



### "The Headlines"

#### Our Guest Speaker Len Raphael

Len took us along his interesting journey through the 'STAN's', independent countries formerly part of the USSR, showing us the range of lifestyles and religions that they experienced.



#### 9800 District Recognition Award for Innovation

North Balwyn Rotary Club is recipient of 9800 District Recognition Award for Youth Service Innovation at District Changeover.

The citation commences.. *"The new and Innovative Youth Exchange program between secondary students from Melbourne and Ulanbataar in Mongolia.."*

Well done to all involved!



#### What's Still To Come

Three things:-

- Vocational visit on Thursday 14 June to Monash Medical Centre, an afternoon meeting starting at 2.00pm (with 1:00pm bus departure from Balwyn North).
- Tree planting session at Boroondara Park Primary School on Saturday 23 June in support of the request from RI President Ian Riseley for Clubs to plant trees.
- Our Club Change Over luncheon at the Veneto Club on Sunday 1 July, 12pm for 12.30pm.

#### From this Year in Rotary

The RI Theme has been 'Making a Difference' ; it's a good time to check and reflect on whether you and we have been making a difference this year.

#### The Quote

From Nelson Mandela

"A fundamental concern for others in our individual and community lives would go a long way to making the world the better place we so passionately dream of".

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 16](#)



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



## The Rotary Gardens Program

The Rotary Gardens Program is, like catering, an opportunity to display our Community Service activities to the public. It is a valued service which fills a gap for needy residents, fosters relationships with the schools and Council and attracts great public feedback for the club.

**We need to appoint a coordinator for the Rotary Gardens Program for 2018/2019.**

**Those with dicky knees, bad backs and frozen shoulders PLEASE READ ON.**

We are considering **restructuring the function to be just a management role** with no actual gardening duties. The weekly tasks are to:

- **AD HOC** ~ Receive reports on referred properties from the Assessment Team following their inspections and add them to the database.
- **THURSDAY EVENINGS** ~ Circulate a board to seek volunteers for vacancies (just dates not properties).
- **ANY TIME AFTER THE CLUB MEETING UNTIL NOON SATURDAY** ~ Send the updated schedule to the Grapevine editor.
- **SUNDAY NIGHTS** (approx. 30 minutes)
  - ~ confirm suitability of sessions for the next week with residents by phone
  - ~ send assessment reports by email to designated supervisors
  - ~ advise venue addresses and supervisor name and phone number by email to schools
  - ~ advise the Council depot by email of where they should collect (or empty and leave) bins from the previous week and how many they should deliver to where for the next week.

**That's all there is to it!**

We will need a backup person to cover any illnesses and absences. Please let me know if you can take on this important role. A handover with Rowan McClean will be arranged covering the first couple of weeks.

Garth Symington, Director Community Service.

## Guest Speaker report

Len Raphael began backpacking in 1974 and bitten by the travel bug, then undertook visits to more than 100 countries.

At our club dinner meeting on 31 May, Len took us on a visual journey along the "Silk Road" through the "stans", the former USSR Republics he had visited in 2017.

His theme was "different places, normal people". Len showed photos of families and people in both national dress and clothing that could be found throughout the world in environments quite different from ours. The quality of photographs was first-class, and Len provided sound explanations of the history and architectural scenarios we saw.



The food markets were impressive with a wide variety of quality produce. Meanwhile the buildings and statues built by powerful leaders from expensive imported Italian marble and pure gold, were in stark contrast to areas of housing and the apparent lifestyles of the common people.

It was an interesting journey and highlighted the extreme wealth made possible in many of these areas for the elite through plentiful gas resources.

Rowan McClean



## Special Gardening Session ~ Saturday 23 June, 2018

**We are planting about 300 trees at Boroondara Park Primary School 9:00 to 16:00.**

**Could you please make an effort to participate on the day to help fulfil RI President Ian Riseley's request for every Rotarian to plant a tree in 2017/2018?**

<b>Morning</b>	<b>Afternoon</b>	<b>All Day</b>
Maurie Walters Findley Cornell	Greg Matthews Rob Head Steven Greatorex Geoff Steinicke Ian Adams Jim Romanis David de Garis	Rowan McClean Bill Oakley Jane Pennington Nino Sofra

Please add your name to the list by emailing [rowanmcclean@gmail.com](mailto:rowanmcclean@gmail.com) and specifying your availability.

We are down to 23 trees per person but, of course, there is additional work to be done to ensure they are well planted!!

## Meeting No.45

**Thursday, 31st May 2018**

**Present:**

Guest Speaker            2   Len Raphael & wife Lia Raphael -

## An Intrepid tour of 6 "Stans" & 2 Caucuses

NB Members 52

Booked 52 meals Wednesday, No Thursday revision. An LOA plus a possible apology attended.

Members :- Apologies 14, LOA 12, = Member Attendance 52 = 66.7%

Membership now stands at 78

External Activities 13 **Weekly 2nd Bite delivery to CamCare - Bill Oakley :**

(Board Approved) **DIK** - Peter Sutherland. **Gardening Project** - Geoff Haddy & David deGaris.

**RC Brighton** - Greg Ross, Nino Sofra & Geoff Steinicke.

**Balwyn Library Opening BBQ** - Greg Cribbes, Peter Downton, Brian Lacy, Greg Matthews, Sue McDonald & Bill Oakley.

**Absences for Rosters:** Majid Behzadnia, Geoff Haddy, Tony Ho, Terry Keyhoe,  
Dileep Krishna Pillai, Yvonne Lyneham, David Rowe, Jim Studebaker, Don Taylor, Brian Thomas

## Club Diary

**Club Change Over Luncheon Sunday 1 July at 12.00 pm**

**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

**October 2018 Fence repairs in Cobden. Date to be confirmed**

**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/>

## MEETING ROSTERS

**Thursday 7 June****Greeters:** Geoff Steinicke, Anthony Stokes**Set Up:** Colin Sharp, Findley Cornell**Desk:** Chris Flavelle-Smith, John McBride**Speaker:** Bruce Whalley**Host:** David de Garis**Topic:** Lawrence of Arabia - Man and Myth  
Military historian, tram driver and panellist on ABC quiz show "Think Tank". Our speaker is all of these.

Bruce Whalley grew up in Camberwell and Blackburn before starting a 25 year career in banking, firstly with State Bank (including a stint in London) and then the NAB. Subsequently, he ran his own businesses and was a college and university lecturer. Always one to live life to the full, Bruce's hobbies include vintage motorcycling, history (hence his topic, Lawrence of Arabia), gardening, amateur radio, trivia (great for his panellist role on ABC's Think Tank) and swimming. He and his wife Anne have two children in their 20's. In his "retirement job" Bruce is now lauded as Melbourne's Happiest Tram Driver.



**Vocational Visit to Monash Medical Centre 14 June. This will be a daytime Club Meeting commencing at 2:00pm followed by on-site refreshments.**

**Thursday 14 June****Greeters:** Not required**Set Up:** Not required**Desk:** Not required**Speaker:** Professor Don Campbell**Host:** Ian Adams**Topic:** Medicine and Nursing Behind the Scenes

## VOCATIONAL VISIT TO MONASH MEDICAL CENTRE

Please remember this activity is in place of our normal Thursday night meeting.

A bus has been arranged to take us to the hospital where car parking is not easy.



**Time** The bus will leave **Macleay Park**, North Balwyn ( Corner of Belmore Road and Buchanan Avenue ) **at 1.00 p.m.** and we will be met by our hosts in the hospital foyer at 2.00p.m. The bus leaves the hospital for North Balwyn at 4.00 p.m.

**Cost** \$10 per head, payable to Ian Adams at this week's meeting

**Program** Our hosts for the afternoon will be Don Campbell, Professor of Medicine and Sue Liersch, Deputy Director of Operations/Nursing. They will accompany us throughout the visit and have generously arranged refreshments at no cost to us at the end of the visit.

Currently 22 members and partners have indicated they will be attending however there are two seats available on the bus. Anybody else interested in going should contact me on 0419 359 920 before next Thursday.

**Thursday 21 June****Greeters:** Maurie Walters, Tony Wells**Set Up:** Ted Wilkins, Tak Yukawa**Desk:** Ian Richardson, Jim Romanis**Speaker:** Julie Nihill**Host:** Bronwen Dimond**Topic:** My Life in the Arts: from Larrikinism to KFC  
An experienced actress, Julie has been in Blue Heelers and A Country Practice and is currently in Picnic at Hanging Rock and the Blake Mysteries.

## Birthdays and Anniversaries between June 3 and June 10

**Weddings:** Hugo and Diane Goetze**Birthdays:** Sally Sharp, George Swanson, Adam Hillary**Induction Anniversaries:** Jane Pennington, Ian Mollison, Maurie Walters



### Reminders from The Secretary!

Some items for your attention!!!

- **Check your entry in the Club Directory** and **if needing change** let Gavan know by email **by Friday 8<sup>th</sup> June** ( We will be producing books and an electronic version for your phone)
- Please return **your completed Declaration Form** as soon as possible – even if you do not have a Working With Children Card;
- Let Gavan know **if you need a hard copy of the annual report before Friday 15<sup>th</sup> June.**
- **Please read and understand the Codes of Conduct ( blue sheets)** that have been handed out with the Declaration Forms – they are important and should be known by members and volunteers working with us.
- Consider stepping in to the shoes of our soon to be leave taking numbers man Hugo.
- LOA from August 8 to August 31 – it's really only for three weeks!
- Offers to Hugo, Brian Lacy or Gavan please.
- **Have your booking in for Changeover** very soon as numbers must be confirmed by about **15<sup>th</sup> June**
- Let Gavan know if you are off to warmer places for the winter - LOA applications before 18 June to catch the next Board meeting.
- Have a great day! – or the best you possibly can at least!!

Gavan Schwartz Secretary RCNB

### SEEKING A VOLUNTEER DENTIST

In August 2018 Rowan McClean, Project Manager of our RAWCS project in Minh Hac Vietnam, will be visiting with a Melbourne-based dentist and nurse, and taking a folding dental chair from Solar Smiles, a Rotary supported group.

**We are seeking to have local dentists join us from Hanoi for this pioneering visit.**

**Another Melbourne-based volunteer dentist is needed to join the team and visit the community for 7 to 10 days.**

Local transport and translation services will be provided but the volunteer will need to fund their own airfare, accommodation and meals (estimated cost A\$2,000 to A\$2,500). Costs are tax deductible.

Could members please ask dentists they know if they can identify anyone who could be interested in this visit?

If there is interest, please contact Rowan McClean at [<rowanmcclean@gmail.com>](mailto:rowanmcclean@gmail.com) for further details.



### International Fellowship of Cricket Loving Rotarians

The 10th World Rotary cricket festival will be held in January 2019. Melbourne You will have the opportunity to attend the opening function at the city's iconic sporting venue, the Melbourne Cricket Ground. You will also have the opportunity to spend a day with a difference at the spiritual home of Australian IFCR at Strath Creek. Cricket will be at Caulfield Park with all players and friends in the same vicinity. After match presentations and socialising will take place in the function centre at the park.

Contact Richard Groom at [rgroom@iinet.net.au](mailto:rgroom@iinet.net.au)



Geoff's Health Tip**Is there a connection between your gut bacteria and arthritis?**

A review of the science of genetics, environment, age and gender has long been recognised as influencing factors in the development of arthritis, but more recently scientists have learned that the bacteria and other microbes that live in the digestive tract are also a factor.



I have previously written about the gut brain connection and whether profiling the gut microbiome (the collection of bacteria and microorganisms) would provide answers to a range of chronic health conditions. It is a science that has been relatively ignored but is now being taken seriously in research organisations worldwide. As an example, the ABC in its regular segment, 'Life Matters' discussed the influence of diet on gut bacteria.

A huge percentage of our immune cells live in the gut where their interactions with certain species of bacteria activate responses in other parts of the body, including inflammatory arthritis, which is characterised by damage to the synovial lining of the joint.

It is a rather complex field but, as a starting point, research shows that the digestive tracts of people with rheumatoid arthritis have relatively -

- high levels of a bacterium called *Prevotella copri*, and
- low levels of a bacteria called *Bifidobacterium* (found in yoghurt), and
- more potentially pathogenic (potentially disease causing) bacteria.

In a review of an article headed 'Heal the Gut, Heal the Joints' the author emphasises the need to shift the microbiome towards a permanently improved state of health which requires a permanent lifestyle change. What we eat largely determines the range of microbes – good and bad – that populate our gut.

The overwhelming recommendation indicates 70 percent of what we eat should be plant based, in the form of whole vegetables, which is typically the Mediterranean diet. Perhaps the world's healthiest *diet*, the *Mediterranean Diet* is abundant in fruits, vegetables, whole grains, legumes and olive oil. It features fish and poultry—lean sources of protein—over red meat. Red wine is consumed regularly, but in moderate amounts.

Geoff

## ENTERTAINMENT BOOKS

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See Geoff Steinicke



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**Rotary**

Inviting you and your Partner to



# The Rotary Club Of North Balwyn CHANGEOVER LUNCHEON

on SUNDAY, 1<sup>ST</sup> JULY 2018



Sala Venezia Room, Veneto Club, 191 Bulleen Rd, Bulleen, 12 Noon for 12:30pm



**Cost \$60 pp (In Advance)**

**Two course meal**, on arrival a glass of Prosecco, mineral water or a beer from the bar  
and 2 bottles of wine on the table or beer from the bar

**Entertainment:** Italian folk singer (Elvira), Reflections (John Gartland)

**Dress:** Jackets for men

**Members & guests:** Bookings and payments at meetings, 7, 14 & 21 June.

Payments by EFT to BSB 633 000 A/C 146470653 (including Name) or cheque.

**RSVP:** By 21st June 2018 to [hugogoetze@netspace.net.au](mailto:hugogoetze@netspace.net.au)

## 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: John McBride

[jdmcb48@bigpond.net.au](mailto: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](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: Michael Martin

<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)**CHRIS CROSS**Landscape and Garden Supplies  
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Thanks to Chris Cross Landscape &amp; 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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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.

