

# The Grapevine



## Rowan's Reflections

[Our Leadership](#)  
2016/2017

This week we had a moving presentation by David Cleary and Dr. Ann Frazier on mitochondrial disease.

I commented that one of the worst things that can happen in life is for a child to predecease its parents.

David and his wife, and grandparents Peter and Pat, lost their little boy Archer to mito after a difficult 7 1/2 months. Archer was in an incubator for 5 weeks and did not gain weight. Three teams of doctors could not diagnose the problem. Archer remained smiling and really identified with his big brother Jackson, and seeing pictures of this happy little boy with family members was very moving.

David gave us a startling fact: more children die from mito than all childhood cancers combined. Since Archer passed on David has been actively involved in fund raising for research and he has joined the AMDF Board.

Ann told us there is no cure for mito, and that only minimum treatment is available. It is a genetic disorder and can become present with "any symptom, any organ at any age".

NextGen DNA sequencing, new technology, is helping with diagnosis and researchers continue to develop human stem cell models to explore possible diagnostic options and treatment.

David would welcome any financial contributions to continue mito research. Please contact Peter Cleary if you would like to help.

It was with great pride that we recognised several people. Tony Wells presented Balwyn North Primary School Principal Erica Bienert with a Certificate of Appreciation for allowing board meetings to be conducted on school premises. Bob Griffiths of Chris Cross received a Certificate of Appreciation from Barry Cummings while Jim Studebaker acknowledge the contribution that Ian Huntingdon has made many areas.

Next week Balwyn High School students will tackle our RCNB in debating "The internet does more harm than good". I am really looking forward to this event, and look forward to seeing you there. Bring a friend, but let Rob Head (in Hugo's absence) know by close of business Tuesday.

Have a great week, and show the world Rotary Serving Humanity through your actions!

*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 4th August

**Speakers:** Debate with Balwyn High School  
**Topic:** The Internet does more harm than good.  
**Host:** Tony Wells  
**Setup:** Joesph Butler and Duncan Ansell  
**Greeting:** Ted Angleton and Sue McDonald  
**Desk:** Joe Butler, and Russell Turner



## At last weeks meeting:-



Tony Wells with Balwyn North Primary School Principal Erica Biernert with a Certificate of Appreciation from the club.



Bob Griffiths of Chris Cross received a Certificate of Appreciation from Barry Cummings for providing space for the club to store our equipment



Jim Studebaker acknowledged Ian Huntington for his contribution to the local community, involvement with development of junior golfers and as a volunteer MCG tour guide.



Greg Cribbes, recipient of the Royce Abbey award presented by Past President Jane Pennington.



Charter President Stan Hibbert congratulating Bernie Smith on receiving his Paul Harris Sapphire award.



## August 11th Meeting

**Brim. the little community with a can do attitude.**

Silos at Brim are getting a makeover with artist Guido van Helten working on a mural. The Brisbane-based artist is renowned for his street art.

Brim Active Community Group is behind the silo art project, supported by GrainCorp, Regional Arts Victoria, Yarriambiack Shire Council.

The first image of the mural, is of Brim farmer Peter Martin, who will be our speaker





## Rotary Club of North Balwyn Meeting 28/07/2016

Our Guest Speakers Dr Ann Frazier and Dave Cleary son of Patricia and Peter addressed us about Mitochondrial Disease.

Dr Frazier is a Senior Scientist who has been studying and engaged in research of the disease for over 10 years both overseas and in Australia currently at Murdoch Childrens Research Institute as part of a specialist team led by Professor David Thorburn.



Dr Frazier spoke about the biology associated with the disease the incidence of the disease and progress being made in the identification and diagnosis of symptoms as well as the likelihood of connections between Mito and other genetic diseases. From Ann we learned there are various forms of the disease which affect individuals in different ways.

Dave Cleary bravely and emotionally shared his family's confronting Mito Story experienced over a seven and half month period following the premature birth of their second child Archer in September 2012 and culminating in Archer's death in April 2013.

Dave spoke of the family's frustration and pain at being unable to obtain a diagnosis of their child's condition, of the endless medical appointments, tests and periods of hospitalisation leading up to Archer's admission to the intensive care department of the Princess Margaret Children's Hospital on 26th April 2013 where he passed away less than 24 hours later.

Dave told us of the optimism they held for Archer's future, of the love that was shared between Archer and his older brother Jackson, of the wonderful time they cherished as a family and their utter devastation at their loss of their precious little boy.

Since losing their son Dave, his wife Jane and son Jackson have spent the majority of their time promoting an awareness of Mitochondrial Disease, raising funds for research through a variety of activities in Perth (over \$150000 raised in 3 years) and supporting families affected by Mito.

Dave also spoke of his involvement as a Director of the Australian Mitochondrial Disease Foundation and particularly of the need for promotion of awareness of the disease and the need for financial support to enable the continuation of the all important research to assist in the diagnosis, treatment and hopefully a cure for this insidious disease.



Australian Mitochondrial Disease Foundation website <http://www.amdf.org.au/>

## GARTH WANTS YOUR ROTARY DOWN UNDER MAGS!!!

Garth has a better way of recycling your RDU when you've finished reading them.

They will be placed in reception areas, coffee shops etc around North Balwyn and Boroondara.

These RDU's will have RCNB contact details attached. Please put them in the tray beside Bill's jams!!!

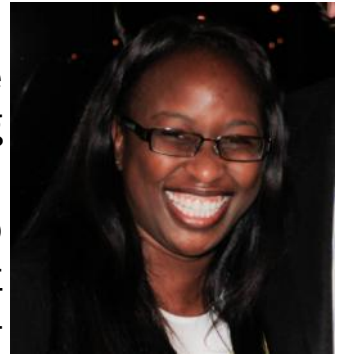


## Fellow Rotary Members, The “Debate Night” is soon approaching.



We are keen to see the best of the best going head to head!

This is a great chance to bring together brilliant minds to enjoy the stimulating arguments sure to be presented.



They say great minds think alike, so who best than your friends, family or anyone interested? If not, the support of your personal cheer squad is just as great.

**Thursday 4th August, Debate with Balwyn High School, “The Internet does more harm than good”.**

***Belinda Wandabwa***

Our Grapevine Editor Peter Sutherland and Sally are relaxing away from the rigours of editorial duties!! I don't think they are in Victoria!





Rotary



Club of North Balwyn

**GARDENING PROJECT****1 August 2016**

Alas, not everyone got to see the roster at our last meeting. We have a big session on 6 August and could use a couple more to assist, and a supervisor for 13 August.

On 12 and 19 August we return to Eva Tilley and the work requires use of mattocks. If you could lend us one please bring it this Thursday (or call me to collect). Make sure your mattock is named.

The roster has been extended to year end. Your forward commitment would be appreciated, **particularly for the coming few weeks.** (Geoff H)

<b>Date</b> and Who with	<b>Time</b>	<b>RCNB Supervisor</b>	<b>Assisted by</b>
Fri 5/8 - CGS	2.45 - 4.00pm	Geoff Haddy	Ian Glenney
<b>Sat 6/8 - special - CGS</b> <b>21 Yr. 11 students</b>	<b>10.00 - noon</b>	Geoff Haddy <b>(+ 2 pls.)</b>	Tak Yukawa Estelle Kelly Ian Richardson
Fri 12/8 - CGS/X	2.45 - 5.15pm	Geoff Haddy	Findley Cornell Tony Wells
Sat 13/8 - MLC	10 - noon	<b>(1 pls.)</b>	Duncan Ansell
Fri 19/8 - CGS/X	2.45 - 5.15pm	Greg Cribbes	Ian Richardson <b>(+1 pls.)</b>
Fri 26/8 - CGS/X	2.45 - 5.15pm	Brian Hurnard	<b>(2 pls.)</b>
Sat 27/8 - MLC	10 - noon	<b>(1 pls.)</b>	Marcel Muntwyler
Fri 2/9 - X	4.00 - 5.15pm	<b>(1 pls.)</b>	Tony Ho
Fri 9/9 - X	4.00 - 5.15pm	Greg Cribbes	Ian Richardson
16 Sept to 3 October	<b>SCHOOL BREAK</b>		
Fri 17/10-X	4.00 - 5.15pm	<b>(1 pls.)</b>	<b>(1 pls.)</b>
Sat 8/10 - MLC	10 - noon	<b>(1 pls.)</b>	Estelle Kelly
Fri 14/10 - CGS/X	2.45 - 5.15pm	<b>(1 pls.)</b>	<b>(2 pls.)</b>
Sat 15/10 - MLC	10 - noon	<b>(1 pls.)</b>	<b>(1 pls.)</b>
Fri 21/10 - CGS/X (Fellowship wkend)	2.45 - 5.15pm	<b>(1 pls.)</b>	<b>(2 pls.)</b>
Sat 22/10 - MLC	10 - noon	<b>(1pls.)</b>	<b>(1 pls.)</b>
Fri 28/10 - CGS	2.45 - 4.00	<b>(1 pls.)</b>	<b>(1 pls.)</b>
Fri 4/11 - CGS/X	2.45 - 5.15pm	<b>(1 pls.)</b>	<b>(2 pls.)</b>
After 4/11 until February	<b>SCHOOL BREAK</b>		

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](mailto:ghaddy@bigpond.net.au)

## Geoff's Health Tip

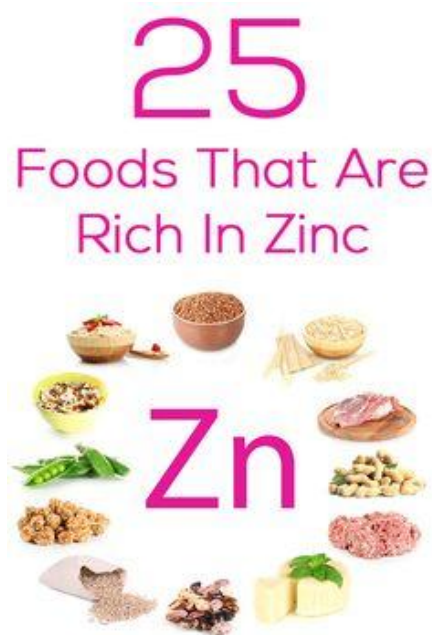
**Give Zinc a thought and boost your immunity to disease**

Most of us have never given a second thought to the importance of Zinc in our diets. Whilst we have long known of the necessity for Vitamin C, Iron, Vitamin D and Omega-3 fats, we have cared little about Zinc. However, a Zinc deficiency impairs immunity, making older adults more susceptible to infection. As we age, our immune systems naturally weaken, and we are more at risk to disease, especially during the winter months.

A recent article published in *The American Journal of Clinical Nutrition* provided information that showed 30 percent of nursing home residents had low serum Zinc levels and those with low levels had a significantly higher incidence of pneumonia and morbidity. Again, research at *RMIT University Food Science* on the eating habits of post-menopausal women, showed their diets were overwhelmingly Zinc deficient.

Zinc is an essential mineral that is naturally present in some foods, added to others, and available as a dietary supplement. A wide variety of foods contain Zinc. Seafood, especially oysters and crab meat (70mg per serve), are the richest source, but unfortunately expensive. Beef and pork contain reasonable amounts (6mg per serve), while beans, chickpeas, cheese, cashews and oats contain moderate amounts (1mg per serve).

Zinc supplements have been shown to boost serum Zinc levels and this increase is associated with higher T-cell levels. T-cells are critical to immune function. Zinc is a relatively inexpensive metal and is easily made into tablets such as Zinc Gluconate. A known content of elemental Zinc in a tablet enables you to determine your Zinc consumption more accurately. This takes the guess-work out of wondering if you have a deficiency. For older adults, the daily requirement for elemental Zinc is 14mg for males and 8mg for females.



Geoff

## 2017 District 9800 CONFERENCE SHEPPARTON 30 MARCH 1 APRIL

Registrations have opened for the 2017 District 9800 Conference from the 30th of March till the 1st of April 2017.

The Conference is being held in the City of Greater Shepparton, with pre and post conference activity in the Goulburn Valley.

There are significant discounts for early-bird registrations, for partners and for first time attendees.

Visit the website [www.rotaryconference.org.au](http://www.rotaryconference.org.au) to register and take advantage of these discounts.

**If opportunity doesn't knock, build a door.**

Milton Berle

## MEETING ROSTERS

### Thursday 4th August

Speakers: Debate with Balwyn High School  
 Topic: The Internet does more harm than good.  
 Host: Tony Wells  
 Setup: Joesph Butler and Duncan Ansell  
 Greeting: Ted Angleton and Sue McDonald  
 Desk: Joe Butler, and Russell Turner

### Thursday 11th August

Speakers: Mr. Peter Martin  
 Topic: Brim  
 The little community with a can do attitude  
 Host: Russell Turner  
 Setup: David De Garis and John Koa  
 Greeting: Jim Studebaker and David Rowe  
 Desk: Russell Cooper and Carolyn Pethick

### Thursday 18th August

Speakers: Sue Gunningham  
 Topic: Black Saturday - All The Days After  
 Host: Greg Matthews  
 Setup: John Gartlan and David Rowe  
 Greeting: John Rennie and Phil Francis  
 Desk: John McBride and David Cheney

### Thursday 25th August

Speakers: Professor Geoffrey Donnan AO  
 Topic: Florey Institute  
 Host: Greg Ross  
 Setup: John Rennie and Ted Angleton  
 Greeting: Robyn Stepnell and Takeo Yukawa  
 Desk: Bronwen Dimond and Paul Fitz

### Meeting No.5

**28th JULY 2016**

#### Present:

Guest Speakers	2	Dave Cleary & Dr Ann Frazier - A Personal MITO Experience
NB Members	44	
Wives/Partners	9	Pat Cleary, Joan Cooper, Jenny Cribbes, Robyn Elliott, Sue Fitz, Kristine McDonell, Helen Rennie, Lachelle Stewart, Jo Wells.
Visiting Rotarians	1	Ken Maxfield - RC Yea
Guests	7	Hon. Members, Charter Pres Stan & Bev Hibbert. Awardees - Erica Bienert BNPS, Ian & Marie Huntington, Bob & Jennifer Griffiths (Chris Cross).
Other Activities (Board Approved)	7	Gardening Project - Messrs Haddy, Wells & PNM Jol Dunn. Foundation Seminar - Findley Cornell, Adrian Ranson, Jim Studebaker, Garth Symington & Tony Wells

**Absences for Rosters:** Ian Adams, Peter Elliott, Larry Fitzpatrick, Hugo Goetze,  
 Tony Hart, Tony Ho, Brian Lacy, Gregor Matthews, Lindsay Pegg, Jim Romanis,  
 Colin Sharp, Nino Sofra, Don Taylor, George Swanson,

### Celebrations: Monday 1st August to Sunday 7th August

#### **Birthdays:**

Jo Wells

#### **Induction Anniversaries:**

#### **Wedding Anniversaries:**

Carol and Garth Symington





*The Rotary Clubs of Balwyn and North Balwyn invite you to  
A SPECIAL FUNDRAISING DINNER*

*This is Rotary serving our local community  
with all proceeds going to Camcare*

Many of the Rotary Clubs in Boroondara have supported Camcare in the past and we wish to continue and enhance this support.

We hope that the Clubs will consider attending this function in place of their usual weekly meeting.

We welcome you

On: Thursday 1 September 2016

At: Greenacres Golf Club  
Elm Street, East Kew

Arrive at 6.30pm for an initial drink with  
proceedings starting at 7.00pm

The cost is \$55.00 per head which includes a  
two course meal, initial drink and tea/coffee.

Contact Person for Questions:  
Kevin Walsh: President Balwyn Rotary  
Ph: 0407 354 588  
Email: kevin@kwwalsh.com.au

**Bookings through:** [www.trybooking.com/214264](http://www.trybooking.com/214264)  
By 30<sup>th</sup> August 2016.

*Camcare is a community based, not-for-profit organisation which focuses on supporting people in Boroondara and surrounding areas through times of adversity including unemployment, ill health, relationship difficulties, and financial stress and hardship, including homelessness and food security issues.*

*Camcare seeks to work with all members of the local community to provide services that assist people to identify and use their strengths, acquire new skills and confidence and manage their affairs independently.*

*As this is a fundraising event come ready to bid on some auction items – the evening will feature a live auction and a silent auction. Or you might do better with the quiz on the table. Camcare will benefit from your generosity!!*



## 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)

## Thursday, August 25th Meeting.

Professor Geoffrey Donnan AO of the Florey Institute will be our Guest Speaker

The Florey Institute of Neuroscience and Mental Health is the largest brain research group in the Southern Hemisphere.

At the Florey Institute teams work on a range of serious diseases including stroke, epilepsy, Alzheimer's disease, Parkinson's disease, multiple sclerosis, Huntington's disease, motor neurone disease, traumatic brain and spinal cord injury, depression, schizophrenia, mental illness and addiction. Research of the brain and its diseases has gained considerable momentum internationally, with many scientific and technological advancements being made. Researchers coming from around the globe to work at the Florey, recognising world leadership in imaging technology, stroke rehabilitation and epidemiological studies.

State and Federal Governments, major philanthropic foundations and many generous private benefactors have recognised the importance of neuroscience as the final frontier in medical research.



## Thursday August 4th - Debate with Balwyn High School students.

## Saturday, 13th August.

[Richmond Town Hall](#) 6.30 pm

Tickets start at \$39.99 for Dinner and Entertainment  
(Premium \$54.99 Includes Dinner and Entertainment  
2 x Raffle entry plus donation to Rotaract District  
9800 Projects) Book [HERE](#)

Our Space celebrates young inspiring adults making a difference in local and global communities. Our Space is a celebration for the past, present and future activities of the Rotaract Clubs of Swinburne, Gateway and Melbourne City. Our Space welcomes everybody including friends, family, Rotarians and the wider community to enjoy a night of entertainment, celebration and delicious food.



## 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)



## Thursday 30th March to Sat 1st April 2017

Shepparton [2017 District Conference](#)

2017 DISTRICT 9800  
**CONFERENCE**  
SHEPPARTON - VICTORIA  
30 MARCH - 1 APRIL

10 - 14 June 2017  
ATLANTA, GEORGIA, USA

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- 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](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)

Web: [www.rotarynorthbalwyn.com.au](http://www.rotarynorthbalwyn.com.au)

Acting Grapevine Editor John McBride

[jdmcb48@bigpond.net.au](mailto: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](#) 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 Rob Head [rahead@bigpond.com](mailto:rahead@bigpond.com) with your personal message.
4. Phone Rob on 0438 062 424

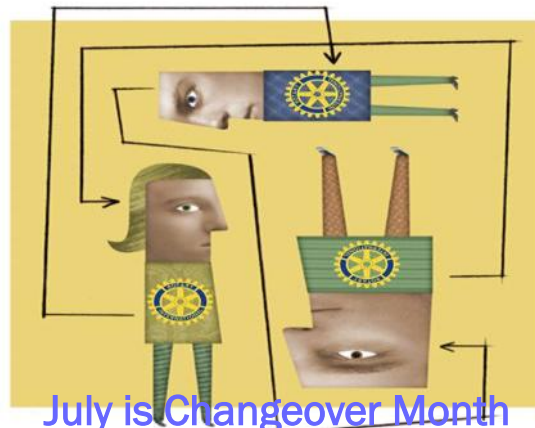
It is important to advise absences, guests attending, and partners attending. This is needed as the Kew Golf Club needs to know how many are attending each week to ensure we have the correct number of places set, meals provided and service staff employed. The Rotary Club incurs charges if we overestimate 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?



July is Changeover Month

### D9800 Probus

**North Balwyn Probus** President 2015/16

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

**North Balwyn Ladies Probus**

9857 7980 Meets on the second Monday of the month, at North Balwyn Baptist Church, 136 Doncaster Rd, Balwyn North, at 10am.

**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** (Sect Janet Eddy)

[jveddey@applewood.net.au](mailto:jveddey@applewood.net.au)



**ROTARY  
SERVING  
HUMANITY**



**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>



## Support Our Sponsors



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AND your  
community



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