ROTARI

The Grapevine



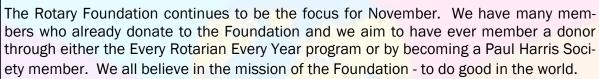
IN SERVICE OF ROTARY

Our Leadership 2015/2016

The Presidential Proclamation

A week full of Rotary activities with our Fellowship Weekend in Barooga/Cobram, raffle ticket selling, members at District functions and meetings and an inspirational weekly meeting with both a fascinating guest speaker and two members of our Interact Club visiting.





Two very fitting quotes - one from Charles Dickens who says:

"No one is useless in this world who lightens the burdens of another."

And one from Winston Churchill who says:

"We make a living by what we get. We make a life by what we give."

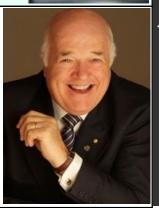
So please go forth and give of yourselves and Be a Gift to the World.

President Jane ... and we made it in the 2015 Upstream Challenge!



Next Week's Speaker:

Peter McCall OAM
Ambassador Beyondblue
(P.P. and current member of RC
Melbourne).





RI President K. R. Ravindran



DG 9800 Julie Mason



AG Therese McKennev



President RCNB Jane Pennington

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

Balwyn High School Interact

Maddy Kitson & Sueanne Lee, year 11 students at Balwyn High interrupted their hectic end of year study schedule to inform us that their Interact Club has done some great things this year and they are hopeful of increased student involvement next year. Estelle is our Youth Director and attends the Interact meetings whenever possible to help formulate strategy.

Pictured: Estelle with the girls, and Maddy applying a forceful grip with the robotic prosthetic hand courtesy of guest speaker Richard Fejer who spoke to us about the past present and future of prosthetics.



Steven Greatorex introduced **Guest Speaker Richard Fejer** to us as a past colleague in the business of supply of prosthetics to most major hospitals.



Richard discussed the evidence of prosthetic limbs as far back as 500 B.C. Egypt. The American Civil War was a huge impetus for the establishment of a prosthetics industry with a resulting 70,000 amputees. To appreciate this phenomena read the story of James Edward Hanger @

http://www.hanger.com/history/Pages/The-J.E.-Hanger-Story.aspx

Unfortunately wars and disease have been the driver of prosthetic limb development, however the flip

side is that new technologies have provided advanced functionality, comfort and control for the wider population.

New technologies of the future are thought controlled robotic hands and we have seen Olympic running events for amputees with space age prosthetic feet and legs. Richard discussed TMR research which is Targeted Muscle Reinnervation. Read more about this technique <u>HERE</u>.

Thanks Richard for an inspiring presentation.

Christmas Fare 2015

Ladies, friends and supporters, once more I am asking for your help with baking etc. for the Christmas Fare on Friday, 4th December, 2015, outside the Commonwealth Bank in Doncaster Rd. supporting the Boroondara Family Network and Days for Girls.

Cakes, biscuits, slices, mince pies, puddings, chutneys etc. would be gratefully received. I have plenty of red spotted cellophane bags for packing if you would like some. Other-wise the usual Christmas plate and presentation would be fine.

lan Mollison has generously offered (again) to be the receiver of goods before 5pm on Thursday 3rd December, at his Hello World Office in the Village.

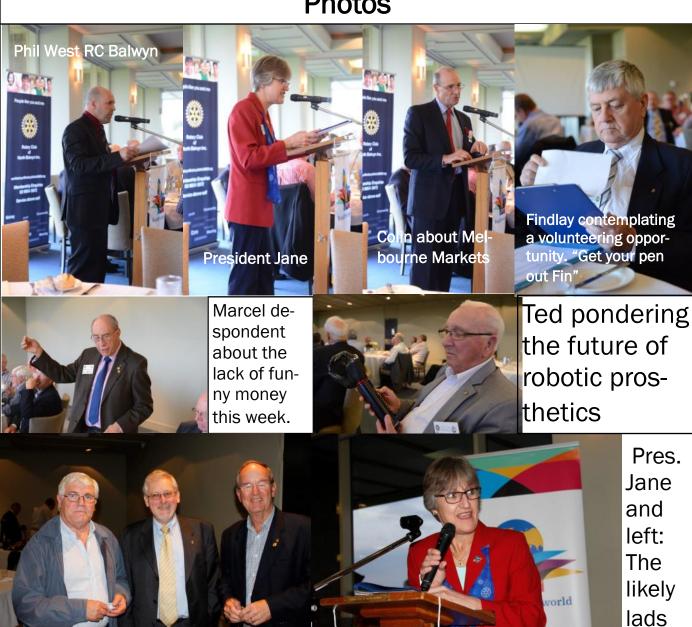
If you would be interested in doing a shift on the day, please let me know.

Jo Wells

Ph. 98593725 or welstar@bigpond,com



Photos



Rotary Leadership Institute

Phil West from the Rotary Club of Balwyn spoke to us about The Rotary Leadership Institute (RLI).

The RLI sessions are fun, fast paced, interactive one day courses run by experienced and formal-

ly trained Rotarians in our District. The participants contribute their experience and ideas in facilitated conversational small discussion groups, sharing knowledge, ideas and opinions. They

learn how Rotary operates differently in clubs and learn from these differences. It builds confidence in a Rotarian

Phil recommends you consider joining in.





Colin Sharp reminded those going to the vocational visit of the new Melbourne Markets to get up early this Thursday and get on the bus. Ring Colin if have questions and we will be looking out for those of you who fall asleep at The Club meeting.

For those who think the internet is just as good as being there, follow the link. HERE This is a great opportunity to see The Market as its closed to the public. If you can't make it on this occasion and wish to visit, there is an organized tour called C The Market who run tours. See

http://www.cthemarket.com.au/



Nino has more opportunities for you!
Bunnings BBQ on Thursday 10th Dec.2015 daytime

256 Middleborough Rd. Box Hill

We already have the evening BBQ allocated—now we have a day BBQ as well

Morning Shift 8.30 to 12 noon: Four volunteers Afternoon Shift 12noon to 4.00 pm:

Four Volunteers.

Call Nino if you can help. 0409 506 226









https://upstreamfoundation.org/groups/thebushrangers/members/

Last weekend The Bushrangers completed the 20km Upstream Foundation Walk. Thank you to everyone who has supported us.

The money raised is going to Fareshare.

Amount Raised so far: \$3,247

Its not too late to donate! Click on the link above. Chris was dancing on the track during the walk!! That's me dead at the finish bottom right.

President Jane



Rotary Gardens Project at 6th November 2015

Follow the link http://rotaryclubofnorthbalwyn-gardensproject.yolasite.com
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
Tue 17/11 - RCNB	10.00 – noon	Greg Cribbes	Imre Lele, John Burley
Tue 24/11 - RCNB	10.00 – noon	Greg Cribbes	Garth Symington, Greg Ross
That's IT for 2015	Terrific Project!	A huge thank you!	See you in 2016 - Greg C.

Glen and Shirley Walmsley

Last Monday, Geoff and Judy travelled to Albury to catch up with Glen and Shirley Walmsley before returning to Melbourne from Cobram. Glen was a member of our club until 2001 and is now living in, and loving, West Albury. As many would remember, Glen has not had the best of health for some years with a lung problem that remained unresolved. He is unable to walk very far (or fast) but is looking good having recently returned from a three week holiday in sunny QLD. Shirley, fortunately, is in excellent health. Glen, retains his subtle sense of humour as was illustrated by suggesting I park my Jaguar in the drive to impress the neighbours. He is very proud of his association with RCNB, marvelling at the club's many projects. They also appreciate receiving the Grapevine that is mailed to them every week.

If you are travelling north please call to see them - their place is easy to find and they would certainly appreciate a visit.



Geoff Steinicke has their contact details if you would like to pass on your best wishes.

Last Reminder about District Conference

The District Conference Team continues to work hard to make the 2016 Conference in Bendigo the most exciting conference so far.

We are anticipating a large attendance and **it would help with our planning if you could register** before November 30th.

The early bird cut off date is November 30th and registration after this date will be an extra \$75.

A copy of the Conference Brochure can be downloaded here



Fellowship/golf weekend Cobram Barooga Report

Saturday: 7th November 2015

We had 14 players playing on the old course which was a nice open course suitable for the average golfer.

The stableford competition was won by Greg Ross on 38 points with runner up being Greg Matthews on 35 points.

Next was Paul Fitz, Jim Studebaker and Max Hardy on 33 points.

The encouragement award was won by Jim Romanis on 27 points.

Teams event was won by Imre Lele, Rowan McClean, Greg Ross and Jim Studebaker with an average score of 32.8.

We endeavoured to run a competition where everyone was given a ball to start with and the best score of the players who completed 18 without losing theirs would win.

This was abandoned due to the fact that only 2 players lost their ball.

Sunday: 8th October 2015

We had 20 players playing on the West course which proved to be a track that was little more challenging.

The **Hackers Trophy** was won by Greg Ross (captain), Joe Butler, Geoff Steinicke and Marcel Muntwyler with a handicap of 15.3 giving a net of 61.7

Second was Greg Matthews (captain), Max Hardy, Maurie Walters and Imre Lele with a handicap of 14.8 giving a net of 62.2

Third was Rowan McClean (captain), John Gartlan, Jim Studebaker and Paul Fitz with a handicap of 13 giving a net of 64.

I would encourage all golfers and in regard to the Ambrose comp on the Sunday all non golfers with an interest in playing to participate next year as it is certainly a great fellowship weekend. Could I thank Peter Elliott for his invaluable assistance.

John Magor

Our mate Joseph Aaron (now known as Sepo) and his family.



As received by Bob (Uncle) Bott

"Dear Uncle Bob and Mama Carmel

I am sorry for taking so long time to send the photo of my family This is because the internet is very weak here at this point in time.

Sepo, Linda and Cathy thank you."

Christmas Raffle News

We had another great result this weekend. Thank you to the folk who helped

out with the selling.

We need your help to fill the remaining 7 selling time slots for this coming Friday, 20th November and Saturday 21st November

Your next volunteering opportunities are listed below

FRIDAY 20th November Woolworths BALWYN, Whitehorse Road. 12.30 to 3.00pm 3.00 to 5.30pm (2 required)

SATURDAY 21st November First Choice, BALWYN Whitehorse Road. 3.00 to 5.30pm

Woolworths, KEW, Walpole Street. 12.30 to 3.00pm 3.00 to 5.30pm

Contact Peter Elliott, SMS, 0419 0417 334

email pelliott842@bigpond.com

Or Lindsay Pegg, SMS, 0419 546 021 or email,

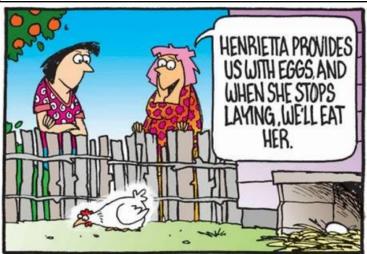
Ihpegg@optusnet.com.au

with the dates, location and timeslots where you can help out. Spreadsheets showing the vacant time slots have been e-mailed to all members.

Thank you

Jake—The Pegg

A Christmas Story





... and that is WHY the chicken crossed the road.



"The North Balwyn Rotary Club Antiques Road Show"



Guest speaker at our Club Meeting on Thursday 26th of November (a partners' night) will be well known and respected auctioneer, Mr. John Ainger of E. J. Ainger Pty. Ltd. Auction Rooms, Bridge Road, Richmond.

To make this an interesting and successful night, we need the following:-

Members are asked to submit some "significant items" to be evaluated - such as silverware, ivory, glassware, ceramics, metalware memorabilia etc. (Items not required are jewellery, paintings, furniture or sporting memorabilia). We would like 6 or 7 items for John Ainger to discuss during his address and a further number of general interest items for display.

With your help, this will contribute to a memorable evening. Many thanks. Duncan Ansell, for the Fellowship Committee.

Up and coming Catering Events

Apologies to any Rotarians who have offered to assist and are not on the list. Anybody who can help on these dates please email me at nsofra@bigpond.net.au
Thank-you in anticipation Nino

Date	Event	AM Shift 8am-12noon	PM Shift 12noon - 4pm
Sunday, 6 December 2015	Hawthorn Craft Market	Steven Greatorex	
9am - 3 pm	Camberwell Civic Centre	Ian Richardson	
Thursday, 10 December 2015	Bunnings Xmas BBQ	Nino Sofra	Bill Oakley
6pm-8pm	256 Middleborough Rd	Rob Stewart	Geoff Steinicke
	Box Hill	Matt Pauli	
Thursday, 10 December 2015	Bunnings Xmas BBQ		
8am to 4pm	256 Middleborough Rd	NEW LISTING	VOLUNTEERS PLEASE
	Box Hill		
Saturday, 12 December 2015	POLICE BUNNINGS BBQ	(Need 2 helpers)	Matt Pauli
8am to 4pm	HAWTHORN		Jim Studebaker
		Jane Pennington	
		Nino Sofra	
Sunday, 13 December 2015	CHRISTMAS PARTY FOR	(1 Helper Needed)	Nino Sofra
9.30am-1.30pm	SPECIAL CHILDREN.	Rob Head	Jim Studebaker
	Mooney Valley Race Course	Don & Ala Taylor	John Burley
		Bill Oakley	
Sunday, 13 December 2015	SERVANTS CAROLS NIGHT		
	Carrical House	JANE PENNINGTON	
	18-20 Mason St. Hawthorn	NINO SOFRA	
		Bill Oakley	
		Geoff Steinicke	
Friday, 18 December 2015	Bunnings BBQ	Nino Sofra	Jim Studebaker
8 am - 4 pm	256 Middleborough Rd	Colin Sharp	Peter Sutherland
	Box Hill	Peter Wilson	Ken Maxfield
		Bill Oakley	

NOTICE OF AGM, ROTARY CLUB OF NORTH BALWYN Inc.

The Annual General Meeting of the Rotary Club of North Balwyn will take place at Kew Golf Club on Thursday 26th November 2015 starting at 6.40 pm.

Nominations close on Thursday 12 November 2015.

Audited Financial statements will be circulated to members prior to the meeting date.

The Agenda for the meeting will be circulated at the close of nominations.

Gavan Schwartz Secretary 2015/16

2015 Rotary Foundation Paul Harris Breakfast

When: Tuesday 24th November 2015

Where: The RACV Club Level 17 501 Bourke Street Melbourne Tickets: \$65.00 per head or \$600 for a table of ten (incl. GST) Time: 7.15 for 7.30 till 9.00am RSVP: 16th November 2015

Guest Speaker: Professor Kate Leslie.

"To sleep, perchance to dream – what's really happening during general anaesthesia?"

Professor Kate Leslie is a specialist anaesthetist and head of anaesthesia research at the Royal Melbourne Hospital. She is the chair of the Australian and New Zealand College of Anaesthetists (ANZCA) Clinical Trials Network and a member of the ANZCA Research Committee and ANZCA Foundation Board of Governors.

Kate has done extensive research in awareness and dreaming during anaesthesia and sedation.

She is currently a chief investigator of a large trial looking at the

effects of light and deep general anaesthesia on older patients having major surgery. Kate is a former president of ANZCA, a former chair of the Committee of Presidents of Medical Colleges and a recent recipient of the ANZCA Robert Orton Medal and the Australian Medical Association Woman in Medicine award.

The Paul Harris Breakfast celebrates Paul Harris Fellow Recognition recipients and Foundation Alumni in Rotary District 9800. All Paul Harris Breakfast proceeds go towards Rotary Foundation programs.

Thank you for your past support and we look forward to welcoming you again this year.

FOR FURTHER INFORMATION PLEASE CONTACT:

Peter Cleary pleary1174@yahoo.com.au 0418 340 310

BOOK NOW Download Flyer



Geoff's Health Tips

Vegetable oil cooking 'linked to cancer and brain disorders'

Such a headline, reported in The Age, should have drawn widespread comment, but it didn't. However, it's important that you know what happens to some vegetable oils when heated to high temperatures. Most people are unaware that some vegetable oils produce toxic chemicals and trans-fats when used for frying and cooking above 180°C, whilst other oils are relatively safe.

The oils that are chemically altered by frying or cooking above 180°C are the oils rich in polyunsaturated fats – sunflower, corn, palm, safflower and their mixtures. Ironically, these are the oils that are recommended we use to lower cholesterol and the risk of heart disease, however this recommendation really only applies when the oils are used at room temperature, as in margarine or salad dressings.

What happens to polyunsaturated oils when heated above 180°C? According to Professor Martin Grootveld from De Montford University in Leicester, heating caused the release of chemicals called aldehydes, which have been linked to illnesses including cancer, heart disease and dementia. A typical meal of fish and chips, fried in vegetable oil, contained as much as 200 times more toxic chemicals than the safe daily limit set by the WHO. Imagine the increased concentration of toxic chemicals when this oil is reheated several times before it is discarded, or worse, when it it is taken away, filtered and returned for further use.

Which oils should be used for cooking? The safe oils to use for frying and cooking are especially the saturated

oils such as butter, coconut and lard, and the monounsaturated oils such as olive and canola. We know that the Heart Foundation has warned against consuming saturated oils because these oils raise cholesterol levels, but when it comes to heat, they do not produce the high levels of toxic aldehydes and trans-fats.

The take-home message is to use polyunsaturated oils for spreads and dressings and the saturated and monounsaturated oils for cooking at 180°C and above. As an all-purpose oil you can't go past olive oil.

Geoff

Source—The Age Monday 9 November



Meeting No. 20

Thursday, 12th November 2015

Present: Guest Speaker 1 Richard Fejer - Developments in Prosthetics

NB Members 54

Interactors (BHS) 2 Maddy Kitson & Sueanne Lee.

meals 57

MakeUps 7 Gardening Project - Estelle Kelly & Rowan McClean (Sat 7th washed out)

Adrian Ranson & Rowan McClean - DLT & District AGM;

applied 5 to this week Rowan McClean - RACWS C'tee & Bali Project;

Greg Ross - D9790 Conf. C'tee.

Meeting Attendance 89.4% (Apologies 8, LofA 2 & Excused Leave 9)

Absences for Rosters:

Greg Dimopoulos, Geoff Haddy, Rob Head, Brian Hurnard, Jack Liao, John McBride, David Willshire

Celebrations

Monday 16th November to Sunday 22nd November

Birthdays: Kerry Romanis; Kris Walters

Inductions: David Cheney 1982; Peter Elliott 1992

Wedding Anniversaries: Duncan and Jane Ansell





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.

<u>Ambrose Competition</u> – 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!!)

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				-

	<u>PLAYER</u>	<u>PHONE</u>	GOLF CLUB	<u>HANDICAP</u>	GOLF LINK No	<u>\$</u>
(1)						
(2)						
(3)						
(3)						
(4)						
-						TOTAL \$
1						*

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

lan Mollison – Managing Director, a member of the Rotary Club of North Balwyn.



MEETING ROSTERS

Thursday 19th November

... and it's a Girls Night Out at Blue Illusion Balwyn

Speaker: Peter McCall OAM

Topic: Beyond Blue Ambassador

Host: Ian Adams

Desk: Adrian Ranson, Jim Romanis Greeters: Rowan McClean, John McBride Set-up: Ian Mollison, Duncan Ansell

Thursday 3rd December Speaker: Pete Smith OAM

Topic: Behind the Scenes in Radio,

TV and Vaudeville.

Ted Wilkins Host:

Desk: David de Garis, Nino Sofra Greeters: Imre Lele, Marcel Muntwyler Ken Maxfield, Lindsay Pegg Set-up:

Thursday 26th November Partners Night

Speaker: AGM + Mr. John Ainger Topic: **Antiques Road Show**

Host: **Duncan Ansell**

Garth Symington, Ian Richardson Desk: Ted Angleton, Gregor Matthews Greeters:

Colin Sharp, Jürgen Kehne Set-up:

Thursday 10th December Partners Night

Club Christmas Party

Desk: Bronwen Dimond, Findley Cornell

Greeters: Peter Elliott, Anthony Stokes Sue McDonald, John Burley Set-up:

MAKE NOTES OF THESE DATES IN YOUR DIARY

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

November

Thursday 19th Visit to Melbourne Market

Thursday 19th
Blue Illusion Fashion Parade

6.30pm

Tuesday 24th November

Paul Harris Breakfast

Wednesday November 25

Ian H.S. Riseley

World Rotary President Elect **Dinner Meeting At Canterbury**

Thursday 26th (Partners Night)

Annual General Meeting Antiques Road Show Night

December

Thursday 3rd

BBQ at Bunnings

Friday 4th

Ladies Christmas Cake Stall

Wed -Thursday 9th & 10th

Variety Christmas Party

Thursday 10th Partners' Night

Celebration of Christmas

December

Saturday 12th

Carols in the Park, Macleay Park, Balwyn

Sunday 13th

Carols at Servants Community Housing

Thursday, 17th

Club Breakfast.

North Balwyn Cricket Pavilion, Macleay Park Belmore Road, North Balwyn.

2016

January

Sunday 10th

Brunch 9:30-11:30 am Warren Glen Nursery

373 Ringwood Warrandyte Rd, Warrandyte

February

Friday 19th

Golf Day: Kew Golf Club

Wednesday 10th

The Johnston Collection visit

March

Friday 11th -> Sunday 13th

District Conference Bendigo

ROTARY CLUB OF NORTH BALWYN 2014/15

President: Jane Pennington Vice President: Brian Hurnard Secretary: Gavan Schwartz

Treasurer: David de Garis

<u>vicepresident@rotarynorthbalwyn.com.au</u> <u>vicepresident@rotarynorthbalwyn.com.au</u> <u>secretary@rotarynorthbalwyn.com.au</u> treasurer@rotarynorthbalwyn.com.au

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

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. 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







12TH - 13TH MARCH | BENDIGO

D9800 Probus

Aisin Toyota Sewing Machines

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

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

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Melbourne Vic 3025 Phone: (03) 8311 9110

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Our Club Web Site www.rotarynorthbalwyn.com.au

Rotary International http://www.rotary.org/en

Support Our Sponsors



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