

The Grapevine



Welcome to the New Rotary Year. Our Rotary Theme for 2016-17 is

"Rotary Serving Humanity"

RI President- John F. Germ chose *Rotary Serving Humanity* as his theme for 2016-17. Noting Rotary's unique ability to bring together committed professionals to achieve remarkable goals, Germ believes that "now is the time to capitalize on our success: as we complete the eradication of polio, and catapult Rotary forward to be an even greater force for good in the world."



John F. Germ, a member of the Rotary Club of Chattanooga, Tennessee, USA, and chair of the International PolioPlus Committee.

For Rotary to thrive, Germ says, members must face current and future challenges and opportunities with "passion, enthusiasm, perseverance, and above all, integrity."

"I envision Rotary boldly and creatively engaging the success of polio eradication, membership and identity issues, strengthening clubs, work with youth – our future lifeblood, and the creation of critical, strategic partnerships," says Germ. "The 2016-17 Rotary year offers a tremendous opportunity for Rotary International and the Foundation partnership unified and thriving, on all levels, via the six areas of focus."

Germ says no one should ever have to ask, "What is Rotary?"

"We will enhance Rotary's public image by successfully and enthusiastically marketing who we are, what amazing things we are doing, and incredibly, have done locally and globally," says Germ. Read [MORE HERE](#)

Next Meeting: **Thursday 30th June** Autobiographies

Speakers: Robyn Stepnell & Carolyn Pethick

Host: Russell Cooper

Setup: Geoff Haddy, Tony Hart

Greeting: Ted Wilkins, Geoff Steinicke

Desk: Peter Cleary, George Swanson

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



Rotary Club of North Balwyn Change Over 2016



It was the Changeover for North Balwyn last night when I handed over the chain of office to Rowan McClean.

A lovely celebration, looking back on a wonderful year and forward to many exciting projects planned. Thank you to Club members for all the support you gave me all year.

With Richard Pennington.

(Thanks Geoff Steinicke for the photos in this edition)



L: Bill receiving a District Service Award from DG Elect Bronwyn Stephens



L: Jane's swan song



R: The Boys all dressed up.

L: Takao and Sanae with newly awarded Paul Harris Medal

Below: The enthusiastic crowd



An Ode by Rowan: RCNB Changeover Song 2016

We gather each week to hear someone speak, and to chat and catch up with our friends
We help those in need, give support or a feed, we're good at the means and the ends

Chorus

A gift to the world, the North Balwyn team, and we're proud of the service we give
There's a million like us, so get on our bus, and improve how less fortunates live

It's a wonderful team with a great head of steam, helping people at home and abroad
Repairing and building is very fulfilling, schooling their folks can't afford

We run BBQs, tackle gardens in crews, a multicultural event
Soon a Men's Shed will be going ahead, from just plans to steel and cement

We really care if it's True and it's Fair, builds Relationships fosters Goodwill
Serving humanity is why we exist and our true motivations fulfil

So thanks for this year, President Jane! you've won our respect and esteem
You now hand the baton to Rowan McClean, good luck to the incoming team





The New Board

Top Row: **Rob Head**: Pres Elect; **Imre Lele**: International; **Rowan McClean**: President; **John Magor**: Vocational Service

Middle Row: **Garth Symington**: Image and Communication; **Gavan Schwartz**: Secretary; **Bill Oakley**: VP.

Front Row: **Estelle Kelly**: Youth; **Findley Cornell**: Foundation; **Jane Pennington**: Immediate Past President; **Jim Romanis**: Fundraising; **Brian Lacy**: Club Service.

In Absentia others: **Greg Cribbes**: Treasurer; **Belinda Wandabwa**: Membership; **Robyn Stepnell**: Minutes Secretary.



L: Jane receiving a District 9800 Citation Award from AG Designate Jonathan Shepherd



L: Changing of the guard. Maurie is our new Sergeant, and Tony Wells is grinning.



Its now Official: Jane hands over the reins.



Gavan Schwartz received the Ron Carnell Award in recognition of his service to The Club.

Friends of Rotary - Annual Subscription

The Board of the Rotary Club of North Balwyn recently decided to seek an annual subscription of \$50 from the Friends of Rotary.

We currently have about 76 Friends of Rotary. These Friends include previous members who have retired from full membership and others who are contributors to our projects or supporters of our fundraising activities.

Our current listing requires some updating as it may include members who are longer able to be involved with the Rotary Club of North Balwyn for various reasons.

As a means of keeping this group of Friends of Rotary up to date and active, and also provide for a contribution to annual administration costs, it has been determined that an annual fee of \$50 should apply to each Friend of Rotary.

Friends of Rotary who have joined the Club in the last six months of the 2015/2016 Rotary year will not be required to make any payments until January 2017 when the annual Friends subscription will commence. Invoices will be sent to other Friends of Rotary during July 2016 for the coming Rotary year.

Attendance requirements will be relaxed in the 2016/17 Rotary year to enable Rotarians to attend only one or two dinner meetings each month, due to the demands of families, jobs, and other personal commitments. It is expected that they make a regular contribution to at least one Club project (e.g. catering or gardening).

Friends, therefore, have three choices: they can opt to convert to full membership at an annual cost of \$335 under the new attendance conditions, continue as a Friend by paying the \$50 annual fee or elect not to remain part of our RCNB community.

If you have any questions about this please contact Rowan McClean by email at <rowanmcclean@gmail.com>



9800 Rotaract Our Space 2016

The Rotaractors of District 9800 would like to formally invite you to Rotaract's biggest night of the year our **9800 DISTRICT ROTARACT CHANGEOVER**.

Our Space is a chance for us Rotaractors to celebrate and to showcase our passions for Rotary and Rotaract.

Our Space will feature all three Rotaract Clubs in our district with the Rotaract Clubs of Melbourne City, Gateway and Swinburne providing an insight of their plans for the upcoming Rotary year.

When: **6:30pm Saturday August 13th 2016**

Where: **The Richmond Town Hall, 333 Bridge Rd., Richmond**

Dress: **Cocktail**

Tickets: [BOOK HERE](#) Follow: [FOLLOW](#)

Yours in Rotaract, **Cameron Williams**

District Rotaract Representative (DRR, 2015-17) | Rotaract 9800, Melbourne

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.



GARDENING PROJECT

27th June 2016

There's a short break for school holidays but very useful to have your forward commitment.

Once a year we have a big Year 9 crew from CGS (not the usual Year 10s) for their first gardening day.

This special event is on Saturday 6 August.

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 (+1 pls.)
Fri 29/7 - CGS/X	2.45 - 5.15pm	Greg Cribbes	Brian Hurnard Garth Symington
Sat 30/7 - MLC	10-noon	Geoff Steinicke	(1 pls.)
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.)	(2 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.)	(1 pls.)
Fri 2/9 - X	4.00 - 5.15pm	(1 pls.)	(1 pls.)
Fri 9/9 - X	4.00 - 5.15pm	Greg Cribbes	Ian Richardson
16 Sept to 3 October	SCHOOL BREAK		

Please indicate your availability to **Geoff Haddy**. Geoff is filling in as coordinator for the time being.

Please 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

The United Nations International Year of the Pulses - 2016

At our club meeting almost two weeks ago, David Matthews, a lentil grower from Rupanyup, spoke about the development of the pulse market in Western Victoria. Lentils, Chick Peas, Faba and Broad beans are now grown in the soft loam-clay soils stretching from Swan Hill, Horsham, the southern Mallee to Bordertown in South Australia.

I can remember asking Peter Cook, one of our North Balwyn Rotarians in the 1990s, where I could obtain bulk supplies of Australian grown lentils. Peter was the CEO of the Farmer's Federation at that time. He reported that red lentils had just been sown in the Horsham district and 20 tons were expected to be harvested in 1993. In 2015, 1.6 million tons of pulses (lentils, beans, peas) were harvested, most of which were exported to India and the Middle East. I note our supermarkets sell McKenzie's Australian grown red lentils as well as flour.



What have pulses got going for them? Firstly, they are high in protein and fibre. We all know that protein is essential to muscle development, but it is the particular type of fibre in pulses (high molecular weight starch) that provides a real health benefit. The fibre belongs to a group known as 'resistant fibre', which is different to other fibre in that it is not digested in the stomach or small intestine, but is fermented by gut bacteria in the large intestine. The by-products of the fermentation are short chain fatty acids that are known to reduce the risk of bowel cancer.

Bowel cancer diagnosis increases with the age of the population. In the first 6 months of 2016 there were 17,520 bowel cancers diagnosed in Australia. For comparison, there were 16,084 new cases of breast cancer diagnosed in the same period. The number of bowel cancers diagnosed has doubled in the past 5 years and these figures will escalate further with our aging population. The pulses can play a part in reducing the risk by regular consumption of lentils, beans and peas following the numerous recipes found in many cookery books.

Geoff

MEETING ROSTERS

Thursday 30th June

Speaker: Autobiographies
 Topic: Robyn Stepnell & Carolyn Pethick
 Host: Russell Cooper
 Setup: Geoff Haddy, Tony Hart
 Greeting: Ted Wilkins, Geoff Steinicke
 Desk: Peter Cleary, George Swanson

Thursday 7th July

Speaker: Dianne Sides
 Topic: My ROMAC Journey
 Host: Bronwen Dimond
 Setup: Greg Ross, Bronwen Dimond
 Greeting: David Cheney, Hugo Goetze
 Desk: Ian Richardson, Jim Studebaker

Thursday 14th July

Partner's Night
 Camberwell Art Show
 Swinburne University, Hawthorn.

Thursday 21st July

Speaker: Peter Martin
 Topic: Brim
 Host: Russell Turner
 Setup: Joe Butler, Tony Wells
 Greeting: Peter Elliott, Marcel Muntwyler
 Desk: Bernie Smith, David DeGaris

Meeting No. 49**25th JUNE 2016 CLUB CHANGE-OVER****Present:** Guest Speaker

MC Bronwen Dimond

NB Members 46

Wives/Partners 34

Visiting Rotarians 13

Guests

8

DG Elect Bronwyn & Mark Stephens; AG Designate Jonathan & Elizabeth Shepherd; Pres. Elects- RC Balwyn Kevin Walsh, RC Canterbury Doug Hawley, RC Camberwell Nick & Angela Payne, RC Kew Andrew & Alice Dalziel; Chair of RAWCS Jill & John Forsyth, District Chair International Ian Salek.
 Hon. Member Charter Pres. Stan & Bev Hibbert; of PP Jane Pennington - Ellen Boyd, Jill Jeffrey, Richard Pennington & Anne Vranisar. of Pres. Rowan McClean - Emily McClean; and Guest of Club - Councillor Judith Voce.

Friends of Rotary

2

Rachael Nguyen & Chandra Sardara

meals 103

MakeUps

-

Not recorded

Meeting Attendance

76.1%

Absences for Rosters:

Duncan Ansell, Jürgen Kehne, John McBride, Gregor Matthews,

Colin Sharp, Nino Sofra, Don Taylor, Russell Turner and Peter Wilson

Celebrations: Monday 27 June to Sunday 3 July**Birthdays:** Imre Lele**Induction Anniversaries:** Ted Wilkins 2000**Wedding Anniversaries:** Rob and Ailsa Head

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

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

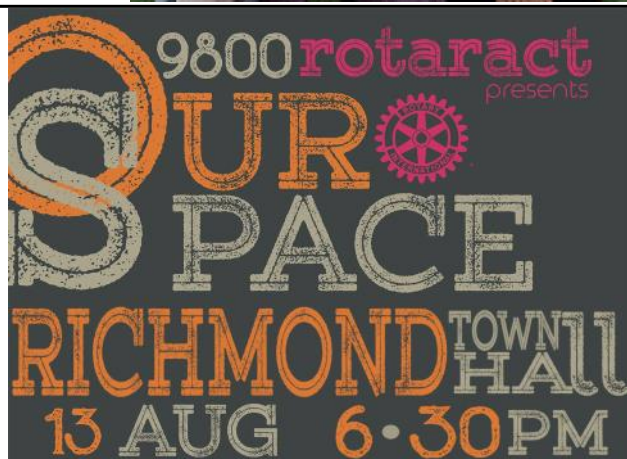


Saturday, 13th August.

[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?

June is



Rotary Fellowships Month

www.rotary.org**D9800 Probus****North Balwyn Probus** President 2015/16Ken 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



Be a gift to the world

**ROTARY CLUB OF
NORTH BALWYN**Our Club Web Site
www.rotarynorthbalwyn.com.auRotary International
<http://www.rotary.org/en>

Support Our Sponsors



66 Doncaster Rd, Balwyn North.
Ph: 9819 7173



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