



IN SERVICE OF ROTARY

Our Leadership
2015/2016

The Presidential Proclamation

Rotary International's Vocational Service month continues and this week Peter Wilson gave a fascinating presentation about his career. This was very interesting and proved that you can change careers more than once throughout your working life.



Rotary International's definition of Vocational Service is:

"An activity that encourages Rotarians to model high ethical standards and apply their business knowledge and skills to benefit others."

When Paul Harris founded Rotary in 1905 he was a lawyer in Chicago. He envisaged a new kind of club for professionals that would rekindle the fellowship he had known in his youth. After meeting with three friends, a coal dealer, a merchant tailor and a mining engineer, it was decided that business leaders should meet periodically to enjoy camaraderie and to enlarge their circle of business and professional acquaintances. Meetings were rotated among their places of business and so the name "Rotary" emerged and so too did the commitment to improve the lives of the less fortunate.

Here are some words from our RI international President to ponder this week:

Every impact you have as a Rotarian individually and through your Club is multiplied by the power of our numbers. When you feed one person who is hungry, when you educate one person who is illiterate, when you protect one child from disease, the impact may seem small. It is anything but; for it is only through the power of numbers, through the power of our individual actions and gifts that we can have the impact we seek: to truly be a Gift to the World.

President Jane

Read this month's Presidential Message [HERE](#)

K.R. RAVINDRAN
PRESIDENT 2015-16



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: 28 Jan

Speaker: Rev. Natalie Dixon-Manu
Boroondara Community Outreach
Host: Maree Williams
Setup: Stephen Greateorex , David Cheney
Greeting: Jo Butler, Eileen Toohill
Desk: Ted Wilkins, Estelle Kelly

Dear Members,

The Board has asked me to create a listing of all our protocols, standard operating procedures and understandings that have a bearing on our decision making and compliance requirements.

I am seeking contributions from members on such matters and ask that ideas on what should be included be forwarded to me as soon as possible.

Such things as current policies, financial practices, protection policies, meeting arrangements and invitations to specific activities – anything that pertains to how we operate would help in making the document as accurate and comprehensive as we can.

Where possible your response by email would be much appreciated.

Gavan Schwartz <gavan@gsadvising.com.au>

Gavan Schwartz

Secretary

International Women's Day Celebration – a Partners' Night

Everyone (Rotarians, wives, partners, friends) is invited to come and celebrate International Women's Day at our meeting on 10 March with women featuring throughout the evening.

We are very fortunate to have Mrs Jan de Kretser as our guest speaker, who will present about her time in Government House as the wife of the Governor of Victoria.

So please put this date in your diary and come on 10 March!!

Many thanks

President Jane

RCNB to be volunteering and catering at Summer Music: City of Boroondara

See NINO if you can help



This is a series for music lovers of all ages. Whether soul, jazz, indie pop, folk or swing is your thing collect your friends, family and neighbours along the way and spend an evening relishing all that Summer Music has to offer.

In 2016 Summer Music will be staged in the following locations around Boroondara:

Beckett Park

6pm to 9pm, Saturday 6 February 2016

Beckett Park, Balwyn

St James Park

6pm to 9pm, Saturday 13 February 2016

St James Park, Hawthorn

Canterbury Gardens

6pm to 9pm, Saturday 20 February 2016

Canterbury Gardens, Canterbury

Entry is free to all events!

Rotary Gardens Project at 22nd January 2016

The 2016 RCNB Gardening program is taking shape – thanks to fellow Rotarians who have already nominated early for various times as it really helps the coordination role.

A couple of reminders:

- The students joining us this year will be “new” to the Community Service Project so will need an appropriate induction into their participation in early visits. Same schools though.
- The Thursday's have been scheduled for Rotarians to Garden in appropriate locations without students – this timing also allows Burke & Beyond to join us sometime.
- I've committed to schools that the Gardening Program will continue over times where Golf, Multicultural, Bendigo and Grand Prix events stretch Rotarian availability. Together, it'll work.

As always, any nominations for future visits, queries or want to chat??

PLEASE call me. Cheers Greg CRIBBES Mob 0413 270403

Date and Who with	Time	RCNB Supervisor	Assisted by
Fri 5/2 – CGS/X	2.45 – 5.15pm	Tony Ho	Ian Richardson
Thur 11/2 – RCNB	10.00 – noon	Geoff Steinicke	Bob Bromley
Fri 12/2 – CGS/X	2.45 – 5.15pm	Geoff Haddy	Estelle Kelly
Thur 18/2 – RCNB	10.00 – noon	Rowan McClean	John Gartlan
Fri 19/2 – CGS/X	2.45 – 5.15pm	Geoff Haddy	NB RCNB Golf Day at Kew
Sat 20/2 – MLC	10.00 – noon	Greg Cribbes	
Thur 25/2 – RCNB	10.00 – -noon	Greg Cribbes	
Fri 26/2 – CGS/X	2.45 – 5.15pm	Greg Cribbes	NB RCNB Multicultural event
Sat 27/2 – MLC	10.00 – noon		Rob Head

Up and coming Catering Events

Please email me at nsofra@bigpond.net.au Thank-you in anticipation Nino

Date	Event	AM Shift 8am-12noon	PM Shift 12noon - 4pm
06-Feb-16	Summer Music		
Saturday	Beckett Park		
4.30pm-9.00pm			
12-Feb-16	Bunnings BBQ	Brian Lacy	Tony Ho
FRIDAY	256 Middleborough Rd	Nino Sofra	
8.00am - 4pm	Box Hill	Bill Oakley	
13-Feb-16	Summer Music		
Saturday	St.James Park	Rob Head	
4.30pm-9.00pm			
20-Feb-16	Summer Music		
Saturday	Canterbury Gardens		
4.30pm-9.00pm			
12-Feb-16	Bunnings BBQ	Brian Lacey	
06-Mar-16	Hawthorn Craft Market	Jane Pennington	
Sunday	Camberwell Town Hall	Eileen TooHill	
9.30pm-3pm			



Invitation to Share a Meal at Servants

Members and Partners are invited to dinner at Servants Community Housing on the evening of either **Saturday February 6th or Saturday February 13th.**

Servants Community Housing has been operating affordable accommodation and safe housing for those on low incomes for over a quarter of a century in Hawthorn, and more recently in Kew.

This is a great opportunity to gain an insight into the community housing environment that Servants has created for many who would otherwise have none.

Venues:

“Carrical”, 18 to 20 Mason Street Hawthorn on Saturday 6th February

and

“Romana”, 11 A’Beckett Street, Kew on Saturday 13th February

Time: 5:45 pm and finishing at 8:45pm

Cost: No cost to us to attend.

RSVP: Please respond to Peter Wilson at:

pwilson254@gmail.com

by:

Tuesday 2nd of February for the “Carrical” evening and

Tuesday 9th February for the “Romana” evening.

We are able to accept up to twelve people for each evening.



This is a great opportunity to experience the achievements of this wonderful organization!

Group Vocational Exchange Farewell Dinner



Milanos Hotel, The Esplanade, Brighton Beach.

Tuesday, 16th February, 6.30pm for 7.00pm

Join us for a great send-off for the GVE Team to the Philippines, and to welcome the incoming team.

Cost: \$40/head Bookings must be prepaid via Trybooking by 13th February <http://www.trybooking.com/176125>

Further details Julie Avery 9591 9591 or 0418364191 Julie@brightontravel.com.au

Geoff's Health Tips (By Peter)

Geoff's computer (not Geoff as he is so healthy!) has had a coronary and is awaiting a heart transplant so this week's Health Tip comes from Peter.

New study shows vitamin D supplements may cause falling.



"There is belief that people should take vitamin D supplements to raise the levels in their blood to an 'ideal' 30 ng/ml. But a new study shows that this common practice can cause—rather than prevent—falls,"

The Swiss study—designed to determine whether doses of vitamin D that achieved blood concentrations of 30 ng/mL improve strength and balance—studied 200 men and women (aged 70 years and older) who were living at home with reasonably good cognition and mobility, but who had a prior fall. More than half of

the seniors had vitamin D concentrations that were below 20 ng/mL, considered by many to be "deficient." Two doses (60,000 IU of vitamin D3 monthly or 24,000 IU vitamin D3 plus 300 µg of calcifediol monthly, equivalent to about 2,000 IU daily) achieved the goal of 30 ng/mL in 80% of study participants—a level that has been recommended as best for reducing the risk of fractures and for other health benefits. However, compared with a monthly dose of 24,000 IU vitamin D3 (equivalent to 800 IU daily), the higher doses had no effect on physical performance and instead increased the risk of falls.

"Vitamin D supplementation has been claimed to have many benefits, such as prevention of cancer and heart disease, which have not been supported by clinical trials (the strongest type of evidence). Now we know from clinical trials that relatively high doses of vitamin D supplements might carry a risk."

However until more evidence is gathered, it is prudent to follow recommendations from the Institute of Medicine that people aged 70 years and older get 800 IU vitamin D daily. The best sources of vitamin D are sunlight, and foods rich in vitamin D including milk, fortified yoghurt, and some types of fish such as salmon and tuna."



Peter

Stay informed on Rotary events: http://www.rotarydistrict9800.org/notices_and_events_future

Rotary Foundation

Rotary District 9800 is one of 100 Rotary Districts in the world to have been selected to be a pilot district of the new Future Vision program of the Rotary Foundation. The pilot phase will last until June 30th 2013 when all Rotary Districts in the world will adopt the changes to the Foundation as trialed under the Future Vision program.

Through Foundation grants and programs, Rotarians and other contributors can help change the world. They can finance a well for a village that lacks clean water, improve the environment, or provide scholarships to educate the next generation. The grants and programs available to Rotarians allow them to realize Rotary's humanitarian mission throughout the world, including its number-one goal of eradicating polio.

To eradicate polio, Rotarians have been mobilized by the hundreds of thousands. They're working to ensure that children are immunized against this crippling disease and that surveillance is strong despite the poor infrastructure, extreme poverty, and civil strife of many countries. Since the PolioPlus program's inception in 1985, more than two billion children have received the oral polio vaccine.

Rotary's US\$200 Million Challenge is the Rotary Foundation's response to the two grants totaling \$355 million from the Bill & Melinda Gates Foundation to help eradicate polio.

MAKE NOTES OF THESE DATES IN YOUR DIARY

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

Thursday 4th February 2016

Partners Night with Guest Speaker D.G. Julie Mason speaking about Rotary Foundation

Saturday February 6th or Saturday February 13th

Dinner at Servants Community Housing

RSVP: Please respond to Peter Wilson at: pwilson254@gmail.com

Wednesday 10th February. The Johnston Collection visit. Bookings to Kinga Paulheim;
Remember to attend if you have booked!

Friday 19th February. Rotary Club of North Balwyn **CHARITY GOLF DAY**
Kew Golf Club.
Bookings to John Magor please

Thursday 25th February. Rotary Club Bowls Night **Partner's Night**
Club Meeting North Balwyn Bowls Club, Buchanan Avenue

Thursday March 10th **Mrs. Jan de Kretser guest speaker— Partner's Night**
Club Meeting (About her time in Government House as the wife of the Governor of Victoria).

Thursday March 10th International Women's Day Breakfast

 <p>INTERNATIONAL WOMEN'S DAY BREAKFAST THURSDAY 10TH MARCH 2016</p>	 <p>THE ASCENT OF A WOMAN?</p>	<p>THURS MARCH 10 2016 7:00 - 9:00AM THE PALLADIUM SOUTHBANK</p>
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Friday 11th -> Sunday 13th March

District Conference Bendigo
Registration must close on January 31st

CONFERENCE 2016	
 <p>Rotary District 9800</p>	 <p>Be a gift to the world</p>
12TH - 13TH MARCH BENDIGO	

Thursday 17-Sunday 20 March

The 2016 Formula 1® Australian Grand Prix.
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AUSTRALIAN
GRAND PRIX**
MELBOURNE
17-18-19-20 MARCH 2016

Sunday 10th April Winery Tour and Luncheon—Yarra Valley (with bus).

Saturday 28th May to Wed 1 June

Rotary  **INTERNATIONAL CONVENTION**



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 CHARITY GOLF DAY

Friday 19th February 2016 Kew Golf Club 120 Belford Rd East Kew.

Proceeds to ROTARY CLUB OF NORTH BALWYN MEN'S SHED

GREAT PRIZES TO BE WON

BOOKINGS TO JOHN MAGOR PLEASE: <jxmagor@gmail.com>

Shotgun Start at 8.00 am

Briefing 7.15am prior to proceeding to hit off tee

Lunch: Post match with presentations included in entry fee. Drinks at bar prices.

Ambrose Competition – preferably, players will have GA Handicaps.

For all social and non-handicap players, a Handicap of 18 will be given.

In addition to PRIZES for 1st, 2nd and 3rd placed teams, there will be fun prizes on:

- 9th Fairway - Longest Drive (on the fairway!!)
- 9th Fairway - Straightest drive (beyond the tee!!)
- 11th /18th holes- nearest the pin (on the Green!!)

ENTRY FORM:

	<u>PLAYER</u>	<u>PHONE</u>	<u>GOLF CLUB</u>	<u>HANDICAP</u>	<u>GOLF LINK No</u>
\$					
(1)					
(2)					
(3)					
(4)					

TOTAL \$

Cost \$75.00 per player.

PAYMENT OPTIONS:

* Cheque to Rotary Club of North Balwyn – to PO Box 135, North Balwyn 3104, or

* EFT to RCNB – BSB 033 058 Account 123696 noting your 'Player 1 name' and 'Golf'.

Enquires: Greg Matthews 0419 597 780 or email :- greg1144@bigpond.net.au

With thanks to our Major Sponsor, our local travel agent

Helloworld Balwyn North Phone 9819 7173

Ian Mollison – Managing Director, a member of the Rotary Club of North Balwyn.



ROTARY CLUB OF NORTH BALWYN 2014/15**President: Jane Pennington**president@rotarynorthbalwyn.com.au**Vice President: Brian Hurnard**vicepresident@rotarynorthbalwyn.com.au**Secretary: Gavan Schwartz**secretary@rotarynorthbalwyn.com.au**Treasurer: David de Garis**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**

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

2. Click [HERE](#) for apologies. No need to log into the site. Click on "Contact" and select "Attendance/Apologies"3. E-mail Hugo Goetze apologies@rotarynorthbalwyn.com.au

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**.**CONFERENCE 2016**
Rotary
District 9800

**Be a gift
to the world**
12TH - 13TH MARCH | BENDIGO**D9800 Probus****North Balwyn Probus** President 2015/16Ken 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

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

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66 Doncaster Rd, Balwyn North.
Ph: 9819 7173



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