



IN SERVICE OF ROTARY

[Our Leadership](#)
2015/2016

The Presidential Proclamation

This week we heard from Rosie Kelly, a long time friend of our Club, who gave us more information about Fareshare, an organisation we have supported for many years. Many of our Rotarians volunteer at Fareshare and Fareshare definitely have the formula for success when it comes to attracting volunteers as they have a waiting list of 300 people who want to volunteer for them!!

Volunteering is something which we all hold close to our hearts, otherwise we wouldn't be Rotarians. It is defined as time willingly given for the common good and without financial gain.

The term 'volunteering' covers a wide diversity of activities. The United Nations views that volunteering should directly or indirectly benefit people outside the family or household or else benefit a cause, even though the person volunteering normally benefits as well.

Thank you to everyone who assisted Janny while she was with us. She appreciated everything which was done for her and she goes back to the Solomon Islands with a great deal of knowledge to share. A special thank you to Bill for all the work he put into organising her itinerary and to all Rotarians who hosted Janny.

Some words for you to ponder:

Volunteering is the ultimate exercise in democracy. You vote in elections for the people who will run the country but when you volunteer you vote every day about the kind of community you want to live in.

I am only one, but I am one. I cannot do everything but I can do something. And I will not let what I cannot do interfere with what I can do.

I can go and

Be a Gift to the World

President Jane



RI President
K. R. Ravindran



DG 9800
Julie Mason



AG Therese
McKenney



President RCNB
Jane Pennington

MEETINGS

THURSDAYS
6 for 6.30pm
Kew Golf Club

120 Belford
Road Kew
3102
Ph.
9859 6848



Next Week: **Thursday 7th April**

Speaker: Ms. Trish McNally: [Boroondara Family Network](#)

Host: Peter Sutherland

Set Up: Peter Sutherland, Ian Richardson

Greeting: Russell Cooper, David Cheney

Desk: Joe Butler, Garth Symington

Announcements

There are very few opportunities for Club Presidents – past, current and future to get together in the spirit of Rotary Fellowship, particularly as the year draws to a close.

The President's Breakfast is just such an event, and will be held at International Receptions in Brighton. Your Club's support for this event would be very much appreciated.

It is, of course, open not just to Presidents, but to all Rotarians and friends of Rotary.

Please forward to other members of your Club

All funds raised will be directed to two District endorsed Community Service projects – YOUTH SUICIDE AWARENESS and FAMILY FREE VIOLENCE Book [HERE](#)

President's Breakfast, Brighton North Rotary



Brighton North
Rotary

Guest Speaker:

Gideon Haigh - "Award winning sports journalist, author and cricket lover"

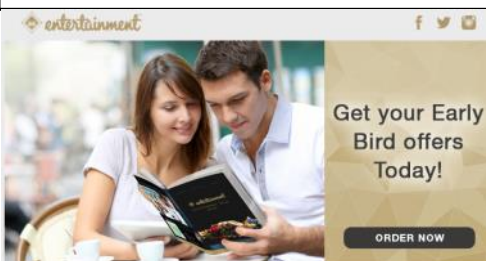
Contact Details:

Phil Wheatley: 0408 334 889

Single Entry - AUD 65.00

Club Changeover Saturday 25th June

This event takes the place of the Thurs 23rd evening meeting. Please make a note in your calendars.



There are only a few days left until the NEW Entertainment™ Memberships launch. Hurry, don't miss out on your Early Bird Offers!

Get your Melbourne Entertainment Guide Information and Subscription [HERE](#)
See Geoff Steinicke for more details.

Geoff guarantees you can save money well beyond the purchase price and have a whole heap of fun doing it.

[Australian Rotary Health](#)



Greg Ross has been a Director of Australian Rotary Health since November 2013. Greg reminded us of this year's "Lift The Lid" campaign to highlight and raise funds for Mental Illness Prevention.



Greg joined Rotary in 1976 in Berwick, then moved Districts, joining the Rotary Club of North Balwyn in 1986 - he is a current member. He is Past District Governor of District 9800, has worked as a literacy volunteer in Thailand, as a RAWCS volunteer in Vanuatu and led a GSE Team to California. Greg was also MC at the International Conventions in Taipei and Melbourne, and Song Leader/MC at the International Assembly in Anaheim.

Thank you to Brian, Estelle and Eileen for catering at the Hawthorn Craft Market last Sunday morning. The space was a little crowded but we managed and did a good job providing coffee, tea, muffins, sandwiches, scones, Anzac Bics and soft drinks!



We proved the mantra that any difficulty can be solved with a mobile phone and/or money!! We rang for phone assistance for a coffee machine and did a quick dash to the local supermarket for some items which were holidaying elsewhere such as paper plates. Thank you Team.

Tonight Ian Adams introduced Rosie Kelly from [Fareshare](#) to speak about The Value of Volunteering.

We were reminded of the famous quote from Martin Luther King

"Everybody can be great. Because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve.... You don't have to know the second theory of thermodynamics in physics to serve. You only need a heart full of grace. A soul generated by love." Martin Luther King, Jr. Minister, Civil Rights Activist.



With little government funding, FareShare runs a small but effective team based at its Abbotsford centre.

Marcus Godinho, Chief Executive Officer – promotes FareShare within the food sector, recruits new food donors, raises funds to cover our costs and forges partnerships with companies that want to help out.

Rosemary's title is **"Manager Volunteer Programs"** and she recruits, manages and co-ordinates the volunteer roster, making sure there is always around 20 people on deck in the kitchen every shift – including regular volunteers and corporate groups.

Each year Fareshare utilizes about 3,000 corporate volunteers, 750 regular volunteers and about 3,000 students from years 9 to 12.

Fareshare assist those with "Food Insecurity", which is defined as "not knowing where your next meal is coming from". These needs are mainly found in the poor elderly, homeless, refugees, unemployed and racial minorities. Fareshare receive food donations from supermarkets and other sources on a regular basis but need to raise 1.8 million dollars annually without Government funding to meet requirements. Most meals are distributed through The Food Bank who distribute the meals to major charities who directly serve those in need of a feed.

Major fundraising activities include Summer Appeals and the Corporate and [Upstream Challenge](#). President Jane and her team are planning the 50km Upstream Challenge event this year in support of Fareshare so be sure to dig deep when the time comes around.





Dear Mr. Bill and Mr. Bob,

Greetings from Don Bosco Simbu Technical College, PNG!

I am so glad to be informed that Janny arrived safely to Solomon Islands after more than two months of successful and fruitful training in Australia. More than the knowledge and experiences she got, the encountering of the loving care and concern from you, your family members and the Rotary Club members that give her a great impression. She is so happy and proud to tell me about how you all showed the care and love to her during the time she live in Australia.

I am very grateful for all of these and thank you very much for giving her one more beautiful and invaluable service. I do believe this experience will help her a lot as she continues to encourage other Solomon Islanders to learn and imitate in order to their lives and make their place become a better place to live.

I am in this new mission also all the time with the poor young people. The difference between here and Tetere is I am spending more time in the classrooms, teaching the students than spending time with the young people in the farm like in Tetere. However, I am always happy with the mission in Tetere. If I am given another opportunity I will very happy to go back to Tetere.

Today Janny will go to her family in the province to spend her late holidays which supposed last year.

Once again thank you very much for all the good things you offered to Janny. Thank you too to all your family members, the Rotary Club Director and members, and to all those contributed in different ways to Janny's learning experience.

May our Good Lord always return to you with His Abundance.

Cheers

Fr. Joseph Thanh, sdb

Yarra Valley Winery Tour (With Bus) Sunday 10th April

10.30 am Luxury Coach departs Macleay Park,

11.30 - 12.15 pm Wine Tasting at Payne's Rise, Seville,

12. 30 - 1.00 pm Killara Estates, Seville East.

Wine tasting in the Podium with magnificent views over the Yarra Valley

Lunch: Extensive set menu of local Italian plates.

Return to Macleay Park at approx. 4.00 pm.

\$65.00 per head plus drinks at Cellar Door prices

Limited Seats are still available! See Tony ASAP to secure a spot
Friends and Family Welcome

Date and Who with	Time	RCNB Supervisor	Assisted by	Rotary Gardens Project at 2nd April 2016
Fri 15/4 - CGS/X Eva Tilley	2.45 - 5.15pm	Geoff Haddy	Estelle Kelly	<p>All's quiet on the Gardening front until Friday 15th April when we recommence the new Term. My thanks to the increasing number of RCNB Volunteers who are already nominating some dates in their diaries to join us for the future sessions as arranged - this Supervision of the Students is essential in the running of the Community Service Garden's Project and is much appreciated by all concerned - it's terrific!!</p> <p>You will see the dates below now cover all of the next Gardening Term, which concludes on Fri 18th June, recommencing Friday 15th July. The dual focus this Term will be on sorting the Eva Tilley front grounds and completing pruning at the entertaining property in Milverton St (which is why SPECIAL sessions are noted).</p> <p>As always, any nominations for future visits, queries and want to chat??</p> <p>PLEASE call me. Cheers Greg CRIBBES mob 0413 270403</p>
Sat 16/4 - MLC	10.00 - noon	Brian Humard	Tak Yukawa	
Fri 22/4 - X	4.00 - 5.15pm	Rowan McClean	Peter Elliott	
Fri 29/4 - CGS/X Eva Tilley	2.45 - 5.15pm	Tony Hart	Tony Ho	
		Geoff Haddy	Colin Sharp	
Sat 30/4 - MLC	10.00 - noon	1 more please	1 more please	
Thur 5/5 - RCNB SPECIAL SESSION	10.00 - noon	Greg Cribbes	Rowan McClean	
		Duncan Ansell	1 more please	
Fri 6/5 - CGS/X	10.00 - noon	Rowan McClean	1 more please	
	2.45 - 5.15pm	Greg Cribbes	Garth Symington	
		Geoff Haddy		
Sat 7/5 - MLC	10.00 - noon	Geoff Steinicke	Estelle Kelly	
Thur 12/5 - RCNB SPECIAL SESSION	10.00 - noon	Greg Cribbes	Garth Symington	
		Rowan McClean	Estelle Kelly	
Fri 13/5 - CGS/X	2.45 - 5.15pm	Greg Cribbes	2 more please	
Sat 14/5 - MLC	10.00 - noon	Rob Head	Eileen Toohill	
Fri 20/5 - CGS/X	2.45 - 5.15pm			
Sat 21/5 - MLC	10.00 - noon		Lindsay Pegg	
Fri 27/5 - CGS/X	2.45 - 5.15pm	Greg Cribbes		
Sat 28/5, Fri 3/6 and Sat 4/6	No Gardening due to Exams			
Fri 10/6 - X	4.00 - 5.15pm			
Sat 11/6 - MLC	10.00 - noon			
Fri 17/6 - CGS	2.45 - 4.00pm			
Sat 18/6 - MLC	10.00 - noon			
17/24 June to 11 July	SCHOOL BREAK			

A persistent sore? Try Honey – it's more than a spread

A few years ago a colleague and I were giving a presentation on the marketing of health foods. After the presentation a woman came up to me and said she once had a mole on her arm that occasionally bled – my immediate thought was that the mole was cancerous. She went on to say that the application of a smear of honey over a period of three weeks removed the mole and, as I observed, her skin now appeared normal. This puzzled me quite a bit. What was it about honey that could remove a mole, and a possibly cancerous one at that?

Most of us have heard of Manuka honey, the honey from New Zealand that possesses antimicrobial properties. There are also honeys that, through an enzymatic reaction, produce hydrogen peroxide right on the skin surface where the honey is applied. I thought, in the lady's case, maybe it was the hydrogen peroxide, a powerful oxidant, that gradually removed the mole.

You might be surprised to learn that honeys with antimicrobial properties are not confined to New Zealand. In Australia, there are at least 70 varieties of trees that produce antimicrobial honey, as well as the hydrogen peroxide producing varieties. The trees producing the most antimicrobial active honeys belong to the *Leptospermum* species, commonly known as Tea Trees, whilst the most active hydrogen peroxide producing honeys are from the marri, jarrah and the jellybush.

As resistant pathogens develop and spread, the effectiveness of the pharmaceutical antibiotics is diminished. This poses a serious threat to public health. Alternative antimicrobial strategies are urgently needed which has led to the re-evaluation of ancient remedies. As a result, the use of honey as a sterile wound dressing is one such alternative gaining acceptance in modern medicine.

Geoff

Honey for Sore Throat



Melbourne Entertainment Guides 2016 Now Available !

Fantastic Bargains to be had.

The advertisement features a family (a man, a woman, and two children) at a fair, with the man holding a large white cotton candy. In the background, there's a yellow bucket of popcorn. A circular badge in the center says "Still just \$65 giving you over \$20,000 of value!". To the right, bold text reads "HURRY! Claim your Early Bird Offers today." with an "ORDER NOW" button below it. Social media icons for Facebook, Twitter, and Instagram are in the top right corner.

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Now that's something worth telling your friends about! [READ MORE HERE](#)

MEETING ROSTERS

Thursday 7th April

Speaker: Ms. Trish McNally
 Topic: Boroondara Family Network
 Host: Peter Sutherland
 Set Up: Peter Sutherland, Ian Richardson
 Greeting: Brian Lacy, David Cheney
 Desk: Joe Butler, Garth Symington

Thursday 14th April

Speaker: Ms. Tammy Shepherd
 Topic: Heal Africa - The Congo
 Host: Bronwen Dimond
 Set Up: Tony Hart, Peter Sutherland
 Greeting: Geoff Haddy, Don Taylor
 Desk: Brian Hurnard, Chris Flavelle-Smith

Thursday 21st April

Speaker: Dr. John Tickell
 Topic: TBA
 Host: Rowan McClean
 Set Up: Bronwen Dimond, Phil Francis
 Greeting: Don Bowden, Paul Fitz
 Desk: Bernie Smith, Ian Adams

Thursday 28th April

Speaker: Mr. Dan Hilton
 Topic: An Unconscious Bias
 Host: Findley Cornell
 Set Up: Jack Liao, David DeGaris
 Greeting: Peter Wilson John Rennie
 Desk: Duncan Ansell, Colin Sharp

Meeting No. 37

Thursday, 31st March 2016

<u>Present:</u> Guest Speaker	1	Rosemary Kelly - Fareshare
NB Members	52	
Guests	3	Prospective New Members - Robyn Stepnell (3rd Visit), Carolyn & Margie Pethick (both 2nd visit).
Wives/Partners	1	Carol Studebaker
Friends of Rotary	4	Michael Barden, Max Hardy, Tony Rule & John Thwaites
MakeUps	4	Greg Ross - RC Carlton & RC Waverley; A. Stokes - Rypen Camp (2)
Applied 8 make-ups.		
Meeting Attendance	87% ; For March = 88.6%, & YTD 87.5% (TBC after 14th April Meeting)	

Absences for Rosters:

Bob Bott, Jürgen Kehne, John McBride, Ian Mollison

Celebrations: Monday 4 April to Sunday 10 April

Birthdays: Chris Flavelle-Smith; Carmel Francis

Induction Anniversaries: Peter Wilson 2015

Wedding Anniversaries: Colin and Sally Sharp

MAKE NOTES OF THESE DATES IN YOUR DIARY

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

Sunday 10th April.
Winery Tour and Luncheon—Yarra Valley
Please Pay NOW.



limited seat now available! Friends and Family welcome!

Thursday 5th May Club Birthday.
 Choose an ABBA song and perform it in an entertaining manner, on our Birthday night in May.
 '70's 80's theme. Dress up and have some fun.



Thursday 2 June.
 "Days for Girls" - A Partner's Night to report of the progress of this Project and thank our supporters.



Saturday 25th June Club Changeover.
Cheer out President Jane Pennington and cheer in President Rowan McClean.
(No Club meeting at KGC on Thursday 23rd June)



Sunday 26th June [Reclink Cup](#)
 Raising awareness and funding to support Reclink
 Australia's programs for disadvantaged individuals.
 RCNB Catering Event



Sunday 26th June District 9800 Changeover
Rowan McClean will arrange a club table (or two).
RACV Club at lunchtime on Sunday 26th June
Stay tuned for further details

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

Friday 21st—Sun 23rd October
Fellowship Weekend in Ballarat
 Join us for a choice of golf, fellowship, historical sites, galleries, museums, the lake and gardens.



World Autism Awareness Day
 2016 was Saturday April 2

Left: John Burley in Laos adding his voice to the cause



Rotary www.rotaryconference.org.au

ROTARY CLUB OF NORTH BALWYN 2015/16**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

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@rotarynorthbalwyn.com.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?

APRIL ISRotary www.rotary.org**D9800 Probus****North Balwyn Probus** President 2015/16Ken 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.auRotary International
<http://www.rotary.org/en>

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