

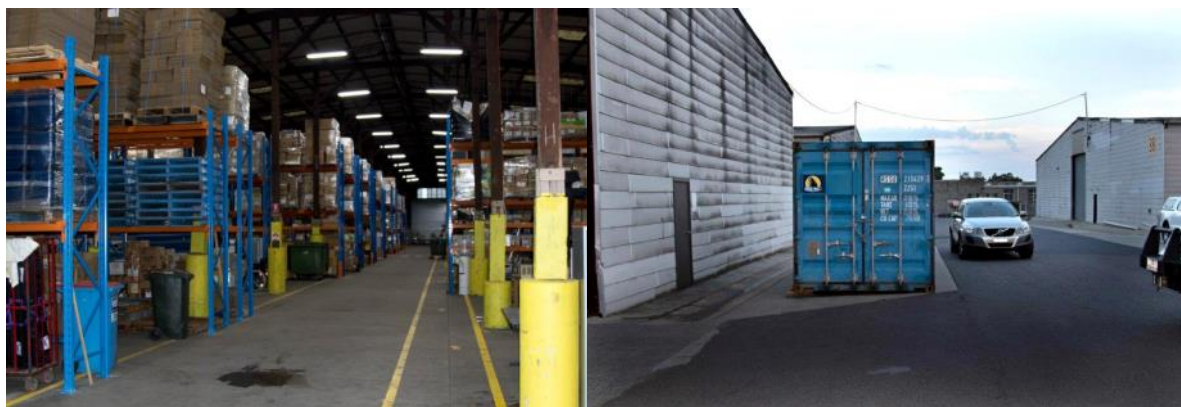


#### "The HeadLines"

#### The Last Meeting; DIK

It was great to see about forty members and partners at our Club meeting held at Donations in Kind (DIK) in West Footscray. My thanks again to all who contributed to a great evening. We held our Club meeting here to make the DIK business more real for members, and to show our support for those who are contributing regularly at DIK, doing a lot of good work.

We also saw our container, packed and ready to go to the Solomons.



The "new" tidy Shed 39 and our container for the Solomons ready for pick up.

#### With Christmas Coming - -

Our Club Christmas Meeting with Partners will be on Thursday the 14th of December, and our final meeting for the year, our Christmas Breakfast will be on Thursday the 21st of December at 7.30am at the North Balwyn Cricket Club Pavilion.

We will also be an 'event partner' of Carols in the Park on Saturday the 16th of December to be held in Macleay Park, supporting the North Balwyn Inter-Church Council.

#### The Quote

From Groucho Marx

"Those are my principles, and if you don't like them... well, I can find some others."

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**

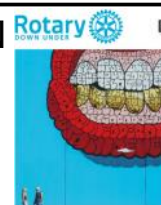
Club Website: [HERE](#)

Facebook: [Click HERE](#)

The Networker: [Issue 9](#)



**DEC/JAN ROTARY DOWN UNDER** Click [HERE](#)  
Click for [All District Events](#)



## Our Meeting at Shed 39 Somerville Road West Footscray to see the move of Donations in Kind from Shed 40 to Shed 39.

Donations in Kind or DIK colloquially, consists of many parts of which the most visible has been Shed 40 at Somerville Road; however to avoid an inevitable rent increase DIK is in the throes of moving into Shed 39 which attracts cheaper rent due to its restricted southerly access to large vehicles. The move has incurred many man hours to relocate the pallet racking, put down new floor lines, build new offices and amenities and then relocate the stock, whilst also continuing the picking up of donated goods and stuffing of containers.

The other parts of DIK are its dedicated management team, Rotary volunteers, donors of funds and donors of goods and services. Bob Glindemann, Laurie Fisher and David Dippie, together with a



team of regular volunteers keep the store goods sorted and ready for containerisation in support of Rotary Overseas Projects. This year's Networker 6 has a great summary of its history and achievements. Please revisit this edition by clicking [HERE](#) We decided to see for ourselves what DIK looks like in the flesh and Bob Glindemann stayed on after a very hot and tiresome day to be Guest Speaker at our meeting and try to instill some of his enthusiasm of DIK into our members.

*Left: Imre Lele with Bob Glindemann and President Rob Head in the background.*



*Nino, Bill, Ian and Jane prepared a feast which was applauded by everyone present*





**\$50 million**  
worth of goods collected



**\$3.2 million**  
raised for store & shipping



26 countries supported



**\$4.5 million**  
volunteer hours in \$



**\$57.7 million**  
total aid distributed



**30,000m<sup>3</sup>**  
goods recycled



**\$1 = \$15**  
your donations impact






get involved at [www.rotarydik.org](http://www.rotarydik.org)

*Members are welcome (if not urged) to volunteer on Tuesdays and Thursdays, and especially in the coming weeks to help finalise the move. **This Thursday is an "all hands on deck" day to help load a skip (or skips) with items discarded during the shift.***

Thanks Bob for your informative speech and facility tour, and to everyone who travelled across town to West Footscray to gain their own appreciation of the fine work that DIK does. Host Imre





Fabrics and Bicycles



Above: Ansell Gloves displayed by Duncan Ansell! ..and the two DIK pick up vans.



Right: Shed 40  
nearly empty  
Left: Andy Steinicke  
Is a regular Tues-  
day/Thursday  
Forkie and Van Driver.



Bob conducting "The Tour"



## ***The Christmas Raffle.***

Please return you **sold** “Personal Raffle Book” to Colin Sharp or Geoff Kneale as soon as possible.

THE RCNB Gardening Team thanks each and every one of you who have kindly participated in another very successful Gardens Project during 2017.

Such success has again relied on:

1. Suitable **Properties** being continually referred to us for a ‘haircut’,
2. **Schools** being actively involved on nominated Fridays and Saturdays,
3. Tireless support of the **Council “Bin” legends**, and
4. of course, **Fellow Rotations** in arranging and supervising these activities.

Special mention is made of Peter Elliott’s terrific co-ordination role during the year – arranging all of the participants to achieve the desired outcome takes incredible time and patience and is appreciated. For 2018, Rowan McClean will be the RCNB Gardens Co-ordinator

– feel free to call Ro or any of us any time.

**Some amazing aspects about this heart-warming Community Project for 2017:**

840++ Community Service Student hours – where do they get the energy?

51+ visits, ranging from significant makeovers to minor tidy-ups/trimms.

Only 3 washout/heat days this year, thankfully.

36 separate properties and very grateful residents.

240++ Council Bins ( a HUGE thank you to Bill & Wes for their “magic” Bins – can’t do without you).

101 Rotarian timeslots filled.

30 individual Rotarian involved (again, with our thanks).

**VERY, VERY well done.**

Already, planning is under way to recommence in February 2018 so stay tuned for dates in the New Year.

**You can help** – the Gardens Project obviously relies on RCNB/Schools committing to forward dates to then plan visits to suitable properties.

A key part of this success over the years has been the constant flow of such properties being referred to us.

Seemingly, not quite enough this year, so we repeated some visits.....

***Our listing of Properties has almost been exhausted by the Gardening efforts and we really need to head into 2018 with a number of properties to visit.***

**We really appeal to you all to please “dig around” for more suitable prospects.**

Please feel free to circulate the attached “Referral Instruction” and “Rotary Gardening Application” forms around your team, colleagues, relatives, friends **with a plea to contact any of us with possible, prospective, needy, suitable venues.** Only then can the Garden Project continue to “bloom” for all those involved, particularly Residents and Students...

**Again, our sincere thanks for 2017 – remember, after Christmas, 2018 is just around the corner.....**

Cheers and best wishes for a festive, happy and healthy New Year from the RCNB Gardening Team.

**Greg Cribbes** Mob 0413 270403 **Peter Elliott** Mob 0419 417334 **Geoff Haddy** Mob 0418 584 968

**Brian Hurnard** Mob 0414 985 779 **Rowan McClean** Mob 0412 966066

## MEETING ROSTERS

<p>Thursday 7th December</p> <p>Speakers: Jo Bergman and Stewart Kreltszheim</p> <p>Host: Bev Sofra</p> <p>Greeters: Ian Adams, Jane Pennington</p> <p>Setup: Jim Romanis, David Rowe</p> <p>Desk: Ian Richardson, Joe Butler</p>	<p>Topic: <b>"No Roads Health"</b></p> <p><b>No Roads – Health</b> was formed in 2012 when an Australian experienced <b>No Roads Expeditions Kokoda Track</b> Guides identified a desperate need for health care on the Kokoda track.</p> <p>Mission: To partner with aid agencies to deliver targeted health activities which benefit the people of Papua New Guinea</p>
<p>Thursday 14th December</p> <p>Speakers: Christmas Meeting</p> <p>Greeters: Rowan McClean, Jim Studebaker</p> <p>Setup: Greg Cribbes, Imre Lele</p> <p>Desk: Peter Cleary, Maurie Walters</p>	<p><b>PARTNERS NIGHT</b></p> <p>Sing along to your favourite Christmas Carols at our Christmas Meeting. Bring an unwrapped Christmas present to help make Christmas a bit more special for a disadvantaged family.</p>
<p>Thursday 21st December</p> <p>Speaker: Breakfast Meeting</p> <p>Greeters: Not required</p> <p>Setup: Not required</p> <p>Desk: Peter Wilson, Russell Cooper</p>	<p><b>Topic: Fellowship breakfast at Macleay Park in the North Balwyn Cricket Club Pavilion. 7.30am Only \$22!</b></p>
<p>Thursday 28th December</p> <p>No Meeting</p>	<p><b>Christmas Break</b></p>

**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 78 Apologies -36, LOA – 4, Attendance 38 = 48.7%

External Activities – Men's Shed 27 & 30 Nov. Bernie Smith, David Cheney, Peter Elliott, Greg Matthews.

Catering - 25th Nov. Estelle Kelly, Ian Richardson, Nino Sofra, Geoff Steinicke

DIK - Imre Lele & Pete Sutherland. Catering for DIK meeting - Bill Oakley, Jane Pennington, Ian Richardson & Nino Sofra.

Rowan McClean - District Foundation & Gardening Project.

Interviews for Mongolian Visit Host Parents - Estelle Kelly & Ian Adams.

Cheers, Hugo.

**Celebrations**

**Birthdays:** Pat Cleary

**Inductions:** Greg Matthews 1985,  
Jim Romanis 1995, John Rennie 1988.

**Weddings:** Nil





## CHRISTMAS FARE

FRIDAY 8<sup>TH</sup> DECEMBER 2017 ; DONCASTER ROAD

OUTSIDE THE COMMONWEALTH BANK, 9.00-12.00

**This Friday! The moment has arrived!**

Ladies, friends and supporters, Please deliver you goodies to

Ian Mollison's office, Hello World,

66 Doncaster Road, North Balwyn on Thursday 7th December up until 5.30 pm.

Funds this year will go to the Refugee Support Program at Baptcare Ashburton.

Many thanks for your help,

Ailsa Head

Enquiries—Jo Wells 9859 3725

## GALA CHARITY GOLF DAY

RC North Balwyn is to hold its annual Gala Charity Golf Day at the Kew Golf Club on Friday 23<sup>rd</sup> February 2018 to raise funds for Youth Mental Health through Australian Rotary Health.

The Kew Golf Club is located in Belford Road in East Kew, in a spectacular parkland setting beside the Yarra River. The course is easily accessible, 15 minutes from the Melbourne CBD and just off the Eastern Freeway.

An Ambrose competition with a shotgun start will be followed by fellowship and a gourmet barbecue lunch. There will be prizes for the overall winners plus the longest and straightest drives.

The cost per entrant will be \$100.00 and the main beneficiary of the funds will be Youth Mental Health which has been identified as an area of concern following discussions with the local community. Money will be directed to Australian Rotary Health .

RC North Balwyn is seeking support from Rotarians throughout D9800 for this major Community Service Project while enjoying excellent golf and good fellowship at Kew Golf Club.



# Boroondara Cares

Here is your copy of *Boroondara Cares Update*; Please click [this link](#)

**The Final Boroondara Cares Forum for 2017** is this Friday the 8th December.  
Time 12:30 for 1:00 p.m.

Boroondara Council Offices Ingelsby Road , Camberwell; Acacia Room.

For admission you will need to report to reception.

As is our "Tradition" for the last meeting of the year, we will be serving some Christmas "cheer" before the meeting,

***We would appreciate an RSVP, if you have not already done so, to help with the catering.***

Hope to see you there

Regards, Robert Lambert, Marketing Director,  
Boroondara Cares Foundation



**Rotary Clubs of-**  
*Balwyn, Camberwell,  
Canterbury, Glenferrie,  
Hawthorn, Kew,  
North Balwyn,  
Yarra Bend*



## New Year Welcome back Brunch with incoming Mongolian group.

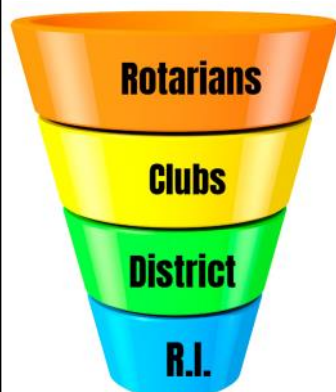
WHEN: Sunday Jan 14, 2018 at 9.15am

WHERE: [Warren Glen Nursery Café](#),

Warrandyte-Ringwood Road.

COST: \$25

Russell Cooper 0417 392109



### President Elect Leadership Development

*"Many Rotarians recall being Club President as a great time, some so far as saying that it was the very best year in their Rotary life. It certainly was a great honour to be invited by your Club members to lead the Club – the heart of Rotary. Some of us though felt a wee bit nervous at the responsibility and challenges. It is helpful that preparations start early for President Elects with invitations to Leadership Development opportunities. These have just occurred and were filled with laughter and conversation. Strategies exploring leadership and success were shared."*

*These will be further developed during a multi-district weekend in March. 4 Victorian districts will then come together with Avenue of Service Chairs, Assistant Governors and Board members. Together, as Rotarians, we are Connecting, Inspiring and Transforming."*

Warm regards :

**Bronwyn Stephens**

Rotary Club of Melbourne South

RI District 9800 District Governor 2018-2019



It never rains but it pours!

Another fundraising sausage sizzle but I think we needed a canoe - it was somewhat damp - actually pouring with rain most of the time!!! And a tad chilly even though it is now officially summer.....this is definitely dedication to Rotary projects which we are fundraising for.

Jane Pennington



Geoff's Health Tip**Sesame Seeds are more Nutritionally Active than we thought**

We have all purchased bread coated in sesame seeds only to find they fall off as soon as you start cutting the loaf into slices. I would rather the sesame seeds be included within the bread mix than be used for temporary decoration, but I suppose it is visually attractive giving the impression of being wholesome and natural. Apart from this, sesame seeds have special health benefits that I will refer to later.

Sesame is an erect, annual plant *Sesamum indicum* L., or *Sesamum orientale*, belonging to the family Pedaliaceae, cultivated since antiquity for its seeds.

Records show it was first cultivated in China 5,000 years ago and later in parts of India. From there it was brought to Africa and the Middle East, and its value both medicinally and for cooking gradually spread.

In the Middle Eastern countries, sesame seeds are crushed in a stone mill to produce a paste known as Tahini. Tahini has a nutty taste and blends well with honey to produce a spread. Halvah is another delightful confection made of partly crushed sesame seeds, sugar, vanilla, honey and a little salt.

**Disrupters:** These days we hear a lot about 'disrupters', whether it be Uber, Amazon or Cryptocurrencies. It is also a word used when 'endocrine disrupters', such as phthalates, propylbenzoates, toxic weedicides, etc, affect our endocrine system. This includes the secretion of hormones and function of our glands as well as ovaries, pancreas and testes.

**The Rescuer:** Sesame seeds have now gained fame for their high lignan content and phytoestrogens that are biologically active elements with antioxidant and chemoprotective properties.

**How it works:** Structurally similar to estrogen, lignans are credited with reducing the risk of hormone-related diseases such as cancers of the breast, ovary, and prostate. Lignans have the ability to bind to estrogen receptors in cells, an action that has an inhibitory effect on the metastasis process.

Geoff

**North Balwyn Carols in the Park****Saturday 16th December**

Bring a picnic, or enjoy a sausage sizzle, pancakes, drinks and ice cream for a small price. Santa arrives around 6:30pm, with face painting and other children's activities also available.

At 7.30pm, the carols begin with the Camberwell Salvation Army band and CHIME choir. Acclaimed soloists soprano Danielle Calder, tenor Michael Lapina and Balwyn High's soprano Imogen Spendlove will delight us all, as will the St Bede's and Balwyn Primary School choirs. Rhema Choir will sing in Mandarin.

The evening concludes with the wonderful Hallelujah Chorus from Handel's Messiah sung by the CHIME choir and the sky lighting up with fireworks.



## Club Diary

Read about Rotary in your area in The Progress Leader

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

## 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.

Thursday 14th December Partners' Night  
Club Christmas Meeting

## Saturday 16th December

Carols in the Park (Macleay Park Belmore Road)

Christmas Raffle draw on Stage at 9.00 p.m.

## Monday 18th December

Servants Christmas Carols & BBQ



## Thursday December 21.

Club Christmas Breakfast at Macleay Park.

## Wednesday 10th—Thursday 25th January

Mongolian Exchange

## Sunday January 14th

Brunch at [Warran Glen Nursery Café](#)

(Meet the Mongolian students(12) and their chaperones(2)).

## Thursday January 18, 2018

First Club meeting of 2018

## Friday 23rd February 2018

Gala Charity Golf Day

## 16-18 March 2018.

District Conference

Warrnambool.

Registrations [Now Open](#)



## 21 –25 March 2018.

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

## Friday 5th to Sunday 7th October 2018

Camp Getaway Working Bee 2018



## DAYS FOR GIRLS

There are limited educational and skill development opportunities for young women and girls in the Solomon Islands, and simple items like feminine hygiene products are often rare. A couple of years ago, the Rotary Club of North Balwyn began fabricating a range of such items for them. The program has since extended to Timor Leste and Papua New Guinea.

The "Days for Girls" team make templates and samples in Australia, then travel to teach the girls how to use sewing machines and, where possible, make the kits themselves, enabling them to go to school any day of the month. The team meets for sewing/packing days once a month at the Uniting Church, Duggan St, Balwyn North and are always on the lookout for new members. The group is also seeking second-hand sewing machines and overlockers. Contact Bev Sofra, [northbalwynvic@daysforgirls.org](mailto:northbalwynvic@daysforgirls.org)



## 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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AVAILABLE**

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.



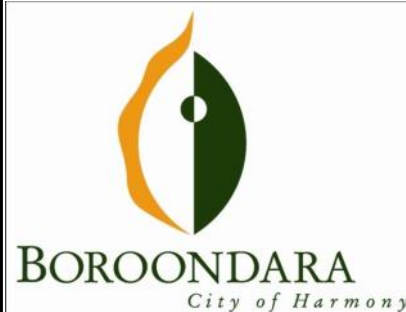
**helloworld**  
TRAVEL  
THE TRAVEL PROFESSIONALS  
BALWYN NORTH



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