



# The Grapevine



## IN SERVICE OF ROTARY

### Vice Presidential Ponderings

In the enforced absence of our President Jane while she recovers from shoulder surgery, it fell to your Vice President to keep the show rolling after what has been a very auspicious start to her year.

Being twelve years since my inauguration in the job, I sat at the top table sipping wine, thoughtfully provided by our munificent club funds (back then Sergeant Ian Mollison and I took turns in paying for such largesse) and reflected on the intervening years. This could become boring but here are some snippets of rumination.

The 2003 theme was 'Lend a Hand' but the busy Community Services Committee never quite attained the heights of our well equipped Rotary Gardening Project. This has transformed over one hundred and fifty properties by harnessing the enthusiasm of numerous school pupils and quite a few members.

Membership back then peaked at eighty eight and at least two of my four inductees (Sue McDonald and Garth Symington) have stayed the course as greatly valued Rotarians. This week it was a pleasure to welcome back, yet again, the friendly smile of Belinda Wandabwa, still checking us out.

During 2003 the traditional toast to the Queen was phased out, 'Rotary International' and 'Australia' seemed much more relevant to us and, nowadays, we also manage to include other themes of current importance. One such is, of course, the crisis in Syria and this week John McBride toasted the UNHCR efforts to manage the millions of homeless refugees. Behind the scenes our Board members are working out how best we can help the situation. The outcome is likely to be very exciting.

Brian Hurnard, Vice President

Adapted from a speech by International President Ravi Ravindran:

"We are fortunate to be part of the vast family of Rotary members around the world. Rotary has helped us to become better informed people – people who want to make a difference.

### NEXT WEEK'S SPEAKERS:

#### Estelle Kelly – "Coaching Towards Retirement—Some fascinating facts!!"

Estelle will briefly outline the background to Life Coaching as a profession since it emerged in the 1980's. Estelle has a home-based Life Coaching practice, "ek Coaching", which provides a mentoring service to Life Coaching students seeking accreditation with The Life Coaching Academy, a Registered Training organisation. During 2015, Estelle has begun to develop a new aspect to ek Coaching, coaching towards retirement, to assist people work through the non-financial personal challenges of retirement.



#### Jurgen Kehne - "Autobiography"

We look forward to getting to know Jurgen better, while gaining an insight into some of his experiences to date.



### Our Leadership 2015/2016



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: 61 3  
9859 6848**

**A call to action:**

John McBride proposed the following “call to action” in his toast at our meeting last Thursday:

“In toasting the United Nations High Commissioner for Refugees, we are recognising the tireless work that the UNHCR does in one hundred and twenty-three countries.

Right now the UNHCR is dealing with an unprecedented flood of refugees, which includes over four million Syrians.

The images we see on our TV’s are like the very tip of a massive humanitarian iceberg.

The UNHCR’s important humanitarian work with these most desperate of peoples must continue un-abated.

This is where Rotary at all levels, Internationally, by nation, by club, by Rotarian must step up and act.”

**MUNA Experiences**

At last Thursday's meeting, Estelle Kelly introduced Catherine Zhou and Lachlan Pham, students at Balwyn High School, who provided a wonderful insight into their experiences at the MUNA Conference in May.

Catherine and Lachlan immersed themselves in their assigned culture, the Republic of Mali. They then successfully participated in intense debates in support of that Country’s values, notwithstanding their private views. Catherine and Lachlan even made their own national costumes for the weekend.

**Rowan McClean—“Rotary Australia—International Service”**

Rowan McClean gave a very informative, interactive presentation on the challenges of delivering aid projects internationally and the structure of Rotary Australia’s International Service. Rowan also provided an outline of some of the wonderful projects currently being undertaken.

Paul Fitz thanked Rowan for his informative presentation.



A condensed form of Rowan’s presentation is now on the RCNB website:

<http://www.rotarynorthbalwyn.com.au/136/images/Presentation10Sept15.pdf>

**Ladies Cake Stall: Final Results**

The final wrap-up from the Ladies’ cake stall, held in conjunction with the Club barbecue at Bunnings on the day before Father’s Day, is \$1,000.

The final result was achieved with the sale of the remaining cakes at last week’s Club Meeting.

\$1,000 is a great result and the Club is grateful for all those who contributed, particularly the ladies who cooked the items for sale.

**Help wanted....****CROMWELL PROPERTY GROUP FAMILY BBQ**

When:- Sunday September 20<sup>th</sup>  
 Time:- 10:00 am to 2:00 pm  
 Where:- 10 – 16 Robinsons Street, Dandenong

We are cooking 600 sausages, 150 veggie burgers and serving them on the 4<sup>th</sup> floor of a newly finished building along with drinks!!

As such, for safety reasons, we will be cooking at ground level and transporting food to the 4<sup>th</sup> floor.

As this is a paid job, we don't have to sell.

Can you help out? We have 5 vacancies to fill.

Please call me on 0409 257 770 or email me [jdmcb48@bigpond.net.au](mailto:jdmcb48@bigpond.net.au)

|                                   |   |              |
|-----------------------------------|---|--------------|
| Cooking                           | 1 | Bill Oakley  |
|                                   | 2 | John McBride |
|                                   | 3 |              |
|                                   | 4 |              |
| Delivery to 4 <sup>th</sup> floor | 5 | Peter Elliot |
| Serving                           | 6 |              |
|                                   | 7 |              |
|                                   | 8 |              |

John McBride

**HAT NIGHT Thursday 8<sup>th</sup> October 2015****... for Members, Partners & RCNB Friends**

At the start of her year in office, President Jane asked me to organise and run an Australian Rotary Health Hat Day program at our 8<sup>th</sup> October Club meeting. It was a lot of fun last year and we aim to build on that this time.



So members, please ask your significant others to join you, along with family and friends and hopefully, a group of our RCNB Friends.

Everyone joining us that night, please wear a hat ... preferably a different one this time. **The program aims to be an entertaining one, with hats being the priority.**

Some hat knowledge (historical and musical) or relevant stories may be advantageous! There will be a competition 'of sorts' and the winning hatted person will receive a bottle of Mumm Champagne for their efforts.

*Hat Day is an initiative of Australian Rotary Health held nationally to raise funds for and awareness into mental illness prevention research. As you know, our weekly contributions to the silver pot go towards this research.*

Greg Ross



## Rotary Gardens Projects as at 13th September 2015



Before.....

The one very successful session this week was at Highfield Rd on Friday afternoon. **Rowan, Imre and the large Xavier crew** completed the official Gardening Projects for this term. A terrific term, thank you everybody!!

Our quiet achiever, just back from Lord Howe, David C was seen chasing a mower in North Balwyn Friday afternoon, completing yet another Rotary Community Service – 'Howe' and when does he do his lawns at home??



and AFTER!!!




As mentioned last Thursday, Dean Clark from **ANSELL** has most generously donated three dozen plus pairs of amazing **ANSELL** Gardening Gloves for the Community Service Gardening Project. A big thank you to **ANSELL** (and for Duncan's great offer of arranging this terrific **ANSELL** gear) so that we all can now practise 'Safe Gardening' knowing we are wearing **ANSELL** products...



So, a 'breather' on Gardening for a little while.....

As always, any nominations for future visits, queries or want to chat??

**PLEASE call me. Cheers Greg CRIBBES Mob 0413 270403 and..... GO HAWKS !!!!!!!**

| Date & Who with                          | Time                                   | RCNB Supervisor            | Assisted by  |
|--|--|----------------------------|--|
| Thur 17/9 to<br>Thur 8/10                | <i>No Sessions</i>                     | <i>School Holidays</i>     |  |
| "Sometime" 17/9<br>to 8/10               | 2 hours for<br>"Trash & Treas-<br>ure" | Estelle Kelly              | Brian Hurnard  |
| Tue 6/10 – Rotary<br>clean up after tree | 10.00 – 12.00                          | Greg Cribbes               | +1 please?   |
| Fri 9/10 – Xavier                        | 4.00 – 5.15pm                          | Greg Cribbes               | Rowan McClean  |
| Sat 10/10 - MLC                          | 10.00 – noon                           | Geoff Steinicke <b>TBC</b> | Marcel Muntwyler   |
| Fri 16/10 – CGS/X                        | 3.00 – 5.15pm                          |                            |  |
| Sat 17/10 - MLC                          | 10.00 - noon                           |                            |  |
| <b>Mon 19/10</b><br>Xavier (16+4)        | 10.00 – 3.00pm                         | Greg Cribbes               | Bob Bromley 10-12noon<br>Greg Matthews – 11-3pm<br>Geoff Haddy                       |

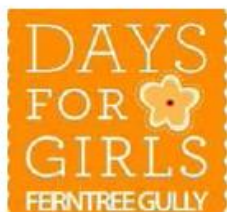


Elaine and John Magor enjoying holidays in Europe at the Canal de Midi in Homps, France

**Please remember** that each Partners Night will be a “Girls Night” and donations for the “Days for the Girl’s kits” are needed.



Be a gift  
to the world



## Days for Girls Project Rotary Club of North Balwyn

The Rotary Club of North Balwyn will support “Days for Girls”, initially in the following way:

Each Club meeting which has been designated as a Partners night will be a “Girls Night” too and each person is asked to bring items to go into the “Days for Girls” kits.

These include:

- ❖ Undies – girls sizes 8 – 14  
Plain colours, geometric designs or floral only
- ❖ Face Washers
- ❖ Ziploc bags size large (approx. 26 x 38cms)  
(Costco have the best ones)
- ❖ Cotton fabric (quilters fabric is ideal) plain, floral or geometric designs only

These items will be collected and donated to ladies who are making up the kits.

If anyone would like to sew items for kits please contact me and we will work out how we can help in this.

Further ways we can assist are also being developed so watch this space!!

### What is Days for Girls?

*Every girl in the world deserves education, safety, and dignity. We help girls gain access to quality sustainable feminine hygiene and awareness, by direct distribution of sustainable feminine hygiene kits, by partnering with nonprofits, groups and organizations, by raising awareness, and by helping communities around the world start their own programs. Thanks to a global grassroot network of thousands of volunteers and supporters on 6 continents, we have reached women and girls in 75+ countries on 6 continents. It's working. You can help us reach the rest.*

### Imagine...

*What if not having sanitary supplies meant DAYS without school, DAYS without income, DAYS without leaving the house? Girls use leaves, mattress stuffing, newspaper, corn husks, rocks, anything they can find...but still miss up to 2 months of school every year. It turns out this issue is a surprising but instrumental key to social change for women all over the world. The poverty cycle can be broken when girls stay in school.*

#### Contact:

Jane Pennington  
President, Rotary Club of North Balwyn

Email: Jane.Pennington@bigpond.com  
Phone: 0408 402 555



**Please Note:** The **Annual General Meeting** of the Rotary Club of North Balwyn will be held on Thursday 26th November 2015.

**Don't forget that a new Coffee Group has been established!!**

With Jack Liao opening his new premises at the gateway to the Leo's carpark, it has been suggested that the Cafe Romeo model be cloned and those members living further west might meet there for coffee when available at 10 am during week days.

The objective is the same - to discuss matters of absolutely no importance.  
See you there, starting this week.



**A request from the Secretary of the Canterbury Rotary Club:**

"I would appreciate your Club's support in promoting the Canterbury Rotary Maling Road Scavenger Hunt, a terrific fun event which is jointly being arranged by the Canterbury Rotary Club, the Girl Guides, the Rovers and the Maling Road Traders Association.

The funds raised will be used to support Interchange Inner East, a local not for profit organisation that provides respite and recreation opportunities to disabled children.

Please see details about the event which is being held on Saturday 19 September in the attached flyer.  
Many thanks for your assistance."





**NOT TO BE MISSED!****OUR NEXT PARTNERS' NIGHT**

*Rotary Club of North Balwyn  
Grand Final Pie Night  
Club Footy Awards*

*With special guest*

**DG Julie Mason—Captain D9800**

*On the occasion of her official visit*

**Our Grand Final Partners' night will include:**

- Traditional football fare
- Club Footy Awards will be announced for deserving members of the club (and some who are not!)
- DG Julie Mason will give a pep talk on the D9800 game plan and strategy
- Excellent fellowship

**Where: Kew Golf Club**

**When: Thursday 1st October**

**Time: 6.00 for 6.30**

**Dress Code: Team Colours Preferred**

**A note for your diary:**

**Wednesday, 10th February 2016 at 12.00pm.**

Visit to The Johnston Collection, East Melbourne. (Limited to 22 persons). \$23 per person.

The Johnston Collection is the legacy of **William Robert Johnston** (1911-1986) an antique dealer and collector of beautiful things. He loved objects that were unusual and visually arresting. He had a sharp eye for the beauty created by the harmonious balance of line and form. He delighted in arranging objects together to create extraordinary interiors.



**Please note:** Ted Wilkins is Acting Almoner from 29th August to 25th September 2015 as Eileen Toohill is away.



**ROTARY CLUB OF NORTH BALWYN Golf Day at Kew Golf Club**

**Postponed!!!! Please note a change of date to  
Friday 19th February 2016**

**Important Anniversaries**

**Monday 14th to Sunday 20th September**

**Birthdays: Stan Hibbert, John McBride, Paul Fitz, Margaret Wilkins**

**Inductions: - None**

**Wedding Anniversaries:- None**



*Hurry! Any last minute participants for the visit to the Australia Gardens....*

**Visit to  
Australia Garden at Cranbourne  
Thursday, 17<sup>th</sup> September 2015.**

The Fellowship Committee has arranged a visit to the **Australia Garden** at Cranbourne on Thursday, 17<sup>th</sup> September 2015.

The Garden is one of Australia's most outstanding facilities and one of which we can be extremely proud.



The program for the day is:-

- The day will commence at 9.15 am when the chartered bus will leave Macleay Park, Belmore Road, North Balwyn.
- 10:30 am - Arrive at the Gardens with time for a coffee in a private area in the on-site café.
- 11.00 am - Conducted tour of the gardens via a leisurely stroll through the gardens along level, sealed pathways.
- 12.30 pm - Return to café to allow time to purchase your lunch in a private area in the café.
- 1.30 pm - Time for further garden viewing with tractor pulled carriages (the Transporter) - hop-on/hop-off stops along the way.
- 3.00 pm - Leave Gardens by bus for return to North Balwyn.
- 4.00 pm - Macleay Park return.



The cost of the day will be \$35.00 per person (includes bus fare, Gardens entrance, Garden Tour and tractor transporter).

Morning tea/coffee and lunch may be purchased at the Garden's Café.

There are 15 places left for this lovely outing!!  
Contact David Cheney to reserve your place on mobile 0417 355 370  
or by email [cheneydk@bigpond.net.au](mailto:cheneydk@bigpond.net.au)





**Rotary Club of North Balwyn  
CHARITY GOLF DAY**

**Friday 19th February 2016**

To be held at **Kew Golf Club** 120 Belford Rd East Kew.

Proceeds to **ROTARY CLUB OF NORTH BALWYN MEN'S SHED**

**GREAT PRIZES TO BE WON**

**Shotgun Start at 8.00 am**

**Please arrive between 7.15am – 7.30 am** for briefing before proceeding to allocated tees.

Upon completion of your enjoyable round, lunch is provided (included in the fee) during which all Presentations will be made. Drinks are available at bar prices.

**The COMPETITION is Ambrose** – preferably, players will have GA Handicaps.

For all social and non-handicap players, a Handicap of 18 will be given.

**In addition to PRIZES for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placed teams, there will be fun prizes on:**

- 9<sup>th</sup> Fairway - Longest Drive (on the fairway!!)
- 9<sup>th</sup> Fairway - Straightest drive (beyond the tee!!)
- 11<sup>th</sup> /18<sup>th</sup> holes- nearest the pin (on the Green!!)

**ENTRY FORM:**

| <u>PLAYER</u> | <u>PHONE</u> | <u>GOLF CLUB</u> | <u>HANDICAP</u> | <u>GOLF LINK No</u> | <u>\$</u> |
|---------------|--------------|------------------|-----------------|---------------------|-----------|
| (1)           |              |                  |                 |                     |           |
| (2)           |              |                  |                 |                     |           |
| (3)           |              |                  |                 |                     |           |
| (4)           |              |                  |                 |                     |           |
|               |              |                  |                 |                     | TOTAL \$  |

**Cost** \$75.00 per player.

**PAYMENT OPTIONS:**

- \* Cheque to Rotary Club of North Balwyn – to PO Box 135, North Balwyn 3104, or
- \* EFT to RCNB – BSB 033 058 Account 123696 noting your 'Player 1 name' and 'Golf'.

Enquires: Greg Matthews 0419 597 780 or email :- [greg1144@bigpond.net.au](mailto:greg1144@bigpond.net.au)

**With thanks to our Major Sponsor, our local travel agent**

**Helloworld Balwyn North Phone 9819 7173**  
Ian Mollison – Managing Director, a member of the Rotary Club of North Balwyn.



**Meeting No. 11****Thursday, 10th September 2015**

|                                      |       |   |
|--------------------------------------|-------|---|
| <b><u>Present:</u></b> Guest Speaker | 1     | Member President Elect Rowan McClean - District Chair, International Service.   |
| NB Members                           | 47    |   |
| Guests                               | 3     | Prospective New Member - Belinda Wandabwa - Russell Cooper (2nd visit)<br>Balwyn High Students - Lachlan Pham & Catherine Zhou, Report on MUNA  |
| Make Ups                             | 24    | A.Ranson -DLT meeting; Gardening Project - R.Cooper, G.Cribbes, Tony Ho,<br>B.Hurnard, D.Cheney; Bunnings BBQ, Cake Stall & C'well Craft Market<br>BBQ - 14 members, 18 make-ups.<br>Gardening Project not acknowledged in earlier GrapeVines - J.Butler,<br>G.Haddy, B.Hurnard (2), J. McBride, M.Muntwyler, N. Sofra, G.Steinicke,<br>T. Wells, T. Yakawa plus G.Cribbes (5). |
| Meeting Attendance                   | 87.5% | August = 86.9%, YTD = 88.7%   |
|                                      |       | Make-Ups : August - applied 54% of 52 , YTD - applied 46% of 132.   |

**Unavailable for Rosters:**

|                |                  |                 |               |                |
|----------------|------------------|-----------------|---------------|----------------|
| John Burley    | Max Hardy        | John Magor      | John Rennie   | Jim Romanis    |
| Jim Studebaker | Peter Sutherland | Garth Symington | Bill Thackray | Eileen Toohill |

**Geoff's Health Tips**

### What recommendations can be given to achieve the best nutritional outcome in the prevention and treatment of cancer?



In the USA, forty one percent of all Americans will be diagnosed with some form of cancer during their lifetime. Without having any accurate statistics, I suspect this unbelievably high percentage could also apply to Australians. Whilst knowledge of the disease is increasing and the resultant medical treatments are producing good results, I often wondered what recommendations can be given to achieve the best nutritional outcome in preventing and treating the disease. Despite being overlooked for decades, there is sufficient evidence to show that certain groups of foods are more beneficial than others in the prevention and treatment of cancer. Taking the meat-centric acid-forming diet as the norm in the US and Australia, the recommendations show that we have to change to a plant-centric alkaline-forming diet. This does not mean abstaining from meat altogether, but it does mean that we need to substantially increase the proportion of plant foods in our diet.

A survey of many references shows that there are certain groups of foods that are more beneficial than others. The recommended foods are plant-centric and include:

1. Cruciferous vegetables such as broccoli, cauliflower, cabbage, sprouts and bok choy. Recent research has identified sulforaphane, a compound found especially in broccoli shoots to be highly beneficial.
2. Alkaline foods such as berries, apples, apricots, avocados, kiwi fruit and the most alkaline – forming foods are lemons and melons. Almonds, beans and legumes such as chickpeas and green beans also come into this category.
3. Green foods such as kale, spirulina-a blue-green algae, barley grass and wheat grass powders that are rich in chlorophyll.
4. Fibre, although not a food, fibre is an important component of fruits, vegetables and whole grains. Whole grains such as oats, quinoa, amaranth and barley.
5. Other recommendations include green tea and maitake mushrooms.



Geoff



## MEETING ROSTERS

**Thursday 17th September**

Speaker Estelle Kelly - "Coaching Towards Retirement—Some fascinating facts!!" and Jurgen Kehne - "Autobiography"

Host: Anthony Stokes

Desk: Sue McDonald, Bob Bromley

Greeters: Rob Stewart, Tony Hart

Set-up: Ted Angleton, Rowan McClean

**Thursday 24th September**

Speaker Keira de Hoog (Publisher)& Natasha Bernard (Author) The Rag & Bone Man Press

Topic "Other States of Mind"

Host: Nino Sofra

Desk: Imre Lele, Gary O'Connor

Greeters: Ian Richardson, Max Hardy

Set-up: Nino Sofra, Marcel Muntwyler

**Thursday 1st October****Partners' Night - "AFL Grand Final"**

Speaker District Governor, Julie Mason

Host: Jane Pennington

Desk: Brian Lacy, George Swanson

Greeters: John Gartlan, Bronwen Dimond

Set-up: Bill Oakley, Anthony Stokes

**Thursday 8th October****Partners' Night - "Hat Night"**

Speaker/Host: Greg Ross

Desk: Jim Studebaker, Eileen Toohill

Greeters: Peter Sutherland, Takao Yukawa

Set-up: Don Bowden, Tony Hart

**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)

**September**

Thursday 17th Bus tour to Australian Garden Cranbourne \$35 per head (excludes lunch etc)

**October**

Thursday 1st Club Meeting—Partners' Night visit by District Governor & Celebration: AFL Grand Final

Sunday 4th Craft Market BBQ  
Camberwell Civic Centre

Thursday 8th Club Meeting— Partners' Night "Hat Night"

Friday 9th to Sunday 11th Camp Getaway Weekend

Friday 23rd BBQ at Bunnings

Thursday 29th Club Meeting—Partners' Night Celebration of Melbourne Cup

**November**

Sunday 1st Craft Market BBQ  
Camberwell Civic Centre

Friday 6th to Sunday 8th Fellowship & Golf weekend  
Cobram, Barooga

Saturday 14th Upstream Challenge

Thursday 19th Event—Fashion Fundraiser Blue Illusion, Balwyn

**November** (continued)

Thursday 26th Annual General Meeting

**December**

Thursday 3rd BBQ at Bunnings

Friday 4th Ladies Christmas Cake Stall

Thursday 10th Club Meeting—Partners' Night Celebration of Christmas

Saturday 12th Event—Carols in the Park  
Macleay Park, Balwyn

Sunday 13th Event—Carols at Servants

**2016**

**January**

Sunday 10th Event—Brunch 9:30—11:30 am  
Warren Glen Nursery  
373 Ringwood Warrandyte Rd,  
Warrandyte

**February**

Friday 19th Golf Day  
Kew Golf Club

Wednesday 10th The Johnston Collection visit

**March**

Saturday 12th District Conference Bendigo  
Sunday 13th

**ROTARY CLUB OF NORTH BALWYN 2014/15**

**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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**Acting Grapevine Editor John McBride**

[jdmcb48@bigpond.net.au](mailto:jdmcb48@bigpond.net.au)

Submission by Noon Saturday please.

**APOLOGIES FOR CLUB MEETINGS**

Sign the "apology sheet" at the front desk at the prior meeting if you know in advance.

2. Click [HERE](#) to go to the Website

3. E-mail Hugo Goetze [apologies@rotarynorthbalwyn.com.au](mailto:apologies@rotarynorthbalwyn.com.au)

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**.

**"MONEY BAGS"**

- Glass takes one million years to decompose, which means it never wears out and can be recycled an infinite amount of times!
- Gold is the only metal that doesn't rust, even if it's buried in the ground for thousands of years.
- Your tongue is the only muscle in your body that is attached at only one end.
- If you stop getting thirsty, you need to drink more water. When a human body is dehydrated, its thirst mechanism shuts off.
- Zero is the only number that cannot be represented by Roman numerals.
- Kites were used in the American Civil War to deliver letters and newspapers.
- The song, "Auld Lang Syne", is sung at the stroke of midnight in almost every English-speaking country in the world to bring in the new year.
- Drinking water after eating reduces the acid in your mouth by 61 percent.
- Peanut oil is used for cooking in submarines because it doesn't smoke unless it's heated above 450F.
- The roar that we hear when we place a seashell next to our ear is not the ocean, but rather the sound of blood surging through the veins in the ear.
- Nine out of every ten living things live in the ocean.
- The banana cannot reproduce itself. It can be propagated only by the hand of man.
- Airports at higher altitudes require a longer airstrip due to lower air density.
- The University of Alaska spans four time zones.
- The tooth is the only part of the human body that cannot heal itself.
- In ancient Greece, tossing an apple to a girl was a traditional proposal of marriage. Catching it meant she accepted.
- Warner Communications paid \$28 million for the copyright to the song "Happy Birthday"

Continued next page...



- Intelligent people have more zinc and copper in their hair.
- A comet's tail always points away from the sun.
- The Swine Flu vaccine in 1976 caused more death and illness than the disease it was intended to prevent.
- Caffeine increases the power of aspirin and other painkillers, that is why it is found in some medicines.
- The military salute is a motion that evolved from medieval times, when knights in armor raised their visors to reveal their identity.
- If you get into the bottom of a well or a tall chimney and look up, you can see stars, even in the middle of the day.
- When a person dies, hearing is the last sense to go. The first sense lost is sight.
- In ancient times strangers shook hands to show that they were unarmed.
- Strawberries are the only fruits whose seeds grow on the outside.
- Avocados have the highest calories of any fruit at 167 calories per hundred grams.
- The moon moves about two inches away from the Earth each year.
- The Earth gets 100 tons heavier every day due to falling space dust.
- Due to earth's gravity it is impossible for mountains to be higher than 15,000 meters.
- Mickey Mouse is known as "Topolino" in Italy.
- Soldiers do not march in step when going across bridges because they could set up a vibration which could be sufficient to knock the bridge down.
- Everything weighs one percent less at the equator.
- For every extra kilogram carried on a space flight, 530 kg of excess fuel are needed at lift-off.
- The letter "J" does not appear anywhere on the periodic table of the elements.

And last but not least:

This is called 'Money Bags'



*"So send this on to five people and money will arrive in five days.*

*Based on Chinese Feng Shui, the one who does not pass this on will have money troubles for the rest of the year."*

Superstitious or not, this is passed along because it is interesting information.

**AND I AM DEFINITELY MOVING NEAR THE EQUATOR !**

(Courtesy of John McBride)

| D9800 Probus   | Aisin Toyota Sewing Machines  |
|--|---|
| <p><b>North Balwyn Probus</b> President 2015/16<br/>Ken Mitchell: <a href="mailto:mitchellkv@gmail.com">mitchellkv@gmail.com</a></p> <p><b>North Balwyn Ladies Probus</b> (Sect Jill Johnstone)<br/><a href="mailto:jilldj@melbpc.org.au">jilldj@melbpc.org.au</a></p> <p><b>North Balwyn Heights Probus</b><br/>(Sect Sue Mullarvey)<br/><a href="mailto:yarramul@tpg.com.au">yarramul@tpg.com.au</a></p> <p><b>Greythorn Probus</b> (Sect Shirley Brangan)<br/><a href="mailto:daynaleigh1@bigpond.com">daynaleigh1@bigpond.com</a></p> <p>Tel: 03 9859 4941</p> | <p>Aisin have supported our Solomon Islands Project with multiple donations of Sewing Machines and Overlockers. If you are looking for the ideal practical gift consider the</p> <p>Aisin Toyota range of Home Sewing Products<br/>TOYOTA Home Sewing Products<br/>Melbourne Vic 3025<br/><b>Phone: (03) 8311 9110</b><br/><a href="http://www.sewing.aisin.com.au">www.sewing.aisin.com.au</a></p> <p>Available at Spotlight Stores</p> <div data-bbox="817 1845 1476 1933">   </div> |



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