



IN SERVICE OF ROTARY

Our Leadership
2015/2016

The Presidential Proclamation

What a fantastic celebration for International Women's Day this week. Our Guest Speaker, Mrs Jan de Kretser, inspired and challenged us to think about gender inequality throughout the world along with other accompanying issues such as violence.



A huge thank you to my fellow female colleagues who willingly took on all the positions for the meeting and to the wider Rotary family who attended. What a wonderful atmosphere throughout the meeting!

Our Grand Prix catering has successfully commenced and a great big thank you to Nino and his team for all their hard work already.....with more to come next week.

Information is in this Grapevine detailing a Cluster function to raise money for Polio Eradication. So come along, enjoy a film and add to the donations towards this great cause.

So where did International Women's Day originate? It started in Europe in 1911 but it wasn't until 1928 that the first IWD rally took place in Australia in Sydney. In 1931 the first march took place in Melbourne with 150 women marching from the corner of Victoria and Russell Streets, with a lead banner declaring "Long Live International Women's Day".

During International Women's Year in 1975, IWD was given official recognition by the United Nations. Over the years the day has become more popular and many women continue to see it as an important occasion for reviewing restating and occasionally acting on the political, economic and social rights of women.

I look forward to an inspiring weekend at the District Conference with many Club members.

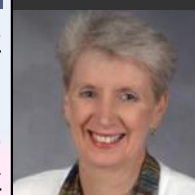
This week please do go and

Be a Gift to the World

President Jane



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



Next Week: Thursday 17th March
Speaker: Dr. Max Hardy. About Our Defibrillator
Host: Colin Sharp
Set Up: John Gartlan, Bob Bromley
Greeting: Jürgen Kehne, Larry Fitzpatrick
Desk: Greg Cribbes, Rob Head

The Grand Prix Volunteering to feed the Marshals begins this week.

The fun begins on Tuesday 15 March with the Setup, then Breakfast and Lunch Shifts begin on Wednesday the 16th through to the big day on Sunday 20th March.

Rosters have been sent out and Geoff Steinicke is the contact for this. If you change any of your shifts please let Geoff know.

Breakfast teams meet at 6am in the car park behind Fletchers in North Balwyn.

The Lunch teams meet at 9.30am in the car park behind Fletchers.

Important Note. People volunteering for breakfast and lunch should park in a nearby street to avoid the possibility of getting a parking fine. People volunteering for lunch should also park in a nearby street.



Above: Greg, Nino and Janny in front, with their team of helpers behind at the Contractor Setup Day last week. Great effort everyone! Right: Just in case you are interested—the new qualified regime.



District 9800 Ride to Conference



Members and Friends can sponsor P.P. Adrian's Ride to Conference by EFT to the Club's Service Account . Tag your EFT with "Rocan" and your name: BSB 033 058 Account 123 696



Adrian reported that he completed the ride safely however there was a fall where three riders were injured. We wish them a speedy recovery.



Bendigo D9800 Conference Bendigo.

Read all about it [HERE](#)

RCNB was well represented amongst the 900 plus attendees at the Ulumbarra for the annual conference. Photos below and stories to follow (no doubt!).

By all reports everyone had a great time and was impressed with venue, speakers and activities.



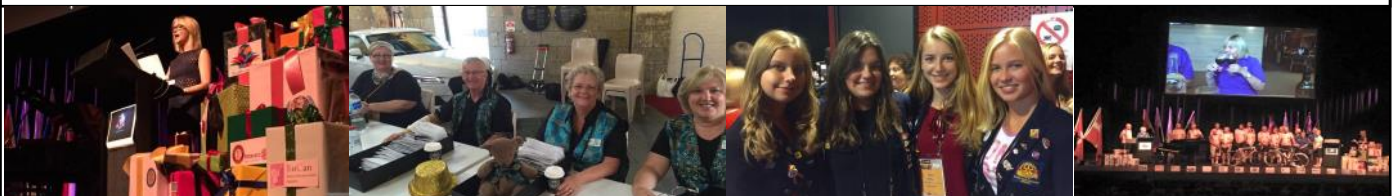
Bendigo D9800 Conference Bendigo.

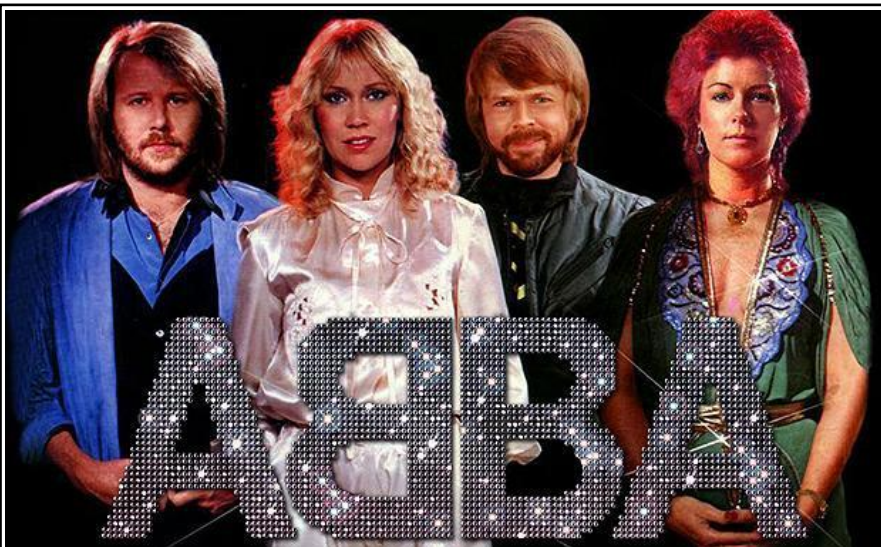


We had a jolly good Conference ...and so say all of us.



Janny Saukeni, our Royce and Jean Abbey Scholarship Awardee meeting DG Julie Mason





Mamma Mia

ABBA is coming to town!

Jane Pennington is a huge (and knowledgeable) fan of ABBA. Therefore, the plan is for each committee or group within the Club, to choose an ABBA song and perform it in an entertaining manner, on our Birthday night in May.

Members who are not part of one of the main committees will be welcome to join a group, so that they can join in the fun of the

evening.

An '80s theme would seem appropriate to accompany our ABBA entertainment, so we encourage you to think about dressing as you did in the good old 1980s.

Brush your vocal cords and let the dancing begin!



Eastside Cluster Fund Raiser for End Polio Now

Lido Cinemas

675 Glenferrie Road, Hawthorn VIC 3122

Sunday 3rd April

6.30 pm start time.

Book On-line [HERE](#)

Booking Closing Date

23-March

Brand new release

(it's the 2nd Greek Wedding!).

Very funny movie.

You'll laugh your sox off!

\$17.50 p/p. Includes a donation to 'End Polio Now'

Up and Coming Catering Events—February

Please email me at nsofra@bigpond.net.au Thank-you in anticipation Nino

Date	Event	AM Shift 8am-12noon	PM Shift 12noon - 4pm
03-Apr-16 Sunday 9.30am-3.00pm	Hawthorn Craft Market Camberwell Town Hall	Jane Pennington Eileen Toohill	
22-Apr-16 Friday 8.30am-4.00pm	Bunnings BBQ Middleborough Rd Box Hill	Bill Oakley	
25-Apr-16 Monday 5.30am-9.00am	ANZAC DAY RSL Templestowe	Bill Oakley Lindsay Pegg Peter Sutherland	
30-Apr-16 Friday 8.00am-4.00pm	Bunnings BBQ Middleborough Rd Box Hill	Bill Oakley Lindsay Pegg	
01-May-16 Sunday 9.30am-3.00pm	Hawthorn Craft Market Camberwell Town Hall		
20-May-16 Friday 8.30am-4.00pm	Bunnings BBQ Middleborough Rd Box Hill	Bill Oakley Nino Sofra	
05-June-16 Sunday 9.30am-3.00pm	Hawthorn Craft Market Camberwell Town Hall	Jane Pennington Nino Sofra	
		Shift 1 9.00am —1.30 pm	Shift 2 1.30—6.00 pm
25-June-16 Sunday 9.00am-6.00pm	Reclink Community Cup Elsternwick Park	Bill Oakley	Brian Lacy

Yarra Valley Winery Tour (With Bus) Sunday 10th April

10.30 am Luxury Coach departs Macleay Park,

11.30 - 12.15 pm Wine Tasting at Payne's Rise, Seville,

12.30 - 1.00 pm Killara Estates, Seville East.

Wine tasting in the Podium with magnificent views over the Yarra Valley

Lunch: Extensive set menu of local Italian plates.

Return to Macleay Park at approx. 4.00 pm.

\$65.00 per head plus drinks at Cellar Door prices

See Tony Hart with payment urgently to ensure your reservation.

Rotary Gardens Project at 11th March 2016.

Thank you to the various RCNB Volunteers for making themselves available over the next few weeks – really appreciated. There are still some vacancies for others after Easter.....

**As always, any nominations for future visits, queries and want to chat??
PLEASE call me. Cheers**

PLEASE call me. Cheers Greg CRIBBES mob 0413 270403

Date and Who with	Time	RCNB Supervisor	Assisted by
Thur 17/3 - RCNB	1.30—3.30pm New Time	Rowan McClean	Imre Lele
Fri 18/3 – CGS/X	2.45 – 5.15pm	Greg Cribbes	Ian Richardson Findley Cornell
Sat 19/3 – MLC Grand Prix	10.00 - noon	Greg Cribbes	Tony Hart
Fri 25/3 to 11/4	EASTER & SCHOOL BREAK		
Fri 15/4 – CGS/X Eva Tilley	2.45 – 5.15pm	Geoff Haddy	Estelle Kelly Need 2 more please
Sat 16/4 – MLC	10.00 - noon	Rowan McClean	Peter Elliott
Fri 22/4 – X	4.00 – 5.15pm	Geoff Haddy	
Sat 23/4 – MLC	10.00 - noon	CANCELLED	LONG WEEKEND
Fri 29/4 – CGS/X Eva Tilley - tbc	2.45 – 5.15pm	Geoff Haddy	Need 3 more please
Sat 30/4 – MLC	10.00 - noon	Greg Cribbes	Rowan McClean
Thur 5/5 – RCNB SPECIAL SESSION	10.00 - noon	Greg Cribbes & Geoff Haddy (tbc)	Need 4 more please
Fri 6/5 – CGS/X	2.45 – 5.15pm	Greg Cribbes & Need 1 more please	Estelle Kelly Rowan McClean
Sat 7/5 – MLC	10.00 - noon	Geoff Steinicke	
Thur 12/5 – RCNB SPECIAL SESSION	10.00 - noon	Greg Cribbes	Need 2 more please Rowan McClean
Fri 13/5 – CGS/X	2.45 – 5.15pm	Greg Cribbes	
Sat 14/5 – MLC	10.00 - noon		

How heart disease and oral health are linked.



Research shows that many systemic diseases – including heart disease – have oral symptoms. Dentists can help patients who have a history of heart disease by examining them for any signs of oral pain, infection or inflammation. According to the AGD, proper diagnosis and treatment of tooth and gum infections in some of these patients have led to a decrease in blood pressure medications and improved overall health. If you currently have

heart disease, make sure to tell your dentist about your condition as well as any medications you are currently taking. Remember to carefully follow your physician's and dentist's instructions about health care, and use any prescription medications, such as antibiotics, as directed.

Warning signs

Gum disease affects 80% of American adults and often the condition goes undiagnosed. Warning signs that you may have gum disease include:

- Red, tender or swollen gums
- Bleeding gums while brushing or flossing
- Gums that seem to be pulling away from your teeth
- Chronic bad breath or a bad taste in your mouth

Proactive prevention

While regular dental exams and cleanings are necessary to remove bacteria, plaque and tartar and detect early signs of gum disease, you can play a major role in preventing gum disease every day. The best way to be proactive in maintaining your oral and overall health is scheduling regular dental checkups, getting professional cleanings and regular brushing and flossing

Peter

Source <http://www.livestrong.com/article/256409-about-bad-teeth-heart-disease/>

Below : Who wants to be a Barista?

Nino Sofra has identified a need for the Club to have around 6 trained Baristas for Club catering events.

Therefore we are asking for volunteers to undergo Barista training with Jürgen Kehne. Ideally you will be regularly available for catering events. If you can assist please notify Nino by phone or email.



MEETING ROSTERS

Thursday 17th March

Speaker: Dr. Max Hardy
Topic: About Our Defibrillator
Host: Colin Sharp
Set Up: John Gartlan, Bob Bromley
Greeting: Jürgen Kehne, Larry Fitzpatrick
Desk: Greg Cribbes, Rob Head

Wednesday 23th March

Speaker: Neil Dalrymple
Topic: The Sport of Bowls –
 now and into the future.
Host: Terry Keyhoe
Set Up: Rob Stewart, Peter Cleary
Greeting: Jim Studebaker, Brian Lacy
Desk: Adrian Ranson, Tony Hart

Thursday 31st March

Speaker: Ms. Rosemary Kelly
Topic: Fare Share
Host: Ian Adams
Set Up: Takao Yukawa, Jim Romanis
Greeting: George Swanson, Findley Cornell
Desk: Geoff Steinicke, Stephen Greateorex

Thursday 7th April

Speaker: Ms. Trish McNally
Topic: Boroondara Family Network
Host: TBA
Set Up: Peter Sutherland, Ian Richardson
Greeting: Russell Cooper, David Cheney
Desk: Joe Butler, Garth Symington

Meeting No. 33
Thursday, 3rd March 2016

Present: Guest Speaker 1 Jan de Kretser
 NB Members 47
 Guests 5 David de Kretser; Danielle Hyndes (Wells); Janny Saukeni.
 Prospective New Members - (4th Visit) Russell Turner - Rowan McClean,
 (2nd visit) Robyn Stepnell - Jane Pennington;
 Partners 19
 Friends of Rotary 6 Maria Gouvoussi, Terry & Maree Keyhoe, George & Marj Selkrig, and
 Tony Rule - a new Friend of Rotary.
 MakeUps 27 Gardens Project - Greg Cribbes, Steven Greateorex, Ian Richardson,
 Colin Sharp & Eileen Toohill.
 Craft Market Catering - Bob Bromley, Brian Hurnard, Brian Lacy,
 Bill Oakley, Jane Pennington, Nino Sofra & Eileen Toohill.
 Grand Prix Contractors BBQ - Messrs. Cleary, Cooper, Cribbes, Fitzpatrick,
 Lele, Matthews, Oakley, Sofra, Steinicke, Symington, Wells & Wilkins.
 Meeting Attendance 87.7% (Apologies 6, LofA 6 & Excused Leave 13)

Absences for Rosters: Greg Dimopoulos, Chris Flavelle-Smith, Tony Ho, John McBride

Celebrations: Monday 14 March to Sunday 20 March

Birthdays: Jane Ansell.

Induction Anniversaries: Bob Bromley 2008; Bob Bott 2002;
 Takao Yukawa 2012; Imre Lele 1987;
 Kinga Paulheim 2008.

Wedding Anniversaries: Nil.

MAKE NOTES OF THESE DATES IN YOUR DIARY

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

Thursday 17-Sunday 20 March

The 2016 Formula 1® Australian Grand Prix.

F1. For Real.



Wednesday 23rd March - Easter Club Meeting

Don't turn up on Thursday the 24th !

Saturday 2nd April RC Yea and Alexandra



Ride the High Country
Rail Trail



Sunday 3rd April 6.30 pm Lido Cinemas Hawthorn

My Big Fat Greek Wedding 2.

Book On-line [HERE](#) Booking Closing Date 23-Mar.



Sunday 10th April

Winery Tour and Luncheon—Yarra Valley



Sunday 26th June Reclink Cup

Raising awareness and funding to support
Reclink

Australia's programs for disadvantaged
individuals.

RCNB Catering Event



Sunday 26th June *District 9800 Changeover*

Rowan McClean and he will arrange a club table (or two).

RACV Club at lunchtime on Sunday 26th June

Stay tuned for further details



Friday 21st—Sun 23rd October

Fellowship Weekend in Ballarat

Join us for a choice of golf, fellowship,
historical sites, galleries,
museums, the lake and gardens.



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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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**

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@rotarynorthbalwyn.com.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.

**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?

MARCH IS



Rotary



www.rotary.org

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



Be a gift to the world



**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**

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community

CHRIS CROSS

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1575 Burke Rd Kew East 3102



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 201 Bulleen Road Bulleen Vic 3105
 E-mail: taos.reservation@gmail.com
 http://www.taosrestaurant.com.au

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