



IN SERVICE OF ROTARY

Our Leadership
2015/2016

The Presidential Proclamation

A meeting where we learnt the importance of knowing how to perform CPR and how to use a defibrillator. Thank you to Max Hardy, a Friend of our Club, who came to speak and demonstrate how to carry out this life saving technique. Max has kindly offered to be at the Kew Golf Club at 5.15pm prior to our next meeting to carry out further training for members.

Forty-five members greatly enjoyed the District Conference in Bendigo where we joined 900 others from around the District for a wonderful weekend. We were welcomed with a Chinese Lion Dance, listened to inspiring speakers, had the chance to meet many other Rotarians, checked out the marketplace and parted with dollars there, listened to outstanding choirs, heard from our young people, reviewed current projects and enjoyed both a gala dinner and Foundation breakfast. A huge thank you to Rowan for organising the logistics for the Club such as accommodation, some transport and the Club Dinner. Next year the Conference will be mooooooooooving to Shepparton from 30 March to 2 April so a date for your diary.

The Grand Prix is underway and our members are there and catering in the very ordinary weather. Thank you heaps for all your work.

A few words from our RI President, Ravi Ravindran:

*"All of you have been given so many gifts
And you have now given this great gift
One year to take all your talents
All your gifts, everything that you are
And can become – and
Be a gift to the world"*

President "St Patricks" Jane —>



RI President
K. R. Ravindran



DG 9800
Julie Mason



AG Therese
McKenney



President RCNB
Jane Pennington

MEETINGS

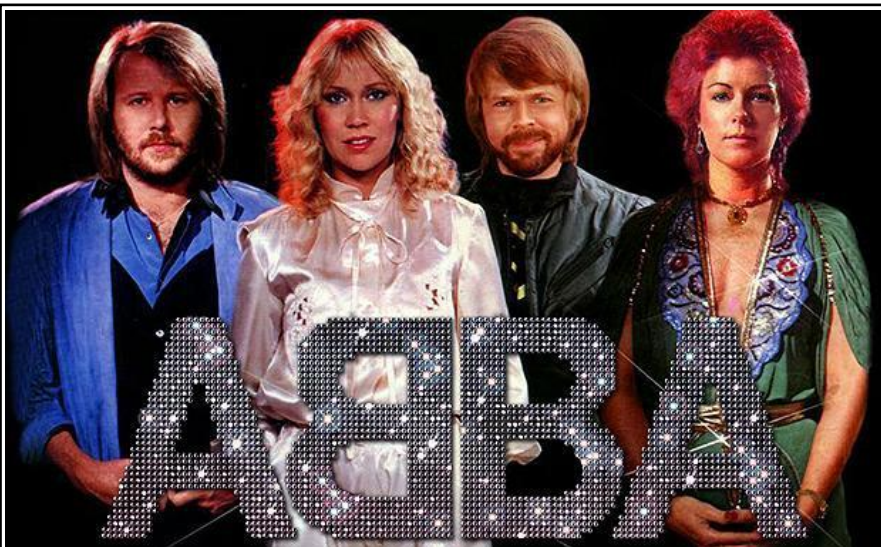
THURSDAYS
6 for 6.30pm
Kew Golf Club

120 Belford
Road Kew
3102
Ph.
9859 6848



Next Week: Wednesday 23rd March
Member apologies/guests attending must be with Hugo BEFORE 08:30 Tuesday morning
Speaker: Mr. Neil Dalrymple. CEO Bowls Aust. Ltd.
The Sport of Bowls – now and into the future
Host: Terry Keyhoe
Set Up: Rob Stewart, Peter Cleary
Greeting: Jim Studebaker, Brian Lacy
Desk: Adrian Ranson, Tony Hart





Mamma Mia

ABBA is coming to town!

Jane Pennington is a huge (and knowledgeable) fan of ABBA. Therefore, the plan is for each committee or group within the Club, to choose an ABBA song and perform it in an entertaining manner, on our Birthday night in May.

Members who are not part of one of the main committees will be welcome to join a group, so that they can join in the fun of the

evening.

An '80s theme would seem appropriate to accompany our ABBA entertainment, so we encourage you to think about dressing as you did in the good old 1980s.

Brush your vocal cords and let the dancing begin!

Grand Prix Thankyou



On behalf of the Catering Committee thankyou to all members who rose early and stayed up late to cater for the Australian Grand Prix Marshals and Shannons Classic car drivers.

Thanks to your efforts the Rotary Club of North Balwyn is a valued part of this landmark annual Melbourne and international event.

The financial results will be announced at the next Club meeting but we can anticipate a great result exceeding our expectations.

The Contractor Setup Day was a new addition this year which went well despite rather hot weather, and the first Marshals Catering day went rather well despite the cool and wet and windy weather,



Our lunch time sales were frantic and Nino and Bev have their photos listed in supermarkets for "Persons of Interest" to watch that they don't repeat their behaviour of stripping the shelves of all sausages depriving our local community of their weekend home bbq requirements. The turn out of volunteers was outstanding and the organisation of transport, volunteer requirements, setup, services, safety and food handling was all top notch; thanks to you all.

We hope you are not all too worn out; it was certainly a team effort carried out with much enthusiasm and merit and above all it has achieved the primary intended outcome of being a major fundraiser and a showcase for our Club.



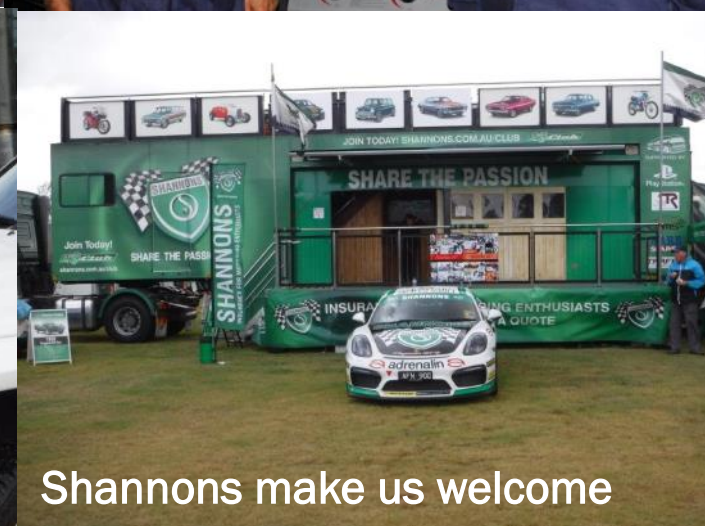
The Australian Grand Prix



The Minardi 2 seater runs on RCNB Egg and Bacon sandwiches



Working in the dark so to speak



Shannons make us welcome







Conference 2016 Bendigo - more photos tell the story



Rotary Gardens Project at 19th March 2016

Phew – a soggy end of Term 1 this week allows us to pause the Gardening Project and refine the way ahead, taking into account various feedback that I've received in recent weeks.


So, as mentioned last Thursday, we still need to meet Friday/Saturday obligations to Schools for their Community Service. However, the forward plan has cut down/"pruned" the number of Gardening visits before Xmas to be only around 50 visits in the 36 week remaining. This has been agreed with MLC who are joining us only every second Saturday in Winter. Further, I've dropped a number of RCNB sessions on Thursday when Schools are not present.

Also, the focus will be back on we RCNB volunteers more SUPERVISING the Students doing the 'physical learning experience' on site on the Gardening Project, allowing some Rotarians to maybe lean on the Green Waste bins and Supervise the filling process by Students.

We still need to get the Gardening done as well – it's a real balance of expectations.

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

PLEASE call me. Cheers Greg CRIBBES mob 0413 270403

| Date and Who with | Time | RCNB Supervisor | Assisted by |
|---|-----------------------|---|---|
| Fri 25/3 to 11/4 | EASTER & SCHOOL BREAK |  | |
| Fri 15/4 – CGS/X Eva Tilley | 2.45 – 5.15pm | Geoff Haddy Need 1 more please | Estelle Kelly Tak Yukawa |
| Sat 16/4 – MLC | 10.00 - noon | Rowan McClean | Peter Elliott |
| Fri 22/4 – X | 4.00 – 5.15pm | Geoff Haddy | need 1 more please |
| Fri 29/4 – CGS/X Eva Tilley | 2.45 – 5.15pm | Geoff Haddy Need 1 more please | Need 2 more please |
| Sat 30/4 – MLC | 10.00 - noon | Greg Cribbes | Rowan McClean |
| Thur 5/5 – RCNB SPECIAL SESSION | 10.00 - noon | Greg Cribbes Need 1 more please | Rowan McClean Need 1 more please |
| Fri 6/5 – CGS/X | 2.45 – 5.15pm | Greg Cribbes Geoff Haddy | Garth Symington |
| Sat 7/5 – MLC | 10.00 - noon | Geoff Steinicke | Estelle Kelly |
| Thur 12/5 – RCNB SPECIAL SESSION | 10.00 - noon | Greg Cribbes Rowan McClean | Garth Symington Need 1 more please |
| Fri 13/5 – CGS/X | 2.45 – 5.15pm | Greg Cribbes | |
| Sat 14/5 – MLC | 10.00 - noon | | |

Up and Coming Catering Events—February

Please email me at nsofra@bigpond.net.au Thank-you in anticipation Nino

| Date | Event | AM Shift 8am-12noon | PM Shift 12noon - 4pm |
|---------------------------------------|---|---|-----------------------|
| 03-Apr-16 Sunday 9.30am-3.00pm | Hawthorn Craft Market Camberwell Town Hall | Jane Pennington Eileen Toohill | |
| 22-Apr-16 Friday 8.30am-4.00pm | Bunnings BBQ Middleborough Rd Box Hill | Bill Oakley | |
| 25-Apr-16 Monday 5.30am-9.00am | ANZAC DAY RSL Templestowe | Bill Oakley Lindsay Pegg Peter Sutherland | |
| 30-Apr-16 Friday 8.00am-4.00pm | Bunnings BBQ Middleborough Rd Box Hill | Bill Oakley Lindsay Pegg | |
| 01-May-16 Sunday 9.30am-3.00pm | Hawthorn Craft Market Camberwell Town Hall | | |
| 20-May-16 Friday 8.30am-4.00pm | Bunnings BBQ Middleborough Rd Box Hill | Bill Oakley Nino Sofra | |
| 05-June-16 Sunday 9.30am-3.00pm | Hawthorn Craft Market Camberwell Town Hall | Jane Pennington Nino Sofra | |
| | | Shift 1 9.00am —1.30 pm | Shift 2 1.30—6.00 pm |
| 25-June-16 Sunday 9.00am-6.00pm | Reclink Community Cup Elsternwick Park | Bill Oakley | Brian Lacy |

Yarra Valley Winery Tour (With Bus) Sunday 10th April

10.30 am Luxury Coach departs Macleay Park,

11.30 - 12.15 pm Wine Tasting at Payne's Rise, Seville,

12. 30 - 1.00 pm Killara Estates, Seville East.

Wine tasting in the Podium with magnificent views over the Yarra Valley

Lunch: Extensive set menu of local Italian plates.

Return to Macleay Park at approx. 4.00 pm.

\$65.00 per head plus drinks at Cellar Door prices

See Tony Hart with payment urgently to ensure your reservation.

Geoff's Health Tips

What is the difference between hemp and marijuana?

This is an interesting topic, as hemp and marijuana become more frequently discussed in the public domain. Thanks to nearly 80 years of prohibition, public knowledge on hemp and marijuana is limited to rumors and misinterpretations. Hemp refers to strains of *Cannabis sativa* that have been bred specifically for fiber used for clothing, reinforcement of plastics, oils and topical ointments. This strain is known as industrial hemp, and its oil is a very good source of omega-3 fats.

Other strains of hemp contain potent cannabinoids, the most common of which is THC.

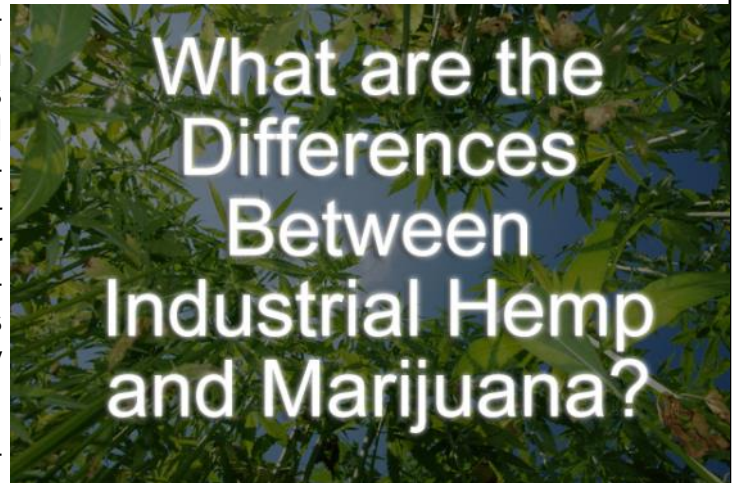
THC is the infamously intoxicating hallucinogen, which gave rise to prohibition of all strains of hemp. Incidentally, marijuana is a slang term introduced by Californians as a way to instill fear of pot-smoking Mexicans. Technically, medicinal hemp contains many cannabinoids that have well researched medicinal properties.

The divider between hemp for industrial use and medicinal use is then one of concentration of these cannabinoids. Industrial Hemp contains less than 10 parts per million of THC whilst medicinal hemp, which we might commonly call marijuana, contains considerably more, plus a greater variety of cannabinoids, depending on the species.

About 20 years ago I imported 200 litres of hemp oil from Canada, on the basis that it would be a valuable addition to our range of edible omega-3 oils. The ratio of omega-3 to omega-6 polyunsaturated fatty acids made it ideally suitable for oral use and the THC content was exceptionally low. Whilst the drum was en-route, I was informed by the Commonwealth Government Health Department that it was illegal to use it for my intended purpose.

The flood gates have now been opened somewhat, as hemp is being grown in Victoria and Tasmania for both industrial and medicinal use. Just how effectively the planting and use of both varieties will be controlled, remains to be seen.

Geoff



Below : Who wants to be a Barista?

Nino Sofra has identified a need for the Club to have around 6 trained Baristas for Club catering events.

Therefore we are asking for volunteers to undergo Barista training with Jürgen Kehne. Ideally you will be regularly available for catering events. If you can assist please notify Nino by phone or email.



MEETING ROSTERS

| | |
|--|---|
| Wednesday 23th March Speaker: Neil Dalrymple Topic: The Sport of Bowls – now and into the future. Host: Terry Keyhoe Set Up: Rob Stewart, Peter Cleary Greeting: Jim Studebaker, Brian Lacy Desk: Adrian Ranson, Tony Hart | Thursday 31st March Speaker: Ms. Rosemary Kelly Manager, Volunteer Programs; Fareshare Topic: The Value of Volunteering Host: Ian Adams Set Up: Takao Yukawa, Jim Romanis Greeting: George Swanson, Findley Cornell Desk: Geoff Steinicke, Stephen Greateorex |
| Thursday 7th April Speaker: Ms. Trish McNally Topic: Boroondara Family Network Host: TBA Set Up: Peter Sutherland, Ian Richardson Greeting: Russell Cooper, David Cheney Desk: Joe Butler, Garth Symington | Thursday 14th April Speaker: TBA Topic: TBA Host: TBA Set Up: Tony Hart, Nino Sofra Greeting: Geoff Haddy, Don Taylor Desk: Brian Hurnard, Chris Flavelle-Smith |

| <u>Meeting No. 35</u> | | <u>Thursday, 17th March 2016</u> |
|---|---|--|
| Present: Guest Speaker | 1 | Dr Max Hardy - Resuscitation & our Defibrillator. |
| NB Members | 45 | |
| Guests | 5 | Carolyn & Margaret Pethick John Koa, Mark Heywood & David Rowe. |
| Partners | 1 | Kerrie Romanis |
| MakeUps | 104 | 27 members at District Conference (x2); 32 members at Grand Prix set up & Thursday catering ; Gardening Project - Brian Hurnard, Imre Lele, Peter Cleary, Ian Richardson & Rowan McClean ; Bunnings BBQ - Russell Cooper, Larry Fitzpatrick, Phil Francis, Imre Lele, Rob Stewart, Jim Studebaker. George Swanson - RC Sorrento; Greg Ross - RC Bright; Rowan McClean - DLT Ken Maxfield - RC Yea. |
| Meeting Attendance | before Make-Ups applied : 73.8% (Apologies 9, LofA 6 & Excused Leave 12) after Make-Ups applied : 88.1% (Apologies 2, LofA 6 & Excused Leave 5) this week. | Some Make-Ups applied to the 2 previous weeks. |
| <u>Absences for Rosters:</u> John Burley, Greg Dimopoulos, Chris Flavelle-Smith, Jürgen Kehne Tony Ho, John McBride, Matt Pauli | | |

Celebrations: Monday 21 March to Sunday 27 March

| | |
|---------------------------------|--------------------------------------|
| Birthdays: | Matthew Pauli |
| Induction Anniversaries: | Nil |
| Wedding Anniversaries: | Barry Cummings and Kristine McDonell |

MAKE NOTES OF THESE DATES IN YOUR DIARY

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

Saturday 2nd April RC Yea and Alexandra

Ride the High Country
Rail TrailRotary
Clubs of Alexandra and YeaSunday 3rd April 6.30 pm Lido Cinemas Hawthorn
My Big Fat Greek Wedding 2.Book On-line [HERE](#) Booking Closing Date 23-Mar.

Sunday 10th April

Winery Tour and Luncheon—Yarra Valley



Saturday 25th June Club Changeover.
Cheer out President Jane Pennington and cheer in
President Rowan McClean.

Sunday 26th June Reclink CupRaising awareness and funding to support
ReclinkAustralia's programs for disadvantaged
individuals.

RCNB Catering Event



Sunday 26th June District 9800 Changeover
Rowan McClean will arrange a club table (or two).
RACV Club at lunchtime on Sunday 26th June
Stay tuned for further details

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.



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

DGE Neville, Rebecca and Central
Melbourne-Sunrise invite you to save the date
and join them in Shepparton for an enjoyable
and thought-provoking conference entitled
Connecting Communities - Serving Humanity

Rotary www.rotaryconference.org.au

ROTARY CLUB OF NORTH BALWYN 2014/15

President: Jane Pennington
Vice President: Brian Hurnard
Secretary: Gavan Schwartz
Treasurer: David de Garis

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vicepresident@rotarynorthbalwyn.com.au
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Web: www.rotarynorthbalwyn.com.au

E-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@rotarynorthbalwyn.com.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 IS



Rotary



www.rotary.org

D9800 Probus

North Balwyn Probus President 2015/16

Ken 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



Be a gift to the world



**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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(Adrian Ranson)



Bakery
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22 Hamilton St
Mont Albert 3127

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community

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warehouse


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 (Close Mon, except public holidays)
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 201 Bulleen Road Bulleen Vic 3105
 E-mail: taos.reservation@gmail.com
 http://www.taosrestaurant.com.au

WELCOME
new owners
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