



IN SERVICE OF ROTARY

Our Leadership
2015/2016

The Presidential Proclamation

Happy 111th Birthday to Rotary International (on the 23rd of Feb)! Club members celebrated suitably with champagne for a toast and birthday cake to follow. Our Club meeting at the North Balwyn Bowls Club was great fun with many people out on the greens bowling. I don't think I really helped the team I was in – think I was more of a liability!!



RI President
K. R. Ravindran

Our Multicultural Festival was awesome!! A huge thank you to the team who put in many hours organising such a successful event. There were dancers, singers, a magician, a story teller, two random seagulls (I am still not quite sure what they were doing), a Bendigo Bank pig, three small horses, wine tasting, a climbing wall, two bbqs with yummy food, origami, coffee, the local MP and the Mayor, two AFL players, a wonderful atmosphere.....thank you to all members who were there.



DG 9800
Julie Mason

Our Days for Girls project is going fantastically well with more frequent sewing days scheduled to ensure 50 kits are ready for Sue to take to Timor Leste in April.

Our Rotary month of Peace and Conflict Resolution has come to an end and so here are some words from Mother Teresa:

"Peace is an aspiration. If we have no peace, it is because we have forgotten that we belong to each other. Peace begins with each other and peace is the absence of conflict. Ignorance is a menace to peace. This could mean we need self acceptance and tolerance of others."

This week please do go and

Be a Gift to the World.

President Jane



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 3rd March

Speaker: Ms. Michelle Moyle: Age Related Foot Changes

Setup: Ted Angleton, Jack Liao

Greeters: Ken Maxfield, Lindsay Pegg

Desk: Marcel Muntwyler, Peter Elliott

RAWCS - Rotary Australia World Community Service***Important Announcement***

The Rotary District Governors of Australia have agreed to support a National Fund Raising Appeal for the ***Fiji Cyclone Winston Disaster Relief Effort***.

- A National RAWCS Project has been established called “FIJI DISASTER RELIEF” RAWCS Project Number 46/2015 – 16
- The sponsoring Rotary Club is the Rotary Club of Deloraine in Rotary District 9830
- The RAWCS Fund Raising Appeal Committee members consists of DG John Dare D9830, DG Adrian Roach D9670 and DG Mike Woods D9550.
- Partner Clubs in Fiji are the Rotary Club of Lautoka and the Rotary Club of Suva, both clubs are in D9920
- The intention is to Fund Raise immediately and then identify appropriate projects, assess the need and apply funds.
- Identifying appropriate projects and assessing the need will not happen immediately and could take some time to establish the correct processes and procedures with the Fijian Govt.
- We encourage the fund raising to commence at the earliest moment as the “first mover” usually is the most successful in fund raising.

Visit www.rawcs.com.au for more information.



North Balwyn Multicultural Festival.



Bowls Night The North Balwyn Bowls Club
Where the stars came out to shine!



Up and Coming Catering Events—February

Please email me at nsofra@bigpond.net.au Thank-you in anticipation Nino

Date	Event	AM Shift 8am-12noon	PM Shift 12noon - 4pm
03-Apr-16 Sunday 9.30am-3.00pm	Hawthorn Craft Market Camberwell Town Hall	Jane Pennington Eileen Toohill	
22-Apr-16 Friday 8.30am-4.00pm	Bunnings BBQ Middleborough Rd Box Hill	Bill Oakley	
25-Apr-16 Monday 5.30am-9.00am	ANZAC DAY RSL Templestowe	Bill Oakley Lindsay Pegg Peter Sutherland	
30-Apr-16 Friday 8.00am-4.00pm	Bunnings BBQ Middleborough Rd Box Hill	Bill Oakley Lindsay Pegg	
01-May-16 Sunday 9.30am-3.00pm	Hawthorn Craft Market Camberwell Town Hall		
20-May-16 Friday 8.30am-4.00pm	Bunnings BBQ Middleborough Rd Box Hill	Bill Oakley Nino Sofra	
05-June-16 Sunday 9.30am-3.00pm	Hawthorn Craft Market Camberwell Town Hall	Jane Pennington Nino Sofra	
		Shift 1 9.00am —1.30 pm	Shift 2 1.30—6.00 pm
25-June-16 Sunday 9.00am-6.00pm	Reclink Community Cup Elsternwick Park	Bill Oakley	Brian Lacy

Sewing "Days for Girls" Group in action !



Rotary Gardens Project at 27th February 2016:

Another busy Gardening program last week saw the mowing/slashing complete a much needed tidy-up, quite a serious makeover on another property where the quite ill resident can now potter and lastly, a terrific tidy-up of the Garden surrounds of a rear unit again to the delight of the lady resident. I keep saying thank you but I truly mean it.

This week, we attack a peppercorn tree and prune elsewhere, start to attend to Eva Tilley surrounds and weeding/pruning of another property.


Looking further forward, I'll advise Second Term dates next week. Stay tuned!!

A couple of requests from Hilda St where we house the Gardening tools. Could you:

- knock on the front door each time you visit
- identify yourselves as Rotarians by wearing cap/shirt, and
- make sure the side gate is firmly shut as the wind has opened it recently.

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

PLEASE call me. Cheers Greg CRIBBES mob 0413 270403

Date and Who with	Time	RCNB Supervisor	Assisted by
Thur 3/3 - RCNB	10.00 - noon	Greg Cribbes	Duncan Ansell +
Fri 4/3 - CGS/X	2.45 - 5.15pm	Geoff Haddy	Tony Wells Brian Hurnard
Sat 5/3 - MLC	10.00 - noon	Ian Richardson	Eileen Toohill Colin Sharp
Thur 10/3 - RCNB	10.00 - noon	Greg Cribbes	Steven Greateorex
Fri 11/3 - CGS/X Bendigo Weekend	2.45 - 5.15pm	Brian Hurnard	Tak Yukawa Ian Richardson
Sat 12/3 - MLC	10.00 - noon	CANCELLED	
Thur 17/3 - RCNB	1.30—3.30pm New Time	Rowan McClean	+
Fri 18/3 - CGS/X	2.45 - 5.15pm	Greg Cribbes	++
Sat 19/3 - MLC	10.00 - noon	Greg Cribbes	+
Fri 25/3 to 11/4	EASTER & SCHOOL BREAK		

Yarra Valley Winery Tour (With Bus) Sunday 10th April



10.30 am Luxury Coach departs Macleay Park,
11.30 - 12.15 pm Wine Tasting at Payne's Rise, Seville,
12.30 - 1.00 pm Killara Estates, Seville East.
Wine tasting in the Podium with magnificent views over the Yarra Valley

Lunch: Extensive set menu of local Italian plates.

Return to Macleay Park at approx. 4.00 pm.

\$65.00 per head plus drinks at Cellar Door prices

See Tony Hart with payment urgently to ensure your reservation.

Fellowship Committee.





Tickets for this Friday's screening just one day after the film's release are still available. Contact Ian at adams.ian@bigpond.com

EVA TILLEY MEMORIAL HOME FILM NIGHT; THE LADY IN THE VAN

Starring MAGGIE SMITH, FRIDAY 4 MARCH, BALWYN CINEMA
Only \$20!

Start Time 7pm

ConocoPhillips Science Summer Program

The Youth Committee sponsored Rashmika Unduodage from Year 10 at Balwyn High School to attend a ConocoPhillips Science summer program conducted by the RMIT.

Rashmika says "The Science Program was a great experience, I was exposed to various areas of science such as looking at cadavers in Anatomy, to learning how to extract DNA from bacteria in Biotechnology. RMIT also organised excursions to CSIRO and the Victorian Space Centre.

It was a very worthwhile program and it was great to meet other students who were interested in science from across Victoria.

I am very grateful to Balwyn Rotary Club for sponsoring me for the program and I will recommend the science experience to my peers at school.

Thank you,

Regards,

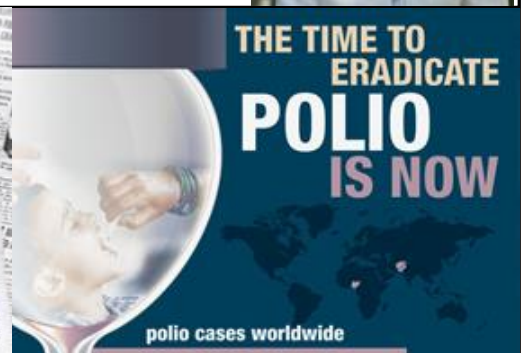
Rashmika

Balwyn High School



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!



Geoff's Health Tips—Feeding your Microbiome



Last week I pointed out the benefit of adding yoghurt to your breakfast. The bacteria in yoghurt are just a few varieties of the millions, collectively known as Microbiome, that exist in our gut to chomp away at food, breaking it down to produce vitamins, proteins, hormones, etc., and enabling us to survive. One particular food necessary to feed your Microbiome is fibre.

We all know that fibre is something that we need to take at every meal. It is estimated that the average adult needs 30 grams of fibre a day, but 50% of Australians take only 60% of the amount of fibre that is needed. People who eat less than the recommended amount of fibre will lose some of the varieties of beneficial bacteria and, as a result, pass on a less extensive Microbiome to their next generation.


The problem is that fibre is not obvious to the eye. You can't buy a product from the supermarket that is labelled 'fibre 100%'. It is hidden away in a mixture and shown on a label as a percentage. It has no taste, and cannot be digested by our bodies' enzymes and yet is one of the most important food ingredients, as it helps keep the digestive tract healthy. Fibre is important in reducing the risk of diseases such as diabetes, coronary heart disease and bowel cancer.

There are three types of fibre, soluble, insoluble and what we call resistant fibre. The major source of fibre is beans. Half a cup of beans contains 6.6 grams of fibre and half a cup of peas contains 3.4 grams. One cup of wholemeal pasta contains 8 grams and one third of a cup of almonds contains 4 grams. Of the breakfast cereals, oats are especially good as they contain soluble and insoluble fibre.

All fibres, no matter their source, can cause flatulence, however the ability of bacteria to digest any type of fibre can vary from individual to individual. There is little that can be done to avoid flatulence as gas is always produced in the colon in the fermentation of fibre. At least you know the system is working!

Geoff

RCNB members are invited to the International Women's Day breakfast in Box Hill.
Wednesday 9 March 2016 7:00am - 9:00am Box Hill Town Hall



International Women's Day 2016

Breakfast in Box Hill


Wednesday March 9th 2016

Box Hill Town Hall - 7:00am for 7:15am to 9:00am

Are you ready?

Women in Rotary

Presented by your local Rotary Clubs



We realise that there is also an event in the city but if members find that one difficult to get to, Box Hill Town Hall might be easier.

For bookings and more info, go to: <https://www.ivvy.com/event/IWDB16/>

Early Bird: \$55.00 \$65.00

Early Bird is prior to Feb 12th

MEETING ROSTERS

Thursday 3rd March

Speaker: Ms. Michelle Moyle
 Topic: Age Related Foot Changes
 and the Benefits of Podiatry
 Host: Paul Fitz
 Set Up: Ted Angleton, Jack Liao
 Greeting: Ken Maxfield, Lindsay Pegg
 Desk: Marcel Muntwyler, Peter Elliott

**Thursday 10th March**

Speaker: Mrs. Jan de Kretser
 Topic: International Women's Day
 Host: President Jane Pennington
 Set Up: Don Bowden, John Gartlan
 Greeting: Eileen Toohill, Estelle Kelly
 Desk: Sue McDonald, Kinga Paulheim

Thursday 17th March

Speaker: Dr. Max Hardy
 Topic: About Our Defibrillator
 Host: Colin Sharp
 Set Up: Findley Cornell, Bob Bromley
 Greeting: Rob Stewart, Larry Fitzpatrick
 Desk: Tony Hart, Rob Head

Wednesday 24th March

Speaker: Neil Dalrymple
 Topic: Bowls Australia
 Host: TBA
 Set Up: Greg Dimopoulos, Peter Cleary
 Greeting: Jim Studebaker, Brian Lacy
 Desk: Adrian Ranson, Greg Cribbes

**Celebrations: Monday 29 Feb to Sunday 6 Mar****Birthdays:**

Nina de Garis

Induction Anniversaries:

Adrian Ranson 2008

Wedding Anniversaries:

John and Helen Gartlan; Phil and Carmel Francis

Gregor and Heather Matthews

MAKE NOTES OF THESE DATES IN YOUR DIARY

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



Friday 4th March "Lady in The Van" Eva Tilley Fund Raiser Film Night 7pm
Balwyn Cinema. \$20 See Ian Adams for Tickets

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

Wednesday March 9th 7.00 am to 9.am
International Women's Day Breakfast Box Hill Town Hall
<https://www.ivvy.com/event/IWDB16/start-registration/delegate>

International Women's Day 2016
Breakfast in Box Hill
Wednesday March 9th 2016
Box Hill Town Hall - 7:00am for 7:15am to 9:00am

Are you ready? **Women in Rotary**
Presented by your local Rotary Clubs

Thursday March 10th International Women's Day Breakfast City/Southbank

INTERNATIONAL WOMEN'S DAY BREAKFAST
THURSDAY 10TH MARCH 2016

THURS MARCH 10 2016
7:00 - 9:00AM
THE PALLADIUM
SOUTHBANK

THE ASCENT OF A WOMAN?



Friday 11th -> Sunday 13th March
District Conference Bendigo
Registration closed on January 31st

CONFERENCE 2016

Rotary District 9800   Be a gift to the world

12TH - 13TH MARCH | BENDIGO

Thursday 17-Sunday 20 March
The 2016 Formula 1® Australian Grand Prix.
F1. For Real.

FORMULA 1 AUSTRALIAN GRAND PRIX
MELBOURNE
17-18-19-20 MARCH 2016



Saturday 2nd April RC Yea and Alexandra

Cycle Dindi M Ride the High Country Rail Trail



Rotary 
Clubs of Alexandra and Yea

Sunday 10th April Winery Tour and Luncheon—Yarra Valley



Sunday 26th June

Reclink Cup 'The Cup' is turning 22

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



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 2014/15

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

president@rotarynorthbalwyn.com.au
vicepresident@rotarynorthbalwyn.com.au
secretary@rotarynorthbalwyn.com.au
treasurer@rotarynorthbalwyn.com.au

Web: www.rotarynorthbalwyn.com.au

E-mail: info@rotarynorthbalwyn.com.au

Grapevine Editor Peter Sutherland

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

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**.

**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?

FEBRUARY IS

PEACE AND CONFLICT
PREVENTION/RESOLUTION
MONTH

"Imagine all the people living life in peace..."
John Lennon

www.rotary.org

D9800 Probus**Rotary turns One Hundred and Eleven**

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

Happy
Birthday

23rd February is

Rotary
Birthday



ROTARY CLUB OF
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



Eastgate

Australian Furniture
(9460 1822)
(Adrian Ranson)

CITY OF



BOROONDARA
City of Harmony



Bakery
(9890 0066)
22 Hamilton St
Mont Albert 3127

 **Bendigo Bank**

Good for **U**
AND your
community

CHRIS CROSS

Garden Supplies (9859 2666)
1575 Burke Rd Kew East 3102



Ansell
The world leader in hand protection

tao's 富贵陶園
Modern Creative Cuisine

BUNNINGS
warehouse


Tue - Sun Lunch & Dinner
(Close Mon, except public holidays)
Fully Licensed & Byo Wine Only
Tao's Restaurant
Reservation: (03)9852-0777
201 Bulleen Road Bulleen Vic 3105
E-mail: tao.reservation@gmail.com
http://www.taosrestaurant.com.au

WELCOME
new owners
JÜRGEN + DI



Caffe Romeo
Nth Balwyn

GAZMAN

GAZMAN.COM.AU



Cooper Street **Self Storage**