



IN SERVICE OF ROTARY

Our Leadership
2015/2016

The Presidential Proclamation

A big thank you to Tony Wells and Findley Cornell for stepping in and running the meeting on Thursday evening, which I hear went really well. I was attending a fundraising evening with the RCNB wives, partners and friends at Blue Illusion. We enjoyed a fashion parade and then much purchasing took place!!! Thank you to Kristine McDonell for organising the entire evening and to other attendees who brought supper for us. Thank you to Elaine Magor for being one of the models – she did a very good job. I was also one of the models but I am fairly convinced I had better stick to my day job!! However it was good fun. This was a fundraiser for the “Days for Girls” project and a percentage of every sale is donated by Blue Illusion to our Club. A huge thank you to the staff of Blue Illusion for being so generous with their time and allowing us to do this.

Thank you to Colin Sharp for organising the very success and interesting Vocational visit to the market, an early start for many!!

The focus for November continues to be our Rotary Foundation. Our Foundation Chair, Peter Cleary, is encouraging all members to become donors to the Foundation through the EREY program or Paul Harris Society. This is our Foundation and so deserves our support. I will always remember, when I first joined RCNB, Paul Fitz’s descriptive words for the Foundation – the engine room that drives Rotary. So in this year of being a gift we can give to the Foundation to ensure it can continue to support Rotary projects worldwide.

During the next week please go and
Be a Gift to the World.

President Jane

The
Rotary
Foundation



EVERY
ROTARIAN
EVERY
YEAR



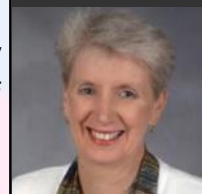
Next Week’s Guest Speaker Mr. John Ainger “Antiques Roadshow”

John started his career in the antique business in 1969 with the long-established company “The Connoisseur’s Store”. He commenced with his family business, EJ Ainger, in 1972 and for 40 years has been an Auctioneer and Valuer specialising in antiques and decorative arts.

The show will not be repeated on ABC TV so come to our meeting and discover what some of our member’s curios are worth.



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



Guest Speaker Peter McCall OAM

Beyondblue Ambassador

beyondblue Support Service
Support. Advice. Action
1300 22 4636



Peter is a 30 year friend of Jeff Kennett, ex Victorian Premier and founder of Beyondblue, a support service for those needing help with depression and suicide prevention.

Peter is now an Beyondblue Ambassador which sees him giving presentations to community groups two or three times a week.

Peter has a long distinguished career in community service (including being a Past President and current member of the Rotary Club of Melbourne) and speaks with passion about his contact with depression and suicide during his 11 years as a Police Officer. Peter recommends we embrace the simple pleasures as often as possible which for him are fellowship, music, star gazing, birds and nature. Embrace people and seek support and medical intervention when the black dog of depression comes around.



Estelle Kelly (Director of Youth) with Chloe Higgins

Chloe is a member of Specialists Without Borders



Specialists Without Borders (SWB) is an Australia-based non-profit organisation contributing towards sustainable medical education in developing countries.

Each year a group of outstanding medical students (of which Chloe is one at Monash University) are selected to join the SWB team on a two-week Medical Education Program, which for the past few years have taken place in Malawi and Zimbabwe.

Chloe thanked our Club for assisting her with sponsorship for her participation in the SWB team and commented how much she got out of it and how much their work was appreciated in Malawi and Zimbabwe.

Christmas is Coming!

Thursday 10th of December will be our Club Christmas Party.

It's a partners' night so remember to advise Hugo if you are bringing your partner, which we hope you will. Entertainment on the night will include the North Balwyn Primary School Choir and more!



Christmas Cheer

As the festive season is upon us, as a club we think of those who are less fortunate in our community.

To help make Christmas a joyful time for children, we collect gifts to a value of \$20 which Camcare distribute to those in need.

You can drop off unwrapped gifts at the next couple of meetings or bring them to our Christmas Dinner meeting on December 11th. Camcare will be distributing the gifts on December 15th.

Ian Richardson will be collecting the gifts.



The Uniting Church, Kew have indicated that they would like our help again in setting up their Community Christmas Dinner for those who don't have family or friends to celebrate with.

Can you spare time on Christmas Day to help set up the church hall?

Contact Tony Hart and let him know your availability.

Christmas Fare 2015

Ladies, friends and supporters, once more I am asking for your help with baking etc. for the Christmas Fare on Friday, 4th December, 2015, outside the Commonwealth Bank in Doncaster Rd. supporting the Boroondara Family Network and Days for Girls.

Cakes, biscuits, slices, mince pies, puddings, chutneys etc. would be gratefully received. I have plenty of red spotted cellophane bags for packing if you would like some. Other-wise the usual Christmas plate and presentation would be fine.

Ian Mollison has generously offered (again) to be the receiver of goods before 5pm on Thursday 3rd December, at his Hello World Office in the Village.

If you would be interested in doing a shift on the day, please let me know.

Jo Wells

Ph. 98593725 or welstar@bigpond.com



Scenes from Blue Illusion Days for Girls Fundraiser





Whilst The Girls stayed up late for the fashion parade, Others got up early (really early) for The Melbourne Market vocational visit.



Board Report November 2015

The Board held its fifth meeting on Monday 16 November 2015 and a summary of the business at hand is:

- The Board will continue to monitor our participation at the Hawthorn Craft Market.
- There are potential changes which are being considered and it is hoped these will boost the popularity of the market.
- Some members of the Club have received training in the use and maintenance of our defibrillator.
- The organisation of the Golf Day is progressing well with sponsors coming on board.
- Planning is progressing for the Multicultural Festival in Feb 2016.
- Outstanding subs are being followed up.
- 22 people have registered for the District Conference. Early bird registrations close at the end of the month and members are encouraged to register before then to receive the cheaper price.
- Board processes are constantly being refined for the approval process for requests for funding.
- Organisation for the hosting of Janny Saukeni from the Solomon Islands is progressing very well. She will come with the Club to the District Conference.

The Churches of North Balwyn present

CAROLS IN THE PARK

COME & JOIN THE CELEBRATION!!!

SATURDAY 12TH DEC 2015 MACLEAY PARK

FAMILY TIME - 6PM
CAROLS START - 8PM

Soft drinks, Sausages, Ice Cream, Face Painting, Father Christmas, Candles. Program concludes with a Fireworks Spectacular.

FEATURING:
Compère Greg Ross
Boroondara Brass
Chime Choir
Balwyn Primary School Choir
St Bede's Primary School Choir

SPECIAL GUESTS
Roy Best, Carrie Barr and Joseph Lai

STUNT MOTORBIKE RIDER
Dave Russell

Bring your friends, family & neighbours have a picnic!

EVENT PARTNERS:

The Churches of North Balwyn | parke | Smile council | PALACE CINEMAS | Bendigo Bank | BOROONDARA City of Boroondara | ROY STEWART | Boroondara City of Boroondara

Christmas Raffle News

We had another fantastic result last Friday and Saturday. Ticket sales and donations totalled \$2,400+ bringing the total takings so far to over \$8,100. A great effort.

We need your help for this coming Friday, 27th and Saturday 28th

FRIDAY

First Choice, BALWYN Whitehorse Road.

1.30 to 4.00pm

4.00 to 6.30pm

Woolworths, KEW, Walpole Street, Kew

12.30 to 3.00pm

SATURDAY

Woolworths BALWYN, Whitehorse Road.

10am to 12.30pm

3.00 to 5.30pm

Coles, NTH BALWYN, Cnr. Doncaster Rd & Burke Rd.

10am to 12.30pm

12.30 to 3.00pm

3.00 to 5.30pm

Dan Murphy, KEW High Street Road.

10am to 12.30pm

12.30 to 3.00pm

3.00 to 5.30pm

I would appreciate if you could also look at your availability for the following Friday 4th and Saturday 5th Dec. which includes our first evening location, the Maling Road Kris Kringle Fair on Friday 4th December

Contact Peter Elliott, SMS, 0419 0417 334 email pelliot-t842@bigpond.com or Lindsay Pegg, SMS, 0419 546 021 or email, lhpegg@optusnet.com.au with the dates, location and timeslots where you can help out. Spreadsheets showing the vacant time slots have been e-mailed to all members ..

Thank you

Jake—The Pegg



Up and coming Catering Events

Apologies to any Rotarians who have offered to assist and are not on the list.

Anybody who can help on these dates please email me at nsofra@bigpond.net.au

Thank-you in anticipation Nino

Date	Event	AM Shift 8am-12noon	PM Shift 12noon - 4pm
Sunday, 6 December 2015	Hawthorn Craft Market	Steven Greateorex	
9am - 3 pm	Camberwell Civic Centre	Ian Richardson	
Thursday, 10 December 2015	Bunnings Xmas BBQ	Peter Sutherland	Ken Maxfield
8am to 4pm	256 Middleborough Rd	Nino Sofra	Nino Sofra
	Box Hill	Rob Stewart	Don Taylor
Thursday, 10 December 2015	Bunnings Xmas BBQ	Nino Sofra	Bill Oakley
6pm-8pm	256 Middleborough Rd	Matt Pauli	Geoff Steinicke
	Box Hill		John Gartlan
Saturday, 12 December 2015	POLICE BUNNINGS BBQ	Garth Symington	Matt Pauli
8am to 4pm	HAWTHORN	Colin Sharp	Jim Studebaker
		Jane Pennington	Eileen Toohill
		Nino Sofra	John Magor
Sunday, 13 December 2015	CHRISTMAS PARTY FOR		Nino Sofra
9.30am-1.30pm	SPECIAL CHILDREN.	Rob Head	Jim Studebaker
	Mooney Valley Race Course	Don & Ala Taylor	John Burley
		Bill Oakley	Ian Richardson
Sunday, 13 December 2015	SERVANTS CAROLS NIGHT		
	Carrical House	JANE PENNINGTON	
	18-20 Mason St. Hawthorn	NINO SOFRA	
		Bill Oakley	
		Geoff Steinicke	
Thursday, 17 December 2015	Xmas Breakfast	Bob Bromley	
6.30 am		David Cheney	Eileen Toohill
		Duncan Ansell	King Paulheim
		Bronwen Dimond	Don Taylor
Friday, 18 December 2015	Bunnings BBQ	Nino Sofra	Jim Studebaker
8 am - 4 pm	256 Middleborough Rd	Colin Sharp	Peter Sutherland
	Box Hill	Peter Wilson	Ken Maxfield
		Bill Oakley	

NOTICE OF AGM, ROTARY CLUB OF NORTH BALWYN Inc.

The Annual General Meeting of the Rotary Club of North Balwyn
will take place at Kew Golf Club on Thursday 26th November 2015 starting at 6.40 pm.

Nominations close on Thursday 12 November 2015.

Audited Financial statements will be circulated to members prior to the meeting date.

The Agenda for the meeting will be circulated at the close of nominations.

Gavan Schwartz Secretary 2015/16

Geoff's Health Tips

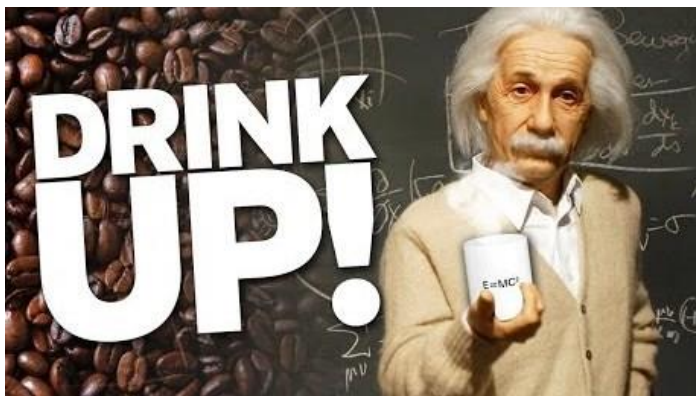
More Good News for Coffee Drinkers

The results of a recent study of over 4 million coffee and non-coffee drinking participants showed that people with a moderately increased intake of all forms of coffee, have a significantly lower mortality risk than those who did not drink coffee. Regular smokers were excluded.

The study led by the Harvard School of Public Health was published in the November 16 issue of *Circulation*. The researchers' evidence was especially strong amongst the never-smokers which showed that they had a lower risk of mortality due to cardiovascular disease, neurological disease and suicide.

In this analysis, which had a 30 year follow up, benefits were apparent with consumption of up to 3 cups of coffee a day, but there was no evidence that drinking more was beneficial. In fact, the evidence showed a reversal at five cups a day.

Lead Harvard researcher, Dr Ding, said "it was surprising that the benefits were similar between caffeinated and decaffeinated coffee, which indicates that there are other components, rather than caffeine, responsible for coffee's effect on mortality." This observation was also reported in an earlier cohort study that showed coffee drinkers (both caffeine and decaffeinated) had a lower risk of developing type 2 diabetes.



Geoff

Meeting No. 21

Thursday, 19th November 2015

Present: Guest Speaker	1	Peter McCall - Beyond Blue Ambassador (& RC Melbourne)
NB Members	42	
Guests	3	Chloe Higgins - Specialists (Medical) without Borders - African visit. Prospective New Members (1st Visit) - Doug Crawford & Jim Sinclair.
MakeUps	33	Gardening Project - G. Cribbes (3), J. Burley, T. Ho & I. Lele. 18 members - Vocational visit to Melb. Market.
applied 15 to this week		George Swanson - RC Sorrento, Greg Ross - Zone Institute (3 days), Ken Maxfield - RC Yea. <i>Not reported last week</i> - Garth Symington RC Prahran & District Foundation, J. Burley & Bill Oakley - District RAWCS.
Meeting Attendance	89.1%	(73.7% before application of Make-Ups.)

Absences for Rosters:

Greg Dimopoulos, Chris Flavelle-Smith, Geoff Haddy, Rob Head, Brian Hurnard,
Jack Liao, John McBride, David Willshire

Celebrations

Monday 23rd November to Sunday 29th November

Birthdays: Rob Head, Tricia Maxfield, Rob Stewart,
Ian Mollison.

Inductions: Tony Hart 2008, Bill Oakley 1996

Wedding Anniversaries: Nil





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

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>	<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.



MEETING ROSTERS

Thursday 26th November Partner's Night
 Speaker: AGM + Mr. John Ainger
 Topic: Antiques Road Show
 Host: Duncan Ansell
 Desk: Garth Symington, Ian Richardson
 Greeters: Ted Angleton, Gregor Matthews
 Set-up: Colin Sharp, Jürgen Kehne

Thursday 3rd December
 Speaker: Pete Smith OAM
 Topic: Behind the Scenes in Radio, TV and Vaudeville.
 Host: Ted Wilkins
 Desk: David de Garis, Nino Sofra
 Greeters: Imre Lele, Marcel Muntwyler
 Set-up: Ken Maxfield, Lindsay Pegg

Thursday 10th December Partner's Night Club Christmas Party
 Desk: Bronwen Dimond, Findley Cornell
 Greeters: Peter Elliott, Anthony Stokes
 Set-up: Sue McDonald, John Burley

Thursday 17th December Club Breakfast.
 North Balwyn Cricket Pavilion, Macleay Park
 Belmore Road, North Balwyn.

 Desk: John Rennie, Maurie Walters

MAKE NOTES OF THESE DATES IN YOUR DIARY

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

November

Wednesday November 25

Ian H.S. Riseley
 World Rotary President Elect
 Dinner Meeting At Canterbury

Thursday 26th (Partner's Night)

Annual General Meeting
 North Balwyn Antiques Road Show

December

Friday 4th

Ladies Christmas Cake Stall

Wed -Thursday 9th & 10th

Variety Christmas Party

Thursday 10th Partners' Night

Celebration of Christmas

December

Saturday 12th

Carols in the Park, Macleay Park, Balwyn

Sunday 13th

Carols at Servants Community Housing

Thursday, 17th Club Breakfast.

North Balwyn Cricket Pavilion,
 Macleay Park, Belmore Road.

January 2016

Sunday 10th

New Years Brunch 9:30—11:30 am
 Warran Glen Garden Centre & Café
 373 Ringwood Warrandyte Rd,
 Warrandyte

Friday 29th

Fellowship Night Out—Venue TBC

February

Wednesday 10th

The Johnston Collection visit.
 Bookings to Kinga Paulheim;
 Limited places—book early.

Friday 19th

Golf Day : Kew Golf Club

March

Friday 11th -> Sunday 13th

District Conference Bendigo

April

Sunday 10th

Winery Tour and Luncheon—Yarra Valley (with bus).

ROTARY CLUB OF NORTH BALWYN 2014/15

President: Jane Pennington
Vice President: Brian Hurnard
Secretary: Gavan Schwartz
Treasurer: David de Garis

president@rotarynorthbalwyn.com.au
vicepresident@rotarynorthbalwyn.com.au
secretary@rotarynorthbalwyn.com.au
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](#) 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**.

CONFERENCE 2016

Rotary
District 9800



**Be a gift
to the world**

12TH - 13TH MARCH | BENDIGO

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

Aisin Toyota Sewing Machines

Aisin have supported our Solomon Islands Project with multiple donations of Sewing Machines and Overlockers. If you are looking for the ideal practical gift consider the

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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



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(9460 1822)
(Adrian Ranson)



Bakery
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Mont Albert 3127

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AND your
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 Melway 32 07
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 http://www.taosrestaurant.com.au

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