The Rotary Club of North Balwyn

ROTARD

The Grapevine



IN SERVICE OF ROTARY

The Presidential Proclamation

What a wonderful way to end Rotary's International month of Basic Education and Literacy. Our two guest speakers, Natasha and Keira, were inspirational as they told us how they have written and published books to draw attention to people in society who have wonderful stories that might not otherwise be heard. This might have been their first experience of Rotary but I am sure it will not be their last!!

Unfortunately we have farewelled Max Hardy who has tendered his resignation this week due to his personal circumstances changing. He will become a Friend of Rotary and so we will not lose touch with him and hopefully he can re-join at a future date.

The literacy theme will continue in 2016 when our Club, along with Balwyn and Boroondara, organise a fundraising dinner to support The Smith Family "Lets Read" project. You will hear more about this in the coming months.

An old Chinese proverb says: "Learning is a treasure that will follow its owner everywhere." So once literacy is achieved the learning journey can commence.

Learning is a never-ending story. There are always new things to learn because the world changes every day. Young people should be able to learn what they need to build the life they want. Education should give the keys to the future. It opens closed doors and is a vital part every person's life.

In the words of our Rotary International President:

"Our time is now. It will never come again.
Go and be a gift to the world."

President Jane

NEXT WEEK'S SPEAKER: District Governor, Julie Mason

Julie has been a member of the Rotary Club of Wyndham for twenty years and served as Club President in 2000-2001. As Secretary, Director of New Generations, Club Service, Club Bulletin Editor and Sergeant, Julie gained a sound knowledge of Rotary from a club perspective. Assuming the role of Counsellor and host family for two Youth Exchange students and being a mentor for seven years for the Wyndham Rotaract Club remain personal highlights.

Julie was a member of the Australian Rotary Health District Committee for several years and was part of the District Committee to develop the Protection Policy in 2007. From 2010 to 2012 Julie was appointed Assistant Governor and from 2012 to 2014 Julie was District Director International Service. This role enabled her to experience the true internationality of Rotary. This was again enhanced by Julie being selected to lead a Group Study Exchange Team to England in October 2012. Julie is especially pleased to be a Club Vision facilitator and constantly recommends this program to clubs. She is a Paul Harris Fellow with sapphire recognition, a member of the Paul Harris Society and a contributor to the Rotary Foundation Endowment Fund. Julie grew up on a dairy farm in country Victoria and became a teacher and then a Principal. Julie has also been actively and extensively involved in education and local government.





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

Our speakers Natasha Bernard and Keira de Hoog - "Other States of Mind - The importance of sharing stories surrounding mental health"

Natasha Bernard and Kiera de Hoog provided Members with an insight into their voluntary work to promote awareness of mental health issues.

In collaboration with other like-minded publishers, they have brought together stories of people from diverse backgrounds and experiences. Stories of the challenges faced by people who have had to adjust to difficult situations. "Life is not all about choices but for many it is about circumstances."

O'TRIN ANDIO

Their aim is to use these stories to shape opinions and to help people understand these situations and how they can help. They are seeking to encourage people to talk about mental health and to try to break down the stereotypes and misrepresentation of mental health issues. Their books include "Recipes & Refuge...stories of immigrants and refugees told through food"; "Other States of Mind" and "Soup Van...stories over a polystyrene cup", all published by The Rag and Bone Man Press.



Club Dinner at the Bendigo Conference

The Club Dinner at the Bendigo Conference will be held on Friday 11 March. The restaurant, Mr Beebes, 17 View Point, Bendigo has been booked. This is walking distance from our accommodation. So if you are booking for the Conference you can bear this in mind.



Men's Shed Update



Tony Hart informed Members that the State Government has declined support for the Men's Shed financially considering the existing funding commitment from Boroondara Council. This was no reflection on the quality of the Club's submission however. Notwithstanding this disappointment, Tony advised that the project has sufficient funding to proceed.

AFL Grand Final Celebration - Partners' Night Thursday 1st October 2015



Remember that next Thursday's meeting will be a "Grand Final" - themed night. District Governor, Julie Mason will join the meeting, together with twenty members of her club, the Rotary Club of Wyndham. There will be a competition to choose the winning team and its' winning margin.

The menu chosen for the Grand Final night is one that is appropriate for a football function – i.e. "Pie, Tomato Sauce and Chips", followed by "Fruit Salad and Ice Cream". Large bowls of salads will be provided on each table.

Members and their partners who have special dietary requirements should be known to Hugo Goetze. Hugo then advises Kew Golf Club if they will be attending. Kew Golf Club then makes meals for those individuals in accordance with their requirements. Thus, everyone's particular requirements are catered for – providing that Hugo knows who is attending.

Fellowship Committee

Board Business at Hand — Update

The Board held its third meeting on 21 September and a summary of the business in hand is as follows:

- The Club has the opportunity to nominate a Rotarian to be a member of the Boroondara Cares Foundation Board. I have the nomination form.
- The Men's Shed planning is progressing. Council is tendering for the construction and funding is being reassessed as our application to the State Government for a grant was unsuccessful.
- Club members will be asked to volunteer to undertake training on our new defibrillator with a small group being trained and then they can train others.
- The Multicultural Festival is being assessed for financial viability with recommendations coming to the next meeting.
- Policy statements are being worked on to clarify specific Funds within our accounts. These will be circulated in the very near future.
- The Club will join with Boroondara and Balwyn to run a fundraising dinner to support The Smith Family's
 "Lets Read" program. This partnership has been developed at District level and we are supporting this
 initiative.
- The Club dinner at the District Conference in March 2016 will be held on the Friday evening prior to the Conference starting on the Saturday morning. A restaurant has been booked in Bendigo.
- New letterhead and envelopes are being considered.
- Friends of Rotary will be contacted and asked if they would like to receive a Club Directory.
- A Club response to the Syrian refugee situation is under consideration. An immediate donation will be made to UNHCR and a longer term response will be formulated in consultation with other community service agencies.
- The AGM will be held on Thursday 26 November. A timeline for nominations has been finalised.
- A donation was approved to fund sanitary kits under the "Days for Girls" program, which Sue McDonald will take with her to Timor Leste for immediate distribution.

President Jane

NOMINATING COMMITTEE TO ELECT DISTRICT GOVERNOR FOR 2018 - 2019

I have received a call for Clubs to nominate a Past President to serve on the Nominating Committee that will select a nominee for District Governor for the year 2018-2019.

If there is anyone interested in this please do contact me and I will forward to you the link to the Nominating Form.

President Jane

Please Note: The Annual General Meeting of the Rotary Club of North Balwyn will be held on Thursday 26th November 2015.

Please Remember....

For the partners' evenings (e.g. Grand Final night ,1st October; the Rotary International Hat meeting, 8th October and the Melbourne Cup night,29th October), Members are reminded that Partners' attendance must be advised by the Tuesday evening before each meeting. This is necessary so that the Golf Club may provide sufficient meals.

The known dietary requirements for all attending are passed on to the Golf Club.

Thanks, Hugo.



Please remember to bring items for "Days for the Girls" kits to this Partners' meeting.

NOT TO BE MISSED!









OUR NEXT PARTNERS' NIGHT



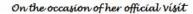
Rotary Club of North Balwyn Grand Final Pie Night Club Footy Awards



With special guest



DG Julie Mason-Captain D9800





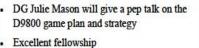


Our Grand Final Partners' night will include:

Traditional football fare



Club Footy Awards will be announced for deserving members of the club (and some who









Where: Kew Golf Club When: Thursday 1st October Time: 6.00 for 6.30















Postponed!!!! Please note a change of date to Friday 19th February 2016



Important Anniversaries

Monday 28th September to Sunday 4th October

Birthdays: Heather Matthews, Duncan Ansell, Steven Greatorex,

Sanae Yukawa, Fran Butler

Inductions: - None

Wedding Anniversaries:- Areta and Brian Hurnard, Di and Jurgen Kehne





Please remember that each Partners Night will be a "Girls Night" and donations for the "Days for the Girl's kits" are needed.







Days for Girls Project Rotary Club of North Balwyn

The Rotary Club of North Balwyn will support "Days for Girls", initially in the following way:

Each Club meeting which has been designated as a Partners night will be a "Girls Night" too and each person is asked to bring items to go into the "Days for Girls" kits.

These include:

- Undies girls sizes 8 14
 Plain colours, geometric designs or floral only
- ❖ Face Washers
- Ziploc bags size large (approx.26 x 38cms) (Costco have the best ones)
- Cotton fabric (quilters fabric is ideal) plain, floral or geometric designs only

These items will be collected and donated to ladies who are making up the kits.

If anyone would like to sew items for kits please contact me and we will work out how we can help in this.

Further ways we can assist are also being developed so watch this space!!

Contact:

Jane Pennington
President, Rotary Club of North Balwyn

Email: Jane.Pennington@bigpond.com

Phone: 0408 402 555

What is Days for Girls?

Every girl in the world deserves education, safety, and dignity. We help girls gain access to quality sustainable feminine awareness, hygiene and by direct distribution of sustainable feminine hygiene kits, by partnering with nonprofits, groups and organizations, by raising awareness, and by helping communities around the world start their own programs. Thanks to a global grassroot network of thousands of volunteers and supporters on 6 continents, we have reached women and girls in 75+ countries on 6 continents. It's working. You can help us reach the rest.

Imagine...

What if not having sanitary supplies meant DAYS without school, DAYS without income, DAYS without leaving the house? Girls use leaves, mattress stuffing, newspaper, corn husks, rocks, anything they can find...but still miss up to 2 months of school every year. It turns out this issue is a surprising but instrumental key to social change for women all over the world. The poverty cycle can be broken when girls stay in school.











THE ROTARY CLUB OF NORTH BALWYN INVITATION

You are invited to a Ladies Fundraising Night at Blue Illusion, Balwyn.

The evening will include a Fashion Parade, advice on style, accessories and a gift bag for all who attend. After the Parade you will have an opportunity to purchase any items and a percentage of the total sales from the evening will be donated to our Club.

The proceeds from the night will go towards "Days for Girls".

Please join us for an enjoyable evening and possibly some early Christmas shopping. There will also be a Door Prize - donated by Blue Illusion.

DATE: Thursday 19 November 2015

TIME: 6.30pm for 7.00pm

Drinks and nibbles

VENUE: Blue Illusion, 256 Whitehorse Road, Balwyn

RSVP: By 28 October to Kristine McDonell by phone or email.

Tel: 9857 5130 - email: bjcummings.kmac@bigpond.com

Please note - Place numbers are limited.

Help needed for the Camberwell Craft Market BBQ - 4th October

We need two volunteers for the Camberwell Craft Market BBQ on Sunday 4th October.

If you can help please e-mail me on: nsofra@bigpond.net.au

Thanks, Nino

Please Note: Melbourne Cup Celebration Night 29th October is at Greenacres!!!!

Please note that the 29th October 2015 Partners Night Celebration of Melbourne Cup will be held at Greenacres Golf Club. The change of venue is due to paint work being undertaken in the Kew Golf Club in the week beginning 26 October and the likelihood of an overpowering smell of fresh paint in the dining room on 29 October.



Club Service Director: Vice President Brian Hurnard will be Acting Club Service Director until Brian Lacy returns at the end of October.



HATS HATS

HATS HATS



Thursday 8th October ... for Members, Partners & RCNB Friends

I am delighted to announce that milliner, Waltraud Reiner, head of Torb & Reiner and a member of the Millinery Hall of Fame, will be joining us ... and she is happy to be our official hat judge.

Everyone coming along on 8 October, please wear a hat ... preferably a different one from last year.

The program aims to be an entertaining one, with hats being the priority.

Some hat knowledge (historical and musical) may be advantageous! There will a competition 'of sorts' and the winning hatted person will receive a bottle of Mumm Champagne for their efforts.

Hat Day is an initiative of Australian Rotary Health held nationally to raise funds for and awareness into mental illness prevention research.

As you know, our weekly contributions to the silver pot go towards this research.



Greg Ross

Rotary Gardens Project at 27th September 2015 Greg Cribbes is just BACK from sunny Queensland!! But....no gardening until next week due to school vacations. As always, any nominations for future visits, queries or want to chat?? Please call me. Cheers Greg CRIBBES Mob 0413 270403

Date & Who with	Time	RCNB Supervisor	Assisted by			
Thur 17/9 to Thur 8/10	No Sessions	School Holidays	$\overline{\mathbf{e}}$			
"Sometime" 17/9 to 8/10	2 hours for "Trash & Treas- ure"	Estelle Kelly	Brian Hurnard			
Tue 6/10 - Rotary clean up after tree	10.00 - 12.00	Greg Cribbes	+1 please?			
Fri 9/10 – Xavier	4.00 - 5.15pm	Greg Cribbes	Rowan McClean			
Sat 10/10 - MLC	10.00 – noon	Geoff Steinicke TBC	Marcel Muntwyler			
Fri 16/10 - CGS/X	3.00 - 5.15pm					
Sat 17/10 - MLC	10.00 - noon					
Mon 19/10 Xavier (16+4)	10.00 - 3.00pm	Greg Cribbes	Bob Bromley 10-12noon Greg Matthews – 11-3pm Geoff Haddy			
7						



The Shrine of Remembrance visit and tour Wednesday, 21st October 2015 at 11.00 am followed by a café luncheon (not included in cost).

Can those interested please email David Cheney: cheneydk@bigpond.net.au

** Please Note: The planned visit to the Shrine of Remembrance will be Wednesday, 21st October. If there are sufficient starters (35 or more), we will arrange to go by bus from Macleay Park at 10.15 am. The cost would be approximately \$25.00 per head. The conducted tour will begin at 11.00 am. This will be followed by a café lunch at a nearby restaurant and the bus trip home afterwards.

If there are insufficient numbers, it will make the chartering of a bus uneconomical and those participating will need to arrange private or public transport and meet up at the Shrine at 11.00 am.

Please let David Cheney know asap if you would like to join the visit.

Don't forget that a new Coffee Group has been established!!



A reminder that with Jack Liao opening his new premises at the gateway to the Leo's carpark, it has been suggested that the Cafe Romeo model be cloned and those members living further west might meet there for coffee when available at 10 am during week days.

The objective is the same - to discuss matters of absolutely no importance.

A note for your diary: Wednesday, 10th February 2016 at 12.00pm.

Visit to The Johnston Collection, East Melbourne. (Limited to 22 persons). \$23 per person.

The Johnston Collection is the legacy of **William Robert Johnston** (1911-1986) an antique dealer and collector of beautiful things. He loved objects that were unusual and visually arresting. He had a sharp eye for the beauty created by the harmonious balance of line and form. He delighted in arranging objects together to create extraordinary interiors.





Rotary Club of North Balwyn CHARITY GOLF DAY

Friday 19th February 2016

To be held at **Kew Golf Club** 120 Belford Rd East Kew.

Proceeds to ROTARY CLUB OF NORTH BALWYN MEN'S SHED

GREAT PRIZES TO BE WON

Shotgun Start at 8.00 am

Please arrive between 7.15am – 7.30 am for briefing before proceeding to allocated tees.

Upon completion of your enjoyable round, lunch is provided (included in the fee) during which all Presentations will be made. Drinks are available at bar prices.

<u>The COMPETITION is Ambrose</u> – 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 1st, 2nd and 3rd placed teams, there will be fun prizes on:

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

ENTRY FORM:

	<u>PLAYER</u>	PHONE GOLF CLUB	<u>HANDICAP</u>	GOLF LINK No	<u>\$</u>
)					
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				F	ΓΟΤΑL \$

Cost \$75.00 per player.

PAYMENT OPTIONS:

- $^{\star}\,$ 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

With thanks to our Major Sponsor, our local travel agent

Helloworld Balwyn North Phone 9819 7173

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



Meeting No. 13

Thursday, 24th September 2015

Present: Guest Speakers 2 Natasha Bernard, Author & Keira deHoog, Publisher; Rag & Bone Man Press.

NB Members 52

Partners 1 Bev Sofra

MakeUps 7 Ken Maxfield - RC Yea; Jane Pennington - RC Boroondara;

applied 6 George Swanson - RC Sorrento; Greg Ross - Aust. Rotary Health Board;

Cromwell/Dandenong BBQ - P.Elliott, J.McBride & Bill Oakley.

Meeting Attendance 90.6%

Absences for Rosters:

John Burley Peter Cleary Chris Flavelle-Smith Brian Lacy John Rennie

Jim Romanis Peter Sutherland Garth Symington Bill Thackray

Geoff's Health Tips

Why I like Oats instead of wheat (Weet-Bix) or corn (Corn Flakes) for breakfast

Most Australians do not eat rolled oats as their preferred breakfast cereal. However, for Scottish people they have always been held as a mainstay of the national diet. Samuel Johnson famously wrote in 'A Dictionary of the English Language' that the oat was a grain which in England is generally given to horses but in Scotland supports the people. To which the Scottish riposte is "England is known for the quality of its horses and Scotland for its men".

There are several reasons why oats should be the preferred breakfast cereal:

- 1. Oats contain more soluble fibre than any other grain. This results in slower digestion and an extended sensation of satiety and energy.
- 2. One type of soluble fibre, beta-glucans, has been proven to lower cholesterol and improve immune system defences.
- 3. Oats also contain insoluble fibre that is non-digestible and pass through to the large intestine where they are fermented, producing short chain fatty acids. Short chain fatty acids have been shown to reduce the risk of colorectal cancers.
- 4. Oats are high in protein at 14% and have the richest oil content of all grains.
- 5. Oats may help reduce the risk of type 2 diabetes and improve insulin sensitivity.
- 6. Oats help cut the use of laxatives. This is especially important for the elderly in nursing homes, who are prone to constipation.

Note: The recommended rolled oats are not what you see in Supermarkets.

Supermarket rolled oats, under various brands, are steamed at high temperature before packing. This extends their shelf life to 2 years, however, steaming kills the natural enzymes that are present in oats and prevents the oats from becoming bitter. They are what we call stabilised rolled oats.

You will find organically grown rolled oats that are un-stabilised at health food stores under brands such as "Four Leaf Milling" or "Kialla". You can cook rolled oats to make a porridge but more often you will find that rolled oats are best as the basis for muesli, a great year-round breakfast cereal.

Geoff



MEETING ROSTERS

Thursday 1st October

Partners' Night - "AFL Grand Final"

Speaker District Governor, Julie Mason

Host: Jane Pennington

Desk: Imre Lele, George Swanson

Greeters: John Gartlan, Bronwen Dimond

Set-up: Bill Oakley, Anthony Stokes

Thursday 8th October

Partners' Night - "Hat Night"

Speaker/Host: Greg Ross

Desk: Jim Studebaker, Eileen Toohill Greeters: Peter Sutherland, Takao Yukawa

Set-up: Don Bowden, Tony Hart

Thursday 15th October

Speaker: TBC Host: TBC

Desk: David Cheney, Geoff Haddy Greeters: David DeGaris, Greg Cribbes

Set-up: Rob Head, Greg Ross

Thursday 22nd October

Speaker: TBC Host: TBC

Desk: Don Taylor, Bob Bott

Greeters: Russell Cooper, Tony Ho

Set-up: Greg Dimopoulos, Geoff Steinicke

MAKE NOTES OF THESE DATES IN YOUR DIARY See also http://www.rotarydistrict9800.org.au/notices_and_events_future

Thursday 1st	October Club Meeting—Partners' Night visit by District Governor &	December Thursday 3rd BBQ at Bunnings		
	Celebration: AFL Grand Final	Friday 4th	Ladies Christmas Cake Stall	
Sunday 4th	Craft Market BBQ Camberwell Civic Centre	Thursday 10th	Club Meeting—Partners' Night Celebration of Christmas	
Thursday 8th	Club Meeting - Partners' Night "Hat Night"	Saturday 12th	Event—Carols in the Park Macleay Park, Balwyn	
Friday 9th to Sunday 11th	Camp Getaway Weekend	Sunday 13th	Event—Carols at Servants	
			2016	
Friday 23rd	BBQ at Bunnings		January	
Thursday 29th	Club Meeting—Partners' Night Celebration of Melbourne Cup at Greenacres Golf Club	Sunday 10th	Event—Brunch 9:30—11:30 am Warren Glen Nursery 373 Ringwood Warrandyte Rd, Warrandyte	
November		Filming		
Sunday 1st	Craft Market BBQ Camberwell Civic Centre	Friday 19th	February Golf Day	
		Tilday 19th	Kew Golf Club	
Friday 6th to Sunday 8th	Fellowship & Golf weekend Cobram, Barooga	Wednesday 10th	The Johnston Collection visit	
Saturday 14th	Upstream Challenge		March	
		Friday 11th	District Conference - Club Dinner	
Thursday 19th	Event—Fashion Fundraiser Blue Illusion, Balwyn	Saturday 12th Sunday 13th	District Conference Bendigo	

ROTARY CLUB OF NORTH BALWYN 2014/15

President: Jane Penninghton
Vice President: Brian Hurnard
Secretary: Gavan Schwartz
Treasurer: David de Garis

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Acting Grapevine Editor: Peter Wilson pwilson254@gmail.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.

- Click <u>HERE</u> to go to the Website
- 3. E-mail Hugo Goetze 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.

UNESCO INTERNATIONAL LITERACY 2015



According to new data, 757 million adults still lack basic reading and writing skills

In 2000, the international community pledged to reduce by half the rate of illiteracy among adults, especially women, by 2015. New data from the UNESCO Institute for Statistics (UIS) indicate that, while literacy rates have improved, the goal will not be met. According to the new estimates, there are 757 million adults, including 115 million youth, who still cannot read or write a simple sentence. Roughly two-thirds of them are female.

The data underscore the need for a greater commitment to the new literacy target of the Sustainable Development Goals. This target includes the ambitious pledge to "ensure that all youth and a substantial proportion of adults, both men and women, achieve literacy and numeracy" by 2030.

Since 2000, literacy rates for adults (aged 15 years and older) have improved, reaching 85% globally, but sub-Saharan African and South and West Asia still have the lowest rates. In countries like Afghanistan, Mali and Senegal, the adult literacy rate is below 50%. Women account for two-thirds of all illiterate adults (63%), and the gap is nearly as wide among youth. Young women make up 59% of the 115 million illiterate youth. Source: UNESCO Institute for Statistics (UIS), "International Literacy Day 2015" http://www.uis.unesco.org/literacy/Pages/literacy-day-2015.aspx,

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

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Rotary International http://www.rotary.org/en

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