



## Rowan's Reflections

For the first day of summer we had an interesting and educational meeting.

Bill Oakley spoke to us from the perspective of Chair of [Rotarians Against Malaria](#) for Rotary District 9800. Malaria remains a major health challenge, however the number of deaths and incidents have decreased by a massive 75% since 2007 thanks to the effort of Rotary and it's allies. It is hoped that the Global Fund supported by Bill and Melinda Gates will adopt Malaria as its main target area following the eradication of polio.

We showed our first TED talk at a meeting, and I have received mixed reactions. Director of Club Service Brian Lacy will be conducting a survey of members soon to gauge how we are travelling as a club and I hope we might get some feedback about that.

It was great to welcome three new prospective members to our meeting; we are hopeful of four new membership approvals at our December Board Meeting.

The trial of relaxed attendance rules in Rotary internationally is a big change, but one I believe Rotary must adopt if it is to attract younger time poor people. The club will be different as a result, but it will survive as a vibrant entity and retain our capacity for valuable community activities into the future.

What a week we have had! Rotary North Balwyn members were prominent at the opening of the new Aldi store in Balwyn North, followed by the Maling Road and North Balwyn Festivals. These activities were well supported with Catering and Raffle fundraising activities. Many thanks to all who participated.

I mentioned a project that the [Rotary Club of Manningham](#) has in building classrooms in the [Lakes District of South Sudan](#); they are looking for assistance through donations and/or labour. Please let me know if you are interested and I will put you touch with the Project Manager.

Please ask family and friends to join us at our Christmas night on 15 December, where the new, soon-to-be famous RCNB Choir will perform. Let Hugo Goetze know of visitors and apologies please.

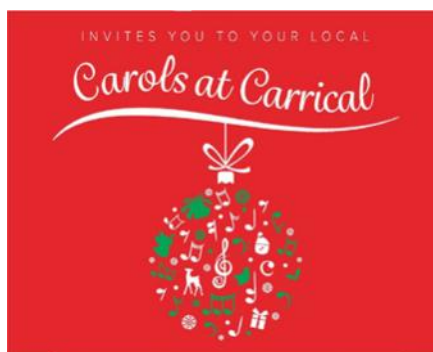
For those interested, please diarize [Carols at Carrical House](#) (Servants) 18 Mason street Hawthorn at 7.30pm on Sunday 11

December.

We've really been out there this week demonstrating Rotary Serving Humanity.

Well done!

President Rowan



### Carols at Carrical

Hawthorn Community Chest invites you to your local Carols at Carrical, **Sunday 11th December**, 7.30—9.30 PM at Carrical House, 18-20 Mason Street, Hawthorn. Entry by gold coin donation. Soft drinks and BBQ available



Rotary Club of North Balwyn

## Our Leadership 2016/2017



**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**



Members of RCNB are invited to Canterbury Gardens on Monday 16 January (BYO everything) for an optional fellowship get together with colleagues from other Eastside clubs. If the weather is inclement, we will go to the RC Canterbury meeting venue in Rochester Road nearby. There is no need to RSVP. Just arrive! All members, alumni and Friends are welcome.





### Bill Oakley OAM, Chair of D9800 RAM

Rotarians Against Malaria was established in 2003 and has helped eradicate malaria from large parts of the Solomon Islands, Papua New Guinea and other Asia Pacific areas. Clubs can help by funding nets for communities.

Projects and Volunteers send teams to lesser developed communities. Last year we sent 1,067 volunteers in 154 teams to 26

countries.

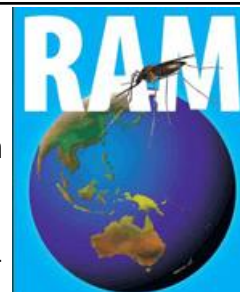
Malaria is a vector-borne disease. If an infected mosquito bites a human it injects the plasmodium into the bloodstream where it can lie dormant and so avoid detection by our immune system. When an infected person becomes stressed (eg sick, or pregnant or whatever) the plasmodium attacks red blood cells making the person sick, and in extreme cases it can be lethal. If an infected human is bitten by an uninfected mosquito the plasmodium gets into the mosquito to complete its reproductive and life cycle.

We fight against malaria by trying to break this cycle, i.e. by preventing infected mosquitos from biting humans; by killing them; or removing breeding places and by putting barriers between mosquito and humans such as clothing, flywire, and bed nets. We prevent mosquitos from biting infected humans by rapidly diagnosing malaria, and removing the human from mosquitos.

RAM is active in Australia's zone - PNG, Solomon Islands, Vanuatu and Timor Leste, and with the help of the Global Fund (Bill Gates) and the World Health Organisation (WHO) we have achieved over a 75% reduction in the incidence of malaria in our region in the last 5 years; down to levels where we can start to work towards larger and larger areas of malaria elimination in our region, and eventually malaria eradication from the whole region. However the Global Fund and WHO are moving on to areas where malaria is much more prevalent and dangerous, like Sub Saharan Africa and South East Asia, leaving us to sustain the downward momentum we have commenced in our region over the last five years.

The RAM program is much more nuanced and targeted than simply undertaking mass distributions of bed nets, and is aimed at breaking the cycle of dependence for the plasmodium parasite from human to mosquito, leading to greater areas of malaria elimination, and eventually malaria eradication. However we need to increase the level of support to RAM fourfold to about \$500,000 per year. This is about \$20,000 per District. Last year D9800 contributed \$12,500 to RAM, but it only came from 7 Clubs. My aim is to increase the support from D9800 to more than \$20,000 per year by getting more Clubs to become involved in their support for RAM.

Cheers Bill



**This week's Guest Speaker:** [Mr. Kevin Moriarty Anaesthetist.](#)

### "Some Hairy Anaesthetics"



I have been the consultant anaesthetist for the Zoo properties of Victoria for nearly 40 years and have the honour of life membership.

I have run the resuscitation and medical side of the iconic "pier to pub" swim for 30 years and again have been honoured with life membership.

I have been on a number of volunteer overseas medical programs, have a lifetime emeritus position at the Epworth hospital group and all in all I have had a fortunate life .

I have received an OAM IN RECOGNITION- IT PROBABLY SHOULD HAVE BEEN GIVEN TO MY WIFE!!!



BALWYN  
NORTH:  
Cnr Doncaster  
Rd & Tannock  
St, Balwyn

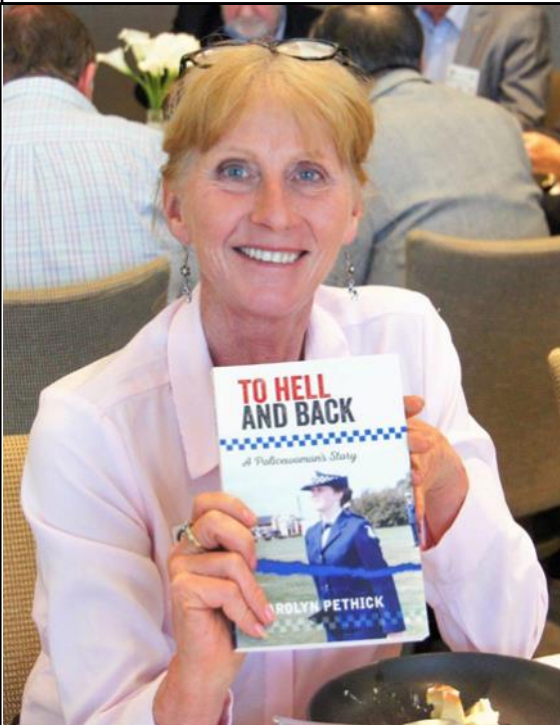


We had a great time at the Opening of the new ALDI Store at Balwyn North.

The Manager came to check our wellbeing on several occa-

sions despite being run off his feet. He donated the snags for the day and made us feel very welcome and we were glad to be part of this happening.

Assistant Governor Jonathan Shepherd dropped by for a cameo!



Caroline has launched her autobiography about her life in the Police Force .

See Caroline if you would like to secure your signed copy!



Tak—The Chauffeur ! We have arrived Mr. Bott

Do you want onions with that?



**Visitors:** Tina Cascone, Sam Hardikar and Yvonne Lyneham.

With Jane Pennington, John Magor and Robyn Stepnell respectively.







**Christmas Dinner at Kew Golf Club on Thursday, 15<sup>th</sup> December at 6.00 for 6.30 pm.**

The night will feature a number of Christmas Carols and songs performed by talented musicians and singers.

Partners and "Friends of Rotary" and their partners will be made most welcome.

You are encouraged to wear appropriate Christmas decorations – Santa hats, etc.

We will be raffling one of Areta Hurnard's magnificent Christmas Cakes.

***Also, if you could, please bring a small, unwrapped gift for a child, all gifts to be distributed by Camcare.***

This function is one of the truly "iconic" Club annual celebrations, so come along for an thoroughly enjoyable evening.



Note: Please ensure you advise Hugo of apologies and guests.

Many thanks. See you there.

David Cheney

*Fellowship Committee.*



The Rotary Club of North Balwyn's Partner's have their Christmas Fare coming on **Friday December 9th.**

Thank you to everyone for your support to date.

We are planning to receive your goodies (\$5 & \$10 packets/plates, cakes puddings etc.) delivered to Ian Mollison's Office in Balwyn Village on Thursday, 8<sup>th</sup> December for pricing.

I (Bev Sofra) have plenty of Cello Bags for packaging if anybody needs some. A reminder also that the ingredients are to be listed on a label or attached card.

Is anyone able to assist in manning the stall on Friday in an hour shift, starting from 9.00am? Please phone Jo (98593725) with your preferred time.

If you are unable to cook, maybe you would consider a donation??

Merry Christmas. Bev Sofra & Jo Wells



### Conference Update #1:

So far, accommodation rooms have been reserved by the following :

Stokes, Head, Cummings, Pennington, Studebaker, Ross, Steinicke, Elliott, Wells, Oakley, Matthews. Let me know if your name isn't here and should be.

Our motel is walking distance from both the Conference venue and the venue for our Club Dinner.

**2017 DISTRICT 9800  
CONFERENCE  
SHEPPARTON - VICTORIA  
30 MARCH - 1 APRIL**



**Connecting Communities - Serving Humanity**

Regards  
Rob Head



### Letter of Thanks from Boroondara Park Primary

A huge thank you to you and the Rotary Team who assisted at the set up and pack up of Boroondara Park Primary School Fair. It was such a fabulous day, and the weather was so kind! Please pass on our appreciation to those that volunteered their time, and I hope they were able to stay and enjoy the festivities also.

We raised \$40,000+ for the school, which will go towards redevelopment and drainage of the oval so it can be used all year round.

Regards, **Jacquie White**  [BPPS Fair 2016](#)

### Members! Are you able to provide or procure a prize?



We haven't got many Rotary days for planning. We will be having a WHEEL at The Golf Day to raise money on the day and we need prizes donated.

I am aware that many of you are on a health kick and drinking less...does this mean you have surplus alcohol on hand such as spirits and good wine etc.??

These would make good prizes. Alternatively you may be able to obtain vouchers from your favourite restaurant or shop. Please try to assist. JIM ROMANIS 0481 712 857

### It's the Christmas Meeting Night on Thursday the 15th of December!



On this night we have TWO fantastic raffle prizes to raise money for Days For Girls.

A Christmas Cake from the kitchen of Areta Hurnard (always a favourite) and a HUGE hamper donated by Helen Mary Gartlan.

Bring plenty of extra dollars to be in it!

Jo Wells

..and, please tell The Club via Hugo if you are bringing your partner ( we hope that you are ! ) ..and make sure you apologise if you can't make it.

Ho Ho Ho





### Geoff's Health Tip In Search of the Real Sourdough



Even if you are not a regular customer of Baker's Delight, the Christmas Raffle tickets offer a good reason to try their many offerings. My favourite is Rye Sourdough made with a bacterial starter culture. To many of us, sourdough is relatively 'new', but sourdough bread can trace its history back several thousand years to the origin of agriculture. Recently, a sourdough bread loaf was excavated in Switzerland that was carbon dated to 3,700BC.

Sourdough bread is denser than the fluffy bread you find in supermarkets, made using fast acting yeasts, and in my opinion, sourdough tastes better than the bread made with yeast. Firstly, sourdough, as the name suggests is sour, that is, it is slightly acidic. True sourdough does not contain yeast and instead uses a lactobacilli based starter culture. It is also baked at a lower temperature for a longer period of time. This protects the integrity of the cereal grains and preserves the nutritional value. In true sourdough, anti-nutrients, such as phytic acid, are eliminated, and gluten is broken down, making it easier on the stomach lining.

When baker's yeast was first introduced as an addition to sourdough starters in 1668 in France, it was opposed by scientists on the basis that they did not know how it would affect people's health. Many of us have been to France and enjoyed the various types of bread on offer. Bread made from 100 per cent rye flour, popular in the northern half of Europe, is usually leavened with sourdough culture. Baker's yeast is not useful as a leavening agent for rye bread, as rye does not contain enough gluten to stop the loaf from crumbling.

Over hundreds of years, bakers have experimented to produce starters of various cultures containing a variety of microorganisms including wild yeasts and lactobacilli. During the gold rush days in California, a culture that came to be known as *L.sanfranciscensis* was introduced which was slightly more acidic than lactobacillus, and as a result was free of mould growth for a longer period (moulds do not like acidity). This bread recipe followed the miners as they travelled north to the Klondike.

My prediction is that sourdough bread will eventually become more popular as I believe it offers positive answers to some of the health issues associated with all yeast breads. We will also become more discerning on the types of starter cultures and grains used to produce structure and taste that people find more enjoyable.

Geoff

### Special Sponsorship Mention

Thanks from Carol, John and Rob to Mario at [Café 21, Macedon Square](#).

We were given two free rounds of coffee while we were selling raffle tickets, because of the good work we do.

Thanks also to ALDI management for a similar gesture!



**Café 21**



## MEETING ROSTERS

**Thursday 8th December**

Speaker: Mr. Kevin Moriarty  
 Topic: Some Hairy Anaesthetics  
 Host: Duncan Ansell  
 Setup: Peter Wilson, Nino Sofra  
 Greeting: Larry Fitzpatrick, Greg Cribbes  
 Desk: George Swanson, Takao Yukawa

**Thursday 15th December (Partners)**

Rotary Christmas Dinner Meeting  
**Please advise Hugo of Partners and Guests attending.**  
 Setup: Geoff Haddy, George Swanson.  
 Greeting: Bronwen Dimond, Bernie Smith  
 Desk: Peter Elliott, Jim Studebaker

**Thursday 22nd December**

BBQ breakfast at North Balwyn Cricket Club.  
 7.00 am to 8.30 am Macleay Park, Belmore Road, North Balwyn. \$25.00 per head. Partners welcome. Please advise Hugo if you cannot attend or are bringing your partner.

**Thursday 29th December**

Christmas Recess No Meeting  
**Thursday 19 January Fellowship BBQ at KGC.** There will be no meeting the following week Thursday 26th Jan. Normal meeting pattern will recommence on Thursday 2 February.

**Meeting No.23**

Thursday, 1st December 2016

**Present:**

Guest Speaker 0 RAM District Chair Bill Oakley - talk on Malaria plus TED video on Food.  
 NB Members 44  
 Guests 3 Tina Cascone, Sam Hardikar & Yvonne Lyneham  
 Member Attendance = 81.7%  
 Other Activities 15 **Gardening** (last week) - S. Greatorex, G. Cribbes, R. McClean & E. Toohill  
 (Board Approved) **Catering** - B. Lacy, W. Oakley, J. Pennington, C. Pethick, J. Romanis, N. Sofra, P. Sutherland, T. Wilkins.  
**DIK** - Peter Sutherland (once a week); Greg Ross - ARH meeting.

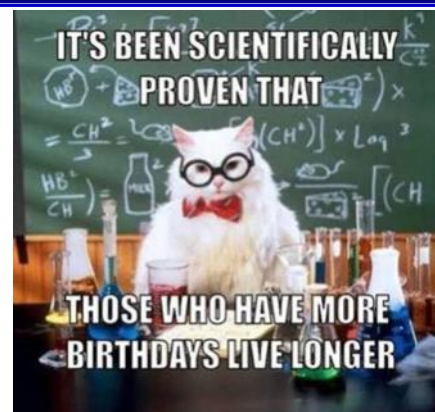
**Absences for Rosters:** Bob Bott, Paul Fitz, Beatrice Ko, John McBride, David Rowe & Belinda Wandabwa

**Celebrations**

**Birthdays:** Lindsay Pegg, Pat Cleary

**Inductions:** Nil

**Weddings** Nil



**MAKE NOTES OF THESE DATES IN YOUR DIARY**

See also [http://www.rotarydistrict9800.org.au/notices\\_and\\_events\\_future](http://www.rotarydistrict9800.org.au/notices_and_events_future)

**Friday 9th December:** Christmas Fare:

9am to noon in North Balwyn Village

**Sunday 11th December.** Carols at Carrical

7.30–9.30 PM at Carrical House, 18-20 Mason Street, Hawthorn. Entry by gold coin donation. Soft drinks and BBQ available



**Thursday 15th December:** Christmas Dinner at KGC.

Entertainment by talented musical club members and partners.

**Saturday 17th December:** Carols in The Park

Corner Belmore and Buchanan Avenue,  
Balwyn North



**Thursday 22nd December:** BBQ breakfast at North Balwyn Cricket Club. 7.00 am to 8.30 am Macleay Park, Belmore Road, North Balwyn. \$25.00 per head. Partners welcome. Please advise Hugo if you cannot attend or are bring your partner.

**Sunday 15th January:**

Brunch at Warranglen Nursery, Warrandyte –  
9.30 am to 11.30 am.



**Monday 16th January:** BYO everything, for an optional fellowship get together with colleagues from other Eastside clubs. If the weather is inclement, we will go to the RC Canterbury meeting venue in Rochester Road nearby. There is no need to RSVP. Just arrive! All members, alumni and Friends are welcome.

**Thursday 19 January** First club meeting for 2017. Fellowship BBQ at KGC. There will be no meeting the following week Thursday 26th Jan. Normal meeting pattern will recommence on 2 February.

**Thursday 26th January, Rotary Showcase,** Lake Weeroona on Australia Day, Bendigo

**Friday 10th February 2017 Rotary Golf Day**

Kew Golf Club 7.30am start for 128 Players with a shotgun start .

**Saturday, 18th February 2017. TRAMBOAT LUNCHEON CRUISE**

Sail from Victoria Harbour, down the Lower Yarra and up the Maribyrnong River.

[www.tramboat.com.au](http://www.tramboat.com.au)



**2017 DISTRICT 9800  
CONFERENCE  
SHEPPARTON - VICTORIA  
30 MARCH - 1 APRIL**



Connecting Communities - Serving Humanity

**Please note: Rob Head has booked-out a nice compact motel for our Club very close to the Conference venue.**

See Rob for accommodation details.

Registrations are now open!

Early Bird Discounts apply.

[www.rotaryconference.org.au](http://www.rotaryconference.org.au) to register.



## ROTARY CLUB OF NORTH BALWYN 2016/17

**President: Rowan McClean**

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**Vice President: Bill Oakley**

[vicepresident@rotarynorthbalwyn.com.au](mailto:vicepresident@rotarynorthbalwyn.com.au)

**Secretary: Gavan Schwartz**

[secretary@rotarynorthbalwyn.com.au](mailto:secretary@rotarynorthbalwyn.com.au)

**Treasurer: Greg Cribbes**

[treasurer@rotarynorthbalwyn.com.au](mailto:treasurer@rotarynorthbalwyn.com.au)

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Grapevine Editor Peter Sutherland

[petesutherland@bigpond.com](mailto:petesutherland@bigpond.com)

Submission by Noon Saturday 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](mailto: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.

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**.



### THE FOUR-WAY TEST

of the things we think, say or do

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

**DECEMBER IS**

**FAMILY OF ROTARY MONTH**

*I believe the world is one big family, and we need to help each other.*  
Jin Li

Rotary  [www.rotary5730.org](http://www.rotary5730.org)

### D9800 Probus

**North Balwyn Probus** President 2016/17

President Bruno Coniglio

<http://balwynnorthprobus.org.au>

**North Balwyn Heights Probos**

Secretary Sue Mullarvey [yarramul@tpg.com.au](mailto:yarramul@tpg.com.au)

Phone: 613 9857 4305 Mobile: 0400 821 402

**Greythorn Probos**

Meets on the second Tuesday of each month at 10am in St Aidan's Church Hall, Duggan St, Balwyn North.

Tel: 03 9859 4941

**Boroondara Ladies Probos**

(Secretary Janet Eddy)

[jveddey@applewood.net.au](mailto:jveddey@applewood.net.au)



ROTARY CLUB OF  
NORTH BALWYN

Our Club Web Site  
[www.rotarynorthbalwyn.com.au](http://www.rotarynorthbalwyn.com.au)

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

## Support Our Sponsors



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balwyn north

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