



IN SERVICE OF ROTARY

Our Leadership
2015/2016

The (Vice) Presidential Proclamation

In President Jane's absence it was my privilege not only to host the meeting but also to mark Anzac Day and its relevance to our Club's activities. Jane and her team of volunteers are staying and working at the very site of a major World War II battle. Their presence at the town of Henderson in The Solomon Islands, on Guadalcanal and their dedication to the "Days for Girls" Project, is a fine example of a successful exercise in humane contrast. Being at the actual scene of the capture and subsequent defence of the Henderson Airfield in 1942/3 has added a special dimension to their visit. Over 15,000 Australian, U.S and New Zealanders were killed or wounded in this bloody encounter. We toasted the success of the Rotary Project and wished them well.



L-R Vice President Brian Hurnard, Dr John Tickell and President Elect and Host Rowan McClean

On a lighter note we discovered that our speaker, Dr. John Tickell, gets to places that other speakers don't seem to reach or probably don't dare to explore. No longer do we have any excuses for dietary or physical inaction when issued with an invitation to review our life expectancy however dodgy it may be. It questions our "Wellness Rating" and whether we wish to be one of the 350 Australians diagnosed with cancer every day. It's an alarming statistic and a rate expected to double in the next 15 years.

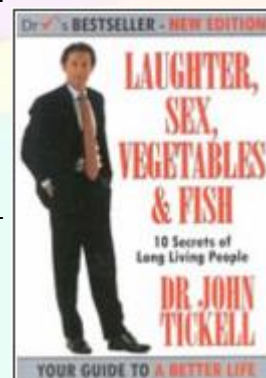
But there is hope. Having travelled the world to research this topic he confirmed that those healthy folk who live on Okinawa Island statistically have the best chance of becoming centenarians. How come? John has studied and simplified the basic health requirements down to four essentials. Plenty of Vegetables, Fish, Laughter and Sex, in no particular order, which may be why the Okinawans are such a happy lot.

V.P. Brian Hurnard

For President Jane

John has written several books which Members will find interesting.

A list of titles can be found [HERE](#)



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 Week: Thursday 28th April

Speaker Snr. Sergeant Dan Hilton : An Unconscious Bias

Host: Findley Cornell

Set Up: Tony Ho, Phil Francis

Greeting: Peter Wilson John Rennie

Desk: Duncan Ansell, Colin Sharp

Nino Sofra, Bill Oakley, President Jane Pennington, Bev Sofra, Sally Sharp, and Sally Sutherland are currently visiting our friends in The Solomon Islands where they are furthering the goodwill between our Club and the Communities at Henderson and Tetere.



Bill and Nino have caught up with Janny who has recently returned from her experience with us as a Royce and Jean Abbey Scholarship holder to gather learning in Animal Husbandry to accelerate the success of Chicken, Pig and Cattle production in The Solomons at Tetere.

“The Girls” are staying at Henderson with the Salesian Sisters Women’s Refuge which has been the recipient of fabrics and Aisin sewing machines and DIK assistance containers from our Club.

Read more [HERE](#)

On this occasion we have been asked to promote the Days for Girls Program which helps women achieve higher participation in Education and Community through better management of menstruation issues. The Henderson women are well equipped to promote the Days for Girls program because of their sewing skills and aptitude to make and distribute the “sanitary kits” which The Project is based around. It is possible and likely that micro businesses may eventuate from this program.

Jane and her team will present their findings at a Club Meeting on the 2nd of June. It is a Partner’s Night and you are encouraged to invite guests as well.

Below are some photos posted by Nino.



Left: Nino with Janny.

Janny hasn’t been too happy with herself as upon her return she was planning a happy holiday with her family but instead was laid up with an ankle injury which caused her much pain.

Right is “our” wind mill which continues to be great success in providing water for agriculture and the community.



Announcements

The Rotary Club of Brighton reminds us of their upcoming "President's Breakfast"

May 06, 7.15 - 9.00 am

A great speaker and two very worthwhile causes (Youth Suicide Awareness & Violence Free Families).

Please see the flyer [HERE](#)

A table of 10 will cost just \$650.00. For registration please follow the [TryBookings link to President's Breakfast](#)

Guest Speaker: Gideon Haigh - "Award winning sports journalist, author and cricket lover"

Contact Details: Phil Wheatley: 0408 334 889



Invitation to Friends and Interested Others.
Come and hear about the "Days for Girls" project
Thursday 2 June 2016 Kew Golf Club
(This is a normal Club Meeting)

The "Days for Girls" project commenced during the second half of 2015 and has received a huge amount of support from many different people and organisations for which we are very grateful. We would like to share details of our project (and success) with you.

We have sourced all the materials and learnt to make the kits, we've travelled to the Solomon Islands and we have plans for the future.

Come and hear about this successful project and some stories from the Solomon Islands.

Time: 6.00pm for a 6.30pm Cost: \$34.00

RSVP: To: Jane Pennington [Email: Jane.Pennington@bigpond.com](mailto:Jane.Pennington@bigpond.com) or Hugo Goetze hugogoetze@netspace.net.au by Monday 30 May 2016.

Or phone: 0408 402 555 (Jane) 9857 6701 (Hugo).

Announcements

Fellowship Night

Dinner at Taos Restaurant.

Friday Night 6.30 for 7.00 PM

27th May.

Only \$60 (\$55 for non-drinkers).

Includes several (7) courses from the extensive offerings at Taos plus drinks.

More menu details to follow but from past occasions we know its going to be luscious!

201 Bulleen Road, Bulleen



Catering Opportunities.

Date	Event	AM Shift 8am-12noon	PM Shift 12noon - 4pm	SOT Application No.
22-Apr-16	Bunnings Box Hill BBQ	Jim Studebaker	Ted Wilkins	S64248511F
FRIDAY	256 Middleborough Rd	Garth SYMMINGTON	Ian Richardson	
8.30am-4.00pm	Box Hill	Kax Maxfield	Peter Wilson	
			Carolyn Pethnick	
25-Apr-16	RSL DONCASTER	Jane Pennington	Ted Wilkins	Start Time 5.30am
MONDAY		Peter Elliott	Tony Wells	Finish 9.30 am
5.30am-9am		Lindsay Pegg	Jim Romanis	
		Greg Matthews	Jim Studebaker	
30-Apr-16	Bunnings BBQ	Geoff Stienicke	STEVE GREATEREX	S64248511F
SATURDAY	256 Middleborough Rd	Lindsay Pegg	Nino Sofra	
8am-4.00pm	Box Hill	Colin Sharp		
		Adrian Ranson		
20-May-16	BUNNINGS BBQ	Bill Oakley	Jim Studebaker	S16249005B
FRIDAY	256 Middleborough Rd	Nino Sofra	Don/Ala Taylor	
8/30am to 4pm	Box Hill	Greg Cribbes		
28-May-16	SERVANTS 30th BIRTHDAY	Nino Sofra		
SATURDAY	36 BARTON St.Hawthorn	Bill Oakley		
6.00pm-8.00pm				
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	Brian Lacy	
		John McBride	Imre Lele	
		Bill Oakley	Bill Oakley	

Contact Nino or Bill to join in the fun.

HOW SMART IS YOUR RIGHT FOOT?

1. Without anyone watching you (they will think you are GOOFY!!) and while sitting , lift your right foot off the floor and make clockwise circles with it.

2. Now, while doing this, draw the number '6' in the air with your right hand. Your foot will change direction.

There's nothing you can do about it! I bet you are going to try it again, if you've not already done so.

Announcements

Rowan McClean: Assistance and Expression of Interest sought.

Gardening Project

We need a coordinator for the Rotary Gardens Project for 2016/17 or this excellent project will die. Brian Hurnard has agreed to oversee the assessments of properties referred to us and we are prepared to scale it back and make it less demanding on our ageing resources.

Needy residents in Boroondara value this program highly, and its demise would be a real shame and a loss to our community.

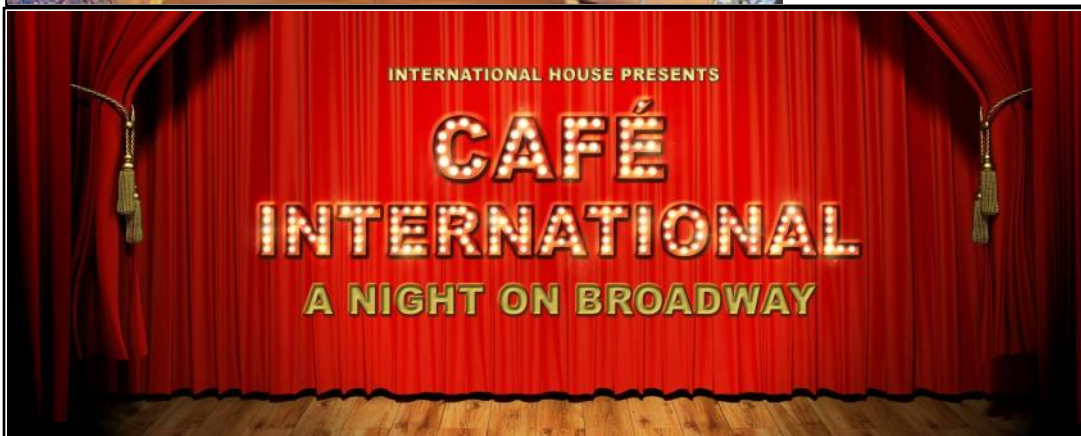
If you can help keep it alive by taking on the reduced role, please speak with Jane Pennington or Rowan McClean.



Girl Power!

The powerhouse of the Rotary Club of North Balwyn increases in number!!!

Shared by Jane on her [Face Book page](#)
Our girls enjoying each other's company at a breakfast in Canterbury recently.



International House and the student community cordially invites you to attend Café International 2016 - A Night on Broadway

Join us at International House for an evening of entertainment and fun to support students from all around the world. Enjoy being apart of and supporting a community that is inclusive of all cultures and backgrounds. Embrace the night to inspire and rekindle a love for Broadway themed live music and dance.

As with previous years, our resident students provide an evening of high quality dining and performance! In accordance with tradition, a percentage of the profits (50%) will be donated to Affecting Real Change a charity that works within local communities and facilitates responsible volunteering opportunities in the developing world. The remaining goes into running International House Student Club.

Café International is on Saturday, 7th May at International House, 241 Royal Parade, VIC 3052

Dress Code: Formal

Doors will open at 6:30pm for pre-dinner drinks and refreshments.

Dinner and the show begin at 7:30 sharp.

Ticket cost is \$85 AUD per person and includes all beverages for the night, a three-course meal and spectacular entertainment. Kindly RSVP by 27th April to Lucy Cassella

at ihcafe2016@gmail.com 0423278653 Or for other questions pertaining to this event.

The link to the ticketing page is <https://chook.as/ih/cafe-international-16>

Regards, International House



FUNDRAISING THINK TANK FOR 2016/17

Attention all members ...I am planning a Think Tank Meeting.

Please let me know if you are interested so that I know how many bottles of red to buy. You must come with deep and meaningful thoughts of "easy money".

New ideas are welcome as well as improvements to our existing fundraising which could increase the benefits.

I will announce a date shortly. I look forward to hearing from those who are interested.

Remember. The club cannot spend the bread on its projects if we don't raise the dough.

Yours in Rotary Jim Romanis kezjim1@bigpond.com


Bill Oakley—The Annual Miniatures Exhibition is coming up again.

July 9th/10th (Sat/Sunday) VAME (Victorian Association of Miniatures Exhibitors) Week end display at Mt Waverley Community Centre.

We run the kiosk for the display.

Volunteers will be requested for this fascinating day.



<div>Rotary Club of North Balwyn</div> 		<u>GARDENING PROJECT</u>	22nd April 2016
Date and Who with	Time	RCNB Supervisor	Assisted by
Fri 22/4 – X	4.00 – 5.15pm	Tony Hart	Tony Ho
Fri 29/4 – CGS	2.45 – 4.00pm	Colin Sharp	Findlay Cornell
Fri 29/4 – X <i>Eva Tilley</i>	4.00 – 5.15pm	Geoff Haddy Tony Ho	Greg Matthews
Sat 30/4 – MLC	10.00 – noon	Greg Cribbes	Tony Hart Ian Richardson
Thur 5/5 – RCNB SPECIAL SESSION	10.00 – noon	Greg Cribbes Rowan McClean	Duncan Ansell Brian Hurnard
Fri 6/5 – CGS/X	2.45 – 5.15pm	Greg Cribbes Geoff Haddy	Garth Symington
Sat 7/5 – MLC	10.00 – noon	Geoff Steinicke	Estelle Kelly
Thur 12/5 – RCNB SPECIAL SESSION	10.00 – noon	Greg Cribbes Rowan McClean	Garth Symington Estelle Kelly
Fri 13/5 – CGS/X	2.45 – 5.15pm	Greg Cribbes	2 more please
Sat 14/5 – MLC	10.00 – noon	Rob Head	Eileen Toohill
Fri 20/5 – CGS/X	2.45 – 5.15pm	need 1 please	2 more please
Sat 21/5 – MLC	10.00 – noon	need 1 please	Lindsay Pegg
Fri 27/5 – CGS/X	2.45 – 5.15pm	Greg Cribbes	
Sat 28/5, Fri 3/6 and Sat 4/6	No Gardening due to Exams		
Fri 10/6 – X	4.00 – 5.15pm		
Sat 11/6 – MLC	10.00 – noon		
Fri 17/6 – CGS	2.45 – 4.00pm		
Sat 18/6 – MLC	10.00 – noon		
17/24 June to 11 July	SCHOOL BREAK		
		Greg Cribbes	Mob 0413 270403

6

Geoff's Health Tip

Prunes – just plum good!



After years of being the wallflower of the pantry, prunes are becoming more popular in Australia. In Eastern Europe and Finland, prunes have been a frequent ingredient in the cuisines of those countries for centuries. In France especially, prunes are much sought after as celebrity chefs feature them in their signature dishes. But in Australia, they suffer an image problem because of their wrinkled appearance and their association with the elderly who see their primary use as a laxative.

All this may change as a recent study by researchers at Texas A&M University found that a diet including prunes positively affects the gut bacteria producing butyric acid in the large intestine. From past research, the presence of butyric acid in the large intestine inhibits the incidence of colorectal cancer.

Another study by the University of Liverpool has found that eating prunes as part of a weight-control diet can improve weight loss. This study of 100 overweight and obese low-fibre consumers tested whether eating prunes helped or hindered weight control over a 12-week period. The researchers found that members of the prune eating group lost 2kg in weight and shed 2.5cm from their waist measurement compared with the control group eating healthy snacks who lost only 1.5kg and 1.7cm from their waists.

In these days of rising rates of obesity and colorectal cancer, dried prunes should be on everyone's shopping-list. They are relatively cheap and easy to prepare.

The plum/prune industry is centered around Young in Southern NSW with current annual production of a relatively tiny 3,000 tons. Output is expected to grow to 5,000 tons as more growers join to meet rising demand.

Geoff

Eva Tilley Presents Family and Friends Day Sunday 1st May at Box Hill Miniature Railway

 *Eva Tilley*
Where you're part of the community

**Tickets at Reception
or available on the day**

Date

Sunday 1st May, 12:00 midday to 2:00pm

Location

Corner Elgar and Belmore Rds, Box Hill Nth – Melway 47B4

Details

Eva Tilley friends and families will have exclusive access to:

- excellent covered BBQ area, with plenty of tables and chairs
- trains of 25 passenger capacity
- tours on request of clubrooms, workshops and wonderful steam and electric locomotives

Cost

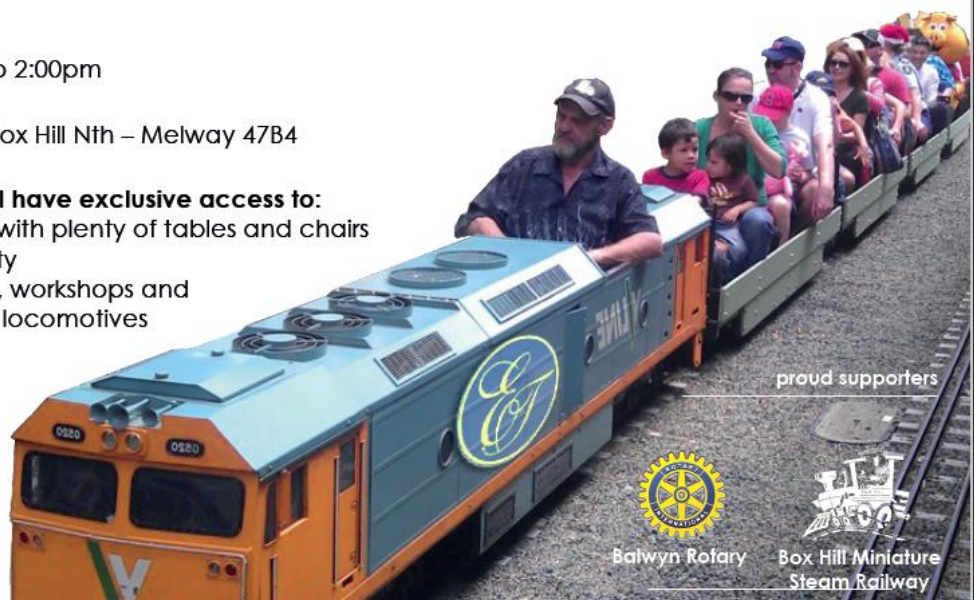
\$10 for adults

\$5 for kids aged 2 to 15.

This gets you a BBQ sausage and unlimited train rides.

Children under 2 are free.

Tea, coffee and soft drinks available at \$2 each.



proud supporters



Balwyn Rotary



Box Hill Miniature
Steam Railway

MEETING ROSTERS

Thursday 28th April

Speaker: Snr Sergeant Dan Hilton
 Topic: An Unconscious Bias
 Host: Findley Cornell
 Set Up: Tony Ho, Phil Francis
 Greeting: Peter Wilson John Rennie
 Desk: Duncan Ansell, Colin Sharp

Thursday 5th May

Speaker: Club Birthday
 Topic: ABBA
 Host: Bronwen Dimond
 Set Up: Greg Ross, Russell Cooper
 Greeting: Brian Lacy, Kinga Paulheim
 Desk: John Magor, Ken Maxfield

Thursday 12th May

Speaker: Wanjiku Mahera
 Topic: Mahera Academy
 Host: Jim Studebaker
 Set Up: Jack Liao, Ian Mollison
 Greeting: Russell Turner, Ian Adams
 Desk: Lindsay Pegg, Sue McDonald

Thursday 19th May

Speaker: Catherine Morley
 Topic: Start Living Your Life
 Host: TBA
 Set Up: Ted Wilkins, Anthony Stokes
 Greeting: Phil Francis, Rob Stewart
 Desk: Tony Hart, John Gartlan

Meeting No. 40

Thursday, 21st April 2016

Present: Guest Speaker 1 Dr John Tickell - Health Expectancy.
 NB Members 42
 Guests 6 Prospective New Members - 1st visit of Mark Dowell (Brian Hurnard),
 Mary Maatouk & partner Robert Frediani (Maurie Walters),
 Eric Aw (Russell Cooper); 4th visit of John Koa (Rowan McClean).
 Ashley Wild - RYLA attendee (Estelle Kelly).
 Wives/Partners 1 Kris Walters
 MakeUps 6 Greg Ross - Aust. Rotary Health Board; Eva Tilley gardening -
 Ian Adams, Geoff Haddy, Tony Ho, Brian Hurnard & Ian Richardson.
 Meeting Attendance 76.7%

Apologies for Rosters:

-
 Bob Bott, John Burley, Greg Dimopoulos, Jürgen Kehne, John McBride, Matt Pauli

Celebrations: Monday 25 April to Sunday 1 May

Birthdays: Bronwen Dimond

Induction Anniversaries: David De Garis 2010; Rob Stewart 2010
 Sue McDonald 2004

Wedding Anniversaries: Geoff and Judy Steinicke

MAKE NOTES OF THESE DATES IN YOUR DIARY

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

Sunday 1st May Eva Tilley Family and Friends Day . 12 Noon to 2 PM
Corner of Elgar and Belmore Rds, Box Hill North—Melway ref 47B4

\$10 for adults
\$5 for kids aged 2 to 15.
This gets you a BBQ sausage
and unlimited train rides .

Thursday 5th May Club Birthday.

Choose an ABBA song and perform it in an entertaining manner, on our Birthday night in May.
'70's 80's theme. Dress up and have some fun.

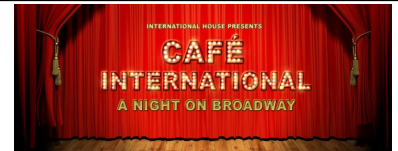


Friday May 6th Brighton North's President's Breakfast ; Speaker: Gideon Haigh - "Award winning sports journalist, author and cricket lover"
International Receptions in Brighton 7.00 PM **Contact Details:** Phil Wheatley: 0408 334 889 Book [HERE](#) with Try Booking \$65 per Head



Brighton North
Rotary

Saturday, 7th May at International House, 241 Royal Parade
CAFÉ INTERNATIONAL \$85 includes all beverages , 3-course meal and spectacular entertainment. Kindly RSVP by 27th April to Lucy Cassella



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.



[Discover Korea](#) Explore Korea at one of the most beautiful times of the year. Plan now to:

- Visit UNESCO World Heritage sites
- Sample traditional Korean fare
- Experience Seoul's vibrant nightlife

28 May - 1 June 2016
SEOUL, KOREA

Thursday 2 June.

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

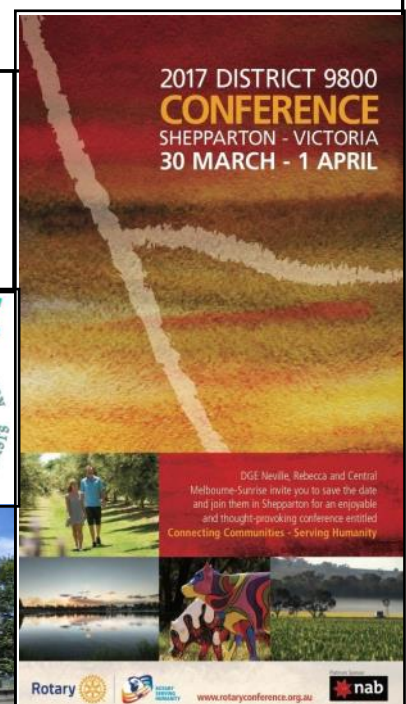
Saturday 25th June *Club Changeover. Cheer out President Jane Pennington and cheer in President Rowan McClean.*

(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
Rowan McClean will arrange a club table (or two).
RACV Club at lunchtime on Sunday 26th June
Stay tuned for further details



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



Friday 21st—Sun 23rd October
Fellowship Weekend in Ballarat
Join us for a choice of golf, fellowship, historical sites, galleries, museums, the lake and gardens.



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

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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.



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?

APRIL IS



Rotary 



www.rotary.org

D9800 Probus

North Balwyn Probus President 2015/16

Ken 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.au

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

Support Our Sponsors



66 Doncaster Rd, Balwyn North.
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