



#### "The HeadLines"

##### Last Meeting : Two Topics

We first enjoyed hearing Sam Hardikar's biography. Growing up in India then moving on to University in the USA, Sam then came to Australia to marry Winita. He worked in the USA in the vehicle industry, in manufacturing and on Wall St., and in Australia on IT and project roles until starting his own business in 2007 in Aged Care. Sam and Winita have two young-adult children.

John and Chris Burley spoke to us about their 'retirement' activity of a 16 month volunteer assignment in Laos. This is a land-locked country with a young population and few economic strengths, and John worked in their agriculture sector in market development, managing pest impacts on crops and border protection of their produce.

Chris worked initially with community and drug rehabilitation groups, then with medical students on training and learning systems.

Transferring knowledge to local people was a key part of both John and Chris's work, and they also took the time to learn much about Laos and its people.

##### 'Child Safe' Practices

One of the elements of the Rotary Code of Conduct states that - - "I will avoid all behaviour that reflects adversely on Rotary or other Rotarians".

We are developing a full approach to Child Safe standards, but we do ask that you advise President Rob or Vice Pres Findley if you become aware of any concern around issues or behaviours to do with our involvement with young people (U18) in any of our programs.

##### Rotary Radio

On the evening of 11th August, we will have coverage of two of our major projects on Rotary radio ; 94.1 FM or 3WBC digital.

Interviews will be with Garth on the Men's Shed and Estelle on the Mongolia project. Thanks to Tony Wells for setting this up.

##### The Quote

"The secret of life is honesty and fair dealing. If you can fake that, you've got it made.":- Groucho Marx

##### 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**

ROTARY CLUB OF NORTH BALWYN Club Website: [HERE](#)

See us on Facebook: [Click HERE](#)

Read The Networker: [July 2017](#) Issue 23



JULY ROTARY DOWN UNDER

Click [HERE](#)

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Last week's meeting:-



Gabe Hau, eClub Melbourne, reported on our club's contribution to The Rotary Foundation.



Our own Rotarian Sam Hardikar's auto biography presentation began in Bombay where Sam grew up. Later Sam travelled and worked in the USA while studying, marrying Winita and moving to Australia.



Rotarian Beatrice Ko did a great job as host for the evening. Beatrice welcomed Chris and John Burley to the podium in Laotian!!

Chris and John spoke about their year as Australian Volunteers in Laos. A very exciting and rewarding adventure which has left both of them with an itch to do more of the same.

## Gardening Thank You

We received a nice card from Carol O'Connor in appreciation of the gardening work done recently by Tony Hart and Rob Head.

## Photo.

Gardening team and students on site at Banool Road, Surrey Hills.





"The Fellowship committee invites Rotarians and their partners, and especially new members, to attend a movie night and dinner -

**Venue:** Palace Cinema, Whitehorse Road, Balwyn

**Date & Time:** **Friday September 8th, 2017**, with movie starting at 6.30pm. Group booking price of \$12/person

**Movie: Tommy's Honour** - about a father-son team who ushered in the modern game of golf. As Tom and Tommy (Scotland's Golf Royalty) fame grew, and they were touched by drama and personal tragedy.

**Dinner:** about 8.30pm at Colombo's, Whitehorse Road, Balwyn. A 2-course meal with coffee/tea for a set price of \$29.00/person.

**Queries to:** Maurie Walters or Russell Cooper.

**Total Cost:** \$41/person payable prior to August 18. Monies will be collected from August 10th

Regards, Russell Cooper 0417 392109 and Maurie Walters 0438 005 820



## Fundraiser Movie Night

# Bringing The Light

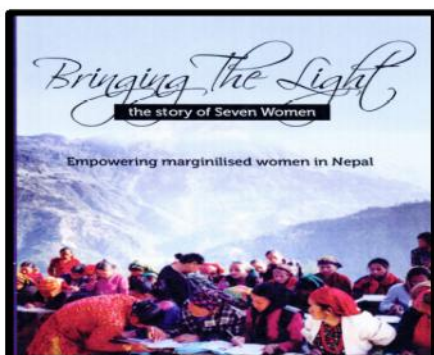
Friday 4<sup>th</sup> August

Essendon Baptist Community Church

138 Buckley Street Essendon

6pm for Pizza

6.45pm Movie



After the movie has concluded, Stephanie Woollard will be available for a "Q&A" session with our audience, interviewed by Bernadette Schwerdt (TED Talk Speaker)

*This documentary movie follows a group of Nepalese women over a period of four years seeking to create a better life for themselves, their families and other women in Nepal*

Stephanie Woollard is the Founder and CEO of 'Seven Women'. Stephanie is also a Rotary Peace Fellow and was recently one of six winners of the International Responsible Business Award, which she received at the United Nations. She has the desire to take the message to the world that every one of us can make a difference. This movie will inspire and encourage us all.

[www.sevenwomen.org](http://www.sevenwomen.org)

\$20 per adult

\$15 concession/student

\$50 family

Entry price includes pizza and movie

Drinks, ice creams and raffle tickets will be sold on the night

\* All money raised on the night will be distributed to the 3 organisations

RSVP: [careforcambodians@gmail.com](mailto:careforcambodians@gmail.com)

Or phone or text Jane Carbone on 0417329005





😊 RCNB Money Matters....

**Guess What??** It's nearly August and RCNB has already paid 6 months of considerable fees on your behalf to Rotary International and Rotary Down Under. As of last Friday, **we have received Subscriptions from 52 obliging RCNB Members, being only 65% of those invoiced on 3<sup>rd</sup> July 2017.**



Yes, I recognise that we have some other Members travelling (without EFT/cheque books). Others have misplaced their 3<sup>rd</sup> July 2017 invoice and others, for whatever reason have yet to make contact regarding their outstanding Subscription payable. If I have inadvertently missed seeing your remittance, I'd ask that you contact me asap to clarify – contact me anyway.

Looking forward to updating the Club further at the Forum next Thursday. See you there.

Cheers, Greg Cribbes RCNB Treasurer Mob 0413 270403

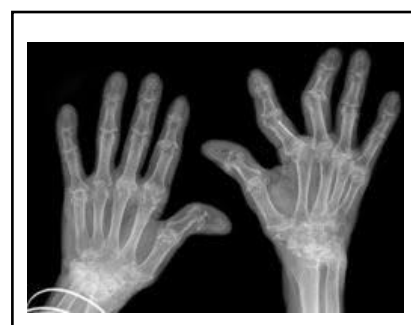
### Geoff's Health Tip

#### Everything you Wanted to Know About Arthritis

Taken from [The Heath Report](#) ABC Radio National

#### One in ten Australians suffer from osteoarthritis.

Professor David Hunter, *University of Sydney*:- Osteoarthritis is a painful condition that typically affects knees, hips or hands and it's the most common reason a person develops lower limb disability. It relates often times to structural changes that occur within the bone, the lining of the joint, the synovium and cartilage.



The prehistoric theories is that it was very much a cartilage-centric condition known as wear and tear or degenerative, similar to the terms commonly used these days, but they're all wrong. Every joint has the capacity for repair, so this isn't just wear and degeneration. It isn't just old age.

There are lots of myths about osteoarthritis. I think a lot of people believe that there are only so many steps a joint has in its lifetime, so the more steps you take, the more likely you are to develop osteoarthritis, and the opposite is probably true; the more active you remain, probably the better your joints are. There's good studies out there now showing that exercise and running included in that exercise is likely helpful in terms of preventing the risk of osteoarthritis. If you are a recreational runner, if you do it at loads that aren't excessive, then you are likely protecting yourself from the development of osteoarthritis. So there's no good substantiation of the theory that running is bad for your joints, it's actually likely helpful.

The mainstay of treatment for everybody that has osteoarthritis should consist of three fundamental things; exercise, and weight management. The key interventions for exercise are strengthening exercise of the muscles either side of the joint to improve the joint stability. It's critical that they do it in a way that long-term they are likely to adhere to it, to stick to it. And so we generally recommend low impact exercise for the aerobic conditioning portion, so things like swimming, cycling, Tai Chi, rowing, paddling sports.

There's probably some benefit from a Mediterranean diet, by enriching omega three fatty acids and reducing hopefully omega six fatty acids, which are pro-inflammatory. Outside of that, people believe but there is not good data from trials to suggest that vitamin D might also play an important role. But the key dietary manipulation is really caloric restriction and weight loss.

The unfortunate thing is that about 80% of patients who are dealt with in primary care in Australia follow a course of analgesic medication, so that's your anti-inflammatories or paracetamol, you've skipped the exercise and diet, and when the analgesic medication is no longer sufficient you are referred to a surgeon. Referral to a surgeon is five times more common than referral to a physiotherapist or a dietitian, someone who can help you with the exercise or weight loss.

Peter Sutherland (for Geoff who is on holidays)



# GARDENING PROJECT 31st July 2017

## GARDENING PROJECT 31st July 2017

Please volunteer where you can, there are plenty of opportunities, your involvement is greatly appreciated

*Give me a call anytime - Peter Elliott 0419 417334,*

Date and Who with	Time	RCNB Supervisor	Assisted by
Fri 4/8 X	2.45 – 5.15pm	Russell Turner	Tak Yukawa
Fri 11/8 CGS	2.45 – 4.00pm		Findley Cornell
Sat 12/8 MLC	10.00am – 12noon	Rowan McClean	Tak Yukawa
Fri 18/8 CGS/X	2.45 – 5.15pm		
Fri 25/8 CGS/X	2.45 – 5.15pm		
Sat 26/8 MLC	10.00 – 12 noon		

### Update from Joseph Aaron Tetera in the Solomons

Well, the rice harvest ceremony took place on Tuesday 18 July 2017 at 9.30 am.

The chief guest was the Ambassador of the Republic of China [ Taiwan] and other Government Officials,

The program was opened by a welcome speech taken by Joseph Aaron and followed by words of thanks taken by Fr Albert It was an enjoyable ceremony. My speech was later taken by the Solomon Star News paper for printing.

This years harvest estimated tones will up to 5 to 6 tones per hectare



[ **Bob Bott:-** A great ongoing project that provides an essential food source to both the students at Tetera, the Hospital and local Community  
The redevelopment of the abandoned Rice Fields at Tetera has been another great Rotary project ]

## Club Diary

### Saturday 12th August. Rotaract D9800 OurSpace

Rotaract Clubs of Swinburne, Gateway, Melbourne City and new provisional club Stonnington. Our Space welcomes everybody including friends, family, Rotarians and the wider community to enjoy a night of entertainment, celebration and delicious food.

***Dinner, entertainment, 2 raffle tickets and contribution to Rotaract 9800 activities - \$50***

**Get Your Tickets Now**

### Friday September 8th, 2017

Movie night at the Palace Cinema, Whitehorse Road, Balwyn **Tommy's Honour**

The movie starts at 6.30pm. Group booking price of \$12/person followed by dinner at Colombo's cost \$29/person

Total Cost: \$41/person payable prior to August 18.

Monies will be collected from August 10th

Contact Russell Cooper 0417 392109 or Maurie Walters 0438 005 820

### Sunday, August 27: Partners' Afternoon Tea

2.00 pm – 4.00 pm at QPO, hosted by Ailsa Head.

Members; if you have not passed on the invitation sent out by E-mail to your Partner, please look for it and do so.

Partners: where our data base held your E-mail the invitation was sent only to you.

Please RSVP to Ailsa Head by 16th August to [rahead@bigpond.com](mailto:rahead@bigpond.com),

or 9387 1676 (msg. service) or mob. 0425 879279

### 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.

### 21 -25 March 2018. [2018 Formula 1® Australian Grand Prix.](#)

### **Almoner Duties**

For the next two weeks, please advise Rob Head or Peter Elliott of any almoner announcements: illnesses, births etc.

## MEETING ROSTERS

**Thursday 3rd August**

Speaker: CLUB FORUM

Host: President Rob Head

Topic: Submit issues for discussion prior to the meeting please.

Greeters: David Cheney, Eileen Toohill

Setup: Adrian Ranson, Maurie Walters

Desk: Phil Wade, Greg Cribbes

**Thursday 10th August**

Speaker: Estelle Kelly, Bill Oakley and Exchange Students

Host: Estelle Kelly

Topic: Mongolian Trip Reunion

Greeters: Greg Matthews, Neil Marshall

Setup: Peter Cleary, Tony Wells

Desk: Bernie Smith, Findley Cornell

**Thursday 17th August**

Speakers: Jane Pennington

Host: Jane Pennington

Topic: Solomon Islands Sewing Machine Update

Greeters: Marcel Muntwyler, Anthony Stokes

Setup: Bronwen Dimond, Ian Richardson

Desk: Kinga Paulheim, Adrian Ranson

**Thursday 24th August**

Speakers: Harold Mitchell

Host: Ian Adams

Topic: Australia's Place in a Changing World

Greeters: Bill Oakley, Peter Wilson

Setup: Ted Wilkins, Ian Adams

Desk: Duncan Ansell, Colin Sharp

**This week is Forum Night.****What are the plans for this Rotary Year? Have your say! Ask questions!****Attendance:****Are you unable to attend the next meeting? Are you bringing a Guest or your Partner?**E-mail Brian Hurnard [bhurnard@netspace.net.au](mailto:bhurnard@netspace.net.au) ...or if you know in advance fill in the attendance sheet at The Front Desk on a prior meeting night.**This week's meeting**

Membership = 80, In attendance = 46 or 57.5%. Apologies = 20 with a further 12 on LOA.

Guest speakers – John &amp; Chris Burley. Their experience of volunteering in Laos.

Visiting Rotarian – Gabe Hau, eClub Melbourne. Report on our club's contribution to The Rotary Foundation.

Member external activities (formally Make-Ups) – Greg Ross at RC Brighton; Rowan McClean – Audiology Project.

**Celebrations****Birthdays:-** Jo Wells August 5th Jane Pennington August 11th  
Peter Elliott August 12th**Inductions:-** Jack Liao August 11th**Weddings:-** Garth & Carol Symington August 7th



## 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 web-site; select My Menu; Meeting Attendance/Apologies and Make-Ups; Select meeting date; Add Apology to this meeting; and send.
3. Or E-mail Brian Hurnard  
[bhurnard@netspace.net.au](mailto:bhurnard@netspace.net.au) with your personal message.
4. Phone 9819 7664 (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.



**helloworld**



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