

The Grapevine



Our Leadership

Last Meeting; District Governor's Club Visit

Our DG Peter Frueh presented several stimulating ideas for us:

- He encouraged us to spread the word about our personal involvements with Rotary. and to get involved with Rotary as we travel (using make-ups and other fellowship opportunities)
- Through the Make a Difference theme for this year, Peter talked of the two focus areas of peace and sustainability, with the District encouraging tree planting projects as a tangible contribution to sustainability
- Peter reminded us of the challenge and opportunity with the work remaining to eradicate malaria, and promoted a Foundation initiative to collect \$2 coins.

We wish Peter and Anne all the best for their special year in Rotary.

Mongolia Program Update

"The HeadLines"

Estelle and Bill made it to the meeting on Thursday, and survived the meeting, after only landing at Tullamarine from China at 1.00 pm.

It sounds like they and the students had a wonderful experience, and the group will be the speakers at a Club Meeting in August.

Next steps with the Mongolia Exchange trial are to host a group from Mongolia in January 2018, and then determine whether this is an exchange format that we would like to continue.

Members Involved Beyond the Club

The following members have roles at District level and beyond in Rotary this year; an extra contribution to Making a Difference for which we thank them very much:

- Imre Lele: DIK Board
- PDG/PP Greg Ross; Deputy Chair ARHRF > to be Chair from September 2017
- PP Jane Pennington; Asst District Secretary
- PDG/PP Jim Studebaker; Chair of RAWCS & Chair of District Foundation Grants Committee
- PP Bill Oakley; Chair of RAM
- PP Adrian Ranson; Foundation Grants Audit & Review Committee
- PP Rowan McClean: International
- Anthony Stokes; RYPEN

The Quote

"We must use time wisely and forever realise that the time is always ripe to do right." - Nelson Mandela

Rob Head





JULY ROTARY DOWN UNDER ROTARY Click HERE

Click for All District Events



Rotary



Ian Riseley



DG 9800 Peter Frueh



AG Eastside Jonathan Shepherd



President RCNB Rob Head

MEETINGS THURSDAYS 6 for 6.30pm **Kew Golf** Club 120 Belford **Road Kew** 3102 Ph. 9859 6848

Last week's meeting was the District Governor Peter Frueh's visit to North Balwyn Rotary Club :-



District Governor Peter Frueh's presentation was informative and focussed on "Making a Difference"



As our exchange student Moritz was attending his last meeting at North Balwyn before returning to Germany, Moritz presented President Rob with a banner from his sponsoring club.



The challenge from International President Ian Riseley is that a tree for every Rotarian be planted this Rotary year.

In keeping with this challenge, DG Peter Frueh presented President Rob with some seedlings.





District Governor Peter Frueh's promotion of next years District Conference included making a connection with Oddball, the dog that was saviour of penguins in the Warrnambool region.

Previous International Rotary Youth Exchange Student , Charlotte Aarden originally from Holland, now married and living in New Zealand has just been awarded **New Zealander of the Year**.

"The Fellowship committee invites Rotarians and their partners, and especially new members, to attend a movie night and dinner -

<u>Venue:</u> Palace Cinema, Whitehorse Road, Balwyn

<u>Date & Time:</u> Friday August 18, 2017, with movie starting at 6.30pm. Group booking price of \$12/person

Movie: Tommy's Honour - about a father-son team who ushered in the modern game of golf. As Tom and Tommy (Scotland's Golf Royalty) fame grew, and they were touched by drama and personal tragedy.

<u>Dinner:</u> about 8.30pm at Colombo's, Whitehorse Road, Balwyn. A 2-course meal with coffee/tea for a set price of \$29.00/person.

Queries to: Maurie Walters or Russell Cooper. Payments collected at Rotary meetings from Aug 3.

<u>Total Cost:</u> \$41/person payable prior to August 18. Monies will be collected from August 3rd.

Regards, Russell Cooper, 0417 392109



Report from the Men's Shed Committee July 23rd 2017

To bring you up to date on the happenings at the Men's Shed, we offer the following:-

- The name of the shed has been changed to "North Balwyn Community Men's Shed Inc".
- The shed is registered as an Incorporated Association
- It is registered with the ACNC and the CAV
- It is exempt from GST and income tax.
- Its ABN is 89 818 726 922
- Its address is 60A, Buchanan Avenue, Balwyn North, 3104.
- Its mobile phone number is 0447 740 142 (held by Garth Symington)
- Its mailing address is PO Box 609, North Balwyn. 3104.

The shed is to be officially opened by Hon Josh Frydenberg and Mayor Philip Healy at 11.00 am, Monday 18th September 2017

- The benches and much of the equipment is due to be installed on site in the next week
- The 5 year lease from the City of Boroondara is due to be signed and sealed this coming week, all clauses having been agreed to in general.
- Membership is now open to all members of NB Rotary and to all interested members of the community. Refer enquiries to Garth Symington.
- The Membership fee is normally \$50.00 but for anyone joining on or before the official opening, the fee will be \$25.00 as an "opening special".
- Garth, together with Jeanette Leigh, are heading up the PD/publicity/promotion side. Jeanette is well on the way to establishing the shed's web site.
- Initially, activities will include wood work, metal work, toy making, furniture repairs, etc. and will be added to in line with what the shed's users are looking for.
- Opening hours will initially be 10am to 2pm, Mondays and Thursdays.
- The shed is very interested in attracting members who are skilled in carpentry (and anything to do with using one's hands), and also those who have experience in using machinery, supervision, first aid, teaching etc.



RCNB Money Matters....

Thanks to just over 50% of Members for remitting **Subscriptions** already – appreciated. Really hoping to hear from other Members by the end of July, thanks.

Want to avoid counting coins for Depositing at Bendigo Bank? Their Branch at 411 Whitehorse Rd, Balwyn has a coin counting machine that issues a receipt for bulk coins deposited. You then take this receipt to the Cashier for allocation to our RCNB account, based on a Deposit slip. Very easy (as I used it this morning).

As always, I'm around for a chat anytime.

Cheers Greg Cribbes Treasurer Mob 0413 270403



Geoff's Health Tip The early signs of Cognitive Impairment

A recent paper, compiled by 24 international experts in the field of dementia, and presented at the Alzheimer's Association International Conference in London, reported that the number of people with cognitive impairment is increasing globally, although incidence in some countries has decreased. The paper was published in the Lancet on 20 July.

Here are some of the <u>early signs of cognitive impairment</u> that may indicate a progression to Dementia:

- Problems with retrieving words in conversations are often the earliest symptom of cognitive impairment.
- Subtle changes in connective speech over time, especially declines in fluency and content is another sign.
- This is illustrated when you use shorter sentences and fewer words and ideas, and where there are more hesitations and word repetitions.

The Lancet article presented several <u>lifestyle factors</u> that were responsible for 35% of dementia burden. These factors include:

- hypertension
- obesity
- hearing loss in mid-life
- physical inactivity
- social isolation, and
- diabetes in later life.

Another article aimed at <u>preserving cognition</u>, and labelled the 'MIND diet', showed that there were positive benefits in changing to a diet of 10 'brain-healthy' food groups consisting of green leafy vegetables, other vegetables, nuts, berries, beans, whole grains, fish, poultry, olive oil and wine. However, the list excludes red meat, butter, margarine, cheese, pastries, sweets, and fried or fast foods.

Geoff





GARDENING PROJECT 17th July 2017

GARDENING PROJECT 24th July 2017 Please volunteer where you can, there are plenty of opportunities, your involvement is greatly appreciated

Give me a call anytime - Peter Elliott 0419 417334,

Date and Who with	Time	RCNB Supervisor	Assisted by
Fri 28/7 X	4.00 – 5.15pm	Bill Oakley	Estelle Kelly
Sat 29/7 MLC	10.00 – 12noon	Sam Hardikar	John Magor
Fri 4/8 CGS/X	2.45 – 5.15pm	Russell Turner	Tak Yukawa
Fri 11/8 CGS/X	2.45 – 5.15pm		Findley Cornell
Sat 12/8 MLC	10.00am – 12noon	Rowan McClean	Tak Yukawa
Fri 18/8 CGS/X	2.45 – 5.15pm		
Sat 19/8 CGS	10.00am – 12noon	Geoff Steinicke	
Fri 25/8 CGS/X	2.45 – 5.15pm		
Sat 26/8 MLC	10.00 – 12 noon		

RI President & Sustainability

In announcing his Presidential theme for 2017-18 of **Make a Difference**, RI President Ian Riseley stated:

'Environmental degradation and global climate change are serious threats to everyone, Riseley said.



"They are having a disproportionate impact on those who are most vulnerable, those to whom Rotary has the greatest responsibility. Yet environmental issues rarely register on the Rotary agenda," he said.

"The time is long past when environmental sustainability can be dismissed as not Rotary's concern. It is, and must be, everyone's concern," he said.'



Club Diary

Saturday 12th August. Rotaract D9800 OurSpace

Rotaract Clubs of Swinburne, Gateway, Melbourne City and new provisional club Stonnington. Our Space welcomes everybody including friends, family, Rotarians and the wider community to enjoy a night of entertainment, celebration and delicious food.

Dinner, entertainment, 2 raffle tickets and contribution to Rotaract 9800 activities - \$50

Get Your Tickets Now

Friday August 18, 2017

Movie night at the Palace Cinema, Whitehorse Road, Balwyn **Tommy's Honour** The movie starts at 6.30pm. Group booking price of \$12/person followed by dinner at Colombo's cost \$29/person

Sunday, August 27; Partners' Afternoon Tea

2.00 pm - 4.00 pm at QPO, hosted by Ailsa Head.

Members; if you have not passed on the invitation sent out by E-mail last week to your Partner, please look for it and do so.

Partners; where our data base held your E-mail the invitation was sent only to you.

Please RSVP to Ailsa Head by 16th August to rahead@bigpond.com,

or 9387 1676 (msg. service) or mob. 0425 879279

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.

21 -25 March 2018. 2018 Formula 1® Australian Grand Prix.

MEETING ROSTERS

Thursday 27th July

Speakers: Sam Hardikar Auto Biography

- Chris and John Burley Our time in Laos

Beatrice Ko Host:

Greeters: Chris Flavelle-Smith, Tony Hart Phil Francis, Jeanette Leigh Setup: Desk:

Adam Hillary, Rowan McClean

Thursday 3rd August

Speaker: CLUB FORUM

Host: President Rob Head

Topic: Submit issues for discussion prior to the

meeting please.

Greeters: David Cheney, Eileen Toohill Setup: Adrian Ranson, Maurie Walters

Desk: Phil Wade, Greg Cribbes

Thursday 10th August

Speaker: Estelle Kelly, Bill Oakley and

Exchange Students

Host: Estelle Kelly

Topic: Mongolian Trip Reunion Greeters: Greg Matthews, Tony Hart Setup: Peter Wilson, Tony Wells

Desk: Bernie Smith, Findley Cornell

Thursday 17th August

Speakers: Jane Pennington Host: Jane Pennington

Topic: Solomon Islands Update

Sewing Machine Update

Greeters: Marcel Muntwyler, Anthony Stokes Setup: Bronwen Dimond, Ian Richardson Bernie Smith, Adrian Ranson Desk:

This week's Speakers: Our own Rotarian Sam Hardikar and returning Rotarian John Burley and Chris Burley on their time in Laos

Attendance:

Are you unable to attend the next meeting? Are you bringing a Guest or your Partner?

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

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

This week's meeting

Membership 80, Apologies 21, LOA 11, 48 present = 60%

DG Peter Freuh and Anne, AG Jonathan Shepherd and Elizabeth,

Partners Ailsa Head & Carol Studebaker, Alumni John Burley,

Exchange Student Moritz Ellermann plus his parents Stefan and Regina, plus

sister Julia

External Activities – 20 members catering at VAME; Russell Cooper at A.R.H.

Greg Ross at RC Bentleigh Moorabbin Central.

Bill Oakley at RC Ulan Baatar, Estelle Kelly and Bill Oakley leading Student exchange to Mongolia.

Cheers, Hugo

Celebrations

Birthdays:- Ted Angleton July 27th,

Winita Hardikar July 27th Jim Studebaker July 28th

Nino Sofra July 28th Russell Cooper July 29th,

Carmel Bott July 31st

Inductions:- Peter Sutherland July 28th



ROTARY CLUB OF NORTH BALWYN 2017/18

President: Rob Head

president@rotarynorthbalwyn.com.au

Vice President: Findley Cornell

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.

North Balwyn Probus: Don Campbell .

http://balwynnorthprobus.org.au

North Balwyn Heights Probus:

Sue Mullarvey

yarramul@tpg.com.au 9857 4305, 0400 821 402

APOLOGIES FOR CLUB MEETINGS

- 1. Sign the "apology sheet" at the front desk at the prior meeting if you know in advance.
- 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.

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

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FIREWOOD NOW AVAILABLE

Thanks to Chris Cross Landscape & Gardening Supply for their support of our Club through housing our 3 storage containers.



We thank Bread Street Bakery for their ongoing support of our BBQ Fundraising activity through their generous provision of bread supplies.



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Thank you
Helloworld North
Balwyn for your
ongoing support of
our Event Days
and assistance
with our
Mongolia travel
arrangements.

Bendigo Bank Kew | Kew East

Bendigo Bank is a strong supporter of Nth Balwyn Rotary through its help with our Community Projects and Fund Raising.



The City of Boroondara is a great supporter of Rotary and we thank them for their most recent support with establishment of our North Balwyn Community Men's Shed