



## Rowan's Reflections

This week is one of the key weeks in our Rotary year, with our Catering at 2017 The Rolex Melbourne Grand Prix. At the time of writing the first two days (Contractors Breakfast and GP Setup) are concluded. Next is 4 days of Minardi Team Breakfast, Marshalls Muster Breakfast and Shannon's Historic Display Lunch. A big vote of thanks to Geoff Steinicke for his coordination of this important project and for all those people who have climbed out of bed early and made valuable contributions.

Robyn Stepnell and Jane Pennington recently participated in District 9800 Leadership Training. Subsequently Robyn has been appointed as Manager of Baptcare's team at Kerang. Congratulations Robyn. The bad news is that she will not be available to join the 2017/2018 Club Board. The good news is that she will be remaining a member of The Club and hopes to attend meetings with us monthly.

An inspiring insight into Melbourne Indigenous Transition School was provided by Rick and Liz Tudor, who have developed a dedicated centre in Richmond to deliver secondary education to aboriginal students selected for the School.

There are several upcoming events to which I would like to draw Member's attention.

- an insight into volunteer dentistry by Solar Smiles (RC Docklands) who have several solar-powered backpack dental chairs already used in Cambodia by Melbourne based dentists. This event will be at 7pm on Tuesday 28 March at Docklands Library.
- District 9800 Conference at Shepparton next week. Those members going to Conference will be apologies for next week's dinner meeting, however we have inductions planned for two impressive new members next Thursday 30 March so members not going to Conference are asked to attend and welcome them.
- visit to Walter and Eliza Hall Institute (WEHI) on Thursday 6 April. This is a club meeting and those attending need to advise Peter Elliott and pay this week please. WEHI is an incredibly valuable institution and the medical advances to which their excellent research has contributed include Leukaemia, Type 1 Diabetes, Coeliac disease and Malaria vaccine
- The RCNB Birthday night is on the 4th of May and our guest will be Brian Nankervis of Rockwiz. Partners and Friends are encouraged to join the Festivities. The following Sunday is World Laughter Day, so sharpen your wit! We want you to submit your favourite joke to David Cheney for possible presentation on the night. No shaggy dog stories please - the best submissions will be selected by an anonymous committee for presentation on the night.
- a Cluster Club food packing night is to be held on Friday 12th May at Canterbury Community Centre (Rochester Road near Canterbury Road where both RC Canterbury and RC of Camberwell meet). The food packs include oats, lentils and rice and sachets of vitamins and minerals. They feed five people and are five times more nutritious than just rice alone, and will be sent to Rotary Clubs or Local Governments in areas when disasters occur, and to Refugee Camps. Members who have offered to help on the night please advise Bill Oakley who is coordinating our assistance.
- an open day at Donations in Kind on Saturday 8th April. We are a part-owner of DIK and those members who have not visited the Footscray facility are urged to do so in order to gain an understanding of the impressive operation. DIK is celebrating the dispatch of their 500th container to needy communities.

Rotary is Serving Humanity!

President Rowan.

## Our Leadership



**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**



### Melbourne Indigenous Transition School



Our Guest Speakers last meeting were the Chairperson of the Melbourne Indigenous Transition School (MITS) Associate Professor Liz Tudor and her husband Rick Tudor. Both Liz and Rick spoke with passion about the development of the school and their aspirations for its future.

Liz Tudor first worked in [Gunbalanya in Western Arnhem Land](#) as a veterinarian in 1973. In 2004, she established, with her husband Rick, an annual dog health program – now in its thirteenth year – which visits Gunbalanya and its outstations as well as communities in the Victoria Daly region.

Over this time, Liz and Rick have made personal connections in Gunbalanya and other Top End remote communities in many ways: through dog health, through partnership programs established by Rick at Trinity Grammar School, through personal connection with parents and their children.

As Headmaster of Trinity Grammar School Kew, Rick established an Indigenous scholarship program that has seen 23 Indigenous scholars progress through secondary education at Trinity.

Over the years, Liz and Rick have been approached by many other families from remote communities seeking educational opportunities for their children in Melbourne. In response, Liz and Rick have tried many models: large independent schooling, home schooling, and specialist Indigenous schooling. They have experienced the pain of turning families away, and of children who have tried but failed to make it into the mainstream classroom.

Through this experience, Liz, Rick and the MITS Board have developed a new model, which recognises that many Indigenous students in remote communities have innate ability and strong desire to be educated in Melbourne's best schools, but need academic and social support to meet the challenges of transition.

The school now has a boarding house in Richmond for the 22 students (11 boys and 11 girls) who attend the school that has its classrooms at the Richmond Football Club. The indigenous students spend their year 7 school year at the school before their enrolment into a Melbourne secondary school to complete their high school education.

Host Jim Studebaker

### Ride to Conference

Bronwen has been in touch with Moritz and is having a great experience; he is doing very well averaging 50 km a day and remaining cheerful. More [HERE](#)

To sponsor Moritz EFT the Club's Service Account. Tag your EFT with "[RoCan](#)" and your name:

**BSB 633-000 Account 146 140 785**

All sponsorship money goes to RoCan, Rotary Ovarian Cancer Research.





### Grand Prix: The Winner was the Rotary Club of North Balwyn

Thank you to the multitude of members who volunteered on the Coates Hire Contractor Breakfast; the GP Setup Day, and the four consecutive days of The Minardi Team Breakfast, The Marshalls Muster Breakfast, and The Shannons Historic Display Lunch, and finally the pack up at the GP and at the containers at Chris Cross Nursery.

Above all, thanks to our Club organisers who negotiated with The Grand Prix Association and tirelessly followed up and delivered the goods. The execution went very well thanks to Nino et al procuring 200 dozen eggs (Donated by Kinross Farms, King Lake), Rolls and Bread ( Donated by David Winter's Bread Street Bakery and John Koa's Balwyn Village Baker's Delight), Bacon largely donated by Bertocchi Smallgoods and softdrinks and water, largely donated by an anonymous benevolent friend. The efforts of the organising committee and those who did the running around to make everything happen on the day should not be underestimated. The photos below show some of the fun. Thanks too to Bev and Heather for keeping their boys going and volunteering everyday. It was also great to see our new members getting involved too!







The Community Service Garden Project set for an Easter Break, thank you to all those who are volunteering. It'd be really helpful if you could all check your diaries for opportunities in April and May, thanks.

<b>Date and Who with</b>	<b>Time</b>	<b>RCNB Supervisor</b>	<b>Assisted by</b>
Fri 21/4 CGS	2.45 – 4.00	Greg Cribbes	Geoff Haddy
Fri 28/4 CCS/X	2.45 – 5.15	Russell Turner, Greg Cribbes	Findley Cornell, Peter Elliott
Sat 29/4 MLC	10.00 – 12noon	Greg Matthews	Geoff Steinicke
Fri 5/5 CGS/X	2.45 – 5.15	Peter Elliott	Colin Sharp
Sat 6/5 MLC	10.00 – 12noon	Sam Hardikar	Marcel Muntwyler
Fri 12/5 CGS/X	2.45 – 5.15		
Sat 13/5 MLC	10.00 – 12noon		

### Solomons News

Joseph Aaron and his family - wife Cathy, 3 year old Linda in the centre and their one year old twin boys Gabriel and Raphael.

Students planting rice at Don Bosco Rural Training Centre - Tetere



## Geoff's Health Tip

## New and old uses for Apple Cider Vinegar

Vinegar is an interesting food. It is tangy and tart, yet has a subtle sweetness that can beautifully dress up a salad. It is the acetic acid that is responsible for the tart, biting, pungent flavour of vinegar. Acetic acid is also a good preservative – bacteria do not like acids, even weak ones, and most if not all products containing vinegar do not need additional chemical preservatives. Vinegar also contains small quantities of other nutrients extracted from the fruit during the fermentation process, such as vitamins, minerals and polyphenols. In this sense it is a complex food.

Unfiltered, unpasteurised Apple Cider Vinegar is my first choice of vinegar as it contains more of these nutritional factors than wine vinegar. It is widely used to produce vinaigrettes, mayonnaise, dips and even balsamic vinegar, where it adds flavour as well as preservation.

I have found that apple cider vinegar is especially good at calming an upset stomach. Someone who has eaten food that is difficult to digest will probably go for Eno's salts, but the better choice is apple cider vinegar. Two teaspoons of apple cider vinegar in water, sipped slowly, is sufficient to quell a stomach upset.

Recently, a number of human studies showed there is significant evidence that apple cider vinegar has blood-sugar lowering properties. A 2010 study from Athens University Medical School found that adding apple cider vinegar to both high and low glycaemic meals reduced blood sugar and insulin levels among type 2 diabetics. In the case of the high glycaemic meal, adding a vinaigrette significantly lowered blood sugar and insulin levels. However, the effect with low glycaemic meals, although positive, was not as significant.

Geoff



## Rotary Foundation Centennial Gala Dinner

The  
**Rotary**  
Foundation



THE ROTARY FOUNDATION  
Centennial Celebration

*Dinner*

In conjunction with District Foundation Chair, PDG Dennis Shore, Southbank Rotary will be assisting with organizing a major District event to celebrate 100 years of The Rotary Foundation. This will be an occasion for Rotarians and non-Rotarians alike. More details will be widely circulated shortly but for now, lock Wednesday 31st May.

**COST:** \$165 per person or \$1650 per table of 10:

**DATE:** Wednesday 31st May 2017

**VENUE:** The Atlantic, Central Pier 161 Harbour Esplanade.

Please inform Findley Cornell if you wish to attend.

The Club is planning to book a table of ten.

## MEETING ROSTERS

**Thursday 30th March.**

**Speaker:** Assoc. Prof. [Sunil Bhar](#)

Support For the Elderly

**Host:** Belinda Wandabwa

**Greeters:** Peter Cleary, Neil Marshall

**Setup:** Peter Wilson, Geoff Kneale

**Desk:** Ian Adams, Ted Angleton

**Thursday 6th April.**

Visit to Walter and Eliza Hall Institute

**"No Meeting at Kew Golf Club".**

Dinner afterwards at Parkville Hotel, 43 Royal Parade, Parkville.

John Magor will be collecting dinner money of \$39 per person at next weeks meeting, 30<sup>th</sup> March.

**Wednesday 12th April.**

**Speaker:** Ms. Kirsten Gainsford.

Monash Alfred Psychiatry Research Centre.

**Host:** Sue McDonald

**Greeters:** Imre Lele, Sam Hardikar.

**Setup:** Carolyn Pethick, Russell Turner.

**Desk:** Tony Hart, Brian Hurnard

**Thursday 20th April.**

**Speaker:** Member Biography

**Host:** Maurie Walters

**Greeters:** Rob Head, Beatrice Ko

**Setup:** Colin Sharp, Tony Ho.

**Desk:** John Magor, Russell Turner.

### Meeting No.35

Thursday, 23rd March 2017

#### Present:

Guest Speaker                      2 Rick & Liz Tudor - Melbourne Indigenous Transition School

NB Members                        48

Partners                                2 Carol Studebaker & Joan Lacy

Guests                                 4 Jeanette Leigh, Philip Wade.

Member Attendance 80.6% (after applying make-ups)

Other Activities                    43 Gardening - Geoff Haddy, Ian Adams & Marcel Muntwyler.

(Board Approved)                Eileen Toohill - RC Albany Port (WA)

Grand Prix Catering 38 Make-Ups by 21 members.

#### Absences for Ros-

Tony Ho, Estelle Kelly, John McBride & Kinga Paulheim.

### Celebrations

**Birthdays:** Larry Fitzpatrick

**Inductions:** Nil

**Weddings:** Barry Cummings and Kristine McDonell; Peter and Robyn Elliott





MAKE NOTES OF THESE DATES IN YOUR DIARY

See also [http://www.rotarydistrict9800.org.au/notices\\_and\\_events\\_future](http://www.rotarydistrict9800.org.au/notices_and_events_future)

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



Connecting Communities - Serving Humanity

**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.*



**Wednesday 31st May 2017:**

**Rotary Foundation Centennial Gala Dinner**

The Atlantic, Central Pier 161 Harbour Esplanade.

**Sunday 2nd July:**

Club Change Over Lunch.

12.30pm at Kew Golf Club.

**NOTICE**  
THANK YOU  
FOR NOTICING THIS  
NEW NOTICE

**Fri 13th, Sat 14th & Sun 15th October**

**Camp Getaway W/end Working Bee**

**Friday 20th Oct, - Sunday 22nd Oct.**

**Albury Fellowship Weekend.**



**ROTARY CLUB OF NORTH BALWYN 2016/17**

**President: Rowan McClean** [president@rotarynorthbalwyn.com.au](mailto:president@rotarynorthbalwyn.com.au)  
**Vice President: Bill Oakley** [vicepresident@rotarynorthbalwyn.com.au](mailto:vicepresident@rotarynorthbalwyn.com.au)  
**Secretary: Gavan Schwartz** [secretary@rotarynorthbalwyn.com.au](mailto:secretary@rotarynorthbalwyn.com.au)  
**Treasurer: Greg Cribbes** [treasurer@rotarynorthbalwyn.com.au](mailto:treasurer@rotarynorthbalwyn.com.au)  
**Grapevine: Peter Sutherland** [petesutherland@bigpond.com](mailto:petesutherland@bigpond.com) Noon Sat Weekly Deadline

**North Balwyn Probus:** Bruno Coniglio <http://balwynnorthprobus.org.au>

**North Balwyn Heights Probus:** Sue Mullarvey [yarramul@tpg.com.au](mailto:yarramul@tpg.com.au); 9857 4305, 0400 821 402

**Greythorn Probus:** Meetings 10am 2nd Tuesday Monthly

St Aidan's Church Hall, Duggan St, Balwyn North. 9859 4941

**Boroondara Ladies Probus:** Janet Eddy [jveddey@applewood.net.au](mailto:jveddey@applewood.net.au)

**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](mailto: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?



MARCH DESIGNATION IS



**Rotary**   
**monthly themes**

**MARCH** Water and Sanitation month  
**APRIL** Maternal and Child Health month  
**MAY** Youth Service month  
**JUNE** Rotary Fellowships month  
**AUGUST** Membership and New Club Development month  
**SEPTEMBER** Basic Education and Literacy month  
**OCTOBER** Economic and Community Development month  
**NOVEMBER** Rotary Foundation month  
**DECEMBER** Disease Prevention and Treatment month  
**JANUARY** Vocational Service month  
**FEBRUARY** Peace and Conflict Prevention/Resolution month



**ROTARY CLUB OF  
 NORTH BALWYN**

**Our Club Web Site**  
[www.rotarynorthbalwyn.com.au](http://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**  
The world leader in hand protection



Bakery  
(9890 0066)  
22 Hamilton St  
Mont Albert 3127

**CHRIS CROSS**

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

**Bakers Delight**  
We're for real.

**FLETCHERS**

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

**AISIN**  
One Team, Best Future

**BUNNINGS**  
warehouse



**Café 21**

**baumgartners**

**the village**  
balwyn north

**BIG SWING**  
**GOLF**  
INDOOR GOLF. REAL. FUN. FAST.

TAKE THE  
**Supermarket**  
**Switch**  
CHALLENGE



**tao's**  
modern creative cuisine  
201 BULLEEN ROAD  
BULLEEN  
VICTORIA 3105  
RESERVATION  
03-9852-0777

**GAZMAN**

**Cooper Street Self Storage**