



IN SERVICE OF ROTARY

[Our Leadership](#)
2015/2016

The Presidential Proclamation

What a wonderful meeting to end the Rotary year! The Rotary International month of Fellowship was definitely to the fore with two Inductions.

We welcomed David Rowe, and wife Janina with daughter Isabella, and John Koa, and his wife Ann and father-in-law Ian Gardner, a previous Rotarian from Horsham and Ballarat. David and John now have the yellow polo shirt and apron so are ready for action in Club projects!

Our guest speaker David Matthews gave us a fascinating insight into farming in this day and age, and how farming practices have changed through the use of technology.

I presented two cheques, going to Rotary projects, which are some of the proceeds from our hard earned fundraising efforts. Bill Oakley, representing Rotary Against Malaria received \$6,000 and Greg Ross, representing Australian Rotary Health received \$6,300.

We sadly farewelled Ken Maxfield who is transferring to the Rotary Club of Yea, however we will still see him regularly as he intends to still attend meetings whenever possible.

PDG Jim Studebaker spoke about the Paul Harris Society and presented Rowan and myself with Paul Harris Fellow badges with another sapphire each indicating our ongoing commitment to the Society.

I will finish as I started the year with words from the Rotary International President K.R. "Ravi" Ravindran, *"Rotary is a way to bring out the best part of ourselves and let it guide our lives. Every one of us has something to give – whoever we are, whatever our place in life. We can give our talent, our knowledge, our abilities and our effort we can give our dedication and our devotion. Through Rotary we can take these gifts and make a genuine difference in the lives of others and in our world. Our talents are the gift that God gave us, what we make of our talents in our gift back to God. We come into this world grasping at everything but when we leave it we leave all material things behind as well. Through Rotary we can leave behind something real and lasting"*.

Our time is now. It will never come again. So 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 Meeting **Saturday 25 June - Club Changeover**

Setup: Marcel Muntwyler, Imre Lele

Greeting: Russell Turner, Belinda Wandabwa

Desk: Geoff Haddy, Findley Cornell

Change Over Next Saturday

Date: Saturday 25th June at 6.00 for 6.30 p.m.

Venue: Kew Golf Club , 120 Belford Road, EAST KEW.

Cost: \$ 55.00 per person – includes two course meal and a welcome drink on arrival.

Dress: Black tie preferred



Payments: by cheque made out to Rotary Club of North Balwyn

P.O. Box 135 North Balwyn 3104

- or -

EFT to BSB 033058 Account # 123688 (Please ensure you add your name)

Please wear your PH medals/badges and any other regalia relating to Rotary.



Our Guest Speaker: David Matthews

“Using Business To Achieve Positive Social Change “

David's base trade is in the grains industry where he and his wife Samantha own a broadacre cropping farm at Rupanyup. In 1993 they started a grain accumulation & export business, The Wimmera Grain Company. This business focuses on the export of pulse crops (chick peas, lentils, faba beans & field peas) to countries in the Middle East & Indian Sub-continent. David is an active participant in industry affairs and is presently Vice Chair of Pulse Australia, the peak national body for the grain legume industry.

David has had a long association with the Community Bank model, being Foundation Chairman and current Director of the Rupanyup/Minyip Finance Group. This company opened the first two community bank branches in Australia in June 1998. David worked closely with Bendigo Bank to develop the model in the early years, travelling to many parts of the country explaining the process of opening a Community Bank from a community perspective. It is now a 300+ strong branch network.

In 2008 David was appointed co-chair of the newly formed Community Bank Strategic Advisory Board and in 2010 when he was elected to the board of Bendigo & Adelaide Bank. In 2014 he was also appointed to the board of Rural Bank.

David has a passion for regional development and in 2001 David completed a Churchill Fellowship which addressed issues around the sustainability of rural towns impacted by expanding farm size and diminishing population. David holds a Diploma in Business (International Trade) and is a Graduate of the Australian Institute of Company Directors.



Left: David with Host Larry Fitzpatrick.

Our Meeting in Pictures



Induction of John Koa with wife Ann



Induction of David Rowe with wife Janina and Daughter Isabella.



Our Meeting in Pictures

President Jane has finally cracked under the pressure at our last regular meeting. Laughs all round with Jim and V.P.

Brian. Jane received a PHF presented by PDG Jim. Well done Jane!



P.E. Rowan McClean was also awarded with P.H. Medal from Jim.

Below: Bill Oakley receiving a cheque of \$6,000 from our Club on behalf of [Rotarians Against Malaria \(RAM\)](#), and Greg Ross accepting \$6,300 on behalf of [Australian Rotary Health](#).





Josh Frydenberg (Federal Member for Kooyong and the Minister for Resources, Energy and Northern Australia), took time out from his hectic 2016 Federal Election Campaign to present our Men's Shed Project with a cheque of \$20,000 which was recently pledged. The funds were made available from the Community Infrastructure Grant made possible by the Kooyong Electorate.

Pictured: Josh Frydenberg and the Lady President of the North Balwyn Bowling Club, Mrs Betty Wilson, with our Men's Shed campaigners David Cheney, Tony Hart and Bernie Smith.

Potential Fund Raising proposal from Jim Romanis

The club has been looking for a regular yearly BIG Fundraising event for years and here is a REAL possibility.

However I need your assistance.

The idea is to put together a LOCAL Restaurant and business discount voucher book. We need to make it exclusive to say 40 local restaurants [no more....and those who sign up will retain exclusivity] plus selected local businesses who would offer discounts/specials off selected products/services. Restaurants would give \$25 off for a meal/drinks per couple and business would give appropriate incentive discounts.

We would charge \$100 per book of which the cost is recovered by visiting only 4 restaurants ... maximum saving \$900 if 40 restaurants visited!

If all members and friends of Rotary plus family and friends purchased one book each we would sell 300 to 400 books [or \$30000 to \$40000]. If we sold them at the Christmas raffle selling points... who knows? maybe 600 books or an additional \$60,000. Each book would contain a re-order form for next year. As an ongoing fundraiser it could be possible to make well in excess of \$100,000 per year.

HOW CAN YOU HELP?

We need to select 40 good local restaurants to approach...one or two of YOUR favourites. I will prepare a proposal /agreement to submit to the restaurants. BUT before doing this I would like your feedback that you and family and friends would support the project. i.e. BUY THE VOUCHER BOOK....and talk to your favourite restaurant about the plan... the selling point is to be offering exclusivity to only 40 restaurants who sign up first and they will retain the rights for each year thereafter. Bearing in mind the competition but, being mindful of the convenience/benefit of ALL LOCAL BUSINESSES, is \$100 too much? If so what is your opinion?

Your feedback would be greatly appreciated.

JIM ROMANIS

Volunteering with Catering and Gardening activities is fun and rewarding. Give it a go !

Geoff Haddy is filling in as coordinator of the Gardens Project whilst we seek someone to fill this role going forward. Geoff says "There will not be a board circulating at changeover so please don't forget to contact me to participate in this roster".



GARDENING PROJECT

20th June 2016

Last Friday was a washout, but well done Steve and Eileen (plus 9 MLC girls) for last Saturday's job.

There's a break for a couple of weeks for school holidays but very useful to have your forward commitment.

Once a year we have a big Year 9 crew from CGS (not the usual Year 10s) for their first gardening day.

This special event is on Saturday 6 August.

Date and Who with	Time	RCNB Supervisor	Assisted by
17/24 June to 11 July	SCHOOL BREAK		
Fri 15/7 - X	4.00 - 5.15pm	Greg Cribbes	Tony Hart
Sat 16/7 - MLC	10-noon	Greg Cribbes	Rob Head
Thur 21/7 - RCNB - special	pruning roses 10am	John Gartlan	Marcel Muntwyler
Fri 22/7 - CGS/X	2.45 - 5.15pm	Geoff Haddy	Jol Dunn (+1 pls.)
Fri 29/7 - CGS/X	2.45 - 5.15pm	Greg Cribbes	Brian Hurnard Garth Symington
Sat 30/7 - MLC	10-noon	Geoff Steinicke	(1 pls.)
Fri 5/8 - CGS	2.45 - 4.00pm	(1 pls.)	(1 pls.)
Sat 6/8 - special - CGS 21students	10.00 - 1.00pm	Geoff Haddy (+ 2 pls.)	Tak Yukawa Estelle Kelly Ian Richardson
Fri 12/8 - CGS/X	2.45 - 5.15pm	(1 pls.)	(2 pls.)
Sat 13/8 - MLC	10 - noon	(1 pls.)	(1 pls.)
Fri 19/8 - CGS/X	2.45 - 5.15pm	Greg Cribbes	Ian Richardson (+1 pls.)
Fri 26/8 - CGS/X	2.45 - 5.15pm	(1 pls.)	(2 pls.)
Sat 27/8 - MLC	10 - noon	(1 pls.)	(1 pls.)
Fri 2/9 - X	4.00 - 5.15pm	(1 pls.)	(1 pls.)
Fri 9/9 - X	4.00 - 5.15pm	Greg Cribbes	Ian Richardson
16 Sept to 3 October	SCHOOL BREAK		

No roster board will be circulated at changeover. But please indicate your availability to **Geoff Haddy**.

Geoff is filling in as co-ordinator for the time being. Please phone or text 0418 584 968 or email

ghaddy@bigpond.net.au

Catering Rosters: Please see separate E-mail send to all Members and Friends

Respond to Bill with your preferred dates and times.

Bill Oakley <bill oakley1@bigpond.com>





CELEBRATING
50 YEARS
OF AUSTRALIAN ART 1966-2015

NOTICE:

Change of Venue for The Meeting of Thursday 14th July 2016.
[Camberwell Art Show](#). And Partner's Night

Venue: Swinburne College, Burwood Road, Hawthorn.

(Parking available opposite The College, alongside Hawthorn Town Hall)

Time: 6.00 for 6.30 pm.

Format: Two course dinner, a glass of wine plus tea and coffee.

Also included is free entry to the show and includes an experienced guide.

The charge: \$30.00 per head.

Attendance: Please advise Hugo of apologies and guests.

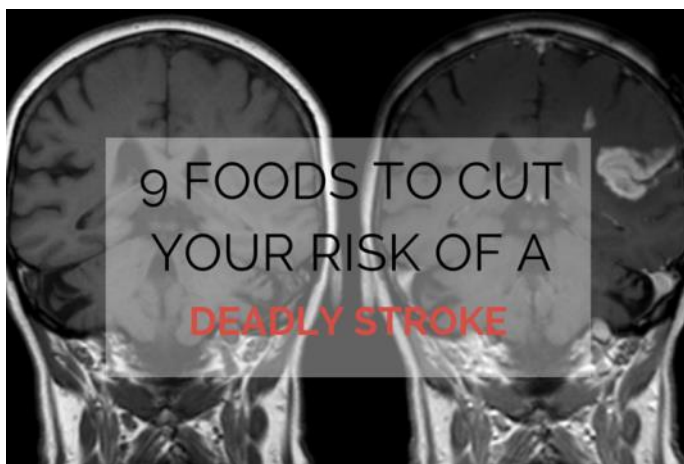
NOTE: There will be no Club at Kew Golf Club on this night.

Geoff's Health Tip

Can foods keep you safe from stroke?

Last week, a long time acquaintance of Judy's died suddenly of a stroke. While this was a shock due to the sudden-ness of the event, perhaps she was saved from a lingering, cruel existence, living for years as a helpless prisoner of a useless body.

Ischemic stroke occurs as the result of a blockage within a blood vessel supplying blood to the brain. It accounts for 87 percent of all stroke cases. Hemorrhagic stroke usually occurs when a blood vessel ruptures.



Most of us might believe there is little you can do to reduce the incidence of stroke, but I think we have all read or been told by our family doctor that we should reduce blood pressure as a primary objective to reduce the incidence of stroke. Now, research has shown there are additional diet-related recommendations that reduce the risk of stroke.

Vegetables are especially recommended

A recent [10-year Swedish study of 32,921 women](#), published in the April journal Atherosclerosis, found that a modified Mediterranean diet cut the risk of ischemic stroke by more than 22 percent. The diet was high in vegetables, fruits, legumes, nuts, whole grains, fermented dairy products, fish and monounsaturated fats. It also included moderate amounts of alcohol and red meat.

Fish is good and so are pumpkin seeds

[A later study of 43,671 men, with a 12 year follow-up](#), found that men who ate fish up to three times a week had a 43 percent lower risk of ischemic stroke. The same is true for women. In another meta-analysis study of 304,551 participants it found those with the highest magnesium intake had a 12 percent lower risk of ischemic stroke compared with the lowest intake. Green leafy vegetables are the richest source of magnesium. In a follow-up study it was found that taking magnesium supplements reduced the total stroke risk by 26 percent.

Geoff

MEETING ROSTERS

Saturday 25th June**NO Meeting Thursday June 23****Club Changeover**

Setup: Marcel Muntwyler, Imre Lele

Greeting: Russell Turner, Belinda Wandabwa

Desk: Geoff Haddy, Findley Cornell

Thursday 30th June

Speaker: TBA

Topic: TBA

Host: TBA

Setup: Geoff Haddy, Tony Hart

Greeting: Ted Wilkins, Geoff Steinicke

Desk: Peter Cleary, George Swanson

Thursday 7th July

Speaker: TBA

Topic: TBA

Host: TBA

Setup: Greg Ross, Bronwen Dimond

Greeting: David Cheney, Hugo Goetze

Desk: Ian Richardson, Jim Studebaker

Thursday 14th July

Partners Night

Camberwell Art Show

Swinburne University, Hawthorn.

Meeting No. 48**16th JUNE 2016****Present:** Guest Speaker 1 David Matthews - Positive Social Change through Business.

NB Members 55

Guests 7 Inductee John Koa, wife Ann & Ann's Father Ian Gardener
 Inductee David Rowe, wife Janina & daughter Isabella.
 Clare Kingolla - guest of Belinda Wandabwa

MakeUps 7 Sue McDonald - District Rotary Health; Greg Ross -
 ARH Board, RC Edinburgh, RC Amsterdam Intl.
 Gardening Project - Greg Cribbes, Peter Elliott,
 Geoff Steinicke and PNM Jol Dunn.

Meeting Attendance 82.6%

Absences for Rosters: Duncan Ansell, Jürgen Kehne, John McBride, Gregor Matthews,
 Colin Sharp, Nino Sofra, Rob Stewart, Don Taylor, Russell Turner, Peter Wilson

Celebrations: Monday 20 June to Sunday 26 June**Birthdays:** Ted Wilkins; John Magor

Induction Anniversaries: Brian Lacy 2013; Ian Richardson 1989;
 Lindsay Pegg 1999; Russell Cooper 2010.

Wedding Anniversaries: Nil

MAKE NOTES OF THESE DATES IN YOUR DIARY

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

Saturday 25th June

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

6:00 pm for 6.30pm Kew Golf Club Belford Road, East Kew VIC 3102
(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

11.30am for 12 noon: The RACV City Club, 17/501 Bourke Street, Melbourne 3000
\$75 per person Parking \$21.40

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

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

RCNB Catering Event

Thursday 14th July[Camberwell Art Show](#)

We are meeting there.

6.00- 6.30pm \$30 Swinburne College,
Burwood Road, Hawthorn

No Meeting at KGC



CELEBRATING
50 YEARS
OF AUSTRALIAN ART 1966-2015

Monday, 25th July.**MOVIE LUNCHEON. Love and Friendship**

Palace Theatre, Balwyn 11.00 am. \$17.00 per head.

Includes lunch.

www.palacecinemas.com.au/movies/lovefriendship

Bookings and Information: Eileen Toohill

Phone: 98164457

Email: eileenlockey@bigpond.com

**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)

**Thursday 30th March to Sat 1st April 2017**

Shepparton [2017 District Conference](#)

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

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?

June is



Rotary Fellowships Month

www.rotary.org**D9800 Probus****North Balwyn Probus** President 2015/16Ken Mitchell: mitchellkv@gmail.com**North Balwyn Ladies Probud** (Sect Jill Johnstone)jilldj@melbpc.org.au**North Balwyn Heights Probud**

(Sect Sue Mullarvey)

yarramul@tpg.com.au**Greythorn Probud** (Sect Shirley Brangan)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.auRotary 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



FLETCHERS

the village
balwyn north

baumgartners

BUNNINGS
warehouse

Bendigo Bank
Good for **U**
AND your community



AISIN
One Team, Best Future



Caffe Romeo



BIG SWING
GOLF
INDOOR GOLF. REAL. FUN. FAST.

GAZMAN

GAZMAN.COM.AU

Cooper Street Self Storage