

The Grapevine



Bill's Banter

[Our Leadership](#)
2016/2017

While President Cat is away swanning around in Europe, we mice can play! We welcomed back Sergeant Maurie from his travels in Europe and Asia - just in time to get your acting President in line! At our dinner meeting we had a great presentation from Di Gillies, bringing us up to date on the wonderful work of Interplast. Most Rotarians know about the work of [Interplast](#). It was good to get an update on the extension of the work in our Region. In the last four years the number of project teams in our patch has almost doubled from just around 50 teams in a year to plans for almost 100 teams.

Di told us about the work of Interplast in the Solomon Islands, and the need there for us to train and equip doctors and nurses. Trained medical staff are sorely needed in the Solomons. It is good to see how the work our club is doing in the Solomons might dovetail with the work of others like Interplast. IPP Jane Pennington did a masterful job as host for the evening.

Other highlights during the week included our organisation and participation in a major gardening project at the Royal Talbot Rehabilitation Centre. Eight or so of our Rotarians joined with a team from YEP to put in a great effort during the school holidays. It was good to see our exchange student Moritz also spend the day on the project along with an Interact volunteer from Balwyn High School. Many thanks to Brian Hurnard for planning and coordinating the day.

It's an ill wind... so they say. With the demise of the Masters Hardware stores many are flocking to clearance sales. This has given us an opportunity to run a number of sausage sizzles over the clearance period. The first couple have produced promising results; congratulations Nino and volunteers for this initiative.

Next week come adorned in your favourite AFL Club colours and garb for the traditional AFL Grand Final night. Over 100 have already booked and we are looking forward to welcoming friends from the other Clubs in our Cluster. Our two speakers for the night are author Ian Shaw to talk about the development of football up to WWII and Hawthorn legend Peter Knights to talk about football in the post war period. We'll also be auctioning a prize Hawthorn jumper signed by the whole 2016 playing group (with an AFL authenticity certificate).

I hope this week gives you plenty of opportunity to demonstrate Rotary Serving Humanity

Bill Oakley

Acting President



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



Thursday 29th September - Partner's Night

Speakers: Peter Knights and Ian Shaw : AFL Football Grand Final Dinner

Host: Bob Bott

Setup: Rob Head, Nino Sofra

Greeting: George Swanson, John Koa

Desk: John Rennie, Robyn Stepnell



Interplast

Repairing bodies & rebuilding lives
in the Asia Pacific region



Guest Speaker Di Gillies : Interplast.

We were privileged to have Di Gillies as Guest Speaker this week. Di is the Rotarian liaison with Interplast, an organisation dedicated to "Repairing Bodies & Rebuilding Lives" in the Asia Pacific area. Di gave an inspirational presentation showing how lives have been transformed through surgery and education.



Upcoming membership webinars for 2016-2017

Learn more about the ways you can strengthen Rotary by participating in these membership focused webinars. Hear how other clubs have adopted new club structures, increased membership, raised diversity, enhanced member satisfaction and raised the profile of Rotary in their communities; and understand more about the resources available to support you in your efforts to strengthen Rotary. Each webinar features guest panelists with direct experience, as well as a host of useful ideas and tips for Rotarians. Webinars last forty minutes, and are recorded for wider distribution. No special

software is required to participate in a webinar; you simply need to register via the link provided.

Focusing on retention: Strategies to enhance member satisfaction

Tuesday, 22 November 2016, 8.15 am (AEST)

Register: <https://attendee.gotowebinar.com/register/3308538616889128707>

RI Director's Update, RI Director Noel Trevaskis

Thursday 8 December 2016, 5.00 pm (AEST) Monday 12 December 2016, 8.15 am (AEST)

Register: <https://attendee.gotowebinar.com/rt/1913432084078720513>



It was announced at last week's meeting that a location has been identified to house a container for the storage of machinery and tools already committed to our Men's Shed.

Special thanks to Gavan Schwartz for securing the Boroondara Park Primary School for this purpose.

We will shortly be calling for the assistance of 6-8 Rotarians to help with the move from Canterbury Girls Secondary College (Mangarra Rd) on October 18th.

Further details will follow.

Thanks...Bernie



**Boroondara
Cares**

Read More
[HERE](#)

"...for the good of Boroondara"

***The "Fourth House" Project
It's time for another home in Boroondara - this time for our city's homeless women.***

The Boroondara Cares

Foundation is working on this vital community program with Servants Community Housing. This will be a major opportunity for multi-club Rotary service. More news will flow to our member clubs soon...For information-

Peter Allen - pallen@netspace.net.au



Football Grand Final Rotary Dinner:

Thursday September 29th

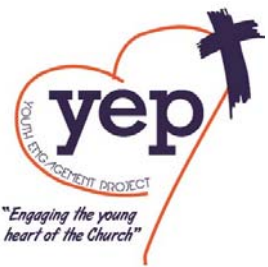
Special Guests: Hawthorn Legend Peter Knights and Mr. Ian Shaw, author of Blood Bath – The 1945 Grand Final.

Also, as a special treat we have been gifted a Hawthorn Club Guernsey by Bob Bott which Peter Knights has arranged to be signed by the Hawthorn Team Players.

This Guernsey will be Auctioned on the night as a fund raiser for our Club.

Members are therefore urged to spread the word about this highly desirable appreciating piece of football paraphernalia. What an investment and prized item for football fanatics!

It's a Partner's Night so please invite your partners and let Hugo know. Invite your friends too; especially if they would like to bid in the auction. Dress up in your teams colours and be prepared for a great night out.



Exchange Student Moritz Ellermann chopping up a huge Monstera.

Bill doing some expert pruning, Estelle with a leader and girls from YEP and the YEP group.



[YEP stands for 'Youth Engagement Project'.](#)

...at a recent Gardening Project at Royal Talbot Rehabilitation Centre



Carols in the Park 2016

This year's event will be on the **17th of December** and again feature a big presence of the RCNB. Put this date in your diary and be prepared to sing and be entertained.

This event is presented by the North Balwyn Inter-Church Council.

Macleay Park: Cr Belmore and Buchanan Ave, Balwyn North.



**BRUSH UP
YOUR
COMPUTER
SKILLS...**



Our Interact Club at North Balwyn High School have organised some students who are willing to offer some of us some computer skills training.

Robyn Stepnell has volunteered to coordinate this activity.

Stay tuned for further updates and contact Estelle and/or Robyn if you are interested.

LIFT THE LID ON MENTAL HEALTH

A CELEBRATION OF HATS on 6 OCTOBER!!!!

At our Club meeting on 6 October we will
feature hats in all
shapes and sizes.

So come prepared!!



There will be a hat competition with a very appropriately
named wine as the prize. So find something interesting,
different and exciting to cover your head with. (Yes even
the wine bottles are sporting hats!!)

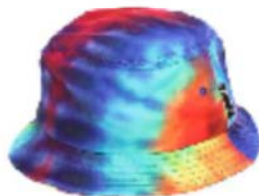


There will be a hat quiz on the tables with yet more wine
as the prize – (do remember that the judges are open to bribery and corruption!!)

Donations to the Lift the Lid campaign will be sought.

Bring your partner, bring your wife, bring your friends and help us raise some funds
for this worthy cause.

Please remember to let Hugo know if you are bringing guests as we want to make
sure they have a seat.....





Can you help?

The Rotary Club of North Balwyn

CHRISTMAS FARE

**83 – 85 Doncaster Road, North Balwyn 3104
(outside the Commonwealth Bank)
Puddings, Cakes, Mince Pies,**

**FRIDAY 9TH DECEMBER 2016
9.00 AM - NOON**



Supporting Community Projects & Days for Girls

Please contact Bev Sofra or Jo Wells for further information.



GARDENING PROJECT

26 September 2016

Club of North Balwyn

We are now looking at the final 8 gardening vacancies for the year.

Date and Who with	Time	RCNB Supervisor	Assisted by
Tues 27/9 RCNB (no schools)	10.30am Grass cutting	Brian Hurnard	Steven Greateorex Duncan Ansell
Fri 7/10-X	4.00 – 5.15pm	Greg Cribbes	Tony Hart
Sat 8/10 – MLC	10 - noon	Rob Head	Estelle Kelly
Fri 14/10 – CGS/X	2.45 – 5.15pm	Greg Cribbes	Eileen Toohill
Sat 15/10 - MLC	10 - noon	Marcel Muntwyler	Tak Yukawa
Mon 17/10 - X (Spl with Xavier)	9.30am – 2.00pm	Greg Cribbes	Estelle Kelly
Fri 21/10 – CGS/X (Fellowship wk'end)	2.45 – 5.15pm		Findley Cornell
Sat 22/10 – MLC	10 - noon	Greg Cribbes	Lindsay Pegg
Fri 28/10 – CGS/X	2.45 – 5.15pm		
Fri 4/11 – CGS/X	2.45 – 5.15pm	Greg Cribbes	Rowan McClean

After 4/11 until February

SCHOOL BREAK

GEOFF HADDY'S RECOVERY IN REHAB WILL BE GREATLY IMPROVED IF HE SEES THE YELLOW BOXES FILLING UP.

GIVE ME A CALL IF YOU CAN HELP AND I'LL PASS THE GOOD NEWS ON! BRIAN HURNARD



BOROONDARA PARK PRIMARY SCHOOL FAIR

We have been asked to assist at the above Fair, setting up beforehand and then clearing up afterwards. Lots of people are needed!! The details are:

Date: **Saturday 19 November 2016**

Boroondara Park Primary School, 40 Almond Street, North Balwyn

Times: 12 noon to 2.45pm (Setup) and 8.00pm – 10.00pm (Pack-up)

RSVP to: Jane Pennington (Jane.Pennington@bigpond.com)



Hat Day is an initiative of [Australian Rotary Health](#) held annually on the Friday of Mental Health Week.

To be involved in 2016 download your own 'How to Host a Hat Day Handbook' at www.hatday.com.au



ARH News Item



Please be advised your current Australian Rotary Health board member is **PDG Greg Ross**. Greg is Vice Chairman of the Board of Directors and was appointed to the role at the recent AGM.

We encourage you to contact Greg or your District Representative with any future District enquiries on: B/H/M: 0407 891 048 E:

idoio@optusnet.com.au

Geoff's Health Tip

Do you have difficulty getting to sleep?

The pattern of waking during the day when it is light and sleeping at night when it is dark is a natural part of human life. Most people fall asleep as soon as their head hits the pillow, whilst others lay awake into the small hours wondering if they will ever get to sleep.

An abundance of research has linked the hormone melatonin as the key factor in helping us get to sleep. It is produced in the pineal gland in the brain. As light dims in the evening the production of melatonin increases, remains high while it is dark, and slows down cellular metabolism to help us get to sleep. As light increases in the morning the production of melatonin decreases.



As most of us age, and especially for those with higher stress levels, our body's ability to produce melatonin decreases. This can produce a chronic issue of sleeplessness (insomnia) with consequent fatigue and resultant inability to function normally.

In an endeavour to increase melatonin levels, supplemental synthetic melatonin has been tried, but results generally have been disappointing. Some studies have shown that synthetic melatonin can help during jet lag or similar situations, but there is only slight benefit to the normal sleep cycle.

Attention has now turned to plants, particularly to some fruits that have high levels of natural melatonin. Recently, it was reported that red tart cherries can increase sleep efficiency and quality. A study published in the [Eur J Nutr Dec 2012 showed that drinking tart cherry juice](#) increased the speed of falling asleep and resulted in an extra 30 minutes of quality sleep every night. Other foods that naturally increase melatonin levels include oats, sweet corn, rice, ginger, tomatoes and bananas.



Geoff



Spring is here - and with it comes event season! We're looking forward to having our bikes on show at this event in Melbourne in November - where all funds raised are for Sandringham Hospital's new day procedure centre. Put November 20 in your calendar for what is sure to be a great day out for the whole family!
<http://rotarycar-show.com.au/>

MEETING ROSTERS

Thursday 29th September - Partner's Night

Speakers: Peter Knights and Ian Shaw
 Topic: AFL Football Grand Final Dinner
 Host: Bob Bott
 Setup: Rob Head, Nino Sofra
 Greeting: George Swanson, John Koa
 Desk: John Rennie, Robyn Stepnell

Thursday 6th October

Speakers: Mr. Gabe Hau
 Topic: Stop Violence in Families
 Host: TBA
 Setup: Peter Cleary, Brian Hurnard
 Greeting: Beatrice Ko, Peter Wilson
 Desk: Peter Sutherland, Ian Richardson

Thursday 13th October

Speaker: Jacyl Shaw Exchange Student 1988
 Topic: A new birthplace for the 'ideas boom'
 Host: Geoff Steinicke
 Setup: Jack Liao, Sue McDonald
 Greeting: Bob Bromley, David Rowe
 Desk: Joe Butler, Tony Hart

Thursday 20th October

Speakers: Greg Cribbes; Colin Sharp
 Topic: About Club Governance
 Host: TBA
 Setup: Peter Sutherland, Ian Adams
 Greeting: Ian Mollison, Anthony Stokes
 Desk: Garth Symington, Phil Francis

Meeting No.13

Thursday, 22nd September 2016

Present:

Guest Speaker 1 Di Gillies - Interplast. RC Balwyn
 NB Members 47
 Visiting Rotarians 3 Rob Nethercote (RC Melbourne), Partner of Di Gillies;
 Helena Wimploe (Glenferrie); Manju Mohandoss (Balwyn)
 Guests 1 Neil Marshall (Geoff Steinicke)
 Other Activities 15 **Gardening Project** - Messrs. Cornell, Elliott, Hurnard,
 (Board Approved) Kelly, Oakley, Sofra & Steinicke;
Catering - Lacy, Paulheim, Pennington, Rowe & Sofra ;
 Greg Ross (Hat Day) RC Waverly & RC Southbank;
 AG Adrian Ranson - RC Brighton.

Absences for Rosters:

Messrs. Gartlan, McClean, Studebaker & Symington.

Celebrations: Monday 26th September to Sunday 2nd October

Birthdays: Jürgen Kehne, Carolyn Pethick, Duncan Ansell,
 Steven Creatorex, Ailsa Head, Heather Matthews,
 Sanae Yukawa.

Induction Anniversaries: Nil

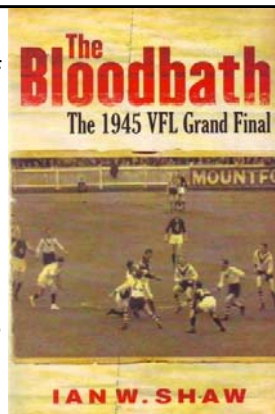
Wedding Anniversaries: Brian and Areta Hurnard

MAKE NOTES OF THESE DATES IN YOUR DIARY

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

Thursday 29th September 2016 GRAND FINAL NIGHT


Our speakers are Ian Shaw, author of "The Bloodbath, the 1945 Grand Final" and Hawthorn Legend, Peter Knights. Always a great night to squeeze into a club jersey, don your club beanie and club scarf while painting your face in war paint of your club colours! Put this pre-eminent date in your diary !!


Friday 7th October [Lift the Lid on Mental Illness](#)

..and [Hat Day](#) ..and tin rattlers required for Bunnings Hawthorn.


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)


Saturday 19 November 2016, BOROONDARA PARK PRIMARY SCHOOL FAIR 3pm to 8.15 pm .40 Almond Street, North Balwyn

Boroondara Park Primary School's Fun Fair is back bigger and better than ever this year.

Set up and pack up volunteers required.


Friday 9th December:

Christmas Fare: 9am to noon in North Balwyn Village


Saturday 17th December: Carols in The Park

Macleay Park, Balwyn North

Presented by the North Balwyn Inter-Church Council with support of the Boroondara Council and us!

Friday 10th February 2017 Rotary Golf Day Kew Golf Club

7.30am start for 128 Players with a shotgun start .

Sponsors are being sought! More news shortly!!


Saturday, 18th February 2017. TRAMBOAT LUNCHEON CRUISE

Sail from Victoria Harbour, down the Lower Yarra and up the Maribyrnong River The Fellowship Committee.

www.tramboat.com.au



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



Connecting Communities - Serving Humanity

Please note: Rob Head has booked-out a nice compact motel for our Club very close to the

Conference venue.

See Rob for accommodation details.

Registrations are now open!

Early Bird Discounts apply.

Goto www.rotaryconference.org.au to register.

ROTARY CLUB OF NORTH BALWYN 2016/17

President: Rowan McClean

president@rotarynorthbalwyn.com.au

Vice President: Bill Oakley

vicepresident@rotarynorthbalwyn.com.au

Secretary: Gavan Schwartz

secretary@rotarynorthbalwyn.com.au

Treasurer: Greg Cribbes

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

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 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.

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?

SEPTEMBER IS

BASIC EDUCATION AND LITERACY MONTH

"The more you read, the more things you will know. The more that you learn, the more places you'll go."

Dr. Seuss, "I Can Read With My Eyes Shut!"

Rotary

www.rotary.org

D9800 Probus

North Balwyn Probus President 2015/16

Ken Mitchell: mitchellkv@gmail.com

North Balwyn Heights Probus

Secretary Sue Mullarvey 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

(Secretary Janet Eddy)

jveddey@applewood.net.au



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)

Ansell

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Bakery
(9890 0066)
22 Hamilton St
Mont Albert 3127

FLETCHERS

CHRIS CROSS

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



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balwyn north

baumgartners

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Bendigo Bank
Good for **U**
AND your
community



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INDOOR GOLF. REAL. FUN. FAST.

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Cooper Street Self Storage