

The Grapevine



Jane's Jottings

[Our Leadership](#)
2016/2017

From the pen of the Acting Acting President!! (No, I don't have a stutter, Acting President Bill has headed off overseas so I am now acting President for the acting President). The "Real President" returns shortly and we can stop all this acting!

We were saddened to learn of the passing of one of our previous members and Friend of Rotary, Dave Morris. Dave was a member for 25 years and will be remembered as a gentleman and a hard working member of our Club. He was an active golfer, played tennis and enjoying spending time at his house in Portsea. He was remembered fondly by all members who had the privilege of knowing him.

This week our Guest Speakers were members, Greg Cribbes and Colin Sharp about Governance and Finances. Google tells me Governance is the establishment of policies, and continuous monitoring of their proper implementation, by the members of the governing body of an organisation.

Colin and Greg gave very informative presentations which detailed members' responsibilities in a variety of activities. Risk management featured along with financial management and information about where our money comes from and how it is accounted for. We thank both Colin and Greg for all they do in this area, which is often 'behind the scenes' but vital for the smooth running of the Club.

Thanks also goes to Greg Matthews who coordinated the working bee at Camp Getaway last weekend. He and his many assistants achieved a great deal over the weekend and the Camp Getaway Committee very much appreciate this work.

Thank you to the eleven members who packed a Container at DIK, ready to go to the Solomon Islands in November. The goods included bikes, sewing machines, books, wheelchairs, fabric, Days for Girls kits and when it was packed there was still some space so some mattresses were also included. All these goods will be so much appreciated by the recipients.

Tales from the Fellowship Weekend in Ballarat will abound next week – thank you to Rob and Ailsa Head for organising this opportunity for members to get together, relax and enjoy a weekend away.

Next week is our celebration of the Melbourne Cup so please remember to dress appropriately and come ready to splash some money on horses. Remember to advise Hugo know if your partner is going to attend.

I will finish with some words from our World President, John Germ:

Through Rotary, we have the capacity, the network, and the knowledge to change the world: the only limits are the ones we place on ourselves.

In the next seven days please do go and see how many ways you can Serve Humanity through Rotary.

Jane Pennington

Acting Acting President



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





Our Annual Christmas Raffle

Jim Romanis and Ted Wilkins gave us some pointers about making this major fund raising activity successful.

Members have been sent by separate E-mail the instructions for when you are a seller.

Please read and follow exactly and return ALL ticket butts and payment DIRECTLY to Jim, Russell Turner, or Peter Wilson.

Do NOT hand over cash and ticket butts at the desk on meeting nights.

If anyone wants more tickets to sell please contact Jim....a number have already sold 4 to 5 books...our experience at selling tickets at the BBQ'S indicate that the BAKERS DELIGHT voucher is well received. Try it on your friends!

Jim's message is BUY, BUY , BYE!

Well done Rob Stewart for selling 8 books last week.

Ted's recommendations - ask a question; don't talk to your mate - talk to the customer; don't sit down - get active! Offer 2 for \$5! Sell to your friends and family - we are not asking members to spend their own money to dispose of their two books.

Colin Sharp (on Governance) and Greg Cribbes (on Finance)

Tonight we heard from two of Board Members regards club matters that we possibly take for granted; that being the legalities and proper way of managing Club affairs and finances.

Colin's message is everything is ok with a club until it isn't!. Such as when we face accusations of harming a member of the public; a member is injured during a Club activity and/or monies raised or spent are missing or unaccounted. These occasions may never eventual but good governance will see procedures and policies in place that minimize the risk of such events and mitigate damages if it should occur. Members, whether on The Board or not, can be held legally liable if risks have not been considered and risk management strategies put in place prior to activities being undertaken.

The good news is that The Board has many policies and procedures in place which minimize member's and The Club's likelihood of coming under negative scrutiny. However it's up to members to think about risks and act responsibly at all times in areas such as Occupational Health and Safety, Food Safety, Working with Children, appropriate communication with the public, recording and submitting cash received during fund raising activities, and the proper expense claims and authorization when spending Club funds.

Greg and Colin are constantly reviewing our policy and procedures to ensure they continue to meet our changing needs. If member's are unsure about where they stand as to their responsibilities during Club activities be sure to ask and become informed about how to identify and manage risks involved.

This would be a good time to reconsider getting your on-line [Safe Food Handling Certificate](#)

This is an example of how we manage an identified risk of catering for the public.



A follow-up from last Thursday's Governance presentation.

Our RCNB Westpac Bank details for your ease of banking are:

RCNB Service Account 033-058 12-3696

RCNB Admin Account 033-058 12-3688

Also, I retract one of my comments from Thursday – please Do Not bank any RCNB funds into your personal accounts and then electronically transfer to RCNB. Preferably, please deposit funds promptly into either of the RCNB accounts as above or give the funds to Marcel on Thursdays.

If ever any query on making Deposits (or even paying Expenses, maybe...), I'm happy to help.

Cheers **Greg Cribbes** TREASURER RCNB Mob 0413 270403

Our Members have been involved in so many activities we could publish a whole photo album this week!

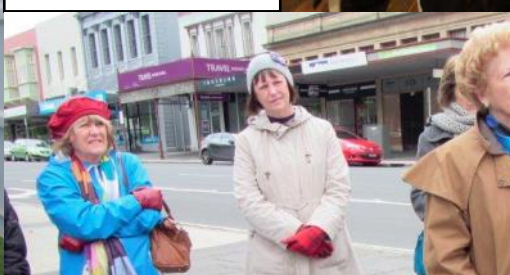
We have seen Christmas Raffle Ticket Selling, Barbeques, Relocation of Men's Shed equipment from Canterbury Girls Secondary College into a storage container, loading of a container at DIK for The Solomons, Axedale Camp Getaway Maintenance weekend, and the Ballarat Fellowship Weekend....and this week its our Melbourne Cup meeting.



Its looks a bit chilly - getting ready for a historic walk of Ballarat



Left: A Men's Shed in the making. Right: Fine Dining in Ballarat and the Golfers



CAMP GETAWAY WORKING BEE





On Thursday we loaded Books, Bikes, Beds, Fabrics, sewing machines, wheelchairs and other donated items from the DIK such as medical supplies. Thanks to everyone's help we made short work of the task.



Rotary



Club of North Balwyn

GARDENING PROJECT

22nd October 2016

The adverse weather forecast for both Friday and Saturday unfortunately resulted in our deferring Gardening on those properties until the New Year – yes, we do have a duty of Care to Students and Rotarians in these very wet conditions. That's life. Thanks to both Greg Matthews and Findley Cornell for Volunteering as below – it'd be appreciated if the **3 remaining "handyman" opportunities could be filled asap** to complete another successful Year in the Gardens.

Date and Who with	Time	RCNB Supervisor	Assisted by
Fri 28/10 – CGS/X	2.45 – 5.15pm	Greg Cribbes	Imre Lele
Fri 4/11 – CGS/X	2.45 – 5.15pm	Greg Cribbes	Rowan McClean
Mon 7/11 – RCNB	10.30 – noon	Greg Cribbes	Larry Fitzpatrick
Mon 14/11 – RCNB	10.30 – noon		Greg Matthews
Mon 21/11 – RCNB	10.30 – noon		
Mon 28/11 – RCNB	10.30 – noon	Greg Cribbes	Findley Cornell
After 4/11 until February SCHOOL BREAK			

As always, check your diaries and please advise your availability to Brian Hurnard (0414 985 779) or Greg Cribbes (0413 270 403) or simply add your name to this roster at the Thursday meeting. Appreciated.

Next Week - Melbourne Cup Dinner Meeting - Partner's Night



Special Guest: Peter Hutchinson

Best dressed awards for Men and Ladies.

Cup Sweeps - \$5.00 per horse.

Cup Trivia Quiz with a prize for the winning table.

Dress up and come and join the fun.

Guest Speaker jockey [Peter Hutchinson](#)

2016 Rotary Foundation Paul Harris Breakfast

Rotary

Central
Melbourne

When

Tuesday

22nd November 2016

Where

The RACV Club
Level 17
501 Bourke Street
Melbourne

Tickets

\$65.00 per head

or

\$600 for a table of ten
(incl. GST)

RSVP

11th November 2016

Time

7.15 for 7.30 till 9.00am

THE ROTARY FOUNDATION



YEARS OF DOING GOOD IN THE WORLD

GUEST SPEAKER



Tim Cartwright – *"Holding them to account"*

Come and hear about Tim's journey and how he will use his expertise and experience in his new role.

Tim was appointed as the State's Family Violence Reform Implementation Monitor in August 2016. He will report to the Parliament annually on the progress against the Family Violence Royal Commission's 227 recommendations, and on the implementation of the state's Family Violence Action Plan.

Tim retired from Victoria Police on 4 July, 2015, after over 41 years service.

He served as acting Chief Commissioner from late December 2014 until 1 July 2015. He had responsibility for 17,000 staff and an annual budget of around \$2.4 billion, delivering policing services to around 6 million Victorians. During that time Victoria Police; appointed its first Assistant Commissioner for family violence; played an active and leading role in early intervention to prevent radicalisation; continued to contribute to Victoria's leadership in multiculturalism, and continued its work with the Victorian Equal Opportunity and Human Rights Commissions into predatory behaviour within Victoria Police.

Tim served as Deputy Commissioner from mid 2011. He was responsible for the day to day operational policing of Victoria, and around 12,000 staff. His responsibilities included counter-terrorism, emergency management, the organisational lead in the policing of family violence, and the policing of all major events and emergencies.

Tim has represented the State at a national level on a range of issues including counter-terrorism, vehicle theft reduction and emergency management. He has spent three months on assignment to Strathclyde Police in Scotland, attended international courses in Ireland and Scotland, and visited Timor Leste and Turkey as part of his duties.

Most of his early career was spent in the northern and western suburbs of Melbourne in operational roles in uniform, plain clothes, and as a detective. As a senior officer he returned to Melbourne's north-west, and built strong and enduring relationships with Muslim and aboriginal leaders in the local communities. He continued to build these relationships in his executive roles.

He has a degree in Criminal Justice from RMIT, and a Graduate Diploma in Public Policy and Management from Monash University (School of Business).

We look forward to welcoming all Rotarians, partners, friends and colleagues to the Paul Harris Breakfast as we celebrate **100 years of The Rotary Foundation.**

All Paul Harris Breakfast proceeds are used for Rotary Foundation programs.

FOR FURTHER INFORMATION PLEASE CONTACT: Marjorie Gerlinger 0419 302 109 Email: marbern@bigpond.net.au

BOOKINGS: www.trybooking.com/233344

ABN: 29 402 928 051 Reg No. A0018334H Fundraiser Registration No. 10905 VCGR Declaration No. 58043

Rotary
District 9800

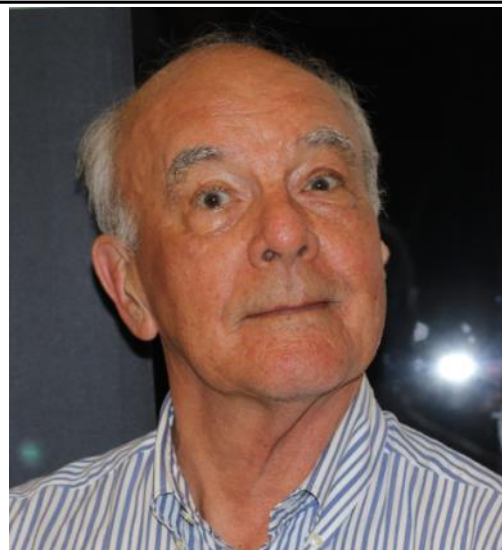
ROTARY
SERVING
HUMANITY

See your Foundation Chairman Findley Cornell to join our Club's Table. fnc@mail2me.com.au

2016
ANNUAL GENERAL
MEETING

The AGM will be held on the 24th of November.

If you would like to nominate for a position vacant please contact Gavan Schwartz



Yea and District



OPEN GARDENS

Saturday 5th and
Sunday 6th November 2016
10.00 am – 5.00 pm.




\$35 two day pass - all gardens
\$5.00 per garden - single visit
children free

Tickets, information and maps available:
• Y Water Centre-03 5797 2663
• John Handsaker-0409 152 007
• Elaine White-0431 752 367
• www.yearotary.org.au
or at each garden on the day.

Yea Garden Club
ANNUAL PLANT
SALE

Murrumbidgee Yea Cheviot
Flowerdale Glenburn

presented by the Rotary Club of Yea Inc.

Ken Maxfield says "Missing you all. Come to Yea!

Tricia's garden ("Heywood") will be open for viewing this year ... hope you can take some time to visit Yea and surrounds. It's a great time of the year to visit the country." ☺

- See <http://www.yearotary.org.au/>
- [Gardens Information Click HERE](#)

Rotary
Club of Yea



Save the Date!

Please join us to celebrate
our Ruby Anniversary with special guests,
cabaret and circus, sparkling and canapes.
Friday, November 11, 6-9pm
at the elegant ATC Foyer & Garden Balcony
Swinburne University, Hawthorn

With host Brian Nankervis from ABC Radio & Rockwiz
new Camcare Ambassador Kate Ceberano
cabaret sensations Ginger and Tonic
& Swinburne University's National Institute of Circus Arts

Can't wait to lock it in? Tickets \$40 plus fee, \$30 + conc.
Click here to book on EventBrite

SWIN
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40 years of supporting Boroondara's most vulnerable, empowered by a community of professionals, volunteers and caring locals, is something to celebrate!

Join the Camcare team, hilarious MC **Brian Nankervis** from Rockwiz, our new Ambassador **Kate Ceberano**, stunning cabaret girl group **Ginger and Tonic**, and members of Swinburne University's **National Institute of Circus Arts** for a fabulous tribute to four decades of community commitment.

Supported by our sponsor Swinburne University and your kind contribution via the ticket price, we promise an evening of entertainment and memories, sparkling and canapes, that you'll thoroughly enjoy. Ring Debbie Brown at Camcare on 98311900 with any queries, including donations for the silent auction and raffle. This event will be organised by Camcare with the support of Swinburne University's inimitable Events Management students.

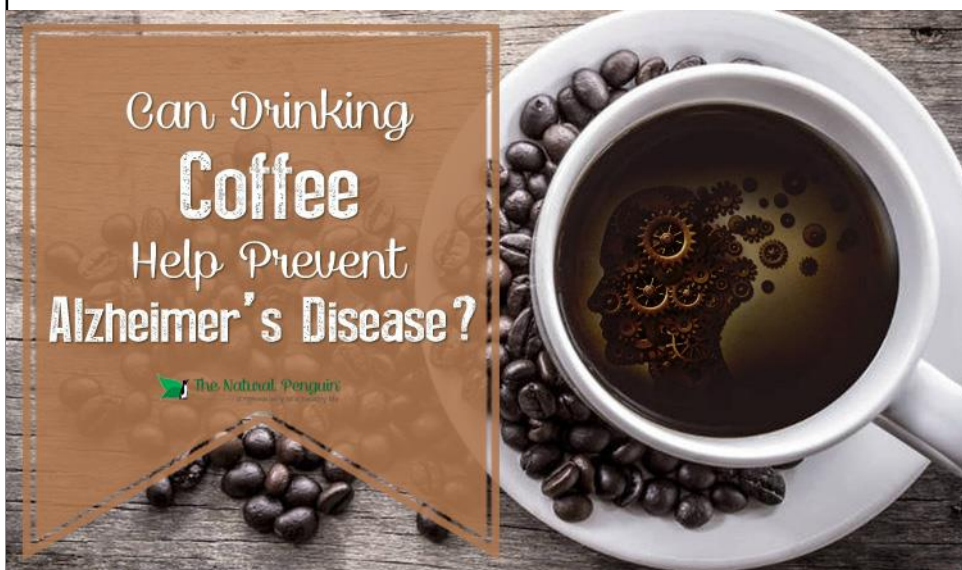
If you would like to attend the **Camcare Annual General Meeting** before the party, you are very welcome! It's at 5pm in the Lecture Theatre adjacent to The Foyer in the Advanced Technologies Centre Building. Book a free ticket on [this site](#).

Geoff's Health Tip

Coffee might prevent Dementia

Alzheimer's disease, an age-related neurodegenerative disorder and the most common cause of dementia, is characterised by a progressive cognitive impairment (memory loss being a hallmark) and thought to evolve over several decades.

In a 10 year study conducted by the Department of Psychology, University of Wisconsin-Milwaukee, it was reported that there was a favourable relationship between caffeine intake and reduction in the risk of dementia for post-menopausal women over the age of 65.



The 6,467 women in the study were predominantly Caucasian, and between 65 and 81 years of age at enrolment. Most women had either some college education or a college degree; fewer than 8% had not completed high school. The women provided self-reported coffee and tea consumption data on enrolment, with a check-up after one

year.

Of the women included in the study, during their initial 10 year follow-up, 209 women had partial dementia and 388 had dementia, described as composite cognitive impairment.

An analysis of individual caffeine consumption revealed that women who consumed more than two cups of brewed coffee a day were less likely to suffer probable dementia or composite cognitive impairment than those women consuming less than two cups. Brewed tea has about half the level of caffeine than is found in coffee, requiring the number of cups of tea to be doubled to achieve similar results to coffee.

The researchers said that although they could not generalise to men, others have found the protective relationship that applied to women did not apply to men. However, another study of European men showed that men who drank three cups of coffee a day had the lowest cognitive decline over a ten year period.

Geoff



MEETING ROSTERS

Thursday 27th October Cup Eve Dinner Speaker: (Jockey) Mr. Peter Hutchinson Topic: THEME NIGHT Spring Carnival Host: Bob Bott Setup: John McBride, Greg Matthews Greeting: Ian Mollison, John Gartlan Desk: Ted Angleton, Jim Romanis	Thursday 3rd November Speaker: TBA Topic: TBA Host: TBA Setup: Findley Cornell, Takao Yukawa Greeting: Beatrice Ko, Sue McDonald Desk: Geoff Steinicke, Colin Sharp
Thursday 10th November Speaker: TBA Topic: TBA Host: TBA Setup: Pete Sutherland, Russell Cooper Greeting: Tony Hart, Ian Adams Desk: Ian Mollison, Duncan Ansell	Thursday 17th November Speaker: TBA Topic: TBA Host: TBA Setup: Phil Francis, Jim Studebaker Greeting: Garth Symington, Peter Cleary Desk: Lindsay Pegg, Larry Fitzpatrick

Thursday, 20th October 2016

Present:

Guest Speakers	2 Members - Colin Sharp & Greg Cribbes
NB Members	42
Other Activities	26 Gardening Project :- Ansell, Cribbes, Hurnard, Kelly, Koa, Lacy,
(Board Approved)	& Matthews. BBQ :- Pethick & Richardson. Men's Shed :- Cooper,
	Cummings, Magor, Matthews, Sharp, Smith, Sofra, Symington & Wilson.
	DIK, ISC for Solomons :- Matthews, Sharp, Sofra, Steinicke & partners
	Camp Getaway :- Cooper, Matthews, Sharp plus partners.
	Greg Ross - Board of Australian Rotary Health.

Absences for Rosters: Peter Elliott, Paul Fitz, Steven Greatorex, Geoff Haddy, Tony Ho,

Rowan McClean, Sue McDonald, Bill Oakley, Tony Wells.

Celebrations: Monday 24th Oct. to Sunday 30th Oct.

Birthdays:	Anthony Stokes, Trish Wilson
Inductions:	John Gartlan 1992, Greg Ross 1986 Duncan Ansell 2001
Weddings	Anne and John Koa, Carol and Jim Studebaker

MAKE NOTES OF THESE DATES IN YOUR DIARY

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

Thursday 27th October 2016. PARTNER'S NIGHT

MELBOURNE CUP MEETING ... with Special Guest

Peter Hutchinson : Dress up and bring cash for The Sweeps!

Saturday 19 November BOROONDARA PARK PRIMARY SCHOOL FAIR 3pm to 8.15 pm . 40 Almond Street, North Balwyn.

Set up and pack up volunteers required. 12 noon to 2.45pm (Setup) and 8.00pm – 10.00pm (Pack- up) RSVP to: Jane Pennington (Jane.Pennington@bigpond.com)

Tuesday 22nd November Annual Rotary Foundation Paul Harris Breakfast

7.15 am RACV Club Guest Speaker Tim Cartwright "Holding Them to Account"

\$65 - detail for online booking [HERE](#)



Friday 9th December:

Christmas Fare:

9am to noon in North Balwyn Village



Saturday 17th December: Carols in The Park

Macleay Park, Cr Belmore and Buchanan Ave, Balwyn North
Presented by the North Balwyn Inter-Church Council with support of the Boroondara Council and us!



Friday 10th February 2017 Rotary Golf Day Kew Golf Club

7.30am start for 128 Players with a shotgun start .
Sponsors are being sought! More news shortly!!



Saturday, 18th February 2017. TRAMBOAT LUNCHEON CRUISE

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

www.tramboat.com.au



**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.au

Web: www.rotarynorthbalwyn.com.au

E-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?

OCTOBER IS



D9800 Probus

North Balwyn Probus President 2015/16

Ken Mitchell: mitchellkv@gmail.com

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.au

Rotary International
<http://www.rotary.org/en>

Support Our Sponsors



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

