



"The HeadLines"

Our Speaker

A very interesting autobiography from Greg Cribbes, from growing up in Alphington to getting married in the very room that we meet, to his varied career with Cadbury Schweppes.

The Meeting

We trialed a Stand-Up meeting (no table-seatings) using the Golf Club's cocktail menu as our meal. There was plenty of time and opportunity for Fellowship that we don't get with the regular room setting.

This format came from a suggestion from a couple of members, and I enjoyed the change and opportunity to mix around, so we may do similar things in the future.

The Quote

Martin Luther King Jnr on the 50th anniversary of his death.

"Life's most persistent and urgent question is, 'What are you doing for others?'".

What's Coming

- Fellowship visit to Heide on 15 April. Book with Russell Cooper
- Club Birthday Meeting on 10 May
- Golf Day Sponsors meeting, with speaker from Australian Rotary Health on 17 May
- Vocational Visit to Monash Medical Centre 14 June. This will be a daytime Club Meeting

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 11](#)



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



OFFICIAL OPENING OF THE NEW CAMP GETAWAY KITCHEN

Leon Scott, Peter Freuh and Wayne Smith cutting the ribbon to open the kitchen.
 Generous donors to the kitchen project, Geoff & Judy Steineke.



We all know it is hard work raising funds. As you know, our takings from our efforts at the Grand Prix were in excess of \$30,000 but how sweet it is to learn that our costs were only \$2,000!

Thanks to the generous donations of 200 dozen eggs from **Kinross Farms**, **100** kilos of ham from **Bertocchi** and **270** loaves of bread and **1,000** rolls from **Breadstreet** while our good friends **Aldi** supplied **3000** sausages, of which half were donated. Meanwhile **Master Foods** contributed **100** bottles of tomato, mustard and BBQ sauces.



All of this saved thousands of dollars and enabled us to show a handsome profit.

Please support our suppliers whenever you see their products.

Geoff Steinicke



Meeting No.37

Thursday, 5th April 2018

Present:

Guest Speaker Greg Cribbes - an Autobiography

NB Members 46

Partners 1 Jenny Cribbes

Guests 2 Libby Forest & Councillor Felicity Sinfield.

Friends / Alumni 1 John Burley

Meals Served 50 Members :- On Time Apologies 19, Late Apologies 2, LOA 10, No Show 2.

Membership now 79, Member Attendance 46 = 59.5%

Makeups 8 Catering - Bill Oakley & Don Taylor ; Purple Choir - Jeanette Leigh ; Rob Head - 2nd Bite delivery to Camcare, Greg Ross - District 9455 Conf. Geraldton (7 - 9/4), RC Melbourne ;

Absences for Rosters: Peter Cleary, Paul Fitz, Dileep Krishna Pillai, Yvonne Lyneham, David Rowe, Brian Thomas, Peter Wilson.

MEETING ROSTERS

<p>Thursday 12 April Greeters: Joe Butler, Kinga Paulheim Set Up: Duncan Ansell, Jim Romanis Desk: Greg Ross, Bernie Smith</p>	<p>Speaker: Professor David Buttifant Host: Geoff Kneale Topic: Collingwood, Carlton, Malthouse & More Professor Buttifant is probably Australia's only Professor of Sports Medicine.</p>
<p>Thursday 19 April Greeters: Adam Hilary, Peter Downton Set Up: Jeanette Leigh, Phil Wade Desk: Beatrice Ko, Neil Marshall</p>	<p>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.</p>
<p>Thursday 26 April Greeters: Estelle Kelly, John McBride Set Up: Chris Flavelle-Smith, Geoff Haddy Desk: Joe Butler, Peter Cleary</p>	<p>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</p>
<p>Thursday 3 May Greeters: Bob Bott, Findley Cornell Set Up: Phil Francis, Rowan McClean Desk: Duncan Ansell, David De Garis</p>	<p>Speaker: Mark Hunter Host: Peter Downton Topic: Winemaking is in his Blood Mark Hunter (Peter Downton's nephew) is winemaker at Sanguine Estate, Heathcote. (Astute Rotarians will notice the linguistic connection between "blood" and "sanguine")</p>

Whitehorse Rotaract Rotary Club Partner Help Learn Enjoy

YOU'RE INVITED TO:

GIANT MONOPOLY

END POLIO NOW

SATURDAY 5 MAY | 6:30 PM
 BOX HILL TOWN HALL

TICKETS: \$20 PER PERSON
 TEAMS OF UP TO 10
HUMANITIX.COM/EVENT/GIANT-MONOPOLY/
 BY 2 MAY

BYO DRINKS & NIBBLES

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/>

Geoff's Health Tip**Are Almonds on your Shopping List ?**

Lightly roasted almonds are one of those nutrient dense foods that can be hard to stop munching once you start. I love them, but what about you?

Almonds have some special benefits:

- Eating almonds can significantly boost your levels of Vitamin E. Vitamin E is a powerful antioxidant that protects your cells against damage by oxidation.
- Almonds improve the blood lipid (fat) balance by adding more poly and monounsaturated fats.
- A research article printed in the *Journal Nutrition October 2015* showed that consumption of 10 grams of almonds per day significantly increased HDL cholesterol – the good cholesterol.
- Almonds are a good source of magnesium. There is some evidence to show that magnesium keeps blood sugar under control. Tests on people with type 2 diabetes show that around one third of people with this disease have low levels of magnesium.
- Almonds help manage weight. Numerous studies on almonds and other nuts have demonstrated their ability to keep people feeling full.
- People think of beef with roughly 14% protein as the major source of their protein requirements, however almonds have 18% protein, 25% more than beef.



Maybe you think almonds are too expensive at \$14 per kg, in Woolworths, however I have noted that beef mince is roughly the same price per kilo.

Geoff

Purple Cloak Choir project with Kathleen Maguire

It's now only a few days until the last 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!

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

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

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

Rehearsal 3: April 9

Recording Session: April 16

Birthdays and Anniversaries between April 7 and April 14

Weddings: Greg and Jenny Cribbes

Birthdays: Carmel Francis, David Cheney, Chris Flavelle-Smith,

Induction Anniversaries: Peter Wilson, Peter Downtown, Adam Hillary

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

CHRIS CROSS

Landscape and Garden Supplies
Call Us (03) 9859 2666

We deliver anywhere!



FIREWOOD 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

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.



Solomons
Flooring