



Your incoming President was somewhat jaded after five successive days of changeovers. The process, though, gave me a good understanding of the cultures of the other clubs in our cluster and strengthened an already developing relationship with the new Club Presidents.

Balwyn Rotary is about our size; Camberwell has a few less members and Canterbury also has a solid membership. The diversity of skills and experience amongst these like-minded good people is a great resource, and we are keen to pursue cluster cooperation this year to make use of it on some projects, and in promoting Rotary to the Boroondara public.

This was a great first night for me. Two of our own members presented their stories. Carolyn Pethick, who has disappointed Primary School audiences when they learnt she had never shot anyone in her service with Victorian Police, traced an interesting and challenging career. Robyn Stepnell gave us an insight into her interesting life which has had some variations in roles and locations and a love affair with chimpanzees in Africa. What a blessing to our club these two women are!

Sergeant Maurie, currently wearing two hats (or more correctly one hat and one helmet) was as smooth as silk, as expected.

If members are not yet on a Committee and would like to be, please let Secretary Gavan know as he is finalising our teams.

The Board had approved a dinner fee increase of \$1 this year (to \$35) and the bar will be open for an hour following meetings to allow committee meetings, fellowship, and other business over a coffee or something stronger.

RI has relaxed attendance rules and "Make-ups" and "Member Attendance" will no longer be a mandatory recorded statistic for International or our District. Hugo will be seeking guidance from the club Board regarding their requirements for 2016/17. The focus of RI and District 9800 will be on Membership numbers. We are hoping this change will make it more attractive for Friends and potential new members to become members to do what they can when they can, including helping with service projects.

The Board approved our assistance to Outbound Exchange student Melanie Han, a 15 year old studying at Camberwell Grammar School, who will be going to Spain at the beginning of 2017. John Magor has offered to be her Counsellor, and we can expect John to organise some visits to the club over the next few months for the family, who live in Balwyn North.

We will also be ordering four new Ambassador banners for placement in high traffic areas in our catchment area, such as post offices, banks and sponsor premises, to increase awareness and attract membership enquiries.

Please diarise as a Partners' Night the Camberwell Art Show on 14 July, where the club will be having dinner and a tour of the Art Show at Swinburne University.



D.G. Neville John is visiting us on the 21st July, and I would like to see as many as possible of our members and friends attend that meeting.

Thanks to everyone for their encouragement and support to date. I am looking forward to another great year for Rotary North Balwyn.

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



Next Meeting: **Thursday 7th July** Speaker: Dianne Sides: My ROMAC Journey

Host: Bronwen Dimond

Setup: Greg Ross, John Koa

Greeting: David Cheney, Hugo Goetze

Desk: Ian Richardson, Jim Studebaker

On The Night



Top to Bottom: "The Bagmen", "The New Sergeant", Greg Ross receives a PHF with Three Sapphires, Gavan with "The Little Orange Book", Sue wins "The Scales" and Russell the Host.

Member speeches from Carolyn Pethick and Robyn Stepnell kept us enthralled.



Carolyn has been a Policewomen in The Victorian Police Force for many years and was in the second squad of women to join the force.

It was in 1924 that women became police members with the same powers of arrest as men, so Carolyn wasn't with that intake! Some of Carolyn's memories related to us came from her roles in the Zebra Task Force looking for undercover SP Bookmakers, The Stolen Car Squad, The Water Police, The Special Operations Group, Ash Wednesday operations, Mildura Police Women's Division and Boroondara Community Liaison Officer. From these experiences we

can also look forward to "The Book". Carolyn has written an account of her adventures of joining the Victorian Police Force and the trials and tribulations of being a women in The Force.

Carolyn is now starting a new venture in Keeping the Elderly Safe and conducts security surveys for the elderly.

Thanks in part to Carolyn the [Women of Victoria Police](#) now play a diverse role in policing; they are at the forefront of modern policing – in leadership positions, in metro and country locations and in specialist roles such as prosecutors, crime scene investigators and detectives plus many more.

Robyn is Learning Culture Manager at Baptcare where Belinda works and they share a common love of Africa and invite us to consider a trip to share their close up experience the chimpanzees.



Robyn has had a wide range of family, employment and life experiences including local, Country and International locations. Robyn has previously been a Rotarian with the R.C. of Swan Hill for 4 years and her family had a farm at Trawalla near Horsham. Robyn had a health scare recently which made her question what life is all about and she loves being at home with her Tibetan Spaniel. Robyn gave us a very humble account of her achievements when you review her career history on LinkedIn [HERE](#)

Thank you Robyn for a most entertaining talk.



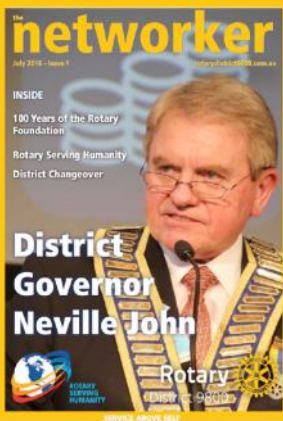
On August 4th we are to hold a debate with Balwyn High School students.

“ The Internet Brings More Harm Than Good”

We need a team of four – three to speak and an emergency /assistant. Each speaker will be expected to “perform” for three minutes so that should not be a great problem for our lot!

An adjudication will take place

Please contact Gavan asap to join Greg Ross as our first volunteer.



The latest Networker is out!

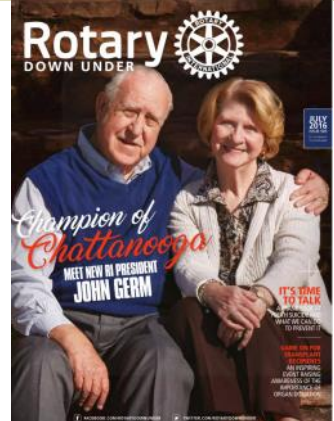
View it On-Line [HERE](#)

We have an E-mail list for "Partners" Click [this link](#) and write "Add Me to the Grapevine Mailing List".

Petesutherland@bigpond.com

The latest RDU is out!

View it On-Line [HERE](#)



Days for Girls International



Every Girl.
Everywhere.
Period.

Empower girls and women worldwide with more dignity, health and safety through quality sustainable menstrual management. Every woman by 2022.

www.DaysForGirls.org

Our Days For Girls Project continues!

Thanks everyone who attended recently at the Goetze's residence to continue the great work of producing the Days For Girls Kits.

There will be more exciting news soon!



A timely Reminder from [Eyewatch](#)

We have seen some increases in theft from motor vehicles in the Balwyn area over the past few nights. Koonung Street, Ellsa Street Balwyn North have seen crimes reported as has Whitehorse Road and Hilda Street, Balwyn. All had windows smashed with coins and GPS units stolen. That's the bad news.

On the positive side of the ledger, yesterday afternoon a member of the public alerted us to an attempted theft of his vehicle in Toorak Road, Camberwell.

The actions of the public saw us arrest a 16 year old offender from Noble Park. He was interviewed and charged with a number of offences and bailed to appear at the Children's Court in August.

Again, please remove all valuables from your vehicle. Crooks are most active at night when you're inside at home, removing valuables will present your vehicle as a less of a target. Have a great day everyone. Steve Frost, Inspector Boroondara.

[Miniatures Show Catering VAME](#)

Again this year we have been asked to run a kiosk at the Mt Waverley Community Centre for the annual show of the Victorian Association of Miniatures Exhibitors (VAME) on the week end of July 9th and 10th.

This is an inside event, so you will not be left out in the cold!

We are in the kitchen at the Mt Waverley Centre serving sandwiches, scones, soup, muffins and vanilla slices!

Where: The Mt Waverley Community Centre is in Stephensons Rd between Miller Cres and Holskamp St (Melways 61 E12).

Thank you to those who have already volunteered.

We need at least 6 per shift, but 1 or 2 extra will be helpful


Contact [Bill Oakley](#) if you can help (and haven't volunteered already).

[Bill Oakley <bill oakley1@bigpond.com>](mailto:bill oakley1@bigpond.com)



Volunteering with Catering and Gardening activities is fun and rewarding. Give it a go !

Geoff Haddy is filling in as coordinator of the Gardens Project whilst we seek someone to fill this role going forward.



Rotary
Club of North Balwyn

GARDENING PROJECT 4 July 2016

The next school term is about to begin and we'll be off to a flying start thanks to the preparatory work done by former coordinator Greg Cribbes.

Date and Who with	Time	RCNB Supervisor	Assisted by
17/24 June to 11 July SCHOOL BREAK			
Fri 15/7 – X	4.00 - 5.15pm	Greg Cribbes	Tony Hart
Sat 16/7 - MLC	10-noon	Greg Cribbes	Rob Head
Thur 21/7 - RCNB - special	pruning roses 10am	John Gartlan	Marcel Muntwyler
Fri 22/7 - CGS/X	2.45 - 5.15pm	Geoff Haddy	Jol Dunn Tony Wells
Fri 29/7 - CGS/X	2.45 - 5.15pm	Greg Cribbes	Brian Hurnard Garth Symington Anthony Stokes
Sat 30/7 - MLC	10-noon	Geoff Steinicke	
Fri 5/8 - CGS	2.45 - 4.00pm	(1 pls.)	(1 pls.)
Sat 6/8 - special - CGS 21students	10.00 - 1.00pm	Geoff Haddy (+ 2 pls.)	Tak Yukawa Estelle Kelly Ian Richardson
Fri 12/8 - CGS/X	2.45 - 5.15pm	(1 pls.)	Findley Cornell (+1 pls.)
Sat 13/8 - MLC	10 - noon	(1 pls.)	(1 pls.)
Fri 19/8 - CGS/X	2.45 - 5.15pm	Greg Cribbes	Ian Richardson (+1 pls.)
Fri 26/8 - CGS/X	2.45 - 5.15pm	(1 pls.)	(2 pls.)
Sat 27/8 - MLC	10 - noon	(1 pls.)	Marcel Muntwyler
Fri 2/9 - X	4.00 - 5.15pm	(1 pls.)	Tony Ho
Fri 9/9 - X	4.00 - 5.15pm	Greg Cribbes	Ian Richardson
16 Sept to 3 October SCHOOL BREAK			

Thank you Tony Wells, Anthony Stokes, Findley Cornell, Marcel Muntwyler and Tony Ho who added their names to the forward roster at our last meeting. The list is looking good! There are still a few spots to fill for the coming school term. Please indicate your availability to **Geoff Haddy** who is filling in as coordinator for the time being. Phone or text 0418 584 968 or email ghaddy@bigpond.net.au

Catering Rosters: Please see separate E-mail send to all Members and Friends

Respond to Bill with your preferred dates and times.

Bill Oakley <bill oakley1@bigpond.com>



CELEBRATING
50 YEARS
OF AUSTRALIAN ART 1966-2015

NOTICE:

Change of Venue for The Meeting of Thursday 14th July 2016.
[Camberwell Art Show](#). And Partner's Night

Venue: Swinburne College, Burwood Road, Hawthorn.

(Parking available opposite The College, alongside Hawthorn Town Hall)

Time: 6.00 for 6.30 pm.

Format: Two course dinner, a glass of wine plus tea and coffee.

Also included is free entry to the show and includes an experienced guide.

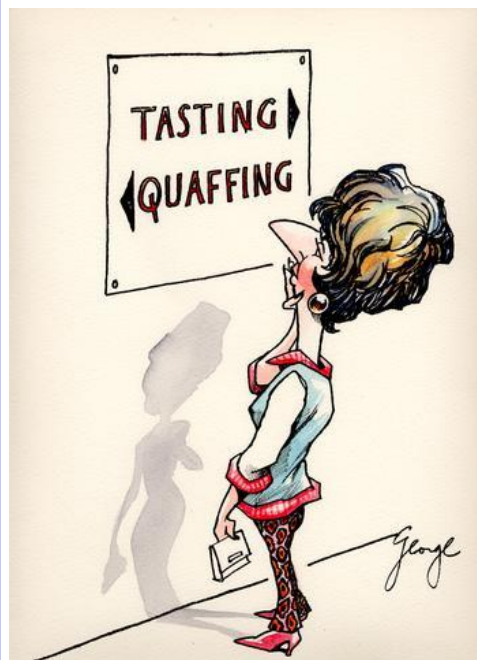
The charge: \$30.00 per head.

Attendance: Please advise Hugo of apologies and guests.

NOTE: There will be no Club at Kew Golf Club on this night.

Geoff's Health Tip

How to spoil one of life's greatest pleasures



People over 75 know that, as we age, our bodies begin to stop working as smoothly as they did in our youth. Flexibility and dexterity are lacking, we ache more and our immune system stops functioning as well as it once did. All of this may be linked back to the inflammation of ageing or "inflamm-ageing". This is a newly coined word describing the chronic state of inflammation as we age. Inflammation is always associated with aches, pains and disease.

[A previously unknown correlation has recently revealed that there is a link between alcohol consumption and inflammation in the elderly.](#) Researchers at the University of Colorado, Denver, have raised red flags about the effect of alcohol consumption on our immune system and our body's ability to battle infection.

Lead researcher Brenda Curtis, PhD, said "our laboratory has been studying inflammatory and immune responses in the aged for well over a decade. We know that even healthy individuals have an elevated inflammatory state. Adding alcohol to the fragile immune system of the aged reduces their ability to fight infections". It appears that older people are increasingly turning to alcohol. This is especially so in retirement homes where 'happy hours' can be a nightly occurrence, and three or more drinks every evening are common. A recommendation from the researchers is to consume not more than three drinks on any one occasion and not more than seven drinks in one week.

The goal then becomes to bolster the immune system without aggravating the chronic, inflammatory response. As usual, this can be accomplished with proper nutrition. Whilst short inflammatory periods are necessary in handling temporary events, continual chronic inflammation affects the whole immune system adversely. Foods, such as red meat and processed meat, contain inflammatory markers and should be reduced or avoided. On the other hand, eating a variety of whole-plant foods, whole-grains, vegetables and fruits with the highest anti-oxidant levels, such as berries, reduce inflammation the most.

Geoff

MEETING ROSTERS

Thursday 7th July

Speaker: Dianne Sides
 Topic: My ROMAC Journey
 Host: Bronwen Dimond
 Setup: Greg Ross, John Koa
 Greeting: David Cheney, Ian Richardson
 Desk: John Magor, Joe Butler

Thursday 14th July

Partner's Night
 Camberwell Art Show
 Swinburne University, Hawthorn.
 Greeting: Eileen Toohill and Estelle Kelly
 Desk: Brian Lacy and Gavan Schwartz
 The desk will collect money on the night.
 Please bring the exact amount of \$30

Thursday 21st July

Speaker: D.G. Neville John
 Topic: D9800 District Governor
 Host: Rowan McClean
 Setup: Joe Butler and Tony Wells
 Greeting: Marcel Muntwyler and David Rowe
 Desk: Bernie Smith and Findley Cornell

Thursday 28th July Partners Night

Speakers: Dave Cleary & Nicole Lake
 Topic: Australian Mitochondrial
 Disease Foundation
 Host: Peter Cleary
 Setup: Russell Turner and Ted Wilkins
 Greeting: John Magor and Carolyn Pethick
 Desk: Adrian Ranson and Belinda Wandabwa

Meeting No. 1**30th JUNE 2016**

Present: Guest Speaker Auto Biographies - Robyn Stepnell & Carolyn Pethick.

NB Members 49

Guests 1 PNM I - John Pantorno (Pres Rowan McClean)

Other Activities 25 AG Adrian Ranson - RC Brighton North, Brighton &
 (Board Approved) Brighton Beach; RECLINK Catering 15; Gardening Project 3;
 Police Mentoring Breakfast - Findley Cornell ;
 RI - Garth Symington.

Absences for Rosters:

Ian Adams, Duncan Ansell, Larry Fitzpatrick, Gregor Matthews, Jim Romanis,

Colin Sharp, Nino Sofra, Don Taylor, Russell Turner.

Celebrations: Monday 4th July to Sunday 10th July

Birthdays: Russell Cooper; John Koa, Barry Cummings.

Induction Anniversaries: Nil

Wedding Anniversaries: Bernie and Ursula Smith,
 George and Anita Swanson.

MAKE NOTES OF THESE DATES IN YOUR DIARY

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

Saturday and Sunday 9th and 10th July 2016 at the Mt Waverley Community Centre.
See the ['VAME show' page](#) for details.

RCNB Catering Event

Thursday 14th July [Camberwell Art Show](#)

We are meeting there.

6.00- 6.30pm \$30 Swinburne College, Burwood Road, Hawthorn No Meeting at KGC



CELEBRATING
50 YEARS
OF AUSTRALIAN ART 1966-2015

Thursday 21st July

D.G. Neville John is visiting us.



Monday, 25th July. **MOVIE LUNCHEON. Love and Friendship**

Palace Theatre, Balwyn 11.00 am. \$17.00 per head. Includes lunch.

www.palacecinemas.com.au/movies/lovefriendship

Bookings and Information: Eileen Toohill

Phone: 98164457 Email: eileenlockey@bigpond.com



Thursday August 4th - Debate with Balwyn High School students.

Saturday, 13th August.

[Richmond Town Hall](#) 6.30 pm

Tickets start at \$39.99 for Dinner and Entertainment
(Premium \$54.99 Includes Dinner and Entertainment
2 x Raffle entry plus donation to Rotaract District
9800 Projects) Book [HERE](#)

Our Space celebrates young inspiring adults making a difference in local and global communities. Our Space is a celebration for the past, present and future activities of the Rotaract Clubs of Swinburne, Gateway and Melbourne City. Our Space welcomes everybody including friends, family, Rotarians and the wider community to enjoy a night of entertainment, celebration and delicious food.



Friday 21st–Sun 23rd October **Ballarat Fellowship w/e**

Join us for a choice of golf, fellowship, historical sites, galleries, museums, the lake and gardens.

(Those not attending require a note from their parents to Rob Head)



Thursday 30th March to Sat 1st April
2017

Shepparton [2017 District Conference](#)

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

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.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**

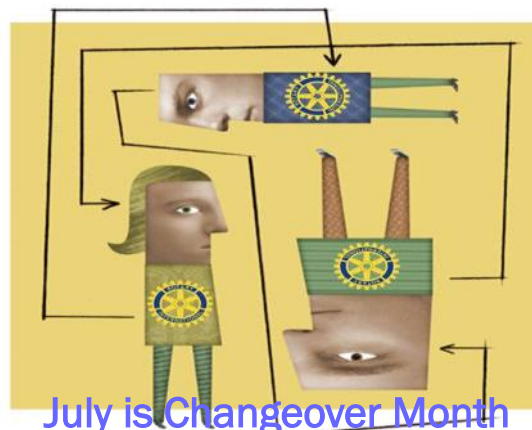
1. Sign the "apology sheet" at the front desk at the prior meeting if you know in advance.
2. Click [HERE](#) for apologies, and log into website; select My Menu; Meeting Attendance/Apologies and Make-Ups; Select meeting date; Add Apology to this meeting; and send.
3. Or E-mail Hugo Goetze, hugogoetze@netspace.net.au 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.

**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 2015/16Ken Mitchell: mitchellkv@gmail.com**North Balwyn Ladies Probus**

9857 7980 Meets on the second Monday of the month, at North Balwyn Baptist Church, 136 Doncaster Rd, Balwyn North, at 10am.

North Balwyn Heights ProbusSecretary 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 (Sect Janet Eddy)jveddey@applewood.net.au**ROTARY
SERVING
HUMANITY****ROTARY CLUB OF
NORTH BALWYN**Our Club Web Site
www.rotarynorthbalwyn.com.auRotary International
<http://www.rotary.org/en>

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66 Doncaster Rd, Balwyn North.
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