

# The Grapevine



Our Leadership 2015/2016

## IN SERVICE OF ROTARY

#### The Presidential Proclamation

Happy Birthday to our Club!!! We turned 36 on the 8th of May and we marked this special occasion with a sensational meeting of frivolity. The 1980's ruled with an ABBA theme, and everyone got into the spirit of the night. Many members all of a sudden seemed to have recovered their lost locks as was their singing and dancing talents. This made for a wonderful celebration.

Our Club was chartered in 1980 by the Rotary Club of Balwyn and started with 30 Charter Members of which five are still members. Stan Hibbert took on the role of President with Vice President Geoff Clark, Secretary Bill Kneale and Treasurer John Robson. The District Governor was Jack Nankervis and Duncan McKenzie was the special representative who oversaw the charter of our Club. President Stan announced that his theme for the year would be Fellowship and Communication.

Numbers have also grown from our initial 30 members. I am very pleased that women first joined in 1996 and I joined as the second female member in 1997.

What a wonderful history we have with activities ranging from catering, to hosting exchange students, to running the District Conference and everything in between.

Some words about Rotary which may have been written some time ago but still relevant today:

In 1956 Gian Paolo in Italy said "The spirit of Rotary is not exclusive; it expands. It is not local, it is universal. It is the wish to understand and be understood, to see virtues rather than faults in others, to find what we have in common rather than what divides us."



So this week please:

Go and be a Gift to The World



Thursday 12th May **Next Week:** 

Speaker: Wanjiku Mahera about The Mahera Academy Kenya

Host: Jim Studebaker

Set Up: Jack Liao, Ian Mollison Greeting: Russell Turner, Ian Adams Lindsay Pegg, Sue McDonald Desk:



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



It was our Club Birthday and The Stars Came Out to Shine.





There is no birthday without cake and Areta Hurnard provided a beautiful Club Birthday Cake



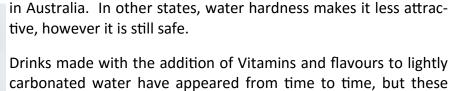
## Geoff's Health Tip Alternatives to Sugar-based Soft Drinks



Soft Drinks, particularly cola-based drinks, make up the largest segment of carbonated beverages sold in Australia, with annual sales of \$4.4 billion. Interestingly, sales in the 14-24 age group last year rose 2%, but sales in the 25 and over age group plummeted, as older consumers became more aware of the connection between sugar and obesity. The swing away from high sugar drinks has become world-wide and led to an ever increasing range of zero and low sugar alternatives. Foremost amongst these is bottled water, especially lightly carbonated and still mineral and spring waters. Last year, the

bottled water industry in Australia had sales of almost \$700 million. Lightly carbonated water is microbiologically safer than still water because carbonated water is slightly acidic, which deters the growth of organisms.

As many will remember, I have been a proponent of the necessity to drink as many as eight glasses of water every day. Fortunately, Melbourne water directly from the tap is one of the best tasting waters



Drinks made with the addition of Vitamins and flavours to lightly carbonated water have appeared from time to time, but these variants have not had much success. On the other hand, low sugar natural juices, such as Coconut water, have an appealing taste and provide the same level of electrolytic balance as we have in our blood. They are therefore a good re-hydration medium.

As with all bottled drinks, preservation from bacterial spoilage is an important issue, even more so with natural juices. Coconut water, from young green coconuts, deteriorates very quickly and requires stabilisation immediately after extraction. There are several methods for stabilising Coconut water, such as pasteurisation and microfiltration, but the best method is 'High Pressure Sterilisation', which is preferred because, unlike other methods, it does not affect the nutrients in the water.

Geoff



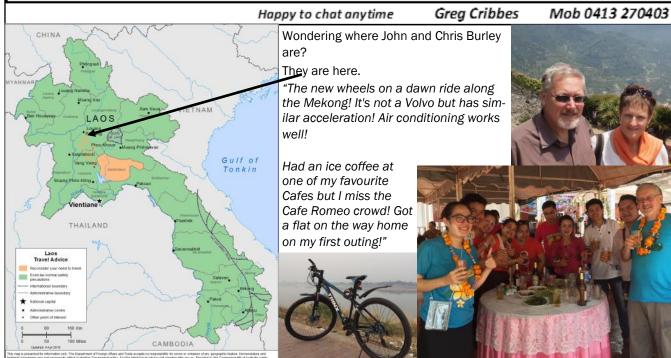
6th May 2016

Halfway thru this Term and Gardening continues providing the Community with a great service.

Delighted to see RCNB Volunteers have most dates covered thru to the end of May, thanks. Keep it up. The Project needs YOU to watch out for any eligible properties needing attention from now on.

Also, please advise John Rennie if your required Working with Children card has been renewed.

Date and Who with	Time	RCNB Supervisor	Assisted by
Thur 12/5 – RCNB	10.00 - noon	Greg Cribbes	Garth Symington
SPECIAL SESSION		Rowan McClean	Estelle Kelly
Fri 13/5 – CGS/X	2.45 – 5.15pm	Greg Cribbes	Tak Yukawa
			Ian Richardson
Sat 14/5 – MLC	10.00 - noon	Rob Head	Eileen Toohill
Fri 20/5 – CGS/X	2.45 – 5.15pm	Garth Symington	Russell Turner
			1 more, please
Sat 21/5 - MLC	10.00 - noon	Greg Matthews	Lindsay Pegg
Fri 27/5 – CGS/X	2.45 – 5.15pm	Greg Cribbes	Colin Sharp
Sat 28/5, Fri 3/6 and Sat 4/6	No Gardening due to E	xams	
Fri 10/6 – X	4.00 - 5.15pm	Greg Cribbes	
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		
Fri 15/7 - X	4.00 - 5.15PM		
Sat 16/7 - MLC	10-noon	Greg Cribbes	
Thur 21/7 - RCNB - special	pruning roses 10am	Greg Cribbes	
Fri 22/7 - CGS/X	2.45 - 5.15PM		
Fri 29/7 - CGS/X	2.45 - 5.15PM	Greg Cribbes	
Sat 30/7 - MLC	10-noon		



## Interested in doing a short term exchange program to MONGOLIA?

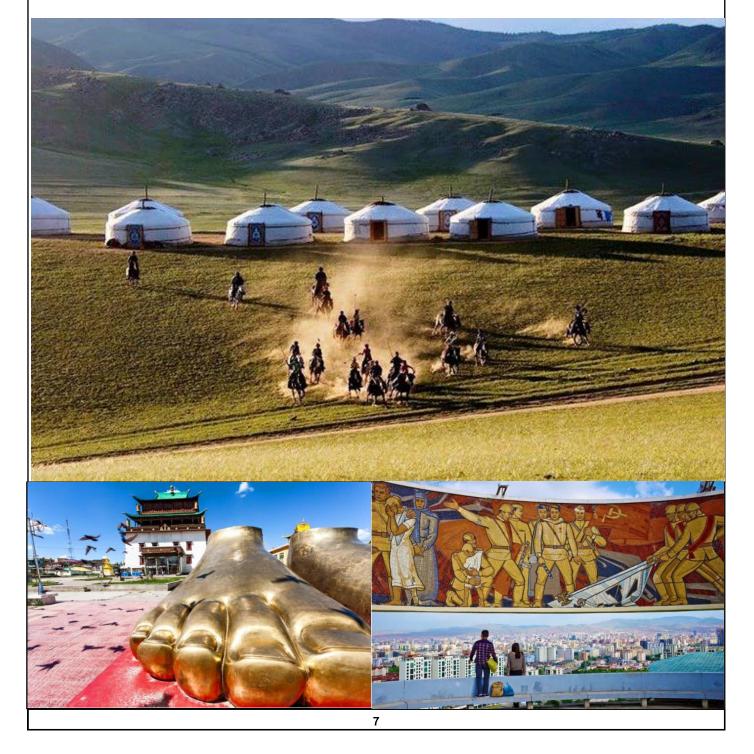
The Rotary Club of North Balwyn is calling for Expressions of Interest from people aged between 14 and 16 in visiting Mongolia in 2017.

#### It is planned to have:

- 6-10 students chaperoned by Rotarians.
- exchange of 3-4 weeks in July, utilising School Term Holidays.
- a summer camp with local young people.
- home stay accommodation
- RC of North Balwyn will provide some financial assistance to successful applicants.

Expressions of Interest to be submitted by no later than June 3rd 2016. Please provide a statement on why you would like to participate in the exchange together with your d.o.b., year level at school and address.

Please send submissions to: <a href="mailto:president@rotarynorthbalwyn.com.au">president@rotarynorthbalwyn.com.au</a>



#### **MEETING ROSTERS**

Thursday 12th May Thursday 19th May

Speaker: Wanjiku Mahera Speaker: Catherine Morley

Topic: Mahera Academy Topic: Start Living Your Life

Host: Jim Studebaker Host: TBA

Set Up: Jack Liao, Ian Mollison

Greeting: Russell Turner, Ian Adams

Desk: Lindsay Pegg, Sue McDonald

Set Up: Ted Wilkins, Anthony Stokes

Greeting: Phil Francis, Rob Stewart

Desk: Ken Maxfield, John Gartlan

Thursday 26th May Thursday 2nd June

Speaker: Rowan McClean Speaker: Days For Girls Team

Topic: Club Review Topic: Days For Girls
Host: Tony Wells Host: Jane Pennington

Setup: Larry Fitzpatrick, Maurice Walters Setup: Rowan McClean, Bill Oakley
Greeting: Greg Cribbes, Bob Bromley Greeting: Adrian Ranson, Takao Yukawa

Desk: Peter Wilson, Jim Studebaker Desk: Brian Lacy, George Swanson

### Meeting No. 42 Club Birthday - 5th May 2016

**Present:** Guest Speaker 0 Jane Pennington

NB Members 43

Visiting Rotarians 11 from RC Waverley.

Guests 5 Prospective New Members - Carolyn Pethick, 5th visit and

Margie Pethick. Guests Karen Anthony (Kerrie Romanis);

Wendy & Natham Brown (Eileen Toohill).

Wives/Partners 26

Friends of Rotary 4 Terry and Maree Keyhoe, Ron and June Phillips.

MakeUps 9 Ken Maxfield - RC Alexandra; Adrian Ranson - AG;

Gardening Project - Duncan Ansell, Greg Cribbes, Brian Hurnard &

Rowan McClean.

Catering - Nino Sofra, Rob Stewart & Geoff Steinicke.

Meeting Attendance 79.0%

#### **Absences for Rosters:**

Bob Bott, Geoff Haddy, Tony Ho, Jürgen Kehne, Imre Lele, John McBride, Ted Wilkins

## Celebrations: Monday 9 May to Sunday 15 May

Birthdays: Kinga Paulheim; Carol Studebaker

Induction Anniversaries: Hugo Goetze 1992

Wedding Anniversaries: Jim and Kerry Romanis

John and Chris Burley

MAKE NOTES OF THESE DATES IN YOUR DIARY

See also <a href="http://www.rotarydistrict9800.org.au/notices\_and\_events\_future">http://www.rotarydistrict9800.org.au/notices\_and\_events\_future</a>

**Friday 27th May** Fellowship Dinner at Taos Restaurant 201 Bulleen Road, Bulleen. 6.30 for 7PM \$55—\$60 per head. See Don Taylor for bookings at Club Meetings.

## 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

# Saturday and Sunday 9th and 10th July 2016 at the Mt Waverley Community Centre.

VAME

See the <u>'VAME show' page</u> for details.

## 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.

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





30th March to 1st April 2017 Shepparton 2017 District Conference

#### 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.au

> Web: www.rotarynorthbalwyn.com.au E-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

- 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?



Rotary



#### D9800 Probus

North Balwyn Probus President 2015/16

Ken 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





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





Australian Furniture (9460 1822) (Adrian Ranson)



Bakery (9890 0066) 22 Hamilton St Mont Albert 3127











Garden Supplies (9859 2666) 1575 Burke Rd Kew East 3102



















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