



## Rowan's Reflections

This week was a special meeting incorporating the Annual General Meeting of the Club.

Our financial accounts were audited for the first time by our new external auditors Baumgartner of Kew, who offered to act pro bono following an approach by alumni member Geoff Dwyer. We are very grateful for their assistance, and they are the appointed Club Auditors for financial year 2016/17. Thank you P.P. Adrian for facilitating the audit and David de Garis for ensuring a smooth transition. Thanks also to Jim Romanis for his efforts as auditor in recent years.

The nominations for office bearers for the next financial year equalled the number of vacancies, and they will join ongoing directors to make up the Board for 2017/18.

President Nominee 18/19 Nino Sofra

Vice President 17/18 Findley Cornell

Secretary 17/18 Gavan Schwartz

Treasurer 17/18 Greg Cribbes

Directors for 2 years Robyn Stepnell, Garth Symington and Ian Adams

My congratulations to the new appointees.

Following the AGM and acceptance of the Club's Audited accounts the Club has complied fully with the requirements of the Associations Incorporated Act (2009).

Following the AGM the normal dinner meeting continued with guests Geoff and Melissa Kneale, A.G. Eastside Cluster Jonathan Shepherd and Exchange Student Moritz Ellermann in attendance.

Robyn Stepnell shared her Rotary experience comparing her R.C. of Swan Hill experience as a regional club with R.C. North Balwyn as a city club. Robyn values welcoming, friendly, active and inclusive culture of both Clubs. Swan Hill is working in partnership with other charitable groups for community benefit, which is an interesting model for us to consider. Both clubs are good examples of Rotary Serving Humanity.

Have a good week in Rotary!

President Rowan

Members of RCNB are invited to Canterbury Gardens on Monday 16 January (BYO everything) for an optional fellowship get together with colleagues from other Eastside clubs. If the weather is inclement, we will go to the RC Canterbury meeting venue in Rochester Road nearby. There is no need to RSVP. Just arrive! All members, alumni and Friends are welcome.



## 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**

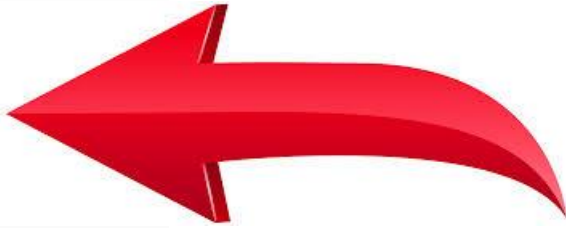
**120 Belford**  
**Road Kew**  
**3102**  
**Ph.**  
**9859 6848**



petesutherland@bigpo...

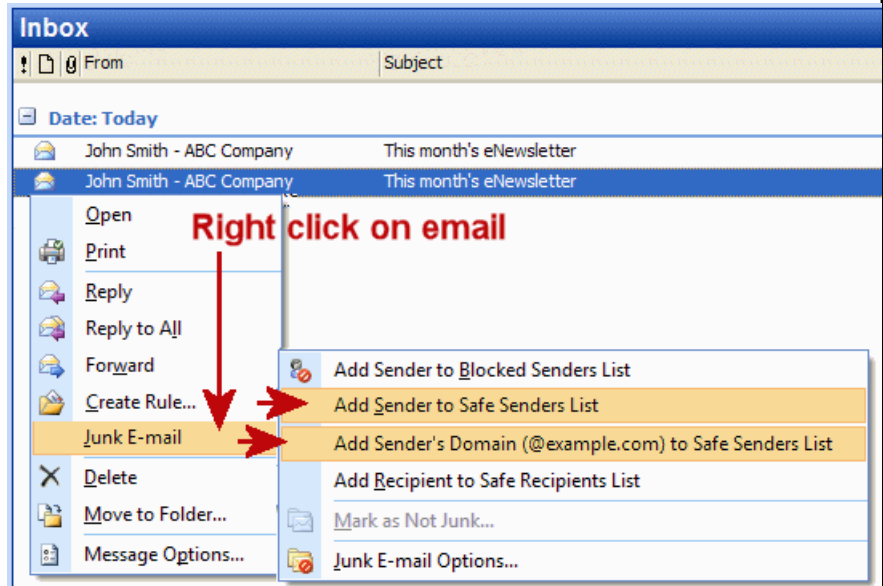
## Inbox

Drafts  
Sent Items  
Deleted Items  
Junk E-mail  
Outbox  
RSS Feeds  
Search Folders



**Junk Mail: Because we have a large membership and we send mail to members in a single bulk mail, the E-mail may be detected as "JUNK" by your Internet Provider**

**Check your "JUNK E-mail" for Rotary Club Mail if you believe you are missing E-mails in your Inbox. Add me to your "Safe Senders List"**



Roving  
Cameraman  
David de  
Garis





# TO HELL AND BACK

*A Policewoman's Story*



Carolyn is launching her book!

Many members have enquired about buying a copy of my book and it has finally arrived!

Copies will be available for purchase at the meeting this Thursday.

It will be selling for \$30 with \$5 of each sale going to Rotary.

Monies raised will go towards the single mum Tony Hart mentioned at our last meeting, whose son needs financial assistance to attend Camberwell High School next year. The family has a history of homelessness but have managed to attain some more stable housing in recent years and would be most appreciative of any help our Club can provide.

[Boroondara Community Outreach](#) has contacted Tony with a request for support. Additional donations through Tony will ensure this family has the best Christmas present ever!

The book will make a good Christmas present so bring lots of money and buy lots of copies!

Carolyn

The Rotary Club of North Balwyn's Partner's have their Christmas Fare coming on **Friday December 9th**.

Thank you to everyone for your support to date.

We are planning to receive your goodies (\$5 & \$10 packets/plates, cakes puddings etc.) delivered to Ian Mollison's Office in Balwyn Village on Thursday, 8<sup>th</sup> December for pricing.

I (Bev Sofra) have plenty of Cello Bags for packaging if anybody needs some. A reminder also that the ingredients are to be listed on a label or attached card.

Is anyone able to assist in manning the stall on Friday in an hour shift, starting from 9.00am? Please phone Jo (98593725) with your preferred time.

If you are unable to cook, maybe you would consider a donation??

Merry Christmas. Bev Sofra & Jo Wells



## The Rotary Showcase Program 2016 – 2017

**Bendigo** – Lake Weeroona on Australia Day, Thursday 26th January, 2017.

**Melbourne** – In the Atrium, Federation Square on Saturday 25th February, 2017.

**Echuca** – At Rotary Park during the Queen's Birthday Steam Rally weekend from Saturday 10th June to Sunday 11th June, 2017.

District Chair, International Service, Ian Salek and his Showcase sub-committee are now seeking your active participation to demonstrate what Rotary does in the world locally and overseas.

If we want more members we need to leverage the stories and these Showcases are an opportunity to leverage what we do in our clubs.

**"Rotary Golf Day 10th February"**

Get your entries in before Christmas for a chance to get your preferred starting hole.

Ask friends and family and if you can, put it up on your Golf Club notice board - Don't leave it too late as some did last year.

John Magor, Entries coordinator.



**Rotary Club of North Balwyn**

## **CHARITY GOLF DAY**

**Friday 10th February 2017**

To be held at **Kew Golf Club**, 120 Belford Rd, East Kew

**Proceeds to Mental Health & Family Violence Programs & Research**

**Shotgun Start at 7.50am. Please arrive by 7.15am for 7.30 am briefing.**

The competition is **Ambrose** – preferably, players will have GA Handicaps, For all social and non-handicap players, a Handicap of 18 will be given.

**Great prizes for 1st, 2nd and 3rd placed teams, as well as fun prizes on:**

**9th Fairway** - Longest Drive (on the fairway!!)

**9th Fairway** - Straightest drive (beyond the tee!!)

**11th/14th Hole** - Nearest the pin (on the Green!!)

Upon completion of your enjoyable round, a BBQ lunch is provided (included in the fee) during which all Presentations will be made. Drinks are available at bar prices.

**Tee Off times for the day will be drawn on 3rd February 2017 so enter ASAP**

**ENTRY FORM** (Please return to **Rotary Club of North Balwyn PO Box 135, North Balwyn 3104**)

**Cost per player - \$100-00**

**Sponsor (if applicable)** \_\_\_\_\_

Player	Phone	Email Address	Golf Link No	Amount
(1) _____				\$
(2) _____				\$
(3) _____				\$
(4) _____				\$
<b>TOTAL</b>				<b>\$</b>

### **PAYMENT OPTIONS**

**Cheque** payable to Rotary Club of North Balwyn. Please attach cheque to this Entry Form & mail to:

**Rotary Club of North Balwyn, PO Box 135, North Balwyn 3104**

**EFT** to RCNB, **BSB 033 058 Account 123696**. Please include the word **Golf** & name of **Player (1)** in the appropriate EFT Field

**Enquires:** Greg Matthews - Mobile 0419 597 780 or Email [greg1144@bigpond.net.au](mailto:greg1144@bigpond.net.au)

## Geoff's Health Tip

### High-flavonoid foods, like Berries and Apples help 'prevent weight gain'



It seems to be a fact of life that in the age range from 27 to 65 years, and over each four year period, people gained an average of 1-2kg. This study showed that weight gain can be minimised by 70 to 100grams over a four year period by eating more high-flavonoid foods. It might not sound a lot, but it adds up over the years.

The study was conducted by re-

searchers from Brigham Women's Hospital and Harvard Medical School (USA), and Norwich Medical School (UK), who tracked the dietary habits of 250,00 people over 24 years and related their findings to body-weight every four years.

The results showed that eating more flavonoids – specifically blueberries and strawberries, but also tea and apples, was linked to less weight gain. Flavonoids abound in many other foods, such as chocolate and wine, but calories from sugar and alcohol may counter any weight loss effect.

There is an inherent limitation of this type of study in that it cannot prove cause and effect - it can only highlight associations. Importantly, the study made no guarantees that if you eat or drink more flavonoids, you'd lose weight or be more likely to be a healthy weight.



However, the results are consistent with general public health advice to eat more fruit and vegetables.

*Geoff*

## MEETING ROSTERS

<b>Thursday 1st December</b> Speaker: TBA Topic: TBA Host: TBA Setup: Ian Richardson, Sue McDonald Greeting: Geoff Steinicke, Greg Matthews Desk: Imre Lele, Anthony Stokes	<b>Thursday 8th December</b> Speaker: TBA Topic: TBA Host: TBA Setup: Peter Wilson, Nino Sofra Greeting: Larry Fitzpatrick, Greg Cribbes Desk: George Swanson, Takao Yukawa
<b>Thursday 15th December</b> Rotary Christmas Dinner Meeting Please bring an unwrapped Christmas Present (\$10-\$15). Please advise Hugo of Partners and Guests attending. Setup: Geoff Haddy, George Swanson Greeting: Lindsay Pegg, Bernie Smith Desk: Peter Elliott, Jim Studebaker	<b>Thursday 22nd December</b> BBQ breakfast at North Balwyn Cricket Club. 7.00 am to 8.30 am Macleay Park, Belmore Road, North Balwyn. \$25.00 per head. Partners welcome. Please advise Hugo if you cannot attend or are bringing your partner.

### Meeting No.22

Thursday, 24th November 2016

#### Present:

Guest Speaker	Robyn Stepnell - Rotary in Swan Hill.
NB Members	51
Visiting Rotarians	1 AG Jonathan Shepherd (Kew)
Guests	2 PNM Geoff Kneale and Melissa
Exchange Student	1 Moritz Ellermann
	Member Attendance = 84.1%
Other Activities	11 <b>Catering</b> - Messrs.' Ho. Koa, Lacy, Sofra (2), Studebaker, Sutherland (2), Toohill, Wilkins & Yukawa. <b>Foundation Breakfast</b> - Bott, Butler, Cornell, Cummings, de Garis, Gartlan, Ross, Sofra, Sutherland, Taylor.
(Board Approved)	<b>DIK</b> - Peter Sutherland (once a week)

#### Absences for Rosters:

P. Elliott, P. Fitz, B. Ko, J. McBride, D. Rowe & B. Wandabwa

### Celebrations

**Birthdays:** Bob Bromley, Tricia Lele

**Inductions:** Bill Oakley 1996.

**Weddings** Nil



**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)

**Friday 9th December:** Christmas Fare:

9am to noon in North Balwyn Village

**Sunday 11th December.** Carols at Carrical

7.30–9.30 PM at Carrical House, 18-20 Mason Street, Hawthorn. Entry by gold coin donation. Soft drinks and BBQ available



**Thursday 15th December:** Christmas Dinner at KGC.

Entertainment by talented musical club members and partners.

**Saturday 17th December:** Carols in The Park

Corner Belmore and Buchanan Avenue,  
Balwyn North



**Thursday 22nd December:** BBQ breakfast at North Balwyn Cricket Club. 7.00 am to 8.30 am Macleay Park, Belmore Road, North Balwyn. \$25.00 per head. Partners welcome. Please advise Hugo if you cannot attend or are bring your partner.

**Sunday 15th January:**

Brunch at Warranglen Nursery, Warrandyte –  
9.30 am to 11.30 am.



**Monday 16th January:** BYO everything, for an optional fellowship get together with colleagues from other Eastside clubs. If the weather is inclement, we will go to the RC Canterbury meeting venue in Rochester Road nearby. There is no need to RSVP. Just arrive! All members, alumni and Friends are welcome.

**Thursday 19 January** First club meeting for 2017. Fellowship BBQ at KGC. There will be no meeting the following week Thursday 26th Jan Normal meeting pattern will recommence on 2 February.

**Friday 10<sup>th</sup> February 2017 Rotary Golf Day**

Kew Golf Club 7.30am start for 128 Players with a shotgun start .

**Saturday, 18<sup>th</sup> February 2017. TRAMBOAT LUNCHEON CRUISE**

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

[www.tramboat.com.au](http://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.

[www.rotaryconference.org.au](http://www.rotaryconference.org.au) to register.

## 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)

Web: [www.rotarynorthbalwyn.com.au](http://www.rotarynorthbalwyn.com.au)

Grapevine Editor Peter Sutherland

[petesutherland@bigpond.com](mailto: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](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.

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?

NOVEMBER IS



**Rotary**  
Club of Kapuskasing  
*Serving our community since 1966*  
[www.rotarykapuskasing.com](http://www.rotarykapuskasing.com)

### D9800 Probus

**North Balwyn Probus** President 2015/16

Ken Mitchell: [mitcheillkv@gmail.com](mailto:mitcheillkv@gmail.com)

**North Balwyn Heights Probus**

Secretary Sue Mullarvey [yarramul@tpg.com.au](mailto: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](mailto:jveddey@applewood.net.au)



**ROTARY  
SERVING  
HUMANITY**



**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>



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