



“The HeadLines”

Induction: We had great pleasure in inducting Dileep Krishna-Pillai and welcoming partner Soumya to North Balwyn Rotary Club.

MUNA (Model United Nations Assembly)

Our Interactors from Balwyn High School came second in the National Competition, and with the challenge of representing the interests of Iran it was a great outcome.

Grand Final Club Meeting

To accommodate our Guest Speaker, this year’s Grand Final Club meeting will be held on Wednesday 27th September instead of Thursday 28th.

‘Days for Girls’ News

Twenty kits have been provided to the Rotary Club of Kangaroo Flat to be sent to East Timor.

The next sewing dates for Days For Girls are Tuesday 5th and Saturday 16th September at North Balwyn Uniting Church.

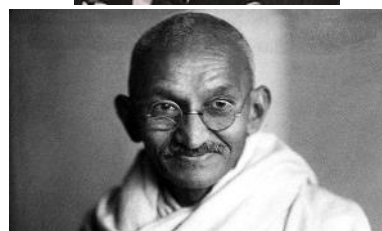
Contact Bev Sofra 0438567861 for details.

The Quotes

Richard Nixon: “When the President does it, that means that it’s not illegal.”



Mahatma Gandhi: “What do I think of Western civilization? I think it would be a very good idea.”



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](#)

See us on Facebook: [Click HERE](#)

Read The Networker: [Aug 2017 Issue 3](#)



AUGUST ROTARY DOWN UNDER [Click HERE](#)

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

Rotary Weekly [Click HERE](#)



Guest Speaker Harold Mitchell



Last week's Guest Speaker, Harold Mitchell, attracted many Partner's for our first Partner's Night for this Rotary Year. Harold spoke about 'Australia's place in the changing world'.

Harold spoke initially of his childhood when his father cared for him and his siblings, and the path that he took after leaving school early that set him on the way to eventually becoming a widely respected and very successful businessman with links in Business, The Arts and Sport across the world. Harold overcame alcoholism as an young adult, started his first business in 1976 and was declared bankrupt in 1999. Despite these setbacks he recovered, and years later, sold his business for \$650 million.

Harold spoke strongly about Australia's potential in the digital age, and its proximity to the emerging influence of Asia; he estimates that in the near future Asia will represent 50% of the world's middle class.

Harold's presentation was thought-provoking, informative and highly entertaining through his use of amusing and interesting anecdotes based on the powerful people he meets as he travels the globe.

Host Ian Adams

New Member: Dileep Krishna-Pillai and Partner Soumya Dev Thamarapallil



Dileep, the Residential Care Manager at Baptcare, Kew, is married to Soumya and they have a girl, Saanvi who is 5 months old.

Dileep is a registered nurse, as is Soumya; he was born in India where, in his youth, was involved with Red Cross and as well as giving polio vaccinations.

Dileep has lived in Australia for 8 years and volunteers on Sundays at Wesley Mission.

Please make a point of introducing yourself to Dileep and Soumya and make them feel welcome.

[Model United Nations Assembly \(MUNA\) D9800](#)

Read more
[HERE](#)

The 2017 Model United Nations Assembly (MUNA) in District 9810 was held on Saturday 6 May and Sunday 7 May 2017 in the Legislative Assembly Chamber of the Victorian Parliament.

Estelle Kelly received a note from our MUNA Team from Balwyn High School

Dear Estelle,

Just thought you would like to know that our team came 2nd representing Iran in Canberra over the weekend! Thanks again for the awesome opportunity and we certainly had so much fun which would otherwise have not been possible without the support of you and the Rotary Club and North Balwyn.

Kind regards,

Lachlan



Passing of Dowell Henry Mitchell

It is with sadness that we advise the passing of Dowell Mitchell who was the Caretaker at [Camp Getaway](#) Axedale.

A service was held last Friday at Eaglehawk

Donations to Peter MacCallum Cancer Centre would be appreciated.

Dowell was a member of the [Rotary Club of Bendigo - Sandhurst](#) 2008 - 2017, including President 2013 - 2014. Previously a member of the Rotary Club of Williamstown, 1989 - 2008, and President 1994 - 1995. Dowell was a Paul Harris Fellow and a much loved Rotarian.

Vale Dowell (21 March 1952 - 18 August 2017). - Dr. George Waters President Rotary Club of Bendigo Sandhurst.

"Dowell will be sorely missed for his help, witticism and laconic style by which he has looked after the camp for so many years. Farewell old Mate."

Ken Maxfield

Rotary  **GARDENING PROJECT** 28th August 2017
 Club of North Balwyn

Please help where you can, there are plenty of opportunities, and your involvement is greatly appreciated.

Give me a call anytime - Peter Elliott 0419 417 334.

Date and Who with	Time	RCNB Supervisor	Assisted by
Fri 1/9 CGS/X	2.45 – 5.15pm	Greg Cribbes	Garth Symington
Fri 8/9 X	4.00 – 5.15pm	Greg Cribbes	Garth Symington
Sat 9/9 MLC	10.00 – 12 noon	Greg Cribbes	Geoff Steinicke
Fri 15/9 X	4.00pm – 5.15pm		Yvonne Lyneham
Fri 13/10 CGS/X	2.45pm – 5.15pm		
Sat 14/10 MLC	10.00am – 12noon		

Sam Hardikar leads the MLC team at a Balwyn garden.



QUIZ:

One of our members was the top wicket taker for Collingwood in 1958. He was a spin bowler and he was only 14. Can you identify him?

Geoff Steinicke will present a prize.



Gluten Free Bear at the Bun-nings Cake Stall

Board News

The Board approved the setting up a Youth Support Fund for provision of Small Grants through Scouts and another Community Group that enable local young people to undertake a personal development activity that they can not access due to costs.

Also approved was the idea of conducting a future Club meeting at the DIK facility at West Footscray. D9800 are invited to hold a meeting at DIK to better understand its activities and see the facility first hand.

The Rotary Club of North Balwyn will be registered as a Fundraising Organisation; however this will have no real impact on how we operate.

Key work is in progress setting up requirements for the new Victorian Child Safe Standards.

Planning continues to formulate the program for the incoming group of Short Term Exchange Students from Mongolia.

Partners' Afternoon Tea

Twenty five Rotary partners enjoyed an informal afternoon tea last Sunday at the Kew QPO restaurant. It was a great opportunity to meet and get to know each other better, away from Rotary events (Ailsa has a pair of Specsavers glasses which were left behind).



Bunnings Cake Stall Last Sunday



Thank you to members of Interact, Friends and fellow Rotarians for helping at the Cake Stall at Bunnings raising money for our Club Projects. We had to be inventive - if people asked for gluten free products we referred them to the Legacy stall next to us to purchase a teddy bear!! A very good day was had by all as we worked together.....

The Fellowship Committee invites Rotarians and their partners, and especially new members, to attend a **Movie Night and Dinner** -

Venue: Palace Cinema, Whitehorse Road, Balwyn

Date & Time: **Friday September 8th, 2017**, with movie starting at 6.30pm. Group booking price of \$12/person

Movie: Tommy's Honour - about a father-son team who ushered in the modern game of golf. As Tom and Tommy (Scotland's Golf Royalty) fame grew, and they were touched by drama and personal tragedy.

Dinner: about 8.30pm at Colombo's, Whitehorse Road, Balwyn. A 2-course meal with coffee/tea for a set price of \$29.00/person.

Details: Maurie Walters or Russell Cooper.

Total Cost: \$41 per person payable prior to August 31st.

Monies will be collected from August 10th

Russell Cooper 0417 392 109

Maurie Walters 0438 005 820



Partner's Night

Our 'Grand Final' Club Meeting at the Kew Golf Club will be held on **Wednesday September 27th, not the Thursday 28th**.

"Cut off" for apologies is moved 24 hours forward to Monday evening.

Get excited and dress in your Favourite Club Colours!

It's a Partner's Night! Prizes will be awarded for best Dressed Male and Female
Please make a note of this in your diaries.

NORTH BALWYN COMMUNITY MEN'S SHED



Official opening

A partnership project between the City of Boroondara
and the Rotary Club of North Balwyn



The City of
Boroondara
would like to invite
you to the official
opening of the
North Balwyn
Community
Men's Shed

Monday 18 September
11am

60A Buchanan Ave
North Balwyn

Light refreshments
will be served

RSVP
Monday 11 September
Telephone: 9278 4753
or [register online](#)

North Balwyn Community
Men's Shed Official Opening
Mon. 18 September 2017
11:00 am – 12:00 pm AEST

[Add to Calendar](#)

Location

60A Buchanan Avenue
Balwyn North, VIC 3104

[View Map](#)

FREE

[REGISTER](#)

Geoff's Health Tip

The Proven Benefits of Gratitude



Photo Kate Swinnerton Red Hill

Recently, I had a conversation with a well educated, now single, mother of two boys. Her husband had suddenly departed. She told her story of what it is like to be left with no means of support, and learnt to 'stop feeling sorry for yourself' and to exchange self pity for gratitude. I wondered how difficult it would be for a woman in this situation to show gratitude, and I began to think about the benefits of gratitude.

Everyone has times when they feel aware of being thankful to a person or in a situation that needs a response. These moments give us a good feeling that we call gratitude. Feeling grateful just happens sometimes, but you can also make a special effort to increase how often you feel it.

Here are six scientifically proven benefits:

- Gratitude enhances empathy and reduces aggression. People who ranked higher on gratitude scales were less likely to retaliate against others or seek revenge.
- Gratitude increases mental strength. Research has shown that gratitude not only reduces stress, but it may also play a major role in overcoming trauma.
- Gratitude improves physical health. Grateful people experience fewer aches and pains and report feeling healthier than other people, according to a 2012 study published in *Personality*.
- Gratitude improves psychological health. Gratitude reduces a multitude of toxic emotions, from envy and resentment to frustration and regret.
- Gratitude opens the door to more relationships. According to a study published in *Emotion*, saying "thank you" is not only good manners, but can help you win new friends.
- Gratitude improves self esteem. A 2014 study published in the *Journal of Applied Sport Psychology* found that [gratitude increased athletes' self esteem](#), an essential component to optimal performance.

Thanks Geoff

Club Diary

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

Friday September 8th, 2017

Movie night at the Palace Cinema, Whitehorse Road, Balwyn **Tommy's Honour**

The movie starts at 6.30pm. Group booking price of \$12/person followed by dinner at Colombo's cost \$29/person

Total Cost: \$41/person payable prior to August 18th.

Monies will be collected from August 10th

Contact Russell Cooper 0417 392109 or Maurie Walters 0438 005 820

Monday 18th September

Men's Shed Official Opening

RSVP before 11th Sept. Please phone 9278 4753

..or [register On-Line](#) FREE

11:00 am – 12:00 pm : 60A Buchanan Avenue, Balwyn North

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

Wednesday 27th September—

Grand Final Club Meeting



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



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



Plug into projects




Speaking out at Swinburne

Another fine example of Rotary serving the community is Rotary Hawthorn's public speaking program to enhance the verbal confidence of international students at Swinburne University. Under the guidance of experienced professionals from the club, enthusiastic students, some new to Swinburne and others undertaking Masters degrees, come from various faculties to undertake the 10-hour training course and receive formal guidance including preparation, body language, use of props, voice projection and other delivery skills. They give short addresses on selected topics and impromptu talks and report their English speaking confidence has increased.

Message from Mongolia

A little further afield, eight lucky secondary students from Canterbury Girls Secondary College, Xavier College, Huntingtower and Camberwell High School went to Mongolia with two chaperones from Rotary Club of North Balwyn. In the first week, the students lived in 'gers', traditional round felt dwellings in camps, and teamed up with Mongolian and Russian youth for cooperative games. In the second week, they experienced the colourful Naadam festival, a celebration of precision horse riding, archery and wrestling. Students were hosted in Mongolian homes, feasted on traditional dishes, and attended the Naadam celebration at the National Stadium in Ulaanbaatar.

MEETING ROSTERS

<p>Thursday 31st August: Speaker: Adam Craig Dale Host: Bernie Smith Greeters: John Rennie, Geoff Kneale Setup: Chris Flavelle-Smith, Joe Butler Desk: Estelle Kelly, Russell Turner</p>	<p>Topic: Cricket Now and Then Adam Dale is a former Australian cricketer who played two Tests and thirty One-Dayers for Australia. Watch Adam's catch of century HERE</p> 
<p>Thursday 7th September Speaker: Judge Fran Hogan of the County Court Host: Eileen Toohill Greeters: Russell Cooper, Kinga Paulheim Setup: Larry Fitzpatrick, Don Taylor Desk: Imre Lele, Brian Lacy</p>	<p>Topic: "Judging in a World of Change". County Court Judge Frances Hogan was welcomed to the County Court on 5 October 2001. Fran has since presided in many highly publicised criminal cases.</p> 
<p>Thursday 14th September: Speaker: Dr. Ingrid Hopper Monash University and Alfred Hospital Host: Findley Cornell Greeters: Duncan Ansell, Tony Hart Setup: Rowan McClean, Gavan Schwartz Desk: Sue McDonald, David Rowe</p>	<p>Topic: "The Science Behind the Prevention of Cardio-Vascular Events by Immunisation". A study will formally test whether the existing pneumococcal vaccine can not only reduce invasive pneumococcal disease but also help to prevent heart attack and</p> 
<p>Thursday 21st September: Speaker: Kouichi Hara Host: Peter Cleary Greeters: David Cheney, Adrian Ranson Setup: Nino Sofra, Marcel Muntwyler Desk: Bronwen Dimond, David de Garis</p>	<p>Topic: 30 years on our former inbound Exchange Student Kouichi , looks back to his year in Melbourne.</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.
This Week: Membership = 79 In attendance - 57 members, plus Partners (20) speaker and guests (5). Overall total 82.

Guest speaker: Harold Mitchell. New member - Dileep Krishna Pillai induction and wife Soumya Dev Thamara- Pallil.

Make-Ups - Gavan Schwartz and Rob Head at the District Safe Seminar.

Geoff Steinicke [Rotary e-Club of London](#) which was chartered in 2005.

Peter Sutherland DIK.

Celebrations

- Birthdays:-** Sue Fitz, Lis Haddy, Geoff Haddy.
Inductions:- Eileen Toohill 2012, Ian Adams 1997
 Ted Angleton 1989.
Weddings:- John and Elaine Magor



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 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 Brian Hurnard bhurnard@netspace.net.au with your personal message.
4. Phone 9819 7664 (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.



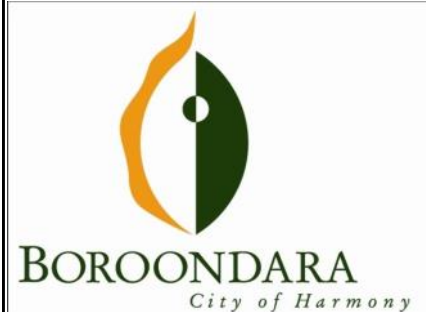
We thank Bread Street Bakery for their ongoing support of our BBQ Fundraising activity through their generous provision of bread supplies.



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



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