



IN SERVICE OF ROTARY

Our Leadership
2015/2016

The Presidential Proclamation

Happy New Year everyone! I trust everyone enjoyed their Christmas celebrations and the welcoming-in of 2016. I saw 2016 before many of you as I was in New Zealand and therefore ahead of Melbourne in time.

We now look forward to another wonderful year in Rotary.

Our year started off last Sunday with a very enjoyable Brunch in Warrandyte. A big thank you to David Cheney, Don Taylor and the Fellowship Committee for organising this kick-off for the year.

The team who organised the raffle at the end of last year deserve a huge thank you, especially Peter Elliott and Lindsay Pegg who did a sterling job with all the details and ongoing organisation for such a successful raffle. If you remember back to 19 December, it was the hottest day we had had I think all year, coming in at about 42 degrees and we were out selling the final tickets and drawing the raffle. So thank you to them and to everyone who sold tickets.

Nino and his catering team continue to do a wonderful job and this will be ongoing this year.

Our first meeting for the year was an informal barbeque and judging by the noise level everyone relished the opportunity to sit and chat and catch up on the holiday news.

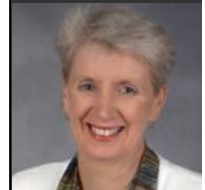
Christmas was the season for giving and receiving gifts but our Rotary theme continues for the next six months so please do go and

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: 21 Jan

Speaker: Autobiography by Peter Wilson with Host Bob Bromley

Setup: George Swanson, Takao Yukawa

Greeting: Greg Cribbes, Geoff Steinicke

Desk: Tony Ho, Matthew Pauli

Welcome to the first Grapevine for 2016.

We have many activities continuing from last year and volunteers out and about. Check the Rosters for Gardening and Catering and volunteer where you can. It makes life so much easier for the organisers when they don't have to chase people.

Our next major event is the Golf Day on the Friday 19th Feb.; please consider forming a playing group or volunteering your assistance.



Peter Cleary (Foundation Chair) brings to our attention that on the meeting on 4/2/16. We have a Special Partner's Club Meeting with DG Julie Mason who will deliver a "Message of Interest" to all Rotarians and their Partners." A Night not to be Missed".

Keep advising Hugo of your planned non- attendances and Partners Attending.

The web Link works without logging in and is easy to use.

<http://rotarynorthbalwyn.com.au/contact>

Thanks everyone for your contributions to The Grapevine last year and keep sending your photos and reports to keep members in the know of what committees and doing between meetings.

Submissions by Saturday noon is appreciated. *The Editor—Peter*

Our Club Thrives on Fellowship.



Left: Christmas Coffee with Jürgen at Caffè Romeo and above our New Year's Brunch at Warren Glen Garden Centre and Café.

Rotary Gardens Project at 14th January 2016

Season's Greetings to you all.

After a wonderful break over the Christmas & New Year holidays, several gardens now await our attention in 2016 – the forward programme is provided below for your diaries and feedback.

Something to remember – many of the students at this time of the year are “new” to the Gardening Project and will appreciate a briefing on their roles, safety and general etiquette aspects of the Community Service being provided.

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

PLEASE call me. Cheers Greg CRIBBES Mob 0413 270403

Date and Who with	Time	RCNB Supervisor	Assisted by
Thur 4/2 - RCNB	10.00 - noon		
Fri 5/2 - CGS/X	2.45 - 5.15pm		
Thur 11/2 - RCNB	10.00 - noon		
Fri 12/2 - CGS/X	2.45 - 5.15pm		
Thur 18/2 - RCNB	10.00 - noon		
Fri 19/2 - CGS/X	2.45 - 5.15pm		
Sat 20/2 - MLC	10.00 - noon	Greg Cribbes	
Thur 25/2 - RCNB	10.00 - noon	Greg Cribbes	
Fri 26/2 - CGS/X	2.45 - 5.15pm	Greg Cribbes	
Sat 27/2 - MLC	10.00 - noon		



Catering Events and Call for Volunteers

A file is attached to this GV E-mailed Edition with dates of catering events.

Please review these dates and let Nino or Bill know if you can assist.





Invitation to Share a Meal at Servants

Members and Partners are invited to dinner at Servants Community Housing on the evening of either **Saturday February 6th** or **Saturday February 13th**.

Servants Community Housing has been operating affordable accommodation and safe housing for those on low incomes for over a quarter of a century in Hawthorn, and more recently in Kew.

This is a great opportunity to gain an insight into the community housing environment that Servants has created for many who would otherwise have none.

Venues:

“Carrical”, 18 to 20 Mason Street Hawthorn on Saturday 6th February

and

“Romana”, 11 A’Beckett Street, Kew on Saturday 13th February

Time: 5:45 pm and finishing at 8:45pm

Cost: No cost to us to attend.

RSVP: Please respond to Peter Wilson at:

pwilson254@gmail.com

by:

Tuesday 2nd of February for the “Carrical” evening and

Tuesday 9th February for the “Romana” evening.

We are able to accept up to twelve people for each evening.



This is a great opportunity to experience the achievements of this wonderful organization!



Christmas best wishes from Miyoki.

Dear Carmel and Bob,
A Merry Christmas and Happy New Year to all.
I hope you will be having a joyful and happy Christmas
Things are going well with me.
Christmas Greetings to all my friends at Rotary
Love and best wishes Miyoki

Address M. Ebihara
2-32-8 Buzo
Minamiku Saitomashi
Saitamaken

Geoff's Health Tips**Could a little relatively unknown cheese drop your blood pressure?**

Eating cheese is a delightful culinary experience that has many benefits. Its origins date back thousands of years to when its purpose was to prolong the life of milk. Its use in sandwiches is universal and I especially like cheese on dry biscuits as an accompaniment to a glass of wine. We already know that cheese provides a high percentage of daily calcium, protein and trace minerals, but some cheeses are known to have special health benefits.

One such cheese is a particular type of Italian cheese, Grana Padano, that has been shown to lower blood pressure by a significant amount, similar to that seen in trials of blood-pressure lowering drugs. This was reported in a study presented at the *European Society of Hypertension* meeting in 2012.



To make cheese you need milk, friendly bacteria to produce lactic acid and a starter culture such as rennet. As you can imagine, it is possible to vary the type of bacteria and the starter culture considerably. Through the centuries this practice has been followed, resulting in the immense variety of cheeses available today. I don't

know whether other types of cheese have been assessed to provide more health benefits, but it is possible.

Meanwhile, filling up on cheese could actually help you slim down. A 2015 study published in the *Journal of Agricultural and Food Chemistry*, linked a diet rich in cheese with higher levels of butyric acid, a compound linked to a healthy colon and a decreased risk of obesity. This is maybe why the average Frenchman, who puts away 25 kilos of cheese a year (500 grams a week), is slimmer and has a longer lifespan than overweight Australian males.



Some may say "isn't the saturated fat in cheese bad for you?", but we now know that saturated fat isn't so bad after all.

Geoff

Good News from Bill Gates about Polio Eradication**Africa Went a Year Without Any Polio**

On July 24, Nigeria marked one full year without a single new case of locally acquired polio, the crippling and sometimes fatal disease. It is the last country in Africa to stop transmission of wild polio. This milestone represents a huge victory—one that some experts feared would never come. It required mapping every settlement in the north of the country, counting all the children in every house, delivering oral polio vaccine several times a year, working with hundreds of thousands of traditional leaders and community mobilizers, and operating in areas dominated by extremist groups. Nigeria's efforts show that smart strategies can work even under the most difficult conditions.

When the global campaign to eradicate polio began in 1988, polio was endemic in 125 countries. The list is now down to just two: Afghanistan and Pakistan. We've come more than 99 percent of the way to eradication. I am confident we can finish the job.

Read the full article <https://www.gatesnotes.com/About-Bill-Gates/Year-in-Review-2015>

MEETING ROSTERS

Thursday 21st January Speaker: Peter Wilson Topic: Autobiography Host: Bob Bromley Setup: George Swanson, Takao Yukawa Greeting: Greg Cribbes, Geoff Steinicke Desk: Tony Ho, Matthew Pauli	Thursday 28th January Speaker: Rev. Natalie Dixon-Manu Topic: Boroondara Community Outreach Host: Maree Williams Setup: Stephen Greatorex , David Cheney Greeting: Jo Butler, Eileen Toohill Desk: Ted Wilkins, Estelle Kelly
Thursday 4th February Partner's Night Speaker: D.G. Julie Mason Topic: Rotary Foundation Host: Peter Cleary Set Up: Geoff Haddy, Don Taylor Greeting: Findley Cornell, Brian Hurnard Desk: Larry Fitzpatrick, David DeGaris	Thursday 11th February Speaker: Michael Womack Topic: Tall Ship Enterprise Host: Peter Wilson Set Up: Bob Bott, Paul Fitz Greeting: Chris Flavelle-Smith, Bernie Smith Desk: Rowan McClean, Bill Oakley

Meeting No. 26

Thursday, 14th January 2016

<u>Present:</u> Guest Speaker	0
NB Members	39
Exchange Student	1 Diasuke Takaja - from Japan, with RC Melbourne, per John McBride.
Make Ups	2 David Cheney - Gardening 22 Dec. & Ken Maxfield RC Yea 7 Jan. applied 6 from previous meetings.
Meeting Attendance	77.6% (Apologies 13, LofA 1 & Excused Leave 20)

Absences for Rosters:

Peter Cleary, Greg Dimopoulos, Chris Flavelle-Smith, Ken Maxfield, David Willshire



It's been an eventful journey but well worth the effort. If you think of the beginning of DIK Inc. and the lack of understanding and District support for Donations In Kind, few would have imagined the change. Without the commitment and support of the DIK Inc Clubs this would never have happened. Due to your Clubs commitment many thousands of people have benefited and we are now in best position every to help more in the future.

This sentiment was echoed by DG Julie who understands how important the DIK Inc. Clubs are. We wish all of the people who have made this possible a very merry Christmas and a happy New Year.

The DIK Team

Celebrations: Monday 18th Jan to Sunday 24th Jan

Birthdays: John Gartlan, Adrian Ranson, Don Bowden, Karen Fitzpatrick.

Induction Anniversaries: Gavan Schwartz 2001

Wedding Anniversaries: Joan and Russell Cooper

MAKE NOTES OF THESE DATES IN YOUR DIARY

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

Thursday 4th February 2016

Partner's Night with Guest Speaker D.G. Julie Mason speaking about Rotary Foundation

Thursday 4th February 2016

Gardening Program recommences for 2016—Please check rosters and contact Greg.

Greg CRIBBES Mob 0413 270403

Saturday February 6th or Saturday February 13th

Dinner at Servants Community Housing

RSVP: Please respond to Peter Wilson at: pwilson254@gmail.com

Wednesday 10th February. The Johnston Collection visit. Bookings to Kinga Paulheim;
Remember to attend if you have booked!

Friday 12th February

BBQ at Bunnings Box Hill

Friday 19th February.

Rotary Club of North Balwyn CHARITY GOLF DAY
Kew Golf Club.

Thursday March 10th

International Women's Day Breakfast



**INTERNATIONAL WOMEN'S DAY
BREAKFAST**
THURSDAY 10TH MARCH 2016

THURS MARCH 10 2016
7:00 - 9:00AM
THE PALLADIUM
SOUTHBANK

THE ASCENT OF A WOMAN?

Friday 11th -> Sunday 13th March

District Conference Bendigo

Registration must close on January 31st



CONFERENCE 2016

Rotary District 9800

Be a gift to the world

12TH - 13TH MARCH | BENDIGO

Thursday 17-Sunday 20 March

The 2016 Formula 1® Australian Grand Prix.

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**FORMULA 1
AUSTRALIAN
GRAND PRIX**

MELBOURNE
17-18-19-20 MARCH 2016

Sunday 10th April

Winery Tour and Luncheon—Yarra Valley (with bus).

Saturday 28th May to Wed 1 June



INTERNATIONAL CONVENTION



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.





Rotary Club of North Balwyn CHARITY GOLF DAY

Friday 19th February 2016 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

Briefing 7.15am prior to proceeding to hit off tee

Lunch: Post match with presentations included in entry fee. Drinks at bar prices.

Ambrose Competition – 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 1st, 2nd and 3rd placed teams, there will be fun prizes on:

- 9th Fairway - Longest Drive (on the fairway!!)
- 9th Fairway - Straightest drive (beyond the tee!!)
- 11th /18th 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

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.



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**Grapevine Editor Peter Sutherland**petesutherland@bigpond.com

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](#) for apologies. No need to log into the site. Click on "Contact" and select "Attendance/Apologies"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. 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**.**CONFERENCE 2016**
Rotary
District 9800

**Be a gift
to the world**
12TH - 13TH MARCH | BENDIGO**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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Rotary International
<http://www.rotary.org/en>

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