



IN SERVICE OF ROTARY

[Our Leadership](#)
2015/2016

The Presidential Proclamation



What an energetic and enthusiastic guest speaker we had this week - Catherine Morely from Warracknabeal who extolled the virtues of living in rural Victoria. I am not sure how many people she convinced but she did make it seem very attractive.

Our Club was very well represented at the District Assembly last weekend with 12 members attending (yes we move in packs!). The District Assembly is the planning forum for the coming year and the incoming District Governor introduces their team and everyone has the opportunity to attend sessions related to their portfolio. We gained knowledge, we networked, we sought partner Clubs for our international projects and planned for the next year. I met some others also doing "Days for Girls" and so that may open more opportunities for us.

The Rotary International month of youth continues and it would appear there is quite a flexible definition of youth depending on what you read. Even the United Nations does not seem to be able to agree on one specific definition when talking about youth. It can be understood as a period of transition from the dependence of childhood to adulthood's independence. Youth is often referred to a person between the ages of leaving compulsory education, and finding their first job. The United Nations, for statistical purposes, defines 'youth', as those persons between the ages of 15 and 24 years. However in Africa their charter of youth defines youth from 15 - 35. Maybe youth is a state of mind.....

So this week please:

Go and be a Gift to The World

President 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 Meeting **Thursday 26th May** Speaker: P.E. Rowan McClean : Club Review

Host: Tony Wells

Setup: Larry Fitzpatrick, Maurice Walters

Greeting: Greg Cribbes, Bob Bromley

Desk: Peter Wilson, Jim Studebaker



Guest Speaker Catherine Morley Start Living your life

Catherine Morley has been CEO of Rural Northwest Health since 2010. Catherine is an experienced manager, and has worked in private and not for profit organisations that provide public health, residential and community services over the last 19 years. Catherine is a Registered Nurse with graduate certificates in Quality Management and Gerontology and successfully completed her MBA in 2008.



Catherine is passionate about making a difference to people's lives and has implemented a number of initiatives that have won awards in public health, community engagement, aged care better practice award across transitional care, community engagement and lifestyle and most importantly made the people we are privileged to work with lives better.

She has thrived living in the country and loves telling her story. After living in Melbourne for nearly 50 years, an opportunity of a lifetime fell in Catherine's lap when she was offered a CEO position in Warracknabeal. As Catherine drove up for the interview, and drove through a couple of little towns, she thought, "I can't do it".

Catherine arrived in town for her interview and found 4 pubs, 5 banks, Country Target and 3 places to have a coffee. The interview was with two board members and Leo stated that he had arrived here for 2 years, 25 years ago and this was a lifestyle decision. Catherine needed balance and the opportunity to enjoy life.

Catherine says "Everyone should make the decision to live your life well".

Save the Date

[The Rotary Club of Boroondara](#) is, most unfortunately, disbanding. Our Club helped to establish this Club 13 years ago and gave it a great deal of support over time. However the Club has not been able to attract sufficient new members to enable it to remain viable and so the decision has been made to wind up the Club. A final 'celebration' is planned and members of our Club are invited to attend. This will be on Tuesday 14 June in the evening. More details to follow but please save the date.

Jane

Have you got an outdated or otherwise unused I-pad or tablet that you can donate to Rotary's [Donations In Kind](#)?


Contact Nino and he will make sure it gets to the DIK West Footscray warehouse.



FILL THE BAG WITH HOPE

FOOD DRIVE


2-3 MAY



Churches of Boroondara are uniting to provide Hope to the needy. In April, residents will be provided with a Blue Hope Grocery Bag to place non-perishable food items in. Churches will collect the food and distribute to CamCare, Salvation Army Camberwell and Mission House Fitzroy.

Please Give Generously and Give Hope

BALWYN ST HILARY'S HOPE



What goes on in the background that you probably didn't know.

Peter Elliott and Greg Matthews are often out and about making things happen. Recently they installed shelving at [Camcare](#) to help shelve the many bags of food donated in their recent annual Food Drive. Camcare sent a letter of thanks through the Club to Pete and Greg, their work was really appreciated and they now have about \$30,000 of food ready for distribution.



Don Taylor is taking money for the Fellowship night at Taos.

This Friday 27th May

6.30pm for 7PM \$55—\$60 per head.

Please pay at this week's meeting if you haven't already.

There will be no refunds should you not attend on the night.

Greg is Grinning

Greg announced that The Gardening Project has received a grant of \$3,750 from The Feds to buy some equipment.

...and a plea

Greg is taking on the Treasurer role next year and we need someone to take on The Gardening Project Coordination role. Hands up anyone? (What a fantastic job Greg has done this year)



Volunteering with Catering and Gardening activities is fun and rewarding. Give it a go !

Up and Coming Events 2016

Apologies to any Rotarians who have offered to assist and are not on the list.

Please email Nino at nsofra@bigpond.net.au to volunteer

Date	Event	AM Shift 8am-12noon		PM Shift 12noon - 4pm
28-May-16	SERVANTS 30th BIRTHDAY	28-May-16	SATURDAY	6.00pm-8.00pm
SATURDAY	36 BARTON St. Hawthorn	Nino Sofra		Greg Matthews
6.00pm-8.00pm		Bill Oakley		Heather Mathews
		Tony Wells		John Magor
		Alison(Wells)		Elaine Magor
		Robert Head		
26-Jun-16	Reclink Community Cup	A.M. Shift		P.M. Shift
SUNDAY	Elsternwick Park.	9.00am to 1.30pm.		1.15pm to 6.00pm
2 Shifts Required		Peter Elliott		Peter Elliott
		Bill Oakley		Bill Oakley
		John McBride		Imre Lele
		Bill Oakley		Bill Oakley
		Steve Greateorex		Geoff Steinicke
		Ian Richardson		Andy Steinicke
		Joe Butler		Brian Lacy
		Larry Fitzpatrick		Eileen Toohill
		Phil Francis		
				Need another 2

5 TOP

reasons to buy a 2016 | 2017 Entertainment™ Membership.

BUY NOW



Everyone should have received a reminder about the Melbourne Entertainment Guide Fund Raising Project this week.

Geoff is proud to announce that 21 members and others have purchased and a Guide which has raised \$324 for The Club.

BIG SWING GOLF

See Geoff to get your copy.

Geoff Steinicke <gwsteinicke@bigpond.com>

Tracey Ellett has purchased a digital version through Rotary Club of North Balwyn and says "Such fantastic value – I've saved \$200 by redeeming just 6 offers!! I hope you sell plenty more ☺"

...and Look out for a new addition to the digital version – an offer to save 50% when you play at Big Swing Golf!!

Volunteering with Catering and Gardening activities is fun and rewarding. Give it a go !



GARDENING PROJECT

23rd May 2016

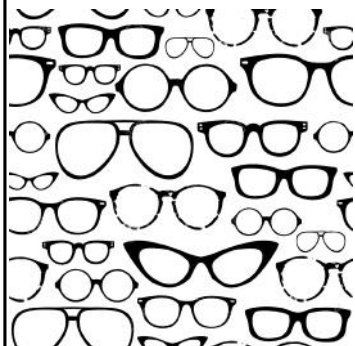
The school students shortly head into exam time so Gardening sessions are being pruned back.
Still great to see more RCNB Volunteers putting on the supervisor's gloves now and into the future.
The schedule below is now provided out until mid August - check your forward dairies!!

As mentioned on Thursday, the Gardening executive seeks a new Co-coordinator after July 2016.

Please, the highly successful Gardening Project needs your consideration of this asap - thanks.

Date and Who with	Time	RCNB Supervisor	Assisted by
Fri 27/5 – CGS/X	2.45 – 5.15pm	Greg Cribbes	Colin Sharp
Sat 28/5, Fri 3/6 and Sat 4/6	No Gardening due to Exams		
Fri 10/6 – X	4.00 - 5.15pm	Greg Cribbes	Tak Yukawa
Sat 11/6 – MLC	10.00 - noon	Peter Elliott	Geoff Steinicke
Fri 17/6 - CGS	2.45 - 4.00pm	Brian Hurnard	Ian Richardson
			1 more please
Sat 18/6 - MLC	10.00 - noon	Steve Greatorex	Eileen Toohill
17/24 June to 11 July	SCHOOL BREAK		
Fri 15/7 - X	4.00 - 5.15PM	Greg Cribbes	1 more please
Sat 16/7 - MLC	10-noon	Greg Cribbes	Rob Head
Thur 21/7 - RCNB - special	pruning roses 10am	Greg Cribbes	Marcel Muntwyler
Fri 22/7 - CGS/X	2.45 - 5.15PM		
Fri 29/7 - CGS/X	2.45 - 5.15PM	Greg Cribbes	
Sat 30/7 - MLC	10-noon	Geoff Steinicke	
Fri 5/8 - CGS	2.45 - 4.00pm		
Sat 6/8 - special - CGS 20students	10.00 - 4.00 tbc	need 3 please	need 3 please
Fri 12/8 - CGS/X	2.45 - 5.15pm		
Sat 13/8 - MLC	10 - noon		
Fri 19/8 - CGS/X	2.45 - 5.15pm		
Happy to chat anytime		Greg Cribbes	Mob 0413 270403

Specs Wanted



The Rotary Club of North Brighton is seeking spectacles to send to the [RC of Zanzibar](#). If you have any specs to donate please bring them to the next three meetings and we will give them to Adrian Ranson to pass on to North Brighton. (Adrian has a pair of specs with only one lens after his latest retina op. We prefer two lens specs thanks all the same Adrian).



More Events to Warm your Winter



You're Invited!

SERVANTS

IS TURNING 30!

SATURDAY 28 MAY 2016

5:30pm Start
6:00pm BBQ
8-8:30pm Formalities

Hawthorn West Baptist Church
36 Barton Street, Hawthorn

Plenty of on-street parking; public transport via Hawthorn station or tram number 48 & 75

Dress: as you please.
Children are welcome.

Tickets are free, but bookings essential, via:
trybooking.com/LCSD

Please note this is an alcohol-free event

 **servants**
COMMUNITY HOUSING

[Camberwell Rotary Art Show](#)

CELEBRATING
50 YEARS
OF AUSTRALIAN ART 1966-2015

Swinburne University, from **9 to 17 July**.

Over 1,500 paintings and all of them will be offered for sale.

A package for clubs to hold a regular meeting at the show is available. It includes Admission to the Show, Lunch or dinner including a glass of wine, and a free tour of the Show with an art expert.

Cost \$25 per person for a minimum of 20 people.

Call Geoff Angus, 0408 348 212 or email
to geoffangus@bigpond.com.

[District Governor Changeover](#)

District Governor Julie Mason and Governor Elect Neville John and Rebecca invite us to join them in an afternoon of fun, fellowship and entertainment on **Sunday 26 June**.

11.30am for 12 noon

The RACV City Club,

17th Floor, 501 Bourke Street, Melbourne 3000

\$75 per person

Parking Available on site \$21.40

Hosted by the Rotary Club of Central Melbourne - Sunrise, and supported by DESA Australia Pty Limited and the RACV City Club.

We look forward to you joining Julie, Neville and Rebecca for a reflection on the year of 'Being a Gift to the World' and handing over to a year of 'Rotary Serving Humanity'.

Please advise

[Rowan McClean](#)

if you are attending.

**Servants' 30th Birthday Party**

May 28, 2016 17:30

Hawthorn West Baptist Church

36 Barton St Hawthorn

Melbourne, Victoria 3121

Come as you are

Just BE- THERE! ...and its FREE

This is a RCNB Catering Event.

NOTE: Alcohol Free Event

"Come and celebrate the conclusion of great year under President Jane Pennington and welcome in a new one under 2016/17 President Rowan McClean"

Club Changeover is an annual event where we celebrate the achievements of the Club and its members and also recognise the great efforts of the current president and welcome in the new president.

Dress up for a fun night to witness the passing of the baton between President Jane Pennington and President Elect Rowan McClean.

6.00 for 6.30pm at KGC, dress Black Tie.

\$55 includes welcome and table wine, and two course meal.

Geoff's Health Tip

Why you should eat more Turmeric



Of all the herbs and spices we commonly use, there is none more effective as a medicinal than Turmeric - the yellow spice that we associate with Indian curries. Whilst we associate Turmeric with curries, the use of Turmeric, as a medicinal, goes back thousands of years in India. The medicinal system, known as Ayurveda, began in India and spread to Egypt and eventually to Europe. The use of Turmeric as a medicinal developed because of its strong anti-inflammatory and antioxidant properties, making it a 'stand-out' in natural healing.

Inflammation accompanies most diseases; including heart disease, cancer, metabolic syndrome and various degenerative conditions such as Alzheimer's Disease. Inflammation helps the body fight foreign invaders, and although short term inflammation is beneficial, it is a major problem when it is chronic (long term). Anything that can treat long-term inflammation should be part of a recovery program. There are hundreds of peer reviewed papers on the use of Turmeric internally as well as topically for skin eruptions (pimples).

Whilst curries are the traditional dish containing Turmeric, its intense yellow colour creates difficulties in finding appealing recipes. Here are some recipes that enable you to use Turmeric to provide more variety:

French Onion Soup Ingredients: 2 tbs Olive Oil, 6 Brown Onions, ½ teaspoon Salt, 1 tsp ground Turmeric, 1 litre of Vegetable broth, 1 tbs Worcestershire Sauce or Balsamic Vinegar. Good cooks will know how to make this soup, but if you need instructions, call Geoff.



Garlicky Sweet-Potato Chips Ingredients: 4 small Sweet Potatoes, 2 tbs Olive Oil, 2 Garlic Cloves chopped, 1 tsp ground Turmeric, 1 tsp salt.

Turmeric and Cashew Pilaf (Coles recipe) Ingredients: 1 tbs Vegetable Oil, 1 Brown Onion, 500g Basmati Rice, 1tsp ground Turmeric, ½ cup Sultanas, ½ cup toasted Cashews, Coriander sprigs.

Geoff



We want your
BLANKETS
swags and sleeping bags

It's cold in the Macedon Ranges but
it's even colder on the street.

Please drop off your donations to Mort
& Pestle Woodend anytime in June.
All donation go to Rotary 'Streets and
Lanes' supporting Victoria's homeless.

Or Contact us-
facebook.com/rotarywoodend
Daniel Rotary Community Director 0430371001

Rotary
Club of Woodend

Can you help with blankets,
sleeping bags, swags or
warm jackets? [Rotary](#)
[Woodend](#) is collecting for Vic-
toria's homeless. Please drop
off any donations to Mort &
Pestle Woodend during June
or contact Woodend Rotary -
0430371001. It's cold in the
Macedon Ranges but it's
even colder on the street.

Peter Sutherland
will coordinate

Nice Shooting!

The Sergeant at Arms was asked to fine Ian Mollison for his justified bragging rights about the achievements of his son Jarrod who competed in the Australian Army Skill at Arms Meeting recently.

The [AASAM Australian Army Skill at Arms Meeting](#) has competitors from across our RDF and 17 participating nations.

The purpose of Australian Army Skill at Arms Meeting is to improve Army operational capability through a rigorous, challenging and combat focused skill at arms competition.

Australian Army Skill at Arms Meeting is a combat focused skill at arms competition that encompasses current in-service small arms systems, competed at individual and unit levels.

The competition is designed to allow for the assessment of current in-service small arms system capabilities, equipment and targetry, and training analysis of combat shooting techniques, weapon training doctrine, and small arms practices.

AASAM identifies the best combat marksmen for selection in the Australian Army Combat Shooting Team (AACST), to represent the Australian Army at overseas international skill at arms competitions. The Champion Shot of the Army is also contested.

PTE J Mollison competed strongly in the International Contest which was won by Indonesia overall.



Results for Jarrod.

Champion shot – Australian Army

3rd International champion shot

1st Australian pistol aggregate

1st – Close quarter combat championship – Australian Army

1st – Close quarter combat championship – International competition



Sergeant Wells likes to cause us pain in the pocket!

Estelle paid up, as did many when they got the answer to the impromptu quiz wrong (and right!).

MEETING ROSTERS

Thursday 26th May

Speaker: Rowan McClean
 Topic: Club Review
 Host: Tony Wells
 Setup: Larry Fitzpatrick, Maurice Walters
 Greeting: Greg Cribbes, Bob Bromley
 Desk: Peter Wilson, Jim Studebaker

Thursday 2nd June

Speaker: Days For Girls Team
 Topic: Days For Girls
 Host: Jane Pennington
 Setup: Rowan McClean, Bill Oakley
 Greeting: Adrian Ranson, Takao Yukawa
 Desk: Brian Lacy, George Swanson

Thursday 9th June

Speaker: Belinda Wandabwa
 Topic: Member Autobiography
 Host: TBA
 Setup: Garth Symington, Ted Angleton
 Greeting: Robyn Stepnell, Jim Romanis
 Desk: Peter Cleary, Don Taylor

Thursday 16th June

Speaker: Mr. David Matthews
 Topic: Using Business To Achieve Positive Social Change
 Host: TBA
 Setup: Greg Matthews, Peter Elliott
 Greeting: Peter Sutherland, Ian Richardson
 Desk: David Cheney, Eileen Toohill

Meeting No. 44**19th May 2016**

Present: Guest Speaker 1 Catherine Morley - life in Warracknabeal.
 NB Members 56
 Visiting Rotarians 1 PDG 9790, David Anderson - RC Yea
 Guests 1 Beatrice Ko - PNM 2nd visit (Bolinda Wandabwa)
 MakeUps 17 Gardening Project - Cribbes, Head, Hurnard, Richardson, Symington,
 Toohill & Yukawa.
 District Assembly - Cornell, Head, McClean, Pennington, Ranson,
 Romanis, Sofra, Stepnell, Stokes, Symington.
 Meeting Attendance 85.1%

Absences for Rosters:

Bob Bott, Russell Cooper, Geoff Haddy, Tony Ho, Jürgen Kehne,
 Imre Lele, John McBride, Greg Ross, Ted Wilkins

Celebrations: Monday 23 May to Sunday 29 May

Birthdays: Jim Romanis ,
 Kinga's husband Andras Pereny

Induction Anniversaries: George Swanson 1993

Wedding Anniversaries:

Bev and Nino Sofra: Tony and Carolyn Hart



MAKE NOTES OF THESE DATES IN YOUR DIARY

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

Friday 27th May Fellowship Dinner at Taos Restaurant 201 Bulleen Road, Bulleen.
6.30 for 7PM \$55—\$60 per head. See Don Taylor for bookings at Club Meetings.

Saturday 28th May [Servants Community Housing](#) is turning 30! RCNB Catering Event

Hawthorn West Baptist Church
36 Barton Street, Hawthorn



5:30pm Start

6:00pm BBQ

8–8:30pm Formalities



Every Girl. Everywhere. Period.

Thursday 2 June.

"Days for Girls" - A Partner's Night to report of the progress of this Project and thank our supporters.

Saturday 25th June

Club Changeover. Cheer out President Jane Pennington and cheer in President Rowan McClean.

6:00 pm for 6.30pm Kew Golf Club Belford Road, East Kew VIC 3102

(No Club meeting at KGC on Thursday 23rd June)



Sunday 26th June [Reclink Cup](#)

Raising awareness and funding to support Reclink Australia's programs for disadvantaged individuals. RCNB Catering Event

Sunday 26th June District 9800 Changeover

11.30am for 12 noon: The RACV City Club, 17/501 Bourke Street, Melbourne 3000 \$75 per person Parking \$21.40

Saturday and Sunday 9th and 10th July 2016 at the Mt Waverley Community Centre. See the '[VAME show](#)' page for details.

RCNB Catering Event

Sat 9-Sun 17 July 2016 [Camberwell Art Show](#)

10.00am - 5.00pm (9pm on the 15th)

Swinburne University Advanced Technologies Centre, 427 Burwood Road, Hawthorn 3122.



CELEBRATING
50 YEARS

OF AUSTRALIAN ART 1966-2015

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)



Thursday 30th March to Sat 1st April 2017
Shepparton [2017 District Conference](#)

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

ROTARY CLUB OF NORTH BALWYN 2015/16**President: Jane Pennington**president@rotarynorthbalwyn.com.au**Vice President: Brian Hurnard**vicepresident@rotarynorthbalwyn.com.au**Secretary: Gavan Schwartz**secretary@rotarynorthbalwyn.com.au**Treasurer: David de Garis**treasurer@rotarynorthbalwyn.com.auWeb: www.rotarynorthbalwyn.com.auE-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@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.

**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?

MAY IS**YOUTH
SERVICE
MONTH**

"We cannot talk about the future without talking about children. They are our future." - PRIP James L. Lacy 1998-99

Rotary

YOUTH
SERVICEwww.rotary.org**D9800 Probus****North Balwyn Probus** President 2015/16Ken 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.auRotary International
<http://www.rotary.org/en>

Support Our Sponsors



66 Doncaster Rd, Balwyn North.
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