



The Grapevine



IN SERVICE OF ROTARY

The Presidential Proclamation

What a fabulous meeting as we celebrated the Melbourne Cup and welcomed members of the Rotary Club of Yea who came to visit us. Everyone got into the spirit of the Cup - beautifully dressed people participated in a racing trivia quiz, listened to a fascinating guest speaker tells us about her journey with hats, reserved horses in the sweep and generally enjoyed the celebration of the Race that Stops the Nation.

This was followed the next day by a celebration of Halloween at Greythorn Shopping Strip. Our members cooked the sausage sizzle, gave out sweets and chatted to all forms of ghosts, ghouls, princesses, ninja turtles, Darth Vader, Stormtroopers.....wow and there were plenty of them!!!

This was the last meeting in the Rotary themed month of economic and community development. A brief comparison between our visitors local community and our own North Balwyn community indicated that North Balwyn is 20 times larger than Yea, our Club is six years older than the RC of Yea and geographically District 9790 spreads further than District 9800. Our guests travelled just on 100 km to be with us and were home again after our meeting by 10.30pm.

Good luck to everyone who has a horse in the big race - have to admit I don't have a huge knowledge of horse racing and the table I was on didn't do particularly well in the trivia quiz (and I was scribe and seemed to get a bit lost with filling in the answers)!!

For the next seven days, just remember to go and

Be a Gift to the World

President Jane

Our Leadership 2015/2016



RI President
K. R. Ravindran



DG 9800
Julie Mason



AG Therese
McKenney



President RCNB
Jane Pennington



Next Week's Speaker:

Mr. Vince Costanzo. How Beer Saved the World

Our guest speaker graduated in chemistry at Monash University in 1979 and joined Foster's Brewing Group in 1986. Since 2007 he has taught brewing technology at TAFE colleges and in 2009 set himself up as a brewing consultant teaching and advising how to improve the quality of beers.

**MEETINGS
THURSDAYS**
6 for 6.30pm
Kew Golf
Club
120 Belford
Road Kew
3102
Ph.
9859 6848



Melbourne Cup 2015
with Rotary Club of Yea
Visitors; The Quiz; The
Best Hats; The Sweep
and The Fun.



Guest Speaker: Ms. Waltraud Reiner



Waltraud Reiner gave us a most entertaining and fascinating presentation about her life experiences migrating to Australia from Austria with the intention to travel and then study to become a Psychologist. Following her first opportunity of casual sewing work in a hat shop she ended up buying the business and eventually taking her passions of fashion and hat psychology on the road in The Hatmobile. As a passionate supporter of Mental Health Waltraud supports Australian Rotary Health of which Greg Ross has been a Director since 2013.

The Hatmobile holds hat-making workshops throughout Melbourne, across Victoria and out to the far reaches of Australia.

'Audrey' (as she was named by our [Facebook](#) fans) is packed to the brim with millinery tools and supplies. Behind the wheel is Waltraud Reiner, a millinery veteran with over 30 years of experience designing and teaching in Australia and overseas. We are passionate about sharing the tools of this classic trade.

Read more [HERE](http://www.torbandreiner.com/) <http://www.torbandreiner.com/>

BBQs Galore

Bunnings Box Hill; Halloween Greythorn and Camberwell Market. Plenty more to come!



Dear Rotarians,
Thank you immensely for being a part of the Greythorn Halloween Hijinks event today.

We hope it was a very worthwhile day for you.
We certainly welcomed your attendance and participation and look forward to forging closer links with you.

Those sausages smelt divine! Here are some photos for you.
They are also uploaded on the Greythorn shopping strip Facebook page. Take a look

<https://www.facebook.com/Greythorn.Melbourne/>

Cheerio and have a great weekend.

Yolanda Torrisi
Marketing Coordinator | Greythorn Shopping Centre



Vocation Visit to the
Melbourne Wholesale Fruit Vegetable & Cut Flower Market
Thursday 19 November

As part of our Vocation Program, we are planning to visit and view the business operations of the Melbourne Wholesale Fruit Vegetable & Cut Flower Market on the morning of 19th November 2015. There, we will be briefed by the CEO, tour the new facility and finish with a breakfast. Partners are most welcome.

The event will start at the Market at 0500 and will conclude with a breakfast at around 0630. If we get enough participants, we can arrange a bus to and from Epping.

Please respond to Colin Sharp on 0417 410 421 or at colinsharp@bigpond.com by COB 7th November 2015.

The Christmas Raffle

It's on again folks and Peter Elliott and Lindsay Pegg are your coordinators.

Selling locations are as per previous years.

Tickets \$2.50

1st Prize \$2,500 of Christmas Shopping Vouchers

2nd Prize \$1000 Shopping Vouchers including a \$500 voucher from GAZMAN

3rd Prize \$250 Hamper

We need members support with this, our major club fund raising activity.

It would be great if every member could commit to three time slots.

Christmas Raffle News

Despite many people being away and the inclement weather on Saturday morning, we still managed to raise a total of \$1,866 from ticket sales and donations

Thank you to the members who helped out under sometimes difficult conditions.

We now need your help on the following dates and time s

Saturday 7th November and the following Friday, 13th November and Saturday 14th November

SATURDAY 7th November

Woolworths, KEW, Walpole Street, Kew

12.30 to 3.00pm

3.00 to 5.30pm

They say opportunity only knocks once, but we will keep on knocking until you take up the opportunities in the roster attached to this E-mail.

FRIDAY 13th November

First Choice, BALWYN, Whitehorse Road, Balwyn

11.00am to 1.30pm

1.30 to 4.00pm

4.00 to 6.30pm

Woolworths, KEW, Walpole Street, Kew

10am to 12.30pm

12.30 to 3.00pm

3.00 to 5.30pm

SATURDAY 14th November

Coles, NTH BALWYN, Cnr Doncaster Rd & Burke Rd.

Dan Murphy, KEW Whitehorse Road.

Woolworths Balwyn, Whitehorse Road.

10am to 12.30pm

12.30 to 3.00pm

3.00 to 5.30pm



Contact Peter Elliott, SMS, 0419 0417 334 email pelliott842@bigpond.com or Lindsay Pegg, SMS, 0419 546 021 or email, lhpegg@optusnet.com.au with the dates, location and timeslots where you can help out. Spreadsheets showing the vacant time slots have been e-mailed to all members .

Also, as in past years, Raffle Books will be provided to members at next Thursday's meeting. Ticket butts and sale proceeds are to be returned to Peter Elliott or Lindsay Pegg by Thursday 3rd December

Thank you!

Jake—The Pegg

"The North Balwyn Rotary Club Antiques Road Show"

Guest speaker at our Club Meeting on Thursday 26th of November (a partners' night) will be well known and respected auctioneer, Mr. John Ainger of E. J. Ainger Pty. Ltd. Auction Rooms, Bridge Road, Richmond.

To make this an interesting and successful night, we need the following:-

Members are asked to submit some "significant items" to be evaluated - such as silverware, ivory, glassware, ceramics, metalware memorabilia etc. (Items not required are jewellery, paintings, furniture or sporting memorabilia).

We would like 6 or 7 items for John Ainger to discuss during his address and a further number of general interest items for display.

Members are reminded to bring along suitable items for the sub-committee (Jo Wells, Jim Romanis and Duncan Ansell) to consider on Thursday, 5th November and Thursday, 12th November at 5.30 pm at Kew Golf Club.

With your help, this will contribute to a memorable evening. Many thanks. Duncan Ansell, for the Fellowship Committee.

Up and coming Catering Events

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
Sunday, 6 December 2015	Camberwell Craft Market	Steven Greatorex	
9am - 3 pm	Camberwell Civic Centre	Ian Richardson	
Thursday, 10 December 2015	Bunnings Xmas BBQ	Nino Sofra	Bill Oakley
6pm-8pm	256 Middleborough Rd	Rob Stewart	
	Box Hill	Matt Pauli	
		John Gartlan	
Saturday, 12 December 2015	POLICE BUNNINGS BBQ	(Need 1 helpers)	Matt Pauli
8am to 4pm	HAWTHORN	Bill Oakley	Jim Studebaker
		Jane Pennington	
		Nino Sofra	
		Jane Pennington	
Sunday, 13 December 2015	CHRISTMAS PARTY FOR	(2 Helpers Needed)	Nino Sofra
9.30am-1.30pm	SPECIAL CHILDREN.	Rob Head	Jim Studebaker
	Mooney Valley Race Course	Don & Ala Taylor	
		Bill Oakley	
Sunday, 13 December 2015	SERVANTS CAROLS NIGHT	(1 Helpers Needed)	
	Carrical House	JANE PENNINGTON	
	18-20 Mason St. Hawthorn	NINO SOFRA	
		Bill Oakley	
Friday, 18 December 2015	Bunnings BBQ	Nino Sofra	Jim Studebaker
8 am - 4 pm	256 Middleborough Rd	Colin Sharp	
	Box Hill	Peter Wilson	Ken Maxfield
		Bill Oakley	

Christmas Fare 2015

Ladies, friends and supporters, once more I am asking for your help with baking etc. for the Christmas Fare on Friday, 4th December, 2015, outside the Commonwealth Bank in Doncaster Rd. supporting the Boroondara Family Network and Days for Girls.

Cakes, biscuits, slices, mince pies, puddings, chutneys etc. would be gratefully received. I have plenty of red spotted cellophane bags for packing if you would like some. Other-wise the usual Christmas plate and presentation would be fine.

Ian Mollison has generously offered (again) to be the receiver of goods before 5pm on Thursday 3rd December, at his Hello World Office in the Village.

If you would be interested in doing a shift on the day, please let me know.

Jo Wells

Ph. 98593725 or welstar@bigpond.com





Upstream Challenge

It is on again!! I am leading the Bushrangers Team in the Upstream Challenge and we will be covering 20kms from Yarra Flats to Donvale on 14 November. This is a fundraiser for FareShare, an organisation with whom we work. The Bushrangers Team members include Rotarians, family and friends. If you would like to support John and Chris Burley, myself and the rest of the Team please

go to our Team page and check us out!! Heaps of thanks.

<https://upstreamfoundation.org/groups/the-bushrangers/members/>



President Jane

Rotary Gardens Project at 31st October 2015

Mowing, whipper snipping, moving hard rubbish and yesterday completing (for 2015 that is...) the 'Blackberry Blitz' were the range of enjoyable activities this past week Variety is the spice of life!

This coming week has two visits – *PLEASE, we need one more RCNB volunteer for Friday 6th November*

Following last week's great RCNB Gardening forum, an overview of "Community Service Project – GARDENING" now appears on the RCNB Website for an easy read and reference – hope you enjoy it.

Just follow the link <http://rotaryclubofnorthbalwyn-gardensproject.yolasite.com>

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

PLEASE call me. Cheers Greg CRIBBES Mob 0413 270403

Date and Who with	Time	RCNB Supervisor	Assisted by
Thurs 5/11 – RCNB	3.00 – 5.00pm	Greg Cribbes	Nino Sofra, Peter Elliott
Fri 6/11 – CGS/X <i>Last CGS/X for 2015</i>	3.00 – 5.15pm	Geoff Haddy	Greg Cribbes + one, please
Tue 10/11 – RCNB	10.00 – noon	Rowan?? (tbc)	Estelle Kelly
Fri 13/11 – RCNB	4.00- 5.15pm	Greg Cribbes	Tony Ho, John Gartlan
Tue 17/11 – RCNB	10.00 – noon	Greg Cribbes	Tak Yukawa, Garth?? (tbc)
Tue 24/11 – RCNB <i>(to be confirmed)</i>	10.00 – noon	Greg Cribbes	Greg Ross (tbc)+ one, please
<i>That's IT for 2015</i>	<i>Terrific Project!</i>	<i>A huge thank you!</i>	<i>See you in 2016 - GregC</i>

Invitation from the Rotary Club of Camberwell

World President Elect Ian Risely will be presenting at the Rotary Club of Camberwell. "The Future of Rotary",

Wednesday November 25: Conochie Hall, 2 Rochester Road, Canterbury 3126
6.00pm for 6.30pm: \$30 per head, Wine \$4.00 glass.

Attendances to President Anne Murphy, apmurphy@bigpond.net.au, 0419 470 405

NOTICE OF AGM

ROTARY CLUB OF NORTH BALWYN Inc.

The Annual General Meeting of the Rotary Club of North Balwyn
will take place at Kew Golf Club on Thursday 26th November 2015
starting at 6.40 pm.

Nominations close on Thursday 12 November 2015.

Audited Financial statements will be circulated to members prior to the meeting date.

The Agenda for the meeting will be circulated at the close of nominations.

Gavan Schwartz Secretary 2015/16

2015 Rotary Foundation Paul Harris Breakfast

When: Tuesday 24th November 2015

Where: The RACV Club Level 17 501 Bourke Street Melbourne

Tickets: \$65.00 per head or \$600 for a table of ten (incl. GST)

Time: 7.15 for 7.30 till 9.00am RSVP: 16th November 2015

Guest Speaker: Professor Kate Leslie,

“To sleep, perchance to dream – what’s really happening during general anaesthesia?”

Professor Kate Leslie is a specialist anaesthetist and head of anaesthesia research at the Royal Melbourne Hospital. She is the chair of the Australian and New Zealand College of Anaesthetists (ANZCA) Clinical Trials Network and a member of the ANZCA Research Committee and ANZCA Foundation Board of Governors.

Kate has done extensive research in awareness and dreaming during anaesthesia and sedation.



She is currently a chief investigator of a large trial looking at the effects of light and deep general anaesthesia on older patients having major surgery. Kate is a former president of ANZCA, a former chair of the Committee of Presidents of Medical Colleges and a recent recipient of the ANZCA Robert Orton Medal and the Australian Medical Association Woman in Medicine award.

The Paul Harris Breakfast celebrates Paul Harris Fellow Recognition recipients and Foundation Alumni in Rotary District 9800. All Paul Harris Breakfast proceeds go towards Rotary Foundation programs.

Thank you for your past support and we look forward to welcoming you again this year.

FOR FURTHER INFORMATION PLEASE CONTACT:

Peter Cleary pleary1174@yahoo.com.au 0418 340 310

BOOK NOW Download Flyer

Geoff's Health Tip**Prevention is the Key in the War on Cancer**

Ever since Richard Nixon officially declared a war on cancer in 1971, billions of dollars has been spent world-wide on research and drug development in an attempt to eradicate the disease. Billions more has been spent by the cancer patients themselves, but with disappointing results.

In Australia, it is estimated there will be 126,800 new cancers diagnosed in 2015, up from 118,711 in 2011, and for people reaching the age of 85 there will be a 1 in 2 chance of diagnosis.

Some may say that the research has not failed, that progress has been made, that the treatment has been a success, but looking at the year on year increase in cases diagnosed, it is obvious that something else is required.

Dr Christopher Wild, director of the International Agency for Research on Cancer, has been a cancer researcher for 30 years. He predicted a 60% increase in cancer burden over the next 20 years, mostly as a result of an ageing population.

As Dr Wild said "researchers are always being asked can they find a cure for cancer" when they like to be asked "can they prevent cancer". Dr Wild said one course of action would be to implement the knowledge gained over the past 60 years about cancer and translate this into preventative actions.

For example, the WHO recently advised that processed meat was carcinogenic and that red meat is also implicated. Through meta analysis of hundreds of research papers we can be sure that the WHO is correct. We already know the effects of smoking tobacco. It is now China's growing deadly addiction with 300 million smokers living in a haze of tobacco fumes (Time Oct 26, 2015).

We must also learn from developing nations such as Somalia where colon cancer in East Africa is extremely rare. It was found that the Somalians consumed cooked rice, sago, lentils some time after cooling to room temperature. Cooling changed the nature of the starches making them beneficial. There are similar examples found in other developing nations. There is much to be learned.

Geoff

Meeting No. 18**Thursday, 29th October 2015**

Guest Speaker	Ms. Waltraud Reiner - A Remarkable Milliner.
NB Members	53
Visiting Rotarians	15 YEA club.- Pres Jeannie Handsaker, PDG David Anderson, 8 PP, 3 members and 2 wives.
Guests 2	Janette Leigh & Mark Connerton - guests of Greg Ross.
Partners 24	
Friends 5	Ron & June Phillips, Terry & Maree Keyhoe, Maria Gouvoussi.
MakeUps 23	Rowan McClean - RACWS C'tee, Boroondara Cares & Gardening; applied 6 to this week Joe Butler - RC Day Break Noosa; Gardening Project :- 10 make-Ups; BBQ at Bunnings - 5; Venturers Mock Interviews - 5
Meeting Attendance	89.4%

Celebrations

Monday 2nd November to Sunday 8th November

Birthdays: Ian Adams

Inductions: Greg Matthews 1985

Wedding Anniversaries: Stand and Bev Hibbert





Rotary Club of North Balwyn CHARITY GOLF DAY

Friday 19th February 2016 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

Briefing 7.15am prior to proceeding to hit off tee

Lunch: Post match with presentations included in entry fee. Drinks at bar prices.

Ambrose Competition – 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>	<u>PHONE</u>	<u>GOLF CLUB</u>	<u>HANDICAP</u>	<u>GOLF LINK No</u>	<u>\$</u>
(1)					
(2)					
(3)					
(4)					
					TOTAL \$

Cost \$75.00 per player.

PAYMENT OPTIONS:

- * 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

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



MEETING ROSTERS

Thursday 5th November Speaker: Mr. Vince Costanzo Topic: How Beer Saved the World Host: Geoff Steinicke Desk: John Rennie, John Magor Greeters: Estelle Kelly, Matthew Pauli Set-up: Larry Fitzpatrick, Bernie Smith	Thursday 12th November Speaker: Mr. Richard Fejer Topic: Prosthetics—Past and Present Host: Steven Greatorex Desk: Adrian Ranson, Kinga Paulheim Greeters: Tony Ho, Rowan McClean Set-up: Chris Flavelle-Smith, Steven Greatorex
Thursday 19th November Speaker: Peter McCall OAM Topic: Beyond Blue Ambassador Host: Ian Adams Desk: Peter Sutherland, Jim Romanis Greeters: Bill Oakley, John McBride Set-up: Ian Adams, Duncan Ansell	Thursday 26th November Partners Night Speaker: AGM + Mr. John Ainger Topic: Antiques Road Show Host: Duncan Ansell Desk: Garth Symington, Ian Richardson Greeters: Ted Angleton, Gregor Matthews Set-up: Colin Sharp, Jürgen Kehne

MAKE NOTES OF THESE DATES IN YOUR DIARY

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

November	December
Friday 6th to Sunday 8th Fellowship & Golf w/end Cobram, Barooga Saturday 14th Upstream Challenge Thursday 19th Ladies Fashion Fundraiser Blue Illusion, Balwyn Thursday 19th Visit to Melbourne Market Tuesday 24th November Paul Harris Breakfast Thursday 26th (Partners Night) Annual General Meeting Antiques Road Show Night	Thursday 10th Partners' Night Celebration of Christmas Saturday 12th Carols in the Park, Macleay Park, Balwyn Sunday 13th Carols at Servants Community Housing Thursday, 17th Club Breakfast. North Balwyn Cricket Pavilion, Macleay Park , Belmore Road, North Balwyn. 2016 January Sunday 10th Brunch 9:30—11:30 am Warren Glen Nursery 373 Ringwood Warrandyte Rd, Warrandyte February Friday 19th Golf Day : Kew Golf Club Wednesday 10th The Johnston Collection visit March Friday 11th -> Sunday 13th District Conference Bendigo

ROTARY CLUB OF NORTH BALWYN 2014/15

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

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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](#) 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.

Please apologise **no later than 5pm on Tuesday**.

CONFERENCE 2016

Rotary
District 9800



**Be a gift
to the world**

12TH - 13TH MARCH | BENDIGO

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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NORTH BALWYN**

Our Club Web Site
www.rotarynorthbalwyn.com.au

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

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66 Doncaster Rd, Balwyn North.
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