



## IN SERVICE OF ROTARY

Our Leadership  
2015/2016

### 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."*



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

So this week please:

Go and be a Gift to The World

President Jane



Next Week: Thursday 12th May  
Speaker: Wanjiku Mahera about The Mahera Academy Kenya  
Host: Jim Studebaker  
Set Up: Jack Liao, Ian Mollison  
Greeting: Russell Turner, Ian Adams  
Desk: Lindsay Pegg, Sue McDonald





# 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



We paused the frivolity to award Bill Oakley a Paul Harris Medal (with 1 sapphire)

Congratulations Bill





**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 micro-biologically 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 in Australia. In other states, water hardness makes it less attractive, however it is still safe.



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



Geoff and Judy  
on safari recently.  
Below—The view





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 SPECIAL SESSION	10.00 - noon	Greg Cribbes Rowan McClean	Garth Symington 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 <b>1 more, please</b>
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	<b>No Gardening due to Exams</b>		
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	<b>SCHOOL BREAK</b>		
Fri 15/7 - X	4.00 - 5.15PM		
Sat 16/7 - MLC	10-noon	Greg Cribbes	
Thur 21/7 - <b>RCNB - special</b>	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		

**Happy to chat anytime**

**Greg Cribbes**

**Mob 0413 270403**



Wondering where John and Chris Burley are?

They are here.

*"The new wheels on a dawn ride along the Mekong! It's not a Volvo but has similar acceleration! Air conditioning works well!"*

*Had an ice coffee at one of my favourite Cafes but I miss the Cafe Romeo crowd! Got a flat on the way home on my first outing!"*





## 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: [president@rotarynorthbalwyn.com.au](mailto:president@rotarynorthbalwyn.com.au)



## MEETING ROSTERS

### Thursday 12th May

Speaker: Wanjiku Mahera  
 Topic: Mahera Academy  
 Host: Jim Studebaker  
 Set Up: Jack Liao, Ian Mollison  
 Greeting: Russell Turner, Ian Adams  
 Desk: Lindsay Pegg, Sue McDonald

### Thursday 19th May

Speaker: Catherine Morley  
 Topic: Start Living Your Life  
 Host: TBA  
 Set Up: Ted Wilkins, Anthony Stokes  
 Greeting: Phil Francis, Rob Stewart  
 Desk: Ken Maxfield, John Gartlan

### Thursday 26th May

Speaker: Rowan McClean  
 Topic: Club Review  
 Host: Tony Wells  
 Setup: Larry Fitzpatrick, Maurice Walters  
 Greeting: Greg Cribbes, Bob Bromley  
 Desk: Peter Wilson, Jim Studebaker

### Thursday 2nd June

Speaker: Days For Girls Team  
 Topic: Days For Girls  
 Host: Jane Pennington  
 Setup: Rowan McClean, Bill Oakley  
 Greeting: Adrian Ranson, Takao Yukawa  
 Desk: Brian Lacy, George Swanson

### Meeting No. 42

### Club Birthday - 5th May 2016

<b><u>Present:</u></b> 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 [http://www.rotarydistrict9800.org.au/notices\\_and\\_events\\_future](http://www.rotarydistrict9800.org.au/notices_and_events_future)

**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.

See the '[VAME show](#)' [page](#) 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)



# WHAT'S HAPPENING!

LIST YOUR  
EVENT

it's free!

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



**ROTARY CLUB OF NORTH BALWYN 2015/16****President: Jane Pennington**[president@rotarynorthbalwyn.com.au](mailto:president@rotarynorthbalwyn.com.au)**Vice President: Brian Hurnard**[vicepresident@rotarynorthbalwyn.com.au](mailto:vicepresident@rotarynorthbalwyn.com.au)**Secretary: Gavan Schwartz**[secretary@rotarynorthbalwyn.com.au](mailto:secretary@rotarynorthbalwyn.com.au)**Treasurer: David de Garis**[treasurer@rotarynorthbalwyn.com.au](mailto:treasurer@rotarynorthbalwyn.com.au)Web: [www.rotarynorthbalwyn.com.au](http://www.rotarynorthbalwyn.com.au)E-mail: [info@rotarynorthbalwyn.com.au](mailto:info@rotarynorthbalwyn.com.au)**Grapevine Editor Peter Sutherland**[petesutherland@bigpond.com](mailto: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](mailto: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?

**APRIL IS**Rotary [www.rotary.org](http://www.rotary.org)**D9800 Probus****North Balwyn Probus** President 2015/16Ken Mitchell: [mitchellkv@gmail.com](mailto:mitchellkv@gmail.com)**North Balwyn Ladies Probus** (Sect Jill Johnstone)[jilldj@melbpc.org.au](mailto:jilldj@melbpc.org.au)**North Balwyn Heights Probus**

(Sect Sue Mullarvey)

[yarramul@tpg.com.au](mailto:yarramul@tpg.com.au)**Greythorn Probus** (Sect Shirley Brangan)[daynaleigh1@bigpond.com](mailto: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.au](http://www.rotarynorthbalwyn.com.au)Rotary International  
<http://www.rotary.org/en>



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