

The Grapevine



Rowan's Reflections

Welcome back to those members who missed our BBQ two weeks ago!

The first formal meeting for the year had everything: three new Paul Harris Society members recognised, two inductions, one Exchange student and a great presentation by Tiger and Damoon from [Feel, Think, Flow](#) (all of which diminish a bit as we get older!).

A warm welcome to Neil Marshall and Geoff Kneale, who were inducted into the club and were accompanied by their wives, Trish and Melissa. Both Neil and Geoff will join the Community Service committee.

It was really good of Dilen and his mum Mary to come personally to thank members for helping him acquire a computer for his first year in High School.

Imre Lele, our International Director, also announced a \$1000 grant to a 42 year old Laotian man who unfortunately stepped on an unexploded ordinance and had to have an amputation at great expense to him with ongoing medication costs.

These local and international gestures to help people improve their lives are examples of the great contribution Rotary makes.

I reported on the Rotary Showcase at Bendigo where bus driver extraordinaire Garth Symington, and display coordinators Jane Pennington, Bill Oakley and I contributed to a lift in the image of Rotary by showing the diversity and value of Rotary projects "beyond the sausage sizzle" through 23 excellent exhibits. DG Neville John also came to support the promotion. Some 15,000 people attended the Australia Day celebrations at Lake Weeroona, and they could only have been impressed by the professionalism and appearance of the well-planned showcase.

Please don your club shirts and join us at the second Showcase at the Federation Square atrium for a few hours on Saturday 25 February to answer questions from the public about Rotary. District 9800 is finally promoting some of the excellent things our clubs achieve to the largely uninformed public.

At the close of our meeting I quoted Rotary International President John Germ which has been published in The Rotarian of February 2017:

"No-one can see the future. No-one knows what changes lie ahead. But I have faith in Rotary and Rotarians that, with very passing year, you will make our world a better place through Rotary Serving Humanity".

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





A warm welcome to Neil Marshall and Geoff Kneale, who were inducted into the club and were accompanied by their wives, Trish and Melissa.

Local Dilen and his mother Mary thank members for helping him acquire a computer for his first year in High School.



Damoon Jehani and Tiger Lui were our Guest Speakers from Feel, Think, Flow . Feel Think Flow is a student run initiative that seeks to encourage youth participation in the humanities.

www.feelthinkflow.com

AUSTRALIA 2017 DAY



Showcasing Rotary at Lake Weeroona, Bendigo, and the OZ Day Nunawading Bunnings BBQ with Steven Greatorex and Reg Parsons.



President Rowan's Grand Daughter Billie with friend Zena.



SHOWCASING ROTARY

The Bendigo Showcase was part of a greater annual Australia Day celebration around Lake Weeroona. The day attracted thousands and featured award presentations by the local council, food, entertainment, and the engagement of many different community bodies. This year our Rotary involvement with marquees set up around the lake added to the carnival atmosphere.

In February, on the weekend nearest to the birthday of Rotary, our major metropolitan showcase will be held in the Atrium at Federation Square. This Melbourne Showcase will feature entertainment including the Choir of Hard Knocks, plus a special birthday cake cutting ceremony. Using the multi-media displays within the Atrium, you will experience first-hand some of Rotary's best programs and projects. It is a unique opportunity to invite people you know to see the very best of Rotary. Rotary is at its best when we promote our action-oriented service.

Members are encouraged to wear their RCNB gear and attend Federation Square on Saturday 25 February to support the Rotary Showcase display to the public. It runs from 10am to 4pm.

On the Queen's Birthday Long Weekend in June, our third showcase will coincide with the annual Echuca Steam Rally at Rotary Park. This event also attracts thousands each year, so will be an additional way to highlight Rotary. Book this weekend away in your diaries now.

We will be focusing upon Rotary's unique ability to do amazing things to change the lives of others through networking and taking action.

All 3 Showcases cover the Rotary Foundation's six areas of focus:

- Disease prevention & treatment
- Water & sanitation
- Maternal & child health
- Basic education & literacy
- Economic & community development
- Promoting peace



See you at the Showcase!

<https://www.facebook.com/search/top/?q=showcasing%20rotary>

<p>DOING GOOD IN THE WORLD</p> <p>OUR 2017 MELBOURNE ROTARY SHOWCASE February 25 - The Atrium Federation Square</p> <ul style="list-style-type: none"> * Disease prevention & treatment * Water & sanitation * Maternal & child health * Basic education & literacy * Community development * Promoting peace <p>Rotary </p> <p>A Rotary District 9800 Public Image Project rotarydistrict9800.org.au</p>	<p>DOING GOOD IN THE WORLD</p> <p>OUR 2017 ECHUCA ROTARY SHOWCASE June 10 & 11 - Queen's Birthday Rotary Park</p> <ul style="list-style-type: none"> * Disease prevention & treatment * Water & sanitation * Maternal & child health * Basic education & literacy * Community development * Promoting peace <p>Rotary </p> <p>A Rotary District 9800 Public Image Project rotarydistrict9800.org.au</p>
--	--



Club of North Balwyn

GARDENING PROJECT

3rd February 2017

The Community Service Garden Project is all set to go this Fri/Sat – again, thank you to all those who are volunteering. It'd be really helpful if you could all check your diaries for opportunities in March, thanks.

Give us a call anytime - Peter Elliott 0419 417334, Greg Cribbes 0413 270403.

Date and Who with	Time	RCNB Supervisor	Assisted by
Fri 10/2 – X	4.00 – 5.15pm	Geoff Haddy	Bill Oakley
Sat 11/2 - MLC	10.00 – noon	Rowan McClean	Tony Hart
Fri 17/2 - X	4.00 – 5.15pm	Geoff Haddy	Ian Glenny
Sat 18/2 - MLC	10.00 – noon	Greg Cribbes	Marcel Muntwyler
Fri 24/2 – CGS/X	2.45 – 5.15pm	Greg Cribbes	
Sat 25/2 – MLC	10.00 – noon	Greg Matthews	Geoff Steinicke
Fri 3/3 – CGS/X	2.45 – 5.15pm	Garth Symington	Bob Bromley
Sat 4/3 – MLC	10.00 – noon		Eileen Toohill
Fri 10/3 – CGS/X	2.45 – 5.15pm	Garth Symington	
Fri 17/3 – CGS/X	2.45 – 5.15pm		
Sat 18/3 – MLC	10.00 – noon	Marcel Muntwyler	
Fri 24/3 – CGS/X	2.45 – 5.15pm	Greg Cribbes	
Sat 25/3 – MLC	10.00 – noon		

WHY ATTEND OUR DISTRICT CONFERENCE?

The District Conference for 2017 runs from March 30 to April 1, 2017.

Two good reasons for attending are :

1. The Conference sessions

Speakers and presentations on District activities, but also on interesting social and community endeavours ; also, high-standard entertainment. Not only information sessions on Rotary programs.

See the conference program on <http://www.rotaryconference.org.au/>

2. The fellowship with members and partners from our Club.

We have a Club dinner one evening, are together at Club tables for the Gala Dinner and spend time together at lunch, morning tea etc.. Also, we will all be staying at the one motel.

There is a discount for conference first-timers.

Shepparton is a short (2 1/2 hour) drive from Melbourne, and our motel is walking distance from the conference centre.

Charity Golf Day: Kew Golf Club

Friday 10th Feb.

Get you entries in NOW ! Cost per player - \$100-00

BBQ lunch is provided (included in the fee) during which all Presentations will be made. Drinks are available at bar prices.

Limited Spots Left! Contact Greg Matthews

0419 597 780 greg1144@bigpond.net.au

Shotgun Start at 7.50am.

Please arrive by 7.15am for 7.30 am briefing.

GROUP VOCATIONAL EXCHANGE

WELCOME AND FAREWELL LUNCH

SUNDAY 12 FEBRUARY

On Sunday 12 February 2017, a BBQ luncheon catered for by the RC North

This BBQ is the official joint welcome to the just arrived GVE Team from D3820 in the Philippines and a farewell to our 9800 Team leaving for the

12.00 midday to mid-afternoon.

Boroondara Park Primary School, Almond St, Balwyn North

Menu – 3 meats, 3 salads, bread and coffee. Barrista coffee and soft drink available for purchase. BYO alcohol.

Cost – \$30.00

Speeches – of course, but short, sharp and interesting.

PLEASE BOOK with HENRY DRURY ASAP

3/72 Wattle Road, Hawthorn, Vic 3122 PH: 0414 782 332 Email: handjdrury@gmail.com

Henry Drury

Chair D9800 GVE Committee

hanjdrury@gmail.com

Geoff's Health Tip**Have allergies? - Eat more fibre!**

One in ten Melbourne babies have a food allergy at 12 months! It's an epidemic. Allergies are on the increase among infants and school age children, yet anecdotal evidence will show that anyone now aged 70 or more cannot remember knowing anyone allergic to peanuts when they were at primary school. Yes, it is true, we didn't know the word 'allergy' until 30 years ago.



Recently, researchers at Monash University studied the development of food allergies in mice. They found that the development of food allergies in mice was related to what they were being fed. The experiments showed that mice fed a diet from birth with average calories, sugar and fibre content had more severe peanut allergies than those that received a high-fibre diet.

Laurence Macia, co-senior author on the study with Charles Mackay said, "we felt that the increased incidence of food allergies in the past ten years had to relate back to our diet, and our own microbiome (gut) rather than a lack of exposure to environmental microbes – the so called 'hygiene hypothesis'. Most researchers in this field look at excess fat as the problem – we were the first looking specifically at fibre deficiency in the gut".

In particular, it was shown that gut bacteria from a high-fibre diet releases short chain fatty acids that affect the allergic response via changes to the immune system.

The type of fibre that produces these short chain fatty acids is called '**resistant fibre**'. This means it passes through the stomach and small intestine, and ferments in the large intestine to produce short chain fatty acids.

Here is a list of foods that have the highest percentage of resistant fibre per 100grams:

Oats rolled and uncooked 11g, Oats cooked <1g, Cashew nuts 13g, Under-ripe bananas 38g, Ripe bananas 5g, Potato steamed and cooled 6g, Potato roasted and cooled 19g.

Our forebears probably ate much more fibre than the high fat and sugar diet now consumed by the average person. **The answer to food allergies might just be - EAT MORE FIBRE.**

The researchers acknowledge further research is required to show if there is a positive relationship between a high-fibre diet and allergies in humans compared to mice, and secondly whether the findings are only applicable to eating a high-fibre diet from birth.

* Readers of this column will possibly remember a previous article recommending a diet including resistant fibre reduces the risk of colorectal cancers.



**ROTARY:
MAKING A
DIFFERENCE**

2017-18 Logo Released

**Next Rotary Year we will be
"Making a Difference"**



Have you got a bike in shed that the kids have left behind that will never be ridden again?

Free up your garage space and stop tripping over that bike—donate it to Rotary's Donation In Kind Warehouse. Peter Sutherland will gladly pick it up and transport to DIK on his regular visits on Thursdays of each week.

Computers 4 Community operates through DIK and is seeking good working computers, dual core or better (especially Laptops). Computers are stripped of their data and refurbished with a new copy of Windows 10 and Microsoft Office. Refurbished Computers are made available to Rotary Projects at a minimal cost to cover software costs.

IT TIPS from Hannah Korte and Emily Koong: Your Interact IT Specialists!



You can organize the apps on the Home screen, put them in folders, and move them to other pages, or screens. You can also reorder your pages.

To organise your apps into folders, hold down on an app for 3 seconds. Then, once the apps start moving slightly, drag the app on top of a different app for 2 seconds.

Release and a folder should be created.

Read more on-line [HERE](#)

**International Women's Day
BREAKFAST 2017****Wednesday 8th March 2017**
The Palladium Crown Melbourne
7.00 – 9.00 am

KEYNOTE SPEAKER

*Kitty Chiller*2016 Olympics
Chef de Mission

MC

*Tom Gleisner*Writer, producer,
performer

The Container has arrived safely in The Solomons
We have received letters of thanks from Henderson and Tetere.
Thanks everyone who had a part in making this possible.





Armadas and Anton from [Café MANIZ](#) in 391 Belmore Road Balwyn provided a group of us with coffee making training.

Although I don't rate myself as a "Barrister" yet, the experience was fun and will be handy when operating our coffee machine. Peter



Rotary

DOWN UNDER



The first
RDU for
2017 is out
[CLICK HERE](#)

FEBRUARY
2017
ISSUE 591
\$5. Rot Approved
P7262296/0983

MEETING ROSTERS

Thursday 9th Feb.

Speaker: Ms, Kerry Kornhauser OAM, PP RC Albert Park

Women in Rotary, Violence Free Families

Host: Robyn Stepnell

Greeters: John Magor, Jim Studebaker

Setup: Greg Ross, Duncan Ansell

Desk : Carolyn Pethick , John Gartlan

Thursday 16th Feb.

Speaker: Mr. David Winter, **Breadstreet**

African Trade School Project

Host: Bill Oakley

Greeters: Phil Francis, Takao Yukawa

Setup: John Rennie, Peter Cleary

Desk: John Koa, David Cheney.

Thursday 23rd Feb.

Speaker: Ms. Jane Broadhead, Camcare Family Violence and Mental Health

Host: Jane Pennington

Greeters: Peter Elliott, Geoff Haddy

Setup: Joe Butler, Brian Lacy

Desk : Phil Francis, Robyn Stepnell

Thursday 2nd March.

Speaker. Mr. Philip Healey, Mayor of Boroondara Developments in Boroondara

Host: Geoff Haddy

Greeters: Peter Wilson, Geoff Kneale

Setup: Ted Wilkins, John Gartlan

Desk: John Magor, Beatrice Ko

Meeting No.28

Thursday, 2nd February 2017

Present:

Guest Speaker	2	Tiger Liu & Damoon Jehani : "Feel, Think & Flow"
NB Members	47	
Visiting Rotarians	1	Cath Stahel - Dir. Youth, RC Balwyn
Partners	3	Penny Evans, Tricia Marshall & Melissa Maitland-Smith
Guests	2	Inductees Geoff Kneale & Neil Marshall
Friends & Alumni	1	Stan Hibbert
Exchange Student	1	Moritz Ellermann
Other Activities		Make-Ups - John Rennie & George Swanson at RC Sorrento.
(Board Approved)		5 members - Catering (Bunnings BBQ)
		District Expo Bendigo - Garth Symington, Greg Ross - ARH D9800 Exec.

Absences for Rosters:

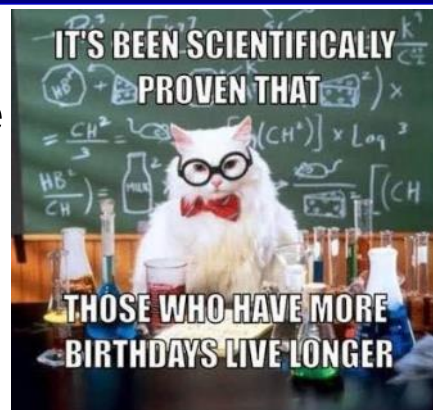
David Rowe

Celebrations

Birthdays: Joe Butler, Peter Wilson, Sue McDonald, Bev Sofra, Diane Goetze

Inductions: Nil

Weddings: Bob and Carmel Bott



MAKE NOTES OF THESE DATES IN YOUR DIARY

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

Friday 10th February 2017 Rotary Golf Day

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

Sunday 12th Feb: Group Vocation Exchange Welcome and Farewell. BBQ luncheon catered for by the RC North Balwyn

12.00 midday to mid-afternoon. Boroondara Park Primary School, Almond St, Balwyn North
BYO alcohol. **Cost – \$30.00 per person**

Saturday, 18th February 2017. **TRAMBOAT LUNCHEON CRUISE**

Sail from Victoria Harbour, down the Lower Yarra and up the Maribyrnong River.

www.tramboat.com.au



Saturday 25th February—The Rotary Showcase

Melbourne – In the Atrium, Federation Square on Saturday 25th February, 2017.

Thursday, 2nd March: Bowls Night on at North Balwyn Bowls Club (alongside the North Balwyn Men's Shed building site!!!).

Cost \$35.00 for dinner and bowls.

This replaces our Club Dinner Meeting at KGC and apologies and Guests Attending are necessary.

Many thanks. David Cheney Fellowship Committee.

(With Men's Champion Ian Mollison!)



Wednesday 8th March: International Women's Day Breakfast

The Palladium Crown Melbourne. Book [HERE](#)

7.00—9.00 am

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.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.

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?

February – World Understanding Month**D9800 Probus****North Balwyn Probus** President 2016/17

President Bruno Coniglio

<http://balwynnorthprobus.org.au>**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 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.
Ph: 9819 7173



Eastgate

Australian Furniture
(9460 1822)
(Adrian Ranson)

Ansell
The world leader in hand protection



Bakery
(9890 0066)
22 Hamilton St
Mont Albert 3127

CHRIS CROSS

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

Bakers Delight
We're for real.

FLETCHERS

Bendigo Bank
Good for **AND** your community

AISIN
One Team, Best Future

BUNNINGS
warehouse



Café 21

baumgartners

the village
balwyn north

BIG SWING
GOLF
INDOOR GOLF. REAL. FUN. FAST.

TAKE THE
Supermarket
Switch
CHALLENGE **ALDI**



FOUNDED 1894



201 BULLEEN ROAD
BULLEEN
VICTORIA 3105
RESERVATION
03-9852-0777

GAZMAN

Cooper Street Self Storage