

# The Grapevine



## Rowan's Reflections

[Our Leadership](#)  
2016/2017

District Governor Neville John and Rebecca and Assistant Governor Eastside Cluster Jonathan Shepherd and Elizabeth were our special guests at our last club meeting.

Neville explained that RI International President John Germ took this year's theme from a statement made by Paul Harris early in the establishment of Rotary. He outlined the District priorities for 2016/17 as strengthening district clubs, enhancing community service and improving Rotary's image. There is an excellent fit between our priorities and proposed activities and these three areas of focus.

The DG met with our Board members after the dinner meeting with the exception of Jim Romanis (who is on leave), Jane Pennington (who came to the dinner meeting but was very tired after her first venture out since discharge from hospital), Greg Cribbes who was interstate and Belinda Wandabwa (who was held up at work).

Neville commented that District 9800 is one of the best Districts in Australia, and we are one of the powerhouse clubs in it. He went through a number of items in our Annual Review report which had been submitted to District by me last week. During the dinner meeting and the post-dinner Board meeting, we outlined our proposed admin changes to budgeting, banking, electronic payments, and Board reporting.

Also highlighted was our support for both Inbound and Outbound students, our involvement in five international projects, our proposed commencement of an Indigenous project, our extensive range of youth activities, and our community service activities including catering, the North Balwyn Men's Shed, the Rotary Gardens Project and the North Balwyn Festival.

A number of members commented on how personable the DG is, and we look forward to a great year under his leadership.

I quoted Neville from earlier this month, which I consider is the best 'elevator statement' about Rotary I have heard:

"Rotary is in the business of making a difference; in the business of saving and improving lives - the lives of those who didn't get our opportunities; in the business of restoring pride and rediscovering dignity".

It was a terrific meeting. Please this week continue to demonstrate Rotary Serving Humanity!

*President Rowan*



**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**



### PARTNERS NIGHT

Next Meeting: **Thursday 28th July**

Topic: Australian Mitochondrial Disease Foundation

Speaker: Dave Cleary and Dr Ann Frazier

Host: Peter Cleary

Setup: Russell Turner and Ted Wilkins

Greeting: John Magor and Carolyn Pethick

Desk: Adrian Ranson and Belinda Wandabwa



## "Attention all Golfers"

On Thursday 28 July we will be trialling a "*Nine and Dine*" event for RCNB members with a difference at [Big Swing/ Drummonds in Kew.](#)



We will play golf in teams on the big screens commencing at 11am and then go across the road to Mr. Bianco for lunch at 1pm. The cost will be \$15 plus whatever you choose for lunch.

Members interested in playing are asked to contact Fellowship Committee Chair David Cheney at <[cheneydk@bigpond.net.au](mailto:cheneydk@bigpond.net.au)>"

## At last weeks meeting:-



DG Neville John presenting his plans for the District



Good to see Jane Pennington out of hospital with Geoff Haddy and Robyn Stepnell enjoying the meeting.



Bill, Estelle and Rob Head leave for Mongolia on Monday with students.



President Rowan with Deborah Seifert, CEO of International House.

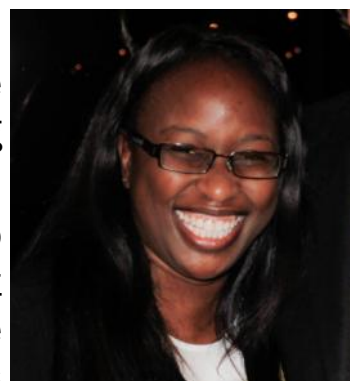


## Fellow Rotary Members, The “Debate Night” is soon approaching.



We are keen to see the best of the best going head to head!

This is a great chance to bring together brilliant minds to enjoy the stimulating arguments sure to be presented.



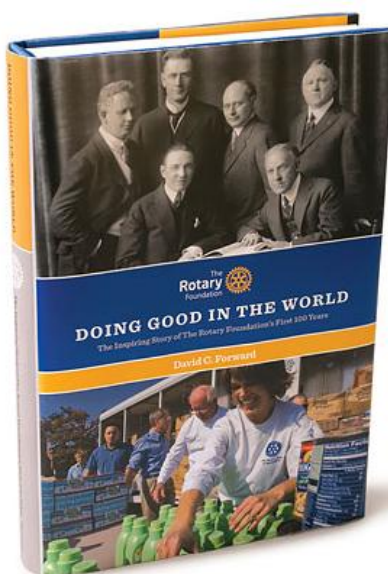
They say great minds think alike, so who best than your friends, family or anyone interested? If not, the support of your personal cheer squad is just as great.

**Belinda Wandabwa**

**Thursday 4th August, Debate with Balwyn High School, “The Internet does more harm than good”.**

## Rotary Foundation is Turning 100!

Join us in commemorating our Foundation’s century of achievement. We’ve launched a special website to give you the information you need to plan your own event, promote the anniversary, and brush up on your Foundation history. [Explore the Centennial website](#) to learn more.



## Centennial book

From Rotary’s battle against the poliovirus to establishing the Rotary Peace Centers, The Rotary Foundation has a rich history. *Doing Good in the World: The Inspiring Story of the Foundation’s First 100 Years* tells the fascinating story of this 100-year journey and the people who made it happen.

[Buy it now on shop.rotary.org >](http://shop.rotary.org)

## Explore the history of The Rotary Foundation

Arch Klumph’s idea for an endowment fund dedicated to “doing good in the world” planted the seed for The Rotary Foundation in 1917. That one idea and an initial contribution of \$26.50 set in motion a powerful force for good that has transformed millions of lives around the globe.

*“We should not live for ourselves alone, but for the joy in doing good for others.”*

– Arch Klumph, founder of The Rotary Foundation



## GARDENING PROJECT

25 July 2016

Wet weather meant cancellation of our visit to Servants (Hamer Court) last Friday. We will re-schedule later. There was a disappointing response to this roster last Thursday evening with only one member filling a vacancy.

Members are reminded (especially as we all get older!) that our primary job is to supervise and assist the students rather than do the physical work.

The roster has been extended to year end. Your forward commitment would be appreciated, **particularly for the coming few weeks.** (Geoff H)

Date and Who with	Time	RCNB Supervisor	Assisted by
Fri 29/7 - CGS/X	2.45 - 5.15pm	Greg Cribbes	Brian Hurnard
			Ian Richardson
Sat 30/7 - MLC	10-noon	Geoff Steinicke	Anthony Stokes
			Geoff Haddy
Fri 5/8 - CGS	2.45 - 4.00pm	Geoff Haddy	(1 pls.)
Sat 6/8 - special - CGS	10.00 - 1.00pm	Geoff Haddy	Tak Yukawa
21 Yr. 11 students		(+ 2 pls.)	Estelle Kelly
			Ian Richardson
Fri 12/8 - CGS/X	2.45 - 5.15pm	Geoff Haddy	Findley Cornell
			(+1 pls.)
Sat 13/8 - MLC	10 - noon	(1 pls.)	(1 pls.)
Fri 19/8 - CGS/X	2.45 - 5.15pm	Greg Cribbes	Ian Richardson
			(+1 pls.)
Fri 26/8 - CGS/X	2.45 - 5.15pm	Brian Hurnard	(2 pls.)
Sat 27/8 - MLC	10 - noon	(1 pls.)	Marcel Muntwyler
Fri 2/9 - X	4.00 - 5.15pm	(1 pls.)	Tony Ho
Fri 9/9 - X	4.00 - 5.15pm	Greg Cribbes	Ian Richardson
16 Sept to 3 October	SCHOOL BREAK		
Fri 17/10-X	4.00 - 5.15pm	(1 pls.)	(1 pls.)
Sat 8/10 - MLC	10 - noon	(1 pls.)	Estelle Kelly
Fri 14/10 - CGS/X	2.45 - 5.15pm	(1 pls.)	(2 pls.)
Sat 15/10 - MLC	10 - noon	(1 pls.)	(1 pls.)
Fri 21/10 - CGS/X	2.45 - 5.15pm	(1 pls.)	(2 pls.)
(Fellowship wkend)			
Sat 22/10 - MLC	10 - noon	(1pls.)	(1 pls.)
Fri 28/10 - CGS	2.45 - 4.00	(1 pls.)	(1 pls.)
Fri 4/11 - CGS/X	2.45 - 5.15pm	(1 pls.)	(2 pls.)
After 4/11 until February	SCHOOL BREAK		

Please indicate your availability by adding your name as the board circulates at our next meeting, or advise **Geoff Haddy** by phone or text 0418 584 968 or email [ghaddy@bigpond.net.au](mailto:ghaddy@bigpond.net.au)

## ROTARY FAMILY

Jane Pennington is in need of help, following an operation on her right hand.

With her arm in a sling, she is not able to drive and, to this point, not able to prepare an evening meal.

Jane will be seeing the surgeon on Tuesday 26th and will update us on her needs.

Thanks go to all of the people who have helped so far. Jane really appreciates your care.

If you can help with driving or a meal, please contact **Eileen Toohill** (Rotary Family) on **98164457**

## Geoff's Health Tip

**Myth: Eating eggs increases risk of a heart attack**

Until relatively recently, it was believed that eating eggs would raise cholesterol, clog the arteries and increase the risk of coronary heart disease.

In 1973, the American Heart Association recommended limiting egg intake to a maximum of three per week.

During the next thirty years, health professionals insisted that eating eggs increased cholesterol levels, increasing the risk of heart disease. Subsequently, there was a tendency to restrict egg intake promoted by public health organisations worldwide.

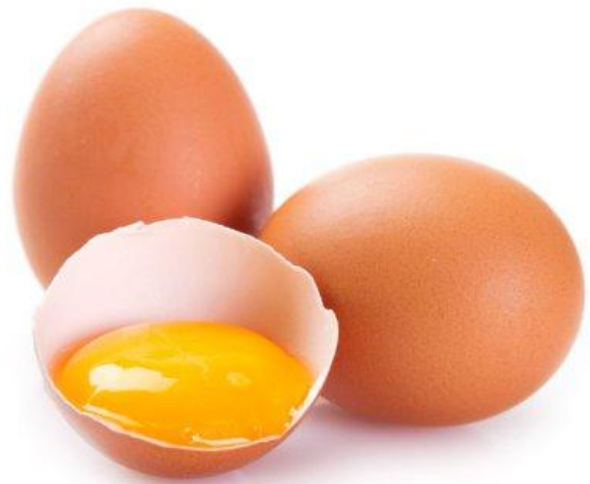
A recent study, conducted at the University of Eastern Finland, has shown that a relatively high intake of dietary cholesterol, or eating one egg every day, is not associated with an elevated risk of heart disease. The 1984-1989 Finish study evaluated the dietary habits of 1,032 men aged between 42 and 50 years and with no evidence of heart disease.

During a follow up 21 years later, the study found that the daily consumption of eggs was not associated with heart disease. There was no indication whether the eggs were boiled, poached or fried so we may assume it could have been all three.

Another study, led by researchers at the University of Granada, has shown that eating more than one egg a day is neither linked to higher serum cholesterol nor to worse cardiovascular health in adolescents, regardless of their levels of physical activity. Egg is a cheap food that is rich in high quality proteins, minerals, folates and B vitamins. Thus it can provide a large quantity of nutrients necessary for optimum development in adolescents.

As a result of numerous research findings over the past thirty years, government health organisations no longer restrict the consumption of eggs, but in fact, recommend eggs as part of a healthy diet.

Geoff



The **Battle of Fromelles** (*pronounced without the 's'*) was the first engagement by Australian troops in France in the Great War (WW1) and occurred on 19-20 July, 100 years ago. It remains the worst 24 hrs in Australian military history with 5,533 losses incurred by the 5th Australian Division. Around 400 were taken prisoner. That Battle, almost forgotten, came to prominence more recently with the discovery of a mass grave, exhumation of over 200 bodies, with many identified by modern DNA techniques, and creation of a new military cemetery in the village of Fromelles.

Fromelles is near the Belgium border and just north of the Somme. This Battle was, of course, followed by even greater sacrifice by Australians in the following months in **the Somme** between July and November 1916, particularly at Poziers and Mouquet Farm (irreverently and typically referred to by Australians as 'moo-cow farm') and also at Flers.

A virtual generation of Australians was lost. We are the beneficiaries of their sacrifice.

Editor:- Thanks to Geoff Haddy



## MEETING ROSTERS

### Thursday 28th July Partners Night

Speakers: Dave Cleary and Dr Ann Frazier  
 Topic: Australian Mitochondrial Disease Foundation  
 Host: Peter Cleary  
 Setup: Russell Turner and Ted Wilkins  
 Greeting: John Magor and Carolyn Pethick  
 Desk: Adrian Ranson and Belinda Wandabwa

### Thursday 4th August

Speakers: Debate with Balwyn High School  
 Topic: The Internet does more harm than good.  
 Host: Gavan Schwartz  
 Setup: Joesph Butler and Duncan Ansell  
 Greeting: Ted Angleton and Sue McDonald  
 Desk: Joe Butler, and Russell Turner

### Thursday 11th August

Speakers: Mr. Peter Martin  
 Topic: [Brim](#)  
 The little community with a can do attitude  
 Host: Russell Turner  
 Setup: David De Garis and John Koa  
 Greeting: Jim Studebaker and David Rowe  
 Desk: Russell Cooper and Carolyn Pethick

### Thursday 18h August

Speakers: TBC  
 Topic: TBC  
 Host: TBC  
 Setup: John Gartlan and David Rowe  
 Greeting: Eileen Toohill and Phil Francis  
 Desk: John McBride and David Cheney

### Meeting No.4

**21st JULY 2016**

#### Present:

The DG's official club visit.

Guest Speaker	1	DG Neville John
NB Members	45	out of 75 members.
Wives/Partners	3	Carmel Bott, Judy Steinicke & Carol Studebaker.
Visiting Rotarians	1	AG Jonathan Shepherd
Guests	3	Rebecca John & Elizabeth Shepherd, Dr Deborah Seifert (CEO Intl Hse)
Other Activities (Board Approved)		Gardening Project - Messers Cribbes (2), Head, Gartlan, Muntwyler & Haddy.

#### Absences for Rosters:

Ian Adams, Larry Fitzpatrick, Tony Hart, Tony Ho,

Gregor Matthews, Lindsay Pegg, Jim Romanis, Colin Sharp, Nino Sofra, Don Taylor

### Celebrations: Monday 25th July to Sunday 31st July

#### **Birthdays:**

Ted Angleton, Rowan McClean, Nino Sofra,  
 Jim Studebaker, Carmel Bott

#### **Induction Anniversaries:**

Larry Fitzpatrick 11 years

#### **Wedding Anniversaries:**

Rowan McClean and Penny Evans



## MAKE NOTES OF THESE DATES IN YOUR DIARY

See also [http://www.rotarydistrict9800.org.au/notices\\_and\\_events\\_future](http://www.rotarydistrict9800.org.au/notices_and_events_future)

## Thursday, August 25th Meeting.

Professor Geoffrey Donnan AO of the Florey Institute will be our speaker

The Florey Institute of Neuroscience and Mental Health is the largest brain research group in the Southern Hemisphere.

At the Florey Institute teams work on a range of serious diseases including stroke, epilepsy, Alzheimer's disease, Parkinson's disease, multiple sclerosis, Huntington's disease, motor neurone disease, traumatic brain and spinal cord injury, depression, schizophrenia, mental illness and addiction. Research of the brain and its diseases has gained considerable momentum internationally, with many scientific and technological advancements being made. Researchers coming from around the globe to work at the Florey, recognising world leadership in imaging technology, stroke rehabilitation and epidemiological studies.

State and Federal Governments, major philanthropic foundations and many generous private benefactors have recognised the importance of neuroscience as the final frontier in medical research.



## Thursday August 4th - Debate with Balwyn High School students.

## Saturday, 13th August.

[Richmond Town Hall](#) 6.30 pm

Tickets start at \$39.99 for Dinner and Entertainment  
(Premium \$54.99 Includes Dinner and Entertainment  
2 x Raffle entry plus donation to Rotaract District  
9800 Projects) Book [HERE](#)

Our Space celebrates young inspiring adults making a difference in local and global communities. Our Space is a celebration for the past, present and future activities of the Rotaract Clubs of Swinburne, Gateway and Melbourne City. Our Space welcomes everybody including friends, family, Rotarians and the wider community to enjoy a night of entertainment, celebration and delicious food.



## Friday 21st–Sun 23rd October Ballarat Fellowship w/e

Join us for a choice of golf, fellowship, historical sites, galleries, museums, the lake and gardens.

(Those not attending require a note from their parents to Rob Head)



## Thursday 30th March to Sat 1st April 2017

Shepparton [2017 District Conference](#)

2017 DISTRICT 9800  
**CONFERENCE**  
SHEPPARTON - VICTORIA  
30 MARCH - 1 APRIL

10 - 14 June 2017

ATLANTA, GEORGIA, USA

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- Enjoy special tours and events offered by the Host Organization Committee

## ROTARY CLUB OF NORTH BALWYN 2016/17

**President: Rowan McClean**

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**Secretary: Gavan Schwartz**

[secretary@rotarynorthbalwyn.com.au](mailto:secretary@rotarynorthbalwyn.com.au)

**Treasurer: Greg Cribbes**

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Acting Grapevine Editor John McBride

[jdmcb48@bigpond.net.au](mailto:jdmcb48@bigpond.net.au)

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](mailto: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.

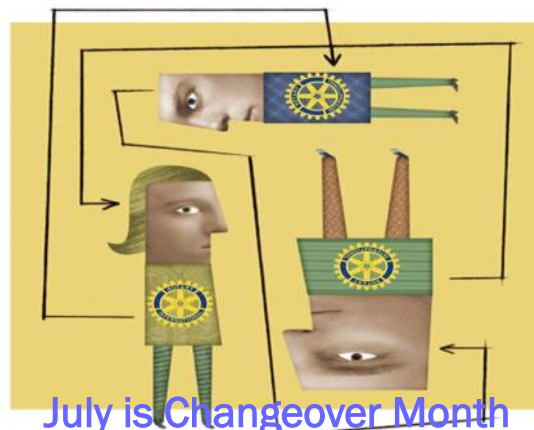
It is important to advise absences, guests attending, and partners attending. This is needed as the Kew Golf Club needs to know how many are attending each week to ensure we have the correct number of places set, meals provided and service staff employed. The Rotary Club incurs charges if we overestimate 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?



July is Changeover Month

### D9800 Probus

**North Balwyn Probus** President 2015/16

Ken Mitchell: [mitchellkv@gmail.com](mailto:mitchellkv@gmail.com)

**North Balwyn Ladies Probus**

9857 7980 Meets on the second Monday of the month, at North Balwyn Baptist Church, 136 Doncaster Rd, Balwyn North, at 10am.

**North Balwyn Heights Probus**

Secretary Sue Mullarvey [yarramul@tpg.com.au](mailto: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** (Sect Janet Eddy)

[jveddey@applewood.net.au](mailto:jveddey@applewood.net.au)



**ROTARY  
SERVING  
HUMANITY**



**ROTARY CLUB OF  
NORTH BALWYN**

Our Club Web Site  
[www.rotarynorthbalwyn.com.au](http://www.rotarynorthbalwyn.com.au)

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



## Support Our Sponsors



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