



"The Headlines"



Bruce Whalley - Our Guest Speaker

A very interesting talk on the life of T E Lawrence before, during and after his WW1 experiences. Also some tram-driving anecdotes and Think Tank reflections.



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 annual Reclink BBQ on Sunday 24 June
- Our Club Change Over luncheon at the Veneto Club on Sunday 1 July, 12pm for 12.30pm.

Child Safe Compliance Procedures

Please get your declarations back to Secretary Gavan to ensure that we meet all standards in this important area.

The Quotes

"The reason politicians try so hard to get re-elected is that they would hate to try to make a living under the laws they've passed."

From Mark Twain

"Let us so live that when we come to die even the undertaker will be sorry."

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](#)



**JUNE 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

Our speaker, **Bruce Whalley** is lauded as Melbourne's happiest tram driver! A well-deserved accolade for anyone that's had the pleasure of his tram driving company and commentary on the 48 or the 109 tram. Bruce spoke to the club about the life of "Lawrence of Arabia". Bruce is the Treasurer of the local Lawrence of Arabia Society and member of its UK counterpart.

Lawrence was born to an Irish baron out of wedlock in Wales in 1888. Exceptionally bright and driven, he won first class honours from Oxford at the age of 21, having spent a year at archaeology sites in the Middle East, where he learned Arabic.

He volunteered for service in the Army in the First World War. He was approached by the powers-that-be to conduct espionage in the Middle East because of his experience, language skills and having many contacts in the region. After the war, he re-enlisted in the Air Force and the Army, helping to hone aircraft bombing techniques and tank efficiency. He was someone who had political and technical skills.

Lawrence loved motorbikes, an interest that our speaker Bruce shares. Lawrence owned seven Brough Superior bikes, with another on order at the time of his death from a motor bike accident in 1935.

Lawrence was also a famous author, with one book "The Mint" written so that every page began with a capital letter and ended with a full stop. It is also regarded as one of the finest books written in the first half of the twentieth century. Lawrence certainly lived life to the full. Bruce, like Lawrence, has a love of motor bikes along with a wide-range of interests.

David De Garis





Rotary Club of North Balwyn Mongolia Student Exchange

This new and innovative Youth Exchange program between secondary students from Melbourne and Ulanbataar in Mongolia, saw members of the Club develop links with the National Camping Association of Mongolia. This resulted in 8 students from Melbourne visiting Mongolia in July 2017 with a reciprocation of 12 students visiting Melbourne for two weeks in January 2018. This intercultural exchange provided many opportunities for vocational and cultural learnings, especially when the Mongolian students were home hosted by Club members and experienced a diverse range of activities in Melbourne and regional Victoria.

Meeting No.46

Thursday, 7th June 2018

Present:

Guest Speaker 2 Bruce Whalley with Partner Anne - Lawrence of Arabia
 NB Members 52 Ted Wilkins - no meal
 Visiting Rotarians 2 Janet Hay (Canterbury) & AG Elect Barry Hickman (Brighton) - No meal.
 Partners 1 Kerrie Romanis

Booked 56 meals Wednesday, No Thursday revision.

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

External Activities 12 **Weekly 2nd Bite delivery to CamCare** - Brian Hurnard ;

(Board Approved) **Gardening Project** Geoff Kneale & Rowan McClean; **RC Prahran** Bill Oakley; DIK Peter Sutherland.

Catering (with RC Kew) - Bill Oakley & Ian Richardson; Surplus Bread delivery to Servants Housing - Peter Sutherland.

District Change-Over - Jane Pennington, Greg Ross, Nino Sofra & Geoff Steinicke.

Absences for Rosters: Majid Behzadnia, Geoff Haddy, Tony Ho, Terry Keyhoe,

Dileep Krishna Pillai, Yvonne Lynham, David Rowe, 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

September 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

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.

Ian Adams on behalf of the Vocational Service Committee 0419 359 920

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.

There is NO Meeting on 28 June at Kew Golf Club.

This Meeting has been transferred to Sunday 1 July at the Veneto Club for Changeover.

Please note; please RSVP for the changeover lunch at the latest by the **21 June**.

Payments must be made by this date as they can't be taken on the day of the Changeover.

So, please make payments by bank transfer at anytime or by EFT, Cash or cheque at the meeting on the 21 of June.

Thursday 5 July

Greeters: Jim Studebaker, Peter Sutherland

Set Up: Don Taylor, Tony Wells

Desk: Peter Downton, Marcel Muntwyler

Speaker: Steve McBurney

Host: Brian Lacy

Topic: Once an Umpire, Always an Umpire
During his acclaimed AFL career, Steve McBurney umpired more than 400 games. Now 51, Steve is a very different kind of umpire as the Australian Government Building and Construction Commissioner.

Birthdays and Anniversaries between June 10 and June 17

Weddings: Nil

Birthdays: Nil

Induction Anniversaries: **Greg Cribbes**

Geoff's Health Tip**There is one vitamin that reduces the risk of Cardio Vascular Disease (CVD)**

In a recent study of vitamins and minerals published in the May 28 issue of the *Journal of the American College of Cardiology*, folic acid (vitamin B-9) was shown to reduce the risk of stroke. Folic acid is a key ingredient in the making of nucleic acid that forms part of all genetic material. It occurs naturally as folate in foods, such as dark green leafy vegetables, whilst folic acid is the man-made form.

While vitamins and mineral supplements are widely used to improve health and longevity, the authors of the study found there is no consensus on whether individual vitamins or minerals, apart from folic acid, are beneficial for CVD prevention or treatment.

In 2012, more than 50% of the US population were reported to be taking supplements. In 2011-2012, 29% of Australians reported taking at least one dietary supplement on the day prior to being interviewed. Females were more likely than males to have had a dietary supplement with the highest proportion of consumers in the older age groups.

- In the study, a team of researchers led by Professor David Jenkins MD, University of Toronto, and research chair in nutrition, reviewed the results of 179 randomised controlled trials on vitamins and minerals published between 2012 and 2017.
- They found that none of the four most commonly used supplements – multivitamins, vitamin D, calcium and vitamin C had an effect on CVD outcomes or all-cause mortality. The one exception seems to be folic acid for stroke prevention.
- The team found that B-complex vitamins that included folic acid also reduced the risk of stroke.
- On the other hand niacin (vitamin B-3) and antioxidants appeared to increase the risk for all cause mortality whilst vitamin A, B6, and E and multivitamins as well as B-carotene, zinc, iron, magnesium and selenium had no significant effect on CVD outcomes.

Interestingly, our laws require that flour millers add a small amount of folic acid to bread making flour to reduce the incidence of neural tube defects such as spina bifida in unborn babies. Whether the amount should be increased in view of the results of this research is open to conjecture. Instead it would be wise to consider a daily dose of folic acid.

Geoff

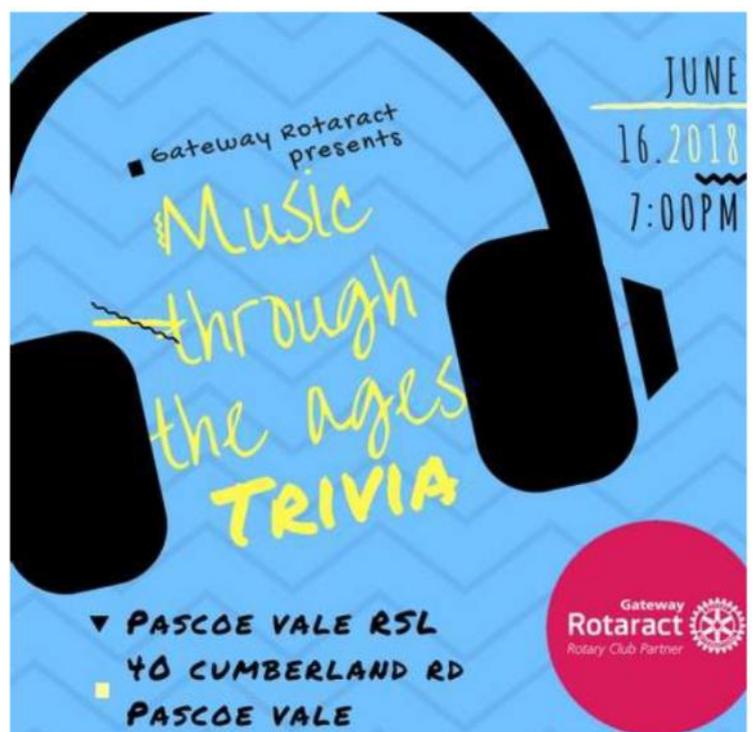


**BENEFITS OF
VITAMIN B9
OR FOLIC ACID**

**Interested in a fun night?**

Let John McBride know 0409257770

or email jdmcb48@bigpond.net.au





Inviting you and your Partner to



The Rotary Club Of North Balwyn CHANGEOVER LUNCHEON

on SUNDAY, 1ST 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

<p>ROTARY CLUB OF NORTH BALWYN 2017/18</p> <p>President: Rob Head president@rotarynorthbalwyn.com.au</p> <p>Vice President: Findley Cornell vicepresident@rotarynorthbalwyn.com.au</p> <p>Secretary: Gavan Schwartz secretary@rotarynorthbalwyn.com.au</p> <p>Treasurer: Greg Cribbes treasurer@rotarynorthbalwyn.com.au</p> <p>Grapevine: John McBride jdmcb48@bigpond.net.au</p> <p>Noon Sat Weekly Deadline for submissions please.</p>	<p>APOLOGIES FOR CLUB MEETINGS</p> <ol style="list-style-type: none"> 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. <p>Please apologise no later than 5pm on Tuesday.</p>
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<p>North Balwyn Probus: Michael Martin http://balwynnorthprobus.org.au</p> <p>North Balwyn Heights Probus: Sue Mullarvey yarramul@tpg.com.au 9857 4305, 0400 821 402</p>	<p>Greythorn Probus: Meetings 10am 2nd Tuesday Monthly. St Aidan's Church Hall, Duggan St, Balwyn Nth.9859 4941.</p> <p>Boroondara Ladies Probus: Janet Eddy jveddey@applewood.net.au</p>
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Thanks to Chris Cross Landscape & Gardening Supply for their support of our Club through housing our 3 storage containers.

	<p>We thank Bread Street Bakery for their ongoing support of our BBQ Fundraising activity through their generous provision of bread supplies.</p>	
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<p>helloworld TRAVEL THE TRAVEL PROFESSIONALS BALWYN NORTH</p>  <p>Thank you Helloworld North Balwyn for your ongoing support of our Event Days and assistance with our Mongolia travel arrangements.</p>	<p>Bendigo Bank Kew Kew East</p> <p>Bendigo Bank is a strong supporter of Nth Balwyn Rotary through its help with our Community Projects and Fund Raising.</p>	
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