

The Grapevine



Rowan's Reflections

"Member behind the badge" sessions enable us to find out more about our colleagues than we learn at club meetings. This week we had David Rowe and PE Rob Head share some of their history with us.

David was an army child and lived a number of locations and attended many schools. As with some other careers, armed forces personnel often lead a nomadic life which involves making new friends in new communities and then, with few exceptions, losing them. David was unable to follow in his father's footsteps and found his way into radiography working at organisations including the Peter McCallum Centre and GE. He turned down an attractive job in Germany after he had seen his daughter and her grandfather walking hand in hand down the driveway, and realised that he did not want to separate them. Those members who met Isabella at the Camberwell Art Show soon after David joined RCNB saw the importance of family to the Rowe family!

Rob has had an interesting career in Personnel Management, HR and Change Management (which he joked were remarkably similar). He has had experience in many different and challenging environments which will be of great value to the club.

Rob has been a member of RCNB since 1986, and family is obviously highly important to him too. He has some interesting plans for the new Rotary year, and has timed his retirement from employment perfectly with that occurring week before he becomes President. His interpersonal skills are at a high level and I am sure he will be a responsive and balanced leader for RCNB. The next two months will finalise the plans for 2017/18 through two joint Board planning sessions taking place before changeover.

I would like to appeal to members, especially our newer members, to attend District Assembly on Sunday morning 21 May. This is a great opportunity to learn a lot about Rotary and our District quickly, and people who have attended in recent years have really valued the experience. Many of our longer serving members also attend to top up their knowledge about what Rotary is doing. PE Rob will be distributing details next week and seeking registrations.

Next week we have Brian Negus from RACV speaking to us about the future of motoring. Having battled through increasingly busy traffic recently and used bad language, I am really looking forward to that!

Have a great week as Rotary serves humanity!

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 18 - A Century of Doing Good](#)

Rotary GARDENING PROJECT 24th April 2017 Club of North Balwyn

School holidays and Easter are over, now it's time to get back into the Garden Project starting this Friday – again, thank you to all those who are volunteering. It'd be really helpful if you could all check your diaries for opportunities in May, thanks.

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

Date and Who with	Time	RCNB Supervisor	Assisted by
Fri 28/4 CCS/X	2.45 – 5.15	Russell Turner, Greg Cribbes	Findley Cornell, Peter Elliott
Sat 29/4 MLC	10.00 – 12noon	Greg Matthews	Geoff Steinicke
Fri 5/5 CGS/X	2.45 – 5.15	Peter Elliott	Colin Sharp
Sat 6/5 MLC	10.00 – 12noon	Sam Hardikar	Marcel Muntwyler
Fri 12/5 CGS/X	2.45 – 5.15	Geoff Haddy	Tony Hart
Sat 13/5 MLC	10.00 – 12noon		Jeanette Leigh
Fri 19/5 CGS/X	2.45 – 5.15pm		Bob Bromley
Sat 20/5 MLC	10.00 – 12noon		Eileen Toohill



Rotary Club of Rochester Incorporated No. A0021076T

is having an evening of fellowship at the

home of the Rotary Club of Rochester
the Old Court House
 Moore Street, Rochester
 (opposite Graeme Nelson Motors)

President Bryan Griffiths and members
 invite

President, members and partners of your Club

to join them in fellowship
 for the

PIE AND PORT NIGHT

Saturday 6th May 2017

at
 6.30pm for 7.00pm

\$30 per person

RSVP Monday 24th April (for catering purposes, thank you)

Please enclose payment with your snail mail reply or
 use electronic banking 633 108 1321 85521 and please label Pie & Port

Secretary Heather Watson (Pie & Port)
 80 Pascoe Street
 Rochester 3561

*You always said you'd come
 Why not this year!*

Cut here

Attendance return for PIE and PORT

Number of persons attending at \$30 per person

Names:

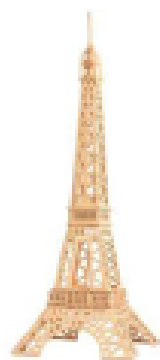
Please find cheque enclosed for total of \$.....

Please indicate any specific dietary requirements



Some of our students who will travel to Mongolia, at their fund-raising barbeque last Saturday"





Rotary
Club of North Balwyn



THE ROTARY CLUB OF NORTH BALWYN INVITATION

You are invited to a Ladies Fundraising Night at Blue Illusion, Balwyn.

The evening will include a Fashion Parade, advice on style and accessories.

After the Parade you will have an opportunity to purchase any items and a percentage of the total sales from the evening will be donated to our Club.

The proceeds from the night will go towards "Days for Girls".

Please join us for an enjoyable evening.

There will also be a Door Prize - donated by Blue Illusion.

DATE: Thursday 8 June 2017

TIME: 6.30pm for 7.00pm

Drinks and nibbles

VENUE: Blue Illusion, 256 Whitehorse Road, Balwyn

RSVP: By 31 May to Kristine McDonell by phone or email.

Mobile: 0412 095 725;

Email: bjcummings.kmac@bigpond.com

Please note - Place numbers are limited.

What Is Days for Girls?

Every girl in the world deserves education, safety, and dignity. We help girls gain access to quality sustainable feminine hygiene and awareness, by direct distribution of sustainable feminine hygiene kits.

Imagine...

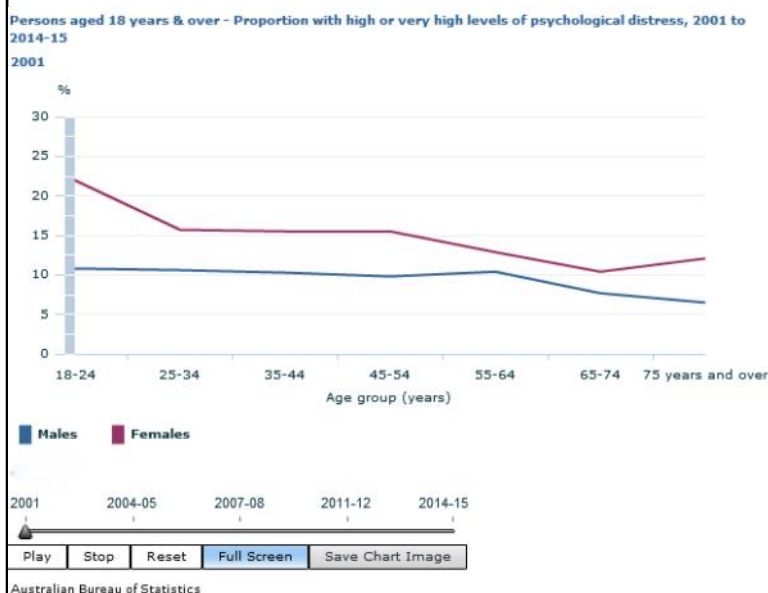
What if not having sanitary supplies meant DAYS without school, DAYS without income, DAYS without leaving the house? Girls use leaves, mattress stuffing, newspaper, corn husks, rocks, anything they can find...but still miss up to 2 months of school every year. It turns out this issue is a surprising but instrumental key to social change for women all over the world. The poverty cycle can be broken when girls stay in school.

Geoff's Health Tip

Is there a Missing Link between Gut Health and Depression?

It probably does not surprise you that there are 8.3 million US adults currently suffering from serious psychological distress (SPD) - that's 3.4% of the US population. But it will surprise you that there are 2.1 million Australians – 11.7% of the population - suffering SPD! That's one in nine Australians 18 years and over who experience high or very high levels of psychological distress.

The Australian Bureau of Statistics has prepared a graph averaging each year from 2001 to 2014-15. It clearly shows that females suffer more than males and in particular the 18 to 24 age group.



I do not have statistics from fifty years ago, but the notion is that psychological distress was of a lower order than at present. It is not as if adults with SPD do not seek medical help. They are much more likely to visit a physician relative to those without SPD. When interviewed, [Dr Weissman, NYU Langone Medical Centre New York](#), said "there is this paradox with the mentally ill in that they do actually see a lot of doctors. They have a high utilization, yet at the same time they have very poor health, and they continue to have poor mental health."

Is there a missing link between gut health and depression? We have known for many years that gut microbiota are essential to human health and the immune system. In the past 5 years over 4,000 research papers on microbiota have been published and many have reported on the relationship between gut microbiota and neuropsychiatric disorders. An article published in the Clinical Psychopharmaceutical Neuroscience December 2015 shows there is strong evidence of a link between the gut and the brain. In particular, it was shown that Lactobacillus and Bifidobacterium bacteria, commonly found in yoghurt, had a positive effect on the emotional centres of the brain. Further research will be necessary to develop more insight into this association.



Club Changeover.



Formal Luncheon on 2/7/17
at Kew Golf Club

Recognising Rowan's year and
welcoming Rob's year.

Includes ; a piano interlude
from [Alan Kogosowski](#) and
'reflections' by John Gartlan



Interact Tech Tips

iPhone: You can set your phone not to ring when you are trying to focus or relax. Goto the **Settings app > Do Not Disturb** to set the scheduled times when alerts are silenced as well as any exceptions, such as those from your favourite contacts or repeat calls. When you want to activate Do Not Disturb, simply swipe up from the bottom of your phone screen (on any page) and click the crescent moon icon.

Apple products (iPad/iPhone/Mac): If you're ever having problems and can't find a solution, make use of the online help service on the Apple Website at <https://getsupport.apple.com/>. If you prefer to speak face to face, you can go to the Apple Genius Bar – the instore help desk.

Windows computers: If you accidentally delete a file, press "Ctrl" + "Z" on your keyboard to remove it from the Recycle Bin and put it back in its folder.

Windows 10 ONLY computers: If you want to remove your password, open **Settings -> Accounts -> Sign-in options** and set the first option to "Never".

MEETING ROSTERS

<p>Thursday 27th April. Speaker: Mr. Brian Negus, RACV Melbourne in 2040 - will we still be driving? Host: Geoff Steinicke Greeters: Bronwen Dimond; Geoff Kneale Setup: Peter Elliott; Chris Flavelle-Smith Desk: Eileen Toohill; Estelle Kelly</p>	<p>Thursday 4th May. RCNB Birthday night Partners Night at Green Acres Golf Club Speaker: Mr. Brian Nankervis, Rockwiz Host: David Cheney Greeters: Brian Hurnard, Yvonne Lyneham Setup: Jane Pennington, Neil Marshall Desk: John Rennie, Rob Head</p>
<p>Thursday 11th May Speaker: Club Debate with Balwyn High School Are women a more complicated gender than men? Host: Gavan Schwartz Greeters: Rob Head, Jeanette Leigh Setup: Findley Cornell, Beatrice Ko Desk: Colin Sharp, Tony Ho</p>	<p>Thursday 18th May Speaker: Mr. Drew McGuinness, Keiser Training. The importance of strength training later in life Host: Jim Romanis Greeters: Beatrice Ko, Steven Greatorex Setup: Larry Fitzpatrick, Robyn Stepnell Desk: Garth Symington, Geoff Kneale</p>

PRESENT!

Attendance E-mail Hugo Goetze. hugogoetze@netspace.net.au

53 / 84 Members attended our last meeting plus one other Guests Partners and Friends.

10 members recorded "Make-ups" in the previous week.

LEARN MORE ABOUT THE ROTARY FOUNDATION CENTENNIAL

The Rotary Foundation turns 100 in 2016-17! Our Foundation stands at the forefront of humanitarian service, having supported thousands of projects to provide clean water, fight disease, promote peace, and provide basic education — as well as the historic project dedicated to eradicating polio worldwide.

[Learn more about the history of The Rotary Foundation](#)

[Find information on how to celebrate and download resources](#)

[Purchase centennial commemorative book, "Doing Good in the World" Only \\$40!](#)

Celebrations

Birthdays:	Bernie Smith; Bronwen Dimond.
Inductions:	David de Garis 2010; Sue McDonald 2004; Rob Stewart 2004
Weddings:	Yvonne and Matthew Lyneham; Geoff and Judy Steinicke; David and Janina Rowe

ROTARY CLUB OF NORTH BALWYN 2016/17

President: Rowan McCleanpresident@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**Grapevine: Peter Sutherland**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 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 Mullarveyyarramul@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 Eddyjveddey@applewood.net.au

Club Diary

Thursday 4th May: Club Birthday—PARTNERS NIGHT

Our Birthday Night will be at Green Acres on 4 May. Please feel free to wear a funny or colourful (or both) item of clothing to the event The following Sunday is world laughter day, so we want to have a fun night. If you have not yet sent your favourite joke to David Cheney, please do so soon and we will share some of the best on the night.

Friday evening May 12th RC Canterbury Assist with Disaster Food Packing 6.30 pm to 8.30 pm

Dinner at Colombos Later: Contact Bill Oakley for details; Members have received a separate E-Mail invitation.

Sunday 13th May. Café International at University House. Details [HERE](#)**Tuesday, 23rd May: Fellowship Dinner Night. This Event has been CANCELLED****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 6th June: Ladies Fundraising Night Blue Illusion Balwyn. Contact Kristine McDonell 0412095725**Thursday 29th June 2017. Meeting at Kew Golf Club is Cancelled.****Sunday 2nd July:**

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

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.