The

Rotary

Club of North Balwyn

APRIL is Maternal and Child Health Month

The Grapevine



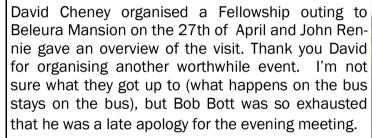




The Royal Automobile Club of Victoria (RACV) has a constructive strategy for easing Melbourne's growing traffic problem. Brian Negus, a long-serving Rotarian, shared their plans (parts of which, of course, require political support).



Brian also informed members about "Mobility Beyond Driving", a RACV paper addressing the issue of older people who are unable to drive needing access to reliable, efficient, and effective transport options to enable them to meet their essential needs and find smarter solutions for integrated travel and likely developments of automated systems. The level of interest in the room was obvious, and his presentation was both educational and interesting.



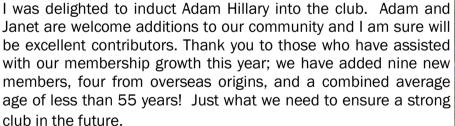


RI President

John F. Germ

DG 9800 Neville John

The District 9800 Leadership Team has asked for expressions of interest from Members to consider serving on one of Leadership Team committees. Please let me know, and I will put you in touch with the appropriate contact.





AG Eastside Jonathan Shepherd



President RCNB Rowan McClean

MEETINGS

THURSDAYS 6 for 6.30pm **Kew Golf Club**

120 Belford Road Kew 3102 Ph.



Please note the change of venue to Green Acres Golf Club next week for our 37th Birthday Night. Sunday the 7th May is World Laughter Day, and I'm sure our guest speaker Brian Nankervis will keep us laughing from the Thursday (4th) night until then! Please invite partners, relatives and friends - heaven knows we can all do with a good laugh!! (But don't forget to inform Hugo)

Please do what you can this week to help Rotary serve humanity.

President Rowan

Visit our Club Website: http://rotarynorthbalwyn.com.au/

Click HERE See us on Facebook

Read The Networker **Edition 18 - A Century of Doing Good**

Read the MAY Rotary Down Under: Aussie Rotarians Abroad

Our Guest Speaker: Brian Negus, RACV General Manager, Public Policy.



"Melbourne in 2040 will we still be driving?"

Brian has more than 40 years of Government and Private Sector transport experience providing a strong background from which to address this crucial role for residents of Melbourne.

Host Russell Cooper, set the scene by describing how cars and their options have changed so dramatically over the last 40 years as well as referring to the gridlock observed on the Eastern Freeway as we arrived that evening.

Brian spoke about the safety features available in cars today including radar cruise control, lane change correction, automatic braking systems and blind spot monitoring systems. He said that whilst these are initiated in the higher price vehicles, such features are now flowing down to all makes of vehicles at various price points. He suggested other features will be further developed in the years ahead such as hands free self-driving. However, the real challenge for legislation and enforcement in the future will be how best to manage a diverse fleet of vehicles on the road encompassing some, all or even none of these features.

The RACV has a public advocacy role and has been involved with suggesting to Governments where road networks and public transport systems need to be updated. Brian spoke about potential new roads/tunnels to connect the Eastern Freeway and the Ring Road. Such developments are very costly and involve enormous public reaction to those who have homes directly affected, so getting these options optimised is a huge task.

The Q & A session following was very vigorous showing the amount of interest shown by the audience in the prospective locations of future roads and tunnel connections.

Brian has been a member of the Rotary Club of Templestowe since 1985 and served as Club President and Assistant District Governor. His presentation was well received by the audience.

Read More HERE

Men's Shed Update

Our Men's Shed construction is now well underway. When we get hand over of the premises the fit out will commence we hope to be ready to commence activities late in the 3rd quarter of this year.

The official Name of our Men's Shed will be

North Balwyn Community Men's Shed Incorporated



New Member Adam Hillary with partner Janet.

We are delighted to induct
Adam as a member to our Club.
Our membership now stands at
81 which is a most pleasing increase in numbers for our Club
and demonstrates the strength
of Rotary in our Community.

Please make Adam and Janet most welcome.



Camberwell Rotary Shop is now the Good Reads Good Deeds Rotary Shop

By David Owen, Hawthorn Rotary

The Camberwell Rotary shop has changed its name. It is still at 654 Burke Road at the back facing the car park side. It is now the "Good Reads Good Deeds Rotary Shop".



This Boroondara multi-club enterprise was set up by DIK Inc clubs and Riverside cluster clubs. Its aim is to support the Donations in Kind store, which recycles equipment and goods and sends useful items overseas and to disadvantaged communities in Australia. It also supports Rotary Fair Trade enterprises in East Timor, Nepal and Laos, and Camcare, a not-for-profit, community based organization, which assists people from Boroondara and neighbouring areas who are facing personal hardship or difficult life circumstances.

A report by manager **Jill Forsyth** lists some highlights:

Thank you to all Cluster clubs for your support for this project, and for ongoing volunteering by your members. We would be unable to continue without this valued assistance.

We are always looking for new volunteer help, especially Monday afternoons and Thursday morning working bees, and occasional weekend help, both Saturday pm and Sundays 11 am - 2 pm.

We have been trading profitably, and our priority is to donate \$1,000 to DIK every month, \$9,000 to date. We have donated \$2,000 to Camcare who also supply us with volunteers, \$1000 to End Trachoma, 2020, and ongoing payments to fair trade enterprises in our district mainly Bright Futures in Nepal, Seven Women in Nepal, Mulberry in Laos, and Create-a-Job in Timor Leste, We also support Rhyder Cheshire, BSSG and Camcare Charity Cards, raising over \$15,000 in December for the above charities.

We are always grateful when Rotarians drop off goods to the shop. We sell anything collectible and useful, such as coloured glassware, vases, water glasses, china made in England, umbrellas, tools, current fiction, old cameras, (pre 1955), etc. Just one or two beautiful donations from our members helps maintain the interest and quality of our shop stock.



Garden Project is back in full swing there are plenty of opportunities to help. Again, thank you to all those who are volunteering. It'd be really helpful if you could all check your diaries for opportunities in May, thanks.

Give us a call anytime - Peter Elliott 0419 417334, Greg Cribbes 0413 270 403

Date and Who with	Time	RCNB Supervisor	Assisted by
Fri 5/5 CGS/X	2.45 – 5.15	Peter Elliott	Colin Sharp
Sat 6/5 MLC	10.00 – 12noon	Sam Hardikar	Marcel Muntwyler
Fri 12/5 CGS/X	2.45 – 5.15	Geoff Haddy	Tony Hart
Sat 13/5 MLC	10.00 – 12noon		Jeanette Leigh
Fri 19/5 CGS/X	2.45 – 5.15pm	Bill Oakley	Bob Bromley
Sat 20/5 MLC	10,00 – 12noon		Eileen Toohill
Fri 26/5 CGS/X	2.45 – 5.15pm		
Sat 27/5 MLC	10.00am – 12noon		

Mongolia Short Term Youth Exchange Update

Dear Members,

The planning for The Short Term Youth Exchange to Mongolia is progressing well with an information session with parents conducted last weekend. In addition the committee has prepared the following information for Members to explain why we have launched into this new form of Youth Exchange.

Why a Different Type of Exchange

The Youth Committee and Board believe that the current structure for Youth Exchange is not a good fit for our expectations with exchanges, but we wanted to continue with the idea of exchanges for young people.

Why Mongolia

We have links with Mongolia through Bill Oakley. Mongolia is well set-up to receive and send teams of young people from overseas through the <u>Mongolian Camp Association</u>, and their <u>local Rotary Club</u> is very supportive, as is the Mongolian Government.

How Will It Work

Nine secondary students from Canterbury Girls HS, Huntingtower, Camberwell HS and Xavier are travelling to Mongolia for 3 weeks, and a similar number of secondary students from Mongolia will travel to Melbourne in January next year.

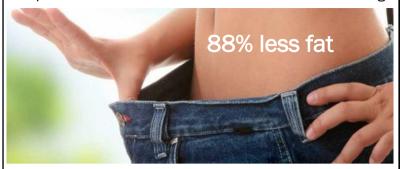
This program is a trial that will be assessed by next year's Board.



Geoff's Health Tip

Saturated Fats turn Full Circle

At least 30 years ago we were advised to reduce consumption of saturated fats. Saturated fats result in high



cholesterol readings with consequent blockages in the arteries, increasing the risk of heart attacks. We were, as a nation, also becoming overweight and obese. The population took the Heart Foundation's warnings seriously and bought margarine instead of butter, and trimmed excess fat from meat.

Then, 15 years ago, 'trans-fats' hit the headlines. All products containing trans-fats required labels to show the percentage of trans-fats along with other nutritional information. Trans-fats, found in margarine, were considered to be equally as bad as saturated fats. Despite this mandatory reporting requirement, butter, that normally contains 3-4% trans-fats, was never required to include transfats on its labels. The Heart Foundation said this was because trans-fats when produced naturally did not require to be listed. Actually, there is no difference between natural or synthetic trans-fats.

About 12 months ago, researchers pronounced, "it's not fats that cause obesity and heart attacks, but sugar". I thought this was getting closer to the truth. You may have noticed that sugary drinks are in decline in the US, and now in Australia. The sugar lobby has some serious work to do, but I fear to no avail.

Finally, we turn full circle with the recent announcement by cardiologists at University College, London and the University of California, that "chronic inflammation is the cause of heart disease and not saturated fat".

Dr Yutang Wang, senior lecturer at Federation University Australia, commented, "Depriving saturated fats from our diet, unsurprisingly, has been shown to increase mortality risk".

I would agree that persistent chronic inflammation is associated with most, if not all, disease. It is not out of the question that inflammation is the primary cause of heart disease. We are all interested in the next question, which is "which foods are associated with chronic inflammation and which foods are anti-inflammatory?". I shall approach this question next week.



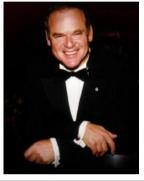
Club Changeover.



Formal Luncheon on 2/7/17 at Kew Golf Club

Recognising Rowan's year and welcoming Rob's year.

Includes; a piano interlude from <u>Alan Kogosowski</u> and 'reflections' by John Gartlan





A word from our Treasurer

I will be on LOA for a few weeks and Geoff Haddy will be acting Treasurer.

During this time, please let Geoff know when you do any **Banking**, (identify details with all Deposits or EFT transactions).

Please also advise Geoff of suitably approved **Amounts requiring Invoicing** or **EFT payment** by RCNB (e.g. BBQ takings, Subscriptions, Sale of Club Items, whatever)

RCNB accounts:

BENDIGIO BANK.643 High St, East Kew 3102

Name: ROTARY CLUB OF NORTH BALWYN INC

Service Cheque Account:

BSB 633000 Account 146140785

Administration Cheque Account BSB 633000 Account 146470653 Cheers *Greg Cribbes* Treasurer

Mob 0413 270403 24th April 2017

MEETING ROSTERS

Thursday 4th May. RCNB Birthday night Partners Night at Green Acres Golf Club

Speaker: Mr. Brian Nankervis, Rockwiz

Host: David Cheney
Greeters: Brian Hurnard.

Setup: Jane Pennington, Neil Marshall

Desk: John Rennie, Rob Head

Thursday 18th May

Speaker: Mr. Drew McGuiness, Keiser Training. The importance of strength training later in life

Host: Jim Romanis

Greeters: Beatrice Ko, Steven Greatorex
Setup: Larry Fitzpatrick, Robyn Stepnell
Desk: Garth Symington, Geoff Kneale

Thursday 11th May

Speaker: Club Debate with Balwyn High School

Are women a more complicated gender

than men?

Host: Gavan Schwartz

Greeters: Rob Head, Jeanette Leigh **Setup:** Findley Cornell, Beatrice Ko

Desk: Colin Sharp, Tony Ho

Thursday 25th May

Speaker: Fiona Read and Caroline McClean

City or Boroondara: Northeast Hub

Host: Peter Wilson

Greeters: Rob Head, Phil Wade

Setup: Geoff Steinicke, Neil Marshall Desk: Bob Bromley, Sam Hardikar

Attendance E-mail Hugo Goetze. hugogoetze@netspace.net.au

Next week is a partner's evening for the 37th Club birthday. It is important that all members who are unavailable do apologise, and also that all partners and guests who will attend advise accordingly.

PRESENT!

53 / 81 Members attended our last meeting plus one other Guests Partners and Friends.

16 members recorded "Make-ups" in the previous week.



Have fun while we embark on a remarkable journey while helping people with mental illness

The Muster for Mental Health will have 12 Tours to complete the journey around Australia. They will be visiting Rotary Clubs and regional towns and cities to bring focus on the importance of sustaining Mental Health Research especially for young Australians and youth suicide.

Visit the Muster website on

https://www.muster.org.au/ for the full itinerary.

Celebrations

Birthdays: Joan Lacy, Don Taylor

Inductions: Bronwen Dimond, 2002; Matthew Pauli, 2013; Jim Studebaker 1991;

John McBride 1987.

Weddings: Maurie and Kristine Walters, Ted and Ivy Angleton

ROTARY CLUB OF NORTH BALWYN 2016/17

President: Rowan McClean

president@rotarynorthbalwyn.com.au

Vice President: Bill Oakley

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.
- Click <u>HERE</u> 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 with your personal message.
- 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: Bruno Coniglio. http://balwynnorthprobus.org.au

North Balwyn Heights Probus: Sue Mullarvey varramul@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

Club Diary

Thursday 4th May: Club Birthday—PARTNERS NIGHT

Our Birthday Night will be at Green Acres on 4 May. Please feel free to wear a funny or colourful (or both) item of clothing to the event The following Sunday is world laughter day, so we want to have a fun night. If you have not yet sent your favourite joke to David Cheney, please do so soon and we will share some of the best on the night.

Friday evening May 12th RC Canterbury Assist with Disaster Food Packing 6.30 pm to 8.30 pm Dinner at Colombos Later: Contact Bill Oakley for details; Members have received a separate E-Mail invitation.

Sunday 13th May. Café International at University House. Details HERE

Tuesday, 23rd May: Fellowship Dinner Night. This Event has been CANCELLED

Saturday May 27, 2017 Comedy For A Cause - Rotary Club of Melbourne Park

Melbourne Bowling Club - 138 Union St, Cnr Bowling Green St, Windsor 3181.7 pm for 8pm \$35 Book HERE

Wednesday 31st May 2017:

Rotary Foundation Centennial Gala Dinner. The Atlantic, Central Pier 161 Harbour Esplanade. Contact Findley Cornell for details.

Thursday 8th June: Ladies fun Raising Night Blue Illusion Balwyn. Contact Kristine McDonell 0412095725

Thursday 29th June 2017. Meeting at Kew Golf Club is Cancelled.

Sunday 2nd July:

Club Change Over Lunch. 12.30pm at Kew Golf Club.

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

16-18 March 2018. District Conference

Warrnambool. Nino Sofra will announce more details later in the year.