



IN SERVICE OF ROTARY

Our Leadership
2015/2016

The Presidential Proclamation

Our last meeting in the Rotary month for Foundation included our AGM, a presentation by two members from the Interact Club and a fascinating antiques roadshow. Members brought special items for our guest speaker, John Ainger, to give an expert opinion and this brought out some wonderful family stories.

We thank our two members from the Interact Club Charanjit Kshirsagar and CY Tai for attending and presenting us with a cheque, which represented the proceeds from their fundraising throughout the year. Thank you to every member of the Interact Club and a huge thank you to Estelle who has tirelessly supported the Interact Club all year.



The idea for Foundation month started in May 1956 when the RI Board designated the week of 15 November as Rotary Foundation week. Many of the clubs at that time scheduled low cost meals that week and donated the savings to the Foundation. This was then expanded to the month in 1982. The Foundation has been called the heart of Rotary and it will continue to be a vital part of our organisation.

Many of our members give to the Foundation through the "Every Rotarian Every Year" program or are Paul Harris Society members. I encourage every member to support our Foundation this year so it can continue its life saving work around the world.

This is one tangible way we can all live the Rotary theme to "Be a gift to the world"



President Jane.

Next Week's Guest Speaker Mr. Pete Smith

Pete's first job was with the ABC's Channel 2, where he was announcer, variety host and compere of his own weekly Sports View Hit Parade each Saturday afternoon, and with over fifty one years at GTV9 Pete is chairman and patron of the GTV Foundation. He was awarded an OAM in the 2004 Queens Birthday Honours list.

Don't miss this Pete Smith Special: Behind the Scenes in Radio, TV and Vaudeville.



RI President
K. R. Ravindran



DG 9800
Julie Mason



AG Therese
McKenney



President RCNB
Jane Pennington

MEETINGS

THURSDAYS
6 for 6.30pm
Kew Golf Club

120 Belford
Road Kew
3102
Ph.
9859 6848



AGM

Our Annual General Meeting was conducted with great efficiency.

Positions vacant equaled nominations and as such voting was not required. Thanks everyone who nominated and accepted vacant Board positions.

A copy of the Agenda has been circulated with this edition of The Grapevine where you can see which positions our members will be taking up in the future.

John Rennie (Protection Officer), reminded us to be aware of the Rotary Protocol when working with children.

Every Club Project must have a Leader to assess whether working with children is a consideration and if it deemed a "Working With Children" activity members must have a current Working With Children Check. All members are encouraged to apply for and renew their Working With Children Check at the Web Site <http://www.workingwithchildren.vic.gov.au/>



Working with
Children Check



Those without a check must not volunteer for activities involving contact with children.



The Uniting Church, Kew would like our help again this Christmas to set up for the Community Christmas Dinner for those who don't have family or friends to celebrate with.

Please let Tony Hart know if you can help.

- **Set Up** (one to two hours) will be at 1 pm on **Christmas Eve** (24th Dec).
- **Help on Christmas Day** to serve, meet the guests and clean up afterwards.

Christmas is Coming!

Thursday 10th of December will be our Club Christmas Party.

It's a partners' night so remember to advise Hugo if you are bringing your partner, which we hope you will. Entertainment on the night will include the North Balwyn Primary School Choir and more!

Christmas Gifts for Camcare

As the festive season is upon us, as a club we think of those who are less fortunate in our community.

To help make Christmas a joyful time for children, we collect gifts for Camcare to distribute to those in need.

Please bring unwrapped gifts to the next meeting or bring them to our Christmas Dinner meeting on December 11th. Camcare will be distributing the gifts on December 15th. Please do not spend more than \$20.

Ian Richardson will be collecting the gifts.

President Jane and PDG Jim

With Rotary President Elect Mr. John F. Germ.

John F. Germ, a member of the Rotary Club of Chattanooga, Tennessee, USA, and chair of the International PolioPlus Committee, is the selection of the Nominating Committee for President of RI in 2016-17.



Guest Speaker John Ainger: Antiques Road Show

We conducted our very own Antiques Road Show thanks to John Ainger, our esteemed local Antiques Expert and Auctioneer. Members were invited to bring their items of interest for discussion and likely value at auction. Many partners attended to enjoy the night to see 10 items evaluated. The items presented were of great interest and intrigue. Thanks Duncan and your team for organising exhibits and John for sharing your depth of knowledge and judgement.



Christmas Fare 2015

Ladies, friends and supporters, once more I am asking for your help with baking etc. for the Christmas Fare on Friday, 4th December, 2015, outside the Commonwealth Bank in Doncaster Rd. supporting the Boroondara Family Network and Days for Girls.

Cakes, biscuits, slices, mince pies, puddings, chutneys etc. would be gratefully received. I have plenty of red spotted cellophane bags for packing if you would like some. Other-wise the usual Christmas plate and presentation would be fine.

Ian Mollison has generously offered (again) to be the receiver of goods before 5pm on Thursday 3rd December, at his Hello World Office in the Village.

If you would be interested in doing a shift on the day, please let me know.

Jo Wells. Ph. 98593725 or welstar@bigpond.com



Greg Ross made mention of his excitement to hear from Jennifer Jones at the recent Rotary Institute.



Jennifer is **Rotary International Director 2015-17** and has served as the Chair of the Strengthening Rotary's Advisory Group, Moderator of the 2013 RC/RPIC Institute, Vice Chair of the RI Communication Committee, North American RPIC Coordinator, the Advisory Board for Rotary Canada and the RI Promotions Committee's for Lisbon and New Orleans. She served three terms as Seminar Leader at the International Assembly and has been a featured speaker at this event on four occasions.

Read more about Jennifer [HERE](#).

See also <https://www.rotary.org/en/learning-reference/about-rotary/directors>

THE JOHNSTON COLLECTION



Kinga Paulheim: Members are reminded of the visit to The Johnston Collection on Wednesday 10th February 2016.

Members must book soon as numbers must be finalised by the end of December.

The Johnson Collection a collection of art works from Mr. William Johnson (1911-1986) who was an art dealer who left his house and collection as a museum for the public to enjoy.

This week we're celebrating 25 incredible years since The Johnston Collection was first opened to the public. We are most

grateful to William Johnston for his vision and generosity in gifting his wonderful house and collection to the people of Victoria for everyone to enjoy. Well done you Mr Johnston! And thanks to everyone over the past quarter century who have made TJC the success it is today.

Read more [HERE](#) and see Kinga if you would like to go. Facebook Fans Click [HERE](#)

Participants will meet at The Hilton at 11.30 am and proceed by bus to the destination.



The Churches of North Balwyn present

CAROLS IN THE PARK

COME & JOIN THE CELEBRATION!

**SATURDAY 12TH DEC 2015
MACLEAY PARK**

**FAMILY TIME - 6PM
CAROLS START - 8PM**

Soft drinks, Sausages,
Ice Cream, Face Painting,
Father Christmas, Candles.
Program concludes with
a Fireworks Spectacular.

FEATURING:
Compère Greg Ross
Boroondara Brass
Chime Choir
Balwyn Primary School Choir
St Bede's Primary School Choir

SPECIAL GUESTS
Roy Best, Carrie Barr and Joseph Lai

STUNT MOTORBIKE RIDER
Dave Russell

Bring your friends, family & neighbours have a picnic!

EVENT PARTNERS:

parke, Smile Council, PALACE CINEMAS, Boroondara, WILSONS, Each Entry Donated May 7, 2015 10:00 PM

ROTARY DOCKLANDS PRESENTS

6 DECEMBER 2015
10 am - 5.30 pm

DOCKLANDS
New Quay

Profits to the
Royal Childrens
Hospital
BIOETHICS
CENTRE

Giving Tree sponsors
harbour town
docklands

Festival of Giving

FREE EVENT

THIS YEAR INCORPORATING A XMAS MARKET, CLASSIC CARS & GIVING TREE

FUN FOR THE ENTIRE FAMILY

CLASSIC CAR SHOW
ZUMBATHON
MUSIC & DANCING
CHILDREN'S ACTIVITIES
FACE PAINTING +
ROVING ENTERTAINERS
ALL KINDS OF XMAS STALLS
SANTA PHOTOS
FAMILY GAMES

Request from RC of Kew, Jill Forsyth, for helpers at the RC of Docklands, Docklands Festival Of Giving Its on this Sunday 6th Dec Would you be free either 7am- 9.30am to set up, or 4.30 - 6.30pm to pack up? Contact Jill Forsyth if you can help. 0412 171 353. Or go along and join in the festivities.

RCNB Gardening Project – recap of 2015.

Yet another very successful Community Service program during 2015.

With the generous time and support given by the RCNB Gardening admin team, the Club continued to coordinate Gardening visits at 'needy' properties with the enthusiastic involvement of students from Camberwell Grammar, Xavier College, MLC, Sienna College and Burke & Beyond – all very much appreciated and as we heard from the teachers recently, considered a most worthwhile experience.

So, what did we do?

- 107 individual visits usually on 3 timings during the week, except during school vacation.
- 54 separate properties visited with Gardening tasks ranging from minor tidy-up and pruning through to very, very significant makeovers (where prickles generally come at no-charge).
- 539 Council waste Bins filled with the results of our Gardening – that's huge.
- Community service hours by the students per week were generally over 35/week, contributing some 1,200 vital hours to the Project and the wider Community needs – an amazing achievement for all concerned, let alone what RCNB hours add as well.
- And finally, it wouldn't happen without 38 fellow RCNB Rotarians making a total of 261 attendances at visits throughout the year, enjoying Melbourne's variable weather but always with a smile – just wonderful.

So we down the secateurs, whipper snipper and gloves and enjoy the Festive Season knowing there are now over 50 local residents better-off for our Gardening endeavours plus a large number of students who have also benefited from our 'wise' experience. In addition, a number of our generous sponsors such as Bunnings and Ansell should be well pleased with their 'investment'.

Already, 2016 is looking to provide the same beneficial Community Service and we kick-off for the first term on Friday 5th February 2016....something for your new diary.

With my most sincere thank you to everybody involved. See you next year!!

Cheers & Merry Christmas to you all Greg Cribbes Mob 0413 270403

Christmas Raffle News

We had another successful Friday and Saturday. Ticket sales and donations totalled \$2,200 bringing the total takings so far to over \$10,300. Thank you so much for your help.

We need your help for this coming

Friday 4th and Saturday 5th December

FRIDAY

Coles, NTH BALWYN, Corner Doncaster Rd & Burke Rd.

12.30 to 3.00pm

3.00 to 5.30pm

Woolworths BALWYN, Whitehorse Road.

10am to 12.30pm

12.30 to 3.00pm

3.00 to 5.30pm

Maling Road Kris Kringle.

Canterbury

5.00 to 7.00pm

7.00 to 9.00pm



SATURDAY

First Choice, BALWYN Whitehorse Road.

1.30 to 4.00pm

4.00 to 6.30pm

Woolworths, KEW, Walpole Street, Kew

10am to 12.30pm

12.30 to 3.00pm

3.00 to 5.30pm

I would appreciate if you could also look at your availability for Carols in the Park on the following Saturday 12th December

Contact Peter Elliott, SMS, 0419 0417 334 email pelliott842@bigpond.com or Lindsay Pegg, SMS, 0419 546 021 or email, lhpegg@optusnet.com.au with the dates, location and timeslots where you can help out. Spreadsheets showing the vacant time slots have been e-mailed to all members ..

Thank you

Jake—The Pegg



Bendigo Conference March 2016



**Be a gift
to the world**

From RC MASH

Last year, North Balwyn kindly participated in our Fruit Mince Pies fundraiser. This year, we are supporting the Rawa Indigenous School in remote WA. MASH is joining up with Michael Jacob from RC Boronia who is trustee of the Couzen Trust which supports indigenous programmes on a dollar for dollar basis. A good project! We are looking at buying computers for them.

(Members please note—order forms have been circulated via E-mail)

Also The Umoja Tanzania project is a registered RAWCS program for severely disadvantaged youth in Arusha. I am aiming to raise \$100,000 for land as Stage 1.

Contributions online are deductible through RAWCS.

Perhaps your club might like to LIKE and SHARE Umoja Land and Building Project on Facebook? There is a lovely video made by Umoja which explains what they do.

Cheers

David Winter

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



umoja
creating brighter futures



**THE ASCENT OF
A WOMAN?**

INTERNATIONAL WOMEN'S DAY BREAKFAST

THURS MARCH 10 2016
7:00 - 9:00AM
THE PALLADIUM
SOUTHBANK

*Save
the
Date*

Up and coming Catering Events

Apologies to any Rotarians who have offered to assist and are not on the list.

Anybody who can help on these dates please email me at nsofra@bigpond.net.au

Thank-you in anticipation Nino

Date	Event	AM Shift 8am-12noon	PM Shift 12noon - 4pm
Sunday, 6 December 2015	Hawthorn Craft Market	Steven Greateorex	
9am - 3 pm	Camberwell Civic Centre	Ian Richardson	
Thursday, 10 December 2015	Bunnings Xmas BBQ	Peter Sutherland	Ken Maxfield
8am to 4pm	256 Middleborough Rd	Nino Sofra	Nino Sofra
	Box Hill	Rob Stewart	Don Taylor
Thursday, 10 December 2015	Bunnings Xmas BBQ	Nino Sofra	Bill Oakley
6pm-8pm	256 Middleborough Rd	Matt Pauli	Geoff Steinicke
	Box Hill		John Gartlan
Saturday, 12 December 2015	POLICE BUNNINGS BBQ	Garth Symington	Matt Pauli
8am to 4pm	HAWTHORN	Colin Sharp	Jim Studebaker
		Jane Pennington	Eileen Toohill
		Nino Sofra	John Magor
Sunday, 13 December 2015	CHRISTMAS PARTY FOR		Nino Sofra
9.30am-1.30pm	SPECIAL CHILDREN.	Rob Head	Jim Studebaker
	Mooney Valley Race Course	Don & Ala Taylor	John Burley
		Bill Oakley	Ian Richardson
Sunday, 13 December 2015	SERVANTS CAROLS NIGHT		
	Carrical House	JANE PENNINGTON	
	18-20 Mason St. Hawthorn	NINO SOFRA	
		Bill Oakley	
		Geoff Steinicke	
Thursday, 17 December 2015	Xmas Breakfast	Bob Bromley	
6.30 am		David Cheney	Eileen Toohill
		Duncan Ansell	King Paulheim
		Bronwen Dimond	Don Taylor
Friday, 18 December 2015	Bunnings BBQ	Nino Sofra	Jim Studebaker
8 am - 4 pm	256 Middleborough Rd	Colin Sharp	Peter Sutherland
	Box Hill	Peter Wilson	Ken Maxfield
		Bill Oakley	



A reunion lunch for some past and present lady members Rotary Club of North Balwyn. Much info to exchange and news to catch up on!! Thank you to Sue for organising us.

Geoff's Health Tips Save your Breath

- Focus on your breath
- Inhale through your nose for 4 seconds, pushing out your abdomen, then your lower ribs, then your chest as your body fills with air.
- Hold your breath for 4 seconds.
- Exhale for 4 seconds through your mouth, letting air out as you let it in, from your abdomen to highest parts of your lungs.
- Allow all the stress in your body to escape with your breath.

Research is mounting that a potent source of stress relief is right under your nose. New research is showing that deep breathing can have profound effects on your well-being.

Dr Luciano Bernadi of the University of Pavia in Italy, found that slow breathing activates areas in the brain connected with anti-depressive activities. He also found that closing one nostril and slow breathing through the other until your lungs are full then holding for 4 seconds before exhaling significantly reduced blood pressure. The exercise

is then repeated with the other nostril.

When people with insomnia practised slow, even breathing for 20 minutes before going to sleep, they woke up fewer times during the night. If you have difficulty getting to sleep you will probably find practising this technique will help you fall asleep well before 20 minutes has elapsed.

Dr Bernadi also showed that breathing slowly and more deeply helps you take more oxygen into your blood and therefore more oxygen into your cells. He found that deep breathing several times a day increased oxygen consumption by 37%. This is important, as Nobel Laureate Dr Otto Warburg showed that human cells with less than 25% of their normal oxygen level developed tumours.

Many researchers can't imagine how something so simple could actually have effects on physiology. Dr Andrew Weil, a physician and founder of the integrative medicine centre at the University of Arizona, said "breathing exercises – a staple of yoga practice – have been shown to control blood pressure, improve heart rate, make arteries more flexible and activate the parasympathetic nervous system which tamps down the response to stress".

Geoff

Meeting No. 22

Thursday, 26th November 2015

Present: Guest Speaker	1 John Ainger - Antiques
NB Members	56
Guests	2 Prospective New Members - Hans Ness & John Smith-Weston
Partners	17 Mesdames Wells, Ansell, Bott, Bromley, Cheney, McDonell, Elliott, Fitzpatrick, Goetze, Rennie, Romanis, Schwartz, Sharp, Sofra, Steinicke, Taylor & Wilkins.
Interactors	2 Balwyn High School students - Charanjit Kshirsagar & YJ Tai.
Make Ups	15 Rotary Zone Institute - Jim Studebaker & Greg Ross; John McBride at RC of Picton NZ; Sue McDonald - RC Nth Brighton; Jim Studebaker-RC Southbank;
applied 2 to this week	Gardening Project - Cribbes, Ross & Symington; Paul Harris Breakfast - Joe Butler, Findley Cornell & Barry Cummings plus several others
Meeting Attendance	90.6%

Absences for Rosters:

Greg Dimopoulos, Greg Cribbes, David Willshire, Chris Flavelle-Smith

Celebrations

Monday 30th November to Sunday 6th December

Birthdays: Bob Bromley, Tricia Lele,
Lindsay Pegg.

Inductions: Greg Dimopoulos 2014

Wedding Anniversaries: Nil





Rotary Club of North Balwyn CHARITY GOLF DAY

Friday 19th February 2016 Kew Golf Club 120 Belford Rd East Kew.

Proceeds to ROTARY CLUB OF NORTH BALWYN MEN'S SHED

GREAT PRIZES TO BE WON

Shotgun Start at 8.00 am

Briefing 7.15am prior to proceeding to hit off tee

Lunch: Post match with presentations included in entry fee. Drinks at bar prices.

Ambrose Competition – preferably, players will have GA Handicaps.

For all social and non-handicap players, a Handicap of 18 will be given.

In addition to PRIZES for 1st, 2nd and 3rd placed teams, there will be fun prizes on:

- 9th Fairway - Longest Drive (on the fairway!!)
- 9th Fairway - Straightest drive (beyond the tee!!)
- 11th /18th holes- nearest the pin (on the Green!!)

ENTRY FORM:

<u>PLAYER</u>	<u>PHONE</u>	<u>GOLF CLUB</u>	<u>HANDICAP</u>	<u>GOLF LINK No</u>	<u>\$</u>
(1)					
(2)					
(3)					
(4)					
					TOTAL \$

Cost \$75.00 per player.

PAYMENT OPTIONS:

- * Cheque to Rotary Club of North Balwyn – to PO Box 135, North Balwyn 3104, or
- * EFT to RCNB – BSB 033 058 Account 123696 noting your 'Player 1 name' and 'Golf'.

Enquires: Greg Matthews 0419 597 780 or email :- greg1144@bigpond.net.au

With thanks to our Major Sponsor, our local travel agent

Helloworld Balwyn North Phone 9819 7173

Ian Mollison – Managing Director, a member of the Rotary Club of North Balwyn.



MEETING ROSTERS

Thursday 3rd December

Speaker: Pete Smith OAM

Topic: Behind the Scenes in Radio,
TV and Vaudeville.

Host: Ted Wilkins

Desk: David de Garis, Nino Sofra

Greeters: Imre Lele, Marcel Muntwyler

Set-up: Ken Maxfield, Lindsay Pegg

Thursday 10th December**Partners' Night****Club Christmas Party**

Desk: Ian Richardson, Findley Cornell

Greeters: Peter Elliott, Anthony Stokes

Set-up: Sue McDonald, John Burley

Thursday 17th December**Club Breakfast.**North Balwyn Cricket Pavilion,
Macleay Park

Belmore Road, North Balwyn.

Desk: John Rennie, Maurie Walters

MAKE NOTES OF THESE DATES IN YOUR DIARY

See also http://www.rotarydistrict9800.org.au/notices_and_events_future**December****Friday 4th**

Ladies Christmas Cake Stall

Wed –Thursday 9th & 10th

Variety Christmas Party

Thursday 10th Partners' Night

Celebration of Christmas

Saturday 12th

Carols in the Park, Macleay Park, Balwyn

Sunday 13th

Carols at Servants Community Housing

Thursday, 17th Club Breakfast.North Balwyn Cricket Pavilion,
Macleay Park, Belmore Road.**January 2016****Sunday 10th**New Years Brunch 9:30—11:30 am
Warran Glen Garden Centre & Café
373 Ringwood Warrandyte Rd,
Warrandyte**February****Wednesday 10th**The Johnston Collection visit.
Bookings to Kinga Paulheim;
Limited places—book early.**Friday 19th**

Golf Day : Kew Golf Club

March**Thursday March 10th**

International Women's Day Breakfast

Friday 11th -> Sunday 13th

District Conference Bendigo

April**Sunday 10th**Winery Tour and Luncheon—Yarra Valley
(with bus).

ROTARY CLUB OF NORTH BALWYN 2014/15

President: Jane Pennington
Vice President: Brian Hurnard
Secretary: Gavan Schwartz
Treasurer: David de Garis

president@rotarynorthbalwyn.com.au
vicepresident@rotarynorthbalwyn.com.au
secretary@rotarynorthbalwyn.com.au
treasurer@rotarynorthbalwyn.com.au

Web: www.rotarynorthbalwyn.com.au

E-mail: info@rotarynorthbalwyn.com.au

Grapevine Editor Peter Sutherland

petesutherland@bigpond.com

Submission by Noon Saturday please.



APOLOGIES FOR CLUB MEETINGS

Sign the "apology sheet" at the front desk at the prior meeting if you know in advance.

2. Click [HERE](#) to go to the Website

3. E-mail Hugo Goetze apologies@rotarynorthbalwyn.com.au

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

It is important to advise absences, guests attending, and partners attending. This is needed as the Kew Golf Club needs to know how many are attending each week to ensure we have the correct number of places set, meals provided and service staff employed. The Rotary Club incurs charges if we overestimate numbers attending. A meal may not be available if additional people attend to that advised.

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

CONFERENCE 2016

Rotary
District 9800



**Be a gift
to the world**

12TH - 13TH MARCH | BENDIGO

D9800 Probus

North Balwyn Probus President 2015/16

Ken Mitchell: mitchellkv@gmail.com

North Balwyn Ladies Probus (Sect Jill Johnstone)

jilldj@melbpc.org.au

North Balwyn Heights Probus

(Sect Sue Mullarvey)

yarramul@tpg.com.au

Greythorn Probus (Sect Shirley Brangan)

daynaleigh1@bigpond.com

Tel: 03 9859 4941

Aisin Toyota Sewing Machines

Aisin have supported our Solomon Islands Project with multiple donations of Sewing Machines and Overlockers. If you are looking for the ideal practical gift consider the

Aisin Toyota range of Home Sewing Products

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Melbourne Vic 3025

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www.sewing.aisin.com.au

Available at Spotlight Stores



TOYOTA



**ROTARY CLUB OF
NORTH BALWYN**

Our Club Web Site
www.rotarynorthbalwyn.com.au

Rotary International
<http://www.rotary.org/en>

Support Our Sponsors



66 Doncaster Rd, Balwyn North.
Ph: 9819 7173



Eastgate

Australian Furniture
(9460 1822)
(Adrian Ranson)



Bakery
(9890 0066)
22 Hamilton St
Mont Albert 3127

 **Bendigo Bank**

Good for **U**
AND your
community

CHRIS CROSS

Garden Supplies (9859 2666)
1575 Burke Rd Kew East 3102



Ansell
The world leader in hand protection



BUNNINGS
warehouse


 Tue - Sun Lunch & Dinner
 (Close Mon, except public holidays)
 Fully Licensed & Byo Wine Only
 40 Morningside
 52 Bulleen Road
 83 Eastern Freeway
 Melway 32 07
Tao's Restaurant
 Reservation: (03)9852-0777
 201 Bulleen Road Bulleen Vic 3105
 E-mail: taos.reservation@gmail.com
 http://www.taosrestaurant.com.au

WELCOME
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