



## IN SERVICE OF ROTARY

*Our Leadership*  
2015/2016

### The Presidential Proclamation

Our Guest Speaker, Natalie Dixon-Manu, really opened our eyes about our local community and some of the problems which she is addressing through her outreach work. The stories she related made me very thankful for the opportunities I have been given in my life. Many members know Natalie through the help that we give her Church at Christmas time and members are inspired to explore further ways which we can assist her mission.

We also heard from Liz Cox from the Canterbury Neighbourhood Centre and if members would like to assist Liz I know she would be most appreciative.

Our Royce and Jean Abbey Scholar, Janny Saukeni has arrived from the Solomon Islands and we look forward to meeting her in the very near future. She will be with us for about 10 weeks to learn about animal husbandry. Bill Oakley is to be commended on all the work he has put into organising this along with Bob Bott and Imre Lele.

This was the final meeting in Rotary International's Vocational Service month.

Vocational Service is the second objective of Rotary.

High ethical standards in business and professions, the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society is carried into the Code of Conduct one point which states:

"Rotarians should deal fairly with others and treat them and their occupations with respect".

Everyone is encouraged to attend next week's meeting when our District Governor will be our guest speaker with a focus on Foundation.

For the next seven days please do go and .....

Be a Gift to the World

President Jane



*Bob and Carmel Bott, Bill Oakley with Janny at her arrival at Melbourne Airport*



**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: 4th February Speaker: D.G. 9800 Julie Mason**

**Host:** Peter Cleary  
**Setup:** Geoff Haddy, Don Taylor  
**Greeting:** Findley Cornell, Brian Hurnard  
**Desk:** Estelle Kelly, David DeGaris

Dear Members,

The Board has asked me to create a listing of all our protocols, standard operating procedures and understandings that have a bearing on our decision making and compliance requirements.

I am seeking contributions from members on such matters and ask that ideas on what should be included be forwarded to me as soon as possible.

Such things as current policies, financial practices, protection policies, meeting arrangements and invitations to specific activities – anything that pertains to how we operate would help in making the document as accurate and comprehensive as we can.

Where possible your response by email would be much appreciated.

Gavan Schwartz <[gavan@gsadvising.com.au](mailto:gavan@gsadvising.com.au)>

Gavan Schwartz

Secretary

### International Women's Day Celebration – a Partner's Night

Everyone (Rotarians, wives, partners, friends) is invited to come and celebrate International Women's Day at our meeting on **10th March** with women featuring throughout the evening. We are very fortunate to have Mrs Jan de Kretser as our guest speaker, who will present about her time in Government House as the wife of the Governor of Victoria.

So please put this date in your diary and come on 10 March!!



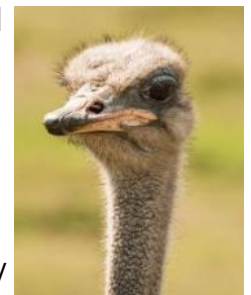
**Survey:** The Fellowship Committee is looking at arranging a bus trip to the Werribee Park Zoo on a Sunday in mid/late May 2016.

Please indicate your interest ( or otherwise) when the questionnaire board is circulated. We will need at least 40 participants to make it viable.

Anticipated cost will be \$60.00 per head covering entry to the Zoo and the bus transport costs. Lunch will be an extra.

Fellowship Committee.

Many thanks, David Cheney



Maree Williams (host for the evening) and our speaker Rev. Natalie Dixon-Manu with President Jane

### Royce and Jean Abbey Scholarship - Janny Saukeni

At last the Australian Government has issued the visa for our Royce and Jean Abbey Scholarship awardee Janny Saukeni from The Solomon Islands, and she has arrived in Melbourne.

Estelle and Eileen took Janny shopping for some extra clothes and bits and pieces she will need and Nino, Bev and I took her to Winchelsea on Sunday to spend the first two weeks of her stay at Otway Pork Farm.

Janny will then visit a Free Range Eggs poultry farm near Traralgon, the Department of Primary Industries, and she will also visit Imre and Tricia Lele's farm to learn about beef cattle production and pasture growth.

Janny will join us at the District Conference in Bendigo and will visit some local secondary schools which agriculture and animal husbandry curriculum.

Janny has some time free to be a tourist over Easter and will fly home to Solomon Islands on April 1st.

In and around all these activities we need some help with transport and one or two accommodation periods.

She is a lovely lady of 31 who will be fun and easy to host. If you can help with any of the following please let Bill Oakley know:

Fri 12 Feb.	Pick Janny up from Winchelsea and return to Melbourne.
Fri/Sun 12/14 Feb	Host Janny in Melbourne or at some suitable venue.
Sun Feb 14	Drive Janny to Free Range Eggs farm near Traralgon
Fri Feb 26	Pick Janny up from "Free Range Eggs" near Traralgon and return to Melbourne
Fri/Sun Feb 26/28	Host Janny in Melbourne or somewhere suitable
Fri Mar 11th	Take Janny to District Conference
Mon Mar 14th	Bring Janny back from District Conference
Mon/Tues Mar 14/15	Host Janny overnight
Tues Mar 15	Take Janny to Woodleigh School on Mornington Peninsula
Approx. Mar 25th - 31	Host Janny and include her in any holiday activities.

Travel expenses incurred by members can be reimbursed.

Let Bill Oakley know if you are able to help and if there are specific items from the list above which you can take on. I hope Janny will be able to visit the Club on our meeting before Easter and on March 31st, before she returns to Solomon Islands.

Bill Oakley

Janny with Bill and her first Host Family Robert and Pat Croseby and Right with Nino and Bev Sofra and Bill.



**Up and coming Catering Events—February**

Please email me at [nsofra@bigpond.net.au](mailto:nsofra@bigpond.net.au) Thank-you in anticipation Nino

Date	Event	AM Shift 8am-12noon	PM Shift 12noon - 4pm
06-Feb-16 Saturday 4.30pm-9.00pm	Summer Music Beckett Park	Bill Oakley Rob Head Ian Richardson Bob Bromley (4.30—6.30)	Jane Pennington
12-Feb-16 FRIDAY 8.00am - 4pm	Bunnings BBQ 256 Middleborough Rd Box Hill	Tony Ho Nino Sofra Bill Oakley	
13-Feb-16 Saturday 4.30pm-9.00pm	Summer Music St. James Park	Nino Sofra Bill Oakley Ian Richardson	Jane Pennington
20-Feb-16 Saturday 4.30pm-9.00pm	Summer Music Canterbury Gardens	Nino Sofra Bill Oakley Ian Richardson	Jane Pennington
27-Feb-16 Saturday 4.30pm –9.00pm	Multicultural Festival North Balwyn Village	Team 1	Team 2



**Cycle Dindi M**

*over the hills  
and not too far away*

A Family Friendly bicycle event encompassing the Great Victorian Rail trail in Murrindindi Shire and the townships of Alexandra and Yea

Be part of this unique experience!

**Saturday 2nd April 2016**  
the middle weekend of the school holidays

The event will be centred on the lovely township of Alexandra and will involve a ride along the Great Victorian Rail Trail to Cathkin, Cheviot Tunnel and Yea



A family cycle along the High Country Rail Trail starting at Alexandra near the Timber Tramways Museum with three cycle paths to Cathkin, Cheviot Tunnel and Yea. Entry fee includes luncheon & concession entry to Bush Dance on Saturday Night. All proceeds to Youth programs.

Saturday 2nd April Starting at Alexandra near the Timber Tramways Museum

Register  
On-Line [HERE](#)  
Adults \$40  
Concession \$25  
Family \$100



**Rotary**  
Clubs of Alexandra and Yea



## Rotary Gardens Project at 30th January 2016

The first Gardening visit of 2016 is this Friday – Tony/Ian would really like a couple more Rotarians to assist supervise the Camberwell/Xavier students, please. This also applies to most Fridays!

### A couple of reminders:

- The students joining us this year will be “new” to the Community Service Gardening Project so will need an appropriate induction into their participation in early visits. Same schools though.
- The Thursday’s have been scheduled for Rotarians to Garden in appropriate locations without students – this timing also allows Burke & Beyond to join us sometime.
- I’ve committed to schools that the Gardening Program will continue over times where Golf, Multicultural, Bendigo and Grand Prix events stretch Rotarian availability. Together, it’ll work.

As always, any nominations for future visits, queries or want to chat??

PLEASE call me. Cheers Greg CRIBBES Mob 0413 270403

Date and Who with	Time	RCNB Supervisor	Assisted by
Fri 5/2 – CGS/X	2.45 – 5.15pm	Tony Ho +	Ian Richardson +
Thur 11/2 – RCNB	10.00 – noon	Geoff Steinicke	Bob Bromley Tak Yukawa
Fri 12/2 – CGS/X	2.45 – 5.15pm	Geoff Haddy +	Estelle Kelly +
Thur 18/2 – RCNB	10.00 - noon	Rowan McClean	John Gartlan
Fri 19/2 – CGS/X	2.45 – 5.15pm	Geoff Haddy +	+ NB RCNB Golf Day at Kew
Sat 20/2 – MLC	10.00 - noon	Greg Cribbes	Garth Symington
Thur 25/2 – RCNB	10.00 - -noon	Greg Cribbes	Garth Symington
Fri 26/2 – CGS/X	2.45 – 5.15pm	Greg Cribbes	Tony Hart +
Sat 27/2 – MLC	10.00 - noon	Rob Head	+ NB Multicultural event

## FEBRUARY

### Peace and Conflict Prevention/Resolution Month

#### Read news about Rotary peace initiatives

Peace Corps and Rotary kick off historic collaboration

New funding goal set for Rotary Peace Centers

Peace fellow Ali Reza Eshraghi on today’s Iran

Political strife, protecting U.S. diplomats are part of the job





**Invitation to Share a Meal at Servants**

Members and Partners are invited to dinner at Servants Community Housing on the evening of either **Saturday February 6<sup>th</sup>** or **Saturday February 13<sup>th</sup>**.

Servants Community Housing has been operating affordable accommodation and safe housing for those on low incomes for over a quarter of a century in Hawthorn, and more recently in Kew.

This is a great opportunity to gain an insight into the community housing environment that Servants has created for many who would otherwise have none.

**Venues:**

“Carrical”, 18 to 20 Mason Street Hawthorn on Saturday 6<sup>th</sup> February

and

“Romana”, 11 A’Beckett Street, Kew on Saturday 13<sup>th</sup> February

**Time:** 5:45 pm and finishing at 8:45pm

**Cost:** No cost to us to attend.

**RSVP:** Please respond to Peter Wilson at:

[pwilson254@gmail.com](mailto:pwilson254@gmail.com)

by:

Tuesday 2<sup>nd</sup> of February for the “Carrical” evening and

Tuesday 9<sup>th</sup> February for the “Romana” evening.

We are able to accept up to twelve people for each evening.



**This is a great opportunity to experience the achievements of this wonderful organization!**



Sue McDonald doing a Face Book selfie at The Australian Open



Jack having chin scratching moment.



Jim posing “The Question” with John pondering the answer.

## Geoff's Health Tips New Dietary Guidelines

When it comes to advice on nutrition, most people will say "I am confused by all the information on what food I should eat and drink or I should avoid." New information adds to the confusion when you read headlines that announce what was 'bad' last year is now 'not so bad' this year.

I noticed that the [new US dietary guidelines](#), issued a few days ago, are already causing some controversy as affected food groups move to protect 'their' industry. It was obvious that the heavy guns of the meat food group would be concerned by the recent report that 'red meat, and especially processed meat, increased the risk of cancer, especially cancer of the colon'. As a result, instead of saying "limit red and processed meat", the guidelines suggest "diversifying your protein sources". Yes, this is true but was it really helpful?

All of us would be aware that over the past 10 to 20 years some diseases have increased considerably. I refer to diabetes, obesity and some types of cancer, the source for which could relate to the type, amount and quality of the food we eat.

The US dietary guidance recommendations are now much the same as our Australian dietary recommendations, which are updated regularly, as follows:

1. The basic advice is to eat more fruit, vegetables and whole grains.
2. Reduce added sugar and salt. Saturated and trans-fats should be limited.
3. There is no longer an explicit limit on cholesterol, which is present in whole eggs.
4. Limit red and especially processed meat and increase vegetable proteins, e.g. almonds and other nuts as well as dairy (cheese).



However, I note that in spite of all the best advice and intentions, it is generally impossible to change an adult's eating habits once past their teen years. The best option continues to be to provide nutritional advice through the education system from pre-school to at least year 11.

Geoff



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## MEETING ROSTERS

<b>Thursday 4th February</b> Speaker: D.G. 9800 Julie Mason Topic: Rotary Foundation Host: Peter Cleary Set Up: Geoff Haddy, Don Taylor Greeting: Findley Cornell, Brian Hurnard Desk: Estelle Kelly, David DeGaris	<b>Thursday 11th February</b> Speaker: Michael Womack Topic: Tall Ship Enterprise Host: Peter Wilson Set Up: Bob Bromley, Paul Fitz Greeting: Chris Flavelle-Smith, Bernie Smith Desk: Larry Fitzpatrick, Bill Oakley
<b>Thursday 18th February</b> Speaker: Mr. David Hume Topic: Life in The Blind Lane Host: TBA Set Up: Bob Bott, John Rennie Greeting: Ian Adams, Duncan Ansell Desk: John McBride, Ian Mollison	<b>Thursday 25th February Partner's Night</b> Speaker: Bowls Night Venue: North Balwyn Bowls Club Host: Ian Mollison Desk: Gregor Matthews, Imre Lele

### Meeting No. 28

**Thursday, 28th January 2016**

<b>Present:</b> Guest Speaker	2	Rev. Natalie Dixon-Manu; Liz Cox, Canterbury Neighbourhood Centre.
NB Members	49	
Guests	2	Prospective New Member - David Rowe; Manolo Manu (with guest speaker)
Wives/Partners	3	Heather Bromley, Diane Goetze & meeting host Maree Williams.
Make Ups	4	Rowan McClean - North Balwyn Traders/Rotary Festival; Adrian Ranson - RC Brighton; George Swanson - RC Sorrento; Greg Ross - D9790 Conf. C'tee.
Meeting Attendance		82.8% (Apologies 10, LofA 1 & Excused Leave 15)

**Absences for Rosters:** *The dates given for leave are the **first & last days away** (not meetings).*  
 Matt Pauli, plus several for health issues or overseas commitments.

23 February – The 23 February 1905 is celebrated as the anniversary of Rotary, the date which is generally regarded as the first 'official' meeting



### **Celebrations: Monday 1 Feb to Sunday 8 Feb**

**Birthdays:** Hugo Goetze; Lachelle Stewart; Anita Swanson; Joe Butler; Bev Sofra  
 Diane Goetze.

**Induction Anniversaries:** Anthony Stokes 2002

**Wedding Anniversaries:** Bob and Carmel Bott



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 February 6<sup>th</sup> or Saturday February 13<sup>th</sup>**

Dinner at Servants Community Housing

**RSVP:** Please respond to Peter Wilson at: [pwilson254@gmail.com](mailto:pwilson254@gmail.com)

**Wednesday 10th February.** The Johnston Collection visit. Bookings to Kinga Paulheim;  
Remember to attend if you have booked!

**Friday 19th February.** Rotary Club of North Balwyn **CHARITY GOLF DAY**  
Kew Golf Club.  
**Bookings to John Magor please**

**Thursday 25th February.** Rotary Club Bowls Night **Partner's Night**  
**Club Meeting** North Balwyn Bowls Club, Buchanan Avenue

**Thursday March 10th** **Mrs. Jan de Kretser guest speaker— Partner's Night**  
**Club Meeting** (About her time in Government House as the wife of the Governor of Victoria).

**Thursday March 10th** International Women's Day Breakfast

<b>INTERNATIONAL WOMEN'S DAY BREAKFAST</b> THURSDAY 10TH MARCH 2016	 THE ASCENT OF A WOMAN?	<b>THURS MARCH 10 2016</b> 7:00 - 9:00AM THE PALLADIUM SOUTHBANK
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**Friday 11th -> Sunday 13th March**  
District Conference Bendigo  
Registration must close on January 31st

<b>CONFERENCE 2016</b>  	<b>12TH - 13TH MARCH   BENDIGO</b>
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**Thursday 17-Sunday 20 March**  
The 2016 Formula 1® Australian Grand Prix.  
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 <b>Formula 1</b>	<b>FORMULA 1 AUSTRALIAN GRAND PRIX</b> MELBOURNE 17-18-19-20 MARCH 2016
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**Saturday 2nd April**



**RC Yea and Alexandra**  
**Ride the High Country Rail Trail**

**Rotary**   
Clubs of Alexandra and Yea

**Sunday 10th April** Winery Tour and Luncheon—Yarra Valley (with bus).

**Saturday 28th May to Wed 1 June**



**INTERNATIONAL CONVENTION**



**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 CHARITY GOLF DAY**

Friday 19th February 2016 Kew Golf Club 120 Belford Rd East Kew.

Proceeds to ROTARY CLUB OF NORTH BALWYN MEN'S SHED

**GREAT PRIZES TO BE WON**

**BOOKINGS TO JOHN MAGOR PLEASE: <jmagor@gmail.com>**

**Shotgun Start at 8.00 am**

**Briefing 7.15am** prior to proceeding to hit off tee

**Lunch:** Post match with presentations included in entry fee. Drinks at bar prices.

**Ambrose Competition** – preferably, players will have GA Handicaps.

For all social and non-handicap players, a Handicap of 18 will be given.

**In addition to PRIZES for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placed teams, there will be fun prizes on:**

- 9<sup>th</sup> Fairway - Longest Drive (on the fairway!!)
- 9<sup>th</sup> Fairway - Straightest drive (beyond the tee!!)
- 11<sup>th</sup> /18<sup>th</sup> holes- nearest the pin (on the Green!!)

**ENTRY FORM:**

	<u>PLAYER</u>	<u>PHONE</u>	<u>GOLF CLUB</u>	<u>HANDICAP</u>	<u>GOLF LINK No</u>
\$					
(1)					
(2)					
(3)					
(4)					

TOTAL \$

**Cost** \$75.00 per player.

**PAYMENT OPTIONS:**

\* Cheque to Rotary Club of North Balwyn – to PO Box 135, North Balwyn 3104, or

\* EFT to RCNB – BSB 033 058 Account 123696 noting your 'Player 1 name' and 'Golf'.

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

With thanks to our Major Sponsor, our local travel agent

Helloworld Balwyn North Phone 9819 7173

Ian Mollison – Managing Director, a member of the Rotary Club of North Balwyn.



**ROTARY CLUB OF NORTH BALWYN 2014/15**

**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)  
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 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**

Sign the "apology sheet" at the front desk at the prior meeting if you know in advance.

2. Click [HERE](#) for apologies. No need to log into the site. Click on "Contact" and select "Attendance/Apologies"

3. E-mail Hugo Goetze [apologies@rotarynorthbalwyn.com.au](mailto:apologies@rotarynorthbalwyn.com.au)

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.

**CONFERENCE 2016**

**Rotary**  
District 9800



**Be a gift  
to the world**

**12TH - 13TH MARCH | BENDIGO**

**D9800 Probus**

**North Balwyn Probus** President 2015/16

Ken 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

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**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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