



The Grapevine



IN SERVICE OF ROTARY

The Presidential Proclamation

Thank you to my Vice President, Brian, for running the meeting last week and keeping everything going smoothly.

It is always an honour to award a Paul Harris Fellow recognition. It was a privilege to present Gary O'Connor with a Paul Harris Fellowship for all his contributions to our Club over the last six years. He might be a quiet achiever but has given so much along with Mary at his side. They move to Queensland next week but we do look forward to welcoming them back at the Club when they visit Melbourne.

Our Friends of Rotary are a vital part of our wider Rotary community and we welcome John Tickell as a Friend. Our Friends are always welcome at meetings, activities and events.

Education and literacy continue as the September theme and it is something dear to my heart. I work for Girl Guides Victoria and our Mission is to enable girls and young women to grow into confident, self respecting, responsible community members. This is done through providing programs of non formal education – this means learning through doing. Girls undertake activities and in doing so learn skills, team work, build resilience with the aim to become better community members. It is just a different education process.

On the literature theme this week, I have been at home and had time to reacquaint myself with some created heroes in books, which perhaps do not qualify as literature but more as holiday reading. Who can go past Jack Reacher? Dirk Pitt? Kurt Austen? James Bond? Who are your favourites?

As Ravi Ravindran reminds us: "Our time is now. It will never come again."

Go and be a gift to the world.

President Jane

NEXT WEEK'S SPEAKERS: Natasha Bernard and Keira de Hoog - "Other States of Mind - the importance of sharing stories surrounding mental health"

Natasha Bernard is a registered nurse and has worked as an educational play therapist at the Royal Children's Hospital in Melbourne. Natasha has provided individualised learning plans for children to promote effective coping skills, education about their illness and medical procedures, through developmental and medical play. She has also trained as a teacher, a research nurse and is the granddaughter of Anna, who suffered from paranoid schizophrenia for over forty years. Through her vocation, research and personal experience, Natasha has developed a passion for promoting mental health education for those who have or care for, someone with a mental illness.

Keira de Hoog is the publisher at The Rag & Bone Man Press Inc., a publishing company that publishes books for change and opening up discussion on global and local topics. The publisher aims is to collect and publish stories of people who make up different communities, presenting them without an agenda or politics—just in the spirit of sharing.



Our Leadership 2015/2016



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: 61 3
9859 6848



Paul Harris Fellow– Gary O'Connor

President Jane announced that Gary O'Connor has been named a Paul Harris Fellow in recognition of his many years of contribution to Rotary. Estelle Kelly presented Gary with a bouquet and thanked her for the stalwart support she has also provided. Members farewelled Gary and Mary on their departure to live in Queensland.

Jurgen Kehne - “Autobiography”

Jurgen gave members an insight into his background and his experiences growing up in Geelong with his “New-Australian” German family. He explained the important role sport has played in his life. Jurgen took Members on his life journey as he described his beautiful wedding in New York’s Central Park and his transition from mortgage finance to his new career owning and operating a busy café with his wife Di.



Estelle Kelly — “Coaching Towards Retirement—Some fascinating facts!!”

Estelle enlightened Members to the meaning and importance of “Life Coaching” and, in particular, coaching towards retirement. While recognising the importance of financial planning in preparation for retirement, Estelle emphasised the importance of looking to achieve a “return on life” by balancing “vocation and vacation”, relationships, where and how you want to live and the importance of keeping as active as possible. Estelle’s presentation was very informative and thought provoking.

A New Friend of Rotary—Dr John Tickell

Rowan McClean introduced Dr John Tickell as a new Friend of Rotary. John is an international speaker, bestselling author and television personality, who has spent the last twenty-five years researching the health, well-being and longevity patterns of people around the world. John, together with Rowan, is a former member of the “Idlers Five” folk group of the 1960’s.



A Note from the Acting Almoner

Bill Thackray's wife, Hazel, visits him each day in Epworth Hospital Richmond from 11.30am until 2pm. At present she is adamant that she currently does not require assistance. However, as this situation may change will you please advise Ted Wilkins which days you could help if called upon to drive Hazel into hospital or back home?



AFL Grand Final Night– 1st October 2015

David Cheney reminded members that the meeting on 1st October will be a “Grand Final” -themed night. District Governor, Julie Mason will join the meeting together with twenty members of her club, the Rotary Club of Wyndham. There will be a competition to choose the winning team and its’ winning margin. **Don’t miss this one!!!**



Please Note: The **Annual General Meeting** of the Rotary Club of North Balwyn will be held on Thursday 26th November 2015.

Thank you to the Fellowship Committee for arranging a wonderful day at the amazing Australian Garden, Cranbourne.



Photos: David Cheney

More delights at the Australian Garden, Cranbourne...



Wattle



Pink Boronia



Brown Boronia



Ancient Grass Trees

Photos: Geoff Steinicke



Elaine and John (hiding behind the camera) Magor relaxing in their abode in Obanas, Spain.

While Sally and Peter Sutherland are taking the slow road home...



**HATS****HATS****HATS****HATS**

Thursday 8th October ... for Members, Partners & RCNB Friends

I am delighted to announce that milliner, Waltraud Reiner, head of Torb & Reiner and a member of the Millinery Hall of Fame, will be joining us ... and she is happy to be our official hat judge.

Everyone coming along on 8 October, please wear a hat ... preferably a different one from last year.

The program aims to be an entertaining one, with hats being the priority.

Some hat knowledge (historical and musical) may be advantageous! There will a competition 'of sorts' and the winning hatted person will receive a bottle of Mumm Champagne for their efforts.

Hat Day is an initiative of Australian Rotary Health held nationally to raise funds for and awareness into mental illness prevention research.

As you know, our weekly contributions to the silver pot go towards this research.



Greg Ross










Rotary Gardens Project at 20th September 2015

The weather is improving but still no Gardening scheduled for three weeks due to school vacations.




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

PLEASE call me. Cheers [Greg CRIBBES](#) Mob 0413 270403

Date & Who with	Time	RCNB Supervisor	Assisted by
Thur 17/9 to Thur 8/10	<i>No Sessions</i>	<i>School Holidays</i>	
"Sometime" 17/9 to 8/10	2 hours for "Trash & Treas- ure"	Estelle Kelly	Brian Hurnard
Tue 6/10 – Rotary clean up after tree	10.00 – 12.00	Greg Cribbes	+1 please?
Fri 9/10 – Xavier	4.00 – 5.15pm	Greg Cribbes	Rowan McClean
Sat 10/10 - MLC	10.00 – noon	Geoff Steinicke TBC	Marcel Muntwyler
Fri 16/10 – CGS/X	3.00 – 5.15pm		
Sat 17/10 - MLC	10.00 - noon		
Mon 19/10 Xavier (16+4)	10.00 – 3.00pm	Greg Cribbes	Bob Bromley 10-12noon Greg Matthews – 11-3pm Geoff Haddy

NOT TO BE MISSED!

OUR NEXT PARTNERS' NIGHT

Rotary Club of North Balwyn

Grand Final Pie Night

Club Footy Awards

With special guest

DG Julie Mason—Captain D9800

On the occasion of her official visit

Our Grand Final Partners' night will include:







- Traditional football fare
- Club Footy Awards will be announced for deserving members of the club (and some who are not!)
- DG Julie Mason will give a pep talk on the D9800 game plan and strategy
- Excellent fellowship

Where: Kew Golf Club

When: Thursday 1st October

Time: 6.00 for 6.30

Dress Code: Team Colours Preferred

A note for your diary:

Wednesday, 10th February 2016 at 12.00pm.

Visit to The Johnston Collection, East Melbourne. (Limited to 22 persons). \$23 per person.

The Johnston Collection is the legacy of **William Robert Johnston** (1911-1986) an antique dealer and collector of beautiful things. He loved objects that were unusual and visually arresting. He had a sharp eye for the beauty created by the harmonious balance of line and form. He delighted in arranging objects together to create extraordinary interiors.

**Please note:** Ted Wilkins is Acting Almoner from until 25th September 2015 as Eileen Toohill is away.**ROTARY CLUB OF NORTH BALWYN Golf Day at Kew Golf Club**

Postponed!!!! Please note a change of date to
Friday 19th February 2016

**Important Anniversaries****Monday 21st to Sunday 27th September****Birthdays:** Tak Yukawa, Jane Pauli, Carol Symington, Alisa Head, Jurgen Kehne**Inductions:** - None**Wedding Anniversaries:-** Sue and Paul Fitz



Rotary Club of North Balwyn

CHARITY GOLF DAY

Friday 19th February 2016

To be held at **Kew Golf Club** 120 Belford Rd East Kew.

Proceeds to **ROTARY CLUB OF NORTH BALWYN MEN'S SHED**

GREAT PRIZES TO BE WON

Shotgun Start at 8.00 am

Please arrive between 7.15am – 7.30 am for briefing before proceeding to allocated tees.

Upon completion of your enjoyable round, lunch is provided (included in the fee) during which all Presentations will be made. Drinks are available at bar prices.

The COMPETITION is Ambrose – 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>	<u>\$</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.



Thursday, 17th September 2015

We welcomed the return of Geoff Haddy.

Absences for Rosters:

John Burley,	Chris Flavelle-Smith,	Max Hardy,	John Magor,	John Rennie
Jim Romanis,	Jim Studebaker,	Peter Sutherland,	Garth Symington,	Bill Thackray
Eileen Toohill				

Geoff's Health Tips

Trans Fats



I can remember the first time I heard about trans fats was when trans fats in margarine were assumed to be the major cause of macular degeneration. Since then, research has shown that trans fats are responsible for increased mortality from coronary heart disease (CHD).

What is trans fat? “The Heart Foundation has defined trans fat as a type of unsaturated fat that behaves like a saturated fat because of its chemical structure. It increases our risk of heart disease by increasing the “bad” LDL cholesterol, while also lowering the “good” HDL cholesterol in our blood.”

Trans fats occur naturally in small amounts in all edible oils, beef, lamb and dairy – butter has between 3-4% produced in the cow's rumen. Trans fats are also produced in cooking deep fried and baked foods, that is, wherever heating at high temperatures is required. On the other hand, the more saturated oils, such as olive oil, have less trans fats and oils that are highly saturated, such as coconut oil, have the lowest level of trans fats. You can be forgiven for the confusion all this is causing when comparing the naturally-occurring trans fats, as in butter, with trans fats that are synthetically produced in some margarines and in the afore mentioned fried and baked goods.

In a report published in the British Medical Journal, September 15, 2015, researchers at the Lancaster Medical School have suggested a compulsory ban on trans fats in processed foods which they say is “technically feasible and that such a ban would prevent 7,000 deaths in the UK over a period of 5 years.” Such a ban has already been accomplished in some European neighbours. It goes without saying that a ban would lead to better health outcomes in Australia. However, it would take some political courage to implement, especially as most Australians are unaware of the problem.

In Australia, labels on bottled and packaged processed foods are required to show the precise level of trans fats under the heading of “Fats”. I note this is not required for butter, cheese or other dairy products that contain significant amounts of natural trans fats. The take home message is quite confusing, but a likely recommendation is to limit your consumption of butter, cheese and baked goods.

Geoff

MEETING ROSTERS

Thursday 24th September

Speaker Keira de Hoog (Publisher)& Natasha Bernard (Author) The Rag & Bone Man Press
 Topic **"Other States of Mind"**
 Host: Nino Sofra
 Desk: Imre Lele, Gary O'Connor
 Greeters: Ian Richardson, Max Hardy
 Set-up: Nino Sofra, Marcel Muntwyler

Thursday 1st October**Partners' Night - "AFL Grand Final"**

Speaker District Governor, Julie Mason
 Host: Jane Pennington
 Desk: Brian Lacy, George Swanson
 Greeters: John Gartlan, Bronwen Dimond
 Set-up: Bill Oakley, Anthony Stokes

Thursday 8th October**Partners' Night - "Hat Night"**

Speaker/Host: Greg Ross
 Desk: Jim Studebaker, Eileen Toohill
 Greeters: Peter Sutherland, Takao Yukawa
 Set-up: Don Bowden, Tony Hart

Thursday 15th October

Speaker: TBC
 Host: TBC
 Desk: David Cheney, Geoff Haddy
 Greeters: David DeGaris, Greg Cribbes
 Set-up: Rob Head, Greg Ross

MAKE NOTES OF THESE DATES IN YOUR DIARY

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

October
 Thursday 1st Club Meeting—Partners' Night visit by District Governor & Celebration: AFL Grand Final
 Sunday 4th Craft Market BBQ Camberwell Civic Centre
 Thursday 8th Club Meeting— Partners' Night "Hat Night"
 Friday 9th to Sunday 11th Camp Getaway Weekend
 Friday 23rd BBQ at Bunnings
 Thursday 29th Club Meeting—Partners' Night Celebration of Melbourne Cup
November
 Sunday 1st Craft Market BBQ Camberwell Civic Centre
 Friday 6th to Sunday 8th Fellowship & Golf weekend Cobram, Barooga
 Saturday 14th Upstream Challenge
 Thursday 19th Event—Fashion Fundraiser Blue Illusion, Balwyn
 Thursday 26th Annual General Meeting

December
 Thursday 3rd BBQ at Bunnings
 Friday 4th Ladies Christmas Cake Stall
 Thursday 10th Club Meeting—Partners' Night Celebration of Christmas
 Saturday 12th Event—Carols in the Park Macleay Park, Balwyn
 Sunday 13th Event—Carols at Servants
2016
January
 Sunday 10th Event—Brunch 9:30—11:30 am Warren Glen Nursery 373 Ringwood Warrandyte Rd, Warrandyte
February
 Friday 19th Golf Day Kew Golf Club
 Wednesday 10th The Johnston Collection visit
March
 Saturday 12th District Conference Bendigo
 Sunday 13th

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
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Acting Grapevine Editor: Peter Wilson
pwilson254@gmail.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](#) to go to the Website

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**.

The History of the Rotary Wheel

Re-printed with the kind permission of the Rotary Club of East Jefferson County, Washington State, United States of America. (<http://ejrotary.club/>)

"Our Rotary wheel keeps us movin' along...."

I decided it was time to add some color to our club newsletter's masthead. As I was playing around with it, I began wondering about the Rotary wheel. What did the first design look like? Who made it? Why a wheel? Because Rotary meeting venues used to rotate?

Snooping around online produced some conflicting answers — but, that won't surprise anyone who's ever done any historical research.

1905/06

Depending on the source, two different men were credited with the first buggy wheel design, printer Harry Ruggles and/or engraver Montague M. Bear. One could say, "Go with what Rotary International says." or "*The ABCs of Rotary* is right." The genealogist in me, however, prefers to get as close to the original source as possible.



In 1970, George Cooper was editor of the *Gyrator*, the Rotary One-Chicago club bulletin. The following is taken largely from an article he wrote. Other details came from a Rotary International history and tidbits from other Rotary Web sites.

Invention of the RI Wheel

In 1905, Paul Harris and his club agreed a wheel should be the emblem of Rotary. Harry Ruggles, a printer, chose a buggy wheel that was simple in design, a bold circle with a hub and spokes. It was enthusiastically accepted by the first Rotary Club, of which Ruggles was member number five. Ruggles is therefore credited for designing the

1906/07

first "print" or "name badge" version of the wheel.

By 1906, some thought the design was too plain. Montague M. Bear, an engraver, added a few clouds (that looked like dust) and little marks to the design to indicate a wheel in motion. The words "Rotary Club" were added above the wheel.



When someone pointed out that a "cloud of dust could not be raised fore and aft, even by Rotary," the design was changed again. The clouds of dust were subdued and a ribbon reading "Rotary Club" was added across the wheel. The words "Rotary Club", above the wheel, were replaced by "Chicago".

Other Rotary clubs had been forming, using the wheel as a basic design. Many added features to identify their club with their city, such as a buffalo for Buffalo, N.Y., an oak tree for Oakland, Calif., etcetera.



In 1910, there were 16 Rotary Clubs and 16 designs. That was the year of the first Rotary convention, held in Chicago, the birthplace of Rotary. The National Association of Rotary Clubs was formed. The word "Chicago", above the wheel, was replaced by "National Association".

The direct forerunner of the official Rotary emblem came from the Rotary Club of Philadelphia, which was developing its first emblem around 1911. In 1912, a gear wheel in royal blue and gold was adopted as the official emblem. (By 1920, there were 57 different emblems nationally.)

After they complained the wheel was mechanically unsound, Oscar B. Bjorge and Charles Henry Mackintosh re-designed it. Within a couple of years, it was noted that the wheel had no keyway (notched hole in the middle) and, without it, the gear was not capable of transmitting power to, or from, the shaft.

The re-engineered, mechanically-correct Rotary wheel was approved by the RI Board in 1924. The "new" emblem, in royal blue and gold, has remained unchanged — and working happily — ever since."



D9800 Probus

North Balwyn Probus President 2015/16

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North Balwyn Ladies Probus (Sect Jill Johnstone)

jilldj@melbpc.org.au

North Balwyn Heights Probus

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yarramul@tpg.com.au

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