

# *The Grapevine*



## Jane's Jottings

### Our Leadership 2016/2017

From the pen of the Acting Acting President!!

Our Club knows how to celebrate special occasions and this meeting was no exception!! Our celebration for the Melbourne Cup was just wonderful thanks to the hard work of the Fellowship Committee.

Our Guest Speaker, Peter Hutchinson, gave a fascinating insight into the world of jockeys, racing, riding and all things equestrian.

Many guests came to share the meeting with us including Gary and Mary O'Connor, past members who now reside in Queensland. Gary has joined the Rotary Club of Hamilton and presented the Club with a banner from his new Club. Many partners also attended and everyone had gone to a great deal of effort to dress appropriately, which made the judging of the best dressed male and female a difficult task. It was decided, after consultation at the top table, to award Carolyn Pethick the best dressed female and David Anderson, a visiting Rotarian from the Rotary Club of Yea, the best dressed male. The trivia quiz produced much hilarity due to an unfortunate typo in one of the questions but that did not deter members from doing their best to complete the answers.

A huge thank you to Rob and Ailsa Head for organising such an enjoyable Fellowship weekend in Ballarat. The meticulous attention to detail was evident from the excellent directions so we all arrived safely to purchasing newspapers to have on the breakfast tables to checking out alternate driving routes due to a fun run. The weather did not totally cooperate and decided to turn somewhat cold and wet which did put a bit of a dampener on the bike riding and golf. The dinner at the yacht club was very enjoyable and many people also enjoyed a heritage walk around Ballarat even if our extremities did turn a little blue due to the cold wind. So thank you to both Rob and Ailsa for all the time and effort they put into organising this.

Thank you to the people who did not go to Ballarat but were in Melbourne and sold raffle tickets for us. I am sure you employed all the tactics that were on display at last week's meeting as we were trained in how to maximise our raffle ticket selling.

I thought I would finish with the first stanza of a poem by Vivienne McCredie

But once a year at Flemington  
A horse race stops us all  
And we hold our breaths and listen  
To the commentator's call  
For never has there been a race  
That holds such fascination  
Than the race they run at Flemington,  
The Race that stops the nation

Thank you for having me as your President for the past two weeks and as Rowan is due back he should be back running next week's meeting. In the next week do find some opportunities to serve humanity through Rotary.

Jane Pennington Acting 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**



## Cup Night



Well done Bob Bott for organising an excellent guest speaker (again following Grand final Night). Bob's sporting contacts have been invaluable for these special nights.

Thanks too to our resident Balloon Lady, Bronwen, for making the room look so festive.

Bronwen looks after so many of our "Big Nights"

Good Luck in The Sweeps Best wishes. David Cheney





### The Christmas Raffle.

Members have been sent by separate E-mail the instructions for when you are a selling. **Please keep volunteering!**

Return ALL ticket butts and payment DIRECTLY to Jim, Russell Turner, or Peter Wilson.

Do NOT hand over cash and ticket butts at the desk on meeting nights.

Guest Speaker this week. Michael James Martin AM



Married to Carol Ann Martin, with two children, Adam and Amanda and four very active grandchildren.

Mike is a current member of Anglesea Surf Life Saving Club and continues to patrol the beaches and involved in a wide range of activities within lifesaving in general. Mike was educated in Melbourne with formal qualifications in Chemical Engineering, and worked for ICI in chemicals and plastics for the majority of his working life in Australia and around the world.

Mike is the immediate Past President of Life Saving Victoria and currently Chair of the Fi-

nance and Audit Compliance Committee for Surf Life Saving Australia. He is also Chair of the Competition Committee for Surf Life Saving Australia. [adams.ian@bigpond.com](mailto:adams.ian@bigpond.com)

Mike has been awarded Life Membership of Anglesea Surf Life Saving Club, Life Saving Victoria and Surf Life Saving Australia, and was awarded an AM by The Order of Australia for his contribution to lifesaving in Australia. He and his wife Carol have recently returned from the World Lifesaving Championships in Holland

### Notification for Members: Mongolia Youth Exchange

Applications for the short term exchange program to Mongolia in July 2017 are available on [www.rotarynorthbalwyn.com.au](http://www.rotarynorthbalwyn.com.au)

There will be an information session for parents and students at 2.00 pm on 19th November at Balwyn North Primary School. Interested students/parents are asked to email Ian Adams at [adams.ian@bigpond.com](mailto:adams.ian@bigpond.com) to indicate attendance.

18-25 year olds are encouraged to apply for RYLA camp commencing 27th November. RYLA is a week long residential camp for young people interested in developing personal and leadership skills. Application forms are available on [www.ryla9800.org.au](http://www.ryla9800.org.au)

Many thanks, Estelle.

**3 week Short term Student Exchange to Mongolia in July School Holidays 2017**

**Applications are now open for students 15-17 year old at July 1<sup>st</sup> 2017**

**Information session for parents and students on Saturday 19th November, 2.00 pm  
at Balwyn North Primary School Buchanan Ave, North Balwyn.**

**Email: Ian Adams [adams.ian@bigpond.com](mailto:adams.ian@bigpond.com) to indicate attendance.**



**BALLARAT WEEKEND: WHAT WE DID.**

Friday evening started the weekend with an informal meal as we arrived from Melbourne ; 37 Club members and partners.

On Saturday, the activities included golf, a bus tour, bike-riding, and visiting the Archibald portrait exhibition, local museums and botanical gardens. We started Saturday evening with pre-dinner drinks, then enjoyed a meal at the Ballarat Yacht Club. Sunday involved more golf, a heritage walking tour and other sight-seeing, and we finished our time together with a casual lunch at the golf club. Keep this fellowship activity in mind for next year." Rob Head.

**From The Golfers : Ballarat Fellowship Weekend The Golf Report****Saturday: We played at Midlands Golf Club.**

Just 6 brave hardy soles hit off at 8.30 a.m. with the temperature at 2c degrees and a wind which would have provided a chill factor of more than 4 degrees. The course could be best described as a swamp as Ballarat has had its wettest September and heading for its wettest October since records were first started.

Greg Matthews and Ted Wilkins were ploughing up the fairways in a cart while the rest of us slugged our way through the mud.

We were informed before we hit off that there were 2 rules in place:

The first being that there were preferred lies everywhere and if a ball landed on the fairway and disappeared we were allowed to drop down another without penalty - Geoff Steinicke was still not amused when it happened to him. The rain came and yet we persisted - all endeavouring to get our name on that trophy.

However, by the time we got half way around and the rain was not going to go away, the clubhouse was just too appealing and play was abandoned - a first.

We all sat in the clubhouse with our coffees watching the rain coming down sideways and asked ourselves; who would be crazy enough to be out there.

**Sunday: we played at Ballarat Golf Club**

There were 8 players in the Ambrose competition who braved the cold weather again. However, there was next to no rain but still freezing.

The course was a very good track and was in great shape considering the amount of rain they had had - and they had drainage. It was still a long day given that it was so cold.


The day was won, by a half a stroke, by the team of Magor, Studebaker, Steinicke and Walters on a handicap of 15.5 from the team of Matthews, Lele, Bev Sofra and Muntwyler on a handicap of 18.

The Ambrose comp is something anyone can play even if you don't play golf as you play as a team - it is a lot of fun, so, please consider it for next year.

Golf sticks can be found for you.

**On another note, I should point out that while this event started as a golf weekend so many years ago, it is now a fully fledged fellowship weekend where some play golf. Please put your name down next year as they are very good events.**

Meanwhile, well done to Rob and Ailsa who did such a very good job organising a great weekend.



**GARDENING PROJECT 29th October 2016**

On the home run now with the last Schools session this week BUT, I'm looking for 3 remaining "handyman" opportunities on successive Monday's to be filled asap. As always, happy to chat, but 14th & 21st November are committed to the residents so **PLEASE call me.... Greg C 0413 270403**

<b>Date</b> and Who with	<b>Time</b>	<b>RCNB Supervisor</b>	<b>Assisted by</b>
Fri 4/11 – CGS/X	2.45 – 5.15pm	Greg Cribbes	Rowan McClean
Mon 7/11 – RCNB	10.30 – noon	Greg Cribbes	Larry Fitzpatrick
Mon 14/11 – RCNB	10.30 – noon	Unhappy Face	Greg Matthews
Mon 21/11 – RCNB	10.30 – noon	Unhappy Face	Unhappy Face
Mon 28/11 – RCNB	10.30 – noon	Greg Cribbes	Findley Cornell
After 4/11 until February <b>SCHOOL BREAK</b>			

As always, check your diaries and please advise your availability to Brian Hurnard (0414 985 779) or Greg Cribbes (0413 270 403) or simply add your name to this roster at the Thursday meeting. Appreciated.



Nino is always on the go raising funds for The Catering Committee.

For you—It's fun, easy work, promotes Rotary and our Club, and sells Christmas Raffle Tickets. For Nino it can be hard work getting everything on-track, so make it easier for Nino by sparing a couple of hours now and then.

Rosters and Venues have been sent by separate E-mail.

Nino says "Hi Folks—Just a quick note to say thank you for the great effort today and to let you know that despite the long weekend we still had takings in excess of \$850. Plus the Raffle ticket sales. Regards Nino"



Jim says thanks too for all the people who were out and about selling raffle tickets on the weekend.

Jim also says—KEEP VOLUNTEERING! Jim has been using quite a bit of uppercase to urge us on to greater sales! Rosters and Selling locations have been and will continue to be sent to you until ALL tickets are sold! Here is Carolyn and Estelle (not Eileen—she was selling sausages) at Bunnings Box Hill. ...and Nino received a new Raffle Drum courtesy of Bunnings!

Jim says "Thanks to all....sorry to hear that Ted Wilkins had to retire early due to back problems" It must have been really bad as Ted LOVES selling raffle tickets".

We sold 7 books plus 6 tickets total of \$365 but money in the tin was over by \$22.





**Yea and District**



# OPEN GARDENS

Saturday 5th and  
Sunday 6th November 2016  
10.00 am – 5.00 pm.




\$35 two day pass - all gardens  
\$5.00 per garden - single visit  
children free

Tickets, information and maps available:  
• Y Water Centre-03 5797 2663  
• John Handsaker-0409 152 007  
• Elaine White-0431 752 367  
• [www.yearotary.org.au](http://www.yearotary.org.au)  
or at each garden on the day.

Yea Garden Club  
ANNUAL PLANT  
SALE

Murrumbidgee Yea Cheviot  
Flowerdale Glenburn

presented by the Rotary Club of Yea Inc.

Ken Maxfield says "Missing you all. Come to Yea!

Tricia's garden ("Haywood") will be open for viewing this year ... hope you can take some time to visit Yea and surrounds. It's a great time of the year to visit the country." ☺

- See <http://www.yearotary.org.au/>
- [Gardens Information Click HERE](#)

**Rotary**  
Club of Yea



Tricia has kept changing the name of her garden—in this edition she finally has settled on the right name. It's Haywood Peter!



**Save the Date!**

Please join us to celebrate  
our Ruby Anniversary with special guests,  
cabaret and circus, sparkling and canapes.  
Friday, November 11, 6-9pm  
at the elegant ATC Foyer & Garden Balcony  
Swinburne University, Hawthorn

With host Brian Nankervis from ABC Radio & Rockwiz  
new Camcare Ambassador Kate Ceberano  
cabaret sensations Ginger and Tonic  
& Swinburne University's National Institute of Circus Arts

Can't wait to lock it in? Tickets \$40 plus fee, \$30+ conc.  
Click here to book on EventBrite

SWIN  
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40 years of supporting Boroondara's most vulnerable, empowered by a community of professionals, volunteers and caring locals, is something to celebrate!

Join the Camcare team, hilarious MC **Brian Nankervis** from Rockwiz, our new Ambassador **Kate Ceberano**, stunning cabaret girl group **Ginger and Tonic**, and members of Swinburne University's **National Institute of Circus Arts** for a fabulous tribute to four decades of community commitment.

Supported by our sponsor Swinburne University and your kind contribution via the ticket price, we promise an evening of entertainment and memories, sparkling and canapes, that you'll thoroughly enjoy. Ring Debbie Brown at Camcare on 98311900 with any queries, including donations for the silent auction and raffle. This event will be organised by Camcare with the support of Swinburne University's inimitable Events Management students.

If you would like to attend the **Camcare Annual General Meeting** before the party, you are very welcome! It's at 5pm in the Lecture Theatre adjacent to The Foyer in the Advanced Technologies Centre Building. Book a free ticket on [this site](#).



### Geoff's Health Tip

#### General Practitioners should include Muscle strength tests in regular check-ups

I have previously written about muscle strength or the lack of it as you age, and the consequences of frailty. Muscle strength, or muscle mass, gradually falls to the extent of 2% every year after you pass 65 years of age. Unfortunately, loss of muscle mass and strength is under-recognised despite its huge influence and importance for a range of diseases, including type 2 diabetes.

Professor Alan Hayes, a muscle and exercise physiologist at Victoria University, Melbourne, said "In almost any disease, low muscle mass will be implicated. For example, if a patient has an extensive heart operation, but doesn't have the muscle mass and strength to do the physical activity needed to get their heart rate up, then chances

are they won't get better. Muscle health is every bit as important as bone health and obesity".

When you visit your doctor, the first test is to measure blood pressure. I have not found any doctor that looks for loss of muscle strength, principally because there are no recognised tests.

Although there are no standard tests, some simple observations could be made, for example the strength of a hand shake, walking speed and the sit-to-stand test. Combining all these observations would provide an indication of muscle weakness and functional decline, which then leads to suggestions on managing loss of muscle strength. Preferably, these tests should be done regularly from 50 years of age so that any weakness is found earlier rather than later.

Most doctors would agree that the first sign of muscle weakness requires a lifestyle change focusing on protein adequacy and exercise.

Geoff

#### Learn about Cybercrime and how to detect it.

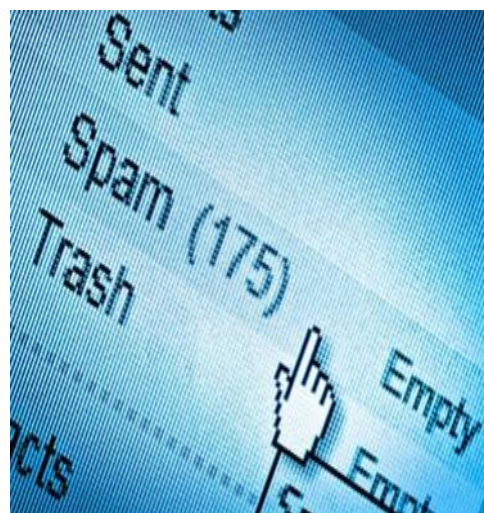
##### What is Spam?

##### What is Phishing?

**Spam** is electronic junk mail – unsolicited messages sent by email, text message or instant message without the recipient's consent.

**Phishing** is a way that criminals trick people into giving out their personal or financial details. Phishing messages often pretend to come from legitimate businesses, such as banks or telecommunications providers.

For the best up to date about how to protect yourself goto the Government Website [ACORN \(Australian Cybercrime Online Reporting Network\)](https://www.acorn.gov.au/learn-about-cybercrime/email-spam-and-phishing)  
<https://www.acorn.gov.au/learn-about-cybercrime/email-spam-and-phishing>



## MEETING ROSTERS

<b>Thursday 3rd November</b> Speaker: Mr. Michael Martin Topic: Surf Lifesaving Australia Host: Russell Turner Setup: Findley Cornell, Takao Yukawa Greeting: Beatrice Ko, Sue McDonald Desk: Geoff Steinicke, Ian Mollison	<b>Thursday 10th November</b> Speaker: Mr. Don Cullen Topic: The Tibet Project Host: Ian Adams Setup: Pete Sutherland, Russell Cooper Greeting: Tony Hart, Ian Adams Desk: Colin Sharp, Duncan Ansell
<b>Thursday 17th November</b> Speaker: Mr. David Winter Topic: Film Host: Nino Sofra Setup: Phil Francis, Jim Studebaker Greeting: Garth Symington, Peter Cleary Desk: Lindsay Pegg, Larry Fitzpatrick	<b>Thursday 24th November</b> Speaker: TBA Topic: TBA Host: TBA Setup: Greeting: Desk:

### Meeting No.18

Thursday, 27th October 2016

#### Present:

Guest Speakers	1	Retired Jockey Peter Hutchinson
NB Members	35	
Wives/Partners	13	
Visiting Rotarians	4	RC Yea - Ken Maxfield & PDG David Anderson. RC Balwyn - PE David Jones. RC Richmond - Dorothy Brown.
Friends & Alumni	5	Mary & Gary O'Connor, Terry & Maree Keyhoe, Maria Gouvoussi.
Guests	2	Dorothy Webb - Ted Wilkins, Tahlia Martin - Heather Matthews.
Prosp. New Members	0	
Exchange Student	<u>1</u>	Moritz Ellermann.
Meals	61	Member Attendance = 73.0%
Other Activities	7	Gardening Project :- Cribbes, Hurnard, Pegg & Richardson.
(Board Approved)		RYPEN Camp - Anthony Stokes

#### Absences for Rosters:

Peter Elliott, Paul Fitz, Tony Ho, Bill Oakley, Tony Wells

### **Celebrations: Monday 31st Oct. to Sunday 5th November**

<b>Birthdays:</b>	Greg Matthews
<b>Inductions:</b>	Nil
<b>Weddings</b>	Stan and Bev Hibbert



## 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)

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

**Set up and pack up volunteers required.** 12 noon to 2.45pm (Setup) and 8.00pm – 10.00pm (Pack- up) RSVP to: Jane Pennington ([Jane.Pennington@bigpond.com](mailto:Jane.Pennington@bigpond.com))

**Tuesday 22nd November Annual Rotary Foundation Paul Harris Breakfast**

7.15 am RACV Club Guest Speaker Tim Cartwright “Holding Them to Account”  
\$65 - See your Foundation Chairman Findley Cornell to join our Club’s Table.  
[fnc@mail2me.com.au](mailto:fnc@mail2me.com.au)

**Friday 9th December:**

Christmas Fare: 9am to noon in North Balwyn Village

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

Macleay Park, Cr Belmore and Buchanan Ave, Balwyn North  
Presented by the North Balwyn Inter-Church Council with support of the Boroondara Council and us!



**2016**  
ANNUAL GENERAL  
MEETING

The AGM will be held on the **24th of November.**

If you would like to nominate for a position vacant please contact Gavan Schwartz

**Friday 10<sup>th</sup> 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, 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)

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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?

OCTOBER IS



### D9800 Probus

**North Balwyn Probus** President 2015/16

Ken Mitchell: [mitchellkv@gmail.com](mailto:mitchellkv@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 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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