



"The HeadLines"

Camp Getaway D9800 Project: October Working Bee

[Camp Getaway](#) is a well-equipped residential recreation and training facility located in a bush setting at Axedale near Bendigo.

Each year North Balwyn Rotary Members and Partners spend a weekend at the Camp to participate in upgrade and maintenance works, and enjoy some social time together.

Our time at Camp Getaway this year will begin on the evening of Friday the 13th of October through to Sunday 15th. If you would like to join in, please contact Greg Matthews 0419 597780 or greg1144@bigpond.net.au

Options:

1. Work all Saturday 14th October: arrive early, leave late.
2. Visit Saturday to see the facility and learn about the many changes we have made to the place over the years.
3. Come Friday night or Saturday morning with your work gear and help out until Sunday.

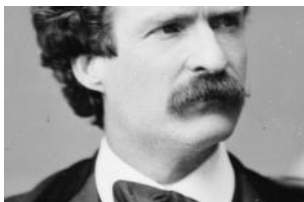
The Catering Team were busy again last week.

Many thanks to the members and partners who did barbeques, the cake stall at Bunnings and Gardening over the past week. These activities make great Rotary Community Service and fellowship.

The Quotes

Anthony Scaramucci; ten days as Trump's Communications Director - -

"I thought I would last longer than a carton of milk"



Mark Twain ;

"There are basically two types of people.

People who accomplish things, and people who claim to have accomplished things. The first group is less crowded."

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](#)

See us on

Facebook:

[Click HERE](#)

Read The Networker: **Aug 2017** Issue 3



AUGUST ROTARY DOWN UNDER

Click [HERE](#)

Rotary
District 9800

Click for
[All District Events](#)

Rotary **Weekly** Click [HERE](#)



Guest Speaker Adam Dale.



Our speaker Adam Dale played cricket at International levels for Australia (Tests and ODI's), and at Sheffield Shield, Lancashire League and District level.

Through Bernie's Q&A format, he spoke with us about the characters he has met, the impacts of senior cricket on work, study, family, the impacts of the growth of 20/20 and women's cricket. Adam also had a strong message that cricketers should be respectful to each other on the field, and play to the spirit of the game; some thoughts that are consistent with our Rotary Values.

Host Bernie Smith

BeCollective Project



Alan Seale, Chair D9800 Vocation Service (Rotary Club of Central Melbourne), informed us about the Swinburne University strategy for a public volunteering platform called [BeCollective](#).

Members are urged to assist with the first step in this research by completing a quick questionnaire online.

The link is <https://goo.gl/nvk7Zz>.

The project will enable [registered members](#) to store their individual skills and interests, and BeCollective will suggest projects to you based on this information..

Your data will be kept strictly anonymous and will only be used by the Swinburne Project Team.

Please complete the questionnaire BY THURSDAY 7 SEPTEMBER.

Ian Adams

SPEAKER Next Meeting - JUDGE FRANCES HOGAN

Fran has been a judge of the County Court since 2001 . She spends six months of each year hearing criminal cases and the other six months hearing civil cases in the injuries jurisdiction.

Before that, during her twenty years as a barrister, she often spent months at a time in Central Australia for Aboriginal Legal Aid, discovering that we had our own Third World right here. In her student days, at ANU Canberra (where she also did Arts) she was on the spot for the heady issues of the 1970's, including protests at the South African Embassy about the Springboks' tour and, of course, uproar at the dismissal of the Whitlam government. Moreover, she waitressed part-time at Parliament House and witnessed the ungracious manners of some bombastic Parliamentarians.

Hearing from a senior jurist like Fran would also be an excellent experience for any of our younger family members or friends who have recently graduated in law or who hope to do so.

If you plan on bringing your partner or a guest don't forget to advise Hugo



Its Movie Time—This Friday Night!

Tommy's Honour

Please arrive 6.15 to 6.30 to collect tickets for a 6.45pm start.

Cinema 3 downstairs. Sit anywhere.

No seat numbers on tickets.

Container to The Solomons

It is with pleasure to advise that following a meeting this week with Brother Michael Lynch (Salesian Missions of Don Bosco) the " Mission " has again agreed to support the costs associated with the Club's next Container to the Solomon Islands

Brother Michael also expressed his appreciation to the Rotary Club of North Balwyn for the wonderful support over many years provided to the Don Bosco Rural Training Centre - Tere and Mother Mazarello House - Henderson.

Meeting the costs of sending a new Container is a simple way of saying - "Thank You". It is worth noting, this is the third Container being sent to the Solomon Islands stacked with goods from D.I.K saving us thousands of dollars had we purchased the same independently.

The sailing date has been proposed for later this year.

Stay tuned!

Bob Bott

Please help where you can, there are plenty of opportunities, and your involvement is greatly appreciated.

Give me a call anytime - Peter Elliott 0419 417 334.

Date and Who with	Time	RCNB Supervisor	Assisted by
Fri 8/9 X	4.00 – 5.15pm	Greg Cribbes	Garth Symington
Sat 9/9 MLC	10.00 – 12 noon	Greg Cribbes	Geoff Steinicke
Fri 15/9 X	4.00pm – 5.15pm	Tony Wells, Peter Elliott	Yvonne Lyneham
Fri 13/10 CGS/X	2.45pm – 5.15pm	Geoff Haddy	Findley Cornell
Sat 14/10 MLC	10.00am – 12noon	Sam Hardikar	Marcel Muntwyler
Fri 20/10 CGS/X	2.45pm – 5.15pm		
Sat 21/10 MLC	10.00am – 12noon		

Rotary Club of North Balwyn Men's Shed

Can you help with the set up for the Grand Opening?

If you have an hour or two to spare this week and would like to help prepare the Men's Shed for the forthcoming official opening. No equipment required; just bring yourself.

Please check the schedule (below) for the times Bernie Smith will be there and let him know that you expect to attend.

Bernie Smith 0413 583 790 umbasmith@hotmail.com

Men's Shed Work Schedule

Date	Time	
Tue Sep 5	1.30pm - 4.30pm	
Wed Sep 6	10.00am - 1.30pm	
Thur Sep 7	10.00am - 12noon	1.30pm - 4.30pm
Fri Sep 8	Check with Bernie Smith 0413 583 790	
Mon Sep 18	11:00 am Official Opening	

**September at the
Boroondara Cares Forum**

Your invitation to meet "OWL"
(On With Life)



**Boroondara
Cares**

*Join us for a light luncheon
and a special Boroondara Cares presentation*

Swinburne University

Wednesday 13th September 12.30 PM

You'll find everything that you need to know at this link -

[Click HERE](#)

For the latest Boroondara Cares Update

[Click HERE](#)



Partner's Night

Our 'Grand Final' Club Meeting at the Kew Golf Club will be held on
Wednesday September 27th, *not* the Thursday 28th.

"Cut off" for apologies is moved 24 hours forward to Monday evening.

Get excited and dress in your Favourite Club Colours!

It's a Partner's Night! Prizes will be awarded for best Dressed Male and Female
Please make a note of this in your diaries.

NORTH BALWYN COMMUNITY MEN'S SHED



Official opening

A partnership project between the City of Boroondara
and the Rotary Club of North Balwyn



The City of
Boroondara
would like to invite
you to the official
opening of the
North Balwyn
Community
Men's Shed

**Monday 18 September
11am**

60A Buchanan Ave
North Balwyn

Light refreshments
will be served

RSVP

Monday 11 September
Telephone: 9278 4753
or [register online](#)

North Balwyn Community
Men's Shed Official Opening
Mon. 18 September 2017
11:00 am – 12:00 pm AEST

[Add to Calendar](#)

Location

60A Buchanan Avenue
Balwyn North, VIC 3104

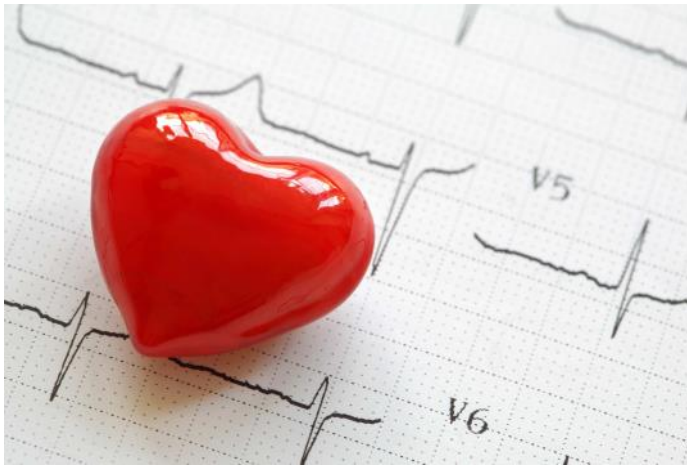
[View Map](#)

FREE

REGISTER

Geoff's Health Tip

Healthy and Fit and No Risk Factors?



The sudden death of Dean Mercer at 47 years shocked everyone who enjoys watching the National Iron Man and Nutri-Grain water activities. According to the newspaper report, Dean had a cardiac arrest before crashing his car. A recent report on ABC news of a Heart Research study at Sydney's Royal North Shore Hospital, by [Professor Gemma Figtree](#), found that the rate of otherwise healthy patients having heart attacks went up from 11 percent to a surprising 27 percent over eight years from [2006 to 2014](#).

Heart failure can be divided into two types: in summary, there is a **difference between a heart attack** and a cardiac arrest. A **heart attack** occurs when the blood supply to part of the **heart** stops and thus causes a section of the **heart** muscle to begin to die; whereas a cardiac arrest occurs when the **heart** stops beating as a whole because of an electrical or congenital malfunction.

It always interests me to 'find the reason' where there is an increase or decrease of significant proportions. The Heart Research study has already begun reviewing the life style and congenital factors of the 700 heart attack patients who reported no traditional, modifiable risk factors. The results could be complicated as some of the 'healthy and fit' persons have not been truly honest and have not self-reported the factors, however minor, that lead to a heart attack.

If we rule out high blood pressure, coronary heart disease, abnormal heart valves, exposure to medications, lung disease, viral infections, abnormal cholesterol levels and all other known trigger points then we must look elsewhere.

One possible area that has raised considerable scientific interest is inflammation in and around the heart. While it may not be generally understood, inflammation is the body's totally healthy response to injury and infection. Most of us experience small red cuts that heal over time, however this is entirely different to a state of chronic inflammation, where the immune response is never 'shut off' and the disease remains unresolved.

If inflammation is a trigger point to heart disease then it is worthwhile considering anti-inflammatory foods in the diet:

- Oils with a high omega-3 content such as flaxseed that help balance excess polyunsaturated oils
- Coloured fruit and vegetables
- Fish, especially cold water fish, that are high in omega-3
- Unprocessed whole grains, tree nuts of all kinds and
- Raw foods that are naturally free of additives, and fermented foods such as yoghurt and sauerkraut.

Geoff

Club Diary

Read about Rotary in your area in The Progress Leader

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

Sunday 10th September

D9800 Rotary Showcase - Camberwell Market

8.30am to 12.30pm weather permitting

Wednesday 13th September

Boroondara Cares Forum 12.30 Swinburne Click [HERE](#) for details

Monday 18th September

Men's Shed Official Opening

RSVP before 11th Sept. Please phone 9278 4753

..or [register On-Line](#) FREE

11:00 am – 12:00 pm : 60A Buchanan Avenue, Balwyn North

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

Wednesday 27th September—Grand Final Club Meeting

Saturday 9th December

Christmas Fare North Balwyn Shopping Centre. Run by our Partners: selling cakes and puddings.



16-18 March 2018. District Conference

Warrnambool. Registrations [Now Open](#)



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



Plug into projects




Speaking out at Swinburne

Another fine example of Rotary serving the community is Rotary Hawthorn's public speaking program to enhance the verbal confidence of international students at Swinburne University. Under the guidance of experienced professionals from the club, enthusiastic students, some new to Swinburne and others undertaking Masters degrees, come from various faculties to undertake the 10-hour training course and receive formal guidance including preparation, body language, use of props, voice projection and other delivery skills. They give short addresses on selected topics and impromptu talks and report their English speaking confidence has increased.

Message from Mongolia

A little further afield, eight lucky secondary students from Canterbury Girls Secondary College, Xavier College, Huntingtower and Camberwell High School went to Mongolia with two chaperones from Rotary Club of North Balwyn. In the first week, the students lived in 'gers', traditional round felt dwellings in camps, and teamed up with Mongolian and Russian youth for cooperative games. In the second week, they experienced the colourful Naadam festival, a celebration of precision horse riding, archery and wrestling. Students were hosted in Mongolian homes, feasted on traditional dishes, and attended the Naadam celebration at the National Stadium in Ulaanbaatar.

MEETING ROSTERS

<p>Thursday 7th September Speaker: Judge Fran Hogan of the County Court Host: Eileen Toohill Greeters: Colin Sharp, Kinga Paulheim Setup: Larry Fitzpatrick, Don Taylor Desk: Imre Lele, Brian Lacy</p>	<p>Topic: "Judging in a World of Change". County Court Judge Frances Hogan was welcomed to the County Court on 5 October 2001. Fran has since presided in many highly publicised criminal cases.</p>	
<p>Thursday 14th September: Speaker: Dr. Ingrid Hopper Monash University and Alfred Hospital Host: Findley Cornell Greeters: Duncan Ansell, Tony Hart Setup: Rowan McClean, Gavan Schwartz Desk: Sue McDonald, David Rowe</p>	<p>Topic: "The Science Behind the Prevention of Cardio-Vascular Events by Immunisation". A study will formally test whether the existing pneumococcal vaccine can not only reduce invasive pneumococcal disease but also help to prevent heart attack and stroke.</p>	
<p>Thursday 21st September: Speaker: Kouichi Hara Host: Peter Cleary Greeters: David Cheney, Adrian Ranson Setup: Nino Sofra, Marcel Muntwyler Desk: Bronwen Dimond, David de Garis</p>	<p>Topic: 30 years On. Our former inbound Exchange Student Kouichi, looks back to his year in Melbourne.</p>	
<p>Wednesday 27th September: PARTNER'S NIGHT Speaker: Stuart Wenn Host: Ted Wilkins Greeters: John Gartlan, Beatrice Ko Setup: Anthony Stokes, Bernie Smith Desk: George Swanson, Sam Hardikar</p>	<p>Topic : Ground Control Stuart is a recently retired AFL umpire who officiated in 332 senior games between 1995 and 2014. Stuart Wenn tied for the Bishop Shield as the best field umpire for 2014.</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 ...or if you know in advance fill in the Attendance Sheet at The Front Desk on a prior meeting night.

Since 29th June '17 Bob Bromley, Lindsay Pegg, Robyn Stepnell & Belinda Wandabwa have resigned; Bob for relocation to Ballarat and the others for employment reasons. With new member Dileep Krishna-Pillai, membership is now 78.

Attendance this week 41, (28 apologies and 9 LOA). 52.6% attendance with August average of 58.9%. July average was 61.8%

Guest Speaker Adam Dale was accompanied by father-in-law Richard Eyre. Also present was Alan Seale, RC Central Melbourne, and Chair D9800 Vocation.

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

Celebrations

Birthdays:- Melissa Maitland-Smith, Sam Hardikar

Inductions:- Beatrice Ko 2016, Tony Wells 2014

Weddings:- Nil



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: 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.
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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NOW
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

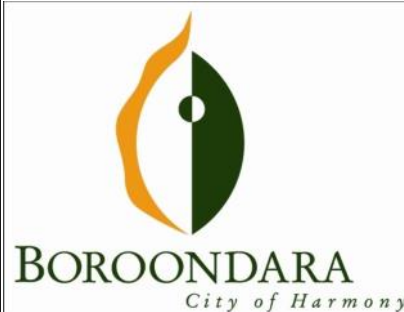


Thank you Helloworld North Balwyn for your ongoing support of our Event Days and assistance with our Mongolia travel arrangements.

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