



Rowan's Reflections

Another busy dinner meeting this week, with the induction of Yvonne Lyneham, our Guest Speaker Jane Broadhead from Camcare, a visit by Brian and Bev Thomas who are great supporters of our Solomons Project and attendance of guest Phil Wade introduced by David Cheney.



Thursday was Rotary's 112th anniversary, and we commenced the meeting with a summary of Rotary's history outlined by Jane Pennington, a toast delivered by Founding Member, Marcel Muntwyler, and a happy birthday song led by our inimitable PDG Greg Ross (in Adrian's famous birthday hat).

The Australian Rotary Health Board this week approved the national introduction of the Victorian initiative from 2016, 'Lift the Lid'. This is also a very worthwhile program for the club to consider in the mental health area.



Bev and Brian Thomas have been great contributors to our efforts on the Days For Girls project in the Solomon Islands, and will travel with Jane Pennington in March to teach Solomon Islanders improved sewing techniques and how to maintain their machinery. We are extremely grateful for their support, generosity and technical inputs to this terrific project. It was great to see them at the meeting.

The Board this week agreed to support the application for a Rotary Scholarship from the Rotary Foundation in our District for Caroline English. Caroline is an impressive young woman who wants to study for a Masters degree in Public Administration at the London Schools Economics specialising in Public Policy for developing countries. There will be no cost to our Club if she is successful, as funding comes from the Rotary Foundation.

I visited the Boroondara Summer Festival and had a lump in my throat (no, not a sausage) seeing our team at work at the christening of our new BBQ trailer. The RCNB catering team is amazing, and the new colourful aprons are eye-catching and very impressive.

Paula Monaco a 'Friend' of our club, and the optometrist at Boroondara Eye Care Greythorn, has again donated a box of glasses for our Vietnamese Communities. Paula has done this for several years and her generosity has helped many people without any optometry services to lead a much more comfortable life. We are very grateful for her continuing support.

The *Maribyrnong River* cruise certainly gave people a different perspective on Melbourne, and David Cheney's work in planning this was greatly appreciated; one participant said it was the most enjoyable event they had been involved in.

Don't go to Kew Golf Club next week: it is our annual bowls night, with Boroondara Mayor Philip Healey joining us. I hope you can all come to North Balwyn Bowling Club in Buchanan Avenue for a fun night.

I continue to be amazed by the achievements of this club, and am proud of our professionalism and the impact of what we do. We certainly are displaying Rotary Serving Humanity.

President Rowan

Our Leadership 2016/2017



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





A warm welcome to Yvonne Lyneham as our newest member. Yvonne works for BASF as a business development manager and, with a declared interest in gardening, will undoubtedly be in the sights of Peter Elliott. Husband Matt was also in attendance and is also a welcome addition to our community.



Camcare is a not-for-profit, community based organisation. They assist people from Boroondara and neighbouring areas who are facing personal hardship or difficult life circumstances. Jane Broadhead, the CEO, was our guest speaker this week and gave us a fascinating insight into the needs of our own community, of which there are many. Jane discussed the programs that deal with Mental Health and associated Family Violence issues. Camcare does a superb job for needy people in Boroondara through a range of programs, and the Rotary North Balwyn Board this week approved a new joint project to start a therapeutic support group to complement existing programs. The first of two 16 week programs will commence in March and the second will take place in August. Our donation is \$9976 from the club's 2016/2017 budget for Family Violence and Mental Health, to which our Christmas Raffle and Golf Day were excellent contributors. This initiative dove-tails really well with RI President John Germ's recent request that Rotary Clubs partner with another service provider in their community to expand services or commence new initiatives during Rotary International Service Week from 25 March to 31 March. Jane has promised to evaluate the program and provide the club with feedback.



In Camcare's words: "We meet many women in several programs currently offered by Camcare who have experienced or are currently experiencing family violence with highly negative impacts on their self esteem, safety, mental health and on their relationships with their dependent children. We would very much like to start a therapeutic group for these women and children building on their strengths, reducing their social isolation and resourcing them to recognise and respond appropriately to the effects of violence on their children. This would complement programs which provide other forms of intervention for vulnerable families, such as our Family Support Services, and children exhibiting developmental or behavioural issues, like PS4Kids, and assist women and children with the serious impact of intimate violence and control. The group would run over 8-10 weeks."

Safe Food Handling Free On-Line Training with Certificate of Achievement



Each year we ask Members to go On-Line and complete the Safe Food Handling Training education task.

When are Catering for the Public it is important that we are all very well versed and practice Safe Food Handling Guidelines.

Please visit <http://dofoodsafely.health.vic.gov.au/welcome.php> and complete the training. It takes about 20mins.

Nino Sofra is keeping records of who has completed the training so please download your Certificate of Merit and let Nino know that you have successfully completed the training.



Through the [Boroondara Family Network](http://glenferrierotary.org.au/news/22546/classic-car-fundraiser-for-the-boroondara-family-network/?type_fr=17), volunteers provide help to young mothers and families in need. A fundraiser with a difference is being organised for Sunday March 19, 2017 to help fund this valuable work in the local community. You won't want to miss

this special event!

For more information:

http://glenferrierotary.org.au/news/22546/classic-car-fundraiser-for-the-boroondara-family-network/?type_fr=17

This Thursday is our Annual Lawn Bowls Night

Wear flat sole shoes or be happy to bowl bare foot! No heels tonight ladies!

The venue of the Balwyn Bowls Club is also the site of our now approved and ready to build Men's Shed. Keep an eye out for progress. Below is how it looked last week in



preparation for the slab pour.

Our Bowls Night is a favourite with Partners but please make sure you have indicated your attendance.

Cost \$35 for a fantastic Roast, Dessert and Tea and Coffee. Drinks at the bar.

The Maribyrnong River Cruise was great fun!



Your next Fellowship Adventure is a trip Mornington on Thursday, 27th April 2017.



www.beleura.org.au

To all Members.

An event not to be missed!



Visit to one of Victoria's Great Mansions- Beleura Mansion, Mornington.

The Fellowship Committee is arranging a coach trip from North Balwyn to Mornington on Thursday, 27th April 2017.

The tour includes travel from Macleay Park, North Balwyn, leaving at 8.30 am and returning to North Balwyn at 4.00 pm.

On arrival at Beleura, morning tea will be served, followed by a

guided tour of the mansion.

Lunch will be served in the Mansion, after which there will be a tour of the mansion's gardens.

The all-inclusive cost is \$60.00 per person, based on a minimum of 35 participants.

Please indicate your intention to attend on the board when it circulates at the next dinner meetings.

This will be the final feature event arranged by the present Fellowship Committee.

Have a look at www.beleura.org.au

Rotary Showcase in The City Last Weekend



We are delighted to be sending 200 Adult & 200 Children's Rotary & Solar Smiles branded toothbrushes to Phu Tho province in Vietnam through the Overseas Kids Foundation with [Rowan McClean](#).

We were able to do this as the beautiful members of RC Malvern bought their toothbrushes from us. For every toothbrush they bought we were able to donate 19. Instead of buying from Woolies & Coles, change your buying habits & change lives for only \$3.99.

Buy at www.solarsmilesdentalcharity.com



Rotary and Girl Guides Victoria at Federation Square!!!

Rotary Showcase displayed numerous projects and programs while Guides participated in "Race Around Melbourne". Our District Governor met the Guide "RAM". A very successful day for everyone!!



Club of North Balwyn

GARDENING PROJECT

27th February 2017

The Community Service Garden Project is all set to go this Fri/Sat, thank you to all those who are volunteering. It'd be really helpful if you could all check your diaries for opportunities in March, thanks.

Give us a call anytime - Peter Elliott 0419 417334, Greg Cribbes 0413 270403.

Date and Who with	Time	RCNB Supervisor	Assisted by
Fri 3/3 – CGS/X	2.45 – 5.15pm	Garth Symington	Tony Wells
Sat 4/3 – MLC	10.00 – noon	Bob Bromley	Eileen Toohill
Fri 10/3 – CGS/X	2.45 – 5.15pm	Garth Symington	
Fri 17/3 – CGS/X	2.45 – 5.15pm	Geoff Haddy	
Sat 18/3 – MLC	10.00 – noon	Marcel Muntwyler	Larry Fitzpatrick
Fri 24/3 – CGS/X	2.45 – 5.15pm	Geoff Haddy	Findley Cornell
Sat 25/3 – MLC	10.00 – noon	Rob Head	Tony Hart
Mon 3/4- RCNB	TBA		
Fri 21/4 CGS	2.45 – 4.00	Greg Cribbes	Geoff Haddy

Cycle Dindi Saturday April 1st

[Cycle Dindi 2017 Individual registration](#) : [Cycle Dindi 2017 Family registration](#)

[Cycle Dindi rules](#): *Over the Hills and not too far away*

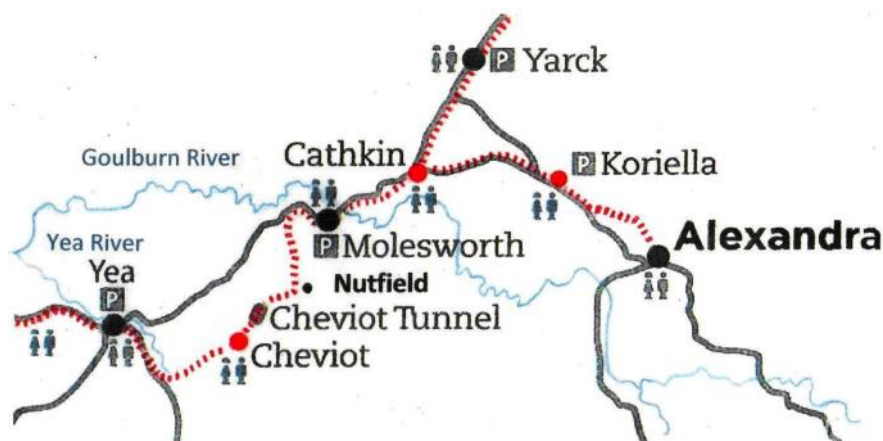
A Family Friendly bicycle event encompassing the Great Victorian Rail Trail in Murrindindi Shire and the townships of Yea and Alexandra.

When: Saturday 1st April - first weekend of the school holidays.

Where

The event will be centred on the lovely township of Yea and will involve a ride along the Great Victorian Rail trail to Cheviot Tunnel Molesworth and Alexandra.

Alternatively, register at Alexandra and ride to Molesworth and Yea.



- See more at: <http://rotaryalexandra.org.au/Stories/cycle-dindi-saturday-april-first#sthash.GhlBq9db.dpuf>



2017 FORMULA 1 ROLEX AUSTRALIAN GRAND PRIX

Members (especially New Members) take note of the following. Our Club has for many years (21) catered for the Marshalls at the Grand Prix. Over the years the format of our activities and catering responsibilities has increased due to the great work put in by our

GP committee and volunteers.

Activities this year include.

Wednesday 22nd March - BBQ for the Contractors setting up prior to the event.

Thursday 23rd March through to Sunday 26th March

Catering for the [Minardi Two Seater](#) F1 Team

-Early Start (4.30AM) to provide a dozen or more Egg and Bacon Rolls for the Minardi Pit Crew.



Thursday 23rd March through to Sunday 26th March

Catering for The Marshalls

-There are hundreds of Marshalls who begin arriving at the track at about 7am for a briefing before each day's events. They are volunteers from all over the world and we provide breakfast to all of them prior to their daily briefing. Our catering is a hectic early session which comes to an abrupt halt at the commencement of the Marshalls Briefing.



-BREAKFAST TEAMS MEET IN CAR PARK BEHIND FLETCHERS REAL ESTATE AT 6AM



Thursday 23rd March through to Sunday 26th March

Lunch Time BBQ at Shannons Historic Display

-A sensational collection of vehicles from overseas and all around Australia will be on hand and sure to offer a rare opportunity to be seen on track and up close!

- This is a hectic sausage sizzle inside the general area catering for Drivers of the Shannons Historic Display and The Public.

- LUNCH TEAMS Meet in The Car Park in North Balwyn at 9.30 am

Sunday 26th March:

Pack up and Help with Putting gear away at our Containers at CHRIS CROSS Nursery

This event is a major Club Fund Raiser and we need as many volunteers as possible.

Geoff Steinicke 0418 175 130 and Nino Sofra 0409 506 226 are managing the Roster.

Please complete the Safe Food Handling Course to assist us meet our obligations to Grand Prix Corporation for this event.

This event has major exposure to The Public and being a major International Event it comes with huge responsibilities to play our part with precise execution as our activities become part of the event timing.

The Bonuses: You get a general pass to the event! You can stay and watch if you wish.

You get to rub shoulders with The Marshalls who are volunteers from all around the world

You get to see celebrities—drivers, the event mascot, etc

You get to see the thrilling air force acrobatics with the Roulettes and Airforce Jet Fighters.

But the best of all—It's a great day out with your Fellow Rotarians!

Frightened by the 'D' Word?

Try aerobic exercise to retard the onset of dementia.



If you are like me, you worry about the possible onset of dementia everytime you fail to remember something that should have come to your mind in a split second.

Lately, I have been reading about the areas of the brain that are connected to cognition and how these areas are treatable, instead of focusing on those areas that are non-treatable.

Dr Kristine Yaffe of the University of California, San Francisco, a leading researcher on predictors of dementia, said "Lifestyle factors are so important, even though they sound soft and a lot of people think they can't possibly be effective. Natural interventions, such as aerobic exercise, have a powerful effect on some parts of the brain, especially the hippocampus, which is crucial to memory".

The hippocampus is one of the first regions of the brain to shrivel as people age, shrinking about 0.5% each year after 40. However, this area of the brain can also grow. The researchers showed that when older adults without dementia were assigned to do aerobic exercise or light stretching for a year, the people in the light stretching group lost 1.4% of their hippocampus, but those in the exercise group grew their hippocampus by 2%. A 2% increase has been calculated to reverse cognitive loss by two years.

Another finding by researchers at the University of British Colombia, Vancouver, Canada noted that improving cardiovascular capacity through a progressive aerobic exercise program improved cognitive performance.

Unsure what is meant by aerobic exercise? Aerobic means getting the heart pumping blood (oxygen) around your body, increasing your heart rate. Try moderately fast walking, swimming, dancing, cycling or peddling an exercise bike for 30 minutes each day.

Geoff

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



Connecting Communities - Serving Humanity

There is a month to go to the Rotary International District 9800 Conference in Shepparton. This is a brief update about the conference.

Program and Speakers

The full program now appears on the website www.rotaryconference.org.au. You can find it under the "Sessions" tab. Recent additions to the speakers list are Minister for Finance and Minister for Multicultural Affairs, the Hon. Robin Scott MP; the CEO of the Scanlon Foundation, Anthea Hancocks; and Tasneem Chopra a cross-cultural specialist.

There are still places available for the leadership lunch with Deputy Commissioner Andrew Crisp. [Email us](#) if you would like to attend.

Registration There is One Day left!

If you haven't registered yet, registrations are still open till Tuesday February the 28th. Go to www.rotaryconference.org.au to register.

MEETING ROSTERS

Thursday 2nd March will be at the North Balwyn Bowls Club!!!

60 Buchanan Ave. North Balwyn

Speaker. Mr. Philip Healey, Mayor of Boroondara
"Developments in Boroondara"

Host: Geoff Haddy

Desk: Barry Cummings, Beatrice Ko

Thursday 9th March.

Speaker. Vivienne Harkness

Boroondara Stroke Support Network

Host: Tony Hart

Greeters: Bernie Smith, Neil Marshall

Setup: David Rowe, Larry Fitzpatrick

Desk: Tony Wells, Phil Francis

Thursday 16th March.

Speaker. Marie Briggs

Benefits of Community Banking

Host: Greg Cribbes

Greeters: Robyn Stepnell, Ted Wilkins

Setup: Imre Lele, Takao Yukawa

Desk: Steven Greateorex, Greg Matthews

Thursday 23rd March.

Speaker. Mr. Rick Tudor

Melbourne Indigenous Transition School

Pathways for Aboriginal students

Host: Peter Sutherland

Greeters: Peter Cleary; Sam Hardikar

Setup: Ian Mollison; Russell Cooper

Desk: David Rowe; Garth Symington

Meeting No.31

Thursday, 23rd February 2017

Present:

Guest Speaker	1	Jane Broadhead - Camcare CEO, Family Violence & Mental Health.
NB Members	49	
Guests	3	Inductee Yvonne Lyneham & Matthew; PNM I Phil Wade (David Cheney)
Alumni/Friends	2	Brian & Bev Thomas
		Member Attendance 83.9%
Other Activities		Catering: Summer Music Festival - 7; Bunnings - 4 .
(Board Approved)		Gardening - 3. Greg Ross - Boroondara Cares & ARH Board.

Absences for Rosters:

John Magor & Geoff Kneale.

Celebrations

Birthdays: Greg Ross; Alison Adams; Nina de Garis

Inductions: Anthony Stokes 1989

Weddings: Rob and Lachelle Stewart; John and Helen Gartlan
 Phil and Carmel Francis



MAKE NOTES OF THESE DATES IN YOUR DIARY

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

Wednesday 8th March: International Women's Day Breakfast. 7.00—9.00 am

The Palladium Crown Melbourne. Book [HERE](#)

International Women's Day
BREAKFAST 2017 | Wednesday 8th March 2017
The Palladium Crown Melbourne

KEYNOTE SPEAKER

Kitty Chiller
2016 Olympics
Chef de Mission



MC

Tom Gleisner
Writer, producer,
performer



Sunday 19th March: [Classic Cars and Asian Art Collection; Lunch with Wine Tastings.](#)

RSVP 13th March Trybooking.com/OORR

Factory 1, 16 Rosemary Crt Mulgrave. 12 Noon

An initiative of RC Glenferrie with proceeds to Boroondara Family Network.

Thursday, 6th April: Vocational Visit to [Walter and Eliza Hall](#) Dinner will be at the Parkville Hotel, 43 Royal Parade, Parkville (which is nearby) 8.00 p.m. - 2 courses at a cost of \$39.00. N.B. No Meeting at KGC.



Walter+Eliza Hall
Institute of Medical Research

DISCOVERIES FOR HUMANITY

Thursday, 27th April: 8.30 am to 4.00 pm.

Bus Lunch and Beleura Guided tour all for \$60

Contact David Cheney to secure your seat on the bus.

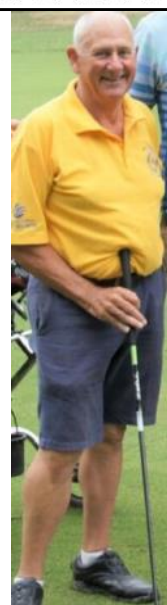


BELEURA
HOUSE & GARDEN
MORNINGTON



Our Gold Day
was a hit!

Thanks
everyone
who helped
make this
day the suc-
cess that it
was!



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!

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



Connecting Communities - Serving Humanity

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.auWeb: www.rotarynorthbalwyn.com.auE-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.


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 – World Understanding Month**D9800 Probus****North Balwyn Probus** President 2016/17

President Bruno Coniglio

<http://balwynnorthprobus.org.au>**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>

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