



The Grapevine



IN SERVICE OF ROTARY

Our Leadership
2015/2016

The Presidential Proclamation

This week we acknowledged and recognised the many people who support us and, in the words of our Toast, "allow us to provide humanitarian service to those in need". We realise we could not function as Rotarians without this support including our family members, our Friends of Rotary, our sponsors and the list goes on. I know I could not undertake my role without help from other Rotarians, my family and my friends and I am truly grateful to everyone who supports me and keeps me on the straight and narrow.

The past week has been dominated by fundraising bbqs starting on Saturday with one for Servants in Glenferrie Road. The weather was not kind as the temperature did not get above 10 degrees. Sunday we were at the Hawthorn Craft Market, cooking sausages in the slightly warmer weather. I thank our members who are willing to organise and attend these bbqs which often entail long hours in inclement weather.

Looking forward there are further service opportunities at the Miniatures Exhibition, International Expo and yes, more bbqs!!

I have managed to put a team together (friends and Interactors) to walk with me in the Run Melbourne event, where we will be fundraising for Servants. Thank you to everyone who has sponsored either me or other members of the Servants Team. We do appreciate your support as this is the major fundraising event for Servants for the year.

Another great week of Rotary awaits and just remember:

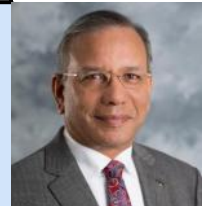
"Don't keep your presence furled but, Be a gift to the world".

President Jane

NEXT WEEK'S SPEAKER:- Our Sue McDonald

Sue has joint appointment as Professor of Midwifery between La Trobe University and Mercy Health and has a particular interest in research and practice when pregnancy and birth becomes complex. She teaches pre-registration midwifery and at Masters level and supervises Masters and PhD research candidates.

Sue is a member of a team of clinicians and educators funded by the first ever Rotary International Foundation Global Grant supporting Vocational Training Teams to provide multiple training visits to a region rather than a single training visit. She is here to talk to you tonight about this project and its future.



RI President
K. R. Ravindran



DG 9800
Julie Mason



AG Therese
McKenney



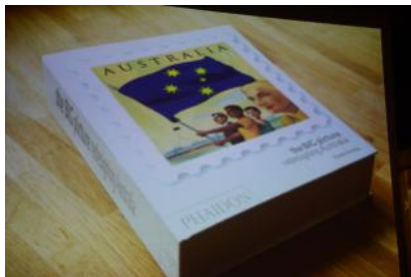
President RCNB
Jane Pennington

MEETINGS
THURSDAYS
6 for 6.30pm
Kew Golf Club
120 Belford Road Kew
3102
Ph: 61 3
9859 6848

This week at the club.....



Guest speaker, Russell Johnson a Senior Lecturer in visual communication design at Deakin University, provided a great overview of design, particularly how influential indigenous art and design has been in Australia and overseas. A particular insight was the use (un authorized) of Aboriginal art on the one dollar bill. Permission to use the design wasn't asked of the artist David Malangi and it is a burial scene. The artwork depicts the 'mortuary feast' of one of the artist's creation ancestors, Gunmirringu, the great Ancestral Hunter. The Manharrngu people attribute this story as the origin of their mortuary rites



Russell also spoke about redesign of the Australian Flag, perhaps to coincide with recognition of the first inhabitants of Australia.

A problem with the current flag is that it's "a darn good looking flag!!"



Rotarians Murray Anderson & Warwick Heil from Camberwell provided details of the Camberwell Art Show, including a personal portrait which will go to the highest Ebay bidder.



THE 2015 CAMBERWELL ART SHOW

The 2015 Art Show will return to Swinburne University Hawthorn.

(Advanced Technologies Centre, Burwood Road, Hawthorn)

The Art Show will celebrate 50 years as one of Australia's celebrated community art events for emerging and leading artists.

Saturday 11th – Sunday 19th July 2015.



Flowers In Dream (pair) Artist Mr Takoa Yukawa San

BUNNINGS warehouse

CAN YOU HELP?



Bunnings have given us a day a month to BBQ and sell sausages for fund raising. Typically this is 400 to 500 sausages..

WHEN:- FRIDAY 17TH JULY

WHERE:- 259 MIDDLEBOROUGH ROAD, BOX HILL

| Friday AM (8.00am to 12.15pm) | Friday PM (11:45am to 4.00pm) |
|-----------------------------------|----------------------------------|
| Nino Sofra | Bob Bromley |
| John McBride | |
| | |

This week at the club.....



MANY THANKS!!

Thank you all for the work you did at the Mt Waverley Community Centre over what was a very busy week-end for Rotary.

As well as us, there was the Rotary public display and the Victoria Market and a **surprise sudden Bunnings sausage sizzle** on Saturday.

In view of the weather, I think we picked the best location for the week end!

Thanks particularly to all the partners and Friends who helped. We couldn't have done it without you!

We were hoping to make \$3000 which was met and exceeded. A great result and gets fundraising for the year off to a good start.

Thanks again for your support.

Cheers

Bill Oakley

Director Fundraising

Rotary Garden's Project at 12th July 2015

The various Schools return from holidays this week as does our RCNB Garden's Project.

As before, we now plan these dates further forward to assist your nomination for a date(s) as the Gardens Project needs Rotary Volunteers to supervise or assist on the following dates/times.

Many thanks for those of you who are now joining us in the next few weeks – much appreciated.

You may care to call me if you are able to nominate for another “spot” – thanks in anticipation.

Any queries, happy to chat!! Cheers **Greg CRIBBES** Mob 0413 270403

| Date | Time | RCNB Supervisor | Assisted by |
|-----------|----------------|------------------------|-------------------|
| Fri 17/7 | 4.00 – 5.15pm | Greg Cribbes | Don Taylor 😊 |
| Sat 18/7 | 10.00am - noon | Brian Hurnard | Geoff Steinicke 😊 |
| Thur 23/7 | 12.45 – 2.15pm | Garth Symington | John Magor 😊 |
| Fri 24/7 | 3.00 – 5.15pm | 😞 | John McBride |
| Sat 25/7 | 10.00 - noon | 😞 | Rob Head |
| Thur 30/7 | 12.45 – 2.15pm | Greg Cribbes | Ian Richardson 😊 |
| Fri 31/7 | 3.00 – 5.15pm | | 😞 |
| Sat 1/8 | 10.00 - noon | Greg Cribbes (& Jenny) | 😞 |



Bob Bott taking delivery of a Toyota "Oekaki Renaissance Sewing Machine ",recommended retail price \$799.00".

Donated by Toyota Australia for our Club's special Raffle/Auction by Brian Thomas the National Sales Manager for Aisin Sewing Machines.

Many thanks again to Toyota Aisin

Important Anniversaries

Monday 13th July to Sunday 19th July

Birthdays: Elaine Magor Joan Cooper Helen Mary Gartlan

Inductions:

Wedding Anniversaries:-





*Will You
Run
with Me?*

"Hello, I'm Paul. I'm doing Run Melbourne to support Servants Community Housing. I came to Servants 12 months ago, about to be homeless, with serious physical & mental health problems. Servants gave me a place to change my life, somewhere safe & secure—they gave me respect, dignity and hope.

Help me to help us—will you sponsor me to run, or consider joining Team Servants and running with me?"

Sponsor Paul: www.servants.org.au/rmpaul

To find out more, visit www.servants.org.au/team-servants

ROTARY CLUB OF NORTH BALWYN Golf Day at Kew Golf Club Friday 2nd October

Only \$80 per round with lunch and prizes included!

Shotgun start!

For a successful event, we need 140 starters.

Also looking for Gold, Silver and Bronze Sponsors for each hole.

Contact Bill Oakley 0419 504 201



URGENT - URGENT – URGENT

The Fellowship Committee has organised a MOVIE LUNCHEON at the
Palace Theatre, Balwyn
to view the latest HOT movie,

Madame Bovary

Commencing at 11.00 am on Monday, 20th July 2015.

This includes a “sit-down lunch” following the movie with a
“delicious gourmet sandwich, a Lavazza filtered coffee, and cake”.

Cost? Only \$14.95 per head.

You can even add a Glass of Sparkling wine for an extra \$5.00

See [Eileen Toohill](#) or [David Cheney](#) for tickets

Eva Tilley Memorial Home Inc.

After being on the board of Eva Tilley for the past sixteen years, I have decided to retire and move aside for a younger person.

[North Balwyn Rotary has been represented on the board for over twenty years by the late Max](#) Hunter, Alison Adams, Delina Schembri- Hardy and me.

I would very much like to see this association continue, and would welcome enquiries from either our members or their partners.

No particular skills are required, but an interest in aged care, fund raising and public relations would be appropriate, together with some administrative experience. A commitment for at least five years' service is expected.

Currently there are five men and four women on the board, but three of the men (including me) are retiring at the November AGM.

There are two meetings per month – one board and one committee meeting, usually late Monday afternoons.

If you are interested, please contact me direct for further information, a visit to Eva Tilley at 1100 Burke Road, North Balwyn and an introduction to our board president.

In conclusion, I must add that such an involvement will prove to be exceptionally rewarding.

Many thanks for your interest.

David Cheney

ROTARY CLUB OF NORTH BALWYN VESTS

As shown and modeled at last weeks meeting, here is how to buy a vest. Great value at \$26



ROTARY VESTS

ORDER FORM



Imagine this is navy blue.....

| | |
|------------|---|
| Colour | Navy Blue |
| Embroidery | The Rotary Wheel and our Club name on the left hand side, in yellow. |
| Cost | \$26.00 |
| Order | Please return this form to Jane. (hard copy or email) |
| Payment | Cheque payable to the "Rotary Club of North Balwyn" or Direct deposit into the RCNB bank account. BSB: 033 058 Account Number: 123688 Account Name: Rotary Club of North Balwyn Admin Account Please put reference: Your name and Rotary Vest |

Please indicate how many of the size you would like to order.

Mens

| Small | Medium | Large | XL | XXL | XXXL | XXXXL | XXXXXL |
|-------|---------|-------|---------|-------|---------|-------|---------|
| 55cms | 57.5cms | 60cms | 62.5cms | 65cms | 67.5cms | 70cms | 72.5cms |
| | | | | | | | |

This is the measurement across the chest if the garment was folded flat.

Ladies

| 8 | 10 | 12 | 14 | 16 | 18 | 20 | 22 |
|---|----|----|----|----|----|----|----|
| | | | | | | | |

Meeting No. 02**Thursday, 9th July 2015****Present:**

| | | |
|----------------------|----|--|
| NB Members | 50 | |
| Guest Speaker | 1 | Russell Kennedy - IMAGINATION. |
| Visiting Rotarians | 2 | Murray Anderson & Warwick Heil from Camberwell - Art Show publicity |
| Guests | 2 | Allan & Val Mayne - Maurie Walters |
| Partners | 1 | Kris Walters |
| Friends | 1 | Maree Gouvoussi |
| MakeUps (this week) | | |
| 13 | 15 | Rowan McClean & Adrian Ranson - DLT meeting; Greg Ross at ARHealth; |
| Applied 6, with 5 | | Tony Wells - RC Port Melbourne; Brian Hurnard & Imre Lele - DIK transport; |
| from previous weeks. | | Nino Sofra - Servants BBQ & Craft Market; John McBride - 3+ BBQs; |
| | | THE Gardening Project - Bromley, Ho, Kelly, McClean, Steinicke, |
| | | Symington & Wells. |
| Meeting Attendance | | 90.2% due to applied make-ups and Excused Leave by apology. |

Absences for Rosters:

| | | | | |
|-------------------------|-------------------------|-------------------------|-----------------------|--------------------------|
| Don Bowden | Joe Butler | Barry Cummings | Peter Elliott | Larry Fitzpatrick |
| Steven Greatorex | Greg Matthews | Marcel Muntwyler | Kinga Paulheim | |
| Jim Studebaker | Peter Sutherland | Bill Thackray | Peter Wilson | |

Geoff's Health Tips**Blueberries to the rescue**

In a review of the wide scope of health issues, two that lie at the root of health conditions are a [lack of immune cells](#) and a [stiffening of the blood vessels](#).

When our immune system is deficient in the natural killer T- cells, the body can be subjected to a variety of autoimmune disorders. Without enough of these natural T – cells, a minor infection can turn to disaster. When our blood vessels become stiff, they are not able to pump as much blood around the body. This leads to hypertension.



Both of these conditions can be helped, dare I say reversed, by a number of natural strategies, but one of the more delicious strategies comes in the form of eating blueberries.

In a small study published in the January 8, 2015 issue of the *Journal of Nutrition and Dietetics*, 48 middle-aged pre-hypertensive women, who ate a cup of fresh blueberries every day for 8 weeks, showed a 5 to 6% drop in blood pressure. This percentage drop is significant when compared to blood pressure medications and other types of interventions. In addition, arterial stiffness went down by 6.5%. The researchers also found that blueberries significantly increased the number of T-cells after 6 weeks.

This study, although statistically small, shows that eating blueberries helps reduce the risk of a heart attack in post-menopausal women. The co-authors do not suggest that blueberries should replace hypertension medication but might offset a tendency towards rising blood pressure and stiffening blood vessels that raises women's heart disease risk.

Geoff

MEETING ROSTERS

Thursday 16th July

Speaker Sue McDonald
 Topic Timor Leste Update
 Host: Max Hardy
 Desk: Findley Cornell, Bob Bromley
 Greeters: Estelle Kelly, Peter Wilson
 Set-up: Ian Richardson, Bronwen Dimond

Thursday 23rd July

Speakers Directors
 Topic **Club Forum**
 Host: Jane Pennington
 Desk: Adrian Ranson, Greg Dimopolous
 Greeters: Peter Wilson, Rowan McClean
 Set-up: Nino Sofra, Max Hardy

Thursday 30th July

Speaker Tamara Cannon
 Topic The World's Most Treacherous Walk to School
 Host: Greg Gribbes
 Desk: Phil Francis, Steven Greateorex
 Greeters: Bill Oakley, John McBride
 Set-up: John Magor, Gary O'Connor

Thursday 6th August

Speaker Gus Balbontin
 Topic From Rotary Exchange to saving one of Australia's iconic businesses
 Host: TBA
 Desk: Ian Mollison, Greg Ross
 Greeters: Ted Wilkins, Greg Cribbes
 Set-up: David De Garis, David Wilshire

MAKE NOTES OF THESE DATES IN YOUR DIARY

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

July

Friday 17th BBQ at Bunning's
 Monday 20th 11:00am Event—Movie/Luncheon
 Palace Cinema "Madame Bovary"
 Sunday 26th Event—Team Servants
 Fun Run Melbourne 5km walk
 Thursday 30 Club Meeting
 Moved from KGC to Greenacres Golf Club.

August

Sunday 2nd Craft Market BBQ
 Camberwell Civic Centre
 Thursday 13th Club Meeting
 Partner's Night
 Friday, 21st Event- Dine-Out Dinner at Ameci's
 726 Burke Road, Camberwell 6.30 pm for 7.00 pm
 Friday 28th BBQ at Bunning's

September

Sunday 6th Craft Market BBQ
 Camberwell Civic Centre
 Thursday 17th Bus tour to Australia Garden
 Cranbourne \$35 per head (excludes lunch etc)

October

Thursday 1st Club Meeting—Partner's Night Celebration
 Grand Final & visit by District Governor

October

Friday 2nd Golf Day
 Key Golf Club
 Sunday 4th Craft Market BBQ
 Camberwell Civic Centre
 Friday/Sunday 9/11 Camp Getaway Weekend
 Friday 23rd BBQ at Bunning's
 Thursday 29th Club Meeting—Partner's Night Celebration
 of Melbourne Cup

November

Sunday 1st Craft Market BBQ
 Camberwell Civic Centre
 Friday/Sunday 6/8 Fellowship & Golf weekend
 Cobram, Barooga
 Saturday 14th Upstream Challenge
 Thursday 19th Event—Fashion Fundraiser
 Blue Illusion, Balwyn

December

Thursday 3rd BBQ at Bunnings
 Friday 4th Ladies Christmas Cake Stall
 Thursday 10th Club Meeting—Partner's Night
 Celebration of Christmas
 Saturday 12th Event—Carols in the Park
 Macleay Park, Balwyn
 Sunday 13 Event—Carols at Servants

ROTARY CLUB OF NORTH BALWYN 2014/15**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**Acting Grapevine Editor John McBride**jdmcb48@bigpond.net.au

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](#) to go to the Website
3. E-mail Hugo Goetze 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 as Hugo lets the Kew Golf Club 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**.

DID I SAY THAT???

Police in Los Angeles had good luck with a robbery suspect who just couldn't control himself during a lineup. When detectives asked each man in the lineup to repeat the words: 'Give me all your money or I'll shoot', the man shouted, 'That's not what I said!'

ARE WE COMMUNICATING???

A man spoke frantically into the phone: 'My wife is pregnant and her contractions are only two minutes apart'. 'Is this her first child?', the doctor asked. 'No! Jackass!' the man shouted, 'This is her husband!'

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

Boroondara Ladies Probus (Sect Janet Eddy)jveddey@applewood.net.au**Aisin Toyota Sewing Machines**

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

Aisin Toyota range of Home Sewing Products
TOYOTA Home Sewing Products

Melbourne Vic 3025

Phone: (03) 8311 9110www.sewing.aisin.com.au

Available at Spotlight Stores

**TOYOTA**

**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)



Bakery
(9890 0066)
22 Hamilton St
Mont Albert 3127

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AND your
community

CHRIS CROSS

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1575 Burke Rd Kew East 3102

BUNNINGS
warehouse

the village
balwyn north



Cooper Street **Self Storage**

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Caffe Romeo
Nth Balwyn

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