

The Grapevine



IN SERVICE OF ROTARY

CHANGEOVER EDITION

Changeover was a colourful and entertaining occasion with now Past President Adrian Ranson dressed in red trousers and matching desert boots along with beautifully done table decorations set against a lovely winter's day overlooking the Box Hill golf course.

Eileen Toohill as MC led us through the busy agenda with poise and a no nonsense style. A threat of detention kept us under control.

Because of their contribution to the club during 2014/2015 Rotary Year, Past President Adrian Ranson recognises several members through various awards.

- Eileen Toohill was recipient of the Royce and Jean Abbey Award.
- Peter Sutherland and Geoff Haddy, who couldn't be with us on the day, were recognised in absentia with a Paul Harris Fellow.
- Nino Sofra had been recognised at a recent meeting with a Paul Harris Sapphire
- Tony Wells was recognised with the Ron Carnell Presidential Award for his contributions
- Geoff Steinicke received an additional Paul Harris Sapphire

Past District Governor Murray Verso presented Ken Maxfield with an additional Sapphire Paul Harris Fellow in recognition of Ken's work on Camp Getaway.

Past District Governor Murray Verso also awarded North Balwyn Rotary Club with a District Award. Entertainment was a melody of folk songs by the original Idlers Five group, which includes our own President Elect Rowan McClean as one of its members. The songs were enthusiastically enjoyed by all present while nostalgically reminding us of period some 50 years ago.

Following the induction of President Jane Pennington, Rowan then led us in the singing of Change-over Song RCNB (words are on page 4) which rounded off a very enjoyable afternoon.

NEXT WEEKS SPEAKER:- Natasha Jager

Natasha Jager is the Senior Account Manager at the Australian Drug Foundation. As part of her Royal Australian Navy Reserve commitment, Natasha is a Naval Aide-de-Camp to the Governor of Victoria.

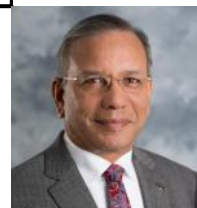
Natasha was appointed as an aide to the Governor in September 2014 after she completed 13 years full time service in the RAN after graduating with a double degree with honours from the Australian Defence Forces Academy (ADFA).

During her time in the RAN, Natasha was a Navigator and Patrol Boat Executive Officer; responsible for the safe navigation of ships up to 160m in length carrying over 240 personnel and the day to day management.

Natasha was deployed on Operation Slipper (Persian Gulf), Operation Anode (Solomon Islands) and Operation Resolute (border protection).



Our Leadership 2015/2016



RI President



DG 9800

Julie Mason



President RCNB
Jane Pennington

MEETINGS THURSDAYS

6 for 6.30pm

Kew Golf
Club

120 Belford
Road Kew
3102

Ph: 61 3

9859 6848

Be a gift
to the world





Eileen Toohill, our MC for the changeover meeting



Brian Hurnard performing the toast to Rotary International



Immediate Past District Governor, Murray Verso responding to the toast to Rotary International



President Adrian Ranson presenting Eileen Toohill with the Royce and Jean Abbey Award



President Adrian Ranson presenting Tony Wells with the Ron Carnell President's Award



Immediate Past District Governor, Murray Verso congratulating Ken Maxfield as recipient of an additional PH Sapphire



President Adrian Ranson inducting Jane Pennington as the club's 36th President



Newly inducted President Jane Pennington providing us with an outline of the upcoming Rotary Year



President Jane Pennington giving Rowan McClean his President's Elect badge



President Jane Pennington presents the 2015/2016 Board to the Rotary Club members, dignitaries and visitors.

Meanwhile, John Mavor hands over the Sergeant's role to Tony Wells, complete with a British Bobbies hat and that all powerful gavel!!!





John Gartlan with another memorable presentation of "Nothing but the truth".



The ladies gather with President Jane for a photo opportunity. L to R Delina, Ros, President Jane, Sue, Mary and Bronwen.



Pat and Peter Cleary



Mary George and Ros Horne



Jenny and Rowan McClean



Fran and Joe Butler



June and Ron Phillips



Anthea and John Mollison



Delina Schembri-Hardy Terry Keyhoe and Bronwen Dimond



Jenny and Greg Cribbes



Bev and Stan Hibbert



Tricia and Ken Maxfield



Trish and Imre Lele with Helen and John Gartlan

NEWS FLASH! NEWS FLASH! NEWS FLASH! NEWS FLASH!

Funding of \$200,000 for the construction of The Men's Shed has been approved by Boroondara Council. A further \$60,000 of State Government Funding will be available for outfitting The Men's Shed. Well done to all involved with this project.

CHANGEOVER SONG RCNB by Rowan McClean**CHORUS**

It's changeover time it's plain
And Ade will hand over to Jane
All over Australia
Power and regalia
Will pass to another again

VERSE 1

"Join leaders, share ideas, take action"
Murray's mantra for satisfaction
If Rotarians accept
This plan so adept
Our projects will have super traction

CH

VERSE 2

"Service Above Self" is our theme
Help people in need reach their dreams
Buying equipment and tools
Fixing clinics and schools
Local leaders new friends of our teams

CH

VERSE 3

Adrian thanks for steering this year
The highlight, your colourful gear
Your rainbow-like clothes
Kept us all on our toes
Our optometrists' bills were severe

CH

VERSE 4

So go to it Jane with zest
We know you'll be up to the test
As for the year after
Some music and laughter
My cards being kept close to my chest

CH

SECRETARY'S NOTE

Club documents to record our activities for the past year and preparation for the next are a major part of our Changeover process.

This year we have several people to recognise for their efforts in this regard.

A big thank you is accorded to Estelle Kelly for her work in preparing the Club Directories for next year and having them printed,

To Jane Pennington for assisting me in putting the Annual Report together and making it look so good and to Adrian and Nadia Ranson for printing and binding the Annual Report. A huge task when we need 100 of them! Thanks also to the members who were forthcoming with the changes that were needed to maintain our contact details. Well done!

Another great team effort from within RCNB.

Gavan Schwartz

Secretary

**ROTARY CLUB OF NORTH BALWYN Golf Day at Kew Golf Club**

Friday 2nd October

Only \$80 per round with lunch and prizes included!

Shotgun start!

For a successful event, we need 140 starters.

Also looking for Gold, Silver and Bronze Sponsors for each hole.

Contact Bill Oakley 0419 504 201

email:- billoakley1@bigpond.com for more information



Meeting No. 49**28th June 2015****Present:**

Final Meeting in 2014/15 - Club Annual Change-Over

NB Members	48	
Visiting Rotarians	8	Altona, Balwyn, Boroondara, Camberwell, Canterbury & Geelong DG Murray & Irene Verso.
Honorary	1	Charter Pres. Stan Hibbert
Partners	36	incl. Bev Hibbert.
Friend of Rotary	8	
Guests	6	
Entertainers	6	"Idlers 5" including 2 wives.
	114	
Meeting Attendance	81.4%, Club Year 84%	- to be confirmed when make-ups are advised.

Absences for Rosters:

Peter Elliott	Larry Fitzpatrick	Max Hardy	Greg Matthews	
Marcel Muntwyler	Kinga Paulheim	Peter Sutherland	Bill Thackray	Peter Wilson
Bob Bott	Joe Butler	Barry Cummings	Hugo Goetze	
John Magor	Jim Studebaker	Garth Symington		

Geoff's Health Tips**Our bodies cry out for water**

Some years ago a nutritionist visited my office and asked me, point blank, "Geoff, how many glasses of water do you have each day", to which I replied, you mean - including cups of tea? "No", - coffee? "No", - beer? "No", well I think I would have at least one glass of water. "Geoff, you are dehydrated, your brain will shrink and you will suffer memory loss - you need eight glasses of water each day!".

Reeling back from this emphatic delivery, I thought - eight glasses of water a day – you must be joking! Firstly, I don't particularly like the taste of water. I suppose I am not alone there as most people avoid it as a beverage, but tell me what's wrong with the water in tea or coffee or sweetened drinks?

"Well, caffeine is a diuretic, as is sugar, so that we lose more water than the water we take in, making dehydration worse. Even decaffeinated herbal teas dehydrate, due to a complex combination of diuretic molecules in the brew as well as the osmotic effect". "In addition, many elderly people take diuretic tablets to control hypertension, eg., dithiazides, frusemide 'Lasix' – to name two". "I think we under-rate the importance of water in our body."

Water serves as a solvent in the blood and as a 'filler' in the intracellular spaces and as the main adhesive in cell membranes.

Water keeps the membranes intact while allowing the nutrients to move in and wastes to move out. In a state of dehydration, as the water level in the membrane falls, the movement of nutrients and wastes becomes less efficient.

With 20% of the blood supply going to the brain, carrying with it oxygen and essential nutrients, the effect of vascular volume depletion through dehydration can be catastrophic. The elderly are known to drink less water and maybe brain dehydration is a reason for cognitive decline as we age.

Geoff



Illustration by Seth Larson

Rotary Gardens Project at 28th June 2015

A tricky few weeks ahead for the Garden Project – schools are returning, weeds are growing, properties for are becoming scarce as are many Rotarians (willing Gardeners...) who are taking extended leave. Fun times.

So, we have planned these dates further forward to assist you all in finding date(s) for your diary please as the Gardens Project needs your help to supervise or assist on the following dates/times.

Date	Time	RCNB Supervisor	Assisted by
Thurs 2/7	12.45 – 2.15pm	Greg Cribbes	Geoff Steinicke
Mon 6/7 Hard Rubbish relocation	10.00am – for an hour?	Rowan McClean (+trolley)	Tony Ho (+ trolley) Geoff Steinicke Tony Wellsany others??
Tues 7/7 <i>Special session with YEP team</i>	10.00am – 1.00pm	Rowan McClean	Estelle Kelly Garth Symingtonthankyou
Fri 17/7	4.00 – 5.15pm	Greg Cribbes	
Sat 18/7	10.00am - noon		
Thur 23/7	12.45 – 2.15pm		
Frid 24/7	3.00 – 5.15pm		
Sat 25/7	10.00 - noon		
Thur 30/7	12.45 – 2.15pm	Greg Cribbes	
Fri 31/7	3.00 – 5.15pm		
Sat 1/8	10.00 - noon	Greg Cribbes	

You may care to call me if you are able to nominate for a “spot” – thanks in anticipation.

I hope to then re-circulate this Schedule on Thursday night, showing more RCNB Volunteers on it.

Any queries, happy to chat!! Cheers **Greg CRIBBES** Mob 0413 270403

RECLINK COMMUNITY CUP

My many thanks to the crew that cooked a huge pile of sausages, loads of hamburgers and lots of onion. Thanks to Bill Oakley, Jane Pennington, Ian Richardson, Findley Cornell, David Cheney, Jo Butler, Phil Francis, Tony and Jo Wells, Estelle Kelly, Maurie and Kris Walters, Geoff Haddy, Geoff and Andrew Steinicke and Iris Lin (Interactor).
John McBride

Important Anniversaries

Monday 29th June to Sunday 5th July

Birthdays:

Inductions: Gary O'Connor 2009

Wedding Anniversaries:- Bernie and Ursula Smith





Attention all Secretaries and Club International Directors.

Dear Rotarians,

Our 2015 Rotary International Expo will be held in Shed A the Queen Victoria Market on Sunday 12th July. Clubs from our District and others in Southern Region have pulled together to present this Expo of high impact, sustainable projects to showcase to the public and to share with District International Directors, incoming Directors and interested new members.

A key objective this year is to use this wonderful venue to enable us to increase public awareness about Rotary.

We will keep you updated with the Rotary International Expo Facebook page <https://www.facebook.com/rotaryinternationalexpo>. Secretaries, please share this link with your club's Facebook page. This is a day to share Rotary with families and friends with a social conscience and a love for the community.

Be sure to announce this to your club members and help us bring Rotary to the Vic Market. There are, of course, lots of shopping opportunities, fresh fruit and vegies, market specials, plus the opportunity to gather with your friends, listen to jazz and Timorese musicians, meet our District Leadership Team, and gain insights from hardworking and inspirational project teams who help poor communities in far flung places. You can also help the people of Vanuatu and Nepal by donating to projects helping to rebuild shattered lives.

Please like our Facebook page and send to your clubs IT and social media coordinators.

With thanks,

Regards,

Rowan McClean
Rotary District 9800 International Service Chair

Vocational Mock Interviews Camberwell Grammar Students

Thanks to all the Club Members who undertook Student Mock Employment interviews at Camberwell Grammar this week.

Eleven members interviewed 30 Year 12 students on Wednesday afternoon which was a great vocational exercise. Feedback from the students and the CGS Careers Advisory Staff indicated that the project was a most valuable exercise which was greatly appreciated by the participants who found it of great assistance.

Club Members involved were most impressed by the calibre of students and their confidence and determination to achieve their goals.

Peter Cleary
Director Vocational

MEETING ROSTERS

Thursday 2nd July

Speaker Ms. Natasha Jager
 Topic My Experience with The Royal Australian Navy
 Host: Jim Studebaker
 Desk: Joe Butler, Jack Liao
 Greeters: Peter Cleary, Tony Ho
 Set-up: Russell Cooper, Garth Symington

Thursday 9th July

Speaker Russell Kennedy
 Topic IMAGINATION - Designing The Big Picture
 Host: Estelle Kelly
 Desk: Geoff Steinicke, John Gartlan
 Greeters: Matthew Pauli, Imre Lele
 Set-up: Jim Romanis, Maurie Walters

Thursday 16th July

Speaker Sue McDonald
 Topic Timor Leste Update
 Host: Max Hardy
 Desk: Findley Cornell, Bob Bromley
 Greeters: Estelle Kelly, John McBride
 Set-up: Ian Richardson, Bronwen Dimond

Thursday 23rd July

Speakers Directors
 Topic **Club Forum**
 Host: Jane Pennington
 Desk: Adrian Ranson, Greg Dimopolous
 Greeters: Peter Sutherland, Rowan McClean
 Set-up: Nino Sofra, Max Hardy

MAKE NOTES OF THESE DATES IN YOUR DIARY

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

July

Saturday 4th BBQ for Servants
 Glenferrie Road, Hawthorn

Sunday 5th Craft Market BBQ
 Camberwell Civic Centre

Saturday/Sunday July 11/12
 Catering for Miniatures (VAME)
 Mt Waverley Community Centre

Friday 17th BBQ at Bunning's

Monday 20th 11:00am Event—Movie/Luncheon
 Palace Cinema "Madame Bovary"

Sunday 26th Event—Team Servants
 Fun Run Melbourne 5km walk

Thursday 30 Club Meeting
 Moved from KGC to Greenacres Golf Club.

August

Sunday 2nd Craft Market BBQ
 Camberwell Civic Centre

Thursday 13th Club Meeting
 Partner's Night

Friday, 21st Event- Dine-Out Dinner at Ameci's
 726 Burke Road, Camberwell 6.30 pm for 7.00 pm

Friday 28th BBQ at Bunning's

September

Sunday 6th Craft Market BBQ
 Camberwell Civic Centre

September

Thursday 17th Bus tour to Australia Garden
 Cranbourne \$35 per head (excludes lunch etc)

October

Thursday 1st Club Meeting—Partner's Night Celebration Grand Final & visit by District Governor

Friday 2nd Golf Day
 Key Golf Club

Sunday 4th Craft Market BBQ
 Camberwell Civic Centre

Friday/Sunday 9/11 Camp Getaway Weekend

Friday 23rd BBQ at Bunning's

Thursday 29th Club Meeting—Partner's Night Celebration of Melbourne Cup

November

Sunday 1st Craft Market BBQ
 Camberwell Civic Centre

Friday/Sunday 6/8 Fellowship & Golf weekend
 Cobram, Barooga

Saturday 14th Upstream Challenge

Thursday 19th Event—Fashion Fundraiser
 Blue Illusion, Balwyn

2016

March 12/13 District Conference Bendigo

ROTARY CLUB OF NORTH BALWYN 2014/15**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**Acting Grapevine Editor John McBride**jdmcb48@bigpond.net.au

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](#) to go to the Website (no login required).
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 as Hugo lets the Kew Golf Club 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**.

FELLOWSHIP WEEKEND NOVEMBER 6,7 AND 8th COBRAM BEROOGA

President Nominee Rowan McClean has 82 acceptances for the weekend.

Contact Rowan on 0412 966 066 or email rowanmcclean@gmail.com to confirm your attendance!!

Rowan has guaranteed that there will be plenty of activities available if you're not golfing!!

D9800 Probus**Aisin Toyota Sewing Machines****North Balwyn Probus President 2015/16**Ken Mitchell: mitchellkv@gmail.com**North Balwyn Ladies Probud (Sect Jill Johnstone)**jilldj@melbpc.org.au**North Balwyn Heights Probud**

(Sect Sue Mullarvey)

yarramul@tpg.com.au**Greythorn Probud (Sect Shirley Brangan)**daynaleigh1@bigpond.com

Tel: 03 9859 4941

Boroondara Ladies Probud (Sect Janet Eddy)jveddey@applewood.net.au

Aisin have supported our Solomon Islands Project with multiple donations of Sewing Machines and Overlockers. If you are looking for the ideal practical gift consider the Aisin Toyota range of Home Sewing Products TOYOTA Home Sewing Products Melbourne Vic 3025

Phone: (03) 8311 9110www.sewing.aisin.com.au

Available at Spotlight Stores

**TOYOTA**

**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)



Bakery
(9890 0066)
22 Hamilton St
Mont Albert 3127

 **Bendigo Bank**

Good for **U**
AND your
community

CHRIS CROSS

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1575 Burke Rd Kew East 3102

BUNNINGS
warehouse

the village
balwyn north



Cooper Street **Self Storage**

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