



"The HeadLines"

Our Speakers; Club Members Yvonne Lyneham and John Koa.

The meeting thoroughly enjoyed the autobiographies from Yvonne and John.

We learned that Yvonne's family came to Australia from (formerly) North Borneo after WW2, and after undertaking studies in Chemistry Yvonne joined BASF.

Yvonne has since progressed her qualifications to a PhD level in Chemistry, and is undertaking valuable research into the properties and applications of plastics.

Yvonne is married to Matt who has two sons.

John's family moved from mainland China to Taiwan, and he has worked in the Philippines with his father's newspaper business, and in Australia and China with Fosters' Brewing.

John's studies commenced with Accounting, and he has now completed an MBA. John recently decided to try his own business, and he now operates successful Bakers Delight outlets.

John is married to Anne, and they have 4 children plus grand-children.

From Our AGM

Next year's Board will comprise:

President: (currently) Pres-elect Nino Sofra

Vice President: Adrian Ranson

Secretary: Gavan Schwartz

Treasurer: Adam Hillary

IPP: Rob Head

Directors: Tony Wells, Colin Sharp, David Rowe, Findley Cornell, Jim Romanis, Ian Adams, Garth Symington.

The financials for the 2016-17 year were accepted, and Baumgartner's were re-appointed as our auditors.

Protection Officer John Rennie outlined our process and expectations with WWC certification.

Rotary Foundation Month

As a good background to the Foundation, PDG/PP Jim Studebaker gave us a brief history of the Foundation and an outline of its sources of funds.

The Quote

"In my many years, I have come to a conclusion that one useless man is a shame, two is a law firm and three or more is a government" ; John Adams

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 8](#)



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



John and Yvonne were our Guest Speakers
Picture: Ann and John Koa with Nino (Host) and Yvonne Lyneham.



Reminder from Hugo

Please donate Toiletries for the
[Boroondara Community Outreach](#)
Christmas Hampers.

Thank you for your response so far.
Any later excess will be easily used
in the New Year in support of those
in the rooming houses.

CLUB MEETING THURSDAY 30TH NOVEMBER 2017 to be held at DIK



Shed 40 400 Somerville Road

West Footscray.

BYO drinks and glass;

BBQ provided \$20 PER HEAD



ATTENDANCE: If you have not have put down your name please contact Jim Romanis 98301162 to register your attendance.

CAR POOLING. If you need a lift please contact one of the following who have indicated they have room for passengers: Peter Elliott ,Hugo Goetze ,Steven Greatorex ,Geoff Kneale ,Adrian Ranson, Gavan Schwartz, Geoff Steinicke, Don Taylor.

RECOMMENDATION

This is a great opportunity to experience the significant logistic involvement of Rotary and to hear from our guest speaker Rotarian Bob Glindemann who is heavily involved with D.I.K.

JIM ROMANIS

We sold raffle tickets this week together with people wanting to fundraise for cerebral palsy.

If any members would like to support this cause, please visit the website

<Cerebralpalsy.org.au>.



The Christmas Raffle.

Win \$2,000 Shopping Spree!

Please keep putting your name on the selling roster and get involved.

Sell your own book and return it as early as possible to save the last minute reminders.

Thank you to everyone who has already participated.

The Roster is circulated at meetings and via E-mail. Contact [Geoff Kneale](#) to get involved.

\$2 Voucher on reverse side of ticket



\$1,000 Cubby House or Vouchers



\$500 Vouchers in-store shopping



Catering Roster

Along with the Christmas Raffle Roster there is also the Catering Roster to consider.

At this time of year we are always stretched for volunteers to meet all of our commitments.

Please review the Catering Roster and contact Jane Pennington if you can help.

The roster has been distributed by separate E-mail.

Gardening Roster

Gardening has finished for this year. Below is a thank you letter from Xavier College to Peter Elliott.

Dear Peter,

Xavier College wishes to thank you for your willing participation in our Year 12 Service Day Program on Monday 23 October.

In coming to Xavier College the boys have embarked on a journey to further understand the Gospel message, **"When you have been given much, much is expected"**. Our hope is that a Xavier graduate completes his time with a feeling of gratitude and an understanding of how to use his gifts to make a difference in the world.

It was such a successful and rewarding day for our students who were there on the day and I trust this was true for you. These boys spoke positively of their experience and the opportunity it provided them to make a contribution to the life of another member of the community.

We look forward to our continued partnership.

Yours sincerely

Christine Fonseca

Director of Faith Formation

**THE POWER TO MAKE
A DIFFERENCE**
2018 DISTRICT 9800 CONFERENCE
16-18 March / Warrnambool / Victoria



Save \$50 by registering before Thursday November 30th

CHECK OUT FIRST TIME ATTENDEE'S DISCOUNT

<http://www.rotaryconference.org.au/>

SPEAKERS

MC



STAN GRANT, well known as a presenter for the ABC will share his personal story and the story of his family which illustrates the dispossession and hardship shared by indigenous people



SONJA DAWSON, a nurse with experience in many fields has a passion to volunteer in the global health area and has spent over a decade volunteering with Mercy Ships.



MICHAEL CROSSLAND is an extraordinary young man who has defied the odds of a life threatening cancer to build a life of exceptional achievements. His story is Inspirational



MANDY DRURY has moderated conferences for many organisations and charities. Rotex President in 1993, she continues to be part of Rotary through family connections

CHECK THE WEBSITE FOR INFORMATION ON OTHER SPEAKERS AND ACTIVITIES



ATTEND THE FRIDAY AND SATURDAY NIGHT
FUNCTIONS *FOR ONLY \$120*



THE CONFERENCE PROGRAM WILL INCLUDE A WIDE RANGE OF SPEAKERS, INFORMATIVE
BREAKOUT SESSIONS, ACTIVITIES AROUND WARRNAMBOOL AND AN OPPORTUNITY TO BE
INVOLVED IN A HANDS ON VOLUNTEERING PROJECT



Find us on
Facebook

<https://www.facebook.com/D9800Conference/>

MEETING ROSTERS

<p>Thursday 16th November</p> <p>Speaker: Rev. Jenny Preston</p> <p>Host: Brian Hurnard</p> <p>Greeters: Ian Richardson, Colin Sharp</p> <p>Setup: Ian Mollison, Duncan Ansell</p> <p>Desk: Bill Oakley, Eileen Toohill.</p>	<p>Topic: Melbourne based Help for Zambia's Dis-advantaged. In 1996 Jenny, her family and friends saw the urgent need for help to the Zambian forgotten. 'Kondanani' became (and still is) their vehicle of amazing hope</p> 
<p>Thursday 23rd November</p> <p>Speaker: Lien Trinh</p> <p>Host: Geoff Kneale</p> <p>Greeters: Bob Bott; Sue McDonald</p> <p>Setup: Jim Romanis; Peter Wilson</p> <p>Desk: Garth Symington; Tony Hart</p>	<p>Topic: Reflections of Our First Global Grants Scholar. Lien Trinh, The first recipient of the Rotary D9800 Global Grant Scholarship has completed her studies at the London School of Hygiene & Tropical Medicine for the Master of Public Health degree.</p> 
<p>Thursday 30th November</p> <p>Speaker: Bob Glindemann</p> <p>Host: Imre Lele</p> <p>Greeters: John Koa, Nino Sofra</p> <p>Setup: Russell Cooper, Greg Matthews</p> <p>Desk: Ted Angleton, Marcel Muntwyler</p>	<p>Visit to DIK 400 Somerville Road West Footscray Topic: The Vital Role of Donations in Kind</p>
<p>Thursday 7th December</p> <p>Speakers: Jo Bergman and Stewart Kreltszheim</p> <p>Host: Bev Sofra</p> <p>Greeters: Ian Adams, Jane Pennington</p> <p>Setup: Neil Marshall, David Rowe</p> <p>Desk: Ian Richardson, Joe Butler</p>	<p>Topic: "No Roads Health" No Roads – Health was formed in 2012 when an Australian experienced No Roads Expeditions Kokoda Track Guide identified a desperate need for health care on the Kokoda track. Mission: To partner with aid agencies to deliver targeted health activities which benefit the people of Papua New Guinea</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 ...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 77 Membership 77, On-time apologies -14, LOA - 6, late apologies - 4, Member Attendance 53 = 68.8%

External Activities during the last week:

Men's Shed 6 & 9 Nov. Bernie Smith, David Cheney & Greg Matthews.

Gardening at Servants - Geoff Haddy & Tony Wells.

Catering for Maserati Club - Russell Cooper, Estelle Kelly, Geoff Kneale,

Beatrice Ko, Yvonne Lynham, John Magor, Neil Marshall, Bill Oakley & Nino Sofra.

That's all folks. Cheers, Hugo.

Celebrations

Birthdays: David Rowe, Greg Cribbes,
Kerry Romanis

Inductions: David Cheney, 1982, Peter Elliott, 1992

Weddings: Nil



Geoff's Health Tip

Olive Oil



By now, most households will have a bottle of olive oil in their pantry. It wasn't always so, but it's fair to say that it was the influence of Italian immigrants arriving in Australia after 1945, who used olive oil in their cooking, that made it a popular oil for cooking in Australian households.

Now we have many Australian olive growers, especially in the South Australian Riverland and the irrigation area between the Murrumbidgee and Murray Rivers, who produce quality

table olives and olive oil. Olive oil is one of the few oils produced from the flesh of the fruit. Most other oils are expelled from seeds such as canola, flax, sunflower, safflower and so on.

Taste is now an important criteria for olive oil, and there are important classifications such as 'Extra Virgin, Virgin and Pure'. The difference between these classifications is relative to the fatty acid content of the olives. The presence of free fatty acids is a sign that the oil in the olive is oxidising through age. Extra Virgin means the oil has less than 1 percent free fatty acid, whilst Virgin means there is between 1 and 2 percent and oil with more than 2 percent must be refined, and is then called Pure – a bit confusing isn't it. My own experience in purchasing organic olive oil from **Australian growers has shown we can consistently produce Extra Virgin olive oil with less than 0.5 percent free fatty acid.**

However, there is another even more important qualification that is never mentioned on the label. It is the antioxidant content of the oil. From the consumer's point of view this is a hurdle that cannot be met until you taste the oil. You may have noticed that some olive oils give you a distinct 'bite' in the back of the throat whilst others are bland. **The olive oil with the distinct bite contains antioxidants, the bland oil does not.** The bite is due to the presence of polyphenols.

Polyphenols are one type of numerous health-protective antioxidants found in Extra Virgin olive oil. Similar to other antioxidants, polyphenols subdue oxidative stress and age-related diseases like heart disease, high blood pressure and high cholesterol. In addition to the anti-aging properties, polyphenols are also strongly anti-inflammatory.

The full benefit of the antioxidants in olive oil is obtained by using freshly produced olive oil as the primary oil in cooking, salads, dips, vinaigrettes and, yes, bread dipping.

Geoff



CHRISTMAS FARE

FRIDAY 8TH DECEMBER 2017 ; DONCASTER ROAD

OUTSIDE THE COMMONWEALTH BANK, 9.00-12.00

Ladies, friends and supporters,

We are planning our Christmas Fare again this year; are you able to assist with baking cakes, puddings, chutneys, shortbreads, mince pies, slices etc. for sale?

As in previous years, we need a variety of smaller items made up on a Christmas plate, wrapped in cellophane and with ingredients (no cream) listed, to the value of \$5.00.

Larger cakes, puddings and other items will be individually priced.

Please deliver your goodies to Ian Molli-son's office, Hello World, 66 Doncaster Road, North Balwyn on **Thursday 7th December up until 5.30 pm.**

Funds this year will go to the Refugee Support Program at Baptistcare Ashburton.

Many thanks for your help,

Ailsa Head

Enquiries—Jo Wells 9859 3725

Rotary Club of North Balwyn



Men's Shed Update

Our Men's Shed is enjoying solid patronage. At a recent BBQ invitation many new faces were seen and The Shed is proving to be a great community resource.



Club Diary

Read about Rotary in your area in The Progress Leader

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

Sunday 19th November

Outbound Mongolia Short Term Exchange July 2018 Information Session
Balwyn North Primary School 2-3 pm

Tuesday 21st November:

[25th ROTARY FOUNDATION PAUL HARRIS BREAKFAST.](#)

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

Thursday 30th November:

Regular Club Meeting to be held at [DIK](#)
Store in West Footscray, Victoria
400 Somerville Rd, West Footscray

Friday 8th December

Christmas Fare—Balwyn North Village Shopping Centre.
Run by our Partners: selling cakes and puddings.
Funds to [Refugee Support Program](#) at Baptcare Ashburton.

Thursday 14th December

Club Christmas Meeting and Partners' Night

Saturday 16th December

Carols in the Park (Macleay Park Belmore Road)
Christmas Raffle draw on Stage at 9.00 p.m.

Monday 18th December

Servants Christmas Carols & BBQ

Thursday December 21.

Club Christmas Breakfast at Macleay Park.

Wednesday 10th—Thursday 25th January

Mongolian Exchange

Sunday January 14th

Casual meet with Mongolian students(12) and their chaperones(2).

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

Camp Getaway Working Bee 2018



Servants Community Housing has been operating low-cost accommodation and safe housing for people suffering from long term mental illnesses for more than 25 years. The three homes are situated across the Boroondara area. Servants offers people a safe environment with a strong sense of community and belonging. The Rotary Club of North Balwyn has been a great supporter of Servants Community Housing. In 2013, it provided a bus for the organisation. It has also engaged in several fundraising activities over the years. Recently, Rotary's Donations In Kind facility in Footscray, Rotary's major recycling operation, provided 200 sets of quality bed linen and 200 towels. The linen was donated by the Western Australian mining industry and will be shared between Servants' three residences.

To donate household goods to Donations In Kind, contact Peter Sutherland on 0490 133 173.



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A DIFFERENCE
2018 DISTRICT 9800 CONFERENCE
16-18 March / Warrnambool / Victoria
Rotary

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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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