



IN SERVICE OF ROTARY

[Our Leadership](#)
2015/2016

The Presidential Proclamation

What a thrill to induct two new members into our Club. Welcome to Robyn Stepnell and Russell Turner and we look forward to working with you on many Rotary activities.

Our guest speaker, Tammy Shepherd, gave us a fascinating insight into her work in the Congo and the problems facing that country, one of the poorest in the world. She demonstrated how one person, with passion, can go and make a difference to the lives of others and do good in the world.

Her work illustrated the good that the Rotary Foundation can do as she observed projects funded by the Foundation. I encourage all members to become "Every Rotarian Every Year" donors and give to our own Foundation, the engine room that drives Rotary.

I am going to the Solomon Islands with Bev Sofra, Sally Sharp, Sally Sutherland, Bill Oakley and Nino Sofra so will be away for the next two meetings. Bev, Sally, Sally and I will introduce the "Days for Girls" scheme to the girls at Henderson while Bill and Nino visit Tetere. I look forward to seeing you all at the Birthday Night.

Here are some words to ponder from prominent Rotarians:

From Clem Renouf:

Rotary takes ordinary people and gives them opportunities to do more with their lives than they ever dreamed possible.

And from our founder Paul Harris:

The foundation upon which Rotary is built is friendship. On no less firm foundation could it have stood. Friendship constitutes an enrichment of life.

Whatever Rotary may mean to us to the world it will be known by the results it achieves.

So for the next two weeks 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 21st April

Speaker: Dr. John Tickell; Turning Stress into Success
Host: Rowan McClean
Set Up: Bronwen Dimond, David DeGaris
Greeting: Don Bowden, Paul Fitz
Desk: Bernie Smith, Ian Adams



Inductions!

We welcomed two new members this week in Robyn Stepnell and Russell Turner.



HEAL AFRICA

Guest Speaker : Ms. Tammy Shepherd; Heal Africa - The Congo



Tammy once went camping in Werribee on their [Slumber Safari](#) experience and commented to her husband that this was as close as she would ever get to being in Africa. However now Tammy travels to Goma, DR Congo with a team from WorldShare, to work at Heal Africa at their request on a mission to improving health, empower women, and promote education. HEAL Africa is based in Goma, the eastern region of DRC, near the border of Rwanda. Activities focus on the areas of Maniema, North Kivu, and South Kivu.



It's a Country in a lot of need due to tribal conflict following independence from Belgium in 1960.

There are now 2.6 million people displaced in Congo, over 30 different armed groups, and thousands of killings and rapes each year. The UN has deployed one of its largest peacekeeping missions there, and half a dozen peace processes and agreements have failed to bring an

end to the fighting. However countries provide several billion dollars in aid to Congo every year, and along with 21,000 peacekeepers and NGOs there is hope for a peaceful future.

Volunteers to Heal Africa preferably have specialized skills and speak French or Swahili and can stay for extended periods. Tammy is a physiotherapist and is learning Swahili and plans to give a speech on her next tour. Read more [HERE](#)

Announcements

Fellowship Night

Dinner at Taos Restaurant.

Friday Night 6.30 for 7 PM

27th May.

Only \$60 (\$55 for non-drinkers).

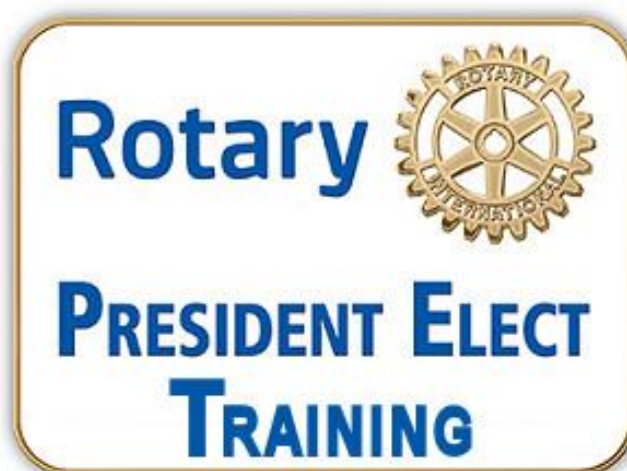
Includes several (7) courses from the extensive offerings at Taos plus drinks. More menu details to follow but from past occasions we know its going to be luscious!

201 Bulleen Road, Bulleen



Rowan McClean is President Elect (PE), and as such has recently been to Bal-larat for PE Training Seminar (PETS) . Rowan was impressed with My Rotary Website where you can enter your Rotary Profile and learn about others! Have a look and try putting up your profile.

Check it out [HERE](#)



Peter Cleary is Director for Rotary Foundation and urges us again to sign up for Every Rotarian Every Year (EREY) The [Every Rotarian Every Year](#) initiative asks every Rotarian to support The Rotary Foundation every year. In addition to contributing to the Annual Fund on a regular basis, members are encouraged to get involved in a Foundation project or program. Sign up to \$100 every year contribution every year to support Rotary International Programs .

**EVERY
ROTARIAN
EVERY
YEAR**



[Moonee Valley Art Show](#)

The Rotary Clubs of Keilor East and Essendon presented the Annual Moonee Valley Art Show on the weekend and we provided our Marquee. For new members who may not know, we have a 6m x 9m marquee which can be hired for private events (if you can find 6 young strong blokes to help put it up).



Announcements

Rowan McClean: Assistance and Expression of Interest sought.

Gardening Project

We need a coordinator for the Rotary Gardens Project for 2016/17 or this excellent project will die. Brian Hurnard has agreed to oversee the assessments of properties referred to us and we are prepared to scale it back and make it less demanding on our ageing resources.

Needy residents in Boroondara value this program highly, and its demise would be a real shame and a loss to our community.

If you can help keep it alive by taking on the reduced role, please speak with Jane Pennington or Rowan McClean.

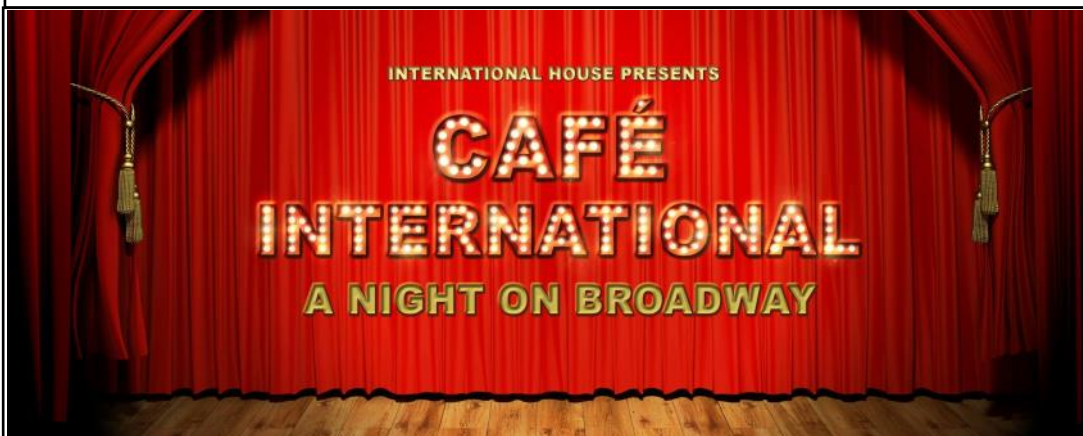
Estelle delivers Interact caps!



Our Balwyn High School Interact Club have been issued new caps to brand their presence in the School.

Matt Maudlin from Servants recently addressed the group and asked for expressions of interest to participate in the next "Narrative" publication.

Matt has invited our Club Members who may be interested to let him know also. It involves interviewing a Guest of Servants and writing their story for the next publication.



International House and the student community cordially invites you to attend Café International 2016 - A Night on Broadway

Join us at International house for an evening of entertainment and fun to support students from all around the world. Enjoy being apart of and supporting a community that is inclusive of all cultures and backgrounds. Embrace the night to inspire and rekindle a love for Broadway themed live music and dance.

As with previous years, our resident students provide an evening of high quality dining and performance! In accordance with tradition, a percentage of the profits (50%) will be donated to Affecting Real Change a charity that works within local communities and facilitates responsible volunteering opportunities in the developing world. The remaining goes into running International House Student Club.

Café International is on Saturday, 7th May at International House, 241 Royal Parade, VIC 3052

Dress Code: Formal

Doors will open at 6:30pm for pre-dinner drinks and refreshments.

Dinner and the show begin at 7:30 sharp.

Ticket cost is \$85 AUD per person and includes all beverages for the night, a three-course meal and spectacular entertainment. Kindly RSVP by 27th April to Lucy Cassella

at ihcafe2016@gmail.com 0423278653 Or for other questions pertaining to this event.

The link to the ticketing page is <https://chook.as/ih/cafe-international-16>

Regards, International House



FUNDRAISING THINK TANK FOR 2016/17

Attention all members ...I am planning a Think Tank Meeting.

Please let me know if you are interested so that I know how many bottles of red to buy. You must come with deep and meaningful thoughts of "easy money".

New ideas are welcome as well as improvements to our existing fundraising which could increase the benefits.

I will announce a date shortly. I look forward to hearing from those who are interested.

Remember. The club cannot spend the bread on its projects if we don't raise the dough.

Yours in Rotary Jim Romanis kezjim1@bigpond.com


Bill Oakley—The Annual Miniatures Exhibition is coming up again.

July 9th/10th (Sat/Sunday) VAME (Victorian Association of Miniatures Exhibitors) Week end display at Mt Waverley Community Centre.

We run the kiosk for the display.

Volunteers will be requested for this fascinating day.



		GARDENING PROJECT		16th April 2016
Date and Who with	Time	RCNB Supervisor	Assisted by	
Fri 22/4 - X	4.00 - 5.15pm	Tony Hart	Tony Ho	
Fri 29/4 - CGS/X	2.45 - 5.15pm	Geoff Haddy	Colin Sharp	
Eva Tilley		Tony Ho	Greg Matthews	
			Findlay Cornell	
Sat 30/4 - MLC	10.00 - noon	Greg Cribbes	Rowan McClean	
Thur 5/5 - RCNB	10.00 - noon	Greg Cribbes	Duncan Ansell	
SPECIAL SESSION		Rowan McClean	1 more please	
Fri 6/5 - CGS/X	2.45 - 5.15pm	Greg Cribbes	Garth Symington	
		Geoff Haddy		
Sat 7/5 - MLC	10.00 - noon	Geoff Steinicke	Estelle Kelly	
Thur 12/5 - RCNB	10.00 - noon	Greg Cribbes	Garth Symington	
SPECIAL SESSION		Rowan McClean	Estelle Kelly	
Fri 13/5 - CGS/X	2.45 - 5.15pm	Greg Cribbes	2 more please	
Sat 14/5 - MLC	10.00 - noon	Rob Head	Eileen Toohill	
Fri 20/5 - CGS/X	2.45 - 5.15pm	need 1 please	2 more please	
Sat 21/5 - MLC	10.00 - noon	need 1 please	Lindsay Pegg	
Fri 27/5 - CGS/X	2.45 - 5.15pm	Greg Cribbes		
Sat 28/5, Fri 3/6 and Sat 4/6	No Gardening due to Exams			
Fri 10/6 - X	4.00 - 5.15pm			
Sat 11/6 - MLC	10.00 - noon			
Fri 17/6 - CGS	2.45 - 4.00pm			
Sat 18/6 - MLC	10.00 - noon			
17/24 June to 11 July	SCHOOL BREAK			
		Greg Cribbes	Mob 0413 270403	

Geoff's Health Tip

Obesity - a National disaster in the making

A study published in the Lancet on April 1 is no April Fools Day joke! The study put a number on our nations' girth, with serious implications for cancer rates, the food industry and ageing populations. For a long time experts were not sure of Australia's obesity rate, but empirical proof now shows that 27% of Australians are obese*. The percentage has doubled since 1975, and at the present rate, 40% of Australians will be obese by 2025. Research indicates that one in four Australians now have an increased risk of cancer, cardiovascular-disease, diabetes and stroke - a cocktail that will bankrupt an already overwhelmed healthcare system.

Professor Bruce Neal, director of the food policy Division of the George Institute in Sydney said, "Driving the rapid increase in obesity is the changing food environment. We now have incredibly cheap, incredibly unhealthy food available everywhere. In that environment, people will become obese."

How can we provide the incentive to reduce or even eliminate the consumption of junk food? I believe we have, as a nation, led the world in reducing tobacco consumption. Can we lead the world in driving obesity down? As the Government ultimately controls what is acceptable behavior for all citizens as well as corporations, the rising obesity rate should be sufficient impetus for our Government to impose a tax on sugared drinks in much the same way as the duty levied on tobacco.

Health Victoria is the chief financial source of funding 'Quit Smoking' in Victoria. In addition to taxing sugary drinks, Health Victoria should now turn their attention to funding a 'Only Eat Healthy Food' campaign to avert what appears to be a public health disaster in the making.

* Obesity as measured by BMI (Body Mass Index) = Weight in kg divided by
height in meters x height in meters

A person weighing 71 kg who has a height of 1.75 meter has a BMI of 23.2.

A person with a BMI less than 25 is considered healthy. A person with a BMI of more than 30 is considered obese.

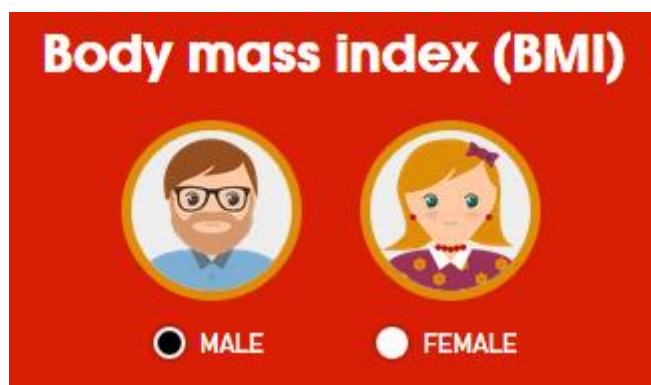
Geoff

Calculate YOUR BMI [HERE](#)

(Peter says "OMG I need to lose 12 kg!")

Best regards,

Geoff



2017 DISTRICT 9800 CONFERENCE SHEPPARTON - VICTORIA 30 MARCH - 1 APRIL

DG 2016-2017 Neville, Rebecca and Central Melbourne-Sunrise invite you to save the date and join them in Shepparton for an enjoyable and thought-provoking conference entitled

Connecting Communities - Serving Humanity

Rotary



connecting communities
serving humanity



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MEETING ROSTERS

Thursday 21st April

Speaker: Dr. John Tickell
 Topic: Turning Stress into Success
 Host: Rowan McClean
 Set Up: Bronwen Dimond, David DeGaris
 Greeting: Don Bowden, Paul Fitz
 Desk: Bernie Smith, Ian Adams

Thursday 28th April

Speaker: Snr Sergeant Dan Hilton
 Topic: An Unconscious Bias
 Host: Findley Cornell
 Set Up: Tony Ho, Phil Francis
 Greeting: Peter Wilson John Rennie
 Desk: Duncan Ansell, Colin Sharp

Thursday 5th May

Speaker: Club Birthday
 Topic: ABBA
 Host: Bronwen Dimond
 Set Up: Greg Ross, Russell Cooper
 Greeting: Brian Lacy, Kinga Paulheim
 Desk: John Magor, Ken Maxfield

Thursday 12th May

Speaker: Wanjiku Mahera
 Topic: Mahera Academy
 Host: Jim Studebaker
 Set Up: Jack Liao, Ian Mollison
 Greeting: Russell Turner, Ian Adams
 Desk: Lindsay Pegg, Sue McDonald

Meeting No. 39

Thursday, 14th April 2016

<u>Present:</u> Guest Speaker	1	Tammy Shepherd - HEAL Africa
NB Members	51	
Guests	5	New Members Induction - Robyn Stepnell and Russell Turner Prospective New Members - Carolyn Pethick and John Koa . Dr. Michael Shepherd (husband of Tammy)
MakeUps	5	Ken Maxfield - RC Caroline Springs Bunnings BBQ - Steven Greateorex, Rob Head, Marcel Muntwyler and Lindsay Pegg
Meeting Attendance	88.3%	
<u>Absences for Rosters:</u>	6 members on leave into the next club year. (Details on application)	

Celebrations: Monday 18 April to Sunday 24 April

Birthdays: Bev Hibbert; Chris Burley; Ursula and Bernie Smith

Induction Anniversaries: Nil

Wedding Anniversaries: Ken and Tricia Maxfield

Peter and Pat Cleary

MAKE NOTES OF THESE DATES IN YOUR DIARY

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

Thursday 5th May Club Birthday.

Choose an ABBA song and perform it in an entertaining manner, on our Birthday night in May.

'70's 80's theme. Dress up and have some fun.



Friday May 6th Brighton North's President's Breakfast ; Speaker: Gideon Haigh - "Award winning sports journalist, author and cricket lover"
International Receptions in Brighton 7.00 PM **Contact Details:** Phil Wheatley: 0408 334 889 Book [HERE](#) with Try Booking \$65 per Head



Brighton North
Rotary

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.

Discover Korea

Explore Korea at one of the most beautiful times of the year. Plan now to:

- Visit UNESCO World Heritage sites
- Sample traditional Korean fare
- Experience Seoul's vibrant nightlife

28 May - 1 June 2016
SEOUL, KOREA

**CONNECT WITH KOREA –
TOUCH THE WORLD**

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.



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SHEPPARTON - VICTORIA
30 MARCH - 1 APRIL

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Connecting Communities - Serving Humanity

Rotary



www.rotaryconference.org.au



ROTARY CLUB OF NORTH BALWYN 2015/16**President: Jane Pennington**president@rotarynorthbalwyn.com.au**Vice President: Brian Hurnard**vicepresident@rotarynorthbalwyn.com.au**Secretary: Gavan Schwartz**secretary@rotarynorthbalwyn.com.au**Treasurer: David de Garis**treasurer@rotarynorthbalwyn.com.auWeb: www.rotarynorthbalwyn.com.auE-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.

**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 ISRotary www.rotary.org**D9800 Probus****North Balwyn Probus** President 2015/16Ken 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

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NORTH BALWYN**Our Club Web Site
www.rotarynorthbalwyn.com.auRotary International
<http://www.rotary.org/en>

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