

The Grapevine



Rowan's Reflections

Kirsten Gainsford and Caitlyn Rogers of the [Monash Alfred Psychological Research Centre](#) are conducting trials in innovative treatments for cognitive disorders and Alzheimer's disease. They hope the trials will lead to breakthrough treatments and prevention. Many members commented on how enthusiastic and articulate these guest speakers were.

I have been an advocate of Rotary clubs forging closer links with the staff and students at International House for some time, and we have an opportunity to further the relationships by arranging a table of members for their special Cafe Internationale night on 13 May. Thanks to Karolina Judd and Cosette Boland for providing us with an overview of International House and inviting us to their major fund-raiser. If you can attend, please email Greg Ross to let him know.

N.B. Our Birthday Night will be at Green Acres on 4 May. Please feel free to wear a funny or colourful (or both) item of clothing to the event (surely everyone has a horrid tie or an unwanted clothing present from an old aunt tucked away in a cupboard). The following Sunday is world laughter day, so we want to have a fun night. If you have not yet sent your favourite joke to David Cheney, please do so soon and we will share some of the best on the night.

Our congratulations to Jim Romanis for a record year of fund-raising. I was delighted to present him with a Paul Harris pin with a sapphire in recognition of his excellent efforts this year. Many people contributed to this achievement - with The Christmas Raffle, the Golf Day, the many BBQs, and The Grand Prix. Thank you from the Board to everyone who helped achieve these exceptional results. We need someone to volunteer as Fund-raising coordinator in 2017/18 and, if you are interested, please contact President elect Rob Head.

Peter Downton is our newest member. Peter met Nino Sofra at one of our catering events and has visited the club twice to find the culture welcoming and something he wants to be a part. Peter was inducted tonight and his classification is mechanical technical: I am sure he will be a great contributor to hands on projects in The Club.

April is Rotary Maternal and Child Health Month. An estimated 5.9 million children die each year from causes that can all be prevented and Rotary is active in tackling causes and finding solutions which is a real demonstration of Rotary Serving Humanity.

Have a great Easter everyone. Next week we have autobiography presentations from members David Rowe and President elect. Rob Head. These presentations are always interesting and help us to get to know each other better. I'll see you then!

President Rowan.

Visit our Club Website: <http://rotarynorthbalwyn.com.au/>

See us on Facebook at <https://www.facebook.com/RotaryNorthBalwyn/>

Read The Networker at <http://rotarydistrict9800.org.au/index.php?campaignid=11024>

See Conference Photos [HERE](#)

Our Leadership



**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 Host Sue McDonald with Guest Speakers Caitlyn and Kirsten from MAPrc Monash Alfred Psychiatry Research Centre, Level 4, 607 St Kilda Road, Melbourne 3004.



Korolina Judd and Cosette Boland were welcomed to our meeting to remind us that [Café Internationale](#), the annual event at Melbourne University's International House is on again on Sunday 13th May 6.30pm. Why not make up a table?

A night celebrating and honouring the past 60 years of culture and friendship at International House as we dive into the late 50s, and move forward with each act.

Book [HERE](#) \$90 per head.

Enquiries Karolina Judd;

karolinaj@student.unimelb.edu.au

[0438 664 334](tel:0438664334)

Half of the proceeds will be donated to 'The Stroke Foundation' and the rest to the Student Club of International House.



Jim Romanis was recognised by The Club for his service to Rotary when awarded with a Paul Harris Fellow (with one sapphire).

Congratulations Jim!

New Member Peter Downton



Nino Sofra introduced Peter to us after making contact at a catering event. Peter was inducted by Roman tonight. Welcome Peter!



GARDENING PROJECT

17th April 2017

School holidays and Easter are over, now it's time to get back into the Garden Project starting this Friday – again, thank you to all those who are volunteering. It'd be really helpful if you could all check your diaries for opportunities in May, thanks.

Give us a call anytime - Peter Elliott 0419 417334, Greg Cribbes 0413 270403.

Date and Who with	Time	RCNB Supervisor	Assisted by
Fri 21/4 CGS	2.45 – 4.00	Greg Cribbes	Geoff Haddy
Fri 28/4 CCS/X	2.45 – 5.15	Russell Turner, Greg Cribbes	Findley Cornell, Peter Elliott
Sat 29/4 MLC	10.00 – 12noon	Greg Matthews	Geoff Steinicke
Fri 5/5 CGS/X	2.45 – 5.15	Peter Elliott	Colin Sharp
Sat 6/5 MLC	10.00 – 12noon	Sam Hardikar	Marcel Muntwyler
Fri 12/5 CGS/X	2.45 – 5.15	Geoff Haddy	Tony Hart
Sat 13/5 MLC	10.00 – 12noon		



Robyn is selling Frogs and Koalas
Get in fast for yours !

Special Price \$50 a box or



The Rotary Club of Melbourne Park have teamed up with Comedy for a Cause to bring you a fabulous night of fun and friendship!

Saturday 27th May, 8.00pm, at Melbourne Bowling Club, 138, Union St, Windsor.

Money raised will help us to continue to make a difference through our passion projects, RYLA sponsorships, birthing kits and much more!

It would be great to share the evening with at least 10 people from your club. This is an incredibly accessible event at only \$35 a ticket!

Tickets can be purchased online at www.comedyforacause.net/rcmp Read More...



Water filters arrive in Minh Hac, arranged by Rotary North Balwyn and part funded by a Rotary Foundation grant. Units have been supplied to the kindergarten, primary school, secondary school, health clinic, Community centre and People's Committee meeting room.

A study funded by an association of engineers in Melbourne and interpreted by the Vietnam Institute of Industrial Chemistry formed the basis of the project. Until now, parents of the students or orphan students have had to fund the supply of large water bottles.

International Director Imre Lele and President Rowan McClean will inspect installations next month accompanied by Friends Of Rotary Rachael Nguyen and Dr. Max Hardie and sponsors Paul and Jane Dillon.

North East Community Hub Project

Planning for a new Community Hub in Balwyn North.



Work on the new community centre in North Balwyn, the North East Hub, has commenced with the demolishing of the RSL and kindergarten buildings.

On March 6th sod turning ceremony was conducted with dignitaries in attendance including Hon Josh Frydenberg, Boroondara Mayor Phillip Healey and Boroondara Citizens of the year Graham and Gwenda Foard.

Graham was a founding member of the North Balwyn Rotary Club in 1980. Graham and Gwenda have been recognised as 2017 Boroondara Citizens of the year due to their heavy involvement in the transition of the RSL site into the Community Centre.



The North East Hub will be multi faceted including an underground car-park and accommodate

- North Balwyn RSL,
- Greythorn Maternal and Child Health Centre,
- Neighbourhood House with community programs for all ages,
- Community Meeting spaces, including a large multipurpose function room,
- Greythorn Early Childhood Centre and Kindergarten (including occa-

sional care) ,

- Access Health and Community,
- Camcare allied health and counselling services,
- and a Library Lounge for pick-up and drop-off of library books, access to computers, Wi-Fi, community information and library programs.

For more information, go to https://www.boroondara.vic.gov.au/your_council/building-planning/major-projects/north-east-community-hub-project

Geoff's Health Tip

The DASH diet – a Dietary Approach to Stop Hypertension

Voted the overall best diet for reducing hypertension by the [New England Journal of Medicine](#), and described by a panel of nutritionists as an 'all star' diet for its nutritional completeness, safety, ability to prevent or control diabetes, the DASH diet is a healthy eating model, not only for those with hypertension, but for the whole family.

Here is an example of the DASH principles:

Breakfast: Rolled Oats – raw or porridge with Yoghurt and a little milk, topped with fruit and some nuts and seeds.

Morning Tea or Coffee: Vegetable sticks with hummus or guacamole.

Lunch: Crispy and colourful garden salad with grilled chicken and avocado, topped with lemon juice or balsamic vinegar.

Afternoon Tea: Greek yoghurt topped with berries or a handful of unsalted nuts.

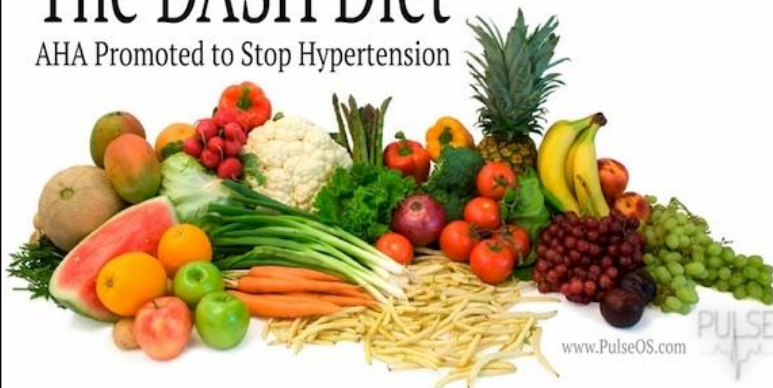
Dinner: Grilled salmon topped with diced tomato and avocado and served with a baked potato and steamed veggies.

The DASH diet is designed to be lower in saturated fat and sodium and higher in fibre and potassium.

Geoff

The DASH Diet

AHA Promoted to Stop Hypertension



AN INVITATION TO DINNER FROM THE FELLOWSHIP COMMITTEE TO ALL MEMBERS FRIENDS AND PARTNERS OF THE ROTARY CLUB OF NORTH BALWYN.

VENUE: DUNYAZAD

LEBANESE RESTAURANT

329 DONCASTER ROAD BALWYN NORTH

DATE: TUESDAY 23 MAY 2017

TIME: 6 PM FOR 6.30 PM

COST: \$48.00 PER HEAD FOR SHEIK'S BANQUET

BYO: WINE ONLY – NO CORKAGE

BEER: AND WINE AT COST TO INDIVIDUAL PURCHASERS

SOFT DRINK: FREE OF CHARGE

DIETARY NEEDS: ADVISE ME BY 19 MAY 2017

ACCEPTANCE: AT CLUB DINNER MEETINGS ON 12TH & 20TH APRIL 2017 OR

TELEPHONE BOB BROMLEY ON 9857 7637 OR

EMAIL bbromley3@bigpond.com

DIRECT PAYMENT: ROTARY CLUB OF NORTH BALWYN INC ADMINISTRATION CHEQUE ACCOUNT 633000 – 146470653 INCLUDING "YOUR NAME AND BANQUET".

MENU: SEE www.dunyazad.com.au

Bob BROMLEY

Fellowship Committee

Melbourne Entertainment Guide Book 2017-18

<http://www.entertainmentbook.com.au/about/Tell-me-More/Melbourne-2017>



Geoff Steinicke has a consignment of books. Price \$70.

MEETING ROSTERS

Thursday 20th April.**Speaker:** Member Biographies**Host:** Maurie Walters**Greeters:** Rob Head, Russell Cooper**Setup:** Colin Sharp, Tony Ho.**Desk:** John Magor**Thursday 27th April.****Speaker:** Mr. Brian Negus, RACV

Melbourne in 2040 - will we still be driving?

Host: Geoff Steinicke**Greeters:** Bronwen Dimond; Geoff Kneale**Setup:** Peter Elliott; Chris Flavelle-Smith**Desk:** Eileen Toohill; Estelle Kelly**Thursday 4th May. RCNB Birthday night****Partners Night at Green Acres Golf Club****Speaker:** Mr. Brian Nankervis, Rockwiz**Host:** David Cheney**Greeters:** Brian Hurnard, Yvonne Lyneham**Setup:** Jane Pennington, Neil Marshall**Desk:** John Rennie, Rob Head**Thursday 11th May****Speaker:** Club Debate with Balwyn High School

Are women a more complicated gender than men?

Host: Gavan Schwartz**Greeters:** Rob Head, Jeanette Leigh**Setup:** Findley Cornell, Beatrice Ko**Desk:** Colin Sharp, Tony Ho**PRESENT!****Attendance** E-mail Hugo Goetze. hugogoetze@netspace.net.au

51 / 84 Members attended our last meeting plus eight other Guests, Partners and Friends.

11 members recorded "Make-ups" in the previous week.



Two Club Members recently helped out a Syrian refugee family in Eltham.

John McBride picked up four bicycles from Peter Sutherland who continues to refurbish discarded bicycles for DIK (and sometimes other worthy causes like this one).

Jack and Yara sent a photo with Andrew and Phillip thanking Peter for the bikes. They can now go on outings as a family while waiting for car licenses and looking for jobs.

*John McBride***Note from Peter:** If you have bikes cluttering up your garage please donate them to Peter who will see that they get repaired and take them to DIK for shipment in containers for Overseas Projects. DIK are currently being supported by a third party repairer so your donated bikes do not need to be ready to ride, but they must be repairable.

Peter works for Computers 4 Community every Thursday at DIK and they are always looking for used Computers (Laptops and Desktops in good working order, and flat screens only). Please let Peter know if you have a computer you would like to part with. Computers 4 Community erase your files securely and reinstall Windows 10 and Microsoft Office and ensure the Computer is working well before sending overseas to fill orders for Rotary Overseas Projects.

Celebrations**Birthdays:** Beatrice Ko, Bev Hibbert, Ursula Smith, Chris Burley.**Inductions:** Rob Stewart.**Weddings:** Karen and Larry Fitzpatrick, Pat and Peter Cleary.

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
 Grapevine: Peter Sutherland petesutherland@bigpond.com Noon Sat Weekly Deadline Please

North Balwyn Probus: Bruno Coniglio. <http://balwynnorthprobus.org.au>
 North Balwyn Heights Probus: Sue Mullarvey yarramul@tpg.com.au 9857 4305, 0400 821 402
 Greythorn Probus: Meetings 10am 2nd Tuesday Monthly. St Aidan's Church Hall, Duggan St, Balwyn North. 9859 4941.
 Boroondara Ladies Probus: Janet Eddy jveddey@applewood.net.au

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

Club Diary

Thursday, 27th April:

Bus trip to Beleura. \$60 Contact David Cheney for details.

Sunday 13th May. Café International at University House. Details [HERE](#)

Tuesday, 23rd May: Fellowship Dinner Night.

DUNYAZAD LEBANESE RESTAURANT 329 DONCASTER ROAD BALWYN NORTH
 See Bob Bromley for Details.

Saturday May 27, 2017 Comedy For A Cause – Rotary Club of Melbourne Park

Melbourne Bowling Club – 138 Union St, Cnr Bowling Green St, Windsor 3181 . 7 pm for 8pm \$35 Book [HERE](#)

Wednesday 31st May 2017:

Rotary Foundation Centennial Gala Dinner. The Atlantic, Central Pier 161 Harbour Esplanade.
 Contact Findley Cornell for details.

Thursday 6th June: Ladies fun Raising Night Blue Illusion Balwyn. Contact Kristine McDonell 0412095725

Thursday 29th June 2017. Meeting at Kew Golf Club is Cancelled.

Sunday 2nd July:

Club Change Over Lunch. 12.30pm at Kew Golf Club.

Friday 13th, Sat 14th & Sun 15th October

Camp Getaway Weekend Working Bee. Contact Greg Matthews for details

Friday 20th Oct, - Sunday 22nd Oct.

Albury Fellowship Weekend. Contact Nino Sofra for details

16-18 March 2018. District Conference

Warrnambool. Nino Sofra will announce more details later in the year.