



The Grapevine



IN SERVICE OF ROTARY

Our Leadership
2015/2016

The Presidential Proclamation

As I look back on last week's meeting and take in all that was presented at our Club Forum, I reflect on what a vibrant Club we are and how many projects and activities are planned for this Rotary year.

Thank you to the Directors for their succinct presentations and for the thought that has gone into the planning for the next 12 months. We will all be busy but what a great way to serve our community both locally and internationally. There is something for everyone here so do take advantage of the activities and become involved.

We will do our best to carry out the Mission of Rotary: To provide service to others, promote integrity and advance world understanding, goodwill and peace through our fellowship of business, professional and community leaders. We will live out our core values of fellowship, integrity, diversity, leadership and service.

Thank you to our Assistant Governor, Therese McKenney, for visiting and inspiring us with her words of wisdom.

Welcome to our newest member Jurgen Kehne and his wife Di, who bring our membership up to 75.

As we look ahead we remind ourselves about whom Rotarians are:

"We are a worldwide network of inspired individuals who translate their passions into relevant social causes to change lives in communities".

Just remember in the next seven days, in a myriad of ways,

"Be a gift to the world".

President Jane

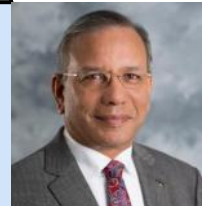
A reminder that this week's meeting is at Greenacres Golf Club.

NEXT WEEK'S SPEAKER:- Tamara Cannon

Meeting a destitute child in the Himalayas caused Tamara Cannon to leave her life as a corporate lawyer and establish Lille Fro, a small hands-on Australian charity that reaches out to the 'forgotten' people in the foothills of the Himalayas and in hard-to-reach nomadic communities in the eastern deserts of Ladakh in northern India.

In only 7 years Lille Fro has brought more than 120 of the most destitute and needy children to boarding schools, where their tuition, board, uniforms, books and health care are paid for.

Tamara has traversed the Chadar, known as the Ice River, accompanying little children on their treacherous 6-day walk to boarding school, a journey fraught with danger for little children some as young as 4 years old. Lille Fro now plans to build a hostel high up in the mountains so the children can attend local schools and be closer to their homes and family.



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: 61 3
9859 6848**

This week at the club.....



Forum Night commence with Sergeant Tony commencing the evening with a Rotary focussed invocation. AG Therese McKenney then spoke to the club and was followed by the Induction of Jurgen Kehne as a Member of RCNB.



The Club's Directors each spoke to the Club on the objectives of each of their portfolios. Directors presenting above were Brian Lacy (Club Service) Estelle Kelly (Youth) and John Burley (International).



The presentations were kept to 5 minutes each which made for an informative followed by question time resulted in a well managed Forum Night.

Director John McBride (Community Service) tried to meld into the crowd by looking like Uncle Fester!!

THE AGE FUN RUN and THE RCNB SERVANTS' COMMUNITY HOUSING TEAM



The RCNB Team with Estelle, Anne, friend of President Jane, Interactors Vicky, Sion and Iris.

Matt Maudlin of Servants' original fund raising target of \$30,000 which appears to have been exceeded!! The RCNB Team contributed over \$1,100.

Over 500 show bags with information on Servants' Community Housing were handed out on the day.

Well done to all concerned! Thank you to RCNB members who sponsored the Team.

Rotary Gardens Project at 26th July 2015

Three very successful visits this week were enjoyed in the better weather, thankfully.

Regrettably, Denise from Burke & Beyond has just advised they are withdrawing from the Gardening Project for the remaining Thursday's during 2015 due to changed circumstances with her team. This highly valued team have been our long standing friends and provided enormous support over the years and we hope to see them back in 2016. Until then, the Thursday roster will hopefully be filled with smaller jobs.

So, any takers for the coming roster, please? The more the merrier to share the load.

Any nominations, queries or want to chat?? Call me.

Cheers **Greg CRIBBES** Mob 0413 270403

Date	Time	RCNB Supervisor	Assisted by
Thur 30/7	B&B deferred	Day off... J	Day off... J
Fri 31/7	3.00 – 5.15pm	John McBride??	Estelle Kelly Ian Richardson
Sat 1/8	10.00 - noon	Greg Cribbes (& Jenny)	Duncan Ansell +
Thur 6/8	Say 12.45pm...	Greg Cribbes	Small job.....binning
Fri 7/8	3.00 – 5.15pm	Greg Cribbes	☹️
Sat 8/8	10.00 - noon	☹️	☹️
Thur 13/8	Whenever...		Small job.....w/snipping, tidy-up
Fri 14/8	3.00 – 5.15pm	Greg Cribbes	☹️
Sat 15/8	10.00 - noon	☹️	☹️

DINE OUT AT AMICI'S RESTAURANT.

FRIDAY 21 AUGUST 2015

6.30 FOR 7 PM.

726 Burke Road CAMBERWELL

COST: \$ 35.00 p.p. – INCLUDES Bruschetta & Pagnotta

CHOICE OF 4 MAINS,

TEA OR COFFEE, CHOICE OF 2 DESSERTS AND CORKAGE.

BYO (WINE ONLY)

If interested contact BOB BROMLEY before 14 August 2015

bbromley3@bigpond.com or 0417 773 548

The food is wholesome and fresh, cooked daily using produce available at the time of the year. Recipes are uncomplicated, easy and quick to prepare, the servings are generous, and the prices always low. The atmosphere in a Trattoria is informal - noisy, busy, sometimes hot, but always friendly and welcoming!!!



Important Anniversaries

Monday 27th July to Sunday 2nd August

Birthdays: Ted Angleton Jim Studebaker
Rowan McClean Gary O'Connor

Nino Sofra
Carmel Bott

Inductions: Peter Sutherland

Wedding Anniversaries:-



FROM THE JULY BOARD MEETING REPORT BY PRESIDENT JANE

The Board has held its first meeting for the year and a summary of the business in hand is as follows:

- John McBride is representing our Club at the Boroondara Cares meetings.
- The Men's Shed project is continuing with a response awaited from the State Government regarding an application for further funding.
- Matt Pauli has taken on responsibility for the Club's facebook page.
- The BBQ's we are providing at the Hawthorn Craft Market will continue until, at least, the end of the year.
- The Club sponsored an activity run by students from Balwyn High School. This was a seminar entitled "Think / Feel / Flow" which considered the mental health of asylum seekers and happened on 18 July. They will be invited to come and address the Club at a future meeting.
- Training in how to use the defibrillator will happen.
- A fundraising Golf Day at Kew is planned for October.
- The membership fees for the coming year were set at \$335.00.
- Our Club was very well represented at the International Expo at the Victoria Market. Thank you to all involved.
- The fundraising is going very well, especially the profits for catering undertaken already.
- Club accommodation is already arranged for the District Conference.
- Recipient organisations for our fundraising were considered.

If anyone would like further details about Board deliberations please do contact President Jane.

NOVEMBER FELLOWSHIP WEEKEND AT COBRAM

From President-Elect Rowan McClean:-

Those people going to Cobram **who have not paid a \$100 deposit** need to transfer the amount to

RCNB BSB 033 058 Acct 123688

Please ensure your **name** shows and that the description is **Cobram**.

Following on from last weeks Grapevine, in which Geoff Steinicke reported on Boroondara Cares "A Bitter Pill" to swallow, which came about because of the increasing number of prescription drug overdose deaths, I have included some information from "Australian Burden of Disease Study" (Epidemiology of Medical Error BMJ 2005).

The Hospital Adverse Events in the study included incorrect diagnosis, incorrect treatment, along with incorrect prescriptions and people mixing up their medications as highlighted in Geoff's report that the increasing number of prescription drug overdose deaths is nothing short of a catastrophe.

- Hospital care is a more important risk factor for death and serious disability than alcohol and drugs, violence or Road Traffic Accidents.

Mortality in Australia

*Causes of death in 1996	Number
Isch. Heart Disease	32,800
*Hospital adverse event	18,000
Stroke	12,800
Lung Ca	7,300
COPD	6,100
Colorectal Ca	5,000
Dementia	4,000
Diab Mellitus	3,000
Prostate Ca	2,800
Breast Ca	2,800
Suicide	2,500

* Australian Burden of Disease study
*Epidemiology of Medical Error, BMJ, 2005

ROTARY CLUB OF NORTH BALWYN Golf Day at Kew Golf Club **Friday 23rd October**

Please note that there has been a change of dates

Only \$80 per round with lunch and prizes included!

Shotgun start!

For a successful event, we need 140 starters.

Also looking for Gold, Silver and Bronze Sponsors for each hole.

Contact Bill Oakley 0419 504 201

email:- billoakley1@bigpond.com for more information



Challenge to Lead Program



To Club Presidents:

The **Rotary Club of Doncaster** is seeking referrals from your Club for participants in their **Challenge to Lead** Program.

Why?

Throughout the Rotary network there is a pool of contacts and potential participants in management and professional positions who would either benefit themselves or recommend others who would benefit from the Program. There is a high demand for good leadership. It is a must-have capability for any individual or organisation wanting to get ahead in the world and achieve and earn more. Leadership can be taught, learnt and developed and this course will help in this regard.

What is it?

The **Challenge to Lead** Program is a 3 day residential leadership program run by the Rotary Club of Doncaster on 8th, 9th and 10th October, 2015.

The Program is delivered pro bono by dedicated professional facilitators including the former Director of HR for HP and Telstra, a Senior Fellow Melbourne Business School, an advisor to Mt Eliza MBA program and a Principal Fellow of the Melbourne University Business School.

In 2014, participants came from a wide range of organisations including local government, multinational companies, not for profits (NFPs), statutory authorities and small to medium sized businesses (SMEs) and the program received many ringing endorsements.

For endorsements see this link – <https://www.youtube.com/watch?v=9YnqYuml29o>

For more details see website – www.challengetolead.com.au

What is in it for other Rotary Clubs?

The Rotary Club of Doncaster is prepared to pay any Cluster Rotary Club **a \$500 fee** for each individual referral who attends. We are aiming to run 2 courses concurrently with a minimum of 20 participants in each course.

It is mutually beneficial for all concerned.

If you have any queries, please contact David Grieve on 0488 480402 or david@5-dimensionz.com.au)

Eva Tilley Memorial Home Inc.

After being on the board of Eva Tilley for the past sixteen years, I have decided to retire and move aside for a younger person.

North Balwyn Rotary has been represented on the board for over twenty years by the late Max Hunter, Alison Adams, Delina Schembri-Hardy and me.

I would very much like to see this association continue, and would welcome enquiries from either our members or their partners.

No particular skills are required, but an interest in aged care, fund raising and public relations would be appropriate, together with some administrative experience. A commitment for at least five years' service is expected.

Currently there are five men and four women on the board, but three of the men (including me) are retiring at the November AGM.

There are two meetings per month – one board and one committee meeting, usually late Monday afternoons.

If you are interested, please contact me direct for further information, a visit to Eva Tilley at 1100 Burke Road, North Balwyn and an introduction to our board president.

In conclusion, I must add that such an involvement will prove to be exceptionally rewarding.

Many thanks for your interest.

David Cheney

ROTARY CLUB OF NORTH BALWYN VESTS

As shown and modeled at last weeks meeting, here is how to buy a vest. Great value at \$26



ROTARY VESTS

ORDER FORM



Imagine this is navy blue.....

Colour	Navy Blue
Embroidery	The Rotary Wheel and our Club name on the left hand side, in yellow.
Cost	\$26.00
Order	Please return this form to Jane. (hard copy or email)
Payment	Cheque payable to the "Rotary Club of North Balwyn" or Direct deposit into the RCNB bank account. BSB: 033 058 Account Number: 123688 Account Name: Rotary Club of North Balwyn Admin Account Please put reference: Your name and Rotary Vest

Please indicate how many of the size you would like to order.

Mens

Small	Medium	Large	XL	XXL	XXXL	XXXXL	XXXXXL
55cms	57.5cms	60cms	62.5cms	65cms	67.5cms	70cms	72.5cms

This is the measurement across the chest if the garment was folded flat.

Ladies

8	10	12	14	16	18	20	22

Meeting No. 04**Thursday, 23rd July 2015****Present:**

Club Forum.

NB Members	44	
Visiting Rotarians	1	AG Therese McKenney
Guests	3	Inductee Jurgen Kehne and wife Di.
MakeUps	6	Adrian Ranson - RC Brighton North; Greg Ross - Aust. Rotary Heath and D9790 Conf. C'tee; Findlay Cornell - Rotary Mentoring Launch; Gardening Project - John Magor & Garth Symington.
Meeting Attendance	91.1% - Applied 6 Make-Ups from previous weeks.	

Absences for Rosters:

Including Leave of Absence

The dates given when applying are the first & last days not available (not meetings).

Don Bowden	Bob Bott	Joe Butler	Barry Cummings	Larry Fitzpatrick
Hugo Goetze	Steven Greatorex		Tony Ho	Sue McDonald
Greg Matthews	Marcel Muntwyler		Geoff Steinicke	Jim Studebaker
Peter Sutherland	Garth Symington		Bill Thackray	

Geoff's Health Tips**More Good News for Chocolate Lovers**

It seems there is an ever-continuing supply of good news for those who love chocolate. The latest results, reported in *Medscape Heartwire* June 2015, point to better health through regular consumption of chocolate resulting in decreased risk of cardiovascular events and stroke, in otherwise-healthy individuals.

Following an analysis of almost 21,000 adults from the UK's EPIC-Norfolk study, it was clear that those who ate the most chocolate had an an 11% lower risk of developing coronary heart disease (CHD) and a 25% lower risk of CV related death. In addition, the highest-consumption group had a 23% lower risk of stroke. The results came from a 12 year follow-up study compared with those who ate no chocolate.

These findings are supported by a meta-analysis of more than 155,000 participants in studies examining possible links between chocolate and CV outcomes. The authors note that although cause and effect could not be shown in these observations, there is evidence to suggest that there is a positive association at play.

Interestingly, the participants in the Norfolk study ate more milk chocolate than dark chocolate, which may indicate that not only the active ingredients in chocolate, but also other compounds, possibly related to milk constituents such as calcium and fatty acids may provide an explanation.

Of further interest, it was found that the non-chocolate-eating group had the highest mean body-mass index, the highest percentage of diabetes, and the highest levels of inactivity.



Geoff

MEETING ROSTERS

Thursday 30th July

Speaker Tamara Cannon
 Topic The World's Toughest Walk to School
 Host: Greg Cribbes
 Desk: Phil Francis, Steven Greateorex
 Greeters: Bill Oakley, John McBride
 Set-up: John Magor, David De Garis

Thursday 6th August

Speaker Gus Balbontin
 Topic From Rotary Exchange to saving one of Australia's iconic businesses
 Host: TBC
 Desk: Ian Mollison, Greg Ross
 Greeters: David Willshire, Greg Cribbes
 Set-up: Gary O'Connor, Ted Wilkins

Thursday 13th August Partners Night

Speaker Michael Redding
 Topic Wheelchairs for Vietnam
 Host: TBC
 Desk: Brian Hurnard, Chris Flavelle-Smith
 Greeters: Ted Angleton, Marcel Muntwyler
 Set-up: Peter Cleary, Estelle Kelly

Thursday 20th August

Speaker Steve Sammartino
 Topic The Great Fragmentatic
 Host: TBC
 Desk: Bernie Smith, Ian Adams
 Greeters: Peter Elliott, Anthony Stokes
 Set-up: Matthew Pauli, Maurie Walters

MAKE NOTES OF THESE DATES IN YOUR DIARY

See also http://www.rotarydistrict9800.org.au/notices_and_events_future

July

Thursday 30 Club Meeting
 Moved from KGC to Greenacres Golf Club.

August

Sunday 2nd Craft Market BBQ
 Camberwell Civic Centre

Thursday 13th Club Meeting
 Partner's Night

Friday, 21st Event- Dine-Out Dinner at Ameci's
 726 Burke Road, Camberwell 6.30 pm for 7.00 pm

Friday 28th BBQ at Bunning's

September

Sunday 6th Craft Market BBQ
 Camberwell Civic Centre

Thursday 17th Bus tour to Australia Garden
 Cranbourne \$35 per head (excludes lunch etc)

October

Thursday 1st Club Meeting—Partner's Night
 Celebration Grand Final & visit by District Governor

Friday 2nd Golf Day
 Key Golf Club

Sunday 4th Craft Market BBQ
 Camberwell Civic Centre

October

Friday/Sunday 9/11 Camp Getaway Weekend

Friday 23rd BBQ at Bunning's

Thursday 29th Club Meeting—Partner's Night Celebration of Melbourne Cup

November

Sunday 1st Craft Market BBQ
 Camberwell Civic Centre

Friday/Sunday 6/8 Fellowship & Golf weekend
 Cobram, Barooga

Saturday 14th Upstream Challenge

Thursday 19th Event—Fashion Fundraiser
 Blue Illusion, Balwyn

December

Thursday 3rd BBQ at Bunnings

Friday 4th Ladies Christmas Cake Stall

Thursday 10th Club Meeting—Partner's Night
 Celebration of Christmas

Saturday 12th Event—Carols in the Park
 Macleay Park, Balwyn

Sunday 13th Event—Carols at Servants

January

Sunday 10th Event—Brunch 9:30—11:30 am
 Warren Glen Nursery

ROTARY CLUB OF NORTH BALWYN 2014/15

President: Jane Pennington president@rotarynorthbalwyn.com.au
Vice President: Brian Hurnard vicepresident@rotarynorthbalwyn.com.au
Secretary: Gavan Schwartz secretary@rotarynorthbalwyn.com.au
Treasurer: David de Garis treasurer@rotarynorthbalwyn.com.au
 Web: www.rotarynorthbalwyn.com.au
 E-mail: info@rotarynorthbalwyn.com.au

Acting Grapevine Editor John McBride

jdmcb48@bigpond.net.au

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](#) to go to the Website
3. **As Hugo is on leave, Peter Elliott will be taking apologies** apologies@rotarynorthbalwyn.com.au
4. Phone 9857 7502 (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 as Peter lets the Kew Golf Club 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.



After The Age Fun Run, the RCNB supplied and cooked a BBQ at Ramona House in Kew for those who participated and supported Servants' Community Housing.

It was a bitterly cold day and Tony, Jane and John just finished cooking when the heavens opened up!!

The weather had been kind to the event going from torrential downpours and strong winds to a chilly day which didn't stop a reported over 16,000 registered people participating.

D9800 Probus

North Balwyn Probus President 2015/16

Ken Mitchell: mitchellkv@gmail.com

North Balwyn Ladies Probus (Sect Jill Johnstone)
jilldj@melbpc.org.au

North Balwyn Heights Probus
 (Sect Sue Mullarvey)
yarramul@tpg.com.au

Greythorn Probus (Sect Shirley Brangan)
daynaleigh1@bigpond.com

Tel: 03 9859 4941

Boroondara Ladies Probus (Sect Janet Eddy)
jveddev@applewood.net.au

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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



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Australian Furniture
(9460 1822)
(Adrian Ranson)



Bakery
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22 Hamilton St
Mont Albert 3127

 **Bendigo Bank**

Good for **U**
AND your
community

CHRIS CROSS

Garden Supplies (9859 2666)
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the village
balwyn north



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<http://www.taosrestaurant.com.au>

BUNNINGS
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WELCOME
new owners
JÜRGEN + DI



Caffe Romeo
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Cooper Street Self Storage