



## "The HeadLines"

### Our Mongolia Exchange Program

Our group from Mongolia departed on the 25th. Many thanks to those involved in planning and delivering the whole program and each day's activities, and to the host families who provided the accommodation in Melbourne. A great program for the Mongolia group and a great experience for our Club, partners and friends.

### Bernie Smith ; The New Boroondara "Community Volunteer of the Year"

Congratulations again to our Charter Member and Past President Bernie for his well-deserved award on Australia Day.

### What's Coming

Great speakers- Feb 1st is Kevin Sheedy, Feb 8th Beth Locke speaking on Drug Dependency & Rehabilitation. Feb 15th Matt Maudlin and Kathleen McGuire about The Purple Cloak Story.

The Meeting on Feb 22nd is at Eva Tilley Centre whilst the March 1st meeting is at the North Balwyn Bowling Club.

### The Quote

Advice from Winston Churchill - -

"Diplomacy is the art of telling people to go to hell in such a way that they ask for directions".

**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 11](#)



**DEC/JAN ROTARY DOWN UNDER** Click [HERE](#)  
Click for [All District Events](#)



### The Mongolian group at Anglesea Beach

It was cool and overcast on the Saturday afternoon at Anglesea beach. Garth Symington met the Mongolian/Australian students and chaperones as the bus parked on the foreshore. Garth introduced the group to Matthew and Naomi who took charge of proceedings. Leanne, the duty Life Saver for the day went through the three golden safety rules for surfing or swimming at the beach. The visitors were then shown the equipment used to rescue people who indicate by waving their arm they are struggling in the water. The rubber ducky was a keen photo opportunity for some of the Mongolians. The group warmed up for the ensuing activities by participating in flag races on the beach. After bright pink fluoro vests were distributed to each student and lifesaving personnel paired with the novice swimmers it was time to brave the water and waves. Off they went to attempt body surfing and board surfing. Every student, except one, was in the water enjoying the sensation of being in the ocean and catching a wave. The afternoon at Anglesea created vivid memories for the students to share with their friends back home.



Garth Symington and one of the host parents, Rod Joyce, organised this activity session for the Mongolian exchange group.

A big thank you to Rod, Garth and his family members, Matthew, Naomi and their three girls. Estelle Kelly

Then onto the Apostles!!



And Sydney!



### Uniting Church Hall Christmas Set Up

Well done to the team that helped set up the Uniting Church Hall to provide Christmas dinner for those that otherwise would have been on their own for this important celebration.





## Christmas and New Year wishes from former Exchange Students, Moritz Ellerman and Diasuke



19. December 2017

Dear John,

hello from the other side of the world! I'm doing really well here, but it's a little cold; I'm used to more heat from Australia. I'm also missing the blue sky, since here we always have some clouds and because it is winter now, most of the time we haven't even got a dot of blue sky for days. But it already snowed twice, although the snow melted pretty quickly, and I had a lot of fun doing snowball battles and building a snowman.

On my new school I'm feeling better than on my old one. I already found good friends and I actually even didn't drop down with my marks. That is also the school where three of my cousins, my sister are and where my mother and her sister have been on when they were young. The only negative thing is that I have to get up at 6.30 now to catch the tram because it is a little more than five kilometres (total of 7.5km) further away than my old school.

I actually miss the Rotary meetings, they were a lot of fun and now here I've been at a meeting to present a review of my year, but it was totally different. There wasn't as much fun and chatting, it was more like a lunch (because it was at lunchtime) that is a good alternative to their usual lunch, where you have limited time because you have to continue on your work.

My drivers licence is on it's way, but I have the feeling that I am making advances much slower than most people would, but anyway, I successfully passed my theoretical test. But unfortunately the insurance will cost a lot more for me when I haven't done much parental guided driving before I'm 18. I've also started to become a scouts leader, but I'm even less advanced there than on my drivers licence.

I stopped with skiing and want to start with mountain biking now, but haven't organised that yet. But I am member of our local gym now, even though I haven't trained for two weeks now because I had a deep cut (of a glass) in my hand, so that I couldn't do sports. In school I have the "swimming and badminton" profile, which I enjoy a lot.

In April or May I will be going on an Imagine Dragons concert. I probably wouldn't have done that without liking the concert of Coldplay in Australia. And I am also looking forward to the skiing with my family during the Easter holidays.

I'm sorry for the delay, but at least I did send it to Australia before Christmas. But still:

**HAPPY CHRISTMAS** and a **HAPPY NEW YEAR!!!**

See you soon,

Moritz Ellermann



Dear John  
Merry Christmas and Happy New Year!  
I hope you have a great day.

Best Wishes,  
Daisuke

## MEETING ROSTERS

Thursday February 1.

**Greeters:** Dileep Krishna-Pillai,  
Peter Downton

**Set Up:** Geoff Steinicke, Peter Sutherland

**Desk:** Anthony Stokes, Greg Ross.

**Speaker:** Kevin Sheedy

“Coping With Life Changes”

**Host:** Eileen Toohill

Most members will know of this speaker.

Thursday February 8.

**Greeters:** Jim Romanis, Bernie Smith.

**Set Up:** David de Garis,  
Brian Hurnard.

**Desk:** Ian Adams, Rowan McClean

**Speaker:** Beth Locke**Host:** Garth Symington

Drug Dependency Prevention or Rehabilitation through the Access Health Project. Beth Locke is Manager, Drug and Alcohol Services, at Access Health

Thursday February 15.

**Greeters:** John McBride,  
Garth Symington.

**Set Up:** Tony Hart, Russell Cooper.

**Desk:** Takao Yukawa, Ted Wilkins

**Speakers:** Matt Maudlin and Kathleen McGuire**Host:** Tony Wells

The Purple Cloak Story (and the choir [There For You](#))

Matt Maudlin is well-known to our club through his former role at Servants and Kathleen McGuire is our own member.



Thursday February 22, **Please Note that this meeting is a visit to Eva Tilley Memorial**

**Greeters:** Sue McDonald, Don Taylor

**Set Up:** Brian Lacy, Bill Oakley.

**Desk:** Jeanette Leigh, Findley Cornell

**Speaker:** Sharelle Rowe, CEO**Host:** Ian Adams

## Boroondara Cares Update

January 2018

You will be most welcome at

**The first Boroondara Cares Forum for 2018**

Friday 2nd February

Our special presentation -

**“Revitalised Craft Market goes home”**

by David Baker, Rotary Club of Camberwell

Please see your Update Newsletter attached for more information

<https://drive.google.com/open?id=1Q-INd8CUBp8bPUEFHkhzbeXGG-xH8pVR>

**12.00PM for 1.00 PM**

The Blackwood Room,  
City of Boroondara  
Inglesby Road, Camberwell

(Please arrive at the main reception area to be escorted to the Black-



**GALA CHARITY GOLF DAY****Friday 23rd Feb 2018****(Please let Greg Matthews know of any sponsorship contacts you may have).**

The Rotary Club of North Balwyn is to hold its annual Gala Charity Golf Day at the Kew Golf Club on **Friday 23rd February**.

Funds from this event will go towards helping Youth Mental Health through Australian Rotary Health.

**Kew Golf Club:** 120 Belford Road, East Kew, is a spectacular parkland setting beside the Yarra River. The course is only 15 minutes from the Melbourne CBD and just off the Eastern Freeway.

**Ambrose Competition: Shotgun Start Gourmet Barbecue Lunch.**

**Prizes:** Overall winners and Longest and Straightest drives.

**Entry Fee:** \$100.00

100% of income from this event will go towards helping Youth Mental Health, which has been identified as an area of concern of the local community. Money will be directed to Australian Rotary Health.

The Rotary Club of North Balwyn is seeking support from Rotarians throughout D9800 for this major Community Service Project.

You will be helping the Community whilst enjoying a round of golf on one of Melbourne's Exclusive Golf Courses and enjoy great fellowship and food at Kew Golf Club.

## ***NYSF—Celebrating 35 years in 2018***

The celebrations for the National Youth Science Forum's (NYSF) 35<sup>th</sup> year in 2018 are well underway with many events planned to mark the occasion!

The festivities started at our Canberra Year 12 Program launch at The Australian National University (ANU) in November with a cake cutting and a heartfelt speech by an alumnus who attended our very first session in 1984, Professor Tim Senden, now the Director of the Research School of Physics and Engineering at the Australian National University (ANU).

This was quickly followed by our launch of Session B at The University of Queensland (UQ), attended by many alumni currently studying at UQ, where Provost Professor Aidan Byrne explained why he thought the NYSF would be a valuable addition to the UQ outreach programs.



In 2018, two Year 12 Programs will be delivered in Canberra at the Australian National University (ANU) and a new third session in Brisbane at the University of Queensland (UQ). Nearly 600 students will participate across the three sessions in 2018!

The NYSF Year 12 Science Dinners are always a favourite event, and in 2018 we have three very distinguished and inspirational keynote speakers who have accepted the invitation to address the students.

The Session A Science Dinner keynote speaker is [Professor Lyn Beazley AO FTSE](#), former Western Australia Chief Scientist, an eminent scientific innovator, communicator, educator, and neuroscientist. In Session B, 2017 Australian of the Year, [Professor Emeritus Alan Mackay-Sim](#), a biomedical scientist specialising in adult stem cell research, will be speaking; and at the Session C Dinner we will hear from internationally acclaimed medical researcher and philanthropist [Professor John Shine AO FAA](#). Professor Shine is the current [CSL](#) Chairman and was recently appointed as incoming President of the Australian Academy of Science.

Geoff's Health Tip**Why a Walk in the Park Beats a Stroll on the Street**

Going for a long walk on polluted, traffic-laden streets in an attempt to get fit has negligible benefits for your health, a new study has found.

UK researchers explored the benefits of walking for people over the age of 60, and compared the impact on their health when they walked along polluted urban streets compared with walking in the open spaces of a park.



- It perhaps comes as no surprise that people walking in the park fared better.
- The surprise was that when walking along polluted streets the supposed benefits of walking were negligible, in terms of boosting heart and respiratory health.
- The findings, published in the journal *The Lancet*, suggest that short-term exposure to traffic pollution prevents the cardiorespiratory -- heart and lung -- benefits of physical activity during that time.
- "When you walk, your airways open up ... and your blood vessels dilate, or open up... and these effects can last for a few days. When you do this in a polluted place, these effects are much smaller, so you've lost the benefits of exercise" said Dr. Fan Chung, Imperial College London, who led the study.
- For all the participants, walking in the park led to improvements in lung capacity and function as well as reduced stiffness of the arteries, which is otherwise a risk factor for cardiovascular disease.
- When people walked along a traffic-laden street the researchers found a minor increase in lung capacity and a rise in arterial stiffness, which could be attributed to exposure to black carbon soot and ultrafine particles from vehicle exhaust.
- All the participants in the study were non-smokers.

The current study offers fresh evidence that short-term exposure to pollution is associated with stiffening of the arteries and impaired lung function, strengthening the case for reduced vehicle emissions and more green space for exercise in cities.

"If people cannot find a green place or a park to exercise, they probably should exercise indoors", Chung said.

Geoff

### Birthdays and Anniversaries between Feb 5 and Feb 8th

Weddings: Bob and Carmel Bott

Birthdays: Bev Sofra, Joe Butler, Diane Goetze

Induction Anniversaries: Sam Hardikar



## Club Diary

Read about Rotary in your area in The Progress Leader

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

Friday 23<sup>rd</sup> February 2018

Gala Charity Golf Day

Saturday 24th Feb 2018

DIK open Day Somerville Road West Footscray

Please RSVP for catering purposes to

[dik.vic.rotary@gmail.com](mailto:dik.vic.rotary@gmail.com) sausage sizzle for lunch.

From 10.00am to 3.00 pm with the ribbon cutting ceremony at 1.00pm to open Shed 39.

Thursday the 1<sup>st</sup> March

Annual bowls night at North Balwyn Bowls Club

This will be in lieu of our normal meeting at Club Meeting at KGC.

16-18 March 2018.

District Conference

Warrnambool.

Registrations [Now Open](#)



21 -25 March 2018.

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

Weekend of 17-19 August 2018

MUNA 2018

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

Weekend of 19-20-21 October

Fellowship Weekend at Daylesford

Details soon.

Friday 5th to Sunday 7th October 2018

Camp Getaway Working Bee 2018



## TACKLING POVERTY

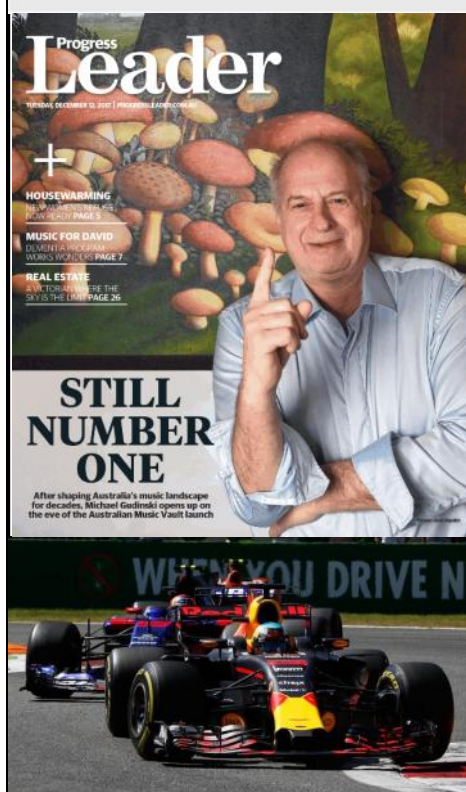
Rotary supports projects in local communities, but balances that with offshore projects.

Minh Hac in Vietnam is a very poor, remote community of 3200 people. This struggling community was discovered by Rotary Club of North Balwyn past president Rowan McClean in 2010.

Since then, club members and community sponsors have embarked on projects that are transforming Minh Hac.

Children could not previously afford to go to school because they needed to tend animals and pick crops to earn enough money for their daily food. Now more than 100 children have been supported to undertake schooling. Schools have received libraries, furniture, fans and teaching equipment. The health clinic now has refrigeration, computers and toilets.

For more information, contact [rowanmcclean@gmail.com](mailto:rowanmcclean@gmail.com)



## ROTARY CLUB OF NORTH BALWYN 2017/18

**President: Rob Head**

[president@rotarynorthbalwyn.com.au](mailto:president@rotarynorthbalwyn.com.au)

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**Grapevine: Peter Sutherland**

[petesutherland@bigpond.com](mailto: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](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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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.



**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