

The Grapevine



Bill's Banter

[Our Leadership](#)
2016/2017

I'm rushing off these lines before I jet off to Japan. I hope you can contain your disappointment at this and give your loyal support to Acting President Jane Pennington who will hold the fort until Rowan returns!

What a busy and action filled night it was on Thursday. Former Exchange student Jacyl Shaw who went to Finland in 1988 told us about how she has fared since then, and what she is doing now. Jacyl is one of the Directors of the Melbourne University's new Carlton Connect Innovation Precinct, which occupies the old Royal Women's Hospital site in Melbourne. Eventually it is hoped that 4,000 or more bright, entrepreneurial, enthusiastic specialists will rub shoulders together in an atmosphere conducive to sharing and swapping ideas and spinning off new products and disruptive technologies. Jacyl spoke about how Melbourne is well on the way to becoming one of the main incubation centers for many aspects of the Knowledge Economy - especially in the Life Sciences. Geoff Steinicke did a great job as host and Jacyl recalled several Club members she remembers from 1988.

You'll recall that author Ian Shaw, one of our guest speakers on the pre- Grand Final night donated and signed two of his books. We raffled them and raised \$237 to support the Police Blue Ribbon appeal, and we enlisted the help of Jacyl's two daughters to draw the winning tickets. Elder sister Maya managed to draw out younger sister Tully's ticket!

We also congratulated Jane Pennington on receiving a [World Guides Asia Pacific Region Award](#) for outstanding service to Guiding in both Australia and India which was presented to her at Government House last weekend.

Greg Ross thanked the Club for its support of the awareness and fund raising efforts for Australian Rotary Health. Greg reported that this Victorian initiative was an excellent start, which is likely to go Australia wide next year.

The coming week? More barbecues, more gardening and a working bee at Camp Getaway. Brian Hurnard has done an excellent job in keeping the gardening roster together, with just a few more weeks until exams take away the gardening workforce. Thanks Brian, for holding the gardening project together until Peter Elliott takes over. Nino has been busy filling in more dates on the catering roster. We're on the look out for more catering work, and Nino has put together a new brochure advertising our catering skills which are much more than just turning sausages. Get hold of a brochure from Nino and hand it on to anyone who might be looking for catering. I hope the team heading to the Camp Getaway working bee have a great time, and squeeze some work in around the fellowship.

President Rowan returns in two weeks, and I'll be absent until mid November.

I hope you can find some time this week to demonstrate

Rotary Serving Humanity

Cheers

Bill Oakley



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





Guest Speaker Jacyl Shaw and daughters Maya and Tully who drew their own winning ticket in the raffle! With Host Geoff Steinicke.

As Director of Culture and Community Development, Jacyl oversees the creation and delivery of a suite of programs and activities to foster a culture of innovation at CCI and leads the engagement strategies for current and prospective partners in community, government and industry.



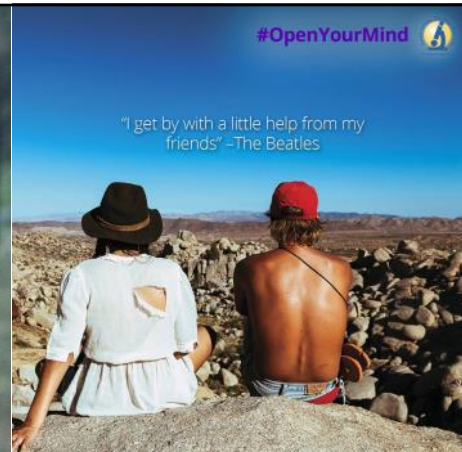
Eastside Cluster 2015-2016 Reunion at our old meeting place, at last we all got a night free!!! Beautiful night catching up on adventures we have all done since handing over the banner and future happenings!!! A lot of laughter. Beautiful group all with great leadership qualities and zest to enjoy life.



If you want to make a difference in someone's life... you just have to care



The average person tells 4 lies a day. And the most common lie is: "I'm fine"



"I get by with a little help from my friends" -The Beatles

MELBOURNE CUP - Thursday 27th October



- Best dressed awards for Men and Ladies.
- Cup Sweeps - \$5.00 per horse.
- Cup Trivia Quiz with a prize for the winning table.
- Dress up and come and join the fun.

Guest Speaker jockey [Peter Hutchinson](#)

[D9800 District 2017 Conference Accommodation](#)

We have booked 22 rooms of accommodation for three nights at the [Courtyard Motel in Shepparton](#), which is 500 metres from the conference venue.

It is unlikely that we will have more RCNB attendees that can be accommodated in this number of rooms.

However, to avoid disappointment, could you please let me know when you've registered, or before registering, that you want to take up one of our booked rooms?

I will allocate them in order of your advice to me of attending.

[Book now!](#) The early-bird discounts (until 30th November) are quite generous.

Rob Head 0438062424



Rotary  INTERNATIONAL CONVENTION

JOIN US IN ATLANTA

Experience the hospitality of the American South

10 - 14 June 2017
ATLANTA, GEORGIA, USA

ANNUAL PAUL HARRIS BREAKFAST**22 NOVEMBER 2016****SPEAKER TIM CARTWRIGHT - "HOLDING THEM TO ACCOUNT"**

Your Foundation invites your Club members, family, friends and colleagues to the Annual Paul Harris Breakfast.

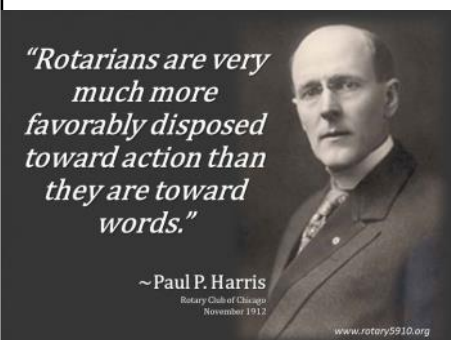
This is one of the annual highlights of Rotary in Victoria. This year's speaker is Tim Cartwright who was appointed as the State's Family Violence Reform implementation Monitor in August 2016. Come and hear about Tim's journey and how he will use his expertise and experience in his new role.

Tuesday 22nd November 2016**The RACV Club, Level 17, 501****Bourke Street, Melbourne****\$65.00 per head or \$600 for a table of ten. RSVP: 11th November 2016****Time: 7.15 for 7.30 till 9.00am**

Look for separate E-mail for [Full booking details and invitation](#). Learn more about [Tim \(biography\)](#).

Further information contact Marjorie Gerlinger, Rotary Central Melbourne
marbern@bigpond.net.au

or phone 0419 302 109.



**Boroondara
Cares**

You'll be very welcome at
The Boroondara Cares Forum

The Rotary-led monthly forum that welcomes all Rotarians and members of community organisations that share the Boroondara Cares vision "for the good of Boroondara".

Next Friday 21st October

12.30 for 1.00 PM.

Fellowship, tea, coffee from 12.30

City of Boroondara

Inglesby Road, Camberwell

(Room to be confirmed)

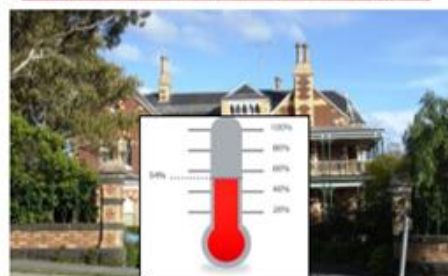
Social Isolation—a larger role for Rotary?

PP John McCaskill, Rotary Club of Canterbury



Solar power for Carrical House.

Funds are flowing. Will your club engage?



Homelessness in Boroondara

Boroondara Cares Foundation commits major funds



And much more...



The Rotary Clubs of Balwyn, Camberwell, Canterbury, Glenferrie, Hawthorn, Kew, North Balwyn, Yarra Bend.

Secretary: PP Bob Lambert, Rotary Club of Yarra Bend

Phone: 0425 748 006 **Email:** alambert2@optusnet.com.au

Yea and District



OPEN GARDENS

Saturday 5th and
Sunday 6th November 2016
10.00 am – 5.00 pm.




\$35 two day pass - all gardens
\$5.00 per garden - single visit
children free

Tickets, information and maps available:
• Y Water Centre-03 5797 2663
• John Handsaker-0409 152 007
• Elaine White-0431 752 367
• www.yearotary.org.au
or at each garden on the day.

Yea Garden Club
ANNUAL PLANT
SALE

Murrumbidgee Yea Cheviot
Flowerdale Glenburn

presented by the Rotary Club of Yea Inc.

Ken Maxfield says "Missing you all. Come to Yea!

Tricia's garden ("Heyfield") will be open for viewing this year ... hope you can take some time to visit Yea and surrounds. It's a great time of the year to visit the country." ☺

- See <http://www.yearotary.org.au/>
- [Gardens Information Click HERE](#)



Save the Date!

Please join us to celebrate
our Ruby Anniversary with special guests,
cabaret and circus, sparkling and canapes.
Friday, November 11, 6-9pm
at the elegant ATC Foyer & Garden Balcony
Swinburne University, Hawthorn

With host Brian Nankervis from ABC Radio & Rockwiz
new Camcare Ambassador Kate Ceberano
cabaret sensations Ginger and Tonic
& Swinburne University's National Institute of Circus Arts

Can't wait to lock it in? Tickets \$40 plus fee, \$30 + conc.
Click here to book on EventBrite



40 years of supporting Boroondara's most vulnerable, empowered by a community of professionals, volunteers and caring locals, is something to celebrate!

Join the Camcare team, hilarious MC **Brian Nankervis** from Rockwiz, our new Ambassador **Kate Ceberano**, stunning cabaret girl group **Ginger and Tonic**, and members of Swinburne University's **National Institute of Circus Arts** for a fabulous tribute to four decades of community commitment.

Supported by our sponsor Swinburne University and your kind contribution via the ticket price, we promise an evening of entertainment and memories, sparkling and canapes, that you'll thoroughly enjoy. Ring Debbie Brown at Camcare on 98311900 with any queries, including donations for the silent auction and raffle. This event will be organised by Camcare with the support of Swinburne University's inimitable Events Management students.

If you would like to attend the **Camcare Annual General Meeting** before the party, you are very welcome! It's at 5pm in the Lecture Theatre adjacent to The Foyer in the Advanced Technologies Centre Building. Book a free ticket on [this site](#).



GARDENING PROJECT 15th OCTOBER 2016

Club of North Balwyn

Many thanks to those Volunteering for the “run home” – the three visits in the past week now leave only a few vacancies before Christmas so get in early!! These include three ‘handyman’ sessions on successive Mondays in November for Rotarians only to tidy up some of the smaller requests. We have been very careful to try not a clash with other Rotary activities on these days so let’s know, thanks.

Date and Who with	Time	RCNB Supervisor	Assisted by
Mon 17/10 - X (Special with Xavier)	9.30am – 2.00pm	Greg Cribbes Greg Matthews	Estelle Kelly John Koa
Tues 18/10 (RCNB only) 3 mowers, poisoning	10.00am about 2 hrs	Duncan Ansell Brian Hurnard	Brian Lacy
Fri 21/10 – CGS/X (Fellowship weekend)	2.45 – 5.15pm	Brian Hurnard	Ian Glennie (FOR) Ian Richardson
Sat 22/10 – MLC	10 - noon	Greg Cribbes	Lindsay Pegg
Fri 28/10 – CGS/X	2.45 – 5.15pm	Greg Cribbes	Imre Lele
Fri 4/11 – CGS/X	2.45 – 5.15pm	Greg Cribbes	Rowan McClean
Mon 7/11 – RCNB	10.30 – noon	Greg Cribbes	Larry Fitzpatrick
Mon 14/11 – RCNB	10.30 – noon		
Mon 21/11 – RCNB	10.30 – noon		
Mon 28/11 – RCNB	10.30 – noon	Greg Cribbes	
After 4/11 until February	SCHOOL BREAK		

As always, check your diaries and please advise your availability to Brian Hurnard (0414 985 779) or Greg Cribbes (0413 270 403) or simply add your name to this roster at the Thursday meeting. Appreciated.

How would you prevent food contamination?



Volunteering with Catering Activities

We would like all members involved in catering activities to log onto this website and learn about Safe Food Handling and pass the On-line test which provides you with a Certificate of Competence. For the records, please let Nino know when you have completed it.

<http://dofoodsafely.health.vic.gov.au/>

Geoff's Health Tip (Geoff is off Gardening at [Camp Getaway](#))
[Gardening is Good For You](#)

1. Gardening can reduce your risk of stroke.

2. Gardening burns calories.

You can burn up to 330 calories during just one hour of light gardening and yard work – more than lifting weights for the same amount of time.

3. Heavy gardening is not only helpful in weight maintenance but also in reducing the risk of heart disease and other life threatening diseases.

Just 30 minutes of moderate-level physical activity a few times a week can prevent and control high blood pressure.

4. Gardening decreases the likelihood of osteoporosis.

When you dig, plant, weed, and engage in repetitive tasks that require strength or stretching, all of the major muscle groups are getting a good work out.

5. Gardening is a stress buster.

As a matter of fact, it may be an even more effective stress buster than other leisure activities.

6. Being surrounded by flowers improves one's health.

In behavioral research conducted at Rutgers University by Jeanette M. Haviland-Jones, Ph.D., the results showed that flowers are a natural and healthful moderator of moods and have an immediate impact on happiness, a long term positive effects on mood, and make for more intimate connections between individuals

7. Gardening is a way of making meaning out of our lives.

Being in the garden and feeling a profound connection to the land affords us the opportunity to focus on beauty and inspires us to experience feelings of awe, gratitude, and abundance.

8. The act of gardening enables us to enter the 'zone', also known as an altered state of consciousness – similar to what a jogger or one who practices yoga or mediation can experience. This transcendent state is a magical and spiritual place where one experiences the best of who she/he is.

9. It is likely that gardening and flowers serve as a means for survival; or in Darwinian terms, 'survival of the fittest'.

For more than 5000 years, people have cultivated flowers. There must be a reason why this practice continues to exist. As Michael Pollan has written, "It was the flower that first ushered the idea of beauty into the world the moment, long ago, when floral attraction emerged as an evolutionary strategy."

10. Digging in the soil has actual health and 'mood boosting' benefits.

Children who are exposed to dirt in the formative years develop healthier, stronger immune systems when compared to children whose parents keep them squeaky clean, and they have a lower incidence of asthma, eczema and allergies later in life. Exposure to dirt in childhood promotes good health."

11. Gardening Improves Relationships and Compassion.

Research shows that people who spend extended lengths of time around plants tend to have better relationships with others.

12. Gardening may lower the risk of dementia. Some research suggests that the physical activity associated with gardening can help lower the risk of developing dementia. Two separate studies that followed people in their 60s and 70s for up to 16 years found, respectively, that those who gardened regularly had a 36% and 47% lower risk of dementia than non-gardeners, even when a range of other health factors were taken into account

13. Gardening strengthens your immune system.

While you're outdoors basking in the sun, you'll also soak up plenty of vitamin D, which [helps the body absorb calcium](#). In turn, calcium helps keep your bones strong and your immune system healthy.

MEETING ROSTERS

Thursday 20th October

Speakers: Greg Cribbes; Colin Sharp
 Topic: About Club Governance
 Host: TBA
 Setup: Imre Lele, Ian Adams
 Greeting: Ian Mollison, Anthony Stokes
 Desk: Garth Symington, Tony Hart

Thursday 27th October Cup Eve Dinner

Speaker: (Jockey) Mr. Peter Hutchinson
 Topic: THEME NIGHT Spring Carnival
 Host: Bob Bott
 Setup: John McBride, Greg Matthews
 Greeting: Rob Stewart, John Gartlan
 Desk: Ted Angleton, Jim Romanis

Thursday 3rd November

Speaker: TBA
 Topic: TBA
 Host: TBA
 Setup: Findley Cornell, Takao Yukawa
 Greeting: Beatrice Ko, Sue McDonald
 Desk: Geoff Steinicke, Colin Sharp

Thursday 10th November

Speaker: TBA
 Topic: TBA
 Host: TBA
 Setup:
 Greeting:
 Desk:

Meeting No.16

Thursday, 13th October 2016

Present:

Guest Speakers NB Members Wives/Partners Guests Exchange Student Other Activities (Board Approved)	1 Jacyl Shaw - The Carlton Initiative 48 5 Sue Fitz, Mary George, Helen Rennie, Judy Steinicke, Barbara Stokes. 3 Mrs Betty Shaw, Jacyl's daughters Maya & Tully Sterndale. 1 Moritz Ellermann 17 Gardening Project :- Cribbes, Hart, Head & Kelly. ARH Tin Rattle :- Cooper, Francis, Kelly, Oakley, Romanis & Steinicke. BBQ :- Lacy, Stewart, Wilkins, Richardson & Sutherland. AG Adrian Ranson - RC Brighton North & DLT meeting. Rob Head - President Elect Training.
--	--

Member Attendance = 82.8%

Absences for Rosters:

Messrs Elliott, Fitz, Gartlan, Greatorrex, Haddy, Ho, McClean, McDonald, Oakley & Wells.

Celebrations: Monday 17th Oct. to Sunday 23rd Oct.

Birthdays: Bill Oakley, David de Garis, Joanne Huang, Ala Taylor, Areta Hurnard, Joan Richardson.

Induction Anniversaries: Nil

Wedding Anniversaries: Brian and Joan Lacy.

MAKE NOTES OF THESE DATES IN YOUR DIARY

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

Friday 21st–Sun 23rd October Ballarat Fellowship w/e

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)

**Tuesday 18th Oct Men's Shed Tools sort out - See Nino if you can help.**

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)

Thursday 20th October: Help Load the container at DIK West Footscray.

Thursday 27th October 2016. MELBOURNE CUP MEETING with Special Guest [Peter Hutchinson](#) : Dress up and bring cash for The Sweeps!

Tuesday 22nd November Annual Rotary Foundation Paul Harris Breakfast

7.15am RACV Club Guest Speaker Tim Cartwright "Holding Them to Account"

\$65 - detail for online booking [HERE](#)

**Friday 9th December:**

Christmas Fare: 9am to noon in North Balwyn Village.

**Saturday 17th December: Carols in The Park**

Macleay Park, Cr Belmore and Buchanan Ave, Balwyn North
Presented by the North Balwyn Inter-Church Council with support of the Boroondara Council and us!

**Friday 10th February 2017 Rotary Golf Day Kew Golf Club.**

7.30am start for 128 Players with a shotgun start.

Sponsors are being sought! More news shortly!!

**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.

Goto 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

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@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?

OCTOBER IS



D9800 Probus

North Balwyn Probus President 2015/16

Ken Mitchell: mitchellkv@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 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)

Ansell

The world leader in hand protection



Bakery
(9890 0066)
22 Hamilton St
Mont Albert 3127

CHRIS CROSS

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

Bakers Delight
We're for real.

AISIN

One Team, Best Future

Bendigo Bank

Good for **U**
AND your
community

FLETCHERS

BUNNINGS
warehouse

CITY OF



WHITEHORSE



BOROONDARA
City of Harmony

the **village**
balwyn north

BIG SWING
GOLF

INDOOR GOLF. REAL. FUN. FAST.

baumgartners



FOUNDED 1894

tao's
modern creative cuisine

201 BULLEEN ROAD
BULLEEN
VICTORIA 3105
RESERVATION
03-9852-0777

GAZMAN



Cooper Street **Self Storage**