



What a great meeting to demonstrate to the many visitors, Rotary Serving Humanity! The average age of meeting attendees was a record low!

Maggie Campbell-Jones who our [Club sponsored](#) to attend the 2016 Rotary Youth Leadership Australia [RYLA](#) camp, spoke eloquently about her experience and the positive lasting impact it is having on her.



Guests also included the Secondary School students who are headed for Mongolia next month. They were presented with their travel caps and T-shirts and we were briefed about what they expect of the experience. It was great to see parents in attendance and our very efficient Youth Team making them feel welcome.

Our Guest Speaker, hosted by President Nominee Nino Sofra, was Rotarian Peter Stewart (Rotary Club of Kew) who has been integral to the [Sumba Eye Project](#) for 10 years and has done so much for the vision of so many children and adults in [Sumba](#). Challenges have included negotiation with the Indonesian authorities, inadequate facilities, uncomfortable conditions and language and cultural differences. In spite of these things, the team has restored and improved the sight of hundreds of people. It was an inspirational example of Rotarians acting to make a lasting difference.

Some of us are visiting Echuca over the Queen's Birthday weekend for the third major [District 9800 Rotary Showcase](#). This event coincides with the [Echuca Steam Rally](#), which is expected to attract 10,000 people. Hopefully the D9800 team can improve awareness of Rotary and set some new people on the path to Rotary Membership. Bill Oakley will be manning the Fighting Malaria Display and I will be showcasing the Community Development Model this club has developed that has been so successful in Vietnam and is now being adopted by other Rotary Clubs.

Next week we have a special wine night featuring special wines from the Mornington Peninsular, and we will have internal fundraising through sales of the wine to help boost our Club Administration coffers. I hope members will help us make this a successful evening.

Until then, keep up the good work to support our activities!

President Rowan

The RYLA program promotes positive outcomes for young people because:

- Participants at RYLA have the opportunity to experience a range of learning styles and develop skills in communication, negotiation and assertiveness - all skills essential for participation in their community and in life.
- The RYLA team, all young people themselves, act as positive role models for the participants and model behaviour consistent with RYLA's philosophy of utilising your skills and talents, challenge by choice and following your passion.
- It's an opportunity for young people to meet experts in their fields and passionate individuals involved with a range of community projects and motivates them to get involved.
- Participants interact in a supportive environment to learn from each other and form strong bonds with other young people.

[Our Leadership](#)



RI President
John F. Germ



DG 9800
Neville John



AG Eastside
Jonathan Shepherd



President RCNB
Rowan McClean

MEETINGS

THURSDAYS
6 for 6.30pm
Kew Golf Club

120 Belford
Road Kew
3102
Ph.
9859 6848

Club Website:
Click [HERE](#)

See us on
Facebook:
Click [HERE](#)

Read The Networker:

[Enjoy Rotary](#)



JUNE Rotary Down Under:

Click [HERE](#) A YEAR IN PICTURES



Click for [All District Events](#)

Rotary Weekly Click [HERE](#)



Right: Maggie Campbell-Jones thanking The Club for her RYLA experience.

Below: Estelle Kelly and Bill Oakley sharing the enthusiasm for the upcoming Short Term Mongolian Exchange.



Bill modelling the Mongolian "On-tour" Cap and Shirt



Members enjoyed the short Video presentation the Students have composed to take with them to show their new friends in Mongolia some aspects of Australian life.

Short Term Student Exchange to Mongolia July 2017

Bill Oakley, Ian Adams and Jane Pennington will meet this Sunday, 18th June, with the student contingent for the third and final time in preparation for departure to Mongolia on the evening of July 2nd.

In the previous two pre travel sessions we have worked together on group expectations, documentation, a group uniform and what to take to Mongolia. Together we have discussed and activated fund raising, talked about personal safety and set up Messenger for the students to communicate with each other. We are still working on a live performance to represent Australian life to a foreign audience.

The club has provided two polo tops and a cap to each member of the travelling contingent. The students chose the colour blue and assisted in the design of the kangaroo logo. They requested the Mongolian and Australian flags as a symbol of the exchange between the two countries.

Last Thursday night six out of the eight students were able to attend our club dinner with their parents. Other than an opportunity to present the students with their travelling uniform it was a chance for club members to meet and chat with the students and parents.

The girls from Canterbury Girls Secondary College brought the \$570.70 raised that day by running a Bake sale at school to be banked. From the outset the students have been expected to fund raise to offset some of the costs of the program and contribute towards the cost of hosting Mongolian students in January 2018. Late last year Greg Cribbes and Estelle Kelly worked together and estimated the total cost for each student to be \$3700. As the program was new and we were trying to attract less affluent students the Youth Committee decided a club subsidy of \$1000 per student would be appropriate. This has been paid to the parents of the outgoing contingent.

Bill, Ian, Jane and I are looking forward to our final preparation time with the students.

Estelle Kelly

Director of Youth.

Sumba Eye Program — Rotary in Action.

The Sumba Eye Program is celebrating 10 years of eye care provision in the region of [Nusa Tenggara Timur](#) on the Island of Sumba.

It has 3 aims

1-Service-providing Cataract surgery and refraction and the provision of low cost spectacles.

2-Training of local nurses to eye care standard so they can conduct basic testing, identification of disease for referral and basic treatment if required.

3-Collaboration with the Indonesian Health Authority through Universities and local Indonesian Ophthalmologists to assist and eventually take control in providing eye care to a region that has none.

To date over 11,000 people have been seen, 900 operations conducted and over 7,500 spectacles delivered. Nurses have been trained, 2 already been to Australia and local Dr's have been coming for 5 years.

It is happening.

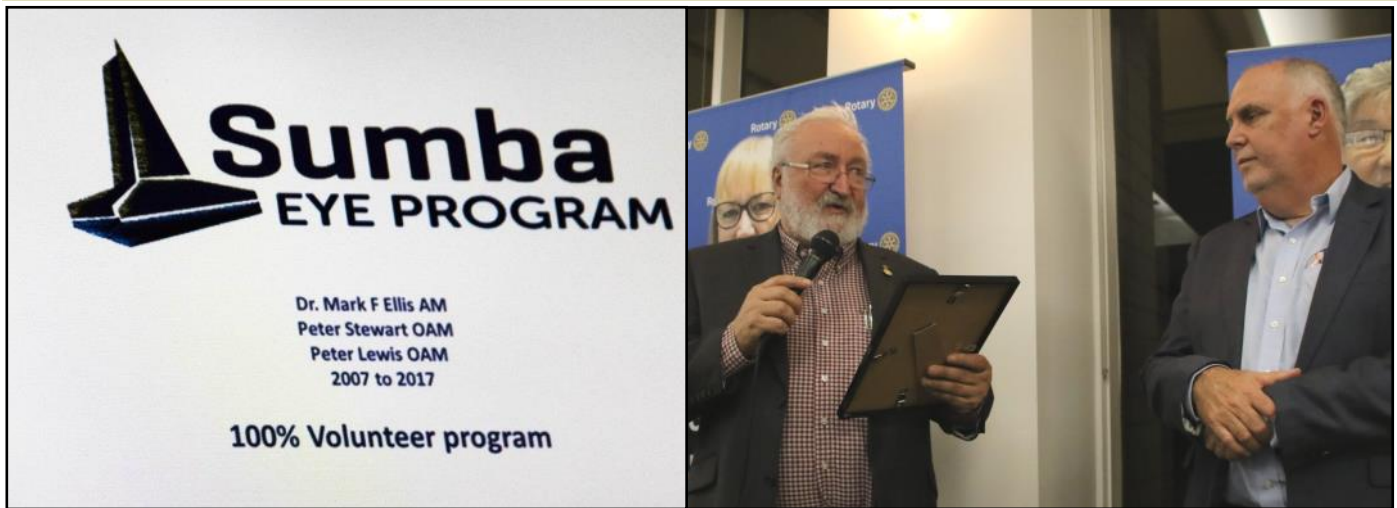
Rotary among others have provided significant financial assistance.

Tax deductible donations at www.sumbaeyeprogram.org

Directors-Peter Stewart OAM

-Dr Mark Ellis AM

- Peter Lewis OAM.



Host Nino with Guest Speaker Peter Stewart. Peter is a member of Kew Rotary Club, and optometrist and has been a mainstay for over 10 years of the Sumba Eye Program. [Sumba is an Indonesian Island to the West of East Timor](#) with a population of about 650,000.

The Sumba Eye Program addresses the needs of locals who are suffering vision loss due to a wide range of medical problems for which local medical services cannot service well. The Program includes training and equipment as well as hands-on treatment clinics. Peter received an OAM in 2014 for service to the international community through provision of eye health programs. Peter travels to Indonesia and Timor-Leste annually to provide free eye care to remote communities as part of the Sumba Eye Program and the East Timor Program.

Read more [HERE](#)

Elaine Magor and Jane Pennington on Parade at Blue Illusion



Thank you to all to the Ladies who attended our Fundraising evening last Thursday and for supporting the "Days for Girls" Project. *Kristine McDonell*

MAKE A DONATION



The Feed Melbourne Appeal is an annual fundraising campaign run by [FareShare](#) and [Leader Community News](#), supported by [Newman's Own Foundation](#). With more and more people struggling to afford a meal, it is crucial that frontline food relief charities are supported to respond to the growing demand for emergency food.

Every dollar raised by the Feed Melbourne Appeal helps local food relief charities such as soup kitchens, community food banks, free school breakfast clubs, to collect, store, cook and distribute food to people going hungry in our city. Two thirds of the funds are granted out to local charities while one third is provided to FareShare. We believe by joining together and working with local food relief charities that we can make a greater impact on the fight against hunger in our community. Donate [HERE](#) Donations are Tax deductible.

North East Community Hub Project update



Landscaping works

As part of this project, the eastern end of Centre Way will become one-way, allowing a pedestrian and vehicle-friendly link between the hub and the Greythorn Shopping Centre. Landscaping will make the streetscape more attractive for local residents and people who use the Hub and shops.

The North East Community Hub project also involves the creation of a new open space on the corner of Centre Way and Trentwood Avenue. It is envisaged that this will be an attractive open community space, and it will also host the North Balwyn RSL remembrance ceremonies.

Visit the website and subscribe to E-mail updates [HERE](#)

Next Meeting: Mr. Darren O'Hara.

[Personalise Your Wines](#)

Wines will be available For Sale to Members as an "Internal Fundraiser". It's a Special Members Only Sale

There will also be a raffle to win an expensive bottle of wine, and a Wine Tasting after the Meeting.

Joe Butler will be Host.



Have a look at these free videos on-line from [Victoria Seniors Card](#) for

tips on various computing tasks

Click [HERE](#)



Rotary

Club of North Balwyn

GARDENING PROJECT 12th June 2017

School holidays start from 1st July but there are a number of opportunities in June that need volunteers, please consider these and let me know if you can help.

Give me a call anytime - Peter Elliott 0419 417334,

Date and Who with	Time	RCNB Supervisor	Assisted by
Fri 16/6 CGS	2.45 – 5.15pm	Geoff Haddy	Estelle Kelly
Sat 17/6 MLC	10.00am – 12noon	Geoff Steinicke	Tak Yukawa
Fri 23/6 CGS	2.45 – 5.15pm	Ian Adams	Imre Lele
Sat 24/6 MLC	10.00am – 12noon	Rob Head	Marcel Muntwyler
Fri 21/7 CGS	2.45 – 5.15pm		
Fri 28/7	4.00 – 5.15pm		

Geoff's Health Tip**Do You Need to Take Vitamins?**

Vitamin and mineral supplements can be costly. Taking them regularly might make you feel like you're leading a healthier lifestyle. But a number of research studies suggest that supplements aren't always beneficial. Taking certain vitamin and mineral supplements may even do more harm than good.

For some people, vitamin and mineral supplements offer important health benefits. If you have certain health conditions or needs, your doctor may suggest adding a supplement to your daily routine. But people who take supplements as an "insurance policy" against poor eating habits might increase their risk of health problems.

So how do you know what's right for you? The best way is to talk to your doctor before taking dietary supplements. If you're already taking supplements, ask them if it's a good choice to continue. On top of raising your risk of certain health problems, some supplements may interact with medications that you're taking.

- More isn't always better
- Supplements aren't magic
- Do you need extra nutrients?

For some people, taking a dietary supplement may be beneficial. But if you're in good general health, there's limited research evidence to suggest that taking vitamin and mineral supplements will make you healthier. In fact, some research suggests that certain supplements can be harmful.

Always talk to your doctor before adding a vitamin or mineral supplement to your routine. If you've been taking supplements instead of eating fruits, vegetables, and other nutrient-rich foods, it's time to rethink your strategy. Remember, there's no substitute for a healthy diet.



Geoff

Read more [HERE](#)

MEETING ROSTERS

Thursday 15th June

Speaker: Mr. Darren O'Hara
 Personalise Your Wines
 Host: Joe Butler
 Greeters: Bernie Smith, Adam Hillary
 Setup: Ian Adams, Phil Wade
 Desk: Neil Marshall, Russell Turner

Thursday 22nd June

Speaker: Imre Lele
 Overseas Projects Overview
 Greeters: Bob Bromley, Jeanette Leigh
 Setup: George Swanson, Peter Downton
 Desk: Duncan Ansell, Anthony Stokes

Sunday 2nd July

Club Changeover
 Kew Golf Club 12.00 for 12.30
 Greeters: Sue McDonald, Peter Wilson
 Setup: Peter Elliott, John Gartlan
 Desk: John Koa, John McBride

Thursday 6th July

Speaker: Member Biographies
 Host: Maurie Walters
 Greeters:
 Setup:
 Desk:

Attendance:**PRESENT!**

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.

Attendance this week: Meeting 46. Attending were 50 members out of 81

Guest Speaker – Peter Stewart, RC Kew and Optometrist, reporting on the Sumba Eye Project.

Guests – Maggie Campbell-Jones report on 2016 RYLA Camp, 6 students in party of 8 going on Exchange to Mongolia and 8 parents.

Member's External Activities – 4 on Gardening project; 7 on Catering & visit to RC Sorrento, RC Burleigh Heads, Aust. Rotary Health Board & District Leadership Team.



**The North Balwyn
 Community Men's Shed Inc.
 is Coming !**

**Celebrations**

Birthdays: Yvonne Lyneham, Tony Hart, Maurie Walters.

Inductions: Rowan McClean 2008, Findley Cornell 1995, Larry Fitzpatrick 2002, Chris Flavell-Smith, 2006, David Rowe 2016, Don Taylor 2005, John Magor 1987.

Weddings: Adrian and Nadia Ranson.

ROTARY CLUB OF NORTH BALWYN 2016/17

President: Rowan McClean

president@rotarynorthbalwyn.com.au

Vice President: Bill Oakley

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 web-site; 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 with your personal message.
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: Bruno Coniglio.

<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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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**

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

Club Diary

DISTRICT CHANGEOVER LUNCH - 25th June 2017 - RACV CITY CLUB

The end of the Rotary year is fast approaching. To celebrate Rotary Serving Humanity and looking forward to Rotary Making a Difference. All members and partners are invited to join DG Neville and Rebecca and DGE Peter and Anne at the District changeover lunch on 25th June 2017. For more details and booking information [Click HERE](#)

Thursday 29th June 2017. **No Meeting**

Sunday 2nd July: Club Change Over Lunch. 12.00 for 12.30pm at Kew Golf Club.



**Club
Changeover.**



July 8-17 [Camberwell Art Show](#)

(Friday July 7th is the Gala Opening and Preview Night)
Book On-line \$55. Drinks. Canapes. Over 1,300 paintings.

Sunday, August 27 ; Partners' Afternoon Tea

2.00 pm – 4.00 pm at QPO, hosted by Ailsa (invitation to come)

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

16-18 March 2018.District Conference

Warrnambool. Nino Sofra will announce more details later in the year.

Luncheon on 2/7/17 at
Kew Golf Club
Recognising Rowan's year
and welcoming Rob's year.
Includes ; a piano interlude
from [Alan Kogosowski](#) and
'reflections' by



John
Gartlan

