

The Grapevine



Rowan's Reflections

What a great demonstration by our colleague Rotarian Don Cullen (R.C. of Brighton North) of how one Rotarian can make a difference. Improvement in the lives of people in Tibet as a result of this project, particularly the children, is a superb achievement and another example of how Rotary does good in the world

Don has been involved in Tibet for more than a decade, and it raises the issue of how long we need to work with a community with a very different culture to develop trust and to introduce beneficial changes. The "get in and get out approach" works well for projects such as repairing buildings and installing toilets, but introducing new approaches to education, agriculture and health practices often requires behaviour changes taking several years. Rotary's existing policies requiring 12 month acquittals for Rotary Foundation grants, for example, and this could result in us not meeting needs as effectively as we can or, indeed, deciding not to try meeting them at all. Our club is trusted where we have been working for longer periods in the Solomons (10 years) and in Vietnam (6 years), and we are now able to add real value to the people in those communities based on the relationships we have established. Food for thought.

Members please make your best effort to help with the last month or so of Christmas raffle ticket sales. I am also appealing to Friends of Rotary reading this to contact our Fund-raising Director Jim Romanis (0481 712 857) to volunteer for some rostered times before Christmas. The raffle is one of the key revenue sources for our club, and there is not long to go! Funds raised this year will be directed to mental health programs, a critical area in our society. We need everyone to help ensure that we are successful in making a meaningful contribution to that important cause.

My personal thanks to the Rotary Gardens Project committee and in particular to Greg Cribbes, who has worked tirelessly this year to ensure its success. The program is winding down as the students head into their examinations period, but members who have participated in the program will have a good sense of how grateful clients are for the work we do and how the students benefit from this form of community service. It is also highly regarded by Council. The program will continue in 2017 for the seventh year, with Peter Elliott as coordinator.

I am really pleased that our Interactors are holding computer and technology training for Rotarians. The session will be held on the 28th of November at the Hawthorn Library from 5pm to 6.30pm. Please contact Robyn Stepnell if you would like to participate.

There is no question that Rotary is Serving Humanity brilliantly - our challenge is to communicate that to our community, and to attract more members. Please see what you can do this week to help improve that awareness among non-Rotarians!

President Rowan.

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



Our Guest Speaker Don Cullen is member of Brighton North Rotary Club and is a recipient of a Humanitarian Award from RAWCS, and Chairman of Tibetan Village Project Australia Inc.

Don had visited RCNB in June 2010 to brief us on his work in Tibet and this week he re-introduced us to Tibet; the country, and the conditions to which he is assisting to bring some relief.

Tibet is the size of Western Australia. It has a famous railway which was completed in 2005 and is the highest in the world; crossing one pass at 5,072 metres (16,640 ft). Although used by tourists, its main function is to transport abundant minerals. Ted Wilkins was our only member present who has visited Tibet and been on this train. Amongst the major airports in Tibet, one has the world's longest sealed runway of 5,500 metres and another is at the world's highest elevation of 4,436 metres (14,550 ft).



[Domesticated yaks](#) have been kept for thousands of years, primarily for their milk, fibre and meat, and as beasts of burden. Their dried droppings are an important fuel, used all over Tibet, and are often the only fuel available on the high treeless Tibetan plateau. They are shorn for their dense long fur which is woven into clothing and a cloth covering of traditional tent houses.



Outside the urban areas, horsemanship is still very much alive. The pony sized horses are direct descendants from those used by [Genghis Khan](#).

Foreign tourists have only been allowed into Tibet by People's Republic of China from the 1980's and since then Don has been trekking on the Tibetan side of the [Himalayan ranges](#) as well as

on the Nepalese side. Over this time Don has learnt to speak one of the dialects. Don still goes into Tibet as a permitted small party tour guide.

Website – www.tvpaustalia.org.au



Monsieur Gartlan

Russell - proud owner of new Porsche!





The Christmas Raffle.

Members have been sent by separate E-mail the instructions for when you are a selling. **Please keep volunteering!**

Return ALL ticket butts and payment DIRECTLY to Jim, Russell Turner, or Peter Wilson.

Do NOT hand over cash and ticket butts at the desk on meeting nights.

“Would EVERYONE please commit themselves to one raffle selling “opportunity” this week at one of the locations, and also please put your name on the roster for the weeks ahead. Email me so I can update the roster.” Rosters will be updated and E-mailed separately to all members. The job will be done when everyone volunteers three times.

[Jim & Kerrie Romanis <kezjim1@bigpond.com>](mailto:kezjim1@bigpond.com)



Look at how much fun it is selling Raffle Tickets.

Only \$2.50 and when you turn it over there is a \$2.00 voucher to spend at Bakers Delight!



CHARITY GOLF DAY 10th February 2017

We are progressing well with sponsors, however any suggestions of potential sponsors from members would be greatly appreciated. We have available sponsorships of \$350 \$650, \$1250, \$2500 with appropriate benefits including promotion of sponsors.

Please contact me (Jim) for details.

JIM ROMANIS [Jim & Kerrie Romanis <kezjim1@bigpond.com>](mailto:kezjim1@bigpond.com)

3 week Short term Student Exchange to Mongolia in July School Holidays 2017

Applications are now open for students 15-17 year old at July 1st 2017

Information session for parents and students on Saturday 19th November, 2.00 pm
at Balwyn North Primary School Buchanan Ave, North Balwyn.

Email: Ian Adams adams.ian@bigpond.com to indicate attendance.



Technology class

LEARN NEW COMPUTER AND TECHNOLOGY SKILLS

Open to all Rotarians who want to discover new and efficient ways of using technology!

WHEN: 5:00pm – 6:30pm, Monday 28th November

WHERE Hawthorn Library, Meeting Room 1, 584 Glenferrie Road, Hawthorn.
:

WHO: Balwyn High School Interact Club

CONTACT: Hannah KOR0009@balwynhs.vic.edu.au

FEE: \$5

Please also bring your library card

If you would like to attend this class, please do either of the following:

Print off the form previously E-mailed to you, fill in the details and give it to Robyn Stepnell; **OR**

Complete this survey: <https://goo.gl/forms/UpPfdE4IINRNZbWH3>

Container to The Solomons

Its on its way !

Hi all,

I have been advised by [Salesian Missions Australia](#) our Container for the Solomon Islands was loaded today on the Vessel - Kokopo Chief v 1637N

Please note all Freight costs have been pre-paid by the Salesian Missions

The Vessel - Kokopo Chief is scheduled to leave today for Honiara, arrival date 10th December.

Father Dominic Kacachira and Father Albert Lenons at Tetere have also been advised.

I am positive all will be OK on arrival.

Please contact me if further details are required.

Bob Bott



Geoff's Health Tip

Coffee and Red Wine for a Happy Gut

Everything we eat or drink affects our intestinal bacteria, and is likely to have an impact on our health. This is the finding of a large scale study led by scientists at the University of Groningen, Netherlands. The study measured the effect of food and medicine on the bacterial diversity in the human gut.

Samples were taken from the collected stools of more than 1,100 people in the Lifeline program, which is monitoring the health of 165,000 residents of the Northern Netherlands. The samples were used to analyse the DNA of the bacteria and other organisms that live in the gut. In addition to the stools, the study collected information on participants' diets, medicine use and health.

The DNA analysis made it possible to examine which factors impact the diversity of the bacteria in the gut. The results showed that healthier people had a greater diversity of bacteria. As an example, people who regularly consume yoghurt have a greater diversity of gut bacteria. Coffee and wine can increase the diversity as well, while whole milk or a high-calorie diet can decrease it.

In total, the study found 60 dietary factors that influence diversity, and established that there is a good correlation between diversity and overall health: greater diversity is better. Disease often occurs as the result of many factors. Most of these factors, like your genes or your age, are not things you can change, but through your diet you can influence the bacteria in your gut to achieve greater diversity.

Geoff



You'll be very welcome at The Boroondara Cares Forum

This Friday 18th November, 12.30 for 1.00 PM.



"...for the good of Boroondara"

The Blackwood Room, City of Boroondara Inglesby Road, Camberwell Fellowship, tea, coffee from 12.30 Our Rotary-led monthly forum welcomes all Rotarians and members of community organisations to share the Boroondara Cares vision "for the good of Boroondara"

MEETING ROSTERS

Thursday 17th November Speaker: Dr. Laura Dumas Topic: Rotary Foundation Scholarship and her work on Multiple Sclerosis. Host: TBA Setup: Peter Sutherland, Jim Studebaker Greeting: David Rowe, Peter Cleary	Thursday 24th November Speaker: TBA Topic: TBA Host: TBA Setup: Anthony Stokes, Marcel Muntwyler Greeting: Greg Cribbes, Joe Butler Desk: Tony Ho, David DeGaris
Thursday 1st December Speaker: TBA Topic: TBA Host: TBA Setup: Ian Richardson, Sue McDonald Greeting: Geoff Steinicke, Lindsay Pegg Desk: Peter Elliott, Anthony Stokes	Thursday 8th December Speaker: TBA Topic: TBA Host: TBA Setup: Peter Wilson, Nino Sofra Greeting: Larry Fitzpatrick, Greg Ross Desk: George Swanson, Takao Yukawa

Meeting No.20

Thursday, 10th November 2016

Present:

Guest Speakers	1	Rotarian Don Cullen (Brighton North) - The Tibetan Village Project.
NB Members	47	
Visiting Rotarians	2	Rosanne Kava - AG, Swan Hill; Host Parent PE David Jones - Balwyn
Guests	1	Graham Dunkley (assoc. of GS)
Exchange Student	1	Moritz Ellermann
Member Attendance = 89.1%		
Other Activities	10	Gardening Project :- Fitzpatrick, Cribbes, McClean & Matthews.
(Board Approved)		District - Adrian Ranson, DLT & AGM; Sue McDonald - AGM.
		George Swanson - RC Sorrento.
		Tony Wells - Servants Community Housing AGM (9th Oct).

Absences for Rosters:

P. Elliott, P. Fitz, B. Ko, J. McBride & B. Wandabwa.

Celebrations

Birthdays: Greg Cribbes, Kerry Romanis

Inductions: David Cheney 1982, Peter Elliott 1992

Weddings Duncan and Jane Ansell

MAKE NOTES OF THESE DATES IN YOUR DIARY

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

Friday 18th November: Boroondara Cares Forum. 12.30 for 1pm The Blackwood Room City of Boroondara. Inglesby Road Camberwell.

All Rotarians and members of community organisations welcome.

Saturday 19 November BOROONDARA PARK PRIMARY SCHOOL FAIR 3pm to 8.15 pm . 40 Almond Street, North Balwyn.

Set up and pack up volunteers required. 12 noon to 2.45pm (Setup) and 8.00pm – 10.00pm (Pack-up) RSVP to: Jane Pennington (Jane.Pennington@bigpond.com)

Tuesday 22nd November Annual Rotary Foundation Paul Harris Breakfast
7.15 am RACV Club Guest Speaker Tim Cartwright “Holding Them to Account”
Those going please pay Findley your \$60 fnc@mail2me.com.au

Thursday 24th of November. AGM and Club Meeting

Monday 28th November. Interact Tech Class on the 28th November

Time: 5pm-6:30 pm: Date: 28 November: Venue: Hawthorn Library Cost: \$5

Thursday 1st and 8th December: Normal Club Meetings

Friday 9th December: Christmas Fare: 9am to noon in North Balwyn Village

Thursday 15th December: Christmas Dinner at KGC with entertainment by talented musical club members and partners.

Saturday 17th December: Carols in The Park

Thursday 22nd December: BBQ breakfast at North Balwyn Cricket Club. 7.00 am to 8.30 am

Sunday 15th January: Brunch at Warranglen Nursery, Warrandyte – 9.30 am to 11.30 am

Monday 16th January: Cluster BYO evening in Canterbury Gardens

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



**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 to register.

ROTARY CLUB OF NORTH BALWYN 2016/17

President: Rowan McClean

president@rotarynorthbalwyn.com.au

Vice President: Bill Oakley

vicepresident@rotarynorthbalwyn.com.au

Secretary: Gavan Schwartz

secretary@rotarynorthbalwyn.com.au

Treasurer: Greg Cribbes

treasurer@rotarynorthbalwyn.com.au

Web: www.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@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?

NOVEMBER IS



Rotary
Club of Kapuskasing
Serving our community since 1966
www.rotarykapuskasing.com

D9800 Probus

North Balwyn Probus President 2015/16

Ken Mitchell: mittchellkv@gmail.com

North Balwyn Heights Probus

Secretary Sue Mullarvey yarramul@tpg.com.au

Phone: 613 9857 4305 Mobile: 0400 821 402

Greythorn Probus

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 Probus

(Secretary Janet Eddy)

jveddey@applewood.net.au



**ROTARY
SERVING
HUMANITY**

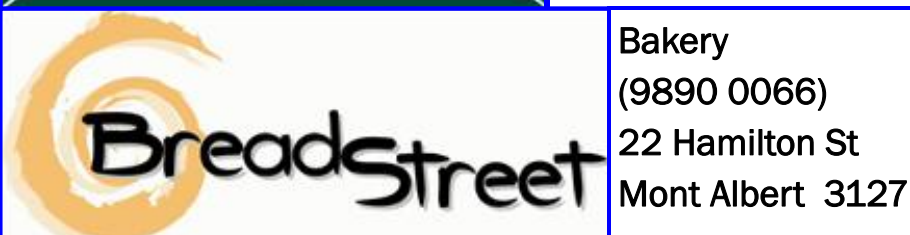


**ROTARY CLUB OF
NORTH BALWYN**

Our Club Web Site
www.rotarynorthbalwyn.com.au

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

Support Our Sponsors



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

