

The Grapevine



Rowan's Reflections

It's great to be back and my thanks to Bill and Jane who stood in while I was exploring The Netherlands and Germany. It was a great trip north from Amsterdam south through the Black Forest to Meersburg on Lake Constance, with some wonderful places in between. I would be pleased to share the experience with anyone vaguely interested.

I was just reflecting that we have had three Presidents and three Sergeants in the first four months of the year - I do expect more stability for the rest of the Rotary year.

At this week's meeting Mike Martin and Connor Turner told us about lifesaving and its important role in society. It is interesting that the last few years have seen much more involvement with young children throughout Australia and activities in other countries where there is a huge need to prevent drownings through knowledge and improved awareness. Our host for the night Russell Turner will comment further about the presenters and their messages elsewhere in this Grapevine.

Thanks to Don Taylor for his personal contribution to The Rotary Foundation in this, the centennial year and in this the Rotary Foundation month. Personal contributions by members can supplement the club's own contributions to our own charity and really help people in need through the world. If you are in a position to make a contribution, this is the month to do it.

Congratulations to Beatrice Ko and her fiancée Christopher Lai who will marry in Hong Kong on the 21st of this month. Beatrice was presented with a lucky lace horseshoe from the club, and the beautiful lacework was hand-sewn by a lady in her late 80's, who spends all her spare time making such items for bridal shops. We extend our best wishes to Beatrice and Christopher for this exciting step in their lives.

Sue McDonald will represent Rotary North Balwyn at the District 9800 AGM which occurs at the same time as next week's meeting. If anyone has anything they would like to have aired at the AGM please contact Sue early in the week.

If you will be in Melbourne in January, please put Monday 16th in your diary for a cluster club members get-together at 6pm at Canterbury Gardens. There will be no charge as it is BYO everything. In the case of poor weather we will go instead to the meeting venue of the Rotary Club of Canterbury in Rochester Road nearby.

We have had a busy year but I would like to ask you for a special effort. Our Christmas raffle is a key fund-raiser for the club and, given the activities we have planned, we need to ensure that the raffle is a success to help fund them. Please sign up for some additional sales sessions over the next six weeks and support the fund-raising committee and the club.

We are a small but important cog in the Rotary wheel. When I saw a Rotary bus in Berchtesgaden, Germany it reinforced me that the many small cogs in that wheel are what makes Rotary so influential and valuable in the world.

Let's do what we can this week to help showcase Rotary Serving Humanity!

President Rowan

Our Leadership 2016/2017



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



Last Week's Meeting



Mike Murphy AM presented on Surf Lifesaving role in Australian with younger children and in other countries



Connor Turner, son of our member Russell Turner, spoke about his involvement with Lifesaving



Mike Murphy AM with President Rowan



Beatrice received our best wishes for her upcoming wedding to Christopher.

Guest Speaker for our Rotary Foundation Meeting 17th November.

Rotary Foundation Global Scholar Dr Laura Dumas has accepted our invitation to speak to our club at our meeting on Thursday 17th November.

Dr. Laura Dumas, an exceptional post-doctoral research fellow from France, joined the laboratory of Dr. Tobias Merson at The Florey Institute of Neuroscience and Mental Health, Melbourne. Dr. Dumas is driving a major new avenue of cutting-edge laboratory research aimed at tackling progressive multiple sclerosis, which remains untreatable.



Laura will talk about her Rotary Foundation Scholarship, her personal journey in the field of medical research and the current research she is undertaking at The Florey Institute.



The Christmas Raffle.

Members have been sent by separate E-mail the instructions for when you are a selling. **Please keep volunteering!**

Return ALL ticket butts and payment DIRECTLY to Jim, Russell Turner, or Peter Wilson. Do NOT hand over cash and ticket butts at the desk on meeting nights.

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



Connecting Communities - Serving Humanity

WHY ATTEND OUR DISTRICT CONFERENCE

The next Conference runs from March 30 to April 1, 2017.

Three good reasons for attending are :

The Conference sessions

- Speakers and presentations on District activities, but also on interesting social and community endeavours and achievements ;
- Also, high-standard entertainment. Not just endless sessions on Rotary programs.
- See the conference program on www.rotaryconference.org.au

The fellowship with members and partners from our Club.

We have a private Club dinner one evening, we are seated together at Club tables for the Gala Dinner and spend time together at lunch, morning tea etc.. Also, we will all be staying at the one motel.

There is an early-bird discount if you register by 30/11/16, and a discount for conference first-timers.

Shepparton is a reasonable drive from Melbourne, and our motel is walking distance from the conference centre.

For more information, contact PE Rob Head

Notification for Members: Mongolia Youth Exchange

Applications for the short term exchange program to Mongolia in July 2017 are available at

www.rotarynorthbalwyn.com.au

There will be an information session for parents and students at 2.00 pm on 19th November at Balwyn North Primary School. Interested students/parents are asked to email Ian Adams on adams.ian@bigpond.com to indicate attendance.

18-25 year olds are encouraged to apply for RYLA camp commencing 27th November. RYLA is a week long residential camp for young people interested in developing personal and leadership skills. Application forms are available on www.ryla9800.org.au For more information, contact Estelle Kelly

3 week Short term Student Exchange to Mongolia in July School Holidays 2017

Applications are now open for students 15-17 year old at July 1st 2017

Information session for parents and students on Saturday 19th November, 2.00 pm
at Balwyn North Primary School Buchanan Ave, North Balwyn.

Email: Ian Adams adams.ian@bigpond.com to indicate attendance.





Can you help?

The Rotary Club of North Balwyn

CHRISTMAS FARE

83 – 85 Doncaster Road, North Balwyn 3104
(outside the Commonwealth Bank)
Puddings, Cakes, Mince Pies,

FRIDAY 9TH DECEMBER 2016
9.00 AM - NOON



Supporting Community Projects & Days for Girls

Please contact Bev Sofra or Jo Wells for further information.

ROTARACT DISTRICT 9800 MELBOURNE ACES OPENING NIGHT

THIS SUMMER AT MELBOURNE BALLPARK

3RD BASELINE CLUB PACKAGE INCLUDES

WATCH PRE-GAME WARMUPS/BATTING PRACTICE
 MEET & GREET PLAYERS
 PRE-GAME OUTFIELD INVOLVEMENT
 BLOCKED OFF SEATING IN DESIGNATED AREA
 PARTICIPATE IN BENDIGO BANK BASEBALL
 BUDDIES DURING NATIONAL ANTHEM
 ORGANISED ONFIELD GROUP PHOTO
 VISIT DURING GAME FROM OUR MASCOT
 IN GAME PA ACKNOWLEDGEMENTS
 CEREMONIAL FIRST PITCH FROM
 A MEMBER OF YOUR GROUP
 INCLUSION DURING IN-GAME PROMOTIONS

PRICING

\$25 per person
\$200 for 10 tickets
 includes hot dog, drink &
 souvenir plus involvement in
 group benefits for Opening Night

Group Information

Date: Friday 18 November 2016
Time: 5:30pm outside main gate
 for pre-game/onfield involvement
 Game starts at 7:30pm.
Book your tickets at
www.rotaract9800.org.au/baseball/
 Email contact: drf@rotaract9800.org.au

Venue: Melbourne Ballpark, Merton St, Laverton

melbourneaces.com.au

District 9800
Rotaract
 Rotary Club Partner

**Help
Learn
Enjoy**

We look forward to seeing you at Melbourne Ballpark!

Rotary
 Club of North Balwyn

GARDENING PROJECT

6th November 2016

Another successful year of Gardening Projects involving School students was completed last Friday. Already, the diary template for a similar program throughout 2017 is being established.

"Greg x 2" are completing a residence in North Balwyn **on Wednesday this week – love some help.**

The remaining two Monday sessions are in place, so thank you to everybody involved. **More help anytime would be great!!** The session planned for 28th November has had to be deferred to 2017.

As always, happy to chat over any aspect of the RCNB Gardening Project. **GregC 0413 270403**

Date and Who with	Time	RCNB Supervisor	Assisted by
Mon 7/11 – RCNB	10.30 – noon	Greg Cribbes	Larry Fitzpatrick
Wed 9/11 – RCNB	2.00 – 3.30pm	Greg Matthews	Greg Cribbes ++
Mon 14/11 – RCNB	10.30 – noon	Geoff Steinicke	Greg Matthews
Mon 21/11 – RCNB	10.30 – noon	Steven Greatorex	Eileen Toohill
After 4/11 until February	SCHOOL BREAK		

Nino has been hard at work so that the Catering Committee helps raise funds for our projects.

Spare a couple of hours to help out at a BBQ either cooking or selling raffle tickets.



As our raffle barrel will be too small for our ticket draw, Nino approached Bunnings Box Hill who willingly donated a composting barrel to the club.

Well done Nino!! Our thanks to Bunnings Box Hill.

Keep an eye out for the Catering Roster when circulated by email.

Up and Coming Events 2016

Date 5.11.2016

Apologies to any Rotarians who have offered to assist and are not on the list. 11.10.2016

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

03-Dec-16	Xmas Festival	9.00am to 2.00pm		sot
SATURDAY	Balwyn Village	Greg Cribbes		
2 BBQs	Butchers BBQ			
	Rotary BBQ	Need 3 volunteers		
		NINO SOFRA		sot
		BILL OAKLEY		
		Garth Symmington		
22-Dec-16	BUNNINGS BBQ	AM Shift 8am-12noon	PM Shift 12noon - 4pm	sot
Thursday	256 Middleborough Rd	BILL OAKLEY	Nino Sofra	
2 Shifts Required	Box Hill	PETER SUTHERLAND	RUSSEL TURNER	
		Phil Francis		
			need another 1	
04-Feb-17	SUMMER MUSIC FESTIVAL	4.30PM TO 9.00PM		
SATURDAY	BECKETT PARK	BILL OAKLEY	Jane Pennington	
1 SHIFT 9	PARRING RD. BALWYN	Rob Head	Nino Sofra	
4.30PM TO 9.00PM				
		need another 2		
11-Feb-17	SUMMER MUSIC FESTIVAL	4.30PM TO 9.00PM		
SATURDAY	St.James park	BILL OAKLEY	Jane Pennington	
1 SHIFT 9				
4.30PM TO 9.00PM		need another 3		
18-Feb-17	SUMMER MUSIC FESTIVAL	4.30PM TO 9.00PM		
SATURDAY	Canterbury Gardens	BILL OAKLEY	Jane Pennington	
1 SHIFT 9			Nino Sofra	
4.30PM TO 9.00PM		need another 3		

Responsible Business Award - Stephanie Woollard

A huge Congratulations to Stephanie Woollard, Rotary Peace Fellow and Member of the Rotary Club of Melbourne, who has won a global award from Rotary International for "Responsible Business," to be honored at the UN Headquarters next month. Steph is an impressive, quietly powerful and focused young woman.

Stephanie Woollard is one of 6 globally recognized recipients who will receive the award on November 12 amid a gathering of over 1500 Rotarians, UN officials and NGO leaders at the United Nations Headquarters in New York.

Steph has created a number of award winning ventures both in Australia and Nepal. Hands On Development, Steph's tour company, leads cultural immersions to Nepal and indigenous cultural tours to Aboriginal and Torres Strait Islander Communities.

Steph has created Seven Women, which has employed over 1000 disadvantaged women who manufacture Fair trade products for export to Australian and European markets.

Steph and her team in Nepal have also created local industries in Nepal for marginalized women in the areas of agriculture and tailoring. Trainings led by the enterprise such as literacy, skills trainings, health and gender awareness have impacted over 5000 women in total.



Save the Date!

**Please join us to celebrate
our Ruby Anniversary with special guests,
cabaret and circus, sparkling and canapes.
Friday, November 11, 6-9pm
at the elegant ATC Foyer & Garden Balcony
Swinburne University, Hawthorn**

With host Brian Nankervis from ABC Radio & Rockwiz
new Camcare Ambassador Kate Ceberano
cabaret sensations Ginger and Tonic
& Swinburne University's National Institute of Circus Arts

Can't wait to lock it in? Tickets \$40 plus fee, \$30+ conc.
Click here to book on EventBrite



40 years of supporting Boroondara's most vulnerable, empowered by a community of professionals, volunteers and caring locals, is something to celebrate!

Join the Camcare team, hilarious MC **Brian Nankervis** from Rockwiz, our new Ambassador **Kate Ceberano**, stunning cabaret girl group **Ginger and Tonic**, and members of Swinburne University's **National Institute of Circus Arts** for a fabulous tribute to four decades of community commitment.

Supported by our sponsor Swinburne University and your kind contribution via the ticket price, we promise an evening of entertainment and memories, sparkling and canapes, that you'll thoroughly enjoy. Ring Debbie Brown at Camcare on 98311900 with any queries, including donations for the silent auction and raffle. This event will be organised by Camcare with the support of Swinburne University's inimitable Events Management students.

If you would like to attend the **Camcare Annual General Meeting** before the party, you are very welcome! It's at 5pm in the Lecture Theatre adjacent to The Foyer in the Advanced Technologies Centre Building. Book a free ticket on [this site](#).

Geoff's Health Tip

Whole grains up, whole wheat down

People are consuming more whole grains, but less whole wheat. Worldwide production of wheat is down 8% in 2016 compared with 2015. In a survey by True Health Analytics, 27 percent of people said that they are eating more whole grains than they did six months ago, but most of the increase is through the introduction of other grains such as quinoa, barley, rye, buckwheat and triticale.

Gluten-free interest continues to be high, higher than medical evidence would merit. Marketers consider it is the gluten-free factor that has reduced the consumption of wheat, but overall it is still the major whole grain consumed.

There is now more awareness of other whole grains that open new worlds of flavour and texture. In 2015, 54% of new products featuring whole grains featured a gluten-free ingredient on top of the ingredient list which was up from 33% in 2009.

Of the 'new grains', quinoa (pronounced 'Keen-wah') is the most popular.

Here are eight things you should know about quinoa:

1. **It's delicious** No matter how 'good for you' a food is, whole grains definitely make it. Slightly nutty and grainy, Makes a good salad when cooked - add lemon, red capsicum, red onion, etc – use your imagination.
2. **It's high in protein** with 14% It's also a good source of magnesium, phosphorous, iron and fibre.
3. **It's gluten free**
4. **It needs washing before use** I read somewhere that the surface of quinoa contains a chemical called saponin that has a bitter soapy taste. Most commercial quinoa will already be washed and have the saponin removed, but it's a good idea to rinse it just before you use it, in case there are residues.
5. **It comes in different forms and colours** white is the most common, but red and black seeds exist naturally. It can be rolled into flakes, but whole grain is the most commonly available form.
6. **It looks like a grain but is actually a seed**
7. **It has an interesting texture** Something a little like couscous.
8. **It's better if you cook it** See the recipes on the packet.

At present, most Quinoa is imported from Chile, but farms in the Narrogin district in Western Australia will have crops available this year.

Geoff



SHELTERBOX FOR MOSUL

ShelterBox, Rotary's project partner for disaster relief, and ACTED, a French nongovernmental aid agency, have teams in the city of Irbil in Iraqi Kurdistan, 85 km east of Mosul. They have been working since July to get aid supplies ready so they can respond quickly as the battle to retake the city from ISIS unfolds.

[Learn more about how ShelterBox is helping](#)



MEETING ROSTERS

Thursday 10th November

Speaker: Mr. Don Cullen

Topic: The Tibet Project

Host: Ian Adams

Setup: Pete Sutherland, Russell Cooper

Greeting: Tony Hart, Ian Adams

Desk: Colin Sharp, Duncan Ansell

Thursday 17th November

Speaker: Dr Laura Dumas

Topic: Rotary Foundation Scholarship and her work on Multiple sclerosis

Host: TBA

Setup: Phil Francis, Jim Studebaker

Greeting: Garth Symington, Peter Cleary

Desk: Lindsay Pegg, Larry Fitzpatrick

Thursday 24th November

Speaker: TBA

Topic: TBA

Host: TBA

Setup:

Greeting:

Desk:

Thursday 1st December

Speaker: TBA

Topic: TBA

Host: TBA

Setup:

Greeting:

Desk:

Meeting No.19

Thursday, 3rd November 2016

Present:

- Guest Speakers 1 Michael Martin AM - Life Saving Victoria
- NB Members 50
- Guests 2 Carol Martin (wife of GS); Connor Russell, son of Russell.
- Member Attendance = 89.1%
- Other Activities 15 **Gardening Project** :- Ansell, Cribbes, Hurnard & Lele.
- (Board Approved) **Catering (BBQ Bunnings)** - McBride, Pethick, Sofra, Studebaker, Sutherland, Toohill & Wilkins. **ARH Board** - Greg Ross
- Adrian Ranson - **AG to RC** Caulfield.

Absences for Rosters:

Peter Elliott, Paul Fitz, Tony Ho, Beatrice Ko, John McBride, Bill Oakley, Tony Wells.

Celebrations: Monday 7th Nov to Sunday 13th Nov

Birthdays: Ian Adams 8th November

Inductions: Greg Matthews 7th November

John Rennie 10th November

Weddings

MAKE NOTES OF THESE DATES IN YOUR DIARY

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

Saturday 19 November BOROONDARA PARK PRIMARY SCHOOL FAIR 3pm to 8.15 pm . 40 Almond Street, North Balwyn.

Set up and pack up volunteers required. 12 noon to 2.45pm (Setup) and 8.00pm – 10.00pm (Pack- up) RSVP to: Jane Pennington (Jane.Pennington@bigpond.com)

Tuesday 22nd November Annual Rotary Foundation Paul Harris Breakfast

7.15 am RACV Club Guest Speaker Tim Cartwright “Holding Them to Account”
\$65 - See your Foundation Chairman Findley Cornell to join our Club’s Table.
fnc@mail2me.com.au

Friday 9th December:

Christmas Fare: 9am to noon in North Balwyn Village

Saturday 17th December: Carols in The Park

Macleay Park, Cr Belmore and Buchanan Ave, Balwyn North
Presented by the North Balwyn Inter-Church Council with support of the Boroondara Council and us!



2016
ANNUAL GENERAL
MEETING

The AGM will be held on the **24th of November.**

If you would like to nominate for a position vacant please contact Gavan Schwartz

FOR YOUR DIARY 15th January 2017 Sunday Brunch at Warranglen Nursery, Warrandyte
9.30 am to 11.30 am. Venue booked. Don Taylor arranging event. Board will be circulated.

Friday 10th February 2017 Rotary Golf Day Kew Golf Club

7.30am start for 128 Players with a shotgun start .
Sponsors are being sought! More news shortly!!



Saturday, 18th February 2017. TRAMBOAT LUNCHEON CRUISE
Sail from Victoria Harbour, down the Lower Yarra and up the Maribyrnong River.

www.tramboat.com.au



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



Connecting Communities - Serving Humanity

Please note: Rob Head has booked-out a nice compact motel for our Club very close to the Conference venue.

See Rob for accommodation details.
Registrations are now open!
Early Bird Discounts apply.

www.rotaryconference.org.au to register.

ROTARY CLUB OF NORTH BALWYN 2016/17

President: Rowan McClean

president@rotarynorthbalwyn.com.au

Vice President: Bill Oakley

vicepresident@rotarynorthbalwyn.com.au

Secretary: Gavan Schwartz

secretary@rotarynorthbalwyn.com.au

Treasurer: Greg Cribbes

treasurer@rotarynorthbalwyn.com.au

Web: www.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@netspace.net.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.

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?



D9800 Probus

North Balwyn Probus President 2015/16

Ken Mitchell: mitchellkv@gmail.com

North Balwyn Heights Probus

Secretary Sue Mullarvey 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

(Secretary Janet Eddy)

jveddey@applewood.net.au



ROTARY CLUB OF
NORTH BALWYN

Our Club Web Site
www.rotarynorthbalwyn.com.au

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

Support Our Sponsors



Australian Furniture
(9460 1822)
(Adrian Ranson)



Bakery
(9890 0066)
22 Hamilton St
Mont Albert 3127



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We're for real.

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

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AND your community

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03-9852-0777

GAZMAN

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