



#### "The HeadLines"

#### Our Latest Meeting.

#### Members Beatrice Ko & Nino Sofra were our Guest Speakers

It was great to hear the interesting and personal summaries from Nino and Beatrice as our Guest Speakers. They both gave us a passionate story of how they encountered and overcame some difficult obstacles in their lives. Thanks Nino and Beatrice for sharing your experiences with us and also to Tak for being Host.



#### Our Christmas Raffle

Colin Sharp has advised that the roster for selling tickets will appear soon.

The Christmas Raffle is an opportunity to spend time with other Rotarians and/or partners, and to have visibility in our community, so please put yourselves down for a couple (or three) shifts.

The Bakers Delight Vouchers will appear on the reverse side of the tickets again this year.

#### Next Week's Guest Speaker Julie Szego

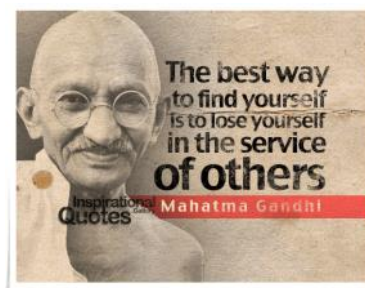
Julie Szego began her career as a lawyer and then switched to journalism. She has spent over 12 years at The Age where her roles have included social affairs reporter, senior writer, columnist, and editorial writer. Julie also teaches university courses in writing and journalism.

Although Julie was born and grew up in Melbourne, both her parents are Holocaust survivors from Hungary so she is intensely aware of the horrors and atrocities of Nazi Germany and, subsequently, of the ruthless Communist dictatorship in Hungary from which her parents escaped. Julie wrote a monthly column for The Australian Jewish News for seven years and edited and interpreted her father's 2001 autobiographical memoir, Two Prayers to One God, which includes horrific description of his experiences in concentration camps.

#### The Quotes

Mahatma Gandhi

"The best way to find yourself is to lose yourself in the service of 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](#)

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Facebook:

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Read The Networker: [ISSUE 6](#)



OCTOBER ROTARY DOWN UNDER

Click [HERE](#)

**Rotary**  
**District 9800**



Click for  
**All District Events**



## Guest Speakers: Members Nino Sofra and Beatrice Ko

We always find ourselves saying, *"Well, I never knew that."*, after having our Members as Guest Speakers. Thanks Nino and Beatrice for sharing your life changing experiences with us.



Monday 10th October is [National Hat Day](#)



# LIFT THE LID on mental illness

As chairman of Australian Rotary Health, I have learned about the extent and ongoing impact of mental illness in our country. Research now shows us that:

- \*one in two people suffers from a mental illness in their lifetime;
- \*one in five people have a mental illness in any given year;
- \*half of mental illness begins by the age of 14; and
- \*more hours are lost in the workplace through mental illness than for any other reason.

We can change that by working together to increase research into mental illness prevention.

That's what the new national Rotary initiative [Lift the Lid on Mental Illness](#) is all about - supporting researchers as they look for answers.

For more information or to make a donation  
[australianrotaryhealth.org.au](http://australianrotaryhealth.org.au)

Greg Ross  
Chairman of Australian Rotary Health  
Read more [HERE](#)

### Donate Now

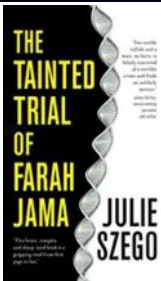



\$ Donation Amount:

25

- ☒ I'd like to donate \$25
- ☐ I'd like to donate \$50
- ☐ I'd like to donate \$100
- ☐ I'd like to donate \$150
- ☐ I'd like to donate \$250
- ☐ I'd like to donate \$500
- ☐ I'd like to donate \$1000
- ☐ I'd like to set my own donation amount



## MEETING ROSTERS

<p>Thursday 12th October:</p> <p>Speaker: Julie Szego</p> <p>Host: Jeanette Leigh</p> <p>Greeters: <i>Brian Hurnard, Beatrice Ko</i></p> <p>Setup: <i>Tony Ho, Greg Ross</i></p> <p>Desk: <i>David Cheney, Geoff Haddy</i></p>		<p>Topic:</p> <p><a href="#">The Case of Farah Jama</a></p> <p>Hear Julie's (an Age Journalist) gripping account of a recent miscarriage of justice in Melbourne when a young Somali refugee was wrongly convicted of rape.</p>	
<p>Thursday 19th October:</p> <p>Speaker: <a href="#">Alan Lachman</a> with <a href="#">daughter, Francesca, a musical prodigy, who will play piano for us</a>.</p> <p>Host: Gavan Schwartz,</p> <p>Greeters: Greg Cribbes, Phil Francis</p> <p>Setup: Phil Wade, Peter Downton</p> <p>Desk: Don Taylor, Bob Bott</p>		<p>Topic:</p> <p><a href="#">Pathway to Inclusion: How Blind and Vision Impaired Children across Australia can benefit from Francesca's Journey through the Darkness</a></p>	
<p>Thursday 26th October:</p> <p>Speaker: Dr. Dennis Ahnen</p> <p>Host: Larry Fitzpatrick</p> <p>Greeters: Findley Cornell, Geoff Steinicke</p> <p>Setup: John Magor, John Koa</p> <p>Desk: Greg Matthews, Jim Romanis</p>		<p>Topic: <b>Can We Beat Colorectal Cancer (CRC)</b></p> <p>Dr Dennis Ahnen, an American Gastroenterologist and retired Professor of Medicine at University of Colorado, researches CRC. He did a sabbatical at Royal Melbourne Hospital in 2005-6</p>	
<p>Thursday 2nd November: <b>Partners' Night</b></p> <p>Speaker: <a href="#">Fr. Joe Giacobbe</a></p> <p>Host: Eileen Toohill</p> <p>Greeters: Brian Lacy, Estelle Kelly.</p> <p>Setup: Anthony Stokes, George Swanson</p> <p>Desk: John Rennie, Peter Sutherland</p>		<p>Topic: <b>The Punter Priest Who Never Misses a Melbourne Cup</b></p> <p>Joe, friend of Bart Cummings, is well-known in the racing world and acclaimed for his social work with working-class youth. He has mixed with Victorian racing royalty for the past half-century.</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 –21, LOA -6,  
Member Attendance 58 = 74.4%

Plus Visiting Rotarian Lynne Rodder RC Heidelberg and Guest Sarath Dias introduced by John Magor.

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

**Celebrations**

**Birthdays:- Nil**

**Inductions:- Phil Francis 1994**

**Weddings:- Nil**



## A Social Occasion at Taos Restaurant.



Friday, 27<sup>th</sup> Oct. at 6.30 PM.  
\$56 per person includes alcohol – wine.

\$50 for non-drinkers.

A board will be circulated to indicate your attendance at coming meetings.



With your host Jack Liao



## GARDENING PROJECT

## 9th October 2017

School holidays are over and there are only four weeks left of our gardening program prior to school holidays again. We still need volunteers for Friday the 20<sup>th</sup> October and Monday 23<sup>rd</sup> October, please consider, you will be rewarded by the experience!!

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

Date and Who with	Time	RCNB Supervisor	Assisted by
Fri 13/10 CGS/X	2.45pm – 5.15pm	Geoff Haddy	Findley Cornell
Sat 14/10 <b>RCNB</b>	10.00am – 12noon	Sam Hardikar	Marcel Muntwyler, Ian Richardson
Fri 20/10 CGS/X	2.45pm – 5.15pm		
Sat 21/10 <b>RCNB</b>	10.00am – 12noon	Geoff Haddy	Yvonne & Matt Lyneham
<b>Mon</b> 23 /10 X	9.00am – 12noon	Garth Symington	
<b>Mon</b> 23/10 X	12noon – 3.00pm	Rob Head	Geoff Steinicke
Fri 27/10 CGS/X	2.45pm – 5.15pm	Ian Adams	
Fri 3/11 X	4.00pm – 5.15pm		

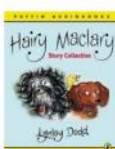
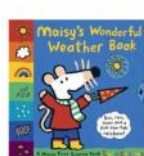
**Note; this is the final roster for the calendar year, please consider volunteering.**



**We want pre-school Picture Books :**

- Letters, Numbers, Colours, Concepts, and
- Stories and Rhymes to read to young children.

**Simple General Information Books for older children**  
eg Science, Geography, Human Body, Weather etc



Please bring your book(s) to the next meeting the 12th October to ensure they make it into the container destined for the Solomon Islands later this year. Contact Peter Sutherland or Colin Sharp if you would like us to pick up larger quantities of suitable books.



## [Days for Girls](#)



ABC News

September 30 at 10:00am

Girls in developing countries miss many months of school, because they're menstruating and have poor access to hygiene products — so volunteers are trying to help.

Read more: <http://ab.co/2yNo13R>



## [John and Chris Burley](#) have completed [The Camino Walk](#)

John says “After more than 600 km in 4 weeks, and 799 km since we started in 2013, we finished our pilgrimage today! We received our Compostellas and made it to the Cathedral. Inside, there is a special candle glowing brightly for our sick friend in Melbourne, and for her family. We have been praying for them every day.”

Ian Mollison is planning on developing a greater involvement and connection between our Rotary Club and the Bowls Club (especially now that the Men's Shed and the Bowls Club share the same site).

On **Sunday the 15<sup>th</sup> October from 11am until 3pm**, there is an open day at The Bowls Club with a bar-b-que where there is a great opportunity to mix with existing, new and prospective members of The Club and to try out Bowls with some instruction.

# OPEN DAY

## & Bar-B-Que

Sunday, 15<sup>th</sup> October 2017,

11am-3pm

- All welcome
- Guidance provided
- Bowls provided
- Wear flat soles shoes

Play bowls  
Make friends

NORTH BALWYN  
**BOWLS**  
CLUB INC

60 BUCHANAN AVE, BALWYN NORTH VIC 3104 PH: 9859 3828  
ENQUIRIES TO SIMON SPURGEON PH: 9042 7866

**Geoff's Health Tip****Going Bananas**

I have been a banana lover for many years, but not everyone is keen on this 'easy to peel' nutritional food. I suppose it was the fact that bananas are easy to peel compared with say, an orange, that attracted me to them in the first place.

In researching 'Going Bananas' I found it interesting that bananas originated in Indonesia and were first actively cultivated in Papua New Guinea about 5,000 years ago, later spreading to the Cape York Peninsula and along the coastal plains of Queensland and Northern NSW.

In Australia, most people know that bananas are rich in potassium. With 450mg potassium in a medium sized banana, one banana can account for more than 10% of the recommended daily requirement of 4,500mg per day. More importantly, potassium interacts with other electrolytes, including sodium. A recent study found that when it comes to the risk of developing heart disease, **the ratio of potassium to sodium in the diet is more important than the level of either mineral alone.** Being low in sodium, at 1mg, bananas help reduce the otherwise high sodium content of western diets.

Potassium is an electrolyte with **many essential jobs**: it helps conduct nerve impulses and muscle contractions, regulates the flow of fluids and nutrients into and out of body cells, and helps keep your blood pressure in check—partly by countering the effects of sodium. Essentially, the level of potassium in your blood can make the difference between normal and abnormal activity in your heart and blood vessels.

**Bananas have adequate amounts of Fibre and other Minerals**

I have frequently referred to the fact that most Australians are deficient in fibre, and especially resistant fibre that protects the colon. Like most fruits, bananas contain soluble and insoluble fibre and a variety of other minerals and vitamins.

**Why do Bananas get a bad rap?**

Perhaps some people mistakenly think that they are much higher in sugars, or carbohydrate than other fruit. A medium sized banana is much the same level of calories and carbohydrates as an apple or pear. Or maybe bananas are maligned because they're believed to have a high glycaemic index – bananas are actually low on the glycaemic index, having a value of 51.

**Medical considerations**

There are very important exceptions to what's generally recommended for most people when it comes to potassium. Some people with heart disease are at risk of accumulating too much potassium, while others may excrete too much. So please consult with your practitioner if you are consuming more than two bananas a day.

Geoff



## Club Diary

Read about Rotary in your area in The Progress Leader

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

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

Friday 27th October: [Taos Restaurant](#).

Fellowship Dinner \$56 including drinks

(\$50 non drinkers) 6.30 pm

Tuesday 21st November:

[25th ROTARY FOUNDATION PAUL HARRIS BREAKFAST](#).

See Findley for Details—\$65 per head or \$60 if we get a table of ten organised.

Thursday 30th November:

Regular Club Meeting to be held at [DIK](#)

Store in West Footscray, Victoria



400 Somerville Rd, West Footscray

Friday 8th December

Christmas Fare—Balwyn North Village Shopping Centre.

Run by our Partners: selling cakes and puddings.

Saturday 16th December

Carols in the Park (Macleay Park Belmore Road)

Christmas Raffle draw on Stage at 9.00 p.m.

16-18 March 2018. District Conference

Warrnambool. Registrations [Now](#)

[Open](#)

THE POWER TO MAKE  
A DIFFERENCE  
2018 DISTRICT 9800 CONFERENCE  
16-18 March / Warrnambool / Victoria

Rotary



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

# Rotary



More than \$50 million of aid has been provided through Rotary's Donations In Kind (DIK) project, a major recycling operation run by volunteers.

The massive warehouse in West Footscray stores useful items including bicycles, computers, walking frames and clothing. These are donated to the needy in local communities or developing countries.

Computers for Community (C4C) is a Rotary project and a registered computer recycler that operates from the DIK warehouse.

Computers, laptops and tablets are donated by individuals and businesses and repaired where required. Existing software is wiped and the device restored with the latest Microsoft operating system and Microsoft Office.

You can help by donating your old home or office computer or laptop. PCs capable of running Windows 10 with 2GB RAM, flat screen monitors, printers, mice and keyboards are all needed. Contact Peter Sutherland at [petesutherland@bigpond.com](mailto:petesutherland@bigpond.com)

## Progress Leader

TUESDAY, SEPTEMBER 26, 2017 | [PROGRESSLEADER.COM.AU](http://PROGRESSLEADER.COM.AU)

**+**  
DRY ZONE  
COMPULSORY VOTE ON  
LOCAL ELECTIONS PAGE 5

THINK PINK  
CHARITY'S PINK PINK  
APPEAL CONTINUES PAGE 11

REAL ESTATE  
MODERN MARVEL & FUTURE  
CLASSIC PAGE 20

### GOLDEN GIRL

Tottie Goldsmith has been singing and acting on Australian TV for decades and now she's a Calendar Girl



## 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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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.



**BOROONDARA**  
*City of Harmony*

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