

The Grapevine



Rowan's Reflections

Our Leadership
2016/2017

Professor Geoffrey Donnan gave us a fascinating presentation on developments in research and treatment of brain-related health issues at our last meeting. Host for the night, PDG Greg Ross, has submitted a summary for this week's Grapevine.

I really appreciated Geoffrey's excellent communication style and his obvious pride in the Florey Institute and its world-class achievements.

The excellent 'Lift The Lid' DVD, prepared by Australian Rotary Health and shown at our meeting, calls for support for research into the human brain to help prevention and treatment of serious mental health problems in our society. This is a major challenge, and ARH is very well placed to be a significant means of contribution by Rotarians. This club has supported ARH for a number of years and will continue to do so. RCNB will have a special night on 6 October to support the 'Lift the Lid' campaign and Bill Oakley will co-ordinate the night.

Congratulations to the International Committee for responding so quickly to the earthquake crisis in Italy through the donation of a Shelterbox.

On Tuesday 20th September from 10am to 3pm (or for an hour or so in between) we would like a few more volunteers to help with a major gardening project at Royal Talbot. Please let Greg Cribbes know if you can help.

A number of members, including yours truly, expressed interest in receiving computer/IT skills training from Balwyn High School students. Please let Estelle Kelly know if you want to participate, and what you see as your key areas of need to improve your knowledge and skills.

The cracked record technique is a well-known communication tool, and I apologise but you are about to be subjected to it again: There is no RCNB meeting at Kew Golf Club next week, 1 September, as we have a cluster meeting at Green Acres Golf Club for the benefit of our Boroondara welfare agency Camcare. If you plan to go, but have not registered online, please contact Jane Pennington.

Finally, I offer condolences from all our members, partners and Friends to our Secretary Gavan Schwartz whose father passed away this week.

Have a great week, and play your part in Rotary Serving Humanity!

President Rowan



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 1st September
Cluster Fundraising Event for Camcare
www.trybooking.com/214264

Green Acres Golf Club
51 Elm Grove

Kew East, Vic 3102

No Meeting at Kew Golf Club this week



Guest Speaker: Professor Geoffrey Donnan AO

Thursday 25th August 2016

We were spoilt to have Prof. Geoffrey Donnan, Director of the [Florey Institute](#), as our Guest Speaker last Thursday. A world renowned specialist in stroke research, Geoff opened with a brief history of the Florey Institute since 1963. He told us of the four Melbourne sites in which it operates, with some 600 on staff, and that approx. 120 of their 150 students were undertaking their PhD's.

From attending Wangaratta High to Geelong College to the University of Melbourne, Geoff told us that his timing entering neurology was blessed. From researchers having virtually no brain access, within a few years there were enormous breakthroughs, including imaging, genetics and cellular biology. In Geoff's words, 'The progress was mind boggling, so exciting, for the first time in history we could look into the brain ...'

Geoff highlighted some of the areas of Florey's preventative research, including schizophrenia, Alzheimer's and the discovery of epilepsy genes at the Austin. In his area of stroke, the recent breakthroughs in clot removal have been most exciting. He told us that with these new techniques, patients who would otherwise be severely disabled could now realistically walk home within half an hour of the clot being removed.

From describing the high resolution images now available through MRI technology, Geoff was then asked about addiction. He said that this is a disorder of the brain which is harder to reverse the earlier a person is exposed; and in supporting Rotary's Lift the Lid on Mental Illness campaign, Geoff said that the emphasis on prevention was the most important element in ongoing research.

We were privileged to hear from an eminent scientist who was passionate about his research and whose natural style of presentation was accessible to all.

GR



Professor Geoffrey Donnan is Director of The Florey Institute of Neuroscience and Mental Health and Professor of Neurology, University of Melbourne, Austin Hospital in Australia. He graduated from the University of Melbourne and trained in Neurology at the Austin Hospital followed by post-doctoral positions at the Mayo Clinic and Massachusetts General Hospital. In the years since, he has worked collaboratively with colleagues internationally and in Australia. His contributions to stroke research and treatment have been recognised by many awards including World Stroke Organization's Leadership in Stroke Award and the Karolinska Institute's Award for Excellence in Stroke Research.



Friday 7 October



LIFT THE LID *on mental illness*

The principal aim of the Lift the Lid appeal being conducted by Australian Rotary Health is to raise over \$2 million from the general public for mental illness prevention research.

Lift the Lid on Mental Illness is truly a Victorian Multi-District Project. The support from Neil Mitchell at 3AW and Peter Blunden and staff at the Herald Sun has been most welcome. There will be a lot of promotion in the final week.

However, to be truly successful, Rotarians across Victoria need to be involved.

An ongoing benefit will be the goodwill generated from Rotarians seen actively supporting their community.



Greg Ross
Rotarian

See the promotional You Tube presentation by Greg [HERE](#)

Friday October 7 2016 is Hat Day, an initiative of Australian Rotary Health, one of the largest not-for-profit funders of mental health research in Australia. 100% of the money raised during this year's Hat Day campaign goes directly to research helping the one in five Australians affected by depression, anxiety, schizophrenia and many other illnesses.

\$\$\$ Subscriptions 2016/17

A BIG thank you to all Members who have already settled their accounts.

A reminder to those Members who are yet to part with their 'hard earned' that settlement would be appreciated by the end of August, being this Wednesday 31st August please.

Pay by cash, or by cheque (in person or by post) payable to "Rotary Club of North Balwyn Inc" Postal Address PO Box 135, North Balwyn 3104,

Or Preferably, by EFT to the Club's Administration account:

BSB: 033 058 A/c Number: 123688

Enter your surname and "Subs" in the appropriate EFT field to identify your payment.



Thursday 8th September: Welcome to the Mongolian Experience.

Ever wondered what it is really like in a Mongolian Ger?

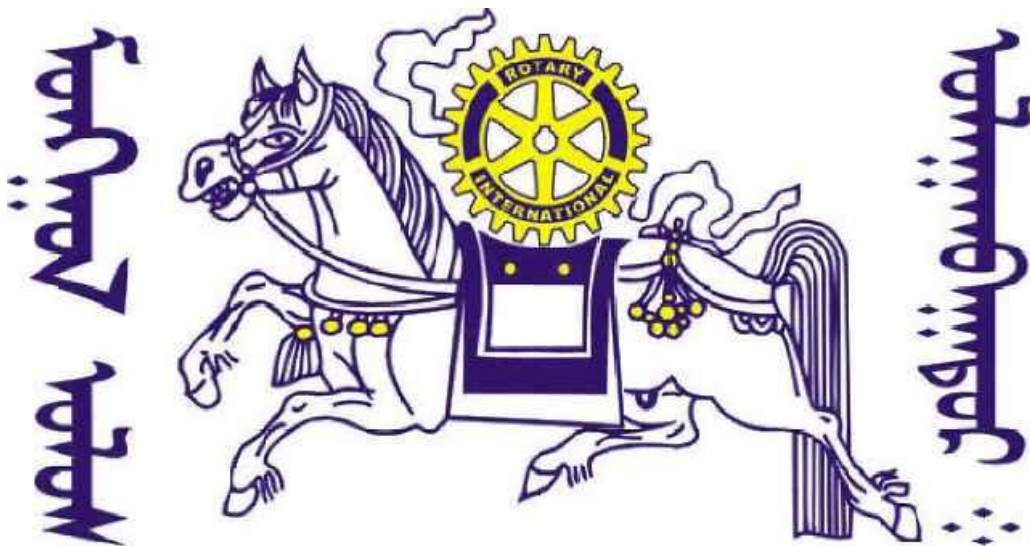
How do the Mongolian people live?

Bill, Rob and Estelle will share their experience of Mongolia on Thursday September 8th.



Did you know? The Rotary Club of Ulaanbaatar is the first Rotary Club founded in Mongolia. Sponsored by the Rotary Club of Shatin, Hong Kong, the Club was admitted into Rotary International on January 10, 1996 and chartered on May 13, 1996.

On 1st July 2000, Mongolia was admitted in to District 3450 – which was then renamed - Hong Kong, Macau & Mongolia.



DIK Progress Report

August 11th 2016

Imre Lele



Donations in Kind is a major recycling operation, run by volunteers, that donates goods to people in need, mainly in third world countries.

DIK accepts donated materials from many providers for specific project requests, and for future projects where a need is expected to arise.

Items include:-

- medical equipment and supplies,
- household goods,
- educational equipment and supplies,
- computers, linen and towels,
- clothing etc.

Quality is an issue. For example, with clothing, if you would not wear it or use it, DIK don't need it.

The store has recently expanded to occupy the whole of shed 40 in Somerville Road, Footscray.

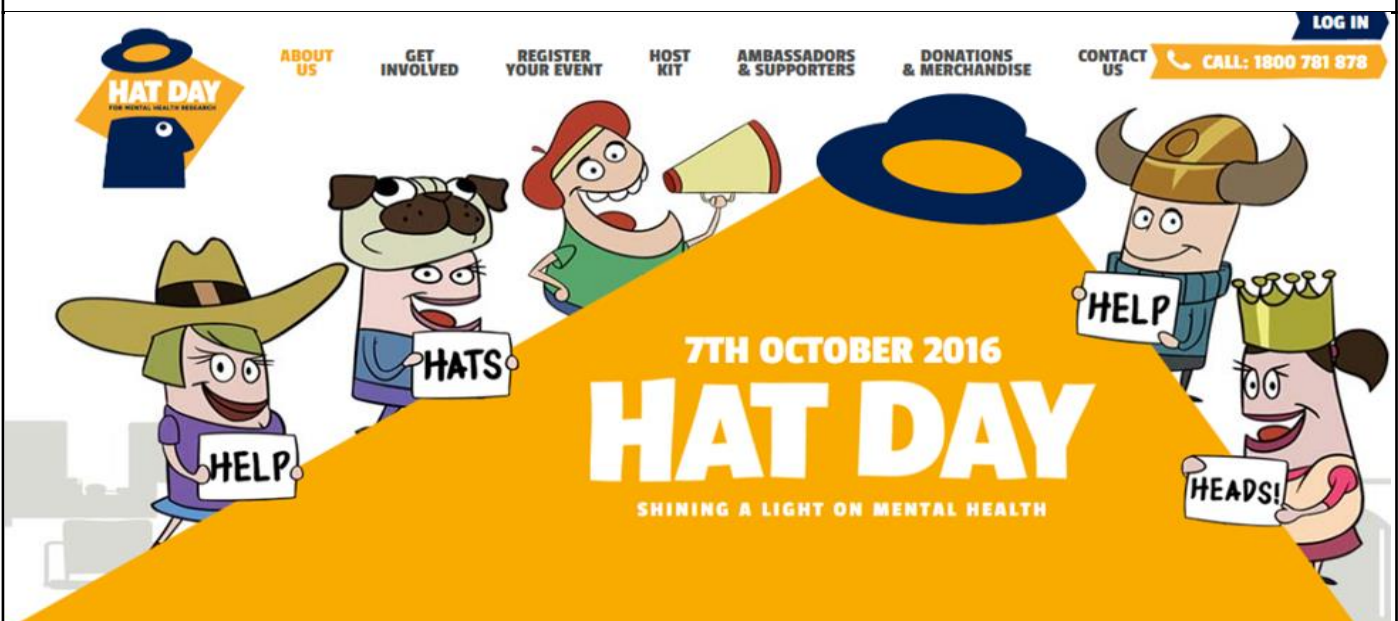
Since 2000, more than 470 containers loads have been shipped to 23 countries with a value in excess of \$50 million

RCNB is a member of DIK Inc. And I am currently our clubs representative. We have just made our annual contribution of \$3,500

During this 2016/2017 Rotary Year, I plan to arrange two working bees from our club of a couple of hours each at the DIK store

I look forward to members hands on support.

Imre Lele





GARDENING PROJECT

29 August 2016

The date of the special session with YEP (Youth Engagement Program – young people from a group of Catholic churches) for their once-a-year garden blitz, has been changed and is now scheduled one day earlier on Tuesday 20 September. This will be at the Royal Talbot Rehabilitation Centre. Can you help on that day?

Also, we are looking for two more to assist with a big mowing job on Tuesday 27 September. No schools involved that day.
(Geoff H)

Date and Who with	Time	RCNB Supervisor	Assisted by
Fri 2/9 – X (urgent)	4.00 - 5.15pm	Ian Richardson	Tony Ho
Fri 9/9 - X	4.00 - 5.15pm	Greg Cribbes	Ian Richardson
Tues 20/9	10.00am – 3.00pm	Brian Hurnard	Estelle Kelly
Note: date change	At Royal Talbot	Nino Sofra	Bill Oakley
With YEP			John McBride
Tues 27/9	10.30am	Geoff Steinicke	Steven Greatorex
RCNB (no schools)	Grass cutting		
16 Sept to 3 October SCHOOL BREAK			
Fri 7/10-X	4.00 – 5.15pm	Geoff Haddy	Greg Cribbes
Sat 8/10 – MLC	10 - noon	Rob Head	Estelle Kelly
Fri 14/10 – CGS/X	2.45 – 5.15pm		
Sat 15/10 - MLC	10 - noon	Marcel Muntwyler	Tak Yukawa
Mon 17/10 - X	9.30am – 2.00pm	Greg Cribbes	
(Spl with Xavier)			
Fri 21/10 – CGS/X	2.45 – 5.15pm		Findley Cornell
(Fellowship wkend)			
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	Geoff Haddy
After 4/11 until February SCHOOL BREAK			

Please indicate your availability by adding your name as the board circulates at our next meeting, or advise **Geoff Haddy** by phone or text 0418 584 968 or email ghaddy@bigpond.net.au

YEA GARDEN EXPO
24 & 25 SEP, 10AM-4PM
 Location: Yea Racecourse
 Only an hour from Melbourne....

Native & flowering plants
 Garden tools
 Vegetable bins
 Motorised barrows & vehicles
 Seedlings
 Garden sculptures
 Mulch, fertilisers & compost
 Ride-on & push mowers
 Nurseries
 Designers & Contractors
 Mulchers
 Deciduous & Ornamental trees
 Large & small books

FOOD & DRINKS AVAILABLE
 FACE PAINTING TOO!

Entry \$5 for adults - kids FREE

Visit The Yea Rotary Facebook Page

<https://www.facebook.com/yearotary>

YEA GARDEN EXPO

September 24 - September 25

The Rotary Club of Yea will present a Garden Expo at the Yea Racecourse.

Visit the Expo for all your garden purchases, ideas and information. Attractions include native and flowering plants, garden tools, seedlings, garden sculptures, mowers, mulch, fertilisers and compost, nurseries, designers, trees, books and more.

Enjoy this beautiful country area on a day out in the Spring and gather a range of ideas for your next garden project.

Food and drinks available. Activities for children.

Entry \$5 adults, children free. Free parking.

Geoff's Health Tip



We have all heard that red wine is good for the heart, but which red wine is best?

I have often promoted the fact that dark coloured fruits are beneficial for the heart, and this includes red grapes. The ingredient that gives fruit the rich colour is a polyphenol called anthocyanin. Another polyphenol, called procyanidin, may provide cardiovascular benefits as it inhibits blood clots and inflammation and relaxes and dilates blood vessels, thus improving blood flow.

Researchers found that the Tannat grape, that is grown in Southern France, is the

richest source of procyanidin and from this grape the French make a variety of wine called Madiran, a wine with a deep red colour that is made by a process requiring a long fermentation, and a long maceration.

In Australia, the Tannat grape is grown in McLaren Vale by two wineries, Pirramirra and Pertaringa. Apparently, the Tannat grape is difficult to grow and young vines of this grape have a high tannin (bitter) content, but as the vines age they produce a much sought-after taste.

A Tannat wine from the impressively diverse portfolio of the Geoff Hardy-owned Pertaringa is described as "dark fruited with sweet accents more akin to a Southern French Malbec, more overt than a Cabernet (which it is sometimes blended with to tame some of it's wilder notes). Smooth and light on entry, plush almost, before trade mark tannins kick-in with a mix of earth and savoury spice for good measure. Great length, driving, carrying flavour - consider as an accompaniment to richly flavoured dishes - or just a good simple steak to work with the tannin".

As most of us are not likely to find an Australian Tannat wine in the wine shop, although Dan Murphy has a number of imported Tannat wines, the next best is to find a richly coloured Shiraz or Cabernet that is blended with the Tannat variety.

And remember, all wines contain alcohol and therefore must be consumed in moderation.

Geoff



ShelterBox, Rotary clubs provide earthquake relief in Italy

A ShelterBox response team is working with Rotary club members in Italy to provide shelter and supplies to those affected by the magnitude 6.2 earthquake that leveled towns in the central region of the country Wednesday.



Rotarian support currently contributes an estimated 50% of ShelterBox donations. Around 5,000 rotary clubs worldwide have supported ShelterBox since it was launched.

MEETING ROSTERS

Thursday 1st September
Cluster Meeting at Green Acres 6:30 for 7:00

A fund raiser for Camcare with auction items and silent auctions. \$55 a head. 2 course meal with coffee/tea and pre dinner drinks

Setup: Jack Liao and Steven Greateorex

Greeting: Ian Adams and Peter Elliott

Desk: Imre Lele & Jim Romanis

Thursday 8th September

Speaker: Bill Oakley, Rob Head, Estelle Kelly

Topic: Welcome to the Mongolian Experience

Host: TBC

Setup: Don Taylor & Bob Bromley

Greeting: Rob Stewart & Carolyn Pethick

Desk: Ian Mollison & Bronwen Dimond

Thursday 15th September

Speaker: Malcolm Baird

Topic: Rotary Action Group Against
Child Slavery

Host: Rob Head

Setup: Lindsay Pegg & Takeo Yukawa

Greeting: Geoff Haddy & Eileen Toohill

Desk: Brian Lacy & John Koa

Thursday 22nd September

Speaker: TBC

Topic: TBC

Host: TBC

Setup: Anthony Stokes & Rob Head

Greeting: Robyn Stepnell & Ted Wilkins

Desk: John Magor & Joe Butler

Meeting No. 9
25th AUGUST 2016
Present:

Guest Speaker 1 Professor Geoffrey Donnan

RCNB Members 45

Partners 5

Kristine McDonell, Sally Sharp, Helen Rennie, Judy Steinicke,

Visiting Rotarians 0

Friends 0

Guests 1 Karina O'Meara

Prospective Member 1 Neil Marshall

Total **53**

"Activities" 1 Bill Oakley ; RC Melton

Absences for Rosters:

John Burley, Greg Dimopoulos, Larry Fitzpatrick,

Peter Elliott, Tony Hart, Jürgen Kehne, Matt Pauli,

Brian Lacy, George Swanson, Garth Symington, Maurie Walters, Jim Studebaker

Celebrations: Monday 29th August to Sunday 4th September

Birthdays: Geoff and Lis Haddy; Sue Fitz

Induction Anniversaries: Eileen Toohill 2012; Ted Angleton 1989

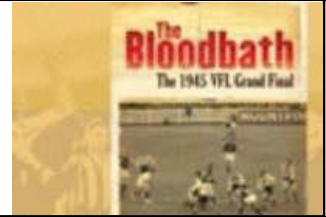
Wedding Anniversaries:

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 speaker is Ian Shaw, author of "The Bloodbath, the 1945 Grand Final"
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 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, 18th February 2017. TRAMBOAT LUNCHEON CRUISE**

Sail from Victoria Harbour, down the Lower Yarra and up the Maribyrnong River, passing Flemington Racecourse, and enjoy morning tea and a stroll through the beautiful Poynton's Nursery. Gourmet sandwich Lunch is served on the way back?

The Tramboat Restaurant has been booked for 30 plus members, and leaves at 10.30 am, returning around 2.30 pm. \$55.00 per head. The Fellowship Committee.

www.tramboat.com.au

**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!!

**September:**

The planned visit to the Werribee Park Open Range Zoo excursion has been cancelled due to low numbers of interested people.

**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.

10 - 14 June 2017
ATLANTA, GEORGIA, USA

Rotary  **INTERNATIONAL CONVENTION**



- Meet the most inspiring people in the world
- Strengthen your club and your passion for Rotary
- Join The Rotary Foundation celebration
- Explore the American South
- Enjoy special tours and events offered by the Host Organization Committee

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.

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?

**D9800 Probus****North Balwyn Probus** President 2015/16Ken 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 (Sect 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
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



FLETCHERS

the village
balwyn north

baumgartners

BUNNINGS
warehouse

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



AISIN
One Team, Best Future



Caffe Romeo



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

GAZMAN

GAZMAN.COM.AU

Cooper Street Self Storage