

# The Grapevine



## Rowan's Reflections

The Club Board met this week and, thanks to an outstanding fund-raising year, allocated an additional \$10,000 to Australian Rotary Health for Mental Health research, a further \$9,000 to the Rotary Foundation, \$2,000 to Rotarians Against Malaria and \$2,500 to [Umoja School](#). [David Winter of Mont Albert and Surrey Hills Rotary](#) has been busy fund-raising for Umoja's Land & Building Project. David is also a keen supporter of our fund raising efforts through his donations of bread for our BBQs from his [Bread Street Bakery](#).

Whilst our Fund Raising has been spectacular our Club's Administration Account continues to run at a slight deficit. We are not permitted to use money raised from The Public for our internal use and we fund the Club's Administration solely from Member Subscriptions and Club Functions. The Board is looking at strategies to get it back to break-even.

The meeting next week will be chaired by Vice-President Bill Oakley, as I will be with our team in Vietnam. The Guest Speakers next week are Carolyn McClean and Fiona Read from the City of Boroondara who will outline council plans for the new [North East Community Hub](#). This is a significant development for this area of Boroondara, and our Club is vitally interested in the benefits it will bring to local residents.

Thank you to those people who offered to help with the Venturer Vocational interviews next Wednesday. If anyone else can help please contact Director Vocational service John Magor.

Submissions for the Club Annual Report are due to Jane Pennington next week please.

[The Rotary Foundation Centenary Gala Dinner](#) is being held on 31 May and Director Foundation Findley Cornell would love to have two more couples to make up our club's table of 10. Cost is \$165 per head. Findley is going by Limousine and may have a spare seat for you to arrive in style.

The [Third District 9800 Rotary Showcase for the year will be held at Echuca](#) in conjunction with their steam rally on the Queen's Birthday weekend 10 and 11 June. Rotary Showcases are designed to inform non-Rotarians about the fantastic work we do in Australia and Overseas and seek their engagement. Ten thousand people are expected at the Rally and, if you have never been to Echuca, here is your chance! Several of us are going, and everyone is welcome.

The District 9800 Governor Changeover is being held at the RACV Club at lunchtime on Sunday 25th June, and all members are encouraged to attend. Cost per head, all inclusive, is \$79. [Registrations are online at the RC Brighton website](#).

Finally, the [Camberwell Art Show](#), run by the Rotary Club of Camberwell, will be held between 7 to 16 July. We can expect a Club Night to be arranged by our Fellowship Chair in June and that will be publicised in a June Grapevine.

Thanks everyone for what YOU do to contribute to Rotary Serving Humanity!  
Have a good week.

President Rowan



## Our Leadership



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

Visit our Club Website:

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

See us on Facebook: [Click HERE](#)

Read The Networker:

[Edition 20 - Citizens of Tomorrow](#)



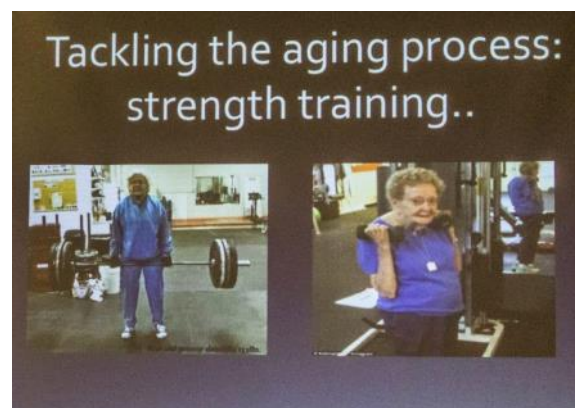
Read the MAY Rotary Down Under: [Aussie Rotarians Abroad](#)

District 9800 EVENTS

[All District Events](#)



Drew McGuinness, a Physiotherapist with [Keiser Training](#), outlined the essentials of keeping your body in shape at all ages, but with a particular emphasis for those of us who are ageing. He is a specialist in lower back pain, and suggested that some 80% of us probably suffer from back discomfort in some form or other: a show of hands confirmed that assumption! Drew outlined some strategies for exercise and weight training that can be undertaken without consuming too much time, but which can have quite dramatic physical improvement effects. Several of our members now go to Keiser, thanks to the enthusiasm of advocate Jim Romanis.



<— Jim's transformation is underway !



[Terry Davies from R.C. Penrith Valley – Corporate Manager of Australian Rotary Health \(ARH\)](#) was a guest of [Greg Ross, Vice Chairman](#) (soon to be Chairman of the Board) of ARH.

Terry informed us of the [Rotary Caravaning Muster around Australia](#) and urged us to get interested in supporting The Muster with donations and /or participation.

Read all about it [HERE](#)



## AUSTRALIAN MUSTERS FOR MENTAL HEALTH

The Muster for Mental Health will have 12 Tours to complete the journey around Australia visiting Rotary Clubs and Regional Towns & Cities to bring focus on the importance of sustaining Mental Health Research especially for young Australian and youth suicide.

[VIEW DRIVE DETAILS](#)

**JOIN OUR JOURNEY  
AROUND AUSTRALIA WHILE  
ON THE ROAD FOR MENTAL  
HEALTH!**



## GARDENING PROJECT 20th May 2017

Garden Project is back in full swing there are plenty of opportunities to help. Again, thank you to all those who are volunteering. We need one more volunteer for Friday 26<sup>th</sup> May, please check your diaries and see if you can help

**Give me a call anytime - Peter Elliott 0419 417334**

Date and Who with	Time	RCNB Supervisor	Assisted by
Fri 26/5 CGS/X	2.45 – 5.15pm	Russell Turner	Russell Needs a Buddy
Sat 27/5 MLC	10.00am – 12noon	Rob Head	Greg Matthews
Fri 16/6 CGS/X	2.45 – 5.15pm		Estelle Kelly
Sat 17/6 MLC	10.00am – 12noon	Geoff Steinicke	Tak Yukawa
Fri 23/6 CGS	2.45 – 5.15pm		
Sat 24/6	10.00am – 12noon		Marcel Muntwyler

### Geoff's Health Tip

#### Mental Health is under the Microscope

During the 1964 US presidential campaign, the now-defunct *Fact* magazine published an article, "The Unconscious of a Conservative: A Special Issue on the mind of Barry Goldwater", which polled psychiatrists about whether the Republican Candidate was fit for the presidency. The same question has recently appeared in the medical post, *Medscape*, in relation to the current President of the United States. *Medscape* has gone so far as to propose a poll inviting the medical profession to comment on the need to establish standards for a President's physical and mental health.



Mental health problems have figured worldwide for some considerable time. The WHO Global Burden of Disease Study estimates that mental and addictive disorders are among the most burdensome in the world, and their burden will increase over coming decades. However, these estimates and projections are based largely on literature reviews and limited, isolated studies rather than on cross-national epidemiological surveys.

It is pleasing to note that mental health research has been a prominent Australian Rotary Health project since 2000. Australian Rotary Health is one of the largest independent funders of mental health research within Australia, with 23 Rotary Health Research Grants undertaken and completed since its inception.

The causes of mental health problems are numerous. A number of overlapping factors may increase your risk of developing a mental health problem. These can include: early life experiences such as abuse, individual factors such as coping skills, current circumstances such as stress and money problems, and biological factors such as a family history of mental health problems.

There are a number of things you can do to look after and maintain your mental health and wellbeing. For example, many people cope with stress by getting involved with sports, exercising, meditating and practicing yoga or relaxation techniques. Others express themselves through art, poetry and writing, or music appreciation. What you eat may also affect your mood – a well balanced, plant-centric diet will help keep you physically and mentally healthy.

Geoff



## MEETING ROSTERS

**Thursday 25th May****Speaker:** Fiona Read and Caroline McClean

City or Boroondara: Northeast Hub

**Host:** Peter Wilson**Greeters:** Rob Head, Phil Wade**Setup:** Geoff Steinicke, Neil Marshall**Desk:** Bob Bromley, Sam Hardikar**Thursday 1st June****Speaker:** President and Directors.**Host:** Rowan McClean**Greeters:** John Rennie, Russell Cooper**Setup:** Brian Lacy, Sam Hardikar**Desk:** Chris Flavelle-Smith, Kinga Paulheim**Thursday 8th June****Speaker:** Peter Stewart

High on Vision: Update on Sumba Eye Project

**Host:** Nino Sofra**Greeters:** Peter Downton, Duncan Ansell**Setup:** Ian Mollison, Larry Fitzpatrick**Desk:** Russell Turner, David de Garis**Thursday 15th June****Speaker:** Mr. Darren O'Hara**Personalise Your Wines****Host:** Joe Butler**Greeters:** Bernie Smith, Adam Hillary**Setup:** Russell Turner, Phil Wade**Desk:** Neil Marshall, Joe Butler**Attendance:****PRESENT!****Are you unable to attend the next meeting? Are you bringing a Guest or your Partner?**E-mail Hugo Goetze [hugogoetze@netspace.net.au](mailto:hugogoetze@netspace.net.au)

...or if you know in advance fill in the attendance sheet at The Front Desk on a prior meeting night.

**Attendance this week:** 51/81 Members plus Carol Studebaker, Visiting Rotarian Terry Davies from RC Penrith Valley – Corp. Mgr. Australian Rotary Health (guest of Greg Ross, incoming chair ARH),

Prospective New Member Maggie Doyle, Alumni Members John &amp; Chris Burley on home leave from Laos, Exchange Student Moritz Ellermann and Guest Speaker Drew McGuinness of Mont Albert Keiser Strength Training.

Club External activities last week involved 30 members – Gardening; BBQ at Bendigo Bank; Emergency Food Packing; AG Adrian Ranson at DLT &amp; RC Brighton North and PDG Greg Ross at Café International. Peter Sutherland DIK.



Bill Oakley is FareShare Volunteer of the Week (VOW)

Bill joined our Monday afternoon kitchen crew in June 2014, having had quite a lot of contact with FareShare via Rotary.

The Rotary Club of North Balwyn (where he is currently Vice President) has had a long and illustrious relationship with FareShare since around 2011 driven by the late, great Terry Gretton.

Read More [HERE](#)**Celebrations****Birthdays:** Brian Lacy, Jim Romanis.**Inductions:** George Swanson 1993.**Weddings:** Tony and Carolyn Hart, Nino and Bev Sofra.

## ROTARY CLUB OF NORTH BALWYN 2016/17

**President: Rowan McClean**[president@rotarynorthbalwyn.com.au](mailto:president@rotarynorthbalwyn.com.au)**Vice President: Bill Oakley**[vicepresident@rotarynorthbalwyn.com.au](mailto:vicepresident@rotarynorthbalwyn.com.au)**Secretary: Gavan Schwartz**[secretary@rotarynorthbalwyn.com.au](mailto:secretary@rotarynorthbalwyn.com.au)**Treasurer: Greg Cribbes**[treasurer@rotarynorthbalwyn.com.au](mailto:treasurer@rotarynorthbalwyn.com.au)**Grapevine: Peter Sutherland**[petesutherland@bigpond.com](mailto:petesutherland@bigpond.com)

Noon Sat Weekly Deadline for submissions 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](mailto: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.

Please apologise **no later than 5pm on Tuesday.****North Balwyn Probus:** Bruno Coniglio.<http://balwynnorthprobus.org.au>**North Balwyn Heights Probus:** Sue Mullarvey[yarramul@tpg.com.au](mailto:yarramul@tpg.com.au) 9857 4305, 0400 821 402**Greythorn Probus:** Meetings 10am 2nd Tuesday Monthly.

St Aidan's Church Hall, Duggan St, Balwyn Nth.9859 4941.

**Boroondara Ladies Probus:** Janet Eddy[jveddey@applewood.net.au](mailto:jveddey@applewood.net.au)

## Club Diary

**Saturday May 27, 2017 Comedy For A Cause – Rotary Club of Melbourne Park**

Melbourne Bowling Club – 138 Union St, Cnr Bowling Green St, Windsor 3181 . 7 pm for 8pm \$35

Book [HERE](#)**Wednesday 31st May 2017:**

Rotary Foundation Centennial Gala Dinner. The Atlantic, Central Pier 161 Harbour Esplanade.

Contact Findley Cornell for details.

**Thursday 8th June:** Ladies fund Raising Night Blue Illusion Balwyn. Contact Kristine McDonell 0412095725**Saturday 10th and Sunday 11th:** [Echuca Showcase Rotary](#)**Thursday 29th June 2017. Meeting at Kew Golf Club is Cancelled.****Sunday 2nd July:**

Club Change Over Lunch. 12.30pm at Kew Golf Club.

**July 8-16** [Camberwell Art Show](#)

(Friday July 7th is the Gala Opening and Preview Night)

Book On-line \$55. Drinks. Canapes. Over 1,300 paintings.

**Friday 13th, Sat 14th & Sun 15th October**

Camp Getaway Weekend Working Bee. Contact Greg Matthews for details

**Friday 20th Oct, - Sunday 22nd Oct.**

Albury Fellowship Weekend. Contact Nino Sofra for details

**16-18 March 2018.**District Conference

Warrnambool. Nino Sofra will announce more details later in the year.

**Club  
Changeover.**

Formal Luncheon on  
2/7/17 at Kew Golf Club  
Recognising Rowan's year  
and welcoming Rob's year.  
Includes ; a piano inter-  
lude from [Alan Kogosowski](#)  
and 'reflections' by John  
Gartlan





**Rotary**  
Club of Brighton



2017-2018 District 9800  
**CHANGEOVER LUNCH**  
Sunday, 25 June, 2017

The Rotary Club of Brighton invites you and your partner to join **District Governor Neville John and Rebecca** and **Incoming District Governor Peter Frueh and Anne** in an afternoon of fun, fellowship and entertainment



**When:** Sunday 25th June, 11.30 for 12 noon.

**Venue:** The RACV City Club, 17th Floor,  
501 Bourke Street, Melbourne, 3000

**Cost:** \$79 per person (includes wine, beer,  
soft drinks, two course lunch and  
entertainment)

**Dress:** Lounge Suit

**Bookings:** [www.rotarybrighton.com.au/events](http://www.rotarybrighton.com.au/events)

Central location with excellent access to  
public transport. Parking on site at cost of  
\$21.40 per vehicle.

**RSVP:** 13 June, 2017

**Enquiries:** Lauren McMaster

**Email:** [events@rotarybrighton.com.au](mailto:events@rotarybrighton.com.au)

**Phone:** 03 9514 3430

