

The Grapevine



Rowan's Reflections

Our Leadership 2016/2017

Our guest speaker this week was Sue Gunningham who tragically lost her husband Barry in the Black Saturday fires. It was some time before she was able to make notes about the events of that day, but eventually did and produced a book "All The Days After". Sue showed us some photographs of her home "Waldene" in its beautiful surroundings near Kinglake before and after the fires: the only thing left standing in the charred landscape was the chimney of her home. Many of us were tearful as she shared her terrible experience and the journey since, and we were grateful for her openness and candour.

This week the Board was briefed by David Whiting the District 9800 Governance Director.

In addition to general advice for club Directors, David advised us about several important issues in relation to Rotary insurance. District has five policies (detail is available on the website) and RAWCS has separate insurance for registered projects.

One key issue for us is that it is now illegal to insure the gap between private medical providers and the Medicare gap. In the case of any accidents at Rotary events, injured persons should be taken to a public hospital or the gap will have to be paid by the patient or the club. Two key considerations for insurance cover are:

- Is it an officially constituted Rotary activity?
- Is the person affected a participant in that activity?

There are obviously differing circumstances, and that is when the District Insurance Officer and Director Governance can help clubs with any enquiries. Our event coordinators should keep rosters of members scheduled for events and always prepare a written incident report of anything that could give rise to an insurance claim.

All members are asked to register on the MyRotary.org website. This provides you with access to a vast amount of information and tools which you can easily customise for your personal needs.

A membership application from Beatrice Ko has been approved by the Board and will be circulated to members as is required under our club Rules.

Alumni will be created as a new category of 'Friends'. We currently have 23 Alumni listed in our records. Another category, known internally as 'contacts', will be separate from Friends and will include corporate sponsors, exchange students, politicians and other supporters. All of these people will receive the Grapevine and the Board has decided that none of them will pay subscriptions.

A Rotary Success Seminar will be held at Trinity Grammar School next Saturday 27 August from 9.30 to 12.30 with a light lunch afterwards. The cost is \$20 and, from personal experience, this is a great way to get a quick overview of Rotary and District activities. I recommend it to all members, Friends of Rotary and partners.

A RAWCS application has been lodged for Mahera Academy, an Educational Institution in Kenya supporting orphans, vulnerable children and children with special needs. Jim Studebaker will be Project Manager.

Anyone possessing significant items belonging to the club should advise Barry Cummings to enable him to complete our assets register, an update of which was commenced with a stocktake at the containers at Chris Cross on 30 June.

Finally, don't forget the **Camcare fund-raiser** on 1 September which is a cluster meeting at Green Acres Golf Club. This meeting takes the place of our club meeting that week. Registration details are shown elsewhere in the Grapevine.

Next weeks meeting with Professor Geoffrey Donnan AO as our speaker on the subject of brain research, will be a very interesting evening which your partners, friends and associates would be most welcome to join us.

Have a great week demonstrating Rotary Serving Humanity!

.President Rowan



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



Thursday 25th August PARTNERS WELCOME

Speakers: Professor Geoffrey Donnan AO
Topic: Research into the brain: the new black
Host: Greg Ross
Setup: John Rennie and Ted Angleton
Greeting: Robyn Stepnell and Takeo Yukawa
Desk: Bronwen Dimond and Paul Fitz



At last weeks meeting:-



Bev and Nino Sofra have returned from travelling in Europe. Also returning from vacationing is Barry Cummings.



Sue Gunningham provided us with a very graphic and emotional picture of the effect that the Black Saturday fires had on her. Sue's husband Barry perished at their home 20 minutes after a phone conversation with Sue.



Greg Ross shared his experiences of how bushfires resulted in loss of house, property and the lives of neighbours



Colin Sharp and a army engineering group were tasked by government in developing design parameters for a bush-fire refuges. No definitive answer was found for providing a shelter to meet conditions present in the Black Saturday bushfires.



Chairperson Greg Matthews presented Sue Gunningham with a certificate of appreciation on behalf of the club.

Thursday 1st September

PARTNERS WELCOME

Cluster Meeting at Green Acres 6:30 for 7:00

A fund raiser for Camcare with auction items and silent auctions. \$55 a head. 2 course meal with coffee/tea and pre dinner drinks

Setup: Jack Liao and Steven Greatorex

Greeting: Ian Adams and Peter Elliott

Desk:: Garth Symington and Jim Romanis



IMPORTANT ANNOUNCEMENT IMPORTANT ANNOUNCEMENT IMPORTANT ANNOUNCEMENT**FOR YOUR DIARY**

The **Rotary Golf Day** to be held at Kew will be on **Friday 10th February 2017**.

Club will donate a round of golf for 4.

7.30am start for 128 Players with a shotgun start .

Sponsors are being sought! More news shortly!!

**\$\$\$ Subscriptions 2016/17**

A BIG thank you to all Members who have already settled their accounts.

As of Friday 12th August, **52%** of \$Subscriptions have been deposited.

Remember, our total Subscriptions will cover our budgeted Admin and RI costs.

As a reminder, the following payment options make it easy for you to settle:

By cash or by cheque payable to "Rotary Club of North Balwyn Inc" handed to Assistant Treasurer Geoff Haddy or Treasurer Greg Cribbes,

or

By cheque posted with invoice to RCNB, PO Box 135, North Balwyn 3104,

or

Preferably, by internet direct bank transfer to the Club's Administration account:

BSB: 033 058 A/c Number: 123688 A/c Name: Rotary Club of North Balwyn Inc Administration Account.



President Rowan has attended the last 2 years and recommends this seminar to all members!!

WANT TO FUTURE-PROOF YOUR CLUB?



Help make your Rotary Club ready for the FUTURE!

- Join us at our annual Rotary District 9800 Success Seminar!
- A seminar for every type of Rotarian - new, old, big or small!
- What does the future have in store for Rotary?
- Where will your next members come from?
- How to make your club even better and how to promote it!

Where: Trinity Grammar, Kew

When: Saturday 27th August 2016

9.30 for 10am until 12.30pm, followed by light lunch (included).

Cost: \$20 per person

Bookings: 9800.streamevent.com.au

Rotary
District 9800

**GARTH WANTS YOUR ROTARY DOWN UNDER MAGS!!!**

Garth has a better way of recycling your RDU when you've finished reading them. They will be placed in reception areas, coffee shops etc around North Balwyn and Boroondara.

These RDU's will have RCNB contact details attached. Please put them in the Green carton!!





*The Rotary Clubs of Balwyn and North Balwyn invite you to
A SPECIAL FUNDRAISING DINNER*

*This is Rotary serving our local community
with all proceeds going to Camcare*

Many of the Rotary Clubs in Boroondara have supported Camcare in the past and we wish to continue and enhance this support.

We hope that the Clubs will consider attending this function in place of their usual weekly meeting.

We welcome you

On: Thursday 1 September 2016

At: Greenacres Golf Club
Elm Street, East Kew

Arrive at 6.30pm for an initial drink with
proceedings starting at 7.00pm

The cost is \$55.00 per head which includes a
two course meal, initial drink and tea/coffee.

Contact Person for Questions:
Kevin Walsh: President Balwyn Rotary
Ph: 0407 354 588
Email: kevin@kwwalsh.com.au

Bookings through: www.trybooking.com/214264
By 30th August 2016.

Partners are very welcome.
Friends and others need to book in.
For more information, Contact Jane by
email jane.pennington@bigpond.com
or phone 0408 402 555 .

Camcare is a community based, not-for-profit organisation which focuses on supporting people in Boroondara and surrounding areas through times of adversity including unemployment, ill health, relationship difficulties, and financial stress and hardship, including homelessness and food security issues.

Camcare seeks to work with all members of the local community to provide services that assist people to identify and use their strengths, acquire new skills and confidence and manage their affairs independently.

As this is a fundraising event come ready to bid on some auction items – the evening will feature a live auction and a silent auction. Or you might do better with the quiz on the table. Camcare will benefit from your generosity!!



Club of North Balwyn

GARDENING PROJECT

22 August 2016

There is a special session coming up on **Wednesday 21st September**. Once again we are joining with YEP (Youth Engagement Program – young people from a group of Catholic churches) for their once-a-year garden blitz. This time the gardening working bee will be at an organisation President Rowan is very keen for us to support - **The Royal Talbot Rehabilitation Centre** (Brain Disorder Unit). We'd like a strong team from RCNB – please nominate below and come, even if for only part of the day.
(Geoff H)

Date and Who with	Time	RCNB Supervisor	Assisted by
Fri 26/8 - CGS/X	2.45 - 5.15pm	Brian Hurnard	Russell Turner (+1 pls.)
Sat 27/8 - MLC	10 - noon	Marcel Muntwyler	Rowan McClean
Fri 2/9 - X	4.00 - 5.15pm	Geoff Haddy	Tony Ho
Fri 9/9 - X	4.00 - 5.15pm	Greg Cribbes	Ian Richardson
Special working bee Wed 21/9 With YEP	10.00am – 3.00pm At Royal Talbot	Geoff Haddy	Estelle Kelly
		Nino Sofra	
16 Sept to 3 October	SCHOOL BREAK		
Fri 7/10-X	4.00 – 5.15pm	Geoff Haddy	(1 pls.)
Sat 8/10 – MLC	10 - noon	Rob Head	Estelle Kelly
Fri 14/10 – CGS/X	2.45 – 5.15pm	(1 pls.)	(2 pls.)
Sat 15/10 - MLC	10 - noon	Marcel Muntwyler	(1 pls.)
Fri 21/10 – CGS/X	2.45 – 5.15pm	(1 pls.)	Findley Cornell
(Fellowship wkend)			(+1 pls.)
Sat 22/10 – MLC	10 - noon	Greg Cribbes	Lindsay Pegg
Fri 28/10 – CGS/X	2.45 – 5.15pm	(1 pls.)	(1 pls.)
Fri 4/11 – CGS/X	2.45 – 5.15pm	Greg Cribbes	(2 pls.)
After 4/11 until February	SCHOOL BREAK		

Please indicate your availability by adding your name as the board circulates at our next meeting, or advise **Geoff Haddy** by phone or text 0418 584 968 or email ghaddy@bigpond.net.au

YEA

GARDEN EXPO

24 & 25 Sep, 10AM-4PM

Location: Yea Racecourse
Only an hour from Melbourne...

Entry \$5 for adults - kids FREE

FREE PARKING

Contact: yeagardenexpo@optusnet.com.au

Seedlings

Garden sculptures

Mulch, fertilisers & compost

Ride-on & push mowers

Nurseries

Designers & Contractors

Geoff's Health Tip

Gratitude Benefits both Mind and Body

It is generally believed that mental and physical health are closely intertwined, but new data suggests your attitude may have a major influence on your risk of Cardio Vascular Disease (CVD).

In a study conducted by Dr Paul Mills of the University of California San Diego School of Medicine, 186 men and women with known heart disease were recruited to fill out a gratitude questionnaire. The results of the study showed that the more grateful people are, the healthier they are. The results were achieved by measuring the participants' inflammation levels. Inflammation strongly correlates with the development of CVD. The study did not explain how gratitude helps the heart, but Dr Mills believes the key may be reduced stress.

The results aren't surprising in light of previous studies linking negative emotional states with increased risk of heart attack and stroke. A 2012 review of 200 studies by the Harvard School of Public Health concluded that optimism and happiness do reduce CVD risk.

Neuroscientist Emiliana Simon-Thomas at UC Berkeley has also seen gratitude relieve symptoms of post-traumatic stress disorder (PTSD) especially with individuals such as Vietnam Vets. Simon-Thomas noted that "after eight weeks of practice, brain scans of individuals who practice gratitude have a stronger brain structure for social cognition and empathy as well as the part of the brain that processes reward".

UC Berkeley's online magazine *Greater Good* reveals that gratitude comes with an array of extra benefits that includes: improved personal and work relationships, increased mental strength and resilience, reduced stress and anxiety, diminished aggression and better sleep.

Geoff

**Synthetic protein offers hope of malaria cure**

According to the World Health Organization (WHO), malaria was responsible for an estimated 438,000 deaths last year. Initially, symptoms seem flu-like, including nausea, fever, headaches and sore joints and muscles, but things get worse if left untreated, and could eventually end in death.

Of the serious diseases transmitted by the mosquito, malaria is one of the most common and dangerous, killing hundreds of thousands of people each year. Now, scientists have developed a synthetic protein which not only completely cures malaria in mice, but also prevents the disease from recurring down the track.

"There are drugs available that treat malaria, but emerging drug-resistance is becoming an increasing problem, especially in parts of South-East Asia," said Dr. Michelle Wykes, head of the Molecular Immunology laboratory at QIMR Berghofer Medical Research Institute in Australia. "Vaccines that are being trialled generally only protect against some species of malaria parasite, and they don't protect people in the long-term. This means that we urgently need new treatments."

Research conducted at the Institute may have uncovered a new solution. A certain protein helps the immune system fight off infection, but advanced malaria tends to suppress that protein. Realizing this, the team synthesized their own version of it. See the full article at:- <http://newatlas.com/malaria-synthetic-protein/44936/>

**FELLOWSHIP FUNCTION**

Friday, 26th August 2016.

6.30 for 7.00 pm.

Venue: Eastern Bell Chinese Restaurant

Address: Belmore Plaza,

399 Belmore Road, East Balwyn.

Menu: a 10 course Banquet incl. tea/coffee.

Cost: \$50.00 per head

Drinks: BYO everything.

Corkage: Nil.



MEETING ROSTERS

Thursday 25th August

Speakers: Professor Geoffrey Donnan AO
 Topic: Research into the brain: the new black
 Host: Greg Ross
 Setup: John Rennie and Ted Angleton
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 Desk: Garth Symington and Jim Romanis

Thursday 8th September

Speakers: Professor Geoffrey Donnan AO
 Topic: TBC
 Host: TBC
 Setup: TBC
 Greeting: TBC
 Desk: TBC

Thursday 15th September

Speakers: Malcolm Baird
 Topic: Rotary Action Group Against Child Slavery
 Host: Rob Head
 Setup: TBC
 Greeting: TBC
 Desk: TBC

Meeting No. 8

18th AUGUST 2016

Present:

Guest Speaker	1	Sue Gunningham
NB Members	44	
Exch Student	0	
Wives/Partners	2	Heather Matthews, Bev Sofra
Visiting Rotarians	0	
Friends	1	Maria Gouvoussi
Guests	0	
Prospective Member	1	David Bygate

Total

"Activities" 1 Anthony Stokes ; Rotaract Changeover

Absences for Rosters:

Ian Adams, John Burley, Greg Dimopoulos, Larry Fitzpatrick, Tony Ho,

- Don Taylor, Peter Elliott, Hugo Goetze, Tony Hart, Jurgin Kehne, Matt Pauli,
- Brian Lacy, George Swanson, Garth Symington, Maurie Walters, Jim Studebaker

Celebrations: Monday 23rd August to Sunday 30th August

Birthdays:

Induction Anniversaries:

Ian Adams

Wedding Anniversaries:

Geoff and Lis Haddy John and Elaine Magor Ian and Alison Adams

MAKE NOTES OF THESE DATES IN YOUR DIARY

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

2017 DISTRICT 9800 CONFERENCE

SHEPPARTON - VICTORIA
30 MARCH - 1 APRIL



Connecting Communities - Serving Humanity

Registrations have opened for the 2017 District 9800 Conference in Shepparton

There will be pre and post conference activity in the Goulburn Valley.

There are significant discounts for early-bird registrations, partners and first time attendees.

Visit the website www.rotaryconference.org.au to register and take advantage of these discounts.

TRAMBOAT LUNCHEON CRUISE

Have you ever sailed from Victoria Harbour, down the Lower Yarra and up the Maribyrnong River, passing Flemington Racecourse, and enjoying morning tea on the way, strolling through the beautiful Poynton's Nursery, and having a lunch of Gourmet sandwiches on the way back?

You will have the opportunity on **Saturday, 18th February 2017**.

The Tramboat Restaurant has been booked for 30 plus members, and leaves at 10.30 am, returning around 2.30 pm.

Cost will be \$55.00 per head.

Put this in your diary now so that you are free to join cruise.

Many thanks. The Fellowship Committee.



Friday 21st–Sun 23rd October Ballarat Fellowship w/e

Join us for a choice of golf, fellowship, historical sites, galleries, museums, the lake and gardens.

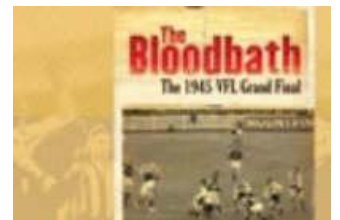
(Those not attending require a note from their parents to Rob Head)



GRAND FINAL NIGHT THURSDAY SEPTEMBER 29th 2016

Our speaker is Ian Shaw, author of "The Bloodbath, the 1945 Grand Final"

Always a great night to squeeze into a club jersey, don your club beanie and club scarf while painting your face in war paint of your club colours! Put this pre-eminent date in your diary !! [PS The acting editor has to dig up his Don's gear following a burial ceremony earlier in the season!!]



10 - 14 June 2017

ATLANTA, GEORGIA, USA

Rotary  INTERNATIONAL CONVENTION



- Meet the most inspiring people in the world
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- Join The Rotary Foundation celebration
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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?



D9800 Probus

North Balwyn Probus President 2015/16

Ken Mitchell: mitchellkv@gmail.com

North Balwyn Ladies Probus

9857 7980 Meets on the second Monday of the month, at North Balwyn Baptist Church, 136 Doncaster Rd, Balwyn North, at 10am.

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 (Sect Janet Eddy)



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



Eastgate

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Bakery
(9890 0066)
22 Hamilton St
Mont Albert 3127

FLETCHERS

CHRIS CROSS

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



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