



## IN SERVICE OF ROTARY

Our Leadership  
2015/2016

### The (Vice) Presidential Proclamation

The wonderful but weary Ladies Team has returned safely from their 'Days for Girls' project in Honiara. Our jetlagged but proud President says she was blown away by what they achieved and the number of local girls they were able to help. In the middle of all the activity she even managed to do a makeup at the RC Honiara. Their accommodation was 'heavenly' to say the least being with a strict order of nuns pledged to keeping them all on the straight and narrow. Jane has promised to give us the full unexpurgated details about the trip and, whether the Nuns actually succeeded, or not.

It's now the countdown to our 36th birthday celebration. You will hear amazing renditions of carefully selected ABBA numbers by our talented songsters. Come prepared for a good time and, even if the standard of musicianship is anything but professional, the high standard of fellowship, food, beverages and birthday cake won't disappoint.

Attendance at this week's meeting must have set a record with sixteen Makeups, seven Friends of Rotary (all who are intending to become Members), and six visitors.

We welcomed John and Sue White from Clacton-on-Sea, UK. John's visiting card is a model of support and enthusiasm for his club which we could do well to copy. Apart from his personal contact details it also lists their Club's website and email address. Best of all is his club's motto - *'Making Friends and Making a Difference.'*

VP Brian Hurnard



RI President  
K. R. Ravindran



DG 9800  
Julie Mason



AG Therese  
McKenney



President RCNB  
Jane Pennington

### MEETINGS

**THURSDAYS**  
6 for 6.30pm  
Kew Golf Club

120 Belford  
Road Kew  
3102  
Ph.  
9859 6848

Next Week: Thursday 5th May  
Speaker Club Birthday—70's Dress and Singing ABBA  
Host: Bronwen Dimond  
Set Up: Greg Ross, Russell Cooper  
Greeting: Brian Lacy, Estelle Kelly  
Desk: John Magor, Ken Maxfield





Our Guest Speaker,

introduced by Host Findley Cornell was Senior Sergeant Dan Hilton who spoke on the topic of “An Unconscious Bias”.

“An Unconscious Bias” is a community and government agency partnership aimed at reducing significant harm to the community with an evidenced issue of 139 people being seriously injured in a small Local Government Area of our State in the last 5 years.

Dan is a Senior Sergeant of Police of around 19 years and has worked in a range of specialist and operational areas of Victoria Police. His current role has seen him recently re-locate to Mildura as a Regional Training Officer where he oversees and delivers all training requirements to over 300 members. Prior to this he was the manager of Victoria Police’s Special Solo Unit where encounters with The Queen, Prince Charles and other international dignitaries were part of regular duties. Along the journey and as a team leader and in-field operative at the Special Operations Group he has faced some challenging and rewarding experiences and as his roles have changed within Victoria Police so has his vision, perceptions of the way Victoria Police forms part of the community.



The key task before us is to act on the suggestions and recommendations proposed by individuals, community organisations representing Aboriginal, multicultural and diverse communities, young people, and independent consulting groups who contributed to this review process. We have produced a three year action plan to address these community concerns and drive change throughout the organisation.

Read more [HERE](#)



## Visitors at This Week's Meeting



Lachlan Pham (Pres.) & Hannah Korte. Interactors at North Balwyn High School.

New Friends of Rotary Chandra Sardara, Marie Briggs, Tony Rule, Rachael Nguyen, Ian Glenny, Nick Markessinis, and Tracy Ellett, with VP Brian Hurnard







Stay tuned for the presentation at the Club Meeting on the second of June about our recent visit to The Solomons. Until then, below are some photos from the visit last week.





## Announcements

Invitation to Friends and Interested Others.

Come and hear about the "Days for Girls" project

Thursday 2 June 2016 Kew Golf Club (This is a normal Club Meeting)

The "Days for Girls" project commenced during the second half of 2015 and has received a huge amount of support from many different people and organisations for which we are very grateful. We would like to share details of our project (and success) with you.

We have sourced all the materials and learnt to make the kits, we've travelled to the Solomon Islands and we have plans for the future.

Come and hear about this successful project and some stories from the Solomon Islands.

Time: 6.00pm for a 6.30pm Cost: \$34.00

RSVP: To: Jane Pennington Email: [Jane.Pennington@bigpond.com](mailto:Jane.Pennington@bigpond.com) or Hugo Goetze [hugogoetze@netspace.net.au](mailto:hugogoetze@netspace.net.au) by Monday 30 May 2016.

Or phone: 0408 402 555 (Jane) 9857 6701 (Hugo).



### Fellowship Night

Dinner at Taos Restaurant.

Friday 27th May 6.30 for 7.00 pm.

Only \$60 (\$55 for non-drinkers) Includes several (7) courses from the extensive offerings at Taos plus drinks.

More menu details to follow but from past occasions we know its going to be luscious! 201 Bulleen Road, Bulleen



**Bill Oakley—The Annual Miniatures Exhibition is coming up again.**

July 9th/10th (Sat/Sunday) VAME (Victorian Association of Miniatures Exhibitors)

Week end display at Mt Waverley Community Centre.

We run the kiosk for the display.

Volunteers will be requested for this fascinating day.



The Rotary Club of Kew operates the [Garden Design Fest](http://GardenDesignFest.com.au) and if we have a number of members interested in gardens we could earn some funds [about \$1000].

What is needed are 6 people willing to do shifts of 3 1/2 hours each over 2 days on the 12th and 13th of November 2016 in the Eastern suburbs. The gardens look fabulous. See more at "[gardendesignfest.com.au](http://gardendesignfest.com.au)" The gardens are open between 10.00am. & 5.00pm. The duties involve supervision and security of the property.

Could you please let me know if you are interested and if so we can take the matter further with Kew RC.

Jim Romanis

**Announcements****NORTH BALWYN MEN'S SHED – NEWS UPDATE.**

Greg Matthews, David Cheney and I met with our Ward Councillor, Judith Voce at David's home on the 27th April to be updated on the progress of the North Balwyn Men's Shed. Judith appreciated the update and vowed her support. We have agreed to keep her informed in the future.

Greg Matthews, Bernie Smith, David Cheney and I subsequently met at the Council Chambers where we were advised officially that, due to changes made in the Melbourne Water regulations relating to flood levels, the shed would NOT be built abutting the Bowls Club, but would be built along the North Western boundary of the car park (which is actually our preferred site). The new plan increases the shed from 120 to 144 sq. meters.

Building Plans and Elevations are expected within the next two weeks for our approval.

Tenders will be then be called and building contracts hopefully awarded quickly, enabling an estimated build completion date of March 2017. The Bowls Club are very supportive of the re-siting of the shed and Council agree to rolling over our \$200,000 grant to the next financial year.

In respect of the Josh Frydenberg Infrastructure Grant, and with our permission, the Council will have discussions with both Josh and Peter Materne (Infrastructure Department) and explain the reasons for the delays. This is in order to try and protect the \$200,000 grant. This permission was granted on the express condition that the council, immediately upon having correspondence or phone conversations with either or both Josh and Peter, they will email us at NBMS/RCNB with a summary of those communications.

We were also able to receive the Council's assurance that, should they be successful in receiving a State Government Men's Shed Grant (of up to \$60,000), the current \$200,000 will not be reduced.

The above represents great progress and indicates our wishes formulated over the past 3 years are coming to fruition.

Tony Hart,

Vice Chairman,

North Balwyn Men's Shed.



## World Immunisation Week: April 24-30th

- Promising candidate vaccines against Ebola were developed and tested in record time
- Africa has not had a case of wild poliovirus since August 2014
- India has been declared free of maternal and neonatal tetanus
- The Americas became the first region to eliminate rubella and congenital rubella syndrome
- 86 low- and middle-income countries have introduced 128 vaccines since 2010

Source: World Health Organisation

Rotary, its partners in the [Global Polio Eradication Initiative](#) (GPEI), and governments and health ministries provides a model for this effort.

Rotary, the World Health Organization (WHO), UNICEF, and the U.S. Centers for Disease Control & Prevention (CDC) joined together in 1988 to form GPEI with the goal of protecting the world's children by eradicating polio. At that time, the disease paralyzed more than 1,000 people – most of them young children – worldwide every day. Over the years, Rotary and its partners have reduced the number of polio cases by 99 percent, to fewer than 400 cases in 2014, and there are now only three countries in which polio transmission has never been stopped.

This progress has been won by millions of volunteers and health workers who immunize children in hard-to-reach communities and establish real-time global monitoring and response capacity. The massive infrastructure that's been created, which now encompasses millions of trained health workers as well as best practices and knowledge, can be used to combat other infectious diseases and to undertake other critical health interventions.

"Rotarians have played a key role in bringing the world to the cusp of polio eradication," says Mike McGovern, chair of Rotary's International [PolioPlus](#) Committee. "They have contributed more than \$1.3 billion to polio eradication, they have petitioned their governments to support the cause, and they have donated countless hours to immunize children throughout the world. These achievements have laid the groundwork for a lasting legacy for the world's children."



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WORLD IMMUNIZATION WEEK 2016  
[www.who.int/campaigns/immunization-week/2016](http://www.who.int/campaigns/immunization-week/2016)





## District Training Assembly Agenda – May 15, 2016

**Tabcorp Park, 2 Ferris Road, Melton, VIC 3338** (corner Western Highway)

Time	Location	
8.00 – 8.45	All presenters setup their Rotary Showcase Display Boards using a side each for sessions 1 and 2 – please turn between sessions 1 and 2.	
8.15 – 9.00	Level 1 Foyer	Registration
9.00 – 9.35	Toolern Rooms 1 and 2	General Session
9.35 – 10.00	Participants move to their selected <i>Breakout Session 1</i> locations for Morning Tea	

	Breakout Session 1		Breakout Session 2
	10.00 – 11.10am	11.10 – 11.30am Participants move to Session 2 Locations.	11.30am – 1.30pm
Toolern Room 1	The Rotary Foundation		International Service
Toolern Room 2	Public Image and Communications		Community Service
Breeders Room	Vocational Service		Presidents 2016 – 17
Legends Café	Membership		Youth Service
Sky Box	Club Service		Club Administration <i>Treasurers</i> <i>Secretaries</i> <i>Governance</i> <i>Club Protection Officers</i>
Pre-Function Room			Presidents 2017 – 18

Please speak to Rowan McClean for more information and include your name as an attendee at this week's meeting.



**GARDENING PROJECT**

30th April 2016

Date and Who with	Time	RCNB Supervisor	Assisted by
Thur 5/5 – RCNB SPECIAL SESSION	10.00 - noon	Greg Cribbes Rowan McClean	Duncan Ansell Brian Hurnard
Fri 6/5 – CGS/X	2.45 – 5.15pm	Greg Cribbes Geoff Haddy	<b>1 more please</b>
Sat 7/5 – MLC	10.00 - noon	Geoff Steinicke	Estelle Kelly
Thur 12/5 – RCNB SPECIAL SESSION	10.00 - noon	Greg Cribbes Rowan McClean	Garth Symington Estelle Kelly
Fri 13/5 – CGS/X	2.45 – 5.15pm	Greg Cribbes	<b>2 more please</b>
Sat 14/5 – MLC	10.00 - noon	Rob Head	Eileen Toohill
Fri 20/5 – CGS/X	2.45 – 5.15pm	Garth Symington	<b>2 more please</b>
Sat 21/5 – MLC	10.00 - noon	<b>need 1 please</b>	Lindsay Pegg
Fri 27/5 – CGS/X	2.45 – 5.15pm	Greg Cribbes	
Sat 28/5, Fri 3/6 and Sat 4/6	<b>No Gardening due to Exams</b>		
Fri 10/6 – X	4.00 - 5.15pm		
Sat 11/6 – MLC	10.00 - noon		
Fri 17/6 - CGS	2.45 - 4.00pm		
Sat 18/6 - MLC	10.00 - noon		
17/24 June to 11 July	<b>SCHOOL BREAK</b>		
Fri 15/7 - X	4.00 - 5.15pm		
Sat 16/7 - MLC	10.00 - noon		
Fri 22/7 - CGS/X	2.45 - 5.15pm		

Greg Cribbes

Mob 0413 270403

QUOTE FOR THE DAY

BEHIND EVERY  
GREAT MAN IS  
A WOMAN  
ROLLING HER EYES  
😊



## Geoff's Health Tip

## Why has Vitamin D now received greater prominence?

Do you remember the daily dose of Hypol or Lane's Emulsion, that we took every winter to ward off the winter chills? Mentioning either of these names immediately divided us into two groups – those who loved it and those who hated it. I must say I loved the taste of Hypol.

Hypol and Lane's Emulsion, are based on Cod liver Oil. At that time you were probably not aware that Cod Liver Oil was rich in Vitamins A and D. In those days all we knew was that Vitamin A was good for the eyes and especially for vision under faint illumination, whilst Vitamin D was the preferred treatment for rickets. Later we were told that Vitamin D was necessary, in conjunction with calcium, in developing strong bones.

But since those days we have learnt a lot more about Vitamin D, especially its potential to lower the risk of macular degeneration as well as lowering the risk of certain cancers.

In a study published on April 8, researchers at the Angers University Hospital in France showed that adults with the lowest concentrations of Vitamin D had the highest risk of age-related macular degeneration. Another study showed that adults with the highest concentration of Vitamin D had an 83% lower risk of macular degeneration compared with those with the lowest concentration.

In another study published on April 6 in the Public Library of Science Journal, higher levels of Vitamin D were associated with a reduction in cancer risk of more than 65%. In this group, the blood levels of Vitamin D were above 100nmol/litre.

The best way to achieve Vitamin D at this level is to take one 1,000 I.U. Vitamin D tablet every day for several weeks and then have your blood tested. Most likely you will need to take two tablets a day and, in addition, increase your weekly exposure to sunlight whilst protecting your face with a sunscreen. Vitamin D tablets are relatively inexpensive.

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Geoff





## MEETING ROSTERS

### Thursday 5th May

#### Club Birthday 36th Birthday

Topic: ABBA  
 Host: Bronwen Dimond  
 Set Up: Greg Ross, Russell Cooper  
 Greeting: Brian Lacy, Estelle Kelly  
 Desk: John Magor, Ken Maxfield

### Thursday 12th May

Speaker: Wanjiku Mahera  
 Topic: Mahera Academy  
 Host: Jim Studebaker  
 Set Up: Jack Liao, Ian Mollison  
 Greeting: Russell Turner, Ian Adams  
 Desk: Lindsay Pegg, Sue McDonald

### Thursday 19th May

Speaker: Catherine Morley  
 Topic: Start Living Your Life  
 Host: TBA  
 Set Up: Ted Wilkins, Anthony Stokes  
 Greeting: Phil Francis, Rob Stewart  
 Desk: Tony Hart, John Gartlan

### Thursday 26th May

Speaker: Rowan McClean  
 Topic: Club Review  
 Host: Tony Wells  
 Setup: Larry Fitzpatrick, Maurice Walters  
 Greeting: Greg Cribbes, Bob Bromley  
 Desk: Peter Wilson, Jim Studebaker

### Meeting No. 41

### Thursday, 28th April 2016

<b><u>Present:</u></b> Guest Speaker	1	Snr Sergeant Dan Hilton
NB Members	44	
Visiting Rotarians	2	John & Sue White- RC Clacton-on-Sea, Essex, Eng.
Guests	4	Prospective New Members - David Rowe, Carolyn Pethick, and Margie Pethick. Roland Baglin - husband of Friend Tracy Ellett.
Friends of Rotary	7	Marie Briggs, Tracy Ellett, Ian Glenney, Nick Markessinis, Rachael Nguyen, Tony Rule & Chandra Sardara.
Interactors	2	Lachlan Pham (Pres.) & Hannah Korte.
MakeUps	16	Gardening Project - Tony Hart & Tony Ho. Catering - 13 members, Geoff Steinicke - ROCAN.
Meeting Attendance	82.7%	

### **Celebrations: Monday 2 May to Sunday 8 May**

**Birthdays:** Don Taylor

**Induction Anniversaries:** Bronwen Dimond 2002; Matthew Pauli 2013;  
 Jim Studebaker 1991; John McBride 1987;  
 Peter Cleary, Paul Fitz, Stan Hibbert, Marcel Muntwyler, Bernie Smith.  
 Geoff Steinicke, The 1980 Charter Members.

**Wedding Anniversaries:** Maurie and Kristine Walters

## 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, 7th May at International House, 241 Royal Parade**  
**CAFÉ INTERNATIONAL** \$85 includes all beverages, 3-course meal and spectacular entertainment. Kindly RSVP by 27th April to Lucy Cassella

**Thursday 19th May**

Special General Meeting to approve 2014-15 Financials.

Please contact Secretary Gavan if you have further enquiries about this matter.

**Friday 27th May** Fellowship Dinner at Taos Restaurant 201 Bulleen Road, Bulleen.  
 6.30 for 7PM \$55–\$60 per head. See Don Taylor for bookings at Club Meetings.



Discover Korea Explore Korea at one of the most beautiful times of the year. Plan now to:

- Visit UNESCO World Heritage sites
- Sample traditional Korean fare
- Experience Seoul's vibrant nightlife

**28 May - 1 June 2016**  
**SEOUL, KOREA**

**Thursday 2 June.**

"Days for Girls" - A Partner's Night to report of the progress of this Project and thank our supporters.

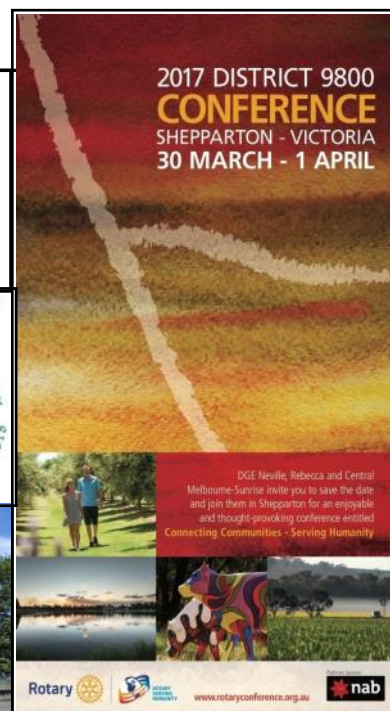
**Saturday 25th June Club Changeover. Cheer out President Jane Pennington and cheer in President Rowan McClean.**

*(No Club meeting at KGC on Thursday 23rd June)*

**Sunday 26th June Reclink Cup**

Raising awareness and funding to support Reclink Australia's programs for disadvantaged individuals.  
 RCNB Catering Event

**Sunday 26th June District 9800 Changeover**  
*Rowan McClean will arrange a club table (or two).*  
*RACV Club at lunchtime on Sunday 26th June*  
 Stay tuned for further details



**Saturday and Sunday 9th and 10th July 2016 at the Mt Waverley Community Centre.**  
 See the '[VAME show](#)' page for details.



**Friday 21st–Sun 23rd October**  
 Fellowship Weekend in Ballarat  
 Join us for a choice of golf, fellowship, historical sites, galleries, museums, the lake and gardens.





**ROTARY CLUB OF NORTH BALWYN 2015/16****President: Jane Pennington**[president@rotarynorthbalwyn.com.au](mailto:president@rotarynorthbalwyn.com.au)**Vice President: Brian Hurnard**[vicepresident@rotarynorthbalwyn.com.au](mailto:vicepresident@rotarynorthbalwyn.com.au)**Secretary: Gavan Schwartz**[secretary@rotarynorthbalwyn.com.au](mailto:secretary@rotarynorthbalwyn.com.au)**Treasurer: David de Garis**[treasurer@rotarynorthbalwyn.com.au](mailto:treasurer@rotarynorthbalwyn.com.au)Web: [www.rotarynorthbalwyn.com.au](http://www.rotarynorthbalwyn.com.au)E-mail: [info@rotarynorthbalwyn.com.au](mailto:info@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.

**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?

**APRIL IS**Rotary [www.rotary.org](http://www.rotary.org)**D9800 Probus****North Balwyn Probus** President 2015/16Ken Mitchell: [mitchellkv@gmail.com](mailto:mitchellkv@gmail.com)**North Balwyn Ladies Probus** (Sect Jill Johnstone)[jilldj@melbpc.org.au](mailto:jilldj@melbpc.org.au)**North Balwyn Heights Probus**

(Sect Sue Mullarvey)

[yarramul@tpg.com.au](mailto:yarramul@tpg.com.au)**Greythorn Probus** (Sect Shirley Brangan)[daynaleigh1@bigpond.com](mailto:daynaleigh1@bigpond.com)

Tel: 03 9859 4941

**Be a gift to the world****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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