

The Grapevine



Rowan's Reflections

Our 37th Birthday meeting almost doubled our normal weekly attendance, and reunited seven of our Charter Members with The Club. Also in attendance were DGE Peter Frueh and Anne, AG Jonathan Shepherd and Elizabeth, PE of Rotary Balwyn Peter Jones and Kathy, Exchange student Moritz Ellerman, visiting Rotarians from the Rotary Club of Yea, Officers of the City of Boroondara, and many past Members and Friends.

The entertainment provided by Brian Nankervis was terrific, and it was a great to rekindle the connection between longer-serving members and his dad, Jack Nankervis who was District 9800 Governor in the year our Club was formed. Brian's performance was a great lead-in to World Laughter Day on Sunday.

Now for the Birthday Cake! Keeping her brilliant track-record intact, Areta Hurnard crafted a wonderful cake for our birthday. She broke her wrist before baking, and proved she can now do it with one arm tied behind her back. It was very much appreciated.

Special thanks to Bronwen Dimond and her team for the table decorations, to David De Garis for taking pics throughout the night and for the planning and organisation by PP David Cheney.

Another highlight of the night for me was to be able to recognise with Paul Harris Fellow upgrades the fantastic work this year by three star members.

Nino Sofra has been remarkable managing our catering activities, and will achieve record financial results for the year. As Nino said, the support from club members for this activity has been fantastic. Thank you all.

Bev Sofra has matched (she might say exceeded) his dedication through her management of the Days for Girls Project, which provides health improvements, educational access and self-esteem for young girls in developing countries. It also engages a number of people from our RCNB community in sewing the kits.

David Cheney is our Fellowship Chair and, in spite of some troubling health issues this year, has not missed a beat. Fellowship is one of the cornerstones of our club, and David has led our activities with professionalism and efficiency.

Two great achievements last week were:

- the first Rotary column in the Progress Leader, through the efforts of Director Communications Garth Symington and Jeanette Leigh. An enquiry to help with the Men's Shed resulted from the article.

and

- after months of persistent negotiation, Director International Imre Lele has arranged for local micro-loan experts in Vietnam to meet us in Hanoi at the end of the month to design an appropriate plan for effectively implementing our Rotary Foundation grant.

All in all, this was a memorable night.

Next week, during Rotary International Youth month, we are back at Kew Golf Club and have three female students from Balwyn High School facing off in a debate with three slightly older male representatives of our club in a 'boots and all' debate. Don't miss it! I would ask non-members to please let Hugo Goetze know by close of business Tuesday 9 May if you plan to attend.

Have a good week showcasing Rotary Serving Humanity.

President Rowan

Visit our Club Website: <http://rotarynorthbalwyn.com.au/>

See us on Facebook [Click HERE](#)

Read The Networker [Edition 18 - A Century of Doing Good](#)

Read the MAY Rotary Down Under: [Aussie Rotarians Abroad](#)

Our Leadership



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



Club Birthday



North Balwyn Community Men's Shed Incorporated Fantastic progress!





Nino and Bev Sofra receive their Paul Harris Awards



Rotary Club of Echuca Moama Presents

steam Rally

Echuca Moama



The Next Rotary Showcase Event will be at The Steam Rally Echuca Moama on the Queens Birthday Weekend, Saturday - Jun 10th 9am to 4.30pm—Sunday - Jun 11th 9am to 4.30pm.

Book your tickets now at ...

<https://tickets.myguestlist.com.au/v258fd815e8acc2/steam-rally-echuca-moama/evs58fd815e8fff1/>



A screw back Rotary Pin was found at Greenacres after last Thursday evening. Please contact Barry Cummings 0413 485 057 to have it returned.

Rotary Foundation is a great place to put your donation dollar to work.

Get to know The Rotary Foundation's Goals

Eradicate polio, our top priority

1. Build a sense of ownership of our Foundation among Rotarians through their contributions to the Annual Programs Fund, the Permanent Fund, and our Rotary Peace Centres
2. Continue our progress on the Future Vision plan and
3. Align our service projects with the six areas of focus
 - Peace and conflict prevention/ resolution
 - Disease prevention and treatment
 - Water and sanitation
 - Maternal and child health
 - Basic education and literacy
 - Economic and community development

Read more [HERE](#)



I'M
A
PROUD
DONOR

www.rotary.org/give

Investing your money

In 2015-16, 91 per cent of the money the Foundation spent went to programs and grants, with only 9 per cent of expenses going toward administration. How does the Foundation make sure that the bulk of your donation supports the sustainable programs you want it to? "To ensure that the funds for the project are there when needed," says past Rotary International president Ron D. Burton, chair of the Foundation's Investment Committee, "all contributions to the Foundation's Annual Fund are invested for three years." The Investment Committee includes three Foundation trustees and six Rotarians who are professionals in the field, who make sure that your money is invested responsibly during this period. When the three years is up, the investment earnings on your gift go toward the operating expenses of the Foundation. "I don't know of any other organisation like ours that has a system like this," Jensen says. "It's brilliant." Your principal is split 50/50, with half going to your District Designated Fund and half going into the World Fund; a pool that the trustees of The Rotary Foundation use to match grants where they are most needed.



GARDENING PROJECT 8th May 2017

The Garden Project is back in full swing and there are plenty of opportunities to help. Again, thank you to all those who are volunteering. We need volunteers for Saturday 20th May and Friday 26th May, please check your diaries and see if you can help

Give us a call anytime - Peter Elliott 0419 417334, Greg Cribbes 0413 270 403

Date and Who with	Time	RCNB Supervisor	Assisted by
Fri 12/5 CGS/X	2.45 – 5.15	Geoff Haddy	Tony Hart
Sat 13/5 MLC	10.00 – 12noon	Peter Elliott	Jeanette Leigh
Fri 19/5 CGS/X	2.45 – 5.15pm	Bill Oakley	Bob Bromley
Sat 20/5 MLC	10.00 – 12noon		Eileen Toohill
Fri 26/5 CGS/X	2.45 – 5.15pm		
Sat 27/5 MLC	10.00am – 12noon	Rob Head	
Fri 16/6 CGS/X	2.45 – 5.15pm		
Sat 17/6 MLC	10.00am – 12noon		

Geoff's Health Tip

Anti-inflammatory Foods are Essential for Wellness

While it may not be generally understood, inflammation is the body's totally healthy response to injury and infection. It's the way of defending ourselves by sending immune cells and nutrients to the areas that need them most. Most of us experience small red cuts that heal over time. This is entirely different to a state of chronic inflammation, when the immune response is never 'shut off' and the disease remains unresolved.

Researchers have listed a number of foods that are associated with inflammation, including:

Excess consumption of sugar and high glycaemic flours; gluten in wheat, rye and barley (which results in inflammation of the walls of the small intestine); processed meats and red meat that are high in inflammatory arachidonic acid; free radicals produced when fish or meat is heated to a high temperature, eg frying; excess consumption of polyunsaturated oils (such as sunflower), and certain peanuts, crustaceans and other allergens.

On the other hand, anti-inflammatory foods are those that don't inflame and help to quell inflammation, including: Oils with a high omega-3 content such as flaxseed, chia and hemp that help balance excess polyunsaturated oils, coloured fruit and vegetables, fish (especially cold water fish) that are high in omega-3, unprocessed whole grains, tree nuts of all kinds; raw foods that are naturally free of additives, and fermented foods such as yoghurt and sauerkraut.

Recipe suggestions for dishes using anti-inflammatory ingredients.....

Chilli Pumpkin Soup

Pumpkins are an excellent source of beta-cryptoxanthin, a powerful anti-inflammatory. This anti-inflammatory is absorbed best when paired with a fat, making the butter and oil in this recipe important for more than just flavor.



Curried Potato with Curried Eggs.

Eggs aren't just for breakfast! Serve them poached with potatoes and add a fresh garden salad for a nutritious dinner. Curries contain Turmeric, a powerful anti-inflammatory.



Geoff

MEETING ROSTERS

Thursday 11th May

Speaker: Club Debate with Balwyn High School
Are women a more complicated gender than men?

Host: Gavan Schwartz

Greeters: Rob Head, Jeanette Leigh

Setup: Garth Symington, Beatrice Ko

Desk: Colin Sharp, Tony Ho

Thursday 18th May

Speaker: Mr. Drew McGuinness, Keiser Training.
 The importance of strength training later in life

Host: Jim Romanis

Greeters: Beatrice Ko, Steven Greateorex

Setup: Larry Fitzpatrick, Robyn Stepnell

Desk: Findley Cornell, Geoff Kneale

Thursday 25th May

Speaker: Fiona Read and Caroline McClean

City or Boroondara: Northeast Hub

Host: Peter Wilson

Greeters: Rob Head, Phil Wade

Setup: Geoff Steinicke, Neil Marshall

Desk: Bob Bromley, Sam Hardikar

Thursday 1st June

Speaker: President and Directors and our Club

Host: Rowan McClean

Greeters: John Rennie, Greg Matthews

Setup: Brian Lacy, Sam Hardikar

Desk: Chris Flavelle-Smith, Kinga Paulheim

Attendance E-mail Hugo Goetze. hugogoetze@netspace.net.au

57 members attended the club's 37th Birthday Party, together with 34 partners, 5 visiting Rotarians, 12 Friends of Rotary and Alumni, 2 guests from BCC, our German Exchange student plus guest speaker Brian Nankervis.

PRESENT! 15 members recorded make-ups in the previous week.

CHRIS CROSS

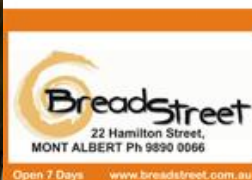
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We thank Chris Cross Landscape and Gardening Supply for their ongoing support of our Club through the housing of our 3 storage containers.



We thank Bread Street Bakery for their ongoing support of our BBQ Fundraising activity through their generous provision of bread.

Celebrations

Birthdays: Don Taylor, Kinga Paulheim, Carol Studebaker.

Inductions: Hugo Goetze 1992, Peter Cleary, Paul Fitz, Marcel Muntwyler, Bernie Smith, and Geoff Steinicke ... all Charter members from 1980. Estelle Kelly 2013

Weddings: Nil

ROTARY CLUB OF NORTH BALWYN 2016/17

President: Rowan McCleanpresident@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**Grapevine: Peter Sutherland**petesutherland@bigpond.com

Noon Sat Weekly Deadline for submissions 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.

Please apologise **no later than 5pm on Tuesday.****North Balwyn Probus:** Bruno Coniglio.<http://balwynnorthprobus.org.au>**North Balwyn Heights Probus:** Sue Mullarveyyarramul@tpg.com.au 9857 4305, 0400 821 402**Greythorn Probus:** Meetings 10am 2nd Tuesday Monthly.

St Aidan's Church Hall, Duggan St, Balwyn Nth.9859 4941.

Boroondara Ladies Probus: Janet Eddy [jved-](mailto:jved-dey@applewood.net.au)dey@applewood.net.au

Club Diary

Friday evening May 12th RC Canterbury Assist with Disaster Food Packing 6.30 pm to 8.30 pm
Dinner at Colombos Later: Contact Bill Oakley for details; Members have received a separate E-Mail invitation.

Sunday 13th May. Café International at University House. Details [HERE](#)

Saturday May 27, 2017 Comedy For A Cause – Rotary Club of Melbourne Park

Melbourne Bowling Club – 138 Union St, Cnr Bowling Green St, Windsor 3181 . 7 pm for 8pm \$35 **Book**
[HERE](#)

Wednesday 31st May 2017:

Rotary Foundation Centennial Gala Dinner. The Atlantic, Central Pier 161 Harbour Esplanade.
Contact Findley Cornell for details.

Thursday 8th June: Ladies fund Raising Night Blue Illusion Balwyn. Contact Kristine McDonell
0412095725

Thursday 29th June 2017. Meeting at Kew Golf Club is Cancelled.

Sunday 2nd July:

Club Change Over Lunch. 12.30pm at Kew Golf Club.

Friday 13th, Sat 14th & Sun 15th October

Camp Getaway Weekend Working Bee. Contact Greg Matthews for details

Friday 20th Oct, - Sunday 22nd Oct.

Albury Fellowship Weekend. Contact Nino Sofra for details

16-18 March 2018.District Conference

Warrnambool. Nino Sofra will announce more details later in the year.



**Club
Changeover.**



Formal Luncheon on
2/7/17 at Kew Golf Club
Recognising Rowan's year
and welcoming Rob's year.
Includes ; a piano inter-
lude from [Alan Kogosowski](#)
and 'reflections' by John
Gartlan

