



Rowan's Reflections

[Bendigo Bank Kew and Kew East](#) has been a great supporter of Rotary North Balwyn. In 2011, when we launched our Rotary Gardens Project, they provided a grant to purchase our first motor mower. They helped with funding for our first BBQ trailer and with the acquisition of a defibrillator. For the last two years they have been a major sponsor of our Annual Golf Day, and this year, they have provided a grant to help us acquire a coffee machine for our new BBQ trailer in support of our growing catering activities.

As well as supporting us, the bank has been a great contributor to our community: Primary Schools, Sporting Clubs and Community Groups have all benefitted from generous distributions as a result of their Community Banking model. As guest speaker this week Marie Briggs, Branch Manager at Kew East, outlined the development of the bank and the contributions it has made to our community including programs such as youth scholarships and the restoration of Kew Court House. More than \$2 million has been paid back to the community through the community banking model.

We are grateful for the support we and our community have received from the bank, and we value our ongoing partnership.

Great feedback was received from the Grand Prix Infrastructure Coordinator about the catering provided this week to the contractors. Well done catering team! You are continuing to kick goals and strengthen our image in the community.

For the people going to the District 9800 Conference in Shepparton at the end of the month, there is an excellent app available that is full of the information you need. I recommend downloading it.

The membership drive keeps rolling on, and applications were approved by the Board this week for membership distribution for Jeanette Lynch and Philip Wade. The skills, experience and enthusiasm being brought to the club by our newer members is very pleasing, and will bear fruit for all of us in the years ahead.

A cheque received from a grateful resident this week was great recognition of the value of our Rotary Gardens Program. Please put your name down for a session soon.

[The District 9800 Rotary Foundation Centennial Dinner](#) will take place at Docklands on Wednesday 31 May. Foundation Director Findley Cornell will have more information in coming weeks, and it is hoped we can arrange a table from RCNB. The activities of the Foundation, our charity, are leading examples of Rotary Serving Humanity.

Have a great week.

President Rowan.

[Our Leadership](#)



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





Marie Briggs from Kew East Community Bank® Branch was our Guest Speaker. The Bendigo Bank have been supporters of Community Projects and our Clubs for many years and we were delighted to hear Marie speak about the continuing great projects they are sponsoring and thank them for their assistance with the purchase of our new BBQ Trailer which has been put to work on several occasions already. Pictured Above: Jenny Troy (Senior Customer Service Advisor), Tanja Blackwell (Events Coordinator) , Marie Briggs (Branch Manager) and Adam Hillary (Director Financial Services), and Right, Host Greg Matthews thanking Marie for taking time to be our Guest Speaker this week and for their generous support of our Club.



The Grand Prix Roster of Volunteers. Please check your commitment and advise Geoff Steinicke of required changes, errors or omissions.

GRAND PRIX ROSTER TUESDAY 21st – SUNDAY 26TH MARCH											
LUNCH TEAMS MEET IN CAR PARK AT 9.00AM						17-Mar-17					
BREAKFAST TEAMS MEET IN CAR PARK BEHIND FLETCHERS REAL ESTATE AT 6AM											
		Geoff Steinicke 0418 176 130		Nino Sofra 0408 606							
		21 March	23 March	23 March	24 March	24 March	25 March	25 March	26 March	26 March	26 March
		SET UP	BREAKFAST	LUNCH	BREAKFAST	LUNCH	BREAKFAST	LUNCH	BREAKFAST	LUNCH	CONTAINER
SURNAME		Tuesday	Thursday	Thursday	Friday	Friday	Saturday	Saturday	Sunday	Sunday	Sunday
BUTLER	Joe	YES	YES								
CLEARY	Peter									YES	IBD6DR
Friend of Peter Cleary										YES	
CORNELL	Findley					YES		YES			AIM 232
CRIBBES	Greg		YES	YES							
de GARIS	David				YES		YES		YES	YES	YES
ELLIOTT	Peter	YES									YES
FITZ	Paul					YES					
FITZPATRICK	Larry	YES								YES	AKX 130
FLAVELLE-SMITH	Chris						YES				
FRANCIS	Phil			YES		YES					
GOETZE	Hugo						YES				
GREATOREX	Steve	YES							YES		YES
HADDY	Geoff			YES							ZKE971
KEYHOE	Terry		YES		YES		YES		YES		YKD340
KNEALE	Geoff				YES	YES	YES				
MAITLAND SMITH	Melissa				YES	YES	YES				
KO	Beatrice							YES		YES	
KOA	John			YES		YES		YES		YES	
MARSHALL	Neil	YES							YES	YES	
MATTHEWS	Greg	YES	YES	YES	YES	YES	YES	YES	YES	YES	AEP 653
MATTHEWS	Heather		Emergency						YES	YES	
OAKLEY	Bill	YES	YES	YES	YES	YES	YES	YES	YES	YES	1FM1CK
PEGG	Lindsay							YES			
RICHARDSON	Ian		YES		YES		YES		YES		
ROMANIS	Jim	YES	YES	YES					YES		
SOFRA	Nino	YES	YES	YES	YES	YES	YES	YES	YES	YES	TDI 896
SOFRA	Bev		YES	YES					YES	YES	
STEINICKE	Geoff	YES	YES		YES		YES		YES		YFA 041
STEPNELL	Robyn									YES	
STUDEBAKER	Jim		YES	YES	YES	YES					ZWG 390
SUTHERLAND	Peter		YES		YES		YES		YES		
SWANSON	George				YES						
SYMINGTON	Garth		YES		YES						
TAYLOR	Don			YES		YES		YES		YES	1AT3IG
WALTERS	Maurie				YES						
WANDABWA	Belinda									YES	
WELLS	Tony		YES		YES						
WILKINS	Ted		YES	YES							
ENGLER	Kurt		YES		YES		YES				ENGLER
WALKLATE	Kevin		YES	OWN	YES	TRANSPORT	YES		YES		KXV559
STEINICKE	Andrew			OWN TRANSPORT			YES	YES	YES		1FS3KZ
PARSONS	Reg		YES		YES		YES		YES		
READ	Marian						YES	YES	YES		
TAN	KweeMeng							YES			
KNEALE	Adam									YES	



GARDENING PROJECT 20th March

The Community Service Garden Project is all set to go this Fri/Sat – again, thank you to all those who are volunteering. It'd be really helpful if you could all check your diaries for opportunities in March and April, thanks.

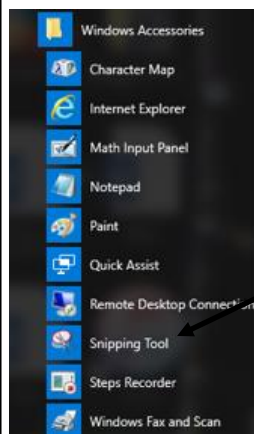
Give us a call anytime - Peter Elliott 0419 417334, Greg Cribbes 0413 270403.

Date and Who with	Time	RCNB Supervisor	Assisted by
Fri 24/3 – CGS/X	2.45 – 5.15pm	Geoff Haddy	Greg Cribbes, Ian Adams
Sat 25/3 – MLC	10.00 – noon	Rob Head	Tony Hart
Fri 21/4 CGS	2.45 – 4.00	Greg Cribbes	Geoff Haddy
Fri 28/4 CCS/X	2.45 – 5.15	Russell Turner	Findley Cornell
Sat 29/4	10.00 – 12noon		Geoff Steinicke
Fri 5/5 CGS/X	2.45 – 5.15		
Sat 6/5 MLC	10.00 – 12noon		

Fun at The GP making 700 meals for the “Thankyou to Contractors Breakfast” sponsored by Coates Hire.



Interact Tech Tips—March 2017—Windows “Snipping Tool”



It comes with Windows Free! If you haven't discovered it yet, look in "Windows Accessories" on your PC and see what it does.

With this tool you can cut and paste anything you can see on your screen which creates the opportunity to crop photos, share Web content and a myriad of other things. Just set the area you want to "Snip" the "Snip it" and "Paste it into your E-mail, Word Document or and other program you are using. It makes life so easy!

[Read more HERE](#)

District 9800 Ride to Conference

Our Exchange Student, Moritz Ellermann has taken on the enormous task of riding to the Conference, in Shepparton. With much assistance from members, Adrian Ranson in particular, Moritz has been training hard for this arduous trip.

Members and Friends can sponsor Moritz's Ride to Conference by EFT to the Club's Service Account. Tag your EFT with "[RoCan](#)" and your name:

BSB 633-000 Account 146 140 785

All sponsorship money goes to RoCan, Rotary Ovarian Cancer Research.

Tax Receipts will be issued after all monies have been collected.

RCNB has now opened accounts with BENDIGO BANK.

BENDIGO BANK 643 High St, East Kew 3102



Proudly supporting
our community

Please note the following for making deposits to The Club.

[ROTARY CLUB OF NORTH BALWYN INC:](#)

Service Cheque Account BSB 633000 Account 146140785

Administration Cheque Account BSB 633000 Account 146470653

The Fundraising team will be given pre-printed Deposit books.

Other Nearby Branches:

Canterbury 143 Maling Rd; **Camberwell**, 4 Prospect Hill Rd

Balwyn 411 Whitehorse Rd. ; **Surrey Hills**, 107 Union Rd.

Box Hill Central Shop 8, Main St Box Hill,

East Ivanhoe, 233-235 Lower Heidelberg Rd.

Doncaster East , 900 Doncaster Rd.

Cheers *Greg Cribbes*

Treasurer

Mob 0413 270403

Geoff's Health Tip

Natural Treatment for Rheumatoid Arthritis

Rheumatoid Arthritis (RA) is a painful and debilitating disease that can lead to a substantial loss of mobility and function, if not adequately treated. Its origins are unclear but most researchers now believe it originated in the northern hemisphere and not Egypt, as previously thought. About 2% of the Australian population is affected by RA, of which 70% are women. Interestingly, most women contract RA in their 60s and 70s.



Standard treatment often involves the use of pharmacological painkillers and anti-inflammatory drugs, as well as natural treatments with fish and krill oils. All of these treatments have their proponents and have varying degrees of success over time.

Recently, a highly promising study published in the journal *Phytotherapy Research* identified a safe and effective natural treatment using Curcumin, the active component in Turmeric which gives this root its bright, saffron-coloured hue.

In this study, forty-five patients diagnosed with RA were randomised into three groups with patients receiving Curcumin (500mg), a recognised anti-inflammatory drug Diclofenac (50mg), and one control group. The endpoint of the study showed evidence of safety and superiority of Curcumin treatment in patients with active Rheumatoid Arthritis.

This is not the first time I have mentioned the [use of Turmeric, and its primary ingredient Curcumin](#), in a wide range of disease prevention and treatment. Other uses of Curcumin include its use as an anti-inflammatory, and in ameliorating Alzheimer's disease.

Geoff

Rotary Foundation Centennial Gala Dinner

In conjunction with District Foundation Chair, PDG Dennis Shore, Southbank Rotary will be assisting with organizing a major District event to celebrate 100 years of The Rotary Foundation. This will be an occasion for Rotarians and non-Rotarians alike. More details will be widely circulated shortly but for now, lock Wednesday 31st May into your social calendars. The function will be held at The Atlantic, Central Pier, Docklands.

COST: \$165 per person or \$1650 per table of 10: **DATE:** Wednesday 31st May 2017

VENUE: The Atlantic, Central Pier 161 Harbour Esplanade.

See more at: <http://southbank.org.au/event/24093/book-your-tickets-rotary-foundation-centennial-gala-dinner#sthash.HUM7Evtc.dpuf>

MEETING ROSTERS

Thursday 23rd March.

Speaker: Mr. Rick Tudor
Melbourne Indigenous Transition School
Pathways for Aboriginal students
Host: Jim Studebaker
Greeters: John Gartlan; Sam Hardikar
Setup: Ian Mollison; Russell Cooper
Desk: David Rowe; Garth Symington

Thursday 30th March.

Speaker: Assoc. Prof. [Sunil Bhar](#)
Support For the Elderly
Host: Belinda Wandabwa
Greeters: Peter Cleary, Neil Marshall
Setup: Peter Wilson, Geoff Kneale
Desk: Ian Adams, Ted Angleton

Thursday 6th April.

Visit to Walter and Eliza Hall Institute
"No Meeting at Kew Golf Club".
Dinner afterwards at Parkville Hotel, 43
Royal Parade, Parkville.
Please indicate your attendance at the Club
meetings in March.

Wednesday 12th April.

Speaker: Ms. Kirsten Gainsford.
Monash Alfred Psychiatry Research Centre.
Host: Sue McDonald
Greeters: Imre Lele, Sam Hardikar.
Setup: Carolyn Pethick, Russell Turner.
Desk: Tony Hart, Brian Hurnard

Meeting No.34

Thursday, 16th March 2017

Present:

Guest Speaker	2 Maree Briggs & Tanja Blackwell (Bendigo Bank)
NB Members	43
Guests	4 Peter Downton (I), Adam Hillary (II), Philip Wade (IV). Jenny Troy (Bendigo Bank).
Exchange Student	1 Moritz Ellermann
Other Activities	3 Gardening - Greg Cribbes, Garth Symington.
(Board Approved)	Greg Ross - ARH Dist 9800.
<u>Absences for Ros- ters:</u>	Tony Ho, Estelle Kelly, Geoff Kneale, John Magor, John McBride

Celebrations

Birthdays: Matthew Pauli

Inductions: Nil

Weddings: Nil



MAKE NOTES OF THESE DATES IN YOUR DIARY

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

Tuesday 21st March: Setting up for Grand Prix Catering

**Thursday 23rd —
Sunday 26th March:**
Grand Prix Catering



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



Connecting Communities - Serving Humanity

Thursday, 6th April: Vocational Visit to [Walter and Eliza Hall](#) Dinner will be at the Parkville Hotel, 43 Royal Parade, Parkville (which is nearby) 8.00 p.m. - 2 courses at a cost of \$39.00. N.B. No Meeting at KGC.



Walter+Eliza Hall
Institute of Medical Research

DISCOVERIES FOR HUMANITY

Thursday, 27th April: 8.30 am to 4.00 pm.

Bus Lunch and Beleura Guided tour all for \$60

Contact David Cheney to secure your seat on the bus.



Wednesday 31st May 2017:

Rotary Foundation Centennial Gala Dinner

The Atlantic, Central Pier 161 Harbour Esplanade.

Sunday 2nd July:

Club Change Over Lunch.

12.30pm at Kew Golf Club.

NOTICE
THANK YOU
FOR NOTICING THIS
NEW NOTICE

Friday 20th Oct, - Sunday 22nd Oct.

Albury Fellowship Weekend



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
Grapevine: Peter Sutherland petesutherland@bigpond.com Noon Sat Weekly Deadline

North Balwyn Probus: Bruno Coniglio <http://balwynnorthprobus.org.au>

North Balwyn Heights Probus: Sue Mullarvey yarramul@tpg.com.au; 9857 4305, 0400 821 402

Greythorn Probus: Meetings 10am 2nd Tuesday Monthly

St Aidan's Church Hall, Duggan St, Balwyn North. 9859 4941

Boroondara Ladies Probus: Janet Eddy jveddey@applewood.net.au

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?



MARCH DESIGNATION IS



Rotary



monthly
themes

MARCH Water and Sanitation month
APRIL Maternal and Child Health month
MAY Youth Service month
JUNE Rotary Fellowships month
AUGUST Membership and New Club Development month
SEPTEMBER Basic Education and Literacy month
OCTOBER Economic and Community Development month
NOVEMBER Rotary Foundation month
DECEMBER Disease Prevention and Treatment month
JANUARY Vocational Service month
FEBRUARY Peace and Conflict Prevention/Resolution month



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



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22 Hamilton St
Mont Albert 3127

CHRIS CROSS

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

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Café 21

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the village
balwyn north

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