



#### "The HeadLines"

##### No-Roads: Health

It was great to hear Elizabeth Hill outline the difficulties they face in providing medical services in remote PNG, and how they use the Days for Girls kits in their work with the remote communities.



##### **Christmas Fare**

Many thanks to all in the team that contributed to a successful morning at Balwyn Village ; successful because the group has raised well over \$2,500, and also because of the team effort and presence in Balwyn North for the Club.



##### UN Anti-Corruption Day

9th December 2017

This recognition day is about concerns with the amount of development assistance lost to bribes and siphoning of funds in developing countries.

Rotary has detailed checks and processes that endeavours to ensure that funds and materials get to those in need for whom they are intended.



##### **The Quote**

"Our scientific power has outrun our spiritual power. We now have guided missiles and misguided men."  
(Martin Luther King Jnr)



##### **Rob Head**

**NEXT WEEK IS OUR CHRISTMAS MEETING**



**IT'S A PARTNERS' NIGHT.**

**PLEASE BRING AN UNWRAPPED SMALL CHRISTMAS GIFT to make a needy family's Christmas more special.**

**Please inform Hugo if your Partner is attending and/or if you cant make it.**

Club Website: [HERE](#)

Facebook: [Click HERE](#)

The Networker: [Issue 10](#)



DEC/JAN ROTARY DOWN UNDER Click [HERE](#)  
Click for [All District Events](#)



##### 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**

Elizabeth Hill who is a nurse and midwife told us of her volunteer work with [No-Roads to Health](#). [No-Roads](#) is a Trekking Company that leads expedition's to remote areas of Papua New Guinea. They run several Health expedition's each year in a bid to give back to the communities they visit. These health treks are very well received by the communities with hundreds of people receiving medical assistance and checks each visit. The team fly, canoe and trek into remote communities often carrying their gear on their backs. Since February this year the No-Roads Health team



have taken with them [Days for Girls](#) kits that our North Balwyn Days for Girls group have made. Elizabeth informed us that these have been very well received. The number of kits taken is limited by the amount that can be carried.



Some of No- Roads to Health work is performed in Tufi, Northern, Papua New Guinea. A container of hospital beds and other much needed medical equipment was provided through DIK earlier this year.



### How Can You Help?

To donate to this project please deposit in the following bank account

#### Bank account details:

**No Roads Expeditions Foundation (Aust) Ltd**

**Bendigo Bank**

**BSB 633000**

**Account Number 158909630**

**Reference [No Roads Health](#)**





## MEETING ROSTERS

<p>Thursday 14th December</p> <p><b>Christmas Meeting</b></p> <p>Greeters: Rowan McClean, Jim Studebaker</p> <p>Setup: Greg Cribbes, Imre Lele</p> <p>Desk: Peter Cleary, Maurie Walters</p>	<p><b>PARTNERS NIGHT</b></p> <p>Sing along to your favourite Christmas Carols at our Christmas Meeting. Bring an unwrapped Christmas present to help make Christmas a bit more special for a disadvantaged family.</p>
<p>Thursday 21st December</p> <p>Breakfast Meeting</p> <p>Greeters: Not required</p> <p>Setup: Not required</p> <p>Desk: Peter Wilson, Russell Cooper</p>	<p>Topic: Fellowship Breakfast at Macleay Park in the North Balwyn Cricket Club Pavilion.</p> <p>7.30am Only \$22!</p> <p>This is a Club Meeting, therefore please tell Hugo if you are not attending.</p>
<p>Thursday</p> <p>28th December</p> <p>No Meeting</p>	<p><b>Christmas Break</b></p>
<p>Thursday January 18, 2018</p> <p>First Club meeting of 2018</p>	<p>Program to be advised.</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 -22, LOA - 4 . Member Attendance 52 = 66.7%

Make-Ups (External Activities) **Men's Shed** 4 & 7 Dec. Bernie Smith, David Cheney, Peter Elliott, Greg Mathew.

**Catering** - 2 & 7 Dec. David Cheney, Steven Greatorex, Bill Oakley, Ian Richardson, Nino Sofra, Garth Symington & Don Taylor. **DIK** - Imre Lele & Pete Sutherland. **Gardening** 7 Dec. - Greg Cribbes, Geoff Haddy & Rowan McClean. **"Connoco Philips" Home Hosting** - Rob Head, Estelle Kelly & Colin Sharp.

**Other Club Meeting**, Bill Oakley at RC Bendigo South. Greg Ross at RC Brisbane Mid City and RC Toowoomba East.

Cheers, Hugo.

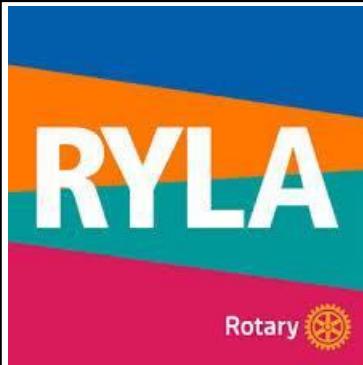
**Celebrations 11-17**

**Birthdays:** Geoff Steinicke, Tricia Marshall,  
Phil Francis, John Rennie,

**Inductions:** Nil

**Weddings:** Nil





This year, [RYLA D9800](#) (A Fully-sponsored, residential leadership and personal development program) was run from the 3rd to 9th of December. Greg Ross submitted this photo of our sponsored student George Giakoumakis.



For more information, head to our website at [www.ryla9800.org.au](http://www.ryla9800.org.au).



### Christmas Fare.

Thank you to the ladies of North Balwyn Rotary and the guys at the Men's Shed. The ladies stocked the incredibly successful cake stall on Friday morning and our offerings were supplemented by gorgeous wooden trains and pencil cases made in our new Men's Shed. Plenty of funds raised so thank you all heaps (Jane Pennington)



### **The Gardening Program now has a new mower!**

Tough mowing jobs will now be easier thanks to the acquisition (from Council grant monies) of a Masport 5000 President Mower with its 190cc Briggs and Stratton commercial engine, and sturdy construction.



We now have two strong mowers plus another for light jobs. The new one starts easily and is simple to use. Being a little heavier than the others please ensure that **two** persons lift it into/ out of a vehicle.

Geoff Haddy



The [Coates Hire Supercars Melbourne 400](#) will front a huge support category line-up at the [2018 Formula 1® Rolex Australian Grand Prix](#) 22-25 March 2018  
Get ready for a sizzling experience!

## **The Christmas Raffle.**

Please return you sold "Personal Raffle Book" to Colin Sharp or Geoff Kneale by Thursday this week.

## **New Year Welcome back Brunch with incoming Mongolian group.**

WHEN: Sunday Jan 14, 2018 at 9.15am

WHERE: Warren Glen Nursery Café,

Warrandyte-Ringwood Road.

COST: \$25

Russell Cooper 0417 392109



### **GALA CHARITY GOLF DAY**

**23rd Feb 2018**

**(Please let Greg Matthews know of any sponsorship contacts you may have).**

RC North Balwyn is to hold its annual Gala Charity Golf Day at the Kew Golf Club on Friday 23<sup>rd</sup> February 2018 to raise funds for Youth Mental Health through Australian Rotary Health.

The Kew Golf Club is located in Belford Road in East Kew, in a spectacular parkland setting beside the Yarra River. The course is easily accessible, 15 minutes from the Melbourne CBD and just off the Eastern Freeway.

An Ambrose competition with a shotgun start will be followed by fellowship and a gourmet barbecue lunch. There will be prizes for the overall winners plus the longest and straightest drives.

The cost per entrant will be \$100.00 and the main beneficiary of the funds will be Youth Mental Health which has been identified as an area of concern following discussions with the local community. Money will be directed to Australian Rotary Health.

RC North Balwyn is seeking support from Rotarians throughout D9800 for this major Community Service Project while enjoying excellent golf and good fellowship at Kew Golf Club.

### **MONGOLIAN RETURN SHORT TERM VISIT TO MELBOURNE**

Estelle has asked for a **backup family** that could host a chaperone as a contingency if the current hosting arrangements have difficulties.



Greg Cribbes also reminds host families that identified costs from hosting activities can be (and should be) claimed soon if you require reimbursement before our Club's Christmas Break.

### **Raffle Ticket Selling and Catering and great Family Nights out**

**Two great events are coming up**

**Saturday 16th**

**Carols in the Park**  
Christmas Raffle draw on Stage at 9.00 p.m.



**Sunday 17th**  
**Servants Christmas Carols & BBQ**





Geoff's Health Tip**Almonds and Dark Chocolate reduce the risk of Coronary Heart Disease (CHD)**

In a controlled experiment incorporating almonds and dark chocolate, researchers in the US found that eating 15 almonds and 4 pieces of dark chocolate a day led to a significant reduction in LDL cholesterol, a recognised risk factor for CHD. This research was conducted on obese middle-aged patients and published in the *Journal of the American Heart Association* 2017.

- The study showed that eating an equivalent calorific amount of either almonds or dark chocolate was not as effective as eating a combination of the two.
- The study also demonstrated replacing saturated fat from butter and cheese with unsaturated fat from almonds improved fatty acid profiles.
- People usually consume about 270 discretionary calories a day, which for many might be jam-laden pastries that confer no health benefits, whereas eating a combination of almonds and dark chocolate provides a significant benefit.
- The take-home message is: not that people should go out and eat a lot of dark chocolate and almonds to lower their LDL cholesterol, but rather choose your discretionary calories wisely. Eat foods that are going to benefit health rather than those that have no value or even an adverse effect.
- Over the past 12 months Judy and I have added almonds to our breakfast muesli in a quantity that provides six to eight almonds a day. We also have two or more portions of dark chocolate with our coffee - delicious. There has been no other change to our diet. Our weight has remained unchanged and hopefully our CHD risk profile is lower.

Geoff

**North Balwyn Carols in the Park****Saturday 16th December**

Bring a picnic, or enjoy a sausage sizzle, pancakes, drinks and ice cream for a small price. Santa arrives around 6:30pm, with face painting and other children's activities also available.

At 7.30pm, the Carols begin with the Camberwell Salvation Army band and CHIME choir. Acclaimed soloists soprano Danielle Calder, tenor Michael Lapina and Balwyn High's soprano Imogen Spendlove will delight us all, as will the St Bede's and Balwyn Primary School choirs. Rhema Choir will sing in Mandarin.

The evening concludes with the wonderful Hallelujah Chorus from Handel's Messiah sung by the CHIME choir and the sky lighting up with fireworks.

## Club Diary

Read about Rotary in your area in The Progress Leader

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

## Thursday 14th December Partners' Night Club Christmas Meeting

Saturday 16th December

Carols in the Park (Macleay Park Belmore Road)

Christmas Raffle draw on Stage at 9.00 p.m.

Sunday 17th December

Servants Christmas Carols & BBQ

18-20 Mason St, Hawthorn

Thursday December 21.

Club Christmas Breakfast at Macleay Park.

Saturday December 23rd

Set up of the Uniting Church Hall Kew 1PM

Wednesday 10th—Thursday 25th January

Mongolian Exchange

Sunday January 14th

Brunch at [Warran Glen Nursery Café](#)

(Meet the Mongolian students(12) and their chaperones(2)).

Thursday January 18, 2018

First Club meeting of 2018

Friday 23rd February 2018

Gala Charity Golf Day

16-18 March 2018.

District Conference

Warrnambool.

Registrations [Now Open](#)

21 -25 March 2018.

[2018 Formula 1® Australian Grand Prix.](#)

Friday 5th to Sunday 7th October 2018



### DAYS FOR GIRLS

There are limited educational and skill development opportunities for young women and girls in the Solomon Islands, and simple items like feminine hygiene products are often rare. A couple of years ago, the Rotary Club of North Balwyn began fabricating a range of such items for them. The program has since extended to Timor Leste and Papua New Guinea.

The "Days for Girls" team make templates and samples in Australia, then travel to teach the girls how to use sewing machines and, where possible, make the kits themselves, enabling them to go to school any day of the month.

The team meets for sewing/packing days once a month at the Uniting Church, Duggan St, Balwyn North and are always on the lookout for new members.

The group is also seeking second-hand sewing machines and overlockers. Contact Bev Sofra, [northbalwynvic@daysforgirls.org](mailto:northbalwynvic@daysforgirls.org)





## 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.



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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.



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