



### "The HeadLines"

#### Our Container from DIK



Some of the book's  
donated by local Schools  
and Members

Our container destined for The Solomon Islands which the locals call "The Happy Isles" was packed at DIK on Thursday. The container and shipping costs to the Solomons was provided by The Don Bosco organisation and the goods from our DIK store and Member donations. Thanks go to the many of you who donated Children's Picture Books which were requested to assist reading and English language learning at Henderson.

DIK was able to provide the many other needed items such as medical supplies and hospital furniture, fabrics, chairs and so on.



Our Club bought bike service and repair equipment to accompany about 35 push bikes.

Sewing materials and machines, computers, wheel chairs and sporting goods were also sourced by DIK, Members and others.



The Happy Crew, loading up the container. Thanks Andy Steinicke and Bob Glindemann for helping us.

#### Are You a Bike Rider ?

A group of Club members ride on Sunday mornings from Balwyn to New Quay for a coffee, chat etc.. There aren't many MAMILS in the group (middle-aged men in lycra), so join us sometime soon for the ride.

Contact Peter Elliott, Adrian Ranson or Rob Head for details.

#### Remember

Please help with a bbq or raffle-selling session.

#### The Quote

" Life is never fair, and perhaps it's a good thing for most of us that it's not". Oscar Wilde

#### 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**



[Click HERE](#)

Read The Networker: [ISSUE 7](#)

Club Website:

[HERE](#)

See us on

Facebook:



OCTOBER ROTARY DOWN UNDER

Click [HERE](#)

**Rotary**  
District 9800



Click for  
[All District Events](#)



## Guest Speaker: [Dennis Ahnen](#)



Dennis is a Professor of Medicine at the University of Colorado. Dennis's specialty is gastroenterology and early detection and prevention of colorectal cancer.

Dennis visited Melbourne in 2012 and was very happy to meet again with Past President Larry who was host.

Dennis addressed us about the frequency of detection and mortality rates in the USA and Australia and generally world wide. Members were somewhat alarmed to learn that we in Australia have one of the highest incident of colorectal cancer in the world and a statistical profile similar to the USA.

Dennis discussed the current Government strategy of early screening through fecal examination and regular colonoscopy for those aged 55 and over with family history and fecal blood detection. The results showed that in both countries there is a general decline in mortality, however despite a higher rate of testing in the population in the USA compared to Australia, the Australian rate of mortality is similar now to the USA which makes Dennis ponder where the Australian improvement has come from.

Dennis explained the multi causal factors of colorectal cancer which include diet, [family history](#), country of resident, your age, and your sex (Men have a higher risk).

Dennis is in Melbourne to share his research findings in the hope that new research and methods for early detection and treatments for cancer may be found.

Dennis received many questions and a surprisingly large amount of hands went up to the question of "Who in the room has had a colonoscopy", which is good news because our members are generally over 55 and men!

Thank you Dennis for very interesting presentation.



[Beth Locke](#) (Manager - Alcohol and Drug Service Access Health and Community)

[Access Health](#) and Community is a not for profit community health service caring for the cities of Boroondara, Yarra and Manningham and more generally in the inner east of Melbourne. Our purpose is to build healthier lives together with our communities and deliver excellent health services for all. We provide a diverse range of health services from GP and dental care to psychology, occupational therapy, physiotherapy, speech pathology and other allied health services. We also offer child and family services including Early Childhood Intervention and offer drug and other alcohol counselling services. We operate headspace, a youth mental health service in Hawthorn, and support a range of social activities including the Hawthorn Community House and the Manningham Men's Shed. Our aim is to help all members of the community. Many of our services operate with Government support and are designed to support access for all income levels.

Gath Symington, Director Community Services, is speaking to Beth about our future involvement with Access Health and Community.





### Fellowship Weekend (Albury)

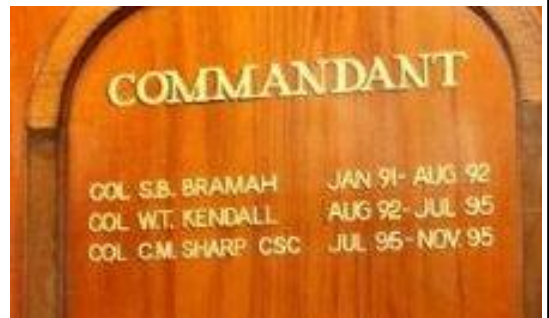
Thanks Nino and Bev for organising another great club Fellowship Weekend. The highlights included after dinner drinks and entertainment with Maurie and Tony, a bus tour to [Yackandandah](#) and tours of [Bonegilla](#) and [Bandiana Army Museum](#).



We were well guided to Bandiana by the retired Area Commander Colin Sharp!

Thanks Colin

At [Bonegilla](#) we discov-



ered some of the not so well known history of post war immigration to Victoria.

A tour led by a past resident of Bonegilla made the experience so much more real and we were surprised to learn it was closed only in 1971.

The camp opened in 1947 and operated until 1971, over which period it received over 300,000 migrants. It is estimated that over 1.5 million Australians are descended from migrants who spent time at Bonegilla (including some from our Club).



On Sunday the Golfers Golfed, and the rest of us drank and ate at the Wodonga Golf Club, thanks to Nino organising a great BBQ and venue at The Spike Bar. Nino turned on the weather too, which was perfect.

On Sunday there was additional entertainment with Barry Cummings on the guitar.



## MEETING ROSTERS

Thursday 2nd November: **Partners' Night**  
 Speaker: [Fr. Joe Giacobbe](#)  
 Host: Estelle Kelly  
 Greeters: Brian Lacy, Paul Fitz.  
 Setup: Anthony Stokes, George Swanson  
 Desk: John Rennie, Peter Sutherland

**Topic: The Punter Priest Who Never Misses a Melbourne Cup**

Joe, friend of the late Bart Cummings, is well-known in the racing world and acclaimed for his social work with working-class youth. He has mixed with Victorian racing royalty for the past half-century.



Thursday 9th November **Meeting & Club AGM**  
 Speakers: Yvonne Lyneham and John Koa  
 Host: David Rowe  
 Greeters: Estelle Kelly, Imre Lele  
 Setup: Barry Cummings, Steven Greatorex  
 Desk: Brian Hurnard, John McBride

**Topic: Member Biographies.**

Thursday 16th November  
 Speaker: Rev. Jenny Preston  
 Host: Brian Hurnard  
 Greeters: Ian Richardson, Colin Sharp  
 Setup: Ian Mollison, Duncan Ansell  
 Desk: Bill Oakley, Eileen Toohill.

**Topic: Our Call to the Widow, the Orphan and the Stateless.**

Jenny is a Uniting Church Minister here in Melbourne who has bridged the ocean between Australia and Africa to [help the young people of Zambia.](#)



Thursday 23rd November  
 Speaker: [Lien Trinh](#)  
 Host: Geoff Kneale  
 Greeters: Bob Bott; Sue McDonald  
 Setup: Jim Romanis; Peter Wilson  
 Desk: Garth Symington; Tony Hart

**Topic: Reflections of Our First Global Grants Scholar.**

[Lien Trinh](#), The first recipient of the Rotary D9800 Global Grant Scholarship has completed her studies at the London School of Hygiene & Tropical Medicine for the Master of Public Health degree.



## 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](mailto: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, Apologies -21, LOA -5, Member Attendance 50 = 64.9%

Guest Speaker plus his wife, Carol. Also Guest Beth Locke. (Garth Symington). Partners Karen Fitzpatrick (+3 Children)

**Club External Activities :Gardening Project** Rob Head, Estelle Kelly, Geoff Steinicke & Garth Symington:

**Men's Shed** Bernie Smith (2), David Cheney (2), Peter Elliott (2), Garth Symington (2) plus Greg Matthews.

**DIK** Pete Sutherland (2), Jim Romanis (2), Bob Bott, Imre Lele, Nino Sofra, Geoff Steinicke & Takao Yukawa.

**Other Make-Ups** David deGaris - RC Darwin; Bill Oakley - RC Altona.

All activities in the community – “External activities” are being recorded as a measure of this aspect of our club’s “health”. The quarterly summaries shall list hours worked and \$ raised by these activities of club members.

[That's all folks.](#) Cheers, Hugo.

## Celebrations

**Birthdays:** Greg Matthews; Ann Downton

**Inductions:** Greg Ross; 1986

**Weddings:** Stan and Bev Hibbert





This is the last roster for 2017, students now have exams followed by holidays but we still need two volunteers for Friday 10<sup>th</sup> November which is only a one hour job.

*Give me a call anytime - Peter Elliott 0419 417 334,*

Date and Who with	Time	RCNB Supervisor	Assisted by
Fri 3/11 X	4.00pm – 5.15pm	Tony Wells	Geoff Haddy
Fri 10/11 X	4.00pm – 5.15pm		

### Catering Roster / Calendar

**26-October-2017**

ologies to any Rotarians who have offered to assist and are not on the li

Anybody who can help on these dates please email me at [jane.pennington@bigpond.com](mailto:jane.pennington@bigpond.com) Thank-you - Jane.

<b>11-Nov-17</b>	Woolworths	8.30am to 1.00pm	
<b>Saturday</b>	Whitehorse Rd	1 Nino Sofra	4 Bill Oakley
	Balwyn	2 Greg Cribbes	
		3 Ian Richardson	

<b>22-Nov-17</b>	White Ribbon Day	10.30am to 2.00pm	
<b>Wednesday</b>		1	5
		2	6
		3	
		4	

<b>25-Nov-17</b>	Woolworths	8.30am to 1.00pm	
<b>Saturday</b>	Whitehorse Rd	1 Don Taylor	
	Balwyn	2 Estelle Kelly	
		3 Ian Richardson	

<b>31/11/2017</b>	DIK (with our Club)	5.00pm to 9.00pm	
<b>Thursday</b>		1 Nno Sofra	5
		2 Bill Oakley	6
		3 Ian Richardson	
		4	

<b>02-Dec-17</b>	Dan Murphys	11.00am to 3.00pm	
<b>Saturday</b>	Jackson Court,	1 Don Taylor	
	Doncaster Road	2 Bill Oakley	
		3	

### Shall We Walk the Talk?

A lot of elderly people find it daunting to start an exercise program. It sounds regimented and they think it is going to be strenuous, but new data shows there is a tremendous health benefit just going for a walk.

Walking is the most common type of physical activity for the elderly, and has also been linked to lower risk of heart disease, diabetes, and breast and colon cancers.

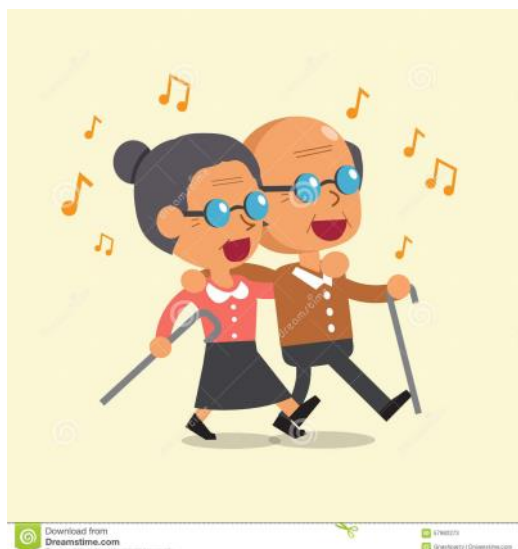
A new study published online in the [\*American Journal of Preventative Medicine\*](#) has demonstrated that [walking will significantly lower all-cause mortality compared with inactivity.](#)

The study reviewed data on more than 62,000 men and 77,000 women of average age 71 years for men and 69 years for women. It was found that walking for as little as 120 minutes weekly is sufficient to significantly increase one's life span compared with inactive people, who are 26% more likely to die prematurely.

Leading researcher, Dr A Patel said "it is not 'power-walking' neither is it 'strolling through the supermarket', but walking at an average pace". "Conversely, higher levels of walking were associated with significantly lower all-cause mortality where you see a 20% lower risk of mortality."

Dr. Patel concluded "that it is an interesting, but not surprising finding with a take-home message that the more you walk the better, and doing any walking is better than none". "Being completely inactive is the worst."

Geoff



### Other Stress relief scenes from our Men's Shed





**Saturday 11 & Sunday 12 November 2017**

**TEN EXCEPTIONAL GARDENS OPEN  
IN YEA AND DISTRICT**

**10am-5pm**

\$5 per garden or  
\$35 per two-day pass to all gardens

Information available on Rotary Club of  
Yea website or phone 0448 511 139

Tickets for sale on the Open Garden  
Weekend at the Yea Information Centre  
and at each open garden



Plus YEA  
GARDEN CLUB  
Annual PLANT SALE

Maps and garden descriptions  
available on website from August



[www.yearotary.org.au](http://www.yearotary.org.au)

WEB: <http://www.yearotary.org.au/page/open-gardens-17-country>

**WERN and EERN**

**ROTARY Supported PROJECTS  
YOU CAN ASSIST**

Turn your unwanted items into useful help.

**Western Emergency Relief Network (WERN)**

**Footscray**

(WERN) provides emergency relief and assistance through supplying good quality second hand furniture, electronic and whitegoods, to people in need due to homelessness, mental health, family violence, refugee, fire or flood situations.

Contact: 0476 104 736

[westernemergencyreliefnetwork@outlook.com](mailto:westernemergencyreliefnetwork@outlook.com)

**Eastern Emergency Relief Network Inc.**

**Mitcham**

The core objective of EERN is to make available furniture and other household goods and (non perishable) food parcels as emergency aid to those in need.

Good quality second-hand furniture and other household essentials, non perishable food, financial assistance, and of course, volunteers.

(03) 9874 8433

**FRIDAY 8TH DECEMBER 2017;**

**Balwyn North Village**

**Doncaster Rd., 9.00am -12.00 Noon**

We are planning our Christmas Fare again this year.

Are you able to assist with baking cakes, puddings, chutneys, shortbreads, mince pies, slices etc.

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.

Delivery details to be advised.

Funds this year will go to the [Refugee Support Program at Baptistcare Ashburton](#).

Enquiries—Jo Wells 9859 3725



## Club Diary

Read about Rotary in your area in The Progress Leader

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

Thursday 9th November

CLUB AGM

Tuesday 21st November:

[25th ROTARY FOUNDATION PAUL HARRIS BREAKFAST.](#)

See Findley for Details—\$65 per head or \$60 if we get a table of ten organised.

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 Baptcare Ashburton.

Saturday 16th December

Carols in the Park (Macleay Park Belmore Road)

Christmas Raffle draw on Stage at 9.00 p.m.

Thursday 14th December

Club Christmas Meeting and Partners' Night

Thursday December 21.

Club Christmas Breakfast at Macleay Park.

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

Rotary



ROTARY  
MAKING A  
DIFFERENCE

21 -25 March 2018.

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

Friday 5th to Sunday 7th October 2018

Camp Getaway Working Bee 2018



One of Rotary's major Australian programs is Australian Rotary Health (ARH). This year, ARH chairman Gregory Ross initiated a new major national research campaign called Lift The Lid on Mental Illness.

With support from Rotary clubs throughout Australia, the campaign aims to raise money for research into depression, anxiety, youth mental health, suicide and self-injury, PTSD, eating disorders, schizophrenia and bipolar disorders, dementia, and alcohol and substance abuse.

Almost one in five people will experience a mental health issue in a 12-month period and it's estimated that nearly half of the Australian population will experience such a problem during their lives.

Mr Ross said ARH was a research-based organisation and the ongoing social media campaign, Adopt a Scientist, aimed to raise \$20 million by 2020.





## ROTARY CLUB OF NORTH BALWYN 2017/18

**President: Rob Head**

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

**Vice President: Findley Cornell**

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

**Secretary: Gavan Schwartz**

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

**Treasurer: Greg Cribbes**

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

**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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NOW  
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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.



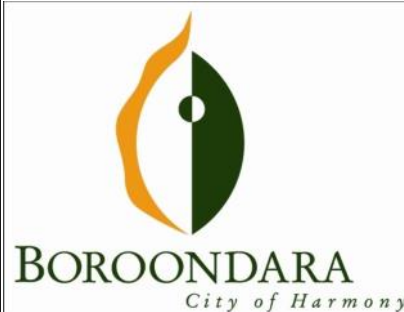
**helloworld**  
**TRAVEL**  
**THE TRAVEL PROFESSIONALS**  
**BALWYN NORTH**



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