



"The Front Page"

Our Speaker

Our Speaker, Jo Pride, gave us a very interesting, thought provoking and revealing presentation on Thursday night. The subject of human trafficking and slavery was brought home to us extremely vividly. The numbers involved, and increasing, would have come as a shock to many of us. The work of Hagar Australia has many parallels with Rotary projects including that of our own club. Jim Studebaker will provide a fuller summary elsewhere in this GV.

Robert Wu, our sponsored RYPEN candidate, gave us a report on his activities at RYPEN and the effect it has had on his life. Another example of Rotary's excellent youth programs.

Bill Oakley gave us an update on RAM (Rotarians Against Malaria). Our club is supporting Bill and this project in a monetary fashion.

Many thanks to our many volunteers who worked at the Anzac Day breakfasts and especially those hardy souls who were there to do the set up in the pre-dawn hours. These breakfasts fulfilled both a community service as well as raising funds for the club's activities.

Foundation funded projects have been completed-Mongolia) coming to completion - Minh Hac or are about to get off the ground—Laos. Reports have been or are in the process of being written and have been or will be presented to the club in due course.

We still have a busy schedule of club activities coming up in May, including The Club Birthday on 10 May when we will be entertained with a varied, interesting and fun program. Do not forget the Australian Rotary Health/Golf Day Sponsor's night on 17 May.

What's Coming

- Club Birthday Meeting on 10 May
- Golf Day Sponsor's meeting, with Speaker from Australian Rotary Health on 17 May
- Vocational Visit to Monash Medical Centre 14 June. This will be a daytime Club Meeting

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

Findley Cornell



Host, Jim Studebaker, thanks our Speaker Jo Pride.



[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](#)



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



Guest Speaker

Our Guest Speaker was Jo Pride, the CEO of Hagar Australia, which works as part of the global network to transform the lives of women and children who have been trafficked, enslaved or abused.

Hagar began in Cambodia in 1994 in response to individual women and children who were affected by violence, abuse and destitution. From its roots as a Swiss-based charity, Hagar has grown into a multinational and multi-cultural organisation with program operations in Afghanistan, Cambodia and Vietnam supported by fundraising entities in Australia, New Zealand, Singapore and the USA.

Hagar Australia Inc. works to raise funds in Australia that are directed to Hagar's programs in Cambodia. Hagar Australia partners with the World Relief Overseas Aid Fund by acting as its agent for fundraising and the delivery of relief and development projects in developing countries.

Jo delivered an eloquent and passionate address on the work of her NGO in identifying and rescuing women and children who are being cruelly abused in the countries in which they operate. She shared a number of stories of vulnerable victims whose traumatised lives have been transformed through the ongoing in-country operations and advocacy of Hagar.

Jo is a former lawyer, worked as advisor to former Senator Natasha Stott Despoji in the Australian Parliament and as an Associate to the Honourable Justice Margaret Nyland in the Supreme Court of South Australia. She is also serves on the Board of AMES Australia and represents Hagar Australia on the Australian Government's Roundtable on Human Trafficking and Slavery.



Purple Cloak project update.

Last week's recording session at Abbotsford Convent was highly successful (we even finished early!), with a choir of about 90 singers having memorized their harmonies.

I conducted and Jeanette Leigh sang in the choir, with Matt's daughter Holly, my fiancée Audrie and our son David. Melbourne City Rotaract members participated as well.

I've attached two photos taken after the recording. One shows a section of the choir; the other is Kathleen with two members of Melbourne City Rotaract; alas Jeanette had already gone home when the photo was taken (sorry Jeanette).

The recording results were tremendous.

The next phase involves mixing in the studio and adding an A-List solo voice to the song, "There For You" by Peter Barber.

We're getting closer to our goal of raising funds to support a new model to improve the lives of people experiencing homelessness.

I look forward to welcoming more Rotarians to the project later in the year when we launch of the "single."

With best wishes,

- Kathleen



Soon to be seen on Australia's Got Talent?

Rowan McClean and Maurie Walters, "The Lads", performing at Baptcare recently.



North Balwyn Rotary Club sponsored Emmanuel Giakoumakis. to attend RYLA late last year. He is unable to attend one of our club meetings due to his work commitments and has submitted the following report.

In December last year I was fortunate enough to be sponsored by Rotary to attend RYLA. It was unclear what I had signed up to, and that meant I brought no real expectations with me. Ultimately, that was a good thing.

I discovered that RYLA is an experience intended to bring out the best in people. It's designed to uncover your strengths and help you identify and overcome your weaknesses. The focus on self-development was brutal if anything else.

Each day was structured around hours of lectures on self-development, which were complimented by activities that forced you to exhibit what you had learned from the lectures. The lectures covered a wide breadth of subjects, we learned about spirituality and mindfulness as well as activism and our potential to positively impact society.

The daily program was led by a team of former participants who had a passion for helping bring out the best in people, and that is perhaps its greatest asset. Their understanding of what the program could offer meant that they could coach us into getting the most out of it, but beyond that the effort they put into each and every one of us was what ultimately meant I myself could get engaged.

As participants, we were provided a comfortable space which allowed us true and unrestricted self-expression. This allowed me to unlock some of the confidence life had whittled away over the years. I found myself not only challenging my preconceptions of others and the world around me, but also considering the ways in which I could use my skill sets for their betterment.

I learnt to engage my emotional intelligence in order to better understand the motivations behind my actions and the way I react to difficult situations. I then found myself looking for ways to make the people around me just as comfortable.

I left RYLA with more than a renewed sense of self. I had also made a new group of friends: friends who understood the value of being vulnerable with one another. I found myself in the same world I had left, better equipped and more willing to be vulnerable with those around me. I gained a renewed engagement in my own humanity and that of others. I took in so much information over the course of the week that I find myself still learning from small moments, some of which I am sure I will continue to learn from as I grow. RYLA has been an experience I will cherish for the rest of my life.

As such, I'd like to thank you. Without the sponsorship of the Rotary Club of North Balwyn I would not have been able to have this experience. An experience which truly helped me reconnect with my emotional sensibility and my duty to help the people who surround and support me in my personal endeavors.



**HAPPY
BIRTHDAY!**

Rotary
Club of North Balwyn



Join Us for Our 38th Birthday Celebration

On Thursday May 10 2018

At Kew Golf Club - 6.00 pm for 6.30 pm

The Evening Includes :

- Entertainment from PDG Greg Ross
- Summary of our History by PP & Charter Member Peter Cleary

Cost - \$37 per person

Bookings, normal advice of partners attending & apologies
to Hugo Goetze at hugogoetze@netspace.net.au

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Meeting No.40

Thursday, 26th April 2018

Present:

Guest Speaker	1	Jo Pride CEO, Hagar Australia - Human Trafficking & Slavery
NB Members	46	
Partners	1	Bev Sofra
Guests	3	Paulina & Lukasz Solarski ; Robert Wu RYLA (Estelle Kelly).
Meals Served	51	Members :- On Time Apologies 19, Late Apologies 3, LOA 11. Member Attendance 46 = 58.2% , Average for April = 60.8%

External Activities

22 **Weekly 2nd Bite delivery to CamCare** - Brian Hurnard ;
(Board Approved) **Gardening Project** - Greg Cribbes, Steven Greatorex, Rob Head,
Estelle Kelly, Rowan McClean, Colin Sharp. **DIK** - Peter Sutherland.

Set Up & Catering for RSL Dawn Service - David Cheney, Greg Cribbes (2), David deGaris, Jane Pennington,
John Gartlan, Estelle Kelly, Sue McDonald, Greg Matthews, Bill Oakley (2), Kinga Paulheim, Geoff Steinicke, Ted Wilkins.

Absences for Rosters: Russell Cooper, Paul Fitz, Terry Keyhoe, Dileep Krishna Pillai, Yvonne Lyneham
John Magor, David Rowe, Brian Thomas & Peter Wilson

MEETING ROSTERS

Thursday 3 May Greeters: Bob Bott, Maurie Walters Set Up: Phil Francis, Beatrice Ko Desk: Duncan Ansell, David De Garis	Speaker: Mark Hunter Host: Peter Downton Topic: Winemaking is in his Blood Mark Hunter (Peter Downton's nephew) is winemaker at Sanguine Estate, Heathcote. (Astute Rotarians will notice the linguistic connection between "blood" and "sanguine")
Thursday 10 May Greeters: Greg Cribbes, Ted Wilkins Set Up: Bronwen Dimond, Marcel Muntwyler Desk: Tony Hart, Kinga Paulheim	Topic: Club Birthday Celebration Host: Tony Wells
Thursday 17 May Greeters: John Gartlan, Adrian Ranson Set Up: John Rennie, Geoff Steinicke Desk: Eileen Toohill, Anthony Stokes	Sponsors "Thank You" Night Speaker: Laura Hart Host: Greg Ross Topic: Australian Rotary Health Laura has had both a Ph.D and a Postdoctoral Fellowship funded by Australian Rotary Health.
Thursday 24 May Greeters: Brian Lacy, Ian Richardson Set Up: Joe Butler, Peter Cleary Desk: Imre Lele, Russell Cooper	Speaker: Julian Burnside QC Host: John Gartlan Topic: Justice? What Is It? How Do We Get It? Julian Burnside is a prominent human rights advocate. Our members from ten years ago will recall what a compelling speaker he is.

Whitehorse Rotaract Rotary Club Partner Help Learn Enjoy

YOU'RE INVITED TO:

GIANT MONOPOLY

SATURDAY 5 MAY | 6:30 PM
BOX HILL TOWN HALL

TICKETS: \$20 PER PERSON
TEAMS OF UP TO 10
HUMANITIX.COM/EVENT/GIANT-MONOPOLY/
BY 2 MAY

BYO DRINKS & NIBBLES

END POLIO NOW

Club Diary

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/>

Geoff's Health Tip**Raw Fruits and Veggies are Best for Mental Health in Adults**

There have been many studies that showed eating more fruit and vegetables is associated with better mental health and wellness. This is supported by researchers from the Food and Mood Centre, Deakin University, Victoria who have acknowledged that higher fruit and vegetable consumption is positively associated with better mental and other health outcomes.



However, for the first time, a new study suggests that eating them raw, rather than cooked or processed, is associated with fewer depressive symptoms and higher positive mood. The study conducted by researchers at the University of Otago, Dunedin, New Zealand, and published in the April 10 issue of *Frontiers in Psychology*, has concluded that consumption of raw fruits and vegetables produced better mental health outcomes than eating cooked or processed fruits and vegetables. This was illustrated in a food recall survey of 422 adults aged 18 to 25 years living in New Zealand and the United States.

One can assume that the processing of fruit and vegetables has the potential to diminish nutrient levels, which limits the delivery of nutrients that are essential to optimal functioning, however the researchers did not investigate the various cooking methods used, such as steaming, boiling, baking and canning, but grouped all cooked or processed fruit and vegetables together. In this study the results clearly demonstrated that fruit and vegetables eaten raw had superior mental health outcomes.

The top 10 raw foods related to better mental health were carrots; bananas; apples; dark leafy greens, (such as spinach), grapefruit, lettuce, other citrus fruits, fresh berries, cucumber and kiwi fruit.

It is worth noting that given the low consumption rates of fruit and vegetables within the population, it is important to promote the message that consuming fruit and vegetables, either raw or processed, is superior to eating none of them.

Geoff



Disaster Aid Conference 2018



Dear **Friend and Supporters**

DAA's annual Conference will be held on **Saturday the 5th and Sunday the 6th of May, 2018.**

There are limited numbers and registrations are about to close.

Go to <https://www.disasteraidinternational.com/> to register

We would be delighted if you could attend.

You will gain insight into what Disaster Aid Australia (DAA) is doing and see if you would like to get involved in a Rotary project that really does make a difference.

Or perhaps how we can assist you in an International Project with the provision of clean water.

Regards,

David Langworthy

Chairman

Phone: 1300 881 913 Tel: 03 9796 4498

www.disasteraidinternational.com

P O Box 790, Endeavour Hills Vic 3802

For the latest news stories, go to <https://www.disasteraidinternational.com/news/news.html>

Birthdays and Anniversaries between April 30 and May 6

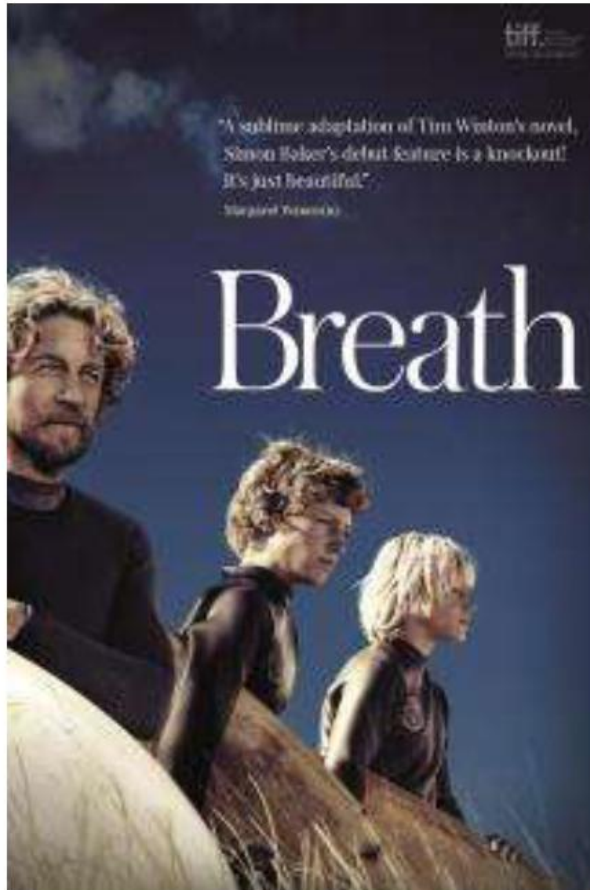
Weddings: Peter and Ann Downton, Maurie and Kris Walters

Birthdays: Joan Lacy, Don Taylor

Induction Anniversaries: Bronwen Dimond, Jim Studebaker, John McBride

Please support this fundraising event which will help fund the Residents' Sensory Garden at Eva Tilley. Rotarians from our Club have already contributed time to clearing and painting the courtyard in preparation for further work.
Tickets may be purchased from Ian Adams for \$25 per ticket at Rotary.

Eva Tilley Memorial Home Fundraising Event



Tim Winton's novel of the same name, Simon Baker's feature film directorial debut *Breath* follows two teenage boys, Pikelet and Loonie growing up in a remote stretch of the Western Australian coast. Hungry for discovery, the pair form an unlikely friendship with Sando, a mysterious older surfer and adventurer, who pushes the boys to take risks that will have a lasting and profound impact on their lives.

Payment Details:

BSB: 083-170

Account No. 5152 19 714

Account Description: Surname Breath18

or

Tickets can also be Purchased at Eva Tilley Reception

Call 9859 9541 or Email info@evatilley.com.au

Venue

Palace Cinemas

231 Whitehorse Rd,
Balwyn VIC 3103

Date

Friday, 4th May 2018

Time

6:30pm
7pm – Film Commences

Cost

\$25.00/Per Ticket
Lucky Door Prize/Lolly Bag

*Proceeds of the night will
help fund
Residents' Sensory
Garden*



EVA TILLEY
Caring with Dignity

<p>ROTARY CLUB OF NORTH BALWYN 2017/18</p> <p>President: Rob Head president@rotarynorthbalwyn.com.au</p> <p>Vice President: Findley Cornell vicepresident@rotarynorthbalwyn.com.au</p> <p>Secretary: Gavan Schwartz secretary@rotarynorthbalwyn.com.au</p> <p>Treasurer: Greg Cribbes treasurer@rotarynorthbalwyn.com.au</p> <p>Grapevine: John McBride jdmcb48@bigpond.net.au</p> <p>Noon Sat Weekly Deadline for submissions please.</p>	<p>APOLOGIES FOR CLUB MEETINGS</p> <ol style="list-style-type: none"> 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. <p>Please apologise no later than 5pm on Tuesday.</p>
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<p>North Balwyn Probus: Michael Martin http://balwynnorthprobus.org.au</p> <p>North Balwyn Heights Probus: Sue Mullarvey yarramul@tpg.com.au 9857 4305, 0400 821 402</p>	<p>Greythorn Probus: Meetings 10am 2nd Tuesday Monthly. St Aidan's Church Hall, Duggan St, Balwyn Nth.9859 4941.</p> <p>Boroondara Ladies Probus: Janet Eddy jveddey@applewood.net.au</p>
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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.



<p>helloworld TRAVEL THE TRAVEL PROFESSIONALS BALWYN NORTH</p>  <p>Thank you Helloworld North Balwyn for your ongoing support of our Event Days and assistance with our Mongolia travel arrangements.</p>	<p>Bendigo Bank Kew Kew East</p> <p>Bendigo Bank is a strong supporter of Nth Balwyn Rotary through its help with our Community Projects and Fund Raising.</p>	
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