the goods and DIK for the supply of much needed items for The Solomons.

Scones at the Men's Shed!

Bill taught the blokes how to cook! ...and the scones were all eaten! The Men's Shed is open every Monday and Thursday; drop in for a chat and a coffee, or begin your project!



MEETING ROSTERS

<p>Thursday 30th November</p> <p>Speaker: Bob Glindemann</p> <p>Host: Imre Lele</p> <p>Greeters: Not required</p> <p>Setup: Russell Cooper, Greg Matthews</p> <p>Desk: Marcel Muntwyler</p>	<p>Visit to DIK</p> <p>400 Somerville Road</p> <p>West Footscray</p> <p>Topic: The Vital Role of Donations in Kind</p>
<p>Thursday 7th December</p> <p>Speakers: Jo Bergman and Stewart Kreltszheim</p> <p>Host: Bev Sofra</p> <p>Greeters: Ian Adams, Jane Pennington</p> <p>Setup: Jim Romanis, David Rowe</p> <p>Desk: Ian Richardson, Joe Butler</p>	<p>Topic: <u>"No Roads Health"</u></p> <p><u>No Roads – Health</u> was formed in 2012 when an Australian experienced <u>No Roads Expeditions Kokoda Track</u> Guides identified a desperate need for health care on the Kokoda track.</p> <p>Mission: To partner with aid agencies to deliver targeted health activities which benefit the people of Papua New Guinea</p>
<p>Thursday 14th December</p> <p>Speakers: Christmas Meeting</p> <p>Greeters: Rowan McClean, Jim Studebaker</p> <p>Setup: Greg Cribbes, Imre Lele</p> <p>Desk: Peter Cleary, Maurie Walters</p>	<p>Topic:</p> <p>Sing along to your favourite Christmas Carols at our Christmas Meeting. Bring an unwrapped Christmas present to help make Christmas a bit more special for a disadvantaged family.</p>
<p>Thursday 21st December</p> <p>Speaker: Breakfast Meeting</p> <p>Greeters: Not required</p> <p>Setup: Not required</p> <p>Desk: Peter Wilson, Russell Cooper</p>	<p>Topic: Fellowship breakfast at Macleay Park in the North Balwyn Cricket Club Pavilion.</p> <p>7.30am Only \$22!</p>

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, Member Attendance 54 = 70.1% , LOA - 4, On-time apologies -13, late apologies - 4, missing 2.

External Activities in the Community/Make-Ups. Mens Shed Supervision 20 & 23 Nov. Bernie Smith, David Cheney, Peter Elliott, Greg Matthews. **Catering** - Greg Cribbes, Bill Oakley, Ian Richardson, Nino Sofra, Geoff Steinicke

& Don Taylor. **DIK** - Imre Lele, Ian Richardson & Pete Sutherland. **Rotary Foundation B'fast** - 14 members. _

Bill Oakley - RAWCS Southern Region & Mens Shed Scone Tutorial; Rowan McClean - HVE Audiology & District International Service. Greg Ross - x3 Foundation Meetings in NSW. John McBride - RC Picton NZ.

That's all folks. Cheers, Hugo.

Celebrations 27-3

Birthdays: Ian Mollison, Tricia Lele

Inductions: Tony Hart 2008, Bill Oakley 1996

Weddings: Nil



The Role of Magnesium in Depression



Magnesium Rich Foods

As a raffle ticket seller I often find it useful to emphasise that the money raised is being directed to Australian Rotary Health research into mental illness. I mention "especially youth mental illness such as depression" – this appeals to parents and older people and a ticket sale is assured!

Depression is a major public health issue and one of the top three contributors to the global burden of disease and health care expenditure. Recently, I read that practitioners should first consider the role of magnesium supplementation in treating depression rather than resorting to psychotropic drugs.

Magnesium is one of the four minerals essential to heart health, the others are calcium, sodium and potassium. Magnesium is also involved in protein production, synthesis of nucleic acids, cell growth and division. The physiological consequences of these biochemical activities includes magnesium's central role in neuronal activity.

A 2009 research paper by Jacka F.N., published in the Australia and New Zealand Journal of Psychiatry, illustrated an inverse association between magnesium intake and depression scores, meaning that people who consumed less magnesium had higher rates of depression. Other research published in the Journal of Neuropsychobiology showed that patients diagnosed with a major depressive disorder were found to have an elevated Calcium to Magnesium ratio compared to healthy controls.

Actually, there is a paucity of research on the influence of specific nutrients in depression and results are inconsistent, but several studies have revealed low serum magnesium related to mood disorder. This area of research should be one to which the Australian Rotary Health Research Grants Committee gives consideration.

Magnesium is available in several forms, the most widespread concentration is the natural molecule we know as chlorophyll, the green pigment in all green fruit and vegetables. If you avoid your green vegetables you are bound to be deficient in magnesium. As a supplement, it is available as magnesium oxide, magnesium citrate, magnesium sulphate (Epsom Salts), magnesium chelate, bone powder and many more. Many of us take magnesium to help prevent leg cramps, for which it is quite effective.

Geoff



19 - 26 Jan 2018
Open 10am - 5pm

Put this event in your diary.
Rotary Club of Mornington Art Show

**PENINSULA COMMUNITY
THEATRE**
Cnr Nepean Hwy & Wilsons Rd,
Mornington



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 Molli-son's office, Hello World, 66 Doncaster Road, North Balwyn on **Thursday 7th December up until 5.30 pm.**

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

Many thanks for your help,

Ailsa Head

Enquiries—Jo Wells 9859 3725

Rotary Club of North Balwyn



GALA CHARITY GOLF DAY

RC North Balwyn is to hold its annual Gala Charity Golf Day at the Kew Golf Club on Friday 23rd February 2018 to raise funds for Youth Mental Health through Australian Rotary Health.

The Kew Golf Club is located in Belford Road in East Kew, in a spectacular parkland setting beside the Yarra River. The course is easily accessible, 15 minutes from the Melbourne CBD and just off the Eastern Freeway.

An Ambrose competition with a shotgun start will be followed by fellowship and a gourmet barbecue lunch. There will be prizes for the overall winners plus the longest and straightest drives.

The cost per entrant will be \$100.00 and the main beneficiary of the funds will be Youth Mental Health which has been identified as an area of concern following discussions with the local community. Money will be directed to Australian Rotary Health.

RC North Balwyn is seeking support from Rotarians throughout D9800 for this major Community Service Project while enjoying excellent golf and good fellowship at Kew Golf Club.



Club Diary

Read about Rotary in your area in The Progress Leader

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

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 Baptistcare 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.

Wednesday 10th—Thursday 25th January

Mongolian Exchange

Sunday January 14th

Casual meet with Mongolian students(12) and their chaperones(2).

Thursday January 18, 2018

First Club meeting of 2018

Friday 23rd February 2018

Gala Charity Golf Day

16-18 March 2018.

District Conference

Warrnambool.

Registrations [Now Open](#)

21 -25 March 2018.

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

Friday 5th to Sunday 7th October 2018

Camp Getaway Working Bee 2018



Servants Community Housing has been operating low-cost accommodation and safe housing

for people suffering from long term mental illnesses for more than 25 years. The three homes are situated across the Boroondara area. Servants offers people a safe environment with a strong sense of community and belonging. The Rotary Club of North Balwyn has been a great supporter of Servants Community Housing. In 2013, it provided a bus for the organisation. It has also engaged in several fundraising activities over the years. Recently, Rotary's Donations In Kind facility in Footscray, Rotary's major recycling operation, provided 200 sets of quality bed linen and 200 towels. The linen was donated by the Western Australian mining industry and will be shared between Servants' three residences.

To donate household goods to Donations In Kind, contact Peter Sutherland on 0490 133 173.



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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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