



MONGOLIAN EXCHANGE PROGRAM

At our recent changeover lunch, the Club was honored to receive a "District Youth Service Recognition" for the "Instigation and Implementation of the Mongolian Student Exchange Program." This innovative exchange between secondary students from Melbourne and Mongolia provided many opportunities for vocational and intercultural learning, goodwill and better friendships in the true spirit of Rotary International activities.

The program in Mongolia involved many community members in a wide range of cultural activities, cooperative tasks, dance, sports and problem solving. The members of the Rotary Club of Ulaan Baator and a children's camps home hosted the eight Australian secondary students. RCNB provided a subsidy of \$1,000 per student while their families covered the major costs of airfares, travel insurance and spending money.

For the second phase of the program, twelve students from Mongolia travelled to Melbourne. The cost of their accommodation, travel, meals and entry to events was covered by RCNB. The group was hosted by parents of the outbound students as well as a number of Rotarians, who also assisted in running the program. The students were exposed to a broad range of habitat, cultural, educational, and unique experiences over sixteen days.

In late 2015, the RCNB Youth Committee recognized that it was timely to amend the Youth Exchange Program from a one-year, single student exchange to a shorter, intensive group exchange.

Since then the cost of the two way exchange program has been \$22,500 of which \$5,200 was raised by the students and parents, \$3,000 by a District 9800 Grant and \$14,300 by RCNB.

The Youth Committee believes that this program is a more cost effective and manageable way of providing an international goodwill exchange experience for twenty students.

Imre lele

Our Leadership



**RI President
Barry Rassin**



**DG 9800
Bronwyn
Stephens**



**AG Eastside
Barry
Hickman**



**President
RCNB
Nino Sofra**

Partners and Guests Evening July 26th

Our speaker is professor Gillian Triggs who was President of the Australian Human Rights Commission 2012 - 2017, Dean of the Sydney University Law Faculty 2007 - 2012

Topic: Common Compassion and a Charter of Human Rights.
Professor Triggs is an articulate and compelling public speaker.



Club Diary

September 2018 Fence repairs in Cobden.

5-7 October 2018 Camp Getaway Working Bee 2018

Weekend 19-21 October Fellowship Weekend at Daylesford

Australian Grand Prix 11-17 March 2019

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

APOLOGIES FOR CLUB MEETINGS

Sign the "apology sheet" at the front desk at the prior meeting if you know in advance. Or E-mail Hugo Goetze

HugoGoetze@netspace.net.au

Phone 9857 6701 (leave a message). Mobile phone calls & SMS are not to be used.

**Please apologise no later than 5pm
on Tuesday.**

MEETINGS THURSDAYS

6 for 6.30pm

**Kew Golf
Club**

**120 Belford
Road Kew
3102**

**Ph.
9859 6848**

Speaker Summary.

We enjoyed the company and the topic of John Daley's presentation:

The Rise of Protest Politics: Is Sensible Policy Still Possible

John is the CEO of the Grattan Institute and has been since it was founded nine years ago.

John explained to the meeting that protest politics is on the rise in Australia with the main cause being a collapsing of trust in politicians and the major parties.

If the major parties and politicians want to rebuild trust with voters, they will need to change the way they do politics: stop misusing their entitlements, strengthen political donations laws, tighten regulation of lobbyists, and slow the revolving door between political offices and lobbying positions.

The vote share for minor parties and independents has been rising for a decade. In recent elections more than one-in-four Australians voted for someone other than the ALP, the LNP or the Greens in the Senate.

Voters in regional and remote areas are particularly disillusioned. The further from a capital city GPO, the higher the minor party vote and the faster it has risen.

Voter disillusionment with the political establishment is the major cause of the rise in protest politics; it's an 'anyone but them' vote.

[Read the media release](#)

Explore the Grattan Institute Website for more interesting articles

<https://grattan.edu.au/>

What is Grattan Institute?

Grattan Institute contributes to public policy in Australia, a liberal democracy in a globalised economy.

They foster informed public debate on the key issues for Australia, through both private forums and public events, engaging key decision makers and the broader community.

Their work is rigorous, practical and above all, independent. They accept no ongoing government funding and undertake no commissioned work.

Thanks to Peter Sutherland

Meeting No.3

Thursday, 12th July 2018

Present:

Guest Speaker	1	John Daley (free) - <i>Loosing Trust in Political Leadership.</i>
NB Members	42	
Visiting Rotarians	1	Chris Yudi (RC Glenferrie)

Members = 73, 42 present = 57.5% ; LOA = 6, Apol = 24, No Show = 1

External Activities 2nd Bite to CamCare - Brian Hurnard ; George Swanson - RC Sorrento; Rob Head - RC Yea (Board Approved) (28th June); 'DIK Bike Repairs - Peter Sutherland; DLT meeting -Jane Pennington

Absences for Rosters next week :

Duncan Ansell, Greg Cribbes, Barry Cummings, David deGaris, Larry Fitzpatrick, Chris Flavelle-Smith, Adam Hillary, Brian Lacy, Ian Mollison, Jim Romanis, Rob Stewart, Don Taylor, Brian Thomas & Ted Wilkins.

Membership Subscription

Thank you to those 50 members who have paid this year's subscription. Well done.

Payments from others are keenly awaited!

Geoff H - Asst Treasurer



Rotary Club of North Balwyn Inc.

**PO Box 135
North Balwyn
Vic 3104**

ABN: 15 960 124 742



AMOUNT NOW DUE

**SPECIAL
ANNOUNCEMENT**

Rotary Club of North Balwyn

Website

**SPECIAL
ANNOUNCEMENT**

Our new website is up and running!! It is found at: www.rotarynorthbalwyn.com.au

The screenshot shows the website layout. At the top is the Rotary logo and 'Club of North Balwyn'. A navigation bar includes links like 'About Us', 'Join Us', and 'Contact Us'. A banner image shows a green bus. Below, the 'Our Club' section welcomes visitors and lists meeting details: Thursday 6.00pm at Kew Golf Club. A 'Speakers' section lists upcoming guests like Steve McBurney and John Daley. A photo of two people in surf rescue gear is also visible.

There are sections of it which are for Club members only. All Club members have a log in and a password.

The log in is your name ie first name space second name with capital letters for the two names. Example Jane Pennington

All passwords are 3104. You can change this once you have logged in the first time.

Competition

Nino has instigated a competition!! There is a picture of a bottle of wine hidden somewhere on the new website.

The first person to find it and email me (jane.pennington@bigpond.com) will win a bottle of wine.

If you have any questions, suggestions or comments please do let me know. I would love to hear what other information you would like put up. Or if you do not like your photo please send me another one to go up.....

Jane Pennington
0408 402 555
jane.pennington@bigpond.com

**President Nino has increased the bounty!
It's now 2 bottles of wine to the first person who locates the hidden bottle of wine on the web page**

MEETING ROSTERS

Thursday 19 July Greeters: Bronwen Dimond, Beatrice Ko Set Up: Greg Matthews, Anthony Stokes Desk: Phil Wade, Bill Oakley	Speaker: DG Bronwyn Stephens Host: President Nino Sofra Topic: District Governor's Visit
<p>Bronwyn joined the Rotary Club of Melbourne South in 2008. After undertaking Rotary Leadership Institute and President Elect Training she was Club President in 2009-2010. Since then she has served the Club in various capacities including Bulletin Editor, Secretary and Treasurer. She has chaired the World of Difference project for her Club. Other involvement at District level includes Assistant Governor Stonnington Cluster 2013-2016. She lead a Vocational Training Tour of 4 teachers to Cambodia in January 2016, where they provided two four day workshops for 160 Cambodian teachers. She was the Community Services District Chair 2016-2017. Bronwyn is a retired nurse.</p>	
Thursday 26 July Partners & Guests Evening Greeters: Imre Lele, Adrian Ranson Set Up: Tony Hart, Greg Cribbes Desk: Ian Adams, Phil Francis	Speaker: Professor Gillian Triggs Host: Rob Head Topic: Common Compassion and a Charter of Human Rights. <p>Gillian Triggs was President of the Australian Human Rights Commission 2012 - 2017, Dean of the Sydney University Law Faculty 2007 - 2012</p>
<p>Professor Gillian Triggs was born in England and, aged 12, migrated to Australia with her parents. After graduating in law from Melbourne University in 1967, a distinguished academic legal career saw her return to Melb Uni in 1996 as a Professor of Law. From 2007-2012 she was Dean of the Sydney University Law Faculty. She was appointed Australian Human Rights Commissioner, 2012-2017, where she drew government criticism and, in particular, clashed publicly with Attorney-General Brandis and Immigration Minister Dutton over several issues, including her 2014 report into the conditions in which refugee children were being held in off-shore detention centres.</p>	
Thursday 2 August Greeters: Ian Adams, Majid Behzadnia Set Up: Russell Cooper, Findley Cornell Desk: Peter Elliott, Adam Hillary	Forum night Host: President Nino Sofra <p>There will be reports from all the Directors on their portfolios programs and programs. This is the opportunity for Members to provide their input.</p>
Thursday 9 August Greeters: Duncan Ansell, Peter Cleary Set Up: Colin Sharp, Peter Downton Desk: Steven Greateorex, Ian Mollison	Speaker: John Ballis CEO Reclink Host: Bill Oakley Topic: Reclink <p>Reclink Australia is a not-for-profit organisation whose aim is to enhance the lives of people experiencing disadvantage or facing significant barriers to participation, through providing new and unique sports and arts opportunities and specialist recreation programs.</p>
<p align="center">Birthdays and Anniversaries between July 17 and July 23</p> <p>Weddings: Tak and Sanae Yukawa Birthdays: Penny Evans, Elaine Magor, John Ho, Jack Liao, Neil Marshall Induction Anniversaries:</p>	

Geoff's Health Tip**Dates and Figs**

Dates and figs have several things in common, and apart from their Middle East origins they both have surprising health benefits. Last issue we discussed the health benefits of dates, today's health tip is about figs.

It was only a few months ago that we enjoyed eating fresh figs, but at this time of the year dried figs provide a delightful alternative. You may wonder how dried fruit compares to the fresh varieties. When it comes to figs, the difference is very minimal, making them both a healthy choice.



Figs have many health benefits – here are a few:

Figs are richer in Fibre than dates

- Per fruit, figs offer a much better source of soluble fibre with 4-5 grams per fruit compared with dates which have around 2-3 grams. Figs are also linked to good digestive health, help to relieve constipation, and contribute to good heart health.

Figs contain about half the amount of Sugar than dates

- Since figs are higher in fibre and lower in sugar, they're better if you have sensitive blood sugar levels.

Figs also offer more minerals, especially Iron, Magnesium and Calcium

- Figs are also slightly higher in zinc than dates. Calcium is an important nutrient for strong bones and a healthy nervous system, as is magnesium and iron.

Figs are high in Potassium

- People usually consume sodium in the form of salt, but low potassium and high sodium level may lead to hypertension. Figs are high in potassium and low in sodium, so they are a good defense against the effects of hypertension.

Helpful for removing excess Estrogen

- Estrogen is a hormone both women and men have naturally. When functioning properly, our bodies produce the right amount at the time needed. Some foods naturally help remove harmful estrogens, and figs are one of the best. Dates don't offer this same benefit, so if estrogen is a concern to you, try some figs instead.

Geoff

ROTARY INTERNATIONAL CONFERENCE

PDG Greg Ross provided an overview of the Rotary International Conference held in Toronto during the last week of June.

District 9800 was well represented as part of the 600+ Australians contingent. All up, there were 24,000 attendees participating in the high quality, interesting and informative program.

Making the Speakers list very impressive included the following people:-

- Justin Trudeau, Prime Minister of Canada
- Laura Bush, First Lady of the United States (2001-2009)
- HRH The Princess Royal, Princess Anne
- Helen Clark Former Prime Minister of New Zealand
- Elizabeth Dowdeswell, Lieutenant Governor of Ontario
- Dr. Tedros Adhanom Ghebreyesus Director-General, World Health Organization
- Jane Nelson Director, Corporate Responsibility Initiative, Harvard Kennedy School
- Caryl M. Stern President and CEO, UNICEF USA



Greg emphasised that attending an Rotary International Conference is a worthwhile experience.

MOVIE NIGHT

I am organising a Rotary Fellowship Film Night at the Palace Theatre, Balwyn to view the upcoming "blockbuster" – **"THE BOOK CLUB"**

No – it's not "The Book Shop". It's **"THE BOOK CLUB"!!!!**



It is about a group of mature ladies review the book "50 Shades of Grey"

They find that it changes their lives in a variety of ways!

The cast includes Jane Fonda, Diane Keaton, Candice Bergen and Mary Steenburgen!

Friday evening – 31st August 2018.

Time – 6.30 or 7.00 pm (to be confirmed).

Cost will be \$12.00 per head (at cost).

I have booked 40 seats, so the "first in -best dressed".

Please email cheneydk@bigpond.net.au if you wish to attend.

Many thanks.

David Cheney

Fellowship Committee.

Notice To Members of Forum Night

The Club Forum Night is coming up on August 2nd, and I would encourage all members to attend and to participate in having a say in the future direction of YOUR Club.

I wish this to be an open and frank discussion. I am aware that there are some contentious issues floating but regardless I expect all members to be courteous and respectful to each other.

The format for the evening will be such that the Board directors will speak to their portfolios for 10 minutes each.

Then any members wanting to may make a short oral submission (2 minutes each) or they may make written submissions of 300 words or less. We will deal with any questions on the night or if need be, matters will be taken under-consideration by the board.

If any questions can't be dealt with on the night the person the question is directed to will endeavour to respond at the earliest opportunity.

I invite all members to participate. Members who wish to make short presentations (Max 2 mins).

Please notify me of your intent in writing so as to be placed on the agenda. If you wish to submit written questions or submissions (max 300 words), please do so by Thursday the 26th at the latest.

President Nino Sofra

NEW DISTRICT 9800 WEBSITE

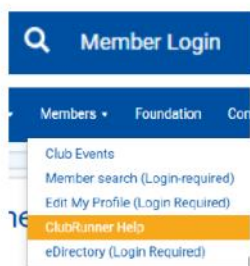
www.RotaryDistrict9800.org.au



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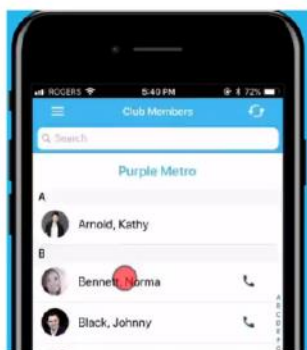
The District 9800 website is now on Club Runner, a website platform used by 5,000 Clubs worldwide.

Members of Clubs that currently use ClubRunner can continue to use their Club website login.



Members from other Clubs can obtain a Login Name and password by following the instructions by clicking after clicking on the Member Login button. You will need to use the same email recorded by Rotary International.

Full instructions may be [downloaded from the website](#)



A Club Runner App is also available for iPhone or Android users from the App stores.

The app allows access to Club stories and contact details for Club and District members



A pdf version of the District Directory is also available for download from the District website (under District)

Please let us know what you think of the website and contact us if there are problems

Mark Stephens
accessmed33@gmail.com

ROTARY INFORMATION

Rotary International	Website:-	https://www.rotary.org/
	Facebook:-	https://www.facebook.com
	Twitter:-	https://twitter.com/Rotary
Rotary Australia	Website:-	rotaryaustralia.org.au
	Facebook:-	https://www.facebook.com/RotaryAroundAustralia/
	Facebook RDU:-	https://www.facebook.com/rotarydownunder/
	Twitter:-	https://twitter.com/rotaryaustralia
District 9800	Website:-	https://www.rotarydistrict9800.org.au/
	Facebook:-	https://www.facebook.com/rotarydistrict9800/
	Twitter:-	https://twitter.com/rotaryd9800?lang=en
	Networker:-	rotarydistrict9800.org.au/content/54/networker
Rotary Club of North Balwyn	Website:-	www.rotarynorthbalwyn.com.au
Find a Rotary Club:-		https://my.rotary.org/en/search/club-finder

ROTARY CLUB OF NORTH BALWYN 2018/19

President: Nino Sofra	president@rotarynorthbalwyn.com.au
Vice President: Adria Ranson	vicepresident@rotarynorthbalwyn.com.au
Secretary: Gavan Schwartz	secretary@rotarynorthbalwyn.com.au
Treasurer: Adam Hillary	treasurer@rotarynorthbalwyn.com.au
Grapevine: John McBride	jdmcb48@bigpond.net.au Noon Sat Weekly Deadline for submissions.

North Balwyn Probus:	Michael Martin	http://balwynnorthprobus.org.au		
North Balwyn Heights Probus:	Sue Mullarvey	yarramul@tpg.com.au	98574305	0400821402
Greythorn Probus:		greythornprobus.org.au	98594941.	
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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TRAVEL

THE TRAVEL PROFESSIONALS
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.

