



The Grapevine



IN SERVICE OF ROTARY

The Presidential Proclamation

"Membership" continued as the focus for this week, the last in Membership Month. The Club was very fortunate to have Phillip Archer, District Director Membership, as our guest speaker. Collin's mantra is to assist Clubs to retain and inspire current members and to recruit, enable and motivate tomorrow's Rotarians. He gave us plenty to think about as we seek to increase the membership of the Club.

Membership encompasses not only recruitment but also retention and that means looking after our current members, ensuring everyone feels included and has a role. I look back on my first Rotary experience when I initially joined a Club in Pune, India. I was the only female member and the only Caucasian in the Club – that was a challenge!! I was given the role of Rotaract Liaison. That role made me feel much more a part of the Club, as I knew (well sort of) what I was doing, as I had been a Rotaractor in Australia.

When I returned to Australia and joined RCNB, there were three female members. I felt a bit lost until I became the Almoner, a role which gave me much contact with members. All of a sudden I felt much more a part of the Club. I was then more confident to take on other positions including Director, Secretary, minute secretary and now, yes, President.

I believe we join Rotary as we want to make a difference in our community and the wider world. So we need to make sure everyone has a fulfilling role and for those who want to wear more than one hat, thank you. Given the size of our Club and longevity of our Club members we must be doing something right – long may this continue in the future!!

Remember this week – Don't keep your presence furled but

"Be a gift to the world"

President Jane

Our Leadership 2015/2016



RI President
K. R. Ravindran



DG 9800
Julie Mason



AG Therese
McKenney



President RCNB
Jane Pennington

NEXT WEEK'S SPEAKER: Daniel Cairnes - "Building Futures"



Daniel served as an officer in the Australian Army for 10 years where he fulfilled a variety of regimental, training and operational appointments. Upon transferring to the Army Reserve, he entered the commercial construction industry and has worked for a number of commercial builders in roles ranging from a dog man to a project manager.

Daniel holds a Master of Business Administration (Executive) and is a Graduate of the Royal Military College, Duntroon. He resides in Carlton North with his wife Rachel and their two young sons.

MEETINGS
THURSDAYS
6 for 6.30pm
Kew Golf Club
120 Belford Road Kew
3102
Ph: 61 3
9859 6848

Days for Girls

Thank you to everyone who came last Saturday afternoon to hear Michelle Gates present on "Days for Girls", which was inspirational. This is a practical program to make kits to give to girls in developing countries for their feminine hygiene needs.

You can help through donations of both money and required items or, if you are a sewer, you might want to make items for the kits to be distributed overseas.

To start with everyone attending decided that each Partners Night will be a "Girls Night" and we will ask partners to bring donations of items for kits. Items include:

- Undies – girls sizes 8 – 14 in plain colours only
- Face washers
- Ziploc bags, large size

Further ways to participate are being explored and I will keep you posted.

Thank you again for your support – it is wonderful.

President Jane



Be a gift
to the world



Days for Girls Project Rotary Club of North Balwyn

The Rotary Club of North Balwyn will support "Days for Girls", initially in the following way:

Each Club meeting which has been designated as a Partners night will be a "Girls Night" too and each person is asked to bring items to go into the "Days for Girls" kits.

These include:

- ❖ Undies – girls sizes 8 – 14
Plain colours, geometric designs or floral only
- ❖ Face Washers
- ❖ Ziploc bags size large (approx. 26 x 38cms)
(Costco have the best ones)
- ❖ Cotton fabric (quilters fabric is ideal) plain, floral or geometric designs only

These items will be collected and donated to ladies who are making up the kits.

If anyone would like to sew items for kits please contact me and we will work out how we can help in this.

Further ways we can assist are also being developed so watch this space!!

What is Days for Girls?

Every girl in the world deserves education, safety, and dignity. We help girls gain access to quality sustainable feminine hygiene and awareness, by direct distribution of sustainable feminine hygiene kits, by partnering with nonprofits, groups and organizations, by raising awareness, and by helping communities around the world start their own programs. Thanks to a global grassroot network of thousands of volunteers and supporters on 6 continents, we have reached women and girls in 75+ countries on 6 continents. It's working. You can help us reach the rest.

Imagine...

What if not having sanitary supplies meant DAYS without school, DAYS without income, DAYS without leaving the house? Girls use leaves, mattress stuffing, newspaper, corn husks, rocks, anything they can find...but still miss up to 2 months of school every year. It turns out this issue is a surprising but instrumental key to social change for women all over the world. The poverty cycle can be broken when girls stay in school.

Those attending heard an inspirational presentation by Michelle Gates's on the needs for "Days for Girls" on Saturday.

Remember that each Partners Night will be a "Girls Night" and donations for the kits are needed

Contact:

Jane Pennington
President, Rotary Club of North Balwyn

Email: Jane.Pennington@bigpond.com
Phone: 0408 402 555



Rotary Gardens Project at 30th August 2015

Another two very successful Gardening outcomes this week:

- Friday's two hours at Sunnyside Ave saw an eager busload of sixteen Camberwell Grammar students (and two teachers) then hand-over to another busload of twelve equally energetic Xavier students to do wonders to a front garden sadly in need of "tlc" – certainly kept Skinny, Brian Hurnard, Rob Head and Don Taylor on their toes – thank you, a good result.
- The last Council bin was filled (for a while..) at Ajax St on Saturday morning. In summary, four visits, thirty bins used, Camberwell, Xavier and MLC have all participated AND 9 Rotarians (some multiple times) and have made a huge difference. Indeed, the resident, Dr Tom Lim sent the following unsolicited text to me on Saturday night:

"Please accept my sincere apology for being absent while your team work so hard to clear the overgrown grasses, pruned and after more sawing to facilitating removal of the cut tree branches despite the cold and unpleasant weather conditions today. Please convey our grateful thanks to your wonderful and helpful team of true volunteers including all the students to date. As both volunteers ourselves, wife & self, we at increasingly weakening ages want to say how fortunate the North Balwyn lot of old and feeble residents are to have our own local Rotary Club members willing and happy along with the students, to lend those weaker and poorer residents a much needed helping hand in their gardens are in the good and proper state to help keep our suburb as tidy and pretty as it should be". Tom Lim.

Makes it all very worthwhile as a Community Service – thanks team!!




This week, two smaller visits are all arranged. **We do need, however, Volunteers for Fri 11th September please...**

Our liaison with CamCare, the Council and other organisations to urgently source additional properties continues. *Please don't feel left out* – if your family, friends, organisation, or whoever may have properties that may be eligible for a Community Service Gardening makeover, let these contacts know to call or eMail me for a chat.

As always, any nominations, queries or want to chat?? PLEASE call me.

Cheers Greg CRIBBES Mob 0413 270403



Date & Who with	Time	RCNB Supervisor	Assisted by
Fri 4/9 – X	4.00 – 5.15pm	Greg Cribbes	Russell Cooper, Don Taylor
Sat 5/9 - MLC	10.00 - noon	Geoff Steinicke	Tony Ho
Fri 11/9 - X	4.00 – 5.15pm		
Thur 17/9 to Thur 8/10	No Sessions	School Holidays	
"Sometime" 22 nd to end of Sept	2 hours for "Trash & Treasure"	Estelle Kelly	Brian Hurnard
Fri 9/10 – X	4.00 – 5.15pm	Greg Cribbes	Rowan McClean
Sat 10/10 - MLC	10.00 – noon		Geoff Steinicke
Fri 16/10 – CGS/X	3.00 – 5.15pm		
Sat 17/10 - MLC	10.00 - noon		
Mon 19/10 Xavier (16+4)	10.00 – 3.00pm	Greg Cribbes	Bob Bromley 10-12noon Greg Matthews – 11-3pm Geoff Haddy



Last Friday, Camberwell Grammar Students, followed by Xavier students, worked in the front yard of a Camberwell garden, filling 8 large council bins!! The yard belonged to an elderly resident who hadn't been capable of tending to the garden for some time. What was achieved in two hours was nothing but amazing!



Students from Camberwell Grammar hard at work at Ajax Street under the watchful eye and labour of our Member supervisors.

Up coming catering events:**Great news from Nino:**

"Thanks very much to those who have volunteered to help with the BBQ's. All spots are now filled!!

Nino"

**URGENT URGENT URGENT URGENT**

Our next Movie/Luncheon is planned for Wednesday, 9th September 2015.

11.00 am Palace Theatre, Balwyn. Cost \$14.95 for movie and luncheon.

Film to be shown is

"A Walk in the Woods"

starring Robert Redford, Nick Nolte and Emma Thompson – a great cast.

*Please contact **Don Taylor (donalddtaylor5@bigpond.com)***

asap if you wish to attend.

**A WALK IN THE WOODS**

Director: Ken Kwapis

Main Cast: Robert Redford, Nick Nolte, Emma Thompson

An adaptation of Bill Bryson's best selling memoir, A WALK IN THE WOODS follows Bryson (Redford) as he returns to the US after two decades in England, where he endeavours to reconnect with his homeland by hiking the 2200 mile Appalachian Trail. Dismayed by his ludicrous venture, Bill's wife (Thompson) insists he find a travel companion to accompany him on his journey. The only person Bill is able to convince is an old friend, Stephen Katz (Nolte), a wise-cracking recovering alcoholic and semi-reformed womanizer who is grossly out of shape and arguably out of his mind. As the two men set off into the wilderness, they encounter hilarious characters, wild animals and life-threatening situations that will test the limits of their friendship – or end.

A note for your diary:

Wednesday, 10th February 2016 at 12.00pm.

Visit to The Johnston Collection, East Melbourne. (Limited to 22 persons). \$23 per person.

The Johnston Collection is the legacy of **William Robert Johnston** (1911-1986) an antique dealer and collector of beautiful things. He loved objects that were unusual and visually arresting. He had a sharp eye for the beauty created by the harmonious balance of line and form. He delighted in arranging objects together to create extraordinary interiors.



Please note: Ted Wilkins is Acting Almoner from 29th August to 25th September 2015 as Eileen Toohill is away.

**ROTARY CLUB OF NORTH BALWYN Golf Day at Kew Golf Club**

Postponed!!!! Please note a change of date to

Friday 19th February 2016

Contact Greg Matthews 0419 597 780

email:- greg1144@bigpond.com for more information

**Important Anniversaries**

Monday 31st August to Sunday 5th September

Birthdays:

Geoff Haddy, Lis Haddy, Sue Fitz

Inductions:

Ted Angleton

Wedding Anniversaries:-



*Visit to
Australia Garden at Cranbourne
Thursday, 17th September 2015.*

The Fellowship Committee has arranged a visit to the **Australia Garden** at Cranbourne on Thursday, 17th September 2015.

The Garden is one of Australia's most outstanding facilities and one of which we can be extremely proud.



The program for the day is:-

- The day will commence at 9.15 am when the chartered bus will leave Macleay Park, Belmore Road, North Balwyn.
- 10:30 am - Arrive at the Gardens with time for a coffee in a private area in the on-site café.
- 11.00 am - Conducted tour of the gardens via a leisurely stroll through the gardens along level, sealed pathways.
- 12.30 pm - Return to café to allow time to purchase your lunch in a private area in the café.
- 1.30 pm - Time for further garden viewing with tractor pulled carriages (the Transporter) - hop-on/hop-off stops along the way.
- 3.00 pm - Leave Gardens by bus for return to North Balwyn.
- 4.00 pm - Macleay Park return.



The cost of the day will be \$35.00 per person (includes bus fare, Gardens entrance, Garden Tour and tractor transporter).

Morning tea/coffee and lunch may be purchased at the Garden's Café.

There are 15 places left for this lovely outing!!
Contact David Cheney to reserve your place on mobile 0417 355 370
or by email cheneydk@bigpond.net.au

Map of The Australian Garden At Cranbourne





**Rotary Club of North Balwyn
CHARITY GOLF DAY**

Friday 19th February 2016

To be held at **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

Please arrive between 7.15am – 7.30 am for briefing before proceeding to allocated tees.

Upon completion of your enjoyable round, lunch is provided (included in the fee) during which all Presentations will be made. Drinks are available at bar prices.

The COMPETITION is Ambrose – 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.



President Rick Preston of the Rotary Club of Boroondara, has passed on this invitation to listen to their “special guest” speaker, Andrew Blowers, on Tuesday Night 1st September 2015.

Andrew Blowers is a former NZ - All Black rugby union player & currently Player Welfare and Community Relations Coordinator for the Melbourne Storm.

Rick has advised that this is a “low cost” night, being part of the club’s normal meeting structure. Drinks are at bar prices. Members who have a passion for the Rugby code and sport in general, are invited to come along .

RSVP details are on the flyer



We'd like to invite you to the Rotary Club of Boroondara
to hear our special guest speaker....



Andrew Blowers



International Rugby Legend, All Black,
Player Welfare & Community Relations Coordinator for
The Mighty Melbourne Storm.

Hotel Kew,
99 High Street, Kew (Upstairs)
Tuesday 1st of September, 7.00 for 7.30pm
\$10.00 (Supper included)



<http://www.boroondararotary.org>

RSVP to Andy Brown
abrown@invocare.com.au

Meeting No. 09**Thursday, 27th August 2015**

Present: Guest Speaker	1	District Director Membership - Philip Archer (RC Southbank)
NB Members	39	
Guests	1	Prospective New Member Bernie Carmody - Rowan McClean
MakeUps	11	Adrian Ranson - AG to RC Brighton, Greg Ross - RC Mornington & ARH
		Gardening - Bromley, Cheney, Cribbes, Haddy, McClean (2), Richardson.
		Barry Cummings - at sea, MV New Holland (Holland Amercia Line)
Meeting Attendance	80.4%	

Absences for Rosters:

Including Leave of Absence :-

The dates given are meant to the first & last days away (not meetings).

Geoff Haddy	Max Hardy	John Magor	John Rennie	Jim Romanis
Jim Studebaker	Peter Sutherland	Garth Symington	Bill Thackray	Eileen Toohill

Geoff's Health Tips**Higher levels of Vitamin C may reduce the risk of heart disease**

Although it is generally recognised that a healthy diet is good for the heart, new research suggests this may be because of the increase in vitamin-C levels that come from a higher intake of fruit and vegetables.

An evaluation of almost 100,000 individuals from the Copenhagen Population Heart Study by researchers from the Copenhagen University Hospital, showed that those who ate the most fruit and vegetables had a 13% lower risk of cardiovascular disease and a 20% lower risk of all-cause mortality compared with the subgroup that ate these foods only rarely. Additional analysis showed that genetically high levels of plasma Vitamin-C were also linked to reduced risks.

(These findings were published in the June 2015 issue of the American Journal of Clinical Nutrition.)



In addition, the subgroup with the highest intake of these foods had a significantly lower risk of ischemic heart disease compared with the lowest intake as well as an even lower risk of all-cause mortality.

The researchers showed that stepwise higher plasma vitamin-C concentrations occurred with higher fruit intake. However, they admit that because these foods are high in vitamins and minerals, antioxidants and micro-nutrients, it is plausible that one or a combination might confer cardiovascular protection. The take home message is: "Eat More Fruit and Vegetables".

Geoff



MEETING ROSTERS

Thursday 3rd September

Speaker Daniel Cairnes
 Topic Building Futures
 Host: Colin Sharp
 Desk: Rob Head, Ken Maxfield
 Greeters: Greg Matthews, Jurgen Kehne
 Set-up: Larry Fitzpatrick, Joe Butler

Thursday 10th September

Speaker TBC
 Topic TBC
 Host: TBC
 Desk: Lindsay Pegg & John Burley
 Greeters: Russell Cooper & Kinga Paulheim
 Set-up: Bill Oakley & John McBride

Thursday 17th September

Speaker TBC
 Topic TBC
 Host: TBC
 Desk: Sue McDonald, Bob Bromley
 Greeters: Rob Stewart, Tony Hart
 Set-up: Ted Angleton, Rowan McClean

Thursday 24th September

Speaker TBC
 Topic TBC
 Host: TBC
 Desk: Imre Lele, Gary O'Connor
 Greeters: Ian Richardson, Max Hardy
 Set-up: Nino Sofra, Marcel Muntwyler

MAKE NOTES OF THESE DATES IN YOUR DIARY

See also http://www.rotarydistrict9800.org.au/notices_and_events_future

September
 Thursday 3rd BBQ Bunnings Family Night
 Saturday 5th Bunnings Cake Stall
 BBQ at Bunning's
 Sunday 6th Craft Market BBQ
 (Father's Day) Camberwell Civic Centre
 Wednesday 9th Movie/Luncheon
 11:00 am Palace Balwyn
 Thursday 17th Bus tour to Australian Garden
 Cranbourne \$35 per head
 (excludes lunch etc)
October
 Thursday 1st Club Meeting—Partner's Night
 Celebration Grand Final & visit by
 District Governor
 Sunday 4th Craft Market BBQ
 Camberwell Civic Centre
 Friday 9th to Camp Getaway Weekend
 Sunday 11th
 Friday 23rd BBQ at Bunning's
 Thursday 29th Club Meeting—Partner's Night
 Celebration of Melbourne Cup

November
 Sunday 1st Craft Market BBQ
 Camberwell Civic Centre
 Friday 6th to Fellowship & Golf weekend
 Sunday 8th Cobram, Barooga
 Saturday 14th Upstream Challenge
 Thursday 19th Event—Fashion Fundraiser
 Blue Illusion, Balwyn
December
 Thursday 3rd BBQ at Bunnings
 Friday 4th Ladies Christmas Cake Stall
 Thursday 10th Club Meeting—Partner's Night
 Celebration of Christmas
 Saturday 12th Event—Carols in the Park
 Macleay Park, Balwyn
 Sunday 13th Event—Carols at Servants
2016
January
 Sunday 10th Event—Brunch 9:30—11:30 am
 Warren Glen Nursery
 373 Ringwood Warrandyte Rd,
 Warrandyte
February
 Friday 19th Golf Day
 Kew Golf Club
 Wednesday 10 The Johnston Collection visit
March
 March 12/13 District Conference Bendigo

ROTARY CLUB OF NORTH BALWYN 2014/15

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

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jdmcb48@bigpond.net.au

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**.

From last week's look into the future, now a look at the past...



A view from the Burke Street intersection, North up Elizabeth Street. Businesses visible include, Dyer's Dry Cleaner, Nettleberg's Furriers, McGill's Agency, A. J. Peel Hair-dresser and Tobacconist, Wardrop "My Tailor", and in the distance, the Argus building.



Unlike its rival, Sydney, Melbourne grew according to plan. Collins Street, its main thoroughfare, and the other principal streets were laid out a mile long, 99 feet wide, and in checkerboard patterns, often bordered by shady avenues of trees. ↑

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 Probos

(Sect Sue Mullarvey)

yarramul@tpg.com.au

Greythorn Probos (Sect Shirley Brangan)

daynaleigh1@bigpond.com

Tel: 03 9859 4941

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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



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Mont Albert 3127

CHRIS CROSS

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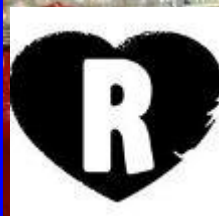
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