



"The HeadLines"

Our Club Focus

From the two planning sessions held by the 2017-18 Board pre-Changeover, we agreed on the strategic focus for the Club as below.

Our Focus for 2017-18 is on 'Making a Difference' for

- Our Club Members
- Our Community

Our Objectives are adapted from the [Rotary Objectives](#), and we have added a fifth item (in italics below):

'The object of the Rotary Club of North Balwyn is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

- The development of acquaintance as an opportunity for service
- High ethical standards in business and professions
- The application of the ideal of service in each Rotarian's personal, business, and community life
- The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service
- *Awareness of the wellbeing and welfare of members and the 'family' of the Club through our activities.'*

[NAIDOC Week](#) (National Aboriginal & Islanders Day Observance Committee)

NAIDOC Week events are held across Australia each July to celebrate the history, culture and achievements of Aboriginal & Torres Strait Islander people ; 2-9 July this year.

The NAIDOC theme for this year was the unique and essential role that indigenous languages play in cultural identity. The 2017 Theme is Our Languages Matter.

There is a Melbourne [NAIDOC exhibition at the Caroline Springs Gallery](#), 193 Caroline Springs Blvd, Caroline Springs, open until 23/7.

Camberwell Rotary Art Show

Runs from July 8 – July 16 at Swinburne Advanced Technologies Centre

The Quote

"I'm not young enough to know everything" – Oscar Wilde

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

Rotary Club of North Balwyn Club Website: [HERE](#)

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

Read The Networker: [June 2017](#) Issue 23



JULY ROTARY DOWN UNDER

Click [HERE](#)

Click for [All District Events](#)



Click [HERE](#)



Member Autobiographies:

We enjoyed very interesting talks from Jeanette Leigh and Geoff Kneale this week.

Geoff is setting up Click & Connect "stations" in various countries around the world. Current count is just 900 and growing exponentially. Read more [HERE](#)

As newer members, they have fitted in to the RCNB smoothly and will no doubt help to Make a Difference. Of the many qualities revealed by each of them, a common trait is Creativity and an ability to get things done. Thank you Jeanette and Geoff. With several other new members yet to share their stories, we have much to look forward to.

**News from The Solomons**

I received an e-mail from Brian Thomas (ex Aisin) Australia who travelled with the last Rotary team that visited the Solomon Islands. Brian has included some photos which Members will enjoy. What a success our support in developing the [Mother Mazzarello House - Henderson](#) has been. The Club can stand very proud.

Bob Bott

Sister Anna Says "Here some pics of the graduation of the first Group of ladies...end of the month the next 30 participants go to our training. They made cakes and printed clothes... and much more!! ...and thank you for all the spare parts you are providing us...it is gold for us here!!!!!! Our Edmond....who is still doing very well....is little by little being known as sewing machine fixer!"



Salesian Sisters of Henderson, Solomon Islands run a Hostel for Girls students and a Development Centre for Ladies who need Life Skills and Others!



News from Bernie Smith



Jo Wells and Diane Goetze received 10 boxes of shirts on behalf of the Rotary Ladies. Acquired by Bernie, the shirts are now destined for the Solomon Islands.

...and in other news...now that the Men's Shed has been constructed, the RCNB has committed to supplying equipment and tools to fit out the interior of the shed.

We have a container full of equipment that needs to be unloaded on site and request the support and assistance of Members some time next week.

Bernie will confirm times.



Like to know who's who and what's what?

Download the District Directory



In case you were missing the Sofras and the Matthews... here they are at Paulina Gorka's wedding in Prudnik, Poland.

Paulina is a past Rotary Exchange student. (Below: Paulina's family and Paulina & Lukasz)



Update from Mongolia

Our group have just finished the first segment of the trip, a wonderful week at the Nars Camp, where they met locals and other overseas visitors, enjoyed all the Camp's activities and presented their performance about Australia.

Bill and Estelle have also appeared on Mongolia morning television.



ROTARY CLUB OF ULAANBAATAR

The group are now back in Ulaanbaatar, enjoying the homestays arranged by the Rotary Club.



New Data Projector – Epson EB 2055

Members will have noticed a huge improvement in projection thanks to the Club's new data projector. Its amazingly better than our old one which has served us well but was no longer up to the job. Thanks to the anonymous donor from our Club, all is now clear!



A recap of my Treasurer's comments at last Thursday's Meeting:

Obviously, I have returned from holidays as Subscription invoices were received by all Members on 3rd July. Thanks to those who have settled already – very quick off the mark.

A huge personal and RCNB thankyou to Geoff Haddy for holding the fort for me as Assistant Treasurer for the past couple of months – interesting times.

A MAJOR milestone achieved on Thursday was the completion of the DRAFT Financial accounts to 30th June 2017. We still do need notification of any last-minute minor revenue/expense items relating to these DRAFT accounts. Any of these would be appreciated in the next week to allow the timely completion before then going to Audit.

And remember, any query, any time on RCNB finances or procedures, just call.

Cheers *Greg Cribbes* Treasurer Mob 0413 270403

Geoff's Health Tip

Is Blue Light Bad for your Health?

Peek into any household after dinner and you will find the occupants bathed in the faint bluish glow of computer screens or be lying in bed reading e-readers. Even if the gadgets are off, new eco friendly LED lamps and TV's emit a brighter, short-wave length (more bluish) and more potent light than older incandescent globes.

[Dr. Charles Czeisler](#), chief of the Division of Sleep and Circadian Disorders at Brigham Women's Hospital in Boston said "the more research we do, the more evidence we have that excess artificial light at night can have a deleterious effect on many aspects of human health". "A growing number of physicians, researchers, and health policy makers are in agreement that dark nights, like a healthy diet, regular exercise, and good sleep habits, are necessary for long-term health."

Sleep issues aside, light at night is now being accused of helping fuel obesity and metabolic disease such as diabetes. Other studies show that night shift workers doing the night shift for more than 5 years are 11% more likely to die early.

The power of light: Light is a powerful synchroniser of human circadian rhythms, or body clocks. At dusk, in times before electricity was the norm, the body begins to transition to night-time physiology in which the body temperature drops, sleepiness grows, and hunger fades away. The time spent in this restful state is restorative.



Geoff



Start powering down at dusk: Dr. Richard Stevens from the University of Connecticut, suggests that we should get plenty of bright light during the day to stimulate the alerting effects of light by day and reduce the intensity of light at night.

Go camping for the weekend: A recent study by University of Colorado researchers found that campers who spent time outside during the day, with no artificial light at night, fell asleep earlier than others who didn't go camping, and were more refreshed and alert on Monday morning.

GARDENING PROJECT 10th July 2017

During School holidays we get a couple of weeks break before we get back into gear in. Please volunteer where you can, it is greatly appreciated.

Give me a call anytime - Peter Elliott 0419 417334,

Date and Who with	Time	RCNB Supervisor	Assisted by
Fri 21/7 CGS/X	2.45 – 5.15pm	Garth Symington	Geoff Haddy, Ian Adams
Fri 28/7 X	4.00 – 5.15pm		Estelle Kelly
Sat 29/7 MLC	10.00 – 12noon	Sam Hardikar	John Magor
Fri 4/8 CGS/X	2.45 – 5.15pm	Russell Turner	
Fri 11/8 CGS/X	2.45 – 5.15pm		
Sat 12/8 MLC	10.00am – 12noon	Rowan McClean	Tak Yukawa

Here's something that might get you out on a Winter's night;

Member Kathleen McGuire invites you to consider a great night out at Brahms' Requiem, which she is conducting at Melbourne Recital Centre on Sunday, July 30 at 2:30pm.

Her partner Audrie is also singing in the choir.

A 40-piece orchestra will accompany the 120-voice Star Chorale.

Generous group bookings are available if there is interest in making this a social event.

Bookings and Info [HERE](#)

Bookings



District 9800 Board 2017-2018

Left to Right: District Secretary Elect, Jane Pennington; District Governor Nominee, Grant Hocking; District Governor Elect, Bronwyn Stephens; Immediate Past District Governor, Neville John; District Director Public Image and Communications, Amanda Wendt; District Governor, Peter Frueh; District Secretary, Marjorie Gerlinger; District Director Foundation, Past District Governor Dennis Shore; District Treasurer, Bernie Gerlinger; Vice Governor, Past District Governor Julie Mason; District Director Governance, David Whiting. Absent: District Director Membership, Philip Archer; District Treasurer Elect, Arthur Hubbard.

MEETING ROSTERS

Thursday 13th July

Speaker: Mr. Peter McCall from Beyond Blue
 Host: John Gartlan
 Topic: Suicide, Depression and Loneliness
 Greeters: Takao Yukawa, Maurie Walters
 Setup: Adam Hillary, Brian Hurnard
 Desk: Geoff Steinicke, Ted Wilkins

Thursday 20th July

Speaker: DG Peter Frueh
 Host: President Rob
 Topic: Priorities for 'Making a Difference'
 Greeters: Joe Butler, Yvonne Lyneham
 Setup: Findley Cornell, Geoff Haddy
 Desk: Peter Downton, Steven Greateorex

Thursday 27th July

Speaker: Kim Groizard
 Host: Beatrice Ko
 Topic: Solar Smiles: Volunteer Dentistry
 Greeters: Chris Flavelle-Smith, Tony Hart
 Setup: Phil Francis, Jeanette Leigh
 Desk: Adam Hillary, Rowan McClean

Thursday 3rd August

Speaker: CLUB FORUM
 Host: President Rob Head
 Topic: Submit issues for discussion prior to the meeting please.
 Greeters: Jim Studebaker, Eileen Toohill
 Setup: Belinda Wandabwa, Maurie Walters
 Desk: Phil Wade, Greg Cribbes



This week: [beyondblue](#) Ambassador, Peter McCall
 Peter says "It will not be a 'black meeting'. We will ensure there will be a few laughs, there will certainly be a few dry coughs and possibly a lonely tear will trickle down a shielded cheek or two. Depression and anxiety are illnesses that can be cured and it is only recently, in the last 8 or 10 years, that open discussion is taking place in the broader community." Read more [HERE](#)

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.

This week's meeting

Membership 80, apologies and LOA 25, 52 in attendance.

Partners - Melissa Maitland-Smith and Adam Kneale,

Guests - Cara Davey (Yvonne Lyneham) and Dileep Krishna Pillai (Beatrice Ko).

Cheers, Hugo

PRESENT!

Celebrations

Birthdays: Peter Cleary, Joan Cooper,
 John Gartlan.

Inductions: Nil, None, Not anyone

Weddings: No frigid winter weddings this week



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 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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**FIREWOOD
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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
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

Club Diary

July 8-16 [Camberwell Art Show](#)

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.

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

Saturday 12th August. Rotaract D9800 OurSpace

Rotaract Clubs of Swinburne, Gateway, Melbourne City and new provisional club Stonnington. Our Space welcomes everybody including friends, family, Rotarians and the wider community to enjoy a night of entertainment, celebration and delicious food. ***Dinner, entertainment, 2 raffle tickets and contribution to Rotaract 9800 activities - \$50***



Rotaract District 9800 presents
OurSpace

12 August 2017
7pm onwards

Fitzroy Town Hall

Early Bird Tickets
from **\$35**

Sponsored by **YARRA**

Gateway • Melbourne City • Stonnington* • Swinburne

*provisional club

Get your tickets now and get inspired by the key note speeches of our District Governor, DRR and newly elected presidents.

Enjoy a delicious buffet including meats, range of salads, bread rolls and an assortment of amazing desserts.

To end an evening of great food and interesting speeches and entertainment we promise you a great party with Rotaractors and Rotarians of our district and beyond.

Don't miss out on this amazing evening and get your tickets now!

Get Your Tickets Now