



"The HeadLines"

Service Projects News

There was a request from RI President Ian Riseley to Clubs to calculate person-hours spent on Community projects, and the total for our Club for the 6 months July 2017 to December 2017 was 3500 hours.

This is a big contribution to our local and international communities, and a tribute to the time that Club members spend on 'doing'.

New projects that we have implemented so far in this Rotary year are :

- Lotus Education Program in Laos which is to provide basic education for young girls. This is designed to provide options away from the sex trade in Thailand.
- The Men's Shed.
- Melbourne Indigenous Transition Scheme . This is the recording and documenting the indigenous languages of students at the school.
- Youth and Family support resources and training for Alcohol and Other Drugs risks with Access Health.
- Mongolia Exchange
- Youth Support Program

We have also initiated a Cluster project through Boroondara Cares with Boroondara Council to provide support funding for a program to remind parents not to leave children in their cars when parked.

Acting Almoner Geoff Steinecke encouraged social interaction to support good health, a role played by the Men's Shed for its members.

The Quote

From Jimi Hendrix - -

"When the power of love overcomes the love of power, the world will know peace".

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](#)



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



Guest Speakers on the February 8th

We welcomed Dr Tamsin Short and Beth Locke from the Mental Health and Alcohol and Drug Services division at Access Health & Community based in Hawthorn.

As you would be aware our Club has been keen to assist where possible in the Drug and Mental Health space which is a growing area of concern not only nationally but also in our cluster area.



Beth Locke and drug use statistics

Youth services at AccessHC

- **Youth counselling**
 - Counselling support for young people 12+ using evidence based and developmentally appropriate therapeutic modalities
- **Youth outreach**
 - Outreach for 12-21yos who find it difficult to engage in formal counselling/clinic based settings
 - Can meet at schools, other health services, cafes, Maccas
- **headspace Alcohol and Drug services**
 - Lead agency for headspace Hawthorn
 - One of the four pillars of headspace; mental health, physical health, work and study support, alcohol and drug services
 - Brief intervention for low level/low risk AOD use
- **School programs**
 - Interactive format to engage students in discussion and activities
 - Harm minimisation approach
 - Alcohol awareness, cannabis awareness, stimulants and party drugs, helping your mates

Tamsin gave us a very good overview of the areas, which are addressed by Access Health, which covered support for youth, adults and families. The support teams are comprised of social workers, youth workers, councillors, family therapists, nurses and peer support workers.

We were given a number of statistics on the impact of alcohol and other drugs on individuals between the ages of 12 to 17 years, along with ever increasing impact of the over use of prescription and non prescription medications.

Whilst the State and Federal Government support a large percentage of these programs, they are receiving multiple request for their education program to be extended to parents and staff of secondary schools. This is a non-funded area, which is desperately in need of a consistent and manualised training package to be developed and delivered to these groups.

We are assisting in this area by funding the development and delivery of these standardized and evidence based packages, which includes information sessions on emerging AOD themes in young people, alcohol and its impact on the adolescent brain. It will offer suggestions on how to speak to a young person you are concerned about and encouraging help seeking behaviour.



Dr Tasmin Short reminds us what a standard drink is.....

Once these packages are completed they will be delivered over this year to identified parent, teacher and community groups and feedback and measurable results documented.

Having spoken with a number of other organisations, including the police we are very encouraged by our relationship and the professional manner in which they will handle this program. I believe that the presentation last Thursday reinforced our confidence in what Tamsin and Beth can deliver.

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Garth Symington



GARDENING PROJECT UPDATE.

Your help is needed with the commencement our program in February and March.

We have sufficient properties for the period, the schools are locked in and we now need to assemble our volunteer teams.

Response from members at the last meeting was less then expected as the gardening roster was placed on a board behind another event.

Below is the state of play. Please consider where you can fill in the gaps and email co-ordinator Rowan McClean to advise him at <rowanmcclean@gmail.com>.

Date/School	Time	Volunteer	Volunteer
Fri 16 Feb XC	3.45 to 5.00	Rowan McClean	
Sat 17 Feb MLC	10.00 to Noon	Ian Richardson	
Fri 23 Feb CGS/XC	3.00 to 5.00		
Sat 24 Feb MLC	10.00 to Noon		
Fri 2 Mar CGS/XC	3.00 to 5.00	Rob Head	Garth Symington
Sat 3 Mar MLC	10.00 to Noon		
Fri 9 Mar CGS/XC	3.00 to 5.00	Estelle Kelly	
Sat 10 Mar MLC	10.00 to Noon		
FRI 16 Mar CGS/XC	3.00 to 5.00		
Sat 17 Mar MLC	10.00 to Noon	Marcel Muntwyler	
Fri 23 Mar CGS/XC	3.00 to 5.00		
Sat 24 Mar MLC	10.00 to Noon		
FRI 30 Mar XC	3.45 to 5.00		

REQUEST FOR WALKING STICKS

Jo Cairney is working is a volunteer Occupation Therapist at the National Referral Hospital, Honiara in the Solomons.

Jo has a need for several items to assist with her work including **walking sticks**.

Have you got walking sticks that are no longer required? Whilst adjustable walking sticks are preferable, any will be welcome. Let John McBride know.

How will they get to the Solomons?

Jo is having a significant birthday in June with family, several close girlfriends from Genazzano and fellow OT's from LaTrobe University travelling to the Solomons to help her celebrate. They will transport whatever they can to help Jo.

Contact John McBride on **Mob 0409 257 770** or Email at jdmcb48@bigpond.net.au



Urgent! There are 20 players still required to fill the card.

GALA CHARITY GOLF DAY 23rd Feb 2018

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

The Rotary Club of North Balwyn is to hold its annual Gala Charity Golf Day at the Kew Golf Club on

Friday 23rd February.

Funds from this event will go towards helping Youth Mental Health through Australian Rotary Health.

Kew Golf Club: 120 Belford Road, East Kew, is a spectacular park-land setting beside the Yarra River.

The course is only 15 minutes from the Melbourne CBD and just off the Eastern Freeway.

Ambrose Competition: Shotgun Start Gourmet Barbecue Lunch.

Prizes: Overall winners and ...

Longest and Straightest drives.

Entry Fee: \$100.00

The Rotary Club of North Balwyn is seeking support from Rotarians throughout D9800 for this major Community Service Project.

You will be helping the Community whilst enjoying a round of golf on one of Melbourne's Exclusive Golf Courses and enjoy great fellowship and food at Kew Golf Club.



AND IF YOU'RE NOT PLAYING GOLF THEN:-

No doubt all Rotarians get a warm inner glow hearing of the great work carried out by AUSTRALIAN ROTARY HEALTH FUND [ARHF]. Our club is aware of the significance of ARHF through the involvement of our own Greg Ross.

Our fundraising Golf Day on 23rd February is in aid of ARHF Mental Healthy Research.

If you're not playing golf on the day, we look forward to your participation by:-

- Joining us for the gourmet BBQ lunch. Great value at \$30
 - Participate in the fun and frivolity over lunch, and
 - Try your luck and win a prize on "THE WHEEL". Each Wheel ticket will give you 4 chances of winning.
 - \$10 Tickets 4 chances of winning prizes valued around \$100 each spin.
 - \$20 Tickets 4 chances of winning prizes valued around \$200 each spin.
 - Buying \$50 lots such as 1 x \$20 ticket and 3 x \$10 tickets gives 16 chances to win
- Jim Romanis will be at the desk this and the following Thursday to gladly take your money and have you listed to be allocated tickets on the day.

These tickets will be held in trust for you under the reliable and capable hands of Geoff Steinicke.

If you will be attending lunch, please pay \$30 to Greg Matthews.


Jim Romanis

PS Last year we raised \$3,000 on the wheel & \$1,000 on other activities.

This year we hope to make \$5,000.



MEETING ROSTERS

<p>Thursday February 15. Greeters: Larry Fitzpatrick, Garth Symington. Set Up: Tony Hart, Russell Cooper. Desk: Takao Yukawa, Joe Butler</p>	<p>Speakers: Matt Maudlin and Kathleen McGuire Host: Tony Wells The Purple Cloak Story (and the choir There For You) Matt Maudlin is well-known to our club through his former role at Servants and Kathleen McGuire is our own member.</p>	
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Thursday February 22, Please Note that this meeting is a visit to Eva Tilley Memorial Home

<p>Greeters: Sue McDonald, Don Taylor Set Up: Brian Lacy, Bill Oakley. Desk: Jeanette Leigh, Findley Cornell</p>	<p>Speaker: Sharelle Rowe, CEO Host: Ian Adams</p>
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Thursday March 1, Please Note that this meeting is a visit to North Balwyn Bowls Club

<p>Greeters: Geoff Haddy Greg Matthews Set Up: Joe Butler, Kinga Paulheim Desk: Chris Flavelle-Smith, Phil Francis</p>	<p>North Balwyn Bowls Club Host: Ian Mollison</p>
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<p>Thursday March 8th Greeters: Phil Wade, Duncan Ansell. Set Up: John Gartlan, Colin Sharp Desk: GHreg Cribbes, Estelle Kelly</p>	<p>Speakers: Peter Downton and Adam Hillary Host: Russell Cooper Topic: Autobiographies</p>
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Attendance Meeting No. 29 Thursday 8th February

Guest Speaker	2	Beth Locke & Dr Tamsin Short - The work of Access Health
NB Members	50	
Friends / Alumni	1	Carolyn Pethick
Meals Served	53	Member Attendance 50 = 64.1%

On Time Apologies -22, Late Apologies -1, LOA -4, No Show -1 .
 Absences for Rosters next week:- Peter Cleary, Tony Ho, Yvonne Lyneham, Ian Mollison, David Rowe & Russell Turner.

AROUND THE CLUB:-

Calling for expressions of interest in purchasing the magnificent dining room table that has been fully restored at the men's shed, painted by Ron Liner and re surfaced by Adrian Ranson. Enquiries to Greg Matthews or Peter Elliott.



Happy Birthday Bev!!! Taken at the "Days for Girls" Sewing Bee.



Geoff's Health Tip

What is the secret to living longer?

Recently, Susan Pinker from Brigham Young University gave a talk on 'TED'. TED is a media organisation that posts talks online for free distribution under the slogan 'ideas worth spreading'.

Susan Pinker is a psychologist who writes about social science. Her proposition was, 'The secret to living longer may be your social life'.



Susan was intrigued by the fact that in the developed world, everywhere, women live an average of six to eight years longer than men. But there is one place in the world where men live as long as women. It is on the island of Sardinia, an island in the Mediterranean off the coast of Italy.

She wondered what is different about Sardinia where men and women live beyond 100 years in numbers six times the number of centenarians living only 200 kilometres away in Italy?

- Firstly there is diet, which in Sardinia is the Mediterranean Diet to which I have often referred, and whilst good for heart health, it is not the main predictor of longevity.
- Exercise is important, but it does not predict how long you will live.
- Whether you are lean or overweight is not a strong predictor.
- Whether you were a smoker or a drinker and then quit - you are now getting close to the top predictors.

The top predictors are two features of your social life:

- Firstly, your close relationships. These are the people you call on for help when you have a crisis or if you are in despair, or will call the doctor if you are not feeling well. These people are a strong predictor, if you have them, of how long you will live.
- Secondly, your social integration or connectedness. This means how much you integrate with people as you move through your day. How many people do you talk to? Do you talk to the shopkeeper? Do you talk to your neighbour? Do you play bridge? Do you regularly drink coffee in the company of others? Do you play team sport competitively or engage in the camaraderie of a Men's Shed?

These interactions are the strongest predictors of how long you'll live.

Geoff

Birthdays and Anniversaries between Feb 16th and Feb 23rd

Weddings:

Birthdays: Estelle Kelly

Induction Anniversaries: Barry Cummings, Steven Greatorex

Club Diary

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

Friday 23rd February 2018

Gala Charity Golf Day

Saturday 24th Feb 2018

DIK open Day Somerville Road West Footscray

Please RSVP for catering purposes to

dik.vic.rotary@gmail.com sausage sizzle for lunch.

From 10.00am to 3.00 pm with the ribbon cutting ceremony at 1.00pm to open Shed 39.

Thursday the 1st March

Annual bowls night at North Balwyn Bowls Club

This will be in lieu of our normal meeting at Club Meeting at KGC.

16-18 March 2018.

District Conference

Warrnambool.

Registrations [Now Open](#)



21 -25 March 2018.

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

Weekend of 17-19 August 2018

MUNA 2018

See <http://www.rotaryclubofcanberrasunrise.org.au/>

Friday 5th to Sunday 7th October 2018

Camp Getaway Working Bee 2018

Weekend of 19-20-21 October

Fellowship Weekend at Daylesford

Details soon.



TACKLING POVERTY

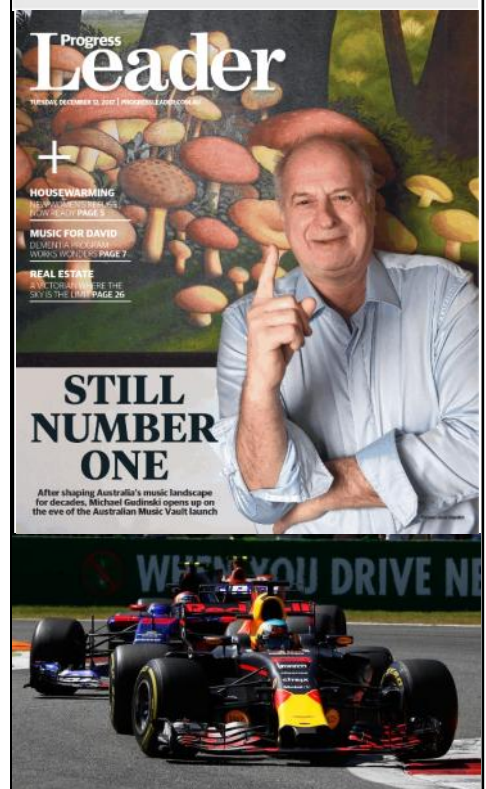
Rotary supports projects in local communities, but balances that with offshore projects.

Minh Hac in Vietnam is a very poor, remote community of 3200 people. This struggling community was discovered by Rotary Club of North Balwyn past president Rowan McClean in 2010.

Since then, club members and community sponsors have embarked on projects that are transforming Minh Hac.

Children could not previously afford to go to school because they needed to tend animals and pick crops to earn enough money for their daily food. Now more than 100 children have been supported to undertake schooling. Schools have received libraries, furniture, fans and teaching equipment. The health clinic now has refrigeration, computers and toilets.

For more information, contact rowanmcclean@gmail.com



<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: Peter Sutherland petesutherland@bigpond.com</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 style="text-align: center;">Please apologise no later than 5pm on Tuesday.</p>
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<p>North Balwyn Probus: Don Campbell . 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.



We thank Bread Street Bakery for their ongoing support of our BBQ Fundraising activity through their generous provision of bread supplies.



<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>	 <p>BOROONDARA City of Harmony</p> <p>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</p>
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