



The Grapevine



IN SERVICE OF ROTARY

Our Leadership
2015/2016

The Presidential Proclamation

I feel so fortunate to be President of a Club where members are so willing to volunteer their time, sometimes at very short notice, for a great variety of fundraising and publicity opportunities.

This past week over half our Club members were involved in one or more activities on the weekend. Many members catered at the Miniatures Exhibition, an activity we have undertaken for many years. The organisers love what we do!! We satisfied all the visitors along with the stall holders with a great spread of food washed down with tea, coffee and soup. Bill's excellent organisation shone through, yet again, as it all ran so smoothly.

Nino was our Bunnings hero when he pulled together a team to cook a sausage sizzle at 12 hours notice when Bunnings rang, desperate for some help when they were left with no one to do this. A huge thank you to Nino and his team who postponed all their planned activities to help.

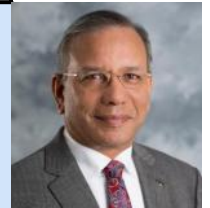
Many of our international committee members assisted Rowan at the Expo at the Victoria Market. It was freezing cold with an arctic blast blowing, however everyone was there with a smile and happy greeting for the general public. What a wonderful way for Rotary to be showcased to the wider community.

Findley is our mentor in the Police Mentoring program and we look forward to meeting the Police Officer who will work with Findley during the year.

During the coming week, we can all seek, to

"Be a gift to the world".

President Jane



RI President
K. R. Ravindran



DG 9800
Julie Mason



AG Therese
McKenney



President RCNB
Jane Pennington

CLUB FORUM NIGHT

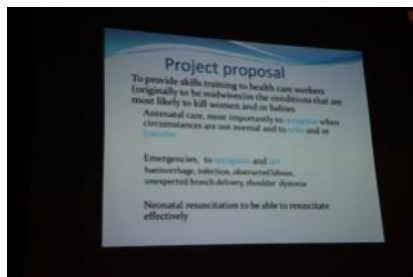
NEXT WEEK'S SPEAKERS:-

Speakers for the evening will be none other than:-

President	Jane Pennington
Treasurer	David De Garis
Club Service	Brian Lacy
Fundraising	Bill Oakley
Youth	Estelle Kelly
Vocational	President Jane
International	John Burley & Imre Lele
Community	John McBride
Membership	Russell Cooper

MEETINGS
THURSDAYS
6 for 6.30pm
Kew Golf Club
120 Belford Road Kew
3102
Ph: 61 3
9859 6848

This week at the club.....



Our Sue McDonald provided an update on the work being done in Timor Leste to improve the survival rate of babies and birthing mothers through improving knowledge and skills of midwives.

A lot has been achieved whilst there remains many challenges to overcome. The opportunity for improvement is significant with Sue pointing out that currently 1 in 35 mothers die in, or as a result of, childbirth.

See more at: <http://www.rotarydistrict9800.com.au/news/2184/future-vision-vocational-training-team-to-timor-leste>



Immediate Past President Adrian Ranson presented Geoff Haddy with a Paul Harris Sapphire, in recognition of the effort that has been put in on the Gardening Project.



Greg Cribbes updated us on the Gardening Project including a new lawn mower courtesy of Bill Bahtalius



Bunnings BBQ Sat. The 11th July.

Profit \$1327. Thank you Adrian Ranson, Rob Stewart, Steve Greatarex, Lindsay Pegg, Tony Ho and Nino.



Pretty as a picture!! Eloise enjoying the free face painting at the Hawthorn Craft Market.

Rotary International Expo, Melbourne, 12 July 2015




Rotary Gardens Project at 19th July 2015

The lovely Melbourne weather (for Ducks) this week somewhat interrupted the Garden's Project although BrianH and GeoffS soldiered on tirelessly. Thankyou!!

Feedback on providing you with dates further into the future has been positive in assisting Rotarians check their diaries and be able to nominate for a date(s) on any of the Gardens Project – we know how capable Estelle is, but c'mon folks, please lend the lady and our fellow Rotarians a hand if you are able.

Any nominations, queries or want to chat?? Call me.

Cheers **Greg CRIBBES** Mob 0413 270403

	Time	RCNB Supervisor	Assisted by
		Date	
Thur 23/7	12.45 – 2.15pm	Garth Symington	John Magor
Fri 24/7	3.00 – 5.15pm	Geoff Haddy	John McBride
Sat 25/7	10.00 - noon	Tony Hart	Rob Head
Thur 30/7	12.45 – 2.15pm	Greg Cribbes	Ian Richardson
Fri 31/7	3.00 – 5.15pm		Estelle Kelly
Sat 1/8	10.00 - noon	Greg Cribbes (& Jenny)	Duncan Ansell

DINE OUT AT AMICI'S RESTAURANT.

FRIDAY 21 AUGUST 2015 6.30 FOR 7 PM.

726 Burke Road CAMBERWELL

COST: \$ 35.00 p.p. – INCLUDES Bruschetta & Pagnotta

CHOICE OF 4 MAINS,

TEA OR COFFEE, CHOICE OF 2 DESSERTS AND CORKAGE.

BYO (WINE ONLY)

If interested contact BOB BROMLEY before 14 August 2015

bbromley3@bigpond.com or 0417 773 548

The food is wholesome and fresh, cooked daily using produce available at the time of the year. Recipes are uncomplicated, easy and quick to prepare, the servings are generous, and the prices always low. The atmosphere in a Trattoria is informal - noisy, busy, sometimes hot, but always friendly and welcoming!!!



Important Anniversaries

Monday 20th July to Sunday 17th July

Birthdays: Jack Liao

Inductions: Ken Maxfield John Burley

Wedding Anniversaries:- Takao & Sanae Yukawa Rowan & Penny McClean





*Will You
Run
with Me?*

"Hello, I'm Paul. I'm doing Run Melbourne to support Servants Community Housing. I came to Servants 12 months ago, about to be homeless, with serious physical & mental health problems. Servants gave me a place to change my life, somewhere safe & secure—they gave me respect, dignity and hope.

Help me to help us—will you sponsor me to run, or consider joining Team Servants and running with me?"

Sponsor Paul: www.servants.org.au/rmpaul

To find out more, visit www.servants.org.au/team-servants

ROTARY CLUB OF NORTH BALWYN Golf Day at Kew Golf Club Friday 2nd October

Only \$80 per round with lunch and prizes included!

Shotgun start!

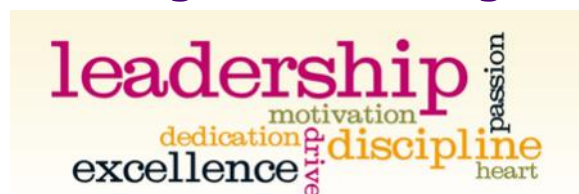
For a successful event, we need 140 starters.

Also looking for Gold, Silver and Bronze Sponsors for each hole.

Contact Bill Oakley 0419 504 201



Challenge to Lead Program



To Club Presidents:

The **Rotary Club of Doncaster** is seeking referrals from your Club for participants in their **Challenge to Lead** Program.

Why?

Throughout the Rotary network there is a pool of contacts and potential participants in management and professional positions who would either benefit themselves or recommend others who would benefit from the Program. There is a high demand for good leadership. It is a must-have capability for any individual or organisation wanting to get ahead in the world and achieve and earn more. Leadership can be taught, learnt and developed and this course will help in this regard.

What is it?

The **Challenge to Lead** Program is a 3 day residential leadership program run by the Rotary Club of Doncaster on 8th, 9th and 10th October, 2015.

The Program is delivered pro bono by dedicated professional facilitators including the former Director of HR for HP and Telstra, a Senior Fellow Melbourne Business School, an advisor to Mt Eliza MBA program and a Principal Fellow of the Melbourne University Business School.

In 2014, participants came from a wide range of organisations including local government, multinational companies, not for profits (NFPs), statutory authorities and small to medium sized businesses (SMEs) and the program received many ringing endorsements.

For endorsements see this link – <https://www.youtube.com/watch?v=9YnqYuml29o>

For more details see website – www.challengetolead.com.au

What is in it for other Rotary Clubs?

The Rotary Club of Doncaster is prepared to pay any Cluster Rotary Club **a \$500 fee** for each individual referral who attends. We are aiming to run 2 courses concurrently with a minimum of 20 participants in each course.

It is mutually beneficial for all concerned.

If you have any queries, please contact David Grieve on 0488 480402 or david@5-dimensionz.com.au)

Eva Tilley Memorial Home Inc.

After being on the board of Eva Tilley for the past sixteen years, I have decided to retire and move aside for a younger person.

North Balwyn Rotary has been represented on the board for over twenty years by the late Max Hunter, Alison Adams, Delina Schembri-Hardy and me.

I would very much like to see this association continue, and would welcome enquiries from either our members or their partners.

No particular skills are required, but an interest in aged care, fund raising and public relations would be appropriate, together with some administrative experience. A commitment for at least five years' service is expected.

Currently there are five men and four women on the board, but three of the men (including me) are retiring at the November AGM.

There are two meetings per month – one board and one committee meeting, usually late Monday afternoons.

If you are interested, please contact me direct for further information, a visit to Eva Tilley at 1100 Burke Road, North Balwyn and an introduction to our board president.

In conclusion, I must add that such an involvement will prove to be exceptionally rewarding.

Many thanks for your interest.

David Cheney

ROTARY CLUB OF NORTH BALWYN VESTS

As shown and modeled at last weeks meeting, here is how to buy a vest. Great value at \$26



ROTARY VESTS

ORDER FORM



Imagine this is navy blue.....

Colour	Navy Blue
Embroidery	The Rotary Wheel and our Club name on the left hand side, in yellow.
Cost	\$26.00
Order	Please return this form to Jane. (hard copy or email)
Payment	Cheque payable to the "Rotary Club of North Balwyn" or Direct deposit into the RCNB bank account. BSB: 033 058 Account Number: 123688 Account Name: Rotary Club of North Balwyn Admin Account Please put reference: Your name and Rotary Vest

Please indicate how many of the size you would like to order.

Mens

Small	Medium	Large	XL	XXL	XXXL	XXXXL	XXXXXL
55cms	57.5cms	60cms	62.5cms	65cms	67.5cms	70cms	72.5cms

This is the measurement across the chest if the garment was folded flat.

Ladies

8	10	12	14	16	18	20	22

Meeting No. 03**Thursday, 16th July 2015****Present:**

NB Members	46	including Guest Speaker Prof. Sue McDonald
Guests	3	PNMs David Hill & Helen Tomkin ; Anne Slattery (sister of Mary O'Connor)
Partners	3	Carmel Bott, Mary O'Connor & Judy Steinicke
MakeUps	46	Ken Maxfield - RC Yea; John Rennie - RC Sorrento; Rowan McClean -
Applied 5 to this week		RC Brimbank Central; Greg Ross - Aust. Rotary Health Board; Rotary Expo
Applied 5 to 2/7.		at Vic. Market - Bob Bott, John Burley, Imre Lele, Rowan McClean,
		Greg Ross, Geoff Steinicke, Anthony Stokes, Garth Symington.
		Vic. Police Leadership Mentoring - Findlay Cornell & Tony Wells.
		Minatures Catering - 20 members with 27 Make-Ups, & Bunnings BBQ - 5.
Meeting Attendance	89.5%	With the 71 Make-Ups so far this month the attendance for 2/7
		has raised to 90.0% & for 9/7 to 90.5%.
		When applying for LofA, the dates given are the first & last days away
		(not meetings).

Absences for Rosters:

Bob Bott	Don Bowden	Joe Butler	Barry Cummings	Steven Greateorex
Larry Fitzpatrick	Tony Ho	Greg Matthews	Marcel Muntwyler	
Geoff Steinicke	Jim Studebaker	Peter Sutherland	Bill Thackray	

Geoff's Health Tips**The increasing number of prescription drug overdose deaths is nothing short of a catastrophe.**

Last year there were 6,000 deaths in Victoria. Of these, an alarmingly high 384 deaths were from prescription drug overdose. According to the coroner's office, the death toll has risen for the fifth consecutive year, and compares with the Victorian road toll of 248 people killed.

Of the 384 deaths due to drug overdose, pharmaceutical drugs contributed 81%, illegal drugs 40%, and alcohol 24%, although many overdose deaths involved more than one substance. How many drug overdose deaths were accidental is not known.

The medical response to the treatment of pain, for example, back pain, is usually opioids such as Oxycodone and Codeine. Opioids contributed to 48% of deaths, but Benzodiazepines (benzos), commonly used for treating anxiety and sleeplessness, are now involved in more than half (55%) of all overdoses. By contrast, heroin contributed to 135 deaths and alcohol 93 deaths. A rising problem is the illegal drug ICE - methamphetamine. My wife, Judy, a retired pharmacist, is horrified by the increase in drug abuse since her time in pharmacy.

Boroondara Cares

The concept of a multi-club Rotary drug abuse project was conceived at the 2014 Rotary International Convention in Sydney. The suggestion was explored and developed in the Boroondara Cares forum that resulted in the recent seminar, 'A Bitter Pill to Swallow', mounted by the Boroondara Rotary Cluster clubs, Victoria Police, City of Boroondara, Scriptwise and Inner Eastern Health.

A team of specialists including Victorian Coroner Pareso Spanos, Professor Jon Currie, representing Victoria Police and Dr Cameron Loy, a GP from Geelong, made presentations. Other presentations were made by Denise "Rustie" Lassam, who struggled with an accidental addiction to opioids and benzodiazepines for 22 years, and a video delivered by Kim Ledger, father of the late Australian actor Heath Ledger, was followed by a question and answer session. One obvious question was, "why wasn't there a real-time searchable data-base that would connect doctors and pharmacists".

Inner Eastern Health has prepared a brochure "A Bitter Pill" that would serve as a resource facility for everyone seeking advice and support with a prescription drug abuse challenge. The brochure was being distributed to doctors and pharmacies.

The Boroondara Cluster clubs led by the Rotary Club of Camberwell are continuing with this project.

Geoff

MEETING ROSTERS

Thursday 23rd July

Speakers Directors
 Topic **Club Forum**
 Host: Jane Pennington
 Desk: Adrian Ranson, Greg Dimopolous
 Greeters: Peter Wilson, Rowan McClean
 Set-up: Nino Sofra, Max Hardy

Thursday 30th July

Speaker Tamara Cannon
 Topic The World's Most Treacherous Walk to School
 Host: Greg Cribbes
 Desk: Phil Francis, Steven Greateorex
 Greeters: Bill Oakley, John McBride
 Set-up: John Magor, Gary O'Connor

Thursday 6th August

Speaker Gus Balbontin
 Topic From Rotary Exchange to saving one of Australia's iconic businesses
 Host: TBC
 Desk: Ian Mollison, Greg Ross
 Greeters: David Willshire, Greg Cribbes
 Set-up: David De Garis, Ted Wilkins

Thursday 13th August

Speaker Michael Redding
 Topic Wheelchairs for Vietnam
 Host: TBC
 Desk: Brian Hurnard, Chris Flavelle-Smith
 Greeters: Ted Angleton, Marcel Muntwyler
 Set-up: Peter Cleary, Estelle Kelly

MAKE NOTES OF THESE DATES IN YOUR DIARY

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

July

Sunday 26th Event—Team Servants
 Fun Run Melbourne 5km walk
 Thursday 30 Club Meeting
 Moved from KGC to Greenacres Golf Club.

August

Sunday 2nd Craft Market BBQ
 Camberwell Civic Centre
 Thursday 13th Club Meeting
 Partner's Night
 Friday, 21st Event- Dine-Out Dinner at Ameci's
 726 Burke Road, Camberwell 6.30 pm for 7.00 pm

Friday 28th BBQ at Bunning's

September

Sunday 6th Craft Market BBQ
 Camberwell Civic Centre
 Thursday 17th Bus tour to Australia Garden
 Cranbourne \$35 per head (excludes lunch etc)

October

Thursday 1st Club Meeting—Partner's Night
 Celebration Grand Final & visit by District Governor
 Friday 2nd Golf Day
 Key Golf Club

October

Sunday 4th Craft Market BBQ
 Camberwell Civic Centre
 Friday/Sunday 9/11 Camp Getaway Weekend
 Friday 23rd BBQ at Bunning's
 Thursday 29th Club Meeting—Partner's Night Celebration of Melbourne Cup

November

Sunday 1st Craft Market BBQ
 Camberwell Civic Centre
 Friday/Sunday 6/8 Fellowship & Golf weekend
 Cobram, Barooga
 Saturday 14th Upstream Challenge
 Thursday 19th Event—Fashion Fundraiser
 Blue Illusion, Balwyn

December

Thursday 3rd BBQ at Bunnings
 Friday 4th Ladies Christmas Cake Stall
 Thursday 10th Club Meeting—Partner's Night
 Celebration of Christmas
 Saturday 12th Event—Carols in the Park
 Macleay Park, Balwyn
 Sunday 13th Event—Carols at Servants

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**Acting Grapevine Editor John McBride**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](#) 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 as Hugo lets the Kew Golf Club 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 GRAND FINALE!!!

Last summer, down on Lake Isabella, located in the high desert, an hour east of Bakersfield, CA, some folks, new to boating, were having a problem. No matter how hard they tried, they couldn't get their brand new 22 foot boat, going. It was very sluggish in almost every manoeuvre, no matter how much power they applied.

After about an hour of trying to make it go, they putted into a nearby marina, thinking someone there may be able to tell them what was wrong. A thorough topside check revealed everything in perfect working condition. The engine ran fine, the out-drive went up and down, and the propeller was the correct size and pitch.

So, one of the marina guys jumped in the water to check underneath. He came up choking on water, he was laughing so hard.

Under the boat, still strapped securely in place, was the trailer!

I think I know this guy!!!

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

Boroondara Ladies Probus (Sect Janet Eddy)jveddev@applewood.net.au**Aisin Toyota Sewing Machines**

Aisin have supported our Solomon Islands

Project with multiple donations of Sewing

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**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.
Ph: 9819 7173



Eastgate

Australian Furniture
(9460 1822)
(Adrian Ranson)



Bakery
(9890 0066)
22 Hamilton St
Mont Albert 3127

 **Bendigo Bank**

Good for **U**
AND your
community

CHRIS CROSS

Garden Supplies (9859 2666)
1575 Burke Rd Kew East 3102

the village
balwyn north



Tue - Sun Lunch & Dinner
(Close Mon, except public holidays)
Fully Licensed & Byo Wine Only



Tao's Restaurant
Reservation: (03)9852-0777
201 Bulleen Road Bulleen Vic 3105
E-mail: tao.reservation@gmail.com
<http://www.taosrestaurant.com.au>

BUNNINGS
warehouse

WELCOME
new owners
JÜRGEN + DI



Caffe Romeo
Nth Balwyn



Cooper Street Self Storage