



## IN SERVICE OF ROTARY

[Our Leadership](#)  
2015/2016

### The Presidential Proclamation

May is Rotary International month of Youth Services and for me, very appropriate as I spend much of my time working with girls and young women in Girl Guides Victoria.

Our meeting this week heard from Wanjiku Mahera who gave us details of her work to establish a school in her home village in Kenya.



It is interesting to ponder the concept of youth. The minute we mention youth we think of young people, maybe under the age of 18 and how do we envisage them?

They are our future and through Rotary we provide opportunities for them to grow, develop and fulfil their potential. Rotary sponsors wonderful programs for youth and many our Club has participated in.

Our Early Act and Interact Club members are fantastic examples of young people doing good in the world. The Early Act Club sponsors a student in Minh Hac in Vietnam. Our Interact members held fundraising activities to donate the funds to Minh Hac.

Young people achieve wonderful things.

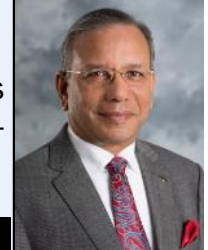
Some examples from Girl Guides Victoria; last year the Guides raised more than \$4,000 and donated it to ROMAC, a Rotary program. They entered teams in the Relay for Life, they carried the banners for the diggers in the ANZAC Day Parade down Swanston St, they carried the very large Australian flag to lead the Australia Day Parade, they Cleaned Up Australia and sang carols at aged care facilities.

In an address to the Rotary Convention in 1949 it was said: "If we train our youth properly, we need not have any fear as to the future of the world."

So this week please:

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 19th May**  
Speaker: Catherine Morley: Start Living Your Life  
Host: TBA  
Set Up: Ted Wilkins, Anthony Stokes  
Greeting: Phil Francis, Rob Stewart  
Desk: Ken Maxfield, John Gartlan



# May is Rotary International Month of Youth Services

## Rotary Youth Programs

The role of the District Youth Committee is to recommend, co-ordinate and support clubs in District 9800 to deliver effective Youth Service programs.

**Rotary Youth Leadership Award** is designed for young adults with proven leadership ability and a commitment to community service. RYLA will help you discover your potential and develop the skills needed to be a leader in your community, career, and everyday life. RYLA is a program which focuses on leadership, problem solving and team building.



The **Rotary Youth Program of Enrichment** or RYPEN is a Rotary sponsored District program. Year ten and eleven students attend a weekend long camp designed at developing their potential through a mixture of lecture style sessions and adventure-based learning. Its aim is to communicate to young people a series of ideas, problems and social experiences which will assist them in forming their own values and moral standards. Rotaractors act as facilitators for the camp, leading groups of students and running the sessions.

**Rotary Youth Exchange.** Are you interested in learning a new language or meeting new people? Rotary Youth Exchange is the opportunity of a lifetime for the more than 8,000 students who participate each year. By sharing your own culture and embracing a new one, you help foster global understanding—and learn a great deal about yourself and your home country in the process.



**Rotaract** brings together university students worldwide to organize service activities, develop leadership and professional skills, and have fun. Rotary clubs sponsor them, but Rotaract members manage their clubs independently. Rotaract members work closely with their local Rotary club, and may join after their Rotaract membership ends.

**Interact** is a club for High School students who want to connect with others in their school while serving their community. Interact club members have fun while carrying out service projects and building leadership skills. Interact clubs organize at least two service projects a year: one in their community and one with an international focus. While Interact clubs receive guidance from individual Rotary clubs, they govern and support themselves.



**MUNA: Model United Nations Assembly.** This international youth program simulates the workings of the United Nations Assembly by having two senior students from a number of schools represent a particular UN country in debates on matters of world political and social concern. Students are challenged by the

opportunities of extended research, debating and public speaking skills by addressing a wide range of contemporary and world-focussed issues.



There are Science Programs and Public Speaking Programs. For more information, contact District Youth Chair Gabrielle Morgan: [loftandmorgan@ozemail.com.au](mailto:loftandmorgan@ozemail.com.au)

**Guest Speaker Wanjiku Mahera** establish a school Mahera Academy in her home village in Kenya.

Mahera Academy is a pre-school and primary school located in Kiserian Kenya, on the edge



Above: The Mahera Academy  
Right: Host Jim Studebaker with Wanjiku thanking her for her presentation to us.



of the Rift Valley. It provides an education for children from all socio-economic backgrounds in the surrounding region.

Wanjiku grew up in Kiserian where through many sacrifices made by her parents, she, and her brothers and sisters received an excellent education.

To honour her father, Wanjiku established The Mahera Academy to give the local children a chance at a better life.



Above: The Academy's Vegetable Garden

In 2010, the Mahera Academy opened its' doors to the local children of Kiserian. It started with 5 students and by the end of the month the school had enrolled 26 students in two classes. Now there are 65 students from age 3 to 13, who otherwise would have no education.

There is also a vegetable garden that provides meals for the children each day. The school does struggle at times to survive financially and is in part funded by Wanjiku's African Handicrafts. We sell African art and crafts in local markets in Australia and online.

The school is open to donations and the goodwill of many in Australia and elsewhere. Our dream is to become

self-sufficient through our daily hard work, yet we appreciate the support of many.

If you would like to donate to the Academy, your support would be most welcome; see details at [www.maheraacademy.com](http://www.maheraacademy.com)

## Announcements

### Can you drive to and from Camp Getaway on Sunday May 29th 2016?

Can members consider their availability and willingness to assist with transporting students from Camp Getaway to Melbourne at the conclusion of the Model United Nations Assembly (MUNA).

Four students are needing a lift together with their luggage.

Drivers are invited to lunch at Camp Getaway and hear the results of the MUNA debates. The program concludes at 3.00 pm. We have one team representing Nigeria and another team representing Germany.

Contact Estelle Kelly if you can help.

### Camberwell Rotary Art Show

Swinburne University, from **9 to 17 July**.

Over 1,500 paintings and all of them will be offered for sale.

A package for clubs to hold a regular meeting at the show is available. It includes Admission to the Show, Lunch or dinner including a glass of wine, and a free tour of the Show with an art expert.

Cost \$25 per person for a minimum of 20 people.

Call Geoff Angus, 0408 348 212 or email to [geoffangus@bigpond.com](mailto:geoffangus@bigpond.com).

### District Governor Changeover

District Governor Julie Mason and Governor Elect Neville John and Rebecca have great pleasure in inviting you and your partner to join them in an afternoon of fun, fellowship and entertainment at the 2016-2017 District 9800 Governor Changeover lunch, which will be held at the RACV City Club on **Sunday 26 June**.

Hosted by the Rotary Club of Central Melbourne - Sunrise, and supported by DESA Australia Pty Limited and the RACV City Club.

We look forward to you joining Julie, Neville and Rebecca for a reflection on the year of 'Being a Gift to the World' and handing over to a year of 'Rotary Serving Humanity'.

Please advice Rowan McClean if you are planning on attending.

*You're Invited!*

# SERVANTS IS TURNING 30!

**SATURDAY 28 MAY 2016**

**5:30pm Start**  
**6:00pm BBQ**  
**8-8:30pm Formalities**

**Hawthorn West Baptist Church**  
**36 Barton Street, Hawthorn**

Plenty of on-street parking; public transport via Hawthorn station or tram number 48 & 75

Dress: as you please.  
Children are welcome.

Tickets are free, but bookings essential, via:  
**[trybooking.com/LCSD](http://trybooking.com/LCSD)**

*Please note this is an alcohol-free event*

 **servants**  
COMMUNITY HOUSING

## Geoff's Health Tip

### Alzheimer's Risk Cut in Half

When you survey people to determine what diseases they fear the most, Alzheimer's Disease is always among the top answers. But, when you look for a magic bullet or cure, you will find none exists.

A new study from the University of Pittsburgh is the first to show that virtually every type of aerobic physical activity, from walking to gardening and dancing, can improve brain structure and reduce Alzheimer's risk. The study, funded by the National Institute of Ageing, was published in a recent *Journal of Alzheimer's Disease*.

The researchers studied a long-term cohort of patients in the 30-year Cardiovascular Health Study across four research sites in the United States. The 876 participants, age 78 on average, also had an MRI scan of their brain analysed to measure the volume of brain structures, including those implicated in memory and Alzheimer's Disease.

The results of the analysis showed that increasing physical activity was correlated with larger brain volumes in the frontal, temporal and parietal lobes. Individuals experiencing this brain benefit rising from an increase in their physical activity, experienced a 50% reduction in their risk of Alzheimer's dementia.

Lead author Cyrus A Raji said "This is the first study in which we have been able to correlate the predictive benefit of different kinds of physical activity with the reduction of Alzheimer's risk through specific relationships with greater brain volume."



Get to it,  
gardeners  
and walkers!

Geoff



### Be Careful Out There—Watch Out For Scams

The Australian Competition and Consumer Commission's *Targeting Scams Report* reveals that \$85 million was reported lost to the [ACCC's Scamwatch](#) last year, with 105,200 scam complaints. In 2014, the ACCC received 91,600 scam complaints, with almost \$82 million reported lost.

"This [Fraud Week](#), the ACCC is urging the community to 'Wise Up to Scams' following a \$3 million increase in scam losses reported to the ACCC and a 15 per cent increase in complaints. In particular, we are encouraging older Australians to wise up and watch out for scams that target them so they don't have their hard earned savings stolen," ACCC Deputy Chair Delia Rickard said.

**DON'T BECOME A STATISTIC!**

IDENTITY IS EVERYTHING -

ISN'T YOURS WORTH PROTECTING?

SEE THE TOP 10 TIPS

FOR PREVENTING IDENTITY FRAUD.

[» CLICK HERE](#)

## Catering Committee Roster

Date	Event	AM Shift 8am-12noon	PM Shift 12noon - 4pm
20-May-16	BUNNINGS BBQ	Bill Oakley	Jim Studebaker
FRIDAY	256 Middleborough Rd	Nino Sofra	Dion/Ala Taylor
8/30am to 4pm	Box Hill	Greg Cribbes	
28-May-16	SERVANTS 30th BIRTHDAY	Nino Sofra	Greg Matthews
SATURDAY	36 BARTON St.Hawthorn	Bill Oakley	Heather Mathews
6.00pm-8.00pm		Tony Wells	John Magor
		Alison( Wells)	Elain Magor
		Robert Head	
26-Jun-16	Reclink Community Cup	A.M. Shift	P.M. Shift
SUNDAY	Elsternwick Park.	9.00am to 1.30pm.	1.15pm to 6.00pm
2 Shifts Required		Peter Elliott	Brian Lacy
		John McBride	Imre Lela
		Bill Oakley	Bill Oakley
		Steve Greaterex	Geoff Steinicke
		Need another 4	Andy Steinicke
			Need another 3
01-Jul-16	BUNNINGS BBQ	Bill Oakley	
FRIDAY	256 Middleborough Rd	Need another 3	Need another 4
2 Shifts Required	Box Hill		
29-Jul-16	BUNNINGS BBQ	Bill Oakley	
FRIDAY	256 Middleborough Rd	Need another 3	Need another 4
2 Shifts Required	Box Hill		
01-Oct-16	BUNNINGS BBQ	Need another 4	Need another 4
SATURDAY	256 Middleborough Rd		
2 Shifts Required	Box Hill		

Contact Nino or Bill if you can assist fill any of the vacancies listed above.



A productive three sessions this past week have been enjoyed by all - thank you.  
Great to see two new names Volunterraing for Gardening - Jol and Richard - welcome aboard.  
We still need properties for the balance of the year to fulfill our obligations - keep a watch out.  
Relatively quiet to early-June but please , your assistance would really be appreciated thereafter

Date and Who with	Time	RCNB Supervisor	Assisted by
Fri 20/5 – CGS/X	2.45 – 5.15pm	Garth Symington	Russell Turner Jol Dunn
Sat 21/5 – MLC	10.00 - noon	Greg Matthews	Lindsay Pegg
Fri 27/5 – CGS/X	2.45 – 5.15pm	Greg Cribbes	Colin Sharp
Sat 28/5, Fri 3/6 and Sat 4/6	<b>No Gardening due to Exams</b>		
Fri 10/6 – X	4.00 - 5.15pm	Greg Cribbes	<b>1 more please</b>
Sat 11/6 – MLC	10.00 - noon	Peter Elliott	Geoff Steinicke
Fri 17/6 - CGS	2.45 - 4.00pm	<b>1 more please</b>	<b>1 more please</b>
Sat 18/6 - MLC	10.00 - noon	<b>1 more please</b>	Eileen Toohill
17/24 June to 11 July	<b>SCHOOL BREAK</b>		
Fri 15/7 - X	4.00 - 5.15PM		
Sat 16/7 - MLC	10-noon	Greg Cribbes	
Thur 21/7 - <b>RCNB - special</b>	pruning roses 10am	Greg Cribbes	Marcel Muntwyler
Fri 22/7 - CGS/X	2.45 - 5.15PM		
Fri 29/7 - CGS/X	2.45 - 5.15PM	Greg Cribbes	
Sat 30/7 - MLC	10-noon		
<i>Happy to chat anytime</i>		<b>Greg Cribbes</b>	<b>Mob 0413 270403</b>

Dear Anna-Marie and Xavier team, Kirsty and Camberwell team and fellow Rotarians,

On behalf of the delightful couple of HAWKS supporters at Milverton St, a huge thank you for a further transformation of the growth over the past fortnight. This was a continuance from late last year where similar efforts revealed a back fence behind immense prickly bushes, only this time we uncovered a shed!!

Voilà – **Thursday 5<sup>th</sup> June at 10am ('Before')** compared to **Friday 13<sup>th</sup> May at 5pm ('After')**.... And that wasn't all that was cleared.

The carved wooden post is clearly visible now – see if you can find it in the Before photo – trust me, it's there.....

The red/white tapes identified those precious plants that we tried not to disturb with the chain saw too much.

Anyway, together, we certainly made a difference and I'd suggest a most enjoyable experience for us all, now that we look back. "Amazing"

My personal, continued thanks and sincere appreciation to you all.

Regards

*Greg Cribbes*

Coordinator, Rotary Gardens Project  
Rotary Club of North Balwyn



## MEETING ROSTERS

### Thursday 19th May

Speaker: Catherine Morley  
 Topic: Start Living Your Life  
 Host: TBA  
 Set Up: Ted Wilkins, Anthony Stokes  
 Greeting: Phil Francis, Rob Stewart  
 Desk: Ken Maxfield, John Gartlan

### Thursday 26th May

Speaker: Rowan McClean  
 Topic: Club Review  
 Host: Tony Wells  
 Setup: Larry Fitzpatrick, Maurice Walters  
 Greeting: Greg Cribbes, Bob Bromley  
 Desk: Peter Wilson, Jim Studebaker

### Thursday 2nd June

Speaker: Days For Girls Team  
 Topic: Days For Girls  
 Host: Jane Pennington  
 Setup: Rowan McClean, Bill Oakley  
 Greeting: Adrian Ranson, Takao Yukawa  
 Desk: Brian Lacy, George Swanson

### Thursday 9th June

Speaker: Belinda Wandabwa  
 Topic: Member Autobiography  
 Host: TBA  
 Setup: Garth Symington, Ted Angleton  
 Greeting: Robyn Stepnell, Jim Romanis  
 Desk: Peter Cleary, Don Taylor

### Meeting No. 43

12th May 2016

<b>Present:</b> Guest Speaker	1	Wanjiku Mahera -
NB Members	42	
Visiting Rotarians	0	
Guests	4	Neil Hoptman - accompanying Wanjiku Mahera Prospective New Members - Jole Dunn (Russell Cooper) , Beatrice Ko and Dileep Pillai (Belinda Wandabwa), - all for first visit.
Friends of Rotary	1	Tony Rule.
MakeUps	12	Rowan McClean & Adrian Ranson at DLT; George Swanson - RC Sorrento ; Greg Ross - RC Keilor, RC Albert Park, D9520 Conf at Renmark Gardening Project - Greg Cribbes, Estelle Kelly, Rowan McClean, & Garth Symington. Catering - Nino Sofra & Adrian Ranson.
Meeting Attendance	78.1%	

### Unavailable for Rosters:

Bob Bott, Russell Cooper, Geoff Haddy, Tony Ho,  
 Jürgen Kehne, Imre Lele, John McBride, Ted Wilkins

### Celebrations: Monday 16 May to Sunday 22 May

**Birthdays:** Brian Lacy; Kinga Paulheim;  
 Robyn Stepnell.

**Induction Anniversaries:** Don Bowden 2002

**Wedding Anniversaries:** 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 27th May** Fellowship Dinner at Taos Restaurant 201 Bulleen Road, Bulleen.  
6.30 for 7PM \$55—\$60 per head. See Don Taylor for bookings at Club Meetings.

**Thursday 2 June.**

"Days for Girls" - A Partner's Night to report of the progress of this Project and thank our supporters.

**Saturday 25th June**

**Club Changeover. Cheer out President Jane Pennington and cheer in President Rowan McClean.**

**(No Club meeting at KGC on Thursday 23rd June)**

**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 will arrange a club table (or two).*

*RACV Club at lunchtime on Sunday 26th June* Stay tuned for further details

**Saturday and Sunday 9th and 10th July 2016** at the Mt Waverley Community Centre.

See the ['VAME show' page](#) for 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.

(Those not attending require a note from their parents to Rob Head)



WHAT'S  
HAPPENING.



LIST YOUR  
EVENT

*it's free!*

**30th March to 1st April 2017 Shepparton 2017 District Conference**

## ROTARY CLUB OF NORTH BALWYN 2015/16

**President: Jane Pennington** [president@rotarynorthbalwyn.com.au](mailto:president@rotarynorthbalwyn.com.au)  
**Vice President: Brian Hurnard** [vicepresident@rotarynorthbalwyn.com.au](mailto:vicepresident@rotarynorthbalwyn.com.au)  
**Secretary: Gavan Schwartz** [secretary@rotarynorthbalwyn.com.au](mailto:secretary@rotarynorthbalwyn.com.au)  
**Treasurer: David de Garis** [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.



### 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?

APRIL IS



Rotary 



[www.rotary.org](http://www.rotary.org)

### D9800 Probus

**North Balwyn Probus** President 2015/16  
 Ken Mitchell: [mitchellkv@gmail.com](mailto:mitchellkv@gmail.com)  
**North Balwyn Ladies Probus** (Sect Jill Johnstone)  
[jilldj@melbpc.org.au](mailto:jilldj@melbpc.org.au)  
**North Balwyn Heights Probus**  
 (Sect Sue Mullarvey)  
[yarramul@tpg.com.au](mailto:yarramul@tpg.com.au)  
**Greythorn Probus** (Sect Shirley Brangan)  
[daynaleigh1@bigpond.com](mailto: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](http://www.rotarynorthbalwyn.com.au)

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

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