



"The Headlines"

Our Guest Speaker Julian Burnside QC

Julian Burnside provided us with a stimulating analysis of the notions of justice and injustice through examples from our Indigenous communities, climate change and court proceedings.



Vale Bev Thomas

The meeting opened with a minutes silence as a mark of respect and to remember PHF Bev Thomas, who sadly passed away last Monday.

Youth Leadership Programs

Our attendees at the Lord Somers and Lady Somers Camps, Matthew Chen and Angelika Mylonas, gave us a summary of their experiences and learnings.



David Winter: Breadstreet and Umoja School

David and his Breadstreet business in Mont Albert provide us with bread supplies for most of our catering projects through the year.

In appreciation of this support, I presented David with our cheque for \$2000- to support his Umoja School project in Tanzania.



PHF Awards

The meeting saw Adrian Ranson receive an 'enhanced' Paul Harris Fellow award as a result of his contribution to the Rotary Foundation.

The Quotes

"Life is like being in a dogsled team: if you're not the lead dog, the view never changes."

"The only real mistake is the one from which we learn nothing." – John Powell

Upcoming Events

- Vocational Visit to Monash Medical Centre 14 June. This will be a daytime Club Meeting commencing at 2:00pm
- Tree Planting on 23 June at Boroondara Park PS
- Club Change Over Luncheon Sunday 1 July at 12.00 pm

And remember "Rotary can and does make a difference".

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 16](#)



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



The Headlines continued

Rotary Ladies Christmas Fare Outcomes

From the Christmas Fare held in December 2017, it was decided to donate the funds raised to the Ashburton Asylum- Seeker Centre / House of Hope.

The text below is from that Centre's chairman, providing an update on the use of the funds.

"To date, we have been able to help two residents who had no income to purchase safety clothing and uniforms for jobs they were about to commence. Another resident has been seeking work and needs a driving licence to access jobs. We have provided her with driving school vouchers and she will hopefully gain her driver's licence soon. And when this resident first starts work we expect to help fund some initial access to occasional childcare.

Two other residents want to enrol in English language classes at Alamein Neighbourhood Learning Centre and we plan to fund suitable courses at the beginning of next term.

We are also discussing opportunities to fund similar job-readiness activities at our neighbouring House of Hope in Burwood. As the Government is now withdrawing support payments for many people seeking asylum, we expect the demand for our funds will increase significantly.

Your donation has been essential to funding these activities and the residents, together with our Management Committee and volunteers, are extremely grateful to your Club for its support."

From Our (Joint) Board Meeting

The Board decided to :

- Commit to funding a three-year PhD Research Scholarship with ARH in Youth Mental Health, starting this with the \$20,000- presented to ARH last week.
- Continue the Youth Support Fund for local young people into next year, with increased funding.

Community Gardening Project

We received the following appreciation from a recent gardening householder to our Club and the students from Camberwell GS and Xavier :

"I really appreciate your work in my garden on Friday 27th April. You have made an enormous improvement. Thank you for being so kind."

This gardening work provides a consistent profile for us with our local community and retains strong links with local schools and Boroondara Council.

President Rob Head

Guest Speaker report

Julian Burnside gave us a thought-provoking address on the subject "What is Justice"? With no pun intended, a brief summary cannot do justice to the philosophical loftiness of such a formidable issue, so let us just say that Julian's talk included:

Praise for our Rotary club for not following the politically correct path of acknowledging the traditional owners of the land when we have no intention of returning the land to those traditional owners;

Most of us acknowledge and fight for human rights when our rights are affected, but do not show the same diligence or interest in protecting the human rights of those distant from us who may be refugees or homeless or foreigners;

Justice for future generations must seriously recognise the threat of climate change. Stopping the Adani coal mine is a good place to start; and

Ultimately, justice requires a commitment from us to respect sincerely-held opposing views.

John Gartlan





Special Gardening Session ~ Saturday 23 June, 2018

We are planting about **300 trees** at **Boroondara Park Primary School** 9:00 to 16:00.

Could you please make an effort to participate on the day to help fulfil RI President Ian Riseley's request for every Rotarian to plant a tree in 2017/2018?

Morning	Afternoon	All Day
Maurie Walters Findley Cornell	Greg Matthews Rob Head Steven Greatorex Geoff Steinicke Ian Adams Jim Romanis David de Garis	Rowan McClean Bill Oakley Jane Pennington Nino Sofra

Please add your name to the list by emailing rowanmcclean@gmail.com and specifying your availability.

We are down to 23 trees per person but, of course, there is additional work to be done to ensure they are well planted!!

Meeting No.44

Thursday, 24th May 2018

Present:

Guest Speaker	1	Julian Burnside AO QC - What is Justice?
NB Members	55	
Visiting Rotarians	1	RC Mont Albert - David Winter (Bread Street) Guest of Club.
Partners	10	Mesdames A.Adams, J.Ansell, F.Butler, H.Gartlan, D. Goetze, J. Lacy, J.Steinicke, S.Sutherland, K.Walters & M.Williams.
Guests	12	of J.Gartlan - Noel & Cathy McClelland, Margaret Bell, Julie Galbraith, & Margaret Breadmore ; of M. Muntwyler - Ian & Maureen Harbeck; of E. Toohill - Vicki Hilderbrand; of R.McClean - Dr Wendy Tyshing, Jenny Troy (Bendigo Bank) & PNM II Barbara Omerod.
Interactors	2	BHS Angelika Mylonas & Matthew Chen - sponsored by club to attend Lord and Lady Somers January Leadership Camps.
Members :- Apologies 12, LOA 12, = Member Attendance 55 = 69.6%		

External Activities 13 **Weekly 2nd Bite delivery to CamCare** - Geoff Haddy ;
(Board Approved) **Gardening Project** - Geoff Haddy, Garth Symington, Kris Walters & Chris Yudi
RC Sorrento - GeorgeSwanson; **RC Camberwell** - Chris Flavelle -Smith; **DIK** - Peter Sutherland.

Absences for Rosters:

Russell Cooper, Paul Fitz, Geoff Haddy, Tony Ho, Terry Keyhoe, Dileep Krishna Pillai,
Yvonne Lyneham, Kathleen McGuire, David Rowe, Jim Studebaker, Brian Thomas, Peter Wilson.

Club Diary

Club Change Over Luncheon Sunday 1 July at 12.00 pm

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

October 2018 Fence repairs in Cobden. Date to be confirmed

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/>

MEETING ROSTERS

Thursday 31 May**Greeters:** Jim Romanis, Bernie Smith**Set Up:** Bill Oakley, Peter Cleary**Desk:** John Magor, Peter Sutherland**Speaker:** Len Raphael**Host:** Rowan McClean**Topic:** Central Asia. Unusual Places but Normal People

Len is a much-travelled accountant, financial planner and family man (5 children)

From 1974 Len Raphael spent 3 years backpacking solo through more than 100 countries and in 1984-85 did more of the same with his wife, Lia. Since 2000, he has continued to travel widely.

Back home, Len attended university, did 2 years National Service, worked for the Commonwealth Bank (7 years), was an accountant (7 years), a Financial Planner (27 years) and raised 5 children.

Len will take us through an illustrated talk of his most recent trip (2017) in 10 former USSR republics including Kazakhstan, Uzbekistan, Azerbaijan, Georgia and Armenia.

Thursday 7 June**Greeters:** Geoff Steinicke, Anthony Stokes**Set Up:** Colin Sharp, Findley Cornell**Desk:** Chris Flavelle-Smith, John McBride**Speaker:** Bruce Whalley**Host:** David de Garis**Topic:** Lawrence of Arabia - Man and Myth
Military historian, tram driver and panellist on ABC quiz show "Think Tank". Our speaker is all of these.

Vocational Visit to Monash Medical Centre 14 June. This will be a daytime Club Meeting commencing at 2:00pm followed by on-site refreshments.

Thursday 14 June**Greeters:** Not required**Set Up:** Not required**Desk:** Not required**Speaker:** Professor Don Campbell**Host:** Ian Adams**Topic:** Medicine and Nursing Behind the Scenes**Thursday 21 June****Greeters:** Maurie Walters, Tony Wells**Set Up:** Ted Wilkins, Tak Yukawa**Desk:** Ian Richardson, Jim Romanis**Speaker:** Julie Nihill**Host:** Bronwen Dimond**Topic:** My Life in the Arts: from Larrikinism to KFC
An experienced actress, Julie has been in Blue Heelers and A Country Practice and is currently in Picnic at Hanging Rock and the Blake Mysteries.**VOCATIONAL VISIT TO MONASH MEDICAL CENTRE**

This visit which is open to members and partners will be in place of the normal evening meeting on that day. Senior personnel from the hospital will escort us around the hospital to provide a 'behind the scene' view of how a major hospital operates. At the conclusion of our visit there will be an opportunity for additional questions and refreshments will be provided by the hospital.

**DATE:** Thursday 14 June**TRANSPORT:** Bus or private car. As parking is at premium, it is advisable to go by bus.**TIME:** The bus will leave Macleay Park, Belmore Road, North Balwyn at 1.00 pm and return by 4.45 p.m.**COST:** The cost of the bus will be determined by the numbers attending and I should have good idea by next Thursday when I will be happy to collect your money.

Ian Adams on behalf of the Vocational Service Committee

Birthdays and Anniversaries between May 28 and June 3**Weddings:** Anthony and Barbara Stokes**Birthdays:** Lyn Schwartz, Brian Hurnard**Induction Anniversaries:**

Attention all Rotary Gardening Supervisors

We have lost a few tools lately and gained some. All items are now labelled RCNB.

There is also an exercise book on the bench to note if you borrow anything for personal use.

Please take care to:

- Bring back what you take to sessions
- Clean and replace tools and mowers when finished (there will be spare towels in the shed)
- Replenish fuel when necessary for the convenience of following session supervisors
- Report any breakages or maintenance needs.

Please do what you can to keep the Hilda Street shed clean and tidy!

Rowan McClean

Rotary Gardens Program Co-ordinator

rowanmcclean@gmail.com

**SEEKING A VOLUNTEER DENTIST**

In August 2018 Rowan McClean, Project Manager of our RAWCS project in Minh Hac Vietnam, will be visiting with a Melbourne-based dentist and nurse, and taking a folding dental chair from Solar Smiles, a Rotary supported group.

We are seeking to have local dentists join us from Hanoi for this pioneering visit.

Another Melbourne-based volunteer dentist is needed to join the team and visit the community for 7 to 10 days.

Local transport and translation services will be provided but the volunteer will need to fund their own airfare, accommodation and meals (estimated cost A\$2,000 to A\$2,500). Costs are tax deductible.

Could members please ask dentists they know if they can identify anyone who could be interested in this visit?

If there is interest, please contact Rowan McClean at <rowanmcclean@gmail.com> for further details.

**PHOTOS FROM THIS WEEK IN ROTARY**

Bev and Nino Sofra along with Greg Ross and Ian Thorpe "Lifting the Lid on metal illness"

The BBQ Team were at the re-opening of the Balwyn Library. Sausages, kransky hot dogs and hamburgers were on the menu. Bob the Builder, who was a favourite of the children, was offered an appetising roll but realised his mouth was too small!



Geoff's Health Tip**Your Handshake May Predict Your Longevity**

A photo of Presidents and Prime Ministers shaking hands is often the only photo taken during a conference that is beamed around the world. The handshake is commonly done upon meeting, greeting, parting, offering [congratulations](#), expressing gratitude, or completing an [agreement](#). In sports, or other competitive activities, it is also done as a sign of good [sportsmanship](#).

- Rotarians (male and female) are especially noted for shaking hands on all occasions of greeting and departing, but did you know that the strength of your handshake is a good predictor of future health and longevity?
- In a paper that reviewed the medical records of more than half a million people and published in the May 22 issue of the [British Medical Journal](#), an association between grip strength and cardiovascular disease (CVD), respiratory and cancer outcomes, and all cause mortality was demonstrated.
- There is clear evidence that higher grip strength is associated with better health outcomes than lower grip strength.
- Although grip strength has long been a good indicator of frailty or health in older people, the researchers were surprised that grip strength showed a stronger association with CVD than blood pressure and physical activity through all ages.
- The study was not just about frail adults but also adults in their prime of life. The researchers noted that skeletal muscle's critical role is often underrated. It controls body movements, serves as the body's primary protein store and plays a role in regulating blood sugar.

Even babies demonstrate grip strength. I can remember Judy's father commenting positively on the strength of grip on his finger of our newly-born children. At the time I did not know whether this observation had any medical significance but I have to say that, as adults, our children do have reasonably strong handshakes.

Of course we cannot forgive or forget the excruciating pain of the vice like grip of someone who does not have the sensory nerves in his hand to determine his grip strength or, on the other hand, the embarrassingly long hand shake as illustrated recently between Presidents Macron and Trump.

Geoff

Hand grip strength can be quantified by measuring the amount of static force that the hand can squeeze around a dynamometer. The force has most commonly been measured in kilograms.



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deliver them to those in need.



Drop off point - 981 Burke Road Camberwell Ph 9882 2321

**Rotary**

Inviting you and your Partner to



The Rotary Club Of North Balwyn CHANGEOVER LUNCHEON

on SUNDAY, 1ST JULY 2018



Sala Venezia Room, Veneto Club, 191 Bulleen Rd, Bulleen, 12 Noon for 12:30pm



Cost \$60 pp (In Advance)

Two course meal, on arrival a glass of Prosecco, mineral water or a beer from the bar
and 2 bottles of wine on the table or beer from the bar

Entertainment: Italian folk singer (Elvira), Reflections (John Gartland)

Dress: Jackets for men

Members & guests: Bookings and payments at meetings, 7, 14 & 21 June.

Payments by EFT to BSB 633 000 A/C 146470653 (including Name) or cheque.

RSVP: By 21st June 2018 to hugogoetze@netspace.net.au



In support of the



I am walking 35kms on 26 August 2018 from Yarra Bend Park to St Kilda.

Mito is a terminal disease that robs the body's cells of energy, causing multiple organ dysfunction or failure. Mito can affect anyone at any age.

Please sponsor my walk to help people living with Mito and support the Australian Mitochondrial Disease Foundation to develop better treatments and find a cure for this devastating disease.



Why am I doing this?

Many members of the Rotary Club of North Balwyn will remember the devastating loss suffered by Peter and Pat Cleary and their family when their grandson, Archer Banjo Cleary, passed away from Mito when he was only 7 months old, a life taken just as it was starting.

This is something I can do to raise funds for this cause.

My fundraising page is:

<https://blw-melbourne-2018.everydayhero.com/au/jane-7>

Or I can accept donations in person.

Thank you all so much for your support.

Jane Pennington

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: John McBride

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
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: Michael Martin

<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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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.

