



IN SERVICE OF ROTARY

[Our Leadership](#)
2015/2016

The Presidential Proclamation

What a fantastic couple of days! An inspirational guest speaker in David Hume, who gave us a small insight into his world without sight. We thank him and his wife Liz for attending. Tina (the loyal guide dog) was allowed to sleep through the meeting and did so under the table!!

Our Golf Day was a wonderful success with 124 happy players participating. The atmosphere was buzzing at lunch when the players returned. A huge vote of thanks to everyone who was involved with the organisation of the event and to our generous sponsors who assisted to raise funds towards our Men's Shed project.

Our support for Servants continues with some members having dinner with the residents. Watch out later on in the year – we will again enter a team in ["Run Melbourne"](#) so you might like to start training now (you can walk or run....)!!

Our [Days for Girls](#) project is developing quickly. A team of four ladies will travel to the Solomon Islands in April to teach at Henderson and this ties in brilliantly with our previous project there which was the donation of the sewing machines which will be used now for this project.

John Lennon's words fit very well with Rotary's February theme of peace and conflict resolution:

"If someone thinks that love and peace is a cliché that must have been left behind in the Sixties, that's his problem. Love and peace are eternal".

This week please do go and

Be a Gift to the World.

President Jane



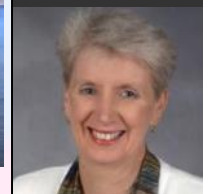
Host Maurie with David and Tina.



Grumpy is Happy at The Golf Day



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 25th February Note change of venue

North Balwyn Bowls Club

60 Buchanan Ave Balwyn North VIC 3104

Bring you flat sole shoes and your partner.

Please advise Hugo of Guests/Partners attending.

Desk: Gregor Matthews, Imre Lele

International Women's Day Celebration – a Partner's Night

Everyone (Rotarians, wives, partners, friends) is invited to come and celebrate International Women's Day at our meeting on **10th 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!



North Balwyn Multicultural Festival. This Saturday 27th

The Balwyn North Multi-Cultural Festival is a major event and terrific opportunity for us to showcase our Club. It's at the Balwyn North Village this SATURDAY 27 February, 9.00am to 2.00pm. Please be there if you can – in obvious Rotary attire – and bring others with you, especially children, grandchildren! An email will be issued shortly to those who have nominated to help at specific times during the day (and on Friday afternoon), to allocate tasks as best we can. But just being there is important too. You can even check your golf swing at the Drummond stand!

We will have an RCNB booth (with chief organiser Kinga), two BBQs (with chief organiser Bill O), Origami (with Tak and Sanae of course), hopefully Interactors to help with balloon inflation, and street decorating, as well as organisational stalwarts like Peter E transporting trestles, tables, BBQ, chairs, marquees and more to and from the container, PR guru Tony W shepherding the Member for Kew and Council dignitaries

for the official opening at 11.00am, John G in the Green Room ensuring the performers are looked after etc. We also hope there will be plenty of artwork from the schools for us to display late on Friday afternoon. Marwal Avenue will be closed at the Doncaster Rd. end so don't forget to 'go around the corner' to see what's happening there too.

Geoff Haddy mob 0418584968 ghaddy@bigpond.net.au

See over for
WHAT'S ON!

**Balwyn North
MULTI
CULTURAL
FESTIVAL**
Sat 27 Feb 2016
9am-2pm

**Get to know your neighbours and experience
the wonderful diversity of our community
at The Village in Balwyn North!**

SHOP LOCAL, SUPPORT LOCAL, SUPPORT YOUR VILLAGE!

THE VILLAGE BALWYN NORTH ON DONCASTER RD (CORNER BULLEEN RD.)



CAMP GETAWAY NEWS

Bev and Sally being showcase girls

It's taken
a long
time to
receive
these ...
but final-
ly they're
available
for all to
see ☺
Ken
Maxfield



Elaine, Bev and Heather getting excited

The Golf Day

Special Thanks to Kew Golf Club for presenting the course in such fine condition and to all our sponsors and teams.

hello world
EXPERTS IN EVERYWHERE



Up and coming Catering Events—February

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

Date	Event	AM Shift 8am-12noon	PM Shift 12noon - 4pm
03-Apr-16 Sunday 9.30am-3.00pm	Hawthorn Craft Market Camberwell Town Hall	Jane Pennington Eileen Toohill	
22-Apr-16 Friday 8.30am-4.00pm	Bunnings BBQ Middleborough Rd Box Hill	Bill Oakley	
25-Apr-16 Monday 5.30am-9.00am	ANZAC DAY RSL Templestowe	Bill Oakley Lindsay Pegg Peter Sutherland	
30-Apr-16 Friday 8.00am-4.00pm	Bunnings BBQ Middleborough Rd Box Hill	Bill Oakley Lindsay Pegg	
01-May-16 Sunday 9.30am-3.00pm	Hawthorn Craft Market Camberwell Town Hall		
20-May-16 Friday 8.30am-4.00pm	Bunnings BBQ Middleborough Rd Box Hill	Bill Oakley Nino Sofra	
05-June-16 Sunday 9.30am-3.00pm	Hawthorn Craft Market Camberwell Town Hall	Jane Pennington Nino Sofra	

Scenes from Canterbury Gardens [Summer Music](#)



North Balwyn Rotary Golf Day Sponsors 2016



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The Kew Golf Club
Est 1894

North Balwyn Village Traders' Association
Phone 0403 308 937
Web <http://www.nbv.com.au>



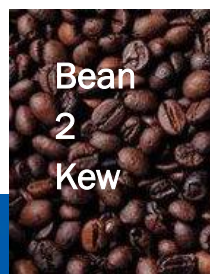
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03 9859 1110

il Sogno
RISTORANTE



Bean
2
Kew



Caffe Romeo
Balwyn North



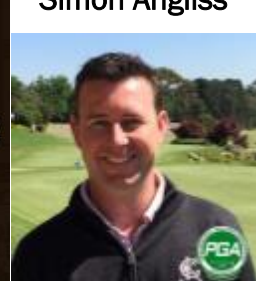
THE BEAN THIEF

Officeworks

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GOLF RETAILER

-COLOMBO'S-

the Village Café
Balwyn North



The Roast Kitchen

Royale Interiors

Rotary Gardens Project at 20th February 2016:

Thanks to a variety of Rotarians for their terrific support in this past week's Gardening – mowing on Thursday, prickly bushes on Friday and a mini makeover on Saturday. Again, all three residents were truly appreciative of the Project and the genuine willingness of Rotarians and Students to generously share their time.




This week's program sees some solid mowing on Thursday, extensive pruning & tidy-up on both Friday (needs another RCNB...) and slightly less on Saturday.

It'd be appreciated if you could call me with your availability for Sat 5th March – clearly, no takers to date and the 8 MLC students & teacher who joined us on 20th Feb are eager to continue with our Saturday programs throughout this term.

Also, I'll be tapping on shoulders of Rotarians not involved at Bendigo to nominate for Fri 11/3 and/or Sat 12/3 – thanks in anticipation for sharing the Gardening roles.

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

PLEASE call me. Cheers Greg CRIBBES mob 0413 270403

Date and Who with	Time	RCNB Supervisor	Assisted by
Thur 25/2 – RCNB	10.00 - noon	Greg Cribbes	Garth Symington John Gartlan
Fri 26/2 – CGS/X	2.45 – 5.15pm	Greg Cribbes	Tony Hart +
Sat 27/2 – MLC	10.00 - noon	Rob Head	Colin Sharp
Thur 3/3 – RCNB	10.00 - noon	Greg Cribbes	Duncan Ansell +
Fri 4/3 – CGS/X	2.45 – 5.15pm	Geoff Haddy	Garth Symington Bri-an Hurnard
Sat 5/3 – MLC	10.00 - noon		
Thur 10/3 – RCNB	10.00 - noon	Greg Cribbes	Steven Greateorex
Fri 11/3 – CGS/X	2.45 – 5.15pm	+	++ Bendigo weekend
Sat 12/3 – MLC	10.00 - noon	+	+ Bendigo weekend
Thur 17/3 – RCNB	10.00 - noon	Rowan McClean	+
Fri 18/3 – CGS/X	2.45 – 5.15pm	Greg Cribbes	++
Sat 19/3 – MLC	10.00 - noon	Greg Cribbes	+
Fri 25/3 to 11/4	EASTER & SCHOOL BREAK		



"A BIZARRE AND FASCINATING TRUE STORY. A TOTAL DELIGHT SO RARE IN MOVIES TODAY.
MAGGIE SMITH GIVES A SPECTACULAR PERFORMANCE."
-Ben Reed, NEW YORK OBSERVER

ACADEMY AWARD WINNER
MAGGIE SMITH

ALEX JENNINGS

THE LADY IN THE VAN

DIRECTED BY NICHOLAS HYTNER
SCREENPLAY BY ALAN BENNETT FROM HIS MEMOIR



Ian Adams as part of the Eva Tilley Board invites all Members and Friends (and their friends and family) to attend a fund raiser Cinema Showing of

"The Lady in The Van"

EVA TILLEY MEMORIAL HOME FILM
NIGHT

THE LADY IN THE VAN

Starring MAGGIE SMITH

FRIDAY 4 MARCH

BALWYN CINEMA

\$20 per head

Tickets are available from Ian .

Start Time 7pm

Summary from the Board Meeting held on 15 February.

- The Men's Shed Project continues with the tendering process commencing, organised by the Bo-roondara Council.
- Hawthorn Craft Market – We will continue to provide food at the market and may have the opportunity to expand and offer a greater range of items and coffee.
- Golf Day at KGC – all plans are in place.
- Multicultural Festival – This is going ahead and the Club will provide some funding to ensure the success of the day.
- Conference – 45 members and partners will attend. A bus has been booked to transport members to the dinner on the Saturday night and bring them back again – the return journey at two different times.
- The Interact Club's Video will be shown at the Conference.
- The Secretary is collecting all policies to create a Club manual to ensure good governance. A financial procedures manual is in a draft format.
- Janny Saukeni has arrived (Royce and Jean Abbey Scholar).
- The Days for Girls project was endorsed. Four ladies will travel to the Solomon Islands in April to teach at Henderson.



Geoff's Health Tips

Microbiome is a word to remember

Microbiome is a new word, and is pronounced micro-bi-ome. In humans, it refers to the collection of bacteria or microbes in our body. It is the bacterial world that lives on and inside our bodies.



Last week I spoke about the toxic bacteria Salmonella, which is so widespread that there is no point in eliminating it; we can only minimise its toxic effects by effective control. Then, there is Staph Aureus, commonly known as 'Golden Staph' with which most of us are familiar, as the yellow pustule or pimple. Interestingly, 20% of the world's population naturally carry it on their skin. These are just two of the toxic bacteria, but there are millions of beneficial bacteria that go about their business inside us, chomping up our food to produce a variety of chemicals such as vitamins, proteins, fatty acids, hormones and whatever our bodies need to survive.

Microbiome science is the study of the bacteria that characterise and optimise your bacterial 'other you' and will likely raise questions about diet and nutrition. Already we know from experience there are friendly bacteria that are found in yoghurt, for instance. These include beneficial bacteria such as *S. Thermophilus* and *L. Bulgaricus* in Greek Yoghurt, and *Lactobacillus*, *Lactococcus* and *Saccharomycetes* kefir found in Kefir (Turkish Yoghurt). In addition, several pharmaceutical companies produce tablets and capsules of other strains of bacteria designed for specific health conditions – mostly to assist digestion or increase a diminished supply of gut bacteria.

In future, food companies may begin to develop products designed to assist specific health conditions. At this point in time it is too early to make any predictions, but at least if you hear or see the word Microbiome, you will know that it is about the bacteria collective that live within us.

Geoff

RCNB members are invited to the [International Women's Day breakfast in Box Hill](#).

Wednesday 9 March 2016 7:00am - 9:00am Box Hill Town Hall



International Women's Day 2016 Breakfast in Box Hill

Wednesday March 9th 2016

Box Hill Town Hall - 7:00am for 7:15am to 9:00am

Are you ready?

Women in Rotary
Presented by your local Rotary Clubs



We realise that there is also an event in the city but if members find that one difficult to get to, Box Hill Town Hall might be easier.

For bookings and more info, go to: <https://www.ivvy.com/event/IWDB16/>

Early Bird: \$55.00 \$65.00

Early Bird is prior to Feb 12th

MEETING ROSTERS

Thursday 25th February Partner's Night

Speaker: Bowls Night
 Venue: North Balwyn Bowls Club
 Host: Ian Mollison
 Desk: Gregor Matthews, Imre Lele

Thursday 3rd March

Speaker: Mrs. Michelle Moyle
 Topic: Age Related Foot Changes
 and the Benefits of Podiatry
 Host: Paul Fitz
 Set Up: Ted Angleton, Jack Liao
 Greeting: Ken Maxfield, Lindsay Pegg
 Desk: Marcel Muntwyler, Peter Elliott

**Thursday 10th March**

Speaker: Mrs. Jan de Kretser
 Topic: International Women's Day
 Host: President Jane Pennington
 Set Up: Don Bowden, John Gartlan
 Greeting: Eileen Toohill, Estelle Kelly
 Desk: Sue McDonald, Kinga Paulheim

Thursday 17th March

Speaker: Dr. Max Hardy
 Topic: About Our Defibrillator
 Host: Colin Sharp
 Set Up: Findley Cornell, Bob Bromley
 Greeting: Rob Stewart, Larry Fitzpatrick
 Desk: Tony Hart, Rob Head

Meeting No. 31**Thursday, 18th February 2016**

Present: Guest Speaker 1 David Hume - Life in the Blind Lane.
 NB Members 49
 Guests 3 Prospective New Members - (1st visit) Mark Haywood-Russell Cooper & Jeff Teale- Maurie Walters; (2nd visit) Robyn Stepnell - Jane Pennington..
 1 Tom Ponting - Greg Cribbes.
 Friends 1 Rachael Nguyen
 MakeUps 25 Gardening Project - Messrs. Bromley, Cheney, Cribbes, Gartlan, Haddy, Kelly, Catering - Messrs Ho, Hurnard, Sue McDonald, Oakley, Richardson, Sofra, Steinicke & Wilkins.
 John Burley - RC Encounter Bay SA; District Leaders Meeting - Camp Getaway
 Ken Maxfield & Adrian Ranson; Greg Ross - Aust. Rotary Healthy Board & D9790 Conf. C'tee; Colin Sharp - Rotary Financial Procedures Manual.
 Meeting Attendance 85.5% (Apologies 11, LofA 2 & Excused Leave 12)

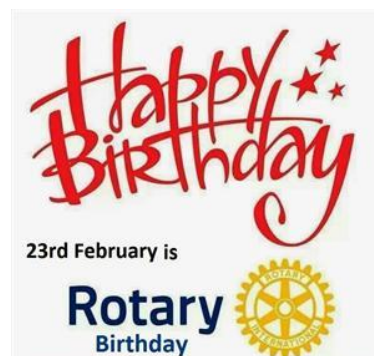
Absences for Rosters: John Burley, Greg Dimopoulos, Tony Ho, David Willshire

Celebrations: Monday 22 Feb to Sunday 28 Feb

Birthdays: Robyn Elliott

Induction Anniversaries: Nil

Wedding Anniversaries:
 Nil



MAKE NOTES OF THESE DATES IN YOUR DIARY

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

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

Saturday 27th February 2016 North Balwyn Multicultural Festival 9:00am until 2:00pm



Friday 4th March **"Lady in The Van"** Eva Tilley Fund Raiser Film Night 7pm
Balwyn Cinema. \$20 See Ian Adams for Tickets

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).

Wednesday March 9th 7.00 am to 9.am
International Women's Day Breakfast Box Hill Town Hall
<https://www.ivvy.com/event/IWDB16/start-registration/delegate>

International Women's Day 2016
Breakfast in Box Hill
Wednesday March 9th 2016
Box Hill Town Hall - 7:00am for 7:15am to 9:00am

IF SHE RULED THE WORLD
Are you ready?

Women in Rotary
Presented by your local Rotary Clubs

Thursday March 10th International Women's Day Breakfast City/Southbank

INTERNATIONAL WOMEN'S DAY BREAKFAST
THURSDAY 10TH MARCH 2016

THURS MARCH 10 2016
7:00 - 9:00AM
THE PALLADIUM
SOUTHBANK

THE ASCENT OF A WOMAN?

Friday 11th -> Sunday 13th March
[District Conference Bendigo](#)
Registration closed on January 31st

CONFERENCE 2016

Rotary District 9800

Be a gift to the world

12TH - 13TH MARCH | BENDIGO

Thursday 17-Sunday 20 March
The 2016 Formula 1® Australian Grand Prix. **F1. For Real.**



Saturday 2nd April **Cycle Dindi** RC Yea and Alexandra
Ride the High Country Rail Trail



Rotary Clubs of Alexandra and Yea

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

Important Notice Saturday 16th April - Lets Read" for The Smith Family
Fundraising Dinner
Event has been cancelled—Please remove from your diary

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 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.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**

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**.

**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?

FEBRUARY IS

**PEACE AND CONFLICT
PREVENTION/RESOLUTION
MONTH**

"Imagine all the people living life in peace..."
John Lennon

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

Rotary turns One Hundred and Eleven

Happy Birthday

23rd February is

Rotary
Birthday



**ROTARY CLUB OF
NORTH BALWYN**

Our Club Web Site
www.rotarynorthbalwyn.com.au

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

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66 Doncaster Rd, Balwyn North.
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