



"The HeadLines"

The Grand Prix

A big thank-you to the more than 40 Club members, plus partners, Friends of Rotary and family members who contributed to the success of this catering project.

This raised a little over \$30,000 for us, but involves a lot of work to provide the range of services that we do and to meet the Grand Prix requirements.

Our Newest Member

We welcome back to the Club newest member Terry Keyhoe and Maree.

Terry is a past president of RCNB, and we look forward to his involvement with our projects.

Guest Speaker

Dr Charles Lane provided an interesting outline of his work and experiences with the Barabaig peoples in Tanzania, taking us through the impacts of tribal culture and colonial rule.

Bendigo Bank Grant

We have just received a grant of \$2,500 from Bendigo Bank, and we greatly appreciate their continuing support for our fundraising projects.

These funds will be used for the local youth drug and alcohol education program that we are supporting with Access Health in Boroondara.

What's Coming

- Our 'stand-up' meeting next Thursday- \$30 per person (\$31 by credit card) canapes, fellowship, autobiography.
- Fellowship visit to Heide on 15 April book with Russell Cooper.
- Club Birthday Meeting on 10 May.

The Quote

Mark Twain

"Whenever you find yourself on the side of the majority, it is time to pause and reflect."

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



Terry, responding to his inauguration into RCNB while President Rob's wife, Ailsa, extends a welcome to Maree on behalf of RCNB partners.



Club Website: [HERE](#)
Facebook: [Click HERE](#)
The Networker: [Issue 11](#)



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



GUEST SPEAKER

Our Guest Speaker last meeting was Dr Charles Lane, former head of Oxfam in Tanzania.

Charles is passionate about Africa and has spent over 20 years there including two years in the 1980s when he lived with the Barabaig tribe from North Central Tanzania, whilst doing a PhD studying their customs and culture

He gave a fascinating description of his life with the Barabaig and explained why they do what they do.

Their's is an ancient culture under threat from neighbouring tribes and from the majority cultures in Tanzania. They are a nomadic people who rely on cattle as the mainstay of their economy.

The Barabaig lands were stolen to grow wheat through misguided support from Canada in a development project.

Charles helped the Barabaig take their case to Tanzania's Supreme Court, and initially they won. However the Tanzanian Government appealed and had the decision overturned so the wheat growing project could continue. Charles has produced a beautiful book telling the story of the Barabaig; his experience in living with them, and the fight to regain their lands.

Bill Oakley

**ShelterBox Support**

We have just been advised that the \$1000 we provided to the Shelterbox organisation from our Disaster Relief Funds is already being put to good use providing shelter and survival resources to the people in Papua New Guinea affected by their major earthquake last month.

President Rob Head

**Meeting No.36**

Wednesday, 28th March 2018

Present:

Guest Speaker	1	Charles Lane - Life with the Barabaig minority in Tanzania.
NB Members	37	
Partners	6	Sue Fitz, Ailsa Head, Elaine Magor, Heather Matthews, Sally Sharp, & Judy Steinicke
Guests	3	Brian James (Assoc. of GS), his partner Diamond Rozakeas, PNM Fatima Baraka (guest of Jeanette Leigh).
Friends / Alumni	2	Inductee Terry Keyhoe and Maree.

Members :- On Time Apologies 31, Late Apologies 2, LOA 7, No Show 1.

Member Attendance 37 = 47.4% Membership was 78, now 79

External Activities 44 Gardening - David deGaris, Tony Hart, Estelle Kelly, & Ian Richardson.

Grand Prix Catering 35 members for 80 shifts (Frid, Sat & Sun), Purple Choir - Jeanette Leigh

Gardening - Eva Tilley - Ian Adams, John Gartlan, Brian Hurnard, & Marcel Muntwyler: .

Absences for Rosters next week:

Paul Fitz, Tony Ho, David Rowe, Yvonne Lynham, Brian Thomas, Peter Wilson & Dileep Krishna Pillai.

IMAGES FROM THE GRAND PRIX



MEETING ROSTERS

Thursday 5 April Greeters: Brian Hurnard, Bill Oakley Set Up: Ian Richardson, John McBride Desk: John Gartlan, Greg Matthews	Speaker: Greg Cribbes (and "The Juggler") Host: Rob Head Topic: Autobiography (and Video)
Thursday 12 April Greeters: Joe Butler, Kinga Paulheim Set Up: Duncan Ansell, Jim Romanis Desk: Greg Ross, Bernie Smith	Speaker: Professor David Buttifant Host: Geoff Kneale Topic: Collingwood, Carlton, Malthouse & More Professor Buttifant is probably Australia's only Professor of Sports Medicine.
Thursday 19 April Greeters: Adam Hilary, Peter Downton Set Up: Jeanette Leigh, Phil Wade Desk: Beatrice Ko, Neil Marshall	Speaker: Major James Sharp & Major Kym McCarthy Host: Colin Sharp Topic: Modern Day Anzacs James (Colin and Sally's son) and his partner Kym have both seen service in Afghanistan.
Thursday 26 April Greeters: Estelle Kelly, John McBride Set Up: Chris Flavelle-Smith, Geoff Haddy Desk: Joe Butler, Peter Cleary	Speaker: Jo Pride Host: Jim Studebaker Topic: Surviving Human Trafficking and Slavery Jo Pride, CEO of Hagar Australia, is a member of the Aust Govt's Round Table on Human Trafficking

2018-19 RI President Barry Rassin announces his presidential theme, *Be the Inspiration*, at Rotary's International Assembly.

Rotary International President-elect Barry Rassin laid out his vision for the future of the organization on Sunday, calling on leaders to work for a sustainable future and to inspire Rotarians and the community at large.

Rassin, a member of the Rotary Club of East Nassau, New Providence, Bahamas, unveiled the 2018-19 presidential theme, *Be the Inspiration*, to incoming district governors at Rotary's International Assembly in San Diego, California, USA. "I want you to inspire in your clubs, your Rotarians, that desire for something greater. The drive to do more, to be more, to create something that will live beyond each of us."

Rassin stressed the power of Rotary's new vision statement, "Together, we see a world where people unite and take action to create lasting change — across the globe, in our communities, and in ourselves." This describes the Rotary that leaders must help build, he said.



Club Diary

Sunday 15 April Visit to Heide Museum, Bulleen.

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/>

Our newest member: Past President Terry Keyhoe

Terry is married to Maree and they have 4 children; Tony, David, Matt and Andrea and 11 grandchildren.

Terry originally joined our club in 1988 and through business reasons had to resign. Meanwhile, he was our club President in 2001- 2002.

He is a very personable guy who has a wide network of contacts through business, baseball, football, cricket, Rotary etc.

He was one of the original people who enabled us to be involved with the Grand Prix from which we have raised a considerable amount of money.

Terry, as a Friend of Rotary, hasn't really left us as many of you may have worked with him in recent years cooking snags or seen him working the coffee machine.

For many years, Terry has been involved in the swimming pool industry and more recently in obtaining pool permits to build pools.

If you don't know Terry, please introduce yourself but be aware that he is a little hard of hearing.

Could you all please welcome back Past President Terry Keyhoe.

Rotary Fitness is a initiative from [District 9710](#) supporting [Australian Rotary Health](#), spearheaded by City2Surf Legend and Australian Rotary Health Ambassador, Chris Edwards of the [Rotary Club of Hall](#).

"Rotary Fitness is as much about physical and mental health as it is about the health of Rotary and well-being of community." – *Chris Edwards*

For more information, click here:- <https://rotary.fitness/about/>



Birthdays and Anniversaries between March 31 and April 6

Weddings: John and Helen Rennie, Colin and Sally Sharp

Birthdays: Larry Fitzpatrick

Induction Anniversaries:

Geoff's Health Tip**Outdoor Activity in Sunlight is the best way to lower the risk of MS.**

Some new research has provided an interesting addition to what we already know about MS (Multiple Sclerosis).

It has been known for some time that a deficiency in Vitamin D from a lack of exposure to sunlight in childhood is an important link in the development of MS. Now new research by researchers at the University of British Columbia in Vancouver, Canada, has shown that MS may not be mediated just by Vitamin D.

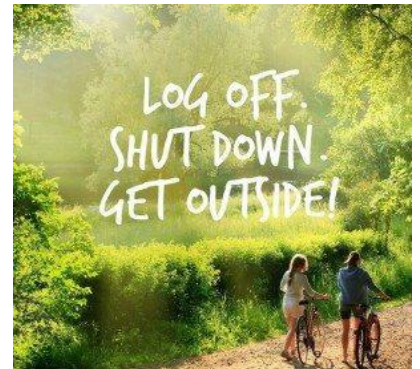
Lead researcher Helen Tremlet, PhD said, "While Vitamin D may play a role, our results suggest that other mechanisms may be involved as well".

- The data showed that the association between sun exposure and reduced MS risk appears to be present throughout life – not just through childhood or adolescence.
- The research showed that the risk of developing MS continues right up to a few years before MS develops.
- Data from the US Nurses Health Study showed that the average age at MS onset was 39.5 years.
- Results from the study indicated that people living in an area with high ambient UVB levels were associated with a 40% lower risk for MS across all age groups.
- Specific age group exposure to increased ambient UV levels at ages 5 to 15 and 31 to 40 is associated with statistically reduced risks for MS – of the order of 50% to 65%.

The take home message is that activity in sunlight throughout your life is the best way to reduce the risk of MS.

This message should be enough for parents and grandparents to severely limit the time children and young adults spend indoors during sunlight hours.

Geoff



Purple Cloak Choir project with Kathleen Maguire

It's now only a few days until the first rehearsal of "There For You", the song we heard at the recent Club meeting with Matt Maudlin and Kathleen.

Thank you for your interest in this exciting project! We now have interest from a large number of potential participants, including:

- The Tudor Choristers
- The Star Chorale
- Rotary Club of North Balwyn
- Arts Committee, Rotary Club of Melbourne
- Melbourne City Rotaract Club
- Rotary Club of Melbourne
- Rotary Club of Mordialloc
- Brunswick Secondary College Choir
- Lauriston Girls School Choir (to be confirmed)

Rehearsals are being held at Good Shepherd Chapel, Abbotsford Convent .

Time:- from 7:30pm to 9:30pm

Rehearsal 2: April 2

Rehearsal 3: April 9

Recording Session: April 16

For **anyone** interested, you can sign up via the TeamApp link:

<https://playingourpart.teamapp.com>

or contact Kathleen directly by email: kathleen@kathleen-mcguire.com

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: Don Campbell .

<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.


Solomons
Flooring