



IN SERVICE OF ROTARY

Our Leadership
2015/2016

The Presidential Proclamation

A special meeting this week focussing on one of the Rotary programs – the Royce and Jean Abbey Vocational Training program as our Club received the funding for Janny's scholarship through this body.

This program funds individuals from the Asia Pacific Region to undertake practical training in Australia in the areas of food production, forestry, agriculture, environmental research, and community development with the aim to equip the candidates to impart the knowledge gained to their own communities.

Janny told us about what she has been accomplishing in the last eight weeks in Australia – wow, she has been to many parts of the State and had very diverse experiences working in the fields of egg production, pigs and cattle. This has given her much knowledge to take back to the Solomon Islands, which I know she will do brilliantly.

We also heard from Neil Dalrymple from Bowls Australia, and how he described the organisation, resonated with many members when he mentioned some of the challenges facing his organisation, ranging from an ageing membership demographic to the use of technology and the wish to attract younger members. His words did sound familiar in relation to many established organisations in our community.

I do hope you all have a very Happy Easter and celebrate in your own special way.

Here are a few words to ponder:

It is difficult to say what is impossible, for the dream of yesterday is the hope of today and the reality of tomorrow.

This week please do go and
Be a Gift to the World

President Jane



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: Thursday 31st March
Speaker: Ms. Rosemary Kelly; The Value of Volunteering
Host: Ian Adams
Set Up: Takao Yukawa, Jim Romanis
Greeting: George Swanson, Findley Cornell
Desk: Geoff Steinicke, Stephen Greatorex

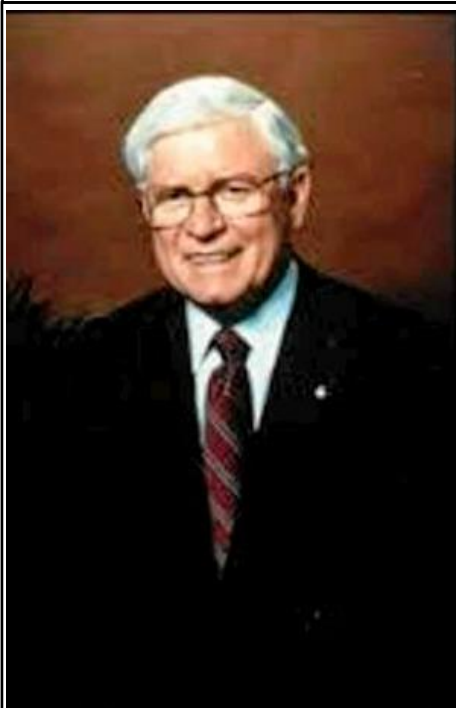




Royce & Jean Abbey *Scholarship*



This week Sergeant Wells introduced PDG Don Jago to present a toast to Royce and Jean Abbey and the wonderful outcomes that are produced from the Royce and Jean Abby Vocational Training Team Program.



The Royce and Jean Abbey Endowed Fund was initially established with the financial support of the District Governors in 1988/89, the year Royce Abbey was President of Rotary International. It has since been supplemented by donations by Rotarians and by the contributions from the Royce Abbey Awards.

The earnings of the Fund are used for Humanitarian programmes and in particular to fund individuals and teams from the Asia Pacific Region to undertake practical training in Australia in the areas of food production, forestry, agriculture, environmental research, and community development.

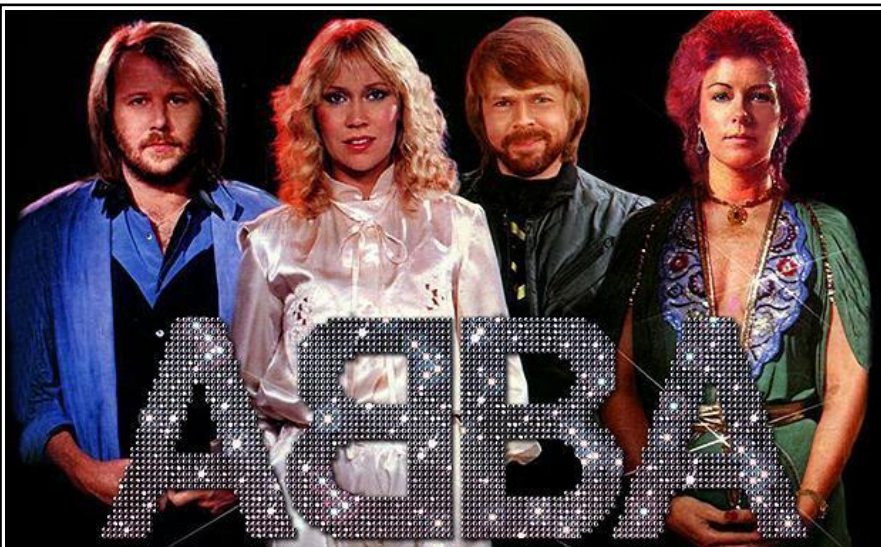
The training is intended to equip the successful candidates to impart the knowledge gained to their own communities.

The scholarship covers travel, accommodation, tuition and practical training up to US\$10,000 for each individual team member.

Our current Royce and Jean Abbey Scholarship holder is Janny (Jayine) Saukeni

Janny has been with us for the last 4 weeks and returns early this Friday to The Solomon Islands. Janny attended our meeting to thank Rotary and our Club for the program she has engaged in these past few weeks to help her become a better teacher in Horticulture and Animal Husbandry. Janny has an interest in, and is a teacher of the raising of chickens, pigs and cattle.





Mamma Mia

ABBA is coming to town!

Jane Pennington is a huge (and knowledgeable) fan of ABBA. Therefore, the plan is for each committee or group within the Club, to choose an ABBA song and perform it in an entertaining manner, on our Birthday night in May.

Members who are not part of one of the main committees will be welcome to join a group, so that they can join in the fun of the

evening.

An '80s theme would seem appropriate to accompany our ABBA entertainment, so we encourage you to think about dressing as you did in the good old 1980s.

Brush up your vocal cords and let the dancing begin!

EASTER EGG (AND BACON) BARGAIN SALE!

Thanks everyone who helped take the pressure off my freezer by buying up the bacon at the last meeting and I hope you enjoyed the eggs too. All stock was taken off my hands.

Bill Oakley

Director Fundraising

Got Something to say about Conference?

Members who attended the 2016 District Conference might like to help improve future events by completing the 5 minute survey at <https://www.surveymonkey.com/r/XWQWW2Y>.

Thanks, RMcC PE



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Read the flyer that came attached to the E-mail with this week's Grapevine to see the benefits for the RCNB when you bank with The Bendigo Bank.

Janny at The Whittlesea Show last weekend.

This is why Alpacas make better sheep protectors than dogs.



....and other pics from Janny's Australian Facebook Page



Our Guest Speaker **Mr. Neil Dalrymple** spoke about **The Sport of Bowls in Australia**.

Neil was introduced to us by past member, and current Friend of Rotary Terry Keyhoe.

Neil is the current CEO of Bowls Australia and is accountable for the strategic planning and promotion of Lawn Bowls in Australia.

Neil has held other strategic roles in Australian sport with key roles in Cricket, and Softball, and Football at Community and State levels.

Neil gave us an enlightening overview of the current status of Lawn Bowls in Australia and encouraged us all to get involved due to its social, and physical benefits and its propensity to be enjoyed by all ages and long into old age.



Every Girl. Everywhere. Period.

A group of "Our Girls" will soon head to The Solomons in further support to the Community at Tetere to promote the Days for Girls Program. This is a world wide program to assist girls manage their sanitary needs better with a goal to improve attendance at school and engagement in society.

Why Days for Girls Matters

What if not having sanitary supplies meant DAYS without school? Days of isolation? Girls use leaves, mattress stuffing, newspaper, corn husks, rocks, anything they can find...but still miss up to 2 months of education and opportunity every year. It turns out this issue is a surprising but instrumental key to social change for women all

over the world.

Bev Sofra is leading our team and she gave a brief explanation about the planned activities which includes the making of hygiene kits at Henderson utilizing the sewing skills developed there using the donated sewing machines and fabrics.

You can read all about Days For Girls Hygiene Kits on-line [HERE](#)



We completed our first 50 Kits at our last training session



Left: Jane and Bev get excited about Days for Girls and the planning of the trip to The Solomons on April 21. They are displaying their efforts at manufacturing the Days For Girls Hygiene Kits.



In the post Grand Prix Wrap Up, the Club received the fantastic news of the thousands of dollars raised from this event and how it is now a major event on our fund raising calendar. The contribution from members and friends was outstanding!

Nino (The Skeptic) was awarded with a mounted Teflon egg ring by Gregor (The Instigator) since they proved to be very helpful in containing run away yolks and whites on the BBQs.



Left, is Nino refusing to use "The stupid things" and sticking to sausage cooking ably assisted by Janny and "Smug Gregor" using his amazing Teflon Egg Rings.

Gregor says "note the perfect rings and lack of mess on his BBQ"! Who could, before this, stand "hands off" after breaking an egg? No chasing eggs around the BBQ for this man!

Opportunity to get involved in your local Community Planning

Nominations are now open for the Business Boroondara Network Steering Committee 2016!

As an Advisory Committee to Council, members provide feedback and advice on the Business Boroondara Network program of events and act as potential ambassadors for the program.

The Committee meets four times a year. If you own a business in Boroondara and think that you could add value to the Committee, please visit www.boroondara.vic.gov.au/business and complete the Nomination Form. The nomination period closes on Friday 29 April 2016.

A copy of the Terms of Reference for the Committee is also available on Council's website.

For further queries, please contact Council's Economic Development team on 9278 4814.

Rowan McClean can provide further information.



Rotary Gardens Project at 24th March 2016

Term 1 Gardening concluded this week and recommences Friday 15th April 2016.

My thanks go to everybody involved in the Gardening Project for another successful Term on 21 occasions at 18 different properties by 25 individual Rotarians (46 RCNB in total).








Students from Camberwell Grammar, Xavier and MLC gave over 160 Community hours to the Gardening Project, filling around 122 Council Green Waste bins in the process!!

As outlined earlier this month, the number of Gardening sessions going forward will be somewhat reduced whilst we still meet our obligations to again provide specific Supervision for this amazing Community Service opportunity for all three schools involved.

I look forward to your continuing support. Thank you again, in anticipation. Happy Easter!!

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
Fri 25/3 to 11/4	EASTER & SCHOOL BREAK		
Fri 15/4 – CGS/X Eva Tilley	2.45 – 5.15pm	Geoff Haddy Brian Hurnard	Estelle Kelly Tak Yukawa
Sat 16/4 – MLC	10.00 – noon	Rowan McClean	Peter Elliott
Fri 22/4 – X	4.00 – 5.15pm	Geoff Haddy	need 1 more please 
Fri 29/4 – CGS/X Eva Tilley	2.45 – 5.15pm	Geoff Haddy Need 1 more please 	Colin Sharp Need 1 more please 
Sat 30/4 – MLC	10.00 – noon	Greg Cribbes	Rowan McClean
Thur 5/5 – RCNB SPECIAL SESSION	10.00 – noon	Greg Cribbes Need 1 more please 	Rowan McClean Need 1 more please 
Fri 6/5 – CGS/X	2.45 – 5.15pm	Greg Cribbes Geoff Haddy	Garth Symington
Sat 7/5 – MLC	10.00 – noon	Geoff Steinicke	Estelle Kelly
Thur 12/5 – RCNB SPECIAL SESSION	10.00 – noon	Greg Cribbes Rowan McClean	Garth Symington Need 1 more please
Fri 13/5 – CGS/X	2.45 – 5.15pm	Greg Cribbes	
Sat 14/5 – MLC	10.00 – noon		
Fri 20/5 – CGS/X	2.45 – 5.15pm		
Sat 21/5 – MLC	10.00 – noon		
Fri 27/5 – CGS/X	2.45 – 5.15pm		
Sat 28/5, Fri 3/6, and Sat 4/6	No Gardening due to Exams		

Up and Coming Events 2016

Apologies to any Rotarians who have offered to assist and are not on the list.

Anybody who can help on these dates please email me at nsofra@bigpond.net.au Thank-you in anticipation Nino

Date	Event	AM Shift 8am-12noon	PM Shift 12noon - 4pm	SOT Application No.
03-Apr-16	Campberwell Craft Market	Jane Pennington		
Sunday	Campberwell Town Hall	Eileen TooHill		
9.30pm-3pm				
09-Apr-16	Bunnings BBQ		Lindsay Pegg	
	256 Middleborough Rd			
	Boxhill			
22-Apr-16	Bunnings Box Hill BBQ			
FRIDAY	256 Middleborough Rd	Garth SYMMINGTON		
8.30am-4.00pm	Box Hill	Kax Maxfield		
25-Apr-16	RSL DONCASTER	Jane Pennington		Start Time 5.30am
MONDAY		Peter Elliott		Finish 9.30 am
5.30am-9am		Lindsay Pegg		
		Greg Matthews		
30-Apr-16	Bunnings BBQ			
SATURDAY	256 Middleborough Rd	Lindsay Pegg		
8am-4.00pm	Box Hill			
20-May-16	BUNNINGS BBQ	Bill Oakley		
FRIDAY	256 Middleborough Rd	Nino Sofra		
8/30am to 4pm	Box Hill	Greg Cribbes		
28-May-16	SERVANTS 30th BIRTHDAY			
SATURDAY	36 BARTON St.Hawthorn			
6.00pm-8.00pm				
05-Jun-16	Campberwell Craft Market	Jane Pennington		
Sunday	Campberwell Town Hall	Nino Sofra		
9.30pm-3pm				
26-Jun-16	Reclink Community Cup	A.M. Shift	P.M. Shift	
SUNDAY	Elsternwick Park.	9.00am to 1.30pm.	1.15pm to 6.00pm	
2 Shifts Required		Peter Elliott	Brian Lacey	
		John McBride		
		Bill Oakley	Bill Oakley	

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 by 31st March please



EASTER 2016

*... 'Cause the Lord
has conquered the
World with his love,
giving us the
opportunity to build
a new world, every
day.*

Happy Easter

Mamma Margherita
Community

Easter
Greeting
from Sister
Anna Maria
one of the
wonderful
Sisters at
Mother
Mazzello
House.
Henderson-
Solomon
Islands
Happy
Easter

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Geoff's Health Tips

Anecdotal Evidence – the start of something worth investigating

Early last century, in the orange groves of Mildura, it was found that the grey mould growing on an orange, when rubbed on the festering wound on a farmer's arm, brought about a miraculous healing.

Whether it was a coincidence, or knowledge of the use of a mouldy orange on the other side of the world, led Howard Florey and his team of Oxford University scientists, to discover penicillin, I do not know. However, in 1940 Howard Florey was given credit for discovering that penicillin killed toxic streptococci bacteria injected into mice.

Often evidence, although anecdotal, is the start of scientific trials to prove that what was noticed is in fact a valuable discovery. Last week I wrote about marijuana and hemp. Anecdotal evidence has been collected for thousands of years on the use of marijuana and now we are unravelling the evidence to see how it works. The chemicals that provide, what might be called 'an effect' in humans are known as cannabinoids. So far, at least 70 cannabinoids have been discovered.

There is limited anecdotal evidence to show that medical cannabis is effective in controlling chemotherapy induced nausea and dizziness. There is evidence that medical cannabis is effective in treating chronic pain due to fibromyalgia and rheumatoid arthritis. In palliative care its use appears safer than that of opioids. There is some anecdotal evidence that medical cannabis is effective in reducing post-traumatic stress disorder symptoms.

Everyone has the chance of discovering something, it may be unusual, it could be useful, let others know and discuss what you found – call it serendipity, it may be anecdotal, but it could be something worth investigating.

Geoff



Below : Who wants to be a Barista?

Nino Sofra has identified a need for the Club to have around 6 trained Baristas for Club catering events.

Therefore we are asking for volunteers to undergo Barista training with Jürgen Kehne. Ideally you will be regularly available for catering events. If you can assist please notify Nino by phone or email.



MEETING ROSTERS

Thursday 7th April Speaker: Ms. Trish McNally Topic: Boroondara Family Network Host: TBA Set Up: Peter Sutherland, Ian Richardson Greeting: Russell Cooper, David Cheney Desk: Joe Butler, Garth Symington	Thursday 14th April Speaker: TBA Topic: TBA Host: TBA Set Up: Tony Hart, Nino Sofra Greeting: Geoff Haddy, Don Taylor Desk: Brian Hurnard, Chris Flavelle-Smith
Thursday 21st April Speaker: TBA Topic: TBA Host: TBA Set Up: Bronwen Dimond, Phil Francis Greeting: Don Bowden, Paul Fitz Desk: Bernie Smith, Ian Adams	Thursday 28th April Speaker: TBA Topic: TBA Host: TBA Set Up: TBA Greeting: TBA Desk: TBA

Meeting No. 36

Wednesday, 23rd March 2016

<u>Present:</u> Guest Speaker	1	Neil Dalrymple - The Sport of Bowls in Australia.
NB Members	42	
Visiting Rotarians	1	PDG Don Jago, RC Camberwell (Royce & Jean Abbey Scholarship Fdn)
Guests	3	Prospective New Member - Robyn Stepnell; Meagan Dalrymple - wife of Neil; Royce & Jean Abbey Scholar Janny Saukeni
Wives/Partners	5	Heather Matthews, Sally Sharp, Bev Sofra, Barbara Stokes, Jo Wells.
Friends of Rotary	2	Terry & Maree Keyhoe
MakeUps	76	32 members at Grand Prix for Friday to Sunday catering (69) ; Gardening Project - Cornell, Cribbes (2), Hart & Richardson. Greg Ross - RC Brighton & RC Balwyn.

Meeting Attendance

85.3% [was 72.4% before applying 16 Make Ups to this week]

Absences for Rosters:

Chris Flavelle-Smith, Jürgen Kehne, John McBride, Ian Mollison

Celebrations: Monday 28 March to Sunday 3 April

Birthdays: Larry Fitzpatrick

Induction Anniversaries: Nil

Wedding Anniversaries: Peter and Robyn Elliott
John and Helen Rennie

MAKE NOTES OF THESE DATES IN YOUR DIARY

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

Saturday 2nd April RC Yea and Alexandra

Ride the High Country
Rail TrailRotary
Clubs of Alexandra and YeaSunday 3rd April 6.30 pm Lido Cinemas Hawthorn
My Big Fat Greek Wedding 2.Book On-line [HERE](#) Booking Closing Date 23-Mar.Sunday 10th April Winery Tour and
Luncheon—Yarra Valley Please Pay
NOW ! Or by 31st MarchSaturday 25th June Club Changeover.
Cheer out President Jane Pennington and cheer in
President Rowan McClean.Sunday 26th June Reclink CupRaising awareness and funding to support
ReclinkAustralia's programs for disadvantaged
individuals.

RCNB Catering Event

Sunday 26th June District 9800 Changeover
Rowan McClean will arrange a club table (or two).
RACV Club at lunchtime on Sunday 26th June
Stay tuned for further detailsFriday 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 2015/16**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.auWeb: www.rotarynorthbalwyn.com.auE-mail: info@rotarynorthbalwyn.com.au**Grapevine Editor Peter Sutherland**petesutherland@bigpond.com

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 Hugo Goetze. HugoGoetze@rotarynorthbalwyn.com.au with your personal message.
 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.

**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?

APRIL ISRotary www.rotary.org**D9800 Probus****North Balwyn Probus** President 2015/16Ken 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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NORTH BALWYN**Our Club Web Site
www.rotarynorthbalwyn.com.auRotary International
<http://www.rotary.org/en>

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