

The Grapevine



Rowan's Reflections

Our guest speaker this week was Dr. Laura Dumas, a global scholar who is researching possible causes and treatment of multiple sclerosis. For a layman like me the presentation was very interesting but technically challenging. Past President (Gisborne) [Martin Taurins](#) and Dianna joined us, and we thank them for their continuing and active support for MS awareness and research through RAGSMA (RAGMSA is one of Rotary International's sixteen Action Groups established to promote MS awareness, encourage Rotarians and MS societies to collaborate to contribute via fundraising activities to MS research and provide support for people with MS).

A special thanks to PDG Dennis Shore and Lynda for attending our special Rotary Foundation Centenary celebration, and to Areta Hurnard for again displaying her outstanding cake-making skills. Last year RCNB was the highest per capita contributing club to Foundation in District 9800.

At last week's Board meeting two initiatives were approved to strengthen our structure. At Nino Sofra's suggestion a new position of Occupational Health and Safety Officer has been created and Peter Sutherland has agreed to take on the role. With Belinda Wandabwa on leave, a committee consisting of Robyn Stepnell, John Magor and myself will look after membership and support her when she returns.

The first club meeting for 2017 will be on Thursday 19 January. It will be a Fellowship night with a BBQ dinner. The Directors are reviewing their 2016/17 plans and will give brief summaries of activities for the remainder of the Rotary year. There will be no meeting the following week and our usual pattern will recommence on 2 February.

PDG Jim Studebaker corrected a statement I made in last week's Grapevine concerning TRF grants. All grants are to be acquitted within 24 months of receiving the funding, not in 12 months as I stated. The District paperwork has not yet caught up with this change, but it is important for our flexibility given the current delays in Vietnam because of personal problems affecting our counterpart group.

If you would like Personal Computer help, please contact Robyn Stepnell to arrange support by our Interactors at Hawthorn library on 28 November at 5pm.

RCNB will be handling two project displays as part of the District 9800 Showcase program to inform non-Rotarians about the superb work we do locally and overseas. We will be displaying malaria eradication and community development in Bendigo on Australia Day, at Federation Square in Melbourne in February and at the Echuca Steam Rally in June.

Members who indicated they would like to have the bar open for drinks following our meetings are reminded to take advantage of this. Otherwise this service will be withdrawn as there are costs to our Club.

This week please think of your best example of Rotary Serving Humanity and tell a non-Rotarian!

President Rowan.

Our Leadership 2016/2017



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

ROTARY FOUNDATION named World's Outstanding Foundation for 2016

The [Association of Fundraising Professionals](#) has recognized The Rotary Foundation with its annual Award for Outstanding Foundation.



Our Guest Speaker



Dr. Laura Dumas – Rotary Scholar

Dr. Laura Dumas is an impressive young scientist who addressed our Club at a very special club meeting as we celebrated Rotary and especially The Rotary Foundation in recognition that November is 'Foundation Month' and our foundation is being celebrated by Rotary Clubs and Districts throughout the world.

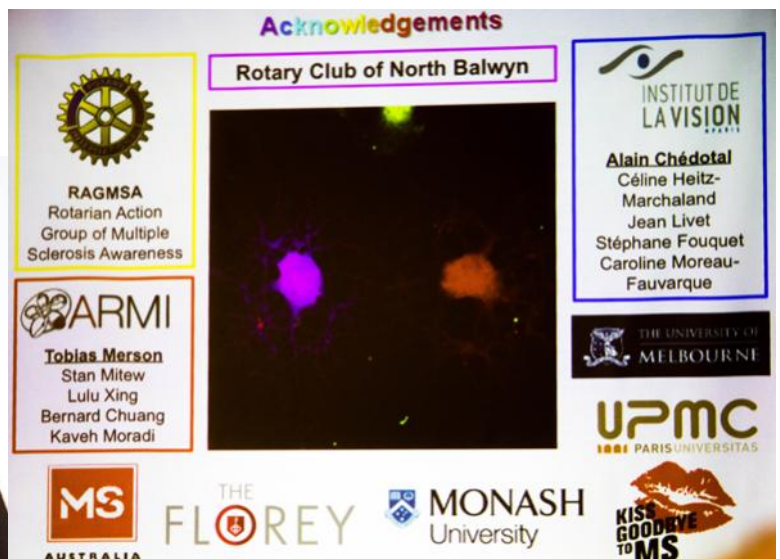
Laura's continuing education and research at the Florey Institute of Neuroscience and Mental Health is made possible through a Rotary Foundation Global Grant Scholarship she was awarded earlier this year. She is on a quest to develop neuroprotective strategies to prevent irreversible neuronal injury in Multiple Sclerosis (MS).

She studied at the Pierre and Currie University in Paris, where she received her Bachelor's Degree in Science and Technology, her Masters Degree in Integrative Biology and Physiology and her PhD in Neuroscience. With her broad and interdisciplinary educational background she became determined to devote her efforts to understanding the biological mechanisms underlying the development of the myelin-forming oligodendrocytes.

In MS, both myelin and oligodendrocytes are sequentially destroyed. Dr. Dumas has developed innovative tools to label individual oligodendrocytes with different fluorescent reporter proteins, based on the multicolour Brainbow technique. This has enabled her to achieve unprecedented contrast in multicoloured nervous system to characterise for the first time how oligodendrocyte networks are organized at a cellular level in vivo.

Laura is working at the cutting edge of medical science researching ways to identify, prevent escalation and/or cure Multiple Sclerosis and Rotary, through our Rotary Foundation is supporting her in her quest in a very tangible way.

Jim Studebaker



Celebrating 100 years of Rotary Foundation



Foundation Chairman Findley toasted Rotary Foundation's 100th Birthday, Areta Hurnard prepared a lovely 100 years celebration birthday cake, PDG Denis Shore assisted with the celebrations and Lynda cut the cake which we all enjoyed!



[Catherine Zhou & Rachel Niesen](#) - received an honourable mention at the [Evatt Debating Competition](#)—Australia's Model UN Diplomacy Competition. They are in the Interact Club at Balwyn High School and our Club sponsored them to the event.

Evatt is a Model United Nations Security Council diplomacy competition for students in Years 9-12. More than 2,000 students compete in Evatt each year.

It aims to educate young people about Australia's place in the world and empower them as active citizens by developing public speaking, negotiation, teamwork, research, and diplomatic skills.

The City of Boroondara invites you to celebrate International Volunteer Day

Join the Mayor, Cr Phillip Healey, and the Boroondara Volunteer of the Year 2016, Debbie McColl Davis to celebrate the contribution that volunteers make across the City of Boroondara.

International Volunteer Day is a time to acknowledge the efforts of volunteers and the difference they make in their communities.

As a valued volunteer, we would be delighted if you could join us.

Monday 5th December. 4.30 to 6.00pm.

The Zelman Room, Hawthorn Arts Centre, 360 Burwood Rd, Hawthorn.

RSVP by Wed 23rd November via [EVENTBRITE](#)

Melbourne City Rotaract Christmas Trivia: Hello 9800 Rotarians,

You and your club members are invited to Melbourne City Rotaract Club's final event of the year! We're holding a charity trivia night on the 26th of November, raising funds for Save the Children. It's going to be a great night and we hope to see you there!

Yours in Rotaract,
Jade Chan

2016-17 Club President | Melbourne City Rotaract Club

The Courthouse Hotel; 86-90 Errol Street; North Melbourne, Victoria 3051

BOOK HERE

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



Connecting Communities - Serving Humanity

Dear Rotarians and Friends
We have a great range of speakers and entertainers on our program and you can see their details on our website. Keep an eye on our Facebook page for updates

(<https://www.facebook.com/D9800Conference/>). If you haven't registered yet, there are discounts and concessions available for early bird registration. These apply to bookings made and paid for by November 30th, so get in quick while the offer lasts. Registrations can be made through our website www.rotaryconference.org.au.

If you have registered, check out the website for ideas about pre and post conference tours. Of particular note is a visit to the cellar door of our Official Wine Supplier, Tallis Wines. The wine, food and views are great and there is a walking trail for the energetic. Tallis is offering visitors discounts of 10% if you buy 6 bottles of wine at the cellar door and 25% if you join their wine club.

I look forward to seeing you in Shepparton in 2017.

Yours in Rotary, Kevin Love, Conference Chair

A GARDENING REVIEW OF 2016

Greetings to everybody involved with yet another terrific Rotary Club of North Balwyn Garden's Project during 2016.

Together, we have "made a difference" to a number of Resident's lives by giving their properties some much needed tlc and/or more brutal makeovers.

On behalf of RCNB and our delightful and extremely grateful Residents, a HUGE thank you to Camberwell Grammar, Xavier and MLC for their valued participation – we 'older people' can't do this without you !!

Some approximate figures from 2016:

1186+ Community Service hours – amazing.

70 visits – phew.

9 washouts/heat....

39 properties

349++ Bins (thanks Bill & Wes!!)

189 Rotarian timeslots filled.

43 individual Rotarians involved (my personal thanks).

Looking toward to 2017, the Gardening Project will continue full steam ahead with all of your support – remember, any referrals are gratefully accepted anytime.

We will publish a diary of Gardening activities but for now, assume Fridays and Saturdays continue thru the year, except in School holidays.

In 2017, we welcome Peter Elliott to the RCNB Gardening Team as Coordinator. As always, Brian, Geoff and myself are the other 3 "Executive" Gardening Rotarians – "self-appointed" – happy to chat anytime!!

We wish you all a very happy, healthy, and prosperous Festive Season.

Cheers for now, Regards

Greg Cribbes



[Mongolian Youth Exchange Information session at Balwyn Primary School](#)- Estelle Kelly, Bill Oakley and Ian Adams presented to students and parents.

The presentation went well with eight students attending with a parent. Thank you Bronwen for organising the availability of the library. [Read more](#)



The Christmas Raffle.

Members have been sent by separate E-mail the instructions for when you are a selling. **Please keep volunteering!**

Return ALL ticket butts and payment DIRECTLY to Jim, Russell Turner, or Peter Wilson.

Do NOT hand over cash and ticket butts at the desk on meeting nights.

Hi everyone, please dust off the 2 raffle books you have been issued...try selling them to friends and family and return sold books to me with money or cheque, this or next Thursday ...please.

Jim Romanis

Only \$2.50 and when you turn it over there is a \$2.00 voucher to spend at Bakers Delight!

Bakers Delight
We're for real.

CHARITY GOLF DAY 10th February 2017

We are progressing well with sponsors, however any suggestions of potential sponsors from members would be greatly appreciated. We have available sponsorships of \$350 \$650, \$1250, \$2500 with appropriate benefits including promotion of sponsors.

Please contact me (Jim) for details.

JIM ROMANIS [Jim & Kerrie Romanis <kezjim1@bigpond.com>](mailto:kezjim1@bigpond.com)

Christmas Breakfast – 22nd December 2016.

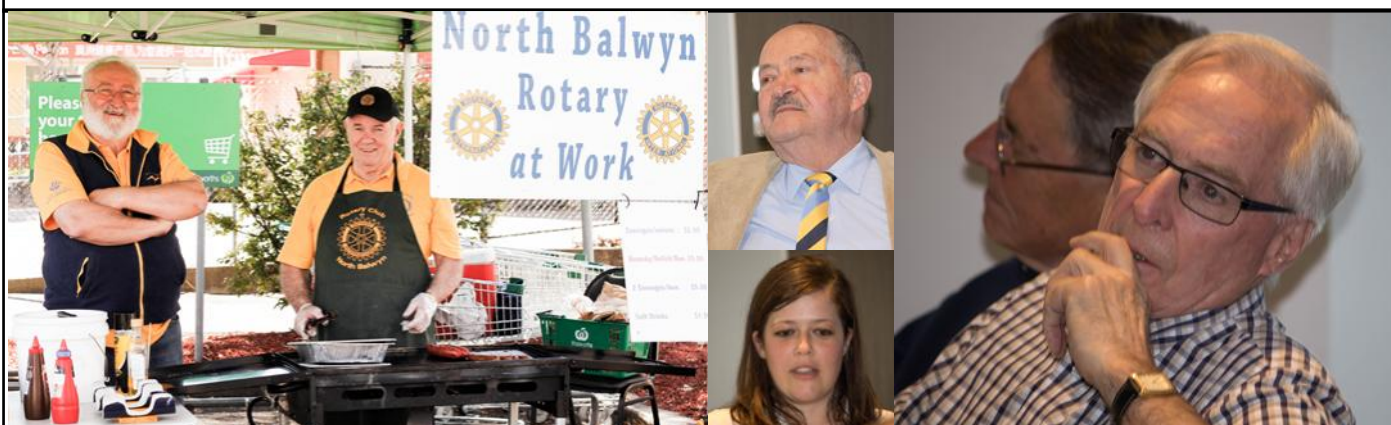
North Balwyn Cricket Club, Macleay Park,
Belmore Road, North Balwyn.

7.00 am till 8.30 am.

\$25.00 per head. Partners welcome.

Please advise Hugo.

Breakfast
with 
Santa



Geoff's Health Tip

Dietary Fibre is now tied to living a long and healthy life.

Most people know that a diet high in fibre helps to keep us regular. Now, Australian researchers have uncovered a surprising benefit of this often-undervalued dietary component.

A new paper published in *The Journals of Gerontology, Series A: Biological Sciences and Medical Sciences* by researchers from The Westmead Institute for Medical Research — reports that eating the right amount of fibre from breads, cereals and fruits can help us avoid disease and disability into old age.

Using data compiled from the Blue Mountains Eye Study, a benchmark population-based study that examined a cohort of more than 1,600 adults aged 50 years and older, the researchers explored the relationship between carbohydrate nutrition and healthy aging.

They found that out of all the factors they examined — which included a person's total carbohydrate intake, total fibre intake, glycemic index, glycemic load, and sugar intake — it was the fibre that made the biggest difference to what the researchers termed “successful aging”.

Successful aging was defined as including an absence of disability, depressive symptoms, cognitive impairment, respiratory symptoms and chronic diseases, including cancer, coronary artery disease and stroke.

According to lead author of the paper, Associate Professor Bamini Gopinath, PhD, from the Institute's Centre for Vision Research, the study is the first to look at the relationship between carbohydrate intake and healthy aging, and the results were significant enough to warrant further investigation.

Dr Gopinath said that “Out of all the variables that we looked at, fibre intake — which is a type of carbohydrate that the body can't digest — had the strongest influence. Essentially, we found that those who had the highest intake of fibre or total fibre actually had an almost 80 percent greater likelihood of living a long and healthy life over a 10-year follow-up. That is, they were less likely to suffer from hypertension, diabetes, dementia, depression and functional disability.”

Although it is too early to use the study results as a basis for dietary advice, Dr. Gopinath said the research has opened up a new avenue for exploration.

This study backs up similar recent findings by the researchers, which highlight the importance of the overall diet to healthy aging. Geoff

QUIZZ QUESTIONS

Why did the founders settle on the name Rotary? – The early practice of rotating meetings among members' offices

What is the official meaning of the Rotary wheel emblem? - There is no official meaning. How many spokes & cogs make up the Rotary wheel? - six spokes and 24 cogs

True or false – when a person becomes a member of a Rotary Club, they automatically become a member of Rotary International. - False – Rotarians are members of Clubs, it is Rotary Clubs that are members of Rotary International.

What are the official colours of RI? - Blue & Gold

What is name of our Club's President Elect? And what is the RI theme for the year in which he or she will be President? Rob Head, Not yet released - to be announced at the RI World Assembly (early next year)

Name Rotary's five Avenues of Service - Club Service, International Service, Community Service, Vocational Service, Youth (formerly New Generations)

When were women first admitted to Rotary? - US Supreme Court decision 1987 and RI Constitution and Bylaws changed two years later.

To what does this statement refer: Recognises and supports the positive change implemented by youth and young adults through leadership development activities such as RYLA, Rotaract and Interact club service projects and creating international understanding with Rotary Youth Exchange – Youth Avenue of Service

In 1932 Herb Taylor create what has become a cornerstone of what we do in Rotary - The Four Way Test. What are the elements of the Four Way Test? - 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.

What is the oldest program of the Rotary International Foundation? Ambassadorial Scholarships, established in 1947.

What portion of our RI subscriptions goes to TRF? - None. The Rotary Foundation is supported through fund raising programs and contributions by individuals.

Rotary had a role in the creation of the United Nations. Where and when did that occur and why?

In 1945 – 46, 49 active Rotarians gathered in San Francisco to help a meeting of world leaders draft the UN charter?

What has been the largest program of the Rotary Foundation (based on total annual expenditures)? – Polio Plus Eradication Program.

When was the Polio Plus program established and with what Australian connection? – 1985 and Clem Renouf from Queensland who was a World RI President.

Name four of the five “plus” diseases in the Polio Plus program – Measles, Diphtheria, TB, Tetanus, Whooping Cough

In 1905 Chicago Attorney Paul Harris organised the first Rotary meeting on 23rd February, which lead shortly thereafter to the formation of what?

Rotary Club of Chicago

Who was the first Rotary Club President?

Paul Harris was the founder and organiser of the first Rotary Club in Chicago in 1905, but the man selected to become President was one of the other founding members, Sylvester Schiele. Paul Harris later became the first President of RI, although at that time the organisation was formally called the National Association of Rotary Clubs. (This group included 16 Clubs – today there are more than 34,000 Clubs.)

MEETING ROSTERS

| | |
|---|--|
| Thursday 24th November Speaker: TBA Topic: TBA Host: TBA Setup: John Magor, Rob Stewart Greeting: Greg Ross, Eileen Toohill Desk: Don Taylor, David DeGaris | Thursday 1st December Speaker: TBA Topic: TBA Host: TBA Setup: Ian Richardson, Sue McDonald Greeting: Geoff Steinicke, Lindsay Pegg Desk: Imre Lele, Anthony Stokes |
| Thursday 8th December Speaker: TBA Topic: TBA Host: TBA Setup: Peter Wilson, Nino Sofra Greeting: Larry Fitzpatrick, Greg Cribbes Desk: George Swanson, Takao Yukawa | Thursday 15th December Rotary Christmas Dinner Meeting Setup: Greeting: Desk: |

Meeting No.21

Thursday, 17th November 2016

Present:

| | |
|--------------------|--|
| Guest Speaker | 1 Dr Laura Dumas - Rotary Foundation Scholar at The Florey Institute. |
| NB Members | 45 |
| Wives/Partners | 1 Carmel Bott |
| Visiting Rotarians | 2 PDG Dennis Shore - Hawthorn, PP Martin Taurins - Gisborne. |
| Guests | 2 Lynda Shore & Diana Taurins |
| Interact Students | 2 Catherine Zhou & Rachel Niesen - Sponsored to Evatt Debating Comp. |
| | Member Attendance = 78.1% |
| Other Activities | 11 Gardening Project - G. Matthews, R. McClean & G. Steinicke. |
| (Board Approved) | District - Adrian Ranson, AG Glen Eira; Japan - Aust Cultural Afternoon |
| | Catering - J. Pennington, G. Ross & G. Symington |
| | Camp Getaway - C. Sharp & G. Symington |
| | Pres. R.McClean - Kew Network; BCC Council - Homelessness. |

Absences for Rosters:

Peter Elliott, Paul Fitz, Beatrice Ko, John McBride & Belinda Wandabwa

Celebrations

Birthdays: Rob Stewart; Ian Mollison; Kris Walters;

Inductions: Tony Hart 2008

Weddings Duncan and Jane Ansell

MAKE NOTES OF THESE DATES IN YOUR DIARYSee also http://www.rotarydistrict9800.org.au/notices_and_events_future**Thursday 24th of November.** AGM and Club Meeting**Monday 28th November.** Interact Tech Class on the 28th November

Time: 5pm-6:30 pm: Date: 28 November: Venue: Hawthorn Library Cost: \$5

Friday 9th December: Christmas Fare: 9am to noon in North Balwyn Village**Thursday 15th December:** Christmas Dinner at KGC with entertainment by talented musical club members and partners.**Saturday 17th December:** Carols in The Park**Thursday 22nd December:** BBQ breakfast at North Balwyn Cricket Club. 7.00 am to 8.30 am
Macleay Park, Belmore Road, North Balwyn.

\$25.00 per head. Partners welcome. Please advise Hugo if you cannot attend or are bring your partner.

Sunday 15th January: Brunch at Warranglen Nursery, Warrandyte – 9.30 am to 11.30 am**Monday 16th January:** Cluster BYO evening in Canterbury Gardens**Thursday 19 January** First club meeting for 2017. Fellowship BBQ at KGC. There will be no meeting the following week Thursday 22nd Jan
Normal meeting pattern will recommence on 2 February.**Friday 10th February 2017 Rotary Golf Day**

Kew Golf Club 7.30am start for 128 Players with a shotgun start .

Saturday, 18th February 2017. TRAMBOAT LUNCHEON CRUISE
Sail from Victoria Harbour, down the Lower Yarra and up the Maribyrnong River.www.tramboat.com.au

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



Connecting Communities - Serving Humanity

Please note: Rob Head has booked-out a nice compact motel for our Club very close to the Conference venue.

See Rob for accommodation details.

Registrations are now open!

Early Bird Discounts apply.

www.rotaryconference.org.au to register.

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

Web: www.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.

Please apologise **no later than 5pm on Tuesday**.



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?

NOVEMBER IS



Rotary
Club of Kapuskasing
Serving our community since 1966
www.rotarykapuskasing.com

D9800 Probus

North Balwyn Probus President 2015/16

Ken Mitchell: mitchellkv@gmail.com

North Balwyn Heights Probus

Secretary Sue Mullarvey yarramul@tpg.com.au

Phone: 613 9857 4305 Mobile: 0400 821 402

Greythorn Probus

Meets on the second Tuesday of each month at 10am in St Aidan's Church Hall, Duggan St, Balwyn North.

Tel: 03 9859 4941

Boroondara Ladies Probus

(Secretary Janet Eddy)

jveddey@applewood.net.au



**ROTARY
SERVING
HUMANITY**



**ROTARY CLUB OF
NORTH BALWYN**

Our Club Web Site
www.rotarynorthbalwyn.com.au

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

Support Our Sponsors



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

