



"The HeadLines"

Our Film Evening



Twenty-six Club Members and Partners enjoyed the film 'Tommy's Honour' at Balwyn Cinema last Friday evening, followed by a meal at nearby Colombo's (eating half-a-chicken at 10.00 pm ?).



Our thanks go to Maurie Walters and the Fellowship Committee for organising this great outing.

A Reflection

"Life is what happens to you while you're busy making other plans"; words from John Lennon's song "[Beautiful Boy](#)". Within reason, don't put off saying or doing something with friends or family and then finding later that the opportunity will never happen. Enjoy the company of the people at your table at a Club Meeting and the members of our Community with whom we work.

The Quotes

[Woody Allen](#)

"I was expelled from New York University for cheating in a metaphysics exam; I looked into the soul of the guy sitting next to me".



"I had a terrible education. I attended a school for emotionally disturbed teachers."
- Woody Allen

[Nelson Mandela](#)

"If the United States or Britain are having elections, they don't ask for observers from Africa or from Asia. But when we have elections, they want observers here".



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](#)

See us on

Facebook:

[Click HERE](#)

Read The Networker: **Aug 2017** Issue 3



September ROTARY DOWN UNDER



Click [HERE](#)

Rotary
District 9800

Click for
[All District Events](#)

Rotary **Weekly** Click [HERE](#)



Guest Speaker: Judge Frances Hogan.

Members, together with ten Partners, were privileged to hear Her Honour, Judge Frances Hogan, speak on "Judging in a World of Change". Fran (as she was very happy to be addressed away from the formality of the Courtroom) explained to us how the same changes which affect our daily lives (e.g. the pace of technology or our increasingly multicultural society) have



an equally profound effect on the Courts. Judges must absorb all these additional complications while still ensuring that the judiciary remains properly independent of government and remains steadfast in the face of distorted media reporting seeking to portray the Courts as going soft on crime.

Fran achieved the perfect balance of educating us beyond our prior understanding whilst remaining totally intelligible throughout.

Host: John Gartlan

**August Activities: A recap of where August went.**

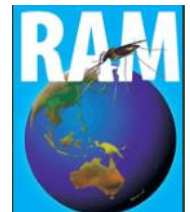
The list below isn't all inclusive but demonstrates what an active month we have had. Thank you to all who have contributed.

Club Member roles in National and District Rotary:

Past District Governor, Greg Ross takes over as National Chair of [Australian Rotary Health](http://www.austrotary.org.au) in September.

Past President Bill Oakley has been elected to the National Committee of [Rotarians Against Malaria \(RAM\)](http://www.ramrotary.org.au).

The primary focus of RAM has been the distribution of insecticide-treated nets to vulnerable populations in Papua New Guinea, the Solomon Islands and more recently, Timor Leste.



Membership: We inducted new member Dileep Krishna-Pillai

New Projects Announced:

- Provision of training and support resources for a Youth Drugs & Alcohol program through [Access Health in Boroondara](http://www.accesshealthinboroondara.org.au).
- Establishment of a "Youth Support Fund" for provision of small grants to young people seeking access to local community programs.

Boroondara Council activities: We have registered to provide the concierge services needed at the new [North East Community Hub](http://www.north-east-community-hub.org.au), to be opened in 2018.

Community Gardening: We have been supported by our local participating Secondary Schools to provide the Gardening Service at residences throughout Boroondara as part of our on-going Gardening Project.

PHF: Brian and Bev Thomas were awarded Paul Harris Fellow Awards, in recognition of their support for our Solomon Islands Project.

Youth Activities: Our MUNA Team came second at the [National Event in Canberra](http://www.national-event-in-canberra.org.au), representing Iran.

Rob Head



MEETING ROSTERS

Thursday 14th September:

Speaker: Dr. Ingrid Hopper

Monash University and Alfred Hospital

Host: Findley Cornell

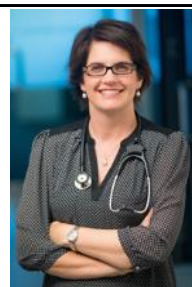
Greeters: Duncan Ansell, Tony Hart

Setup: Rowan McClean, Gavan Schwartz

Desk: Sue McDonald, David Rowe

Topic: ["The Science Behind the Prevention of Cardio-Vascular Events by Immunisation"](#).

A study will formally test whether the existing pneumococcal vaccine can not only reduce invasive pneumococcal disease but also help to prevent heart attack and stroke.



Thursday 21st September:

Speaker: Kouichi Hara

Host: Peter Cleary

Greeters: David Cheney, Adrian Ranson

Setup: Nino Sofra, Marcel Muntwyler

Desk: Bronwen Dimond, David de Garis

Topic: 30 years On.

Our former inbound Exchange Student Kouichi, looks back to his year in Melbourne.

**Wednesday 27th September: PARTNER'S NIGHT
AFL GRAND FINAL CELEBRATION NIGHT**

Speaker: Stuart Wenn

Host: Ted Wilkins

Greeters: John Gartlan, Beatrice Ko

Setup: Anthony Stokes, Bernie Smith

Desk: George Swanson, Sam Hardikar

Topic : Ground Control

Stuart is a recently retired AFL umpire who officiated in 332 senior games between 1995 and 2014. Stuart Wenn tied for the [Bishop Shield](#) as the best field umpire for 2014.



Thursday 5th October:

Speakers: Beatrice Ko And Nino Sofra

Host: Takao Yukawa

Greeters: Peter Sutherland, David de Garis

Setup: Takao Yukawa, John Rennie

Desk: Jim Studebaker, Jane Pennington

Member Autobiographies:



We love these occasions when we can share our

Member's past achievements and experiences.



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 ...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:

Guest Speaker Judge Fran Hogan, 9 Partners/Wives and 50 members.

Membership 79, On-time apologies 22, late apologies 4, No Show 2 ,

Attendance 64.1%

Make-Ups – Gardening Project 2 ; North East Link BBQ 6 ; Pete Sutherland at DIK

Jane Pennington at Zone Inst. In Darwin.

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

Celebrations

Birthdays:- Christopher Lai, Nadia Ranson,
Stan Hibbert, John McBride

Inductions:- Nil

Weddings:- Don and Ala Taylor





Men's Shed call for Volunteers.

Bernie Smith et al are on the job preparing for the Grand Opening of the North Balwyn Men's Shed. We need a few more hands to make light work of the remaining tasks.

Men's Shed Final Preparation.

Tuesday 12th September 10.00am.

If you have a couple of hours to spare please come to the Men's Shed 60A Buchanan St North Balwyn to help with the collection of tools, equipment and tidy up in preparation **for the official opening:**

Monday 18th September at 11.00am.

Please ring Bernie Smith if you are able to help. 0413 583 790



[North East Link](#) were well catered for by Ian; Nino, Steven, Estelle and Jeff, last Thursday night at the Marwal Centre North Balwyn.

The night was cold but the company was warm!

(North East Link is a new freeway to complete the missing link in Melbourne's metropolitan ring road)

This BBQ was in support of their drop-in style information sessions which will be held regularly during the planning phase.

Read More [HERE](#)



Sunday saw The Banners go up in Camberwell Shopping Centre where we Show-cased Rotary to the local Community.

(District has many Banners available on a loan basis. They are stored at DIK in West Footscray).



Camp Getaway Working Bee Weekend

Friday 13th, Sat 14th & Sun 15th October

We would like to see more of you [there](#) than have currently volunteered.

To participate give Greg Matthews a ring 0419 597 780 and let him know your availability. A great time is assured!





A message from your Foundation Chairman.
25th Rotary Foundation Paul Harris Breakfast.

Tuesday 21st November

RACV Club 501 Bourke Street; Melbourne.

\$65.00 per head or \$600 table of 10.

RSVP 11TH November 2017.

Bookings www.trybooking.com/309283

7.15 for 7.30 till 9.00 am.

GUEST SPEAKER

Daniel Flynn

The Thankyou journey - a blueprint for turning ideas into reality

Driven, resourceful and determined, Daniel Flynn is one of Australia's most successful entrepreneurs under the age of 30.

He is the founder and managing director of the social enterprise Thankyou, which has given more than \$5.5 million to help end global poverty.



The Rotary Club of Hawthorn and Boroondara Cares Charity Golf Day

Raising funds for the [Chances Scholarship Fund](#).

\$95.00 per head includes Golf, refreshments prior to and a Dinner following the round.

\$50 Dinner only—drinks at bar prices.

Monday 23rd October

- Box Hill Golf Club
- Ambrose Event
- All welcome
- Rotarians bring your friends!

Bookings: Noel Halford.
0419 018 901



philipmartin.info

noelhalford@gmail.com

Payment: NAB 083166 53 254 5861

Mark Payment with: "Name" and "Chances Golf Day"

Albury Fellowship Weekend

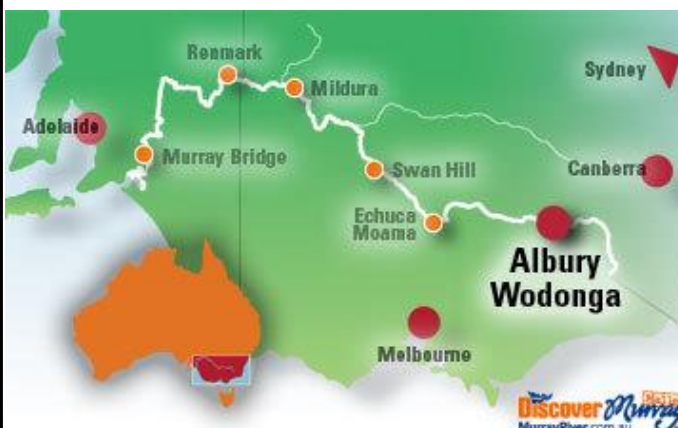
20th --- 23rd October

An E-mail has been distributed to those attending this fellowship event which has been organised by Nino.

It's time to pay some monies for planned activities (Tour and the Sunday BBQ) as pre-payment is required to confirm numbers. Please read the E-mail and pay promptly for the activities you would like to join.

Please note!

If you are not currently on the list and wish to come please notify me (Nino Sofra) A.S.A.P. you are most welcome.



Discover Murray
MurrayRiver.com.au



GARDENING PROJECT 10th September 2017

If you haven't experienced a gardening session with the students of one of our partner schools, between now and the 3rd of November there are plenty of opportunities; 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 15/9 X	4.00pm – 5.15pm	Tony Wells, Peter Elliott	Yvonne Lyneham
Fri 13/10 CGS/X	2.45pm – 5.15pm	Geoff Haddy	Findley Cornell
Sat 14/10 MLC	10.00am – 12noon	Sam Hardikar	Marcel Muntwyler
Fri 20/10 CGS/X	2.45pm – 5.15pm		
Sat 21/10 MLC	10.00am – 12noon		
Mon 23 /10 X	9.00am – 12noon		
Mon 23/10 X	12noon – 3.00pm		
Fri 27/10 CGS/X	2.45pm – 5.15pm		
Fri 3/11 X	4.00pm – 5.15pm		

Note: This is the final roster for the calendar year; please consider volunteering Monday 23 October is a one-off special for students from Xavier College, there will be 20 – 24 boys for the day, 9.00am – 3.00pm. We will need at least 4 members to supervise / assist on the day.

Two shifts of two 9.00am – 12noon, 12noon - 3.00pm.

September Tech Tips from your Balwyn High Interact Club.

Catherine has supplied some fun Tech Tips for you to try; and these have been provided in a separate attachment with this week's edition of The Grapevine.



Good luck and don't call me if your screen ends up upside down! It's a great prank to play on your friends in the office!

(it actually didn't work on my PC for some reason; read more [HERE](#) and have fun).

At the Rotary Foundation Centennial Celebration Dinner, Bob Bott was presented with a "Major Donor's Award" by Chairman of Rotary International Foundation Fund, Paul Netzel. Bob and Carmel recently received this photo from current Director of Rotary Foundation Australia, Philip Archer as a memento of the accession. Congratulations Bob!



Partner's Night

Our 'Grand Final' Club Meeting at the Kew Golf Club will be held on **Wednesday September 27th, not the Thursday 28th**.

["Cut off" for apologies is moved 24 hours forward to Monday evening.](#)

Get excited and dress in your Favourite Club Colours!

It's a Partner's Night! Prizes will be awarded for best Dressed Male and Female
Please make a note of this in your diaries.

NORTH BALWYN COMMUNITY MEN'S SHED



Official opening

A partnership project between the City of Boroondara
and the Rotary Club of North Balwyn



The City of
Boroondara
would like to invite
you to the official
opening of the
North Balwyn
Community
Men's Shed

Monday 18 September
11am

60A Buchanan Ave
North Balwyn

Light refreshments
will be served

RSVP

Monday 11 September
Telephone: 9278 4753
or [register online](#)

North Balwyn Community
Men's Shed Official Opening
Mon. 18 September 2017
11:00 am – 12:00 pm AEST
[Add to Calendar](#)

Location

60A Buchanan Avenue
Balwyn North, VIC 3104

[View Map](#)

FREE

REGISTER

Geoff's Health Tip

Are there any people on this planet who don't have high blood pressure, heart disease or cancer?



The answer is yes, the Kuna Indians, who live on a group of islands in the Atlantic Ocean near Panama. Their average blood pressure is 110/70, and they do not experience the age-related increase in blood pressure that is common in Western society. More importantly, death rates from cardiovascular disease and cancer are almost completely eliminated in Kuna.

Before discussing how this is possible, it's important to mention that the Kuna's salt intake has been reported to be quite high, at 5,500mg of salt per day compared with an average Western diet of 3,300mg. In other words, the Kuna eat more salt, but have lower blood pressure.

Several Dutch and Swedish studies of the Kuna people revealed their diet is essentially plant based consisting of fruit and fish, with almost no dairy, meat or nuts. But there is a factor that is dramatically different in the Kuna diet when compared with the mainland diet of Panama, and that is cocoa. The Kuna make a cocoa drink from raw cocoa and bananas (sweetener) that is especially rich in the antioxidant flavanols. The flavanol content of Kuna cocoa powder is believed to be 3,000mg per 100 grams of cocoa compared with commercially available raw cocoa powder at 150 – 200mg per 100 grams.

Whilst it is possible to obtain Kuna cocoa on-line, a more readily available and delicious substitute is dark chocolate with a minimum 70% cocoa and 28% sugar. I notice that Cadbury's has introduced a new product named Dark/Milk containing an unspecified % of cocoa – my guess is about 40% with 48% sugar. This new introduction is undoubtedly due to the increasing popularity of dark chocolate compared with milk chocolate.

The spreading of information on positive health benefits takes time. As an example, the health benefits of dark chocolate have been known for at least 15 years by at least 10% of the population, however I have found it usually takes a further 20 to 25 years before the last 10% get the message.

Geoff

Club Diary

Read about Rotary in your area in The Progress Leader <http://leader.smedia.com.au/progress/>

Monday 18th September

Men's Shed Official Opening

RSVP before 11th Sept. Please phone 9278 4753

..or [register On-Line](#) FREE

11:00 am – 12:00 pm : 60A Buchanan Avenue, Balwyn North

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

Wednesday 27th September—

Grand Final Club Meeting



Tuesday 21st November:

[25th ROTARY FOUNDATION PAUL HARRIS BREAK-FAST.](#)

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

Friday 8th December

Christmas Fare North Balwyn Shopping Centre. Run by our Partners: selling cakes and puddings.

16-18 March 2018. District Conference

Warrnambool. Registrations

[Now Open](#)



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



Plug into projects

Speaking out at Swinburne

Another fine example of Rotary serving the community is Rotary Hawthorn's public speaking program to enhance the verbal confidence of international students at Swinburne University. Under the guidance of experienced professionals from the club, enthusiastic students, some new to Swinburne and others undertaking Masters degrees, come from various faculties to undertake the 10-hour training course and receive formal guidance including preparation, body language, use of props, voice projection and other delivery skills. They give short addresses on selected topics and impromptu talks and report their English speaking confidence has increased.

Message from Mongolia

A little further afield, eight lucky secondary students from Canterbury Girls Secondary College, Xavier College, Huntingtower and Camberwell High School went to Mongolia with two chaperones from Rotary Club of North Balwyn. In the first week, the students lived in 'gers', traditional round felt dwellings in camps, and teamed up with Mongolian and Russian youth for cooperative games. In the second week, they experienced the colourful Naadam festival, a celebration of precision horse riding, archery and wrestling. Students were hosted in Mongolian homes, feasted on traditional dishes, and attended the Naadam celebration at the National Stadium in Ulaanbaatar.

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: Peter Sutherland

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
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

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**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



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