

The Grapevine



IN SERVICE OF ROTARY

The Presidential Proclamation

What a wonderful Club meeting as we celebrated the Grand Final and hosted our District Governor, Julie. Members definitely entered into the spirit of footy with a sea of colourful scarves, hats, signs and jumpers, all being proudly worn!!! Our ultimate team coach, Julie, gave an inspiring address while our footy awards were much sought after with a lucky few receiving a gold medal and a citation. A pie served in a paper bag with chips in a box, followed by ice-cream, added to the footy atmosphere. Well done to everyone – it was a brilliant celebration!!

The Rotary International theme for October is “Economic and Community”.

Community is the foundation for Rotary, as what we do is based within the community, either our own local community or our international one. This can be working with and for our friends or friends we have not met yet.

Our local community starts with the Club members, our families and our support networks. We reach out to the North Balwyn community through our multi cultural festival, our work with the students at Balwyn High School and North Balwyn Primary School, our partnership with Servants, our support for the Boroondara Police and our support for Boroondara Family Network.

We connect with our wider community through our Rotary Eastside Cluster, our District 9800 and our many Rotarians who serve on District Committees.

We connect with our international community through our projects in the Solomon Islands, Vietnam, Timor Leste and Bali.

So during the next seven days do go and connect with friends and
“Be a gift to the world”.

President Jane



NEXT MEETING: HATS NIGHT & PARTNERS' NIGHT !!!
Waltraud Reiner, Head of Torb & Reiner will be our guest and will be the judge for a hat “competition of sorts”.

Hats are life for Waltraud Reiner. She has been working in millinery for thirty years, and was recently inducted into the Australian millinery Hall of Fame. She is a designer and a teacher, and her passion for hats has inspired countless students to discover their own.

Waltraud launched millinery supplier Torb & Reiner in 2001, at first to provide a greater range of supplies to the students at the Melbourne School of Millinery, where she taught for 13 years. She has since expanded the business to incorporate made-to-measure services and millinery workshops.



Our Leadership 2015/2016



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: 61 3 9859 6848



AFL Grand Final Celebration



A fantastic night was had by all at last Thursday's meeting.

District Governor Julie Mason provided an enlightening presentation, with the cornerstone of her message being "You, me and us". Julie spoke of the need to recruit new Members and has launched a "Member a month" campaign to encourage clubs to attract new Members. Highlighting the many successful projects undertaken by Rotary, Julie encouraged Members to promote the Club's great activities by using videos and social media.

Julie concluded her presentation with a message from the African expression:

"Ubuntu" - "I am because you are".



In keeping with the Grand Final theme, Sergeant Tony Wells presented the RCNB "Brownlow Medal Awards":

1. The Club Peptide Award for the provision to Club members of alleged performance enhancing stimulants (coffee at Romeo's at 10 am each morning) – Jurgen Kehne.
2. A Supplementary Award goes to Nino Sofra who, through his pharmaceutical background, has endorsed the efficacy of the stimulants provided by Jurgen. He is apparently right because the Australian Sports Anti-Doping Authority (ASADA) has shown no interest in the matter.
3. The Club Medico Award goes to Dr Max Hardy. Max has resigned from the Club but assures us his departure has nothing to do with issues relating to stimulants from Romeo's. In making this award we note Max's expertise in obstetrics and ultra sounds was never likely to be of great value to the maturing members of our Club.
4. However we have the bases covered because the WAGS Award, (WAGS for wives and girlfriends), goes to Sue McDonald for the support she would supply on midwifery issues should the need arise. Sue is in Timor Leste on Rotary business.
5. The Media Award - Peter Wilson, our stand-in Editor of the Grapevine, who to the joy of those who believe we overdo footy in the Club, kept AFL references to a minimum.
6. The Dirtiest Player Award - Greg Cribbes . He has never been clean on the job supervising the RCNB Gardening program.
7. Keenest Supporter Award - Larry Fitzpatrick who got out of bed at 5 am in Missouri USA to connect his mobile phone with free WIFI at a McDonalds restaurant to watch Hawthorn play.

8. Partner's Award – This is a special award to recognise the unwavering commitment and enthusiasm to the AFL among our partners. Rain, hail or shine these Partners enter the AFL turnstiles each week when their team plays in Victoria and in so doing demonstrate unswerving loyalty to the Club of their choice. Like all true supporters, they have a healthy regard for their own team, a healthy disregard for the opposition and are quick to provide verbal advice to the umpires when they are seen to make an incorrect judgement. It gives me great pleasure to announce this award goes to an inseparable pair when it comes to footy – Sue Fitz and Carmel Francis, two of the Cats most ardent supporters.
9. The Club Development Award - Estelle Kelly, our Director of Youth Programs who, with her team, tirelessly identifies and provides support for potential recruits, particularly those at Balwyn High Interact Club. (She is also keen to bring in an International transfer player from Brazil, though a contract is yet to be signed.)

"Bruce McAvaney" Findley did a magnificent job interviewing the recipients.
10. Little League Award - Bronwen Dimond for her work with "Early Act" players at North Balwyn. We hope these youngsters will become our Club members of tomorrow.
11. The Players Welfare Award - Geoff Steinicke, whose regular column in the Grapevine has ensured a healthy diet for the playing list throughout the year.
12. Two Special Awards for "behind the scenes" work essential for the Club to operate effectively – the Club Property Officer Barry Cummings and the Club Statistician Hugo Goetze.
13. The Indigenous Award - Takeo Yukawa who proudly displayed a lapel badge of Adam Goodes at our Club meeting at the height of the booing controversy.
14. Community Award – Like other Clubs in the League we have an obligation to community service and an example is our commitment to development of a Men's Shed for our retiring players and supporters. Tony Hart received this award on behalf of the team that is managing this benchmark project for the Club.
15. The Legends Award - Bob Bott, who played senior football in Tasmania when he was stationed there and who will tell anyone prepared to listen about his apparent exploits for the City South Club in Launceston. By his own account - a legend in his own mind. Who are we to argue?



Award recipients Barry and Tony proudly showing off their medallions.

16. An award for our Captain – Jane Pennington. Very simply the Club recognises Jane's exemplary leadership, including development and implementation of effective structures for our playing group. She is building on the traditions of our Club and providing a framework as we seek to kick more goals in the future.

And a special award presented by President Jane Pennington:

17. On our football "night of nights" we recognise and salute our DG - Julie Mason. You may not be aware Julie is shop-a-holic. Her items of choice include shoes, clothes and handbags. Julie is an avid supporter of the Geelong Football Club and it is reliably reported she enough handbags in her closet to provide one for each member of the Club's playing list. There is a rumour she may have also set aside her best Louis Vuitton for Paddy Dangerfield's arrival at Skilled Stadium. The fact is Julie loves footy and particularly the Cats In recognition of this she receives our most prestigious award: Coach of the Year.



The citation reads:

Presented by RC North Balwyn in recognition of DG Julie Mason's outstanding leadership of the 70 clubs and 2,400 players in Rotary's 9800 District League. The Award acknowledges her dedicated oversight of pre-season training and coaching, the implementation of an effective strategic game plan, the recruitment of new players, a future development program and selection of a District management team committed to achieving our underlying objective of being a Gift to the World.



Go Cats!



Fan of the Year!



The Mighty Hawks!

Many thanks to the Fellowship Committee for such a wonderful night!!!

Tipping Results from Last Week's AFL Grand Final meeting:

The winning margin of the 2015 Grand Final was 46 points to Hawthorn.

Honourable mentions (but no money) go to Duncan Ansell (50) and Findley Cornell (49). However, no-one had picked 46 points, so nearest were Marcel Muntwyler (45) and Jurgen Kehne (47). John Gartlan was third (48).

With a prize pool of \$250.00; allocated dividends were 1st - \$125.00; 2nd - \$75.00; and 3rd - \$50.00.

Thus, Marcel Muntwyler and Jurgen Kehne will receive \$100.00 each and John Gartlan will receive \$50.00. A small additional amount will be retained for future functions.



Cromwell Group BBQ report

A special thanks to Estelle Kelly, Lindsay Pegg, David Cheney, Steven Greatorex, Peter Elliott and Geoff Haddy for doing a great job on Sunday at the new ATO building in Dandenong built by the Cromwell Group.

The occasion was to allow the ATO employees to visit the building prior to moving in, to find where their work stations were located along with reviewing the facilities.

On the 4th floor of the building, we cooked and supplied around 450 sausages, 100 veggie burgers and 400 drinks. The ATO Employees Social Club had bought two new BBQ's for use on an outside terrace which we used. Each BBQ had a warmer oven which made the job so much easier.



Lindsay and Geoff during a rare quiet moment.



Near the finish of the day and we were down to the last of the drinks

Life Without Barriers BBQ

Through Maria Gouvoussi, one of our Friends of Rotary, we became aware that the Sunshine branch of "Life Without Barriers" had difficulty in finding someone to provide a BBQ for an open day.

The purpose of the open day was to make Refugees & Asylum Seekers on temporary visas aware of the help that Life Without Barriers can provide. This includes organising activities as a means for these folks to meet others.

Our club donated 120 sausages, 50 veggie burgers, bread and services to assist the event, which was well appreciated.



John cooking up a "storm"!!!



WE LIFE WITHOUT BARRIERS WE



Areas that Life Without Barriers focuses on include the following:-

Youth Justice Services

Life Without Barriers work with young people who are doing it tough and remind them they are not alone. LWB's Youth Justice services support young people to break the offending cycle and become valued members of the community.

Aboriginal and Torres Strait Islander Peoples

Life Without Barriers believes that reconciliation must live in the hearts and minds of all Australians and as a nation we need to work together to close the gap in life expectancy by improving the cultural, spiritual and emotional well-being of Aboriginal and Torres Strait Islander peoples.

Disability Services

LWB's know that it is important for the needs of people with disabilities is met with the right supports at the right time. LWB assists people with disabilities to develop skills, build community connections and access key services to assist them to sustain the best living arrangements possible. This is done through the full scope of services from accommodation to in-home assistance, respite care, family or clinical supports and community participation programs.

Mental Health & Housing Support

Life Without Barriers delivers services to help the people who need their most basic needs addressed, including those of health and housing.

Refugees & Asylum Seekers

Life Without Barriers' Refugee and Asylum Seeker service provides support and protection to children, young people, families and others with complex needs who arrive in Australia seeking asylum.

LWB's support is delivered through innovative programs across settlement, community detention, and complex case support.

One of LWB's key programs is their National Immigration Support Service (NISS). It provides a broad range of supports to asylum seekers who are living in the Australian community, while their immigration status is resolved.

Aged Care

Life Without Barriers knows that getting older doesn't mean people should stop doing the things they enjoy or living the life of their choosing. LWB's aged care services have developed a flexible range of services to assist people in living a fulfilling, independent life. People who choose LWB's services are diverse and are tailored home support programs around the home that help people get to appointments or enjoy social activities. LWB also provide home and garden maintenance and day centre programs where people enjoy not only the company of other people in their community but develop activities everyone can enjoy.

Family Support Services And Out Of Home Care

LWB recognise that healthy families are the key to strong and vibrant communities. LWB's Family Support Services reach out to families at risk of having a child placed in care or support families who already have a child in care.

John McBride

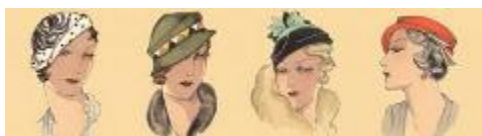


In the press lately, was 1966 photo of 1st year engineers. Which one is Skinny? According to Skinny, he's the good looking one. With hair!!



Guess who has got a new underwater camera?

Please remember to bring items for "Days for the Girls" kits to this Partners' meeting.



HATS

HATS

HATS

HATS

Thursday 8th October ... for Members, Partners & RCNB Friends

I am delighted to announce that milliner, Waltraud Reiner, head of Torb & Reiner and a member of the Millinery Hall of Fame, will be joining us ... and she is happy to be our official hat judge.

Everyone coming along on 8 October, please wear a hat ... preferably a different one from last year.

The program aims to be an entertaining one, with hats being the priority.

Some hat knowledge (historical and musical) may be advantageous! There will a competition 'of sorts' and the winning hatted person will receive a bottle of Mumm Champagne for their efforts.



Greg Ross



Club Dinner at the Bendigo Conference

The Club Dinner at the Bendigo Conference will be held on Friday 11 March. The restaurant, Mr Beebes, 17 View Point, Bendigo has been booked. This is walking distance from our accommodation. So if you are booking for the Conference you can bear this in mind. The link for the Conference registration is:

www.rotary9800conference.org.au



NOMINATING COMMITTEE TO ELECT DISTRICT GOVERNOR FOR 2018- 2019

I have received a call for Clubs to nominate a Past President to serve on the Nominating Committee that will select a nominee for District Governor for the year 2018-2019.

If there is anyone interested in this please do contact me and I will forward to you the link to the Nominating Form.

President Jane

Please Remember....

For the Partners' evenings (e.g. the Rotary International Hat meeting, 8th October and the Melbourne Cup night, 29th October), Members are reminded that Partners' attendance must be advised by the Tuesday evening before each meeting. This is necessary so that the Golf Club may provide sufficient meals.

The known dietary requirements for all attending are passed on to the Golf Club.

Thanks, Hugo.



Be a gift
to the world



Days for Girls Project Rotary Club of North Balwyn

The Rotary Club of North Balwyn will support "Days for Girls", initially in the following way:

Each Club meeting which has been designated as a Partners night will be a "Girls Night" too and each person is asked to bring items to go into the "Days for Girls" kits.

These include:

- ❖ Undies – girls sizes 8 – 14
Plain colours, geometric designs or floral only
- ❖ Face Washers
- ❖ Ziploc bags size large (approx. 26 x 38cms)
(Costco have the best ones)
- ❖ Cotton fabric (quilters fabric is ideal) plain, floral or geometric designs only

These items will be collected and donated to ladies who are making up the kits.

If anyone would like to sew items for kits please contact me and we will work out how we can help in this.

Further ways we can assist are also being developed so watch this space!!

What is Days for Girls?

Every girl in the world deserves education, safety, and dignity. We help girls gain access to quality sustainable feminine hygiene and awareness, by direct distribution of sustainable feminine hygiene kits, by partnering with nonprofits, groups and organizations, by raising awareness, and by helping communities around the world start their own programs. Thanks to a global grassroots network of thousands of volunteers and supporters on 6 continents, we have reached women and girls in 75+ countries on 6 continents. It's working. You can help us reach the rest.

Imagine...

What if not having sanitary supplies meant DAYS without school, DAYS without income, DAYS without leaving the house? Girls use leaves, mattress stuffing, newspaper, corn husks, rocks, anything they can find...but still miss up to 2 months of school every year. It turns out this issue is a surprising but instrumental key to social change for women all over the world. The poverty cycle can be broken when girls stay in school.

Contact:

Jane Pennington
President, Rotary Club of North Balwyn

Email: Jane.Pennington@bigpond.com
Phone: 0408 402 555



Important Anniversaries

Monday 5th October to Sunday 11th October

Birthdays: Garth Symington, Tony Wells, Ken Maxfield, Pat Willshire

Inductions: None

Wedding Anniversaries: None





The Shrine of Remembrance visit and tour
Wednesday, 21st October 2015 at 11.00 am
followed by a café luncheon (not included in cost).

Can those interested please email David Cheney: cheneydk@bigpond.net.au

**** Please Note:** The planned visit to the Shrine of Remembrance will be Wednesday, 21st October. If there are sufficient starters (35 or more), we will arrange to go by bus from Macleay Park at 10.15 am. The cost would be approximately \$25.00 per head. The conducted tour will begin at 11.00 am. This will be followed by a café lunch at the ROYAL DOMAIN CAFÉ, 360 St Kilda Road (300 meters from the Shrine where we have a private Atrium Room and wheelchair friendly) and the bus trip home afterwards.

If there are insufficient numbers, it will make the chartering of a bus uneconomical and those participating will need to arrange private or public transport and meet up at the Shrine at 11.00 am.

Please let David Cheney know asap if you would like to join the visit.

Don't forget that a new Coffee Group has been established!!

With Jack Liao opening his new premises at the gateway to the Leo's carpark, it has been suggested that the Cafe Romeo model be cloned and those members living further west might meet there for coffee when available at 10 am during week days.

The objective is the same - to discuss matters of absolutely no importance.



Please Note: The **Annual General Meeting** of the Rotary Club of North Balwyn will be held on Thursday 26th November 2015.

Boroondara Police Station Open Day Saturday 10th October

When:- Saturday October 10th
 Time:- 10:00 am to 4:00 pm
 Where:- **Boroondara Police Station, 34 Harp Road, Kew East 3102**



Thanks folks. We have a full roster.

As you know, we are assisting the police at their annual open day at Boroondara Police Station by cooking sausages as part of their open day which includes tours of the police complex and display of emergency vehicles. Lots of siren soundings by SES, police and fire trucks. Thanks. John McBride

10:00am to 1:00pm	1	Bob Bromley
	2	David Cheney
	3	Duncan Ansell
1:00am to 4:00pm	4	Findley Cornell
	5	Ted Wilkins
	6	Estelle Kelly

Rotary Gardens Project at 4th October 2015

Ahhhh, the warmer weather has arrived and the Gardens Project is also blooming again.

Yet another box of marvellous **ANSSELL** gardening gloves has been generously donated so away we go!!

As always, any nominations for future visits, queries or want to chat??

PLEASE call me. Cheers **Greg CRIBBES Mob 0413 270403**

PS..... GO THE MIGHTY HAWKS!!!!

Date and Who with	Time	RCNB Supervisor	Assisted by
Thur 17/9 to Thur 8/10	No Sessions	School Holidays	
Tue 6/10 – RCNB <i>clean up after tree</i>	10.00 – 12.00	Greg Cribbes	Geoff Haddy, Geoff Steinicke
Fri 9/10 – Xavier	4.00 – 5.15pm	Greg Cribbes	Rowan McClean
Sat 10/10 – MLC <i>Note – Camp Getaway</i>	10.00 – noon	Brian Hurnard	Marcel Muntwyler
Fri 16/10 – CGS/X	3.00 – 5.15pm	Greg Cribbes	Geoff Haddy, need 1 more.....
Sat 17/10 – MLC <i>BassCare special</i>	10.00 - noon		Tak
Mon 19/10 Xavier (16+4)	10.00 – 3.00pm	Greg Cribbes	Bob Bromley 10-12noon Greg Matthews – 11-3pm Geoff Haddy
Thur 22/10 – RCNB	3.30 – 5.00pm	Brian Hurnard	need 1 more.....
Fri 23/10 – CGS/X	3.00 – 5.15pm	Geoff Haddy	Bob Bromley
Sat 24/10 - MLC	10.00 – noon	Greg Cribbes	need 1 more, at least.....
Thu 29/10 – RCNB <i>(to be confirmed)</i>	11.00–12.30pm	Greg Cribbes	David Cheney (mowing)
Fri 30/10 – CGS/X	3.00 – 5.15pm		
Sat 31/10 – MLC <i>Last MLC for 2015</i>	10.00 – noon		



The North Balwyn Rotary Club Antiques Road Show

Thursday 26th November



The Guest speaker at our Club Meeting on **Thursday 26th of November** (a Partners' night) will be well known and respected auctioneer, Mr. John Ainger of E. J. Ainger Pty. Ltd. Auction Rooms, Bridge Road, Richmond.

The evening will follow the format used in the popular TV series – "The Antiques Road Show". John will be asked to evaluate, discuss and offer valuations for our members' items preselected.

So, to make this an interesting and successful night, we need the following:-

Request 1

We need members to submit a limited number of significant items to be evaluated - items such as silverware, ivory, glassware, ceramics, metalware memorabilia etc. (Items that are not required are jewellery, paintings, furniture or sporting memorabilia). We would like to end up with 6 or 7 items for John Ainger to discuss during his address.

Request 2

We need a sub-committee of 2 or 3 members to attend a couple of pre-dinner meetings to evaluate items submitted by members. They should have some knowledge of and interest in antiques. If you have such knowledge, please contact Duncan Ansell to make the necessary arrangements.

This sub-committee will discuss the age, condition and provenance of items submitted by members. The sub-committee will then select the most suitable and interesting items to present to John Ainger to evaluate and discuss at the club meeting on 26th November.

Members are encouraged to bring along suitable items for the sub-committee to consider on:-

Thursday, 5th November and Thursday, 12th November.

With your help, this will contribute to a memorable evening.

Many thanks.

Duncan Ansell

Fellowship Committee.

Please Note : Melbourne Cup Celebration Night 29th October is at Greenacres !!!!

Please note that the 29th October 2015 Partners Night Celebration of Melbourne Cup will be held at [Greenacres Golf Club](#). The change of venue is due to paint work being undertaken in the Kew Golf Club in the week beginning 26 October and the likelihood of an overpowering smell of



Defibrillator Training

As you are aware our club has a defibrillator. It is important that members know how to use it. To that end RCNB will pay for up to 5 members to undertake the Accredited First Aid Course in CPR, which includes operation of a defibrillator. Those who undertake the course will be expected to demonstrate the use of the equipment to other RCNB members. The course is of two and a half hours duration (9am to 11.30am) and costs \$50 per person. The link below will take you to the course timetable.

Club Service Director: Vice President Brian Hurnard is Acting Club Service Director until Brian Lacy returns at the end of October.

A note for your diary: Wednesday, 10th February 2016 at 12.00pm.

Visit to The Johnston Collection, East Melbourne. (Limited to 22 persons). \$23 per person.

The Johnston Collection is the legacy of **William Robert Johnston** (1911-1986) an antique dealer and collector of beautiful things. He loved objects that were unusual and visually arresting. He had a sharp eye for the beauty created by the harmonious balance of line and form. He delighted in arranging objects together to create extraordinary interiors.

Please reserve your place by making your booking with Kinga Paulheim





**Rotary Club of North Balwyn
CHARITY GOLF DAY**

Friday 19th February 2016

To be held at **Kew Golf Club** 120 Belford Rd East Kew.

Proceeds to **ROTARY CLUB OF NORTH BALWYN MEN'S SHED**

GREAT PRIZES TO BE WON

Shotgun Start at 8.00 am

Please arrive between 7.15am – 7.30 am for briefing before proceeding to allocated tees.

Upon completion of your enjoyable round, lunch is provided (included in the fee) during which all Presentations will be made. Drinks are available at bar prices.

The COMPETITION is Ambrose – preferably, players will have GA Handicaps.

For all social and non-handicap players, a Handicap of 18 will be given.

In addition to PRIZES for 1st, 2nd and 3rd placed teams, there will be fun prizes on:

- 9th Fairway - Longest Drive (on the fairway!!)
- 9th Fairway - Straightest drive (beyond the tee!!)
- 11th /18th holes- nearest the pin (on the Green!!)

ENTRY FORM:

<u>PLAYER</u>	<u>PHONE</u>	<u>GOLF CLUB</u>	<u>HANDICAP</u>	<u>GOLF LINK No</u>	<u>\$</u>
(1)					
(2)					
(3)					
(4)					
TOTAL \$					

Cost \$75.00 per player.

PAYMENT OPTIONS:

* Cheque to Rotary Club of North Balwyn – to PO Box 135, North Balwyn 3104, or

* EFT to RCNB – BSB 033 058 Account 123696 noting your 'Player 1 name' and 'Golf'.

Enquires: Greg Matthews 0419 597 780 or email :- greg1144@bigpond.net.au

With thanks to our Major Sponsor, our local travel agent

Helloworld Balwyn North Phone 9819 7173

Ian Mollison – Managing Director, a member of the Rotary Club of North Balwyn.



Don't forget that a new Coffee Group has been established!!

A reminder that with Jack Liao opening his new premises at the gateway to the Leo's carpark, it has been suggested that the Cafe Romeo model be cloned and those members living further west might meet there for coffee when available at 10 am during week days.

The objective is the same - to discuss matters of absolutely no importance.



Meeting No. 14**Thursday, 1st October 2015****Present:** Guest Speaker 1 DG Julie MASON

NB Members 48

Partners 22

Make-ups 3 Ken Maxfield - RC Yea; Gardening Project - Geoff Haddy & Brian Hurnard.
applied 3 to this week

Meeting Attendance 81.0%

Absences for Rosters:

Joe Butler

Peter Cleary,

Tony Ho,

Brian Lacy

Jim Romanis

Garth Symington,

Bill Thackray

Geoff's Health Tips**Turn on the music and take a step**

In the past 12 months Judy and I have had falls – nothing too serious, but for that moment and for some time after, the experience “shakes you up”. The reason for the falls, in every case, was due to our not lifting our trailing foot sufficiently high enough in taking a step up. The result is that the foot clipped the step, resulting in a fall. Falls are common with the elderly and breaking a bone is the worst possible outcome for their future health.



For most of our lives we have not had to worry about stepping up and over objects, we did this automatically, but now we have to “watch our step”.

I would have thought that people that continue their love of dancing automatically know exactly where their feet are. This has been shown to be true in a study of 134 community dwelling adults aged 65 and over who were at risk of falling (Department of Internal Medicine Specialities, Geneva University Hospitals).

The participants were divided into two groups. The interventionist group attended structured music-based multi-task exercise classes. The control group maintained their usual physical and social habits. The interventionist group had once-weekly, hour-long exercise sessions. These sessions consisted of varied exercises including walking to music, responding to changes in rhythmic patterns and quick reaction movements.

After six months, the participants and control were tested for cognitive changes. The results showed that the interventionist group had superior cognitive function, improved sensitivity to interference and were more able to perform concurrent attention demanding tasks.

The take home message is to put on your favourite CD and “take your partner please”.

Geoff



MEETING ROSTERS

Thursday 8th October**Partners' Night - "Hat Night"**

Guest: Waltraud Reiner, Head of Torb & Reiner
Millinery Workshops
Host: Greg Ross
Desk: Jim Studebaker, Eileen Toohill
Greeters: Peter Sutherland, Takao Yukawa
Set-up: Don Bowden, Bill Oakley

Thursday 15th October

Speaker: Paul Geyer FAICD
State Manager of the Victoria Division,
Australian Institute of Company Directors
Topic: Issues Facing Businesses and Boards
Host: Colin Sharp
Desk: David Cheney, Geoff Haddy
Greeters: David DeGaris, Greg Cribbes
Set-up: Rob Head, Greg Ross

Thursday 22nd October

Speaker: Greg Cribbes
Topic: Gardening Project Report
Host: TBC
Desk: Don Taylor, Bob Bott
Greeters: Russell Cooper, Maurie Walters
Set-up: Greg Dimopoulos, Geoff Steinicke

**Thursday 29th October -Partners' Night
Melbourne Cup Celebration**

Speaker: TBC
Host: TBC
Desk: Paul Fitz, Jim Romanis
Greeters: Steven Greateorex, Greg Matthews
Set-up: Matthew Pauli, Ted Wilkins

MAKE NOTES OF THESE DATES IN YOUR DIARY

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

October

Thursday 8th Club Meeting- Partners' Night
"Hat Night"
Friday 9th to Sunday 11th Camp Getaway Weekend
Friday 23rd BBQ at Bunnings
Thursday 29th Club Meeting-Partners' Night
Celebration of Melbourne Cup
at **Greenacres Golf Club**

November

Sunday 1st Craft Market BBQ
Camberwell Civic Centre
Friday 6th to Sunday 8th Fellowship & Golf weekend
Cobram, Barooga
Saturday 14th Upstream Challenge
Thursday 19th Event-Fashion Fundraiser
Blue Illusion, Balwyn
Thursday 26th Annual General Meeting

December

Thursday 3rd BBQ at Bunnings

December

Friday 4th Ladies Christmas Cake Stall
Thursday 10th Club Meeting-Partners' Night
Celebration of Christmas
Saturday 12th Event-Carols in the Park
Macleay Park, Balwyn
Sunday 13th Event-Carols at Servants
2016
January
Sunday 10th Event-Brunch 9:30-11:30 am
Warren Glen Nursery
373 Ringwood Warrandyte Rd,
Warrandyte

February

Friday 19th Golf Day
Kew Golf Club
Wednesday 10th The Johnston Collection visit

March

Friday 11th District Conference - Club Dinner
Saturday 12th District Conference Bendigo
Sunday 13th

ROTARY CLUB OF NORTH BALWYN 2014/15**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**Welcome back Grapevine Editor Peter Sutherland**petesutherland@bigpond.com**Submission by Noon Saturday please.**

Many thanks to John McBride, Kristine McDonnell and all of the contributors for helping me to produce the Grapevine in Pete Sutherland's absence. Peter Wilson

**APOLOGIES FOR CLUB MEETINGS**

Sign the "apology sheet" at the front desk at the prior meeting if you know in advance.

2. Click [HERE](#) to go to the Website

3. E-mail Hugo Goetze apologies@rotarynorthbalwyn.com.au

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.

Please apologise **no later than 5pm on Tuesday**.

CONFERENCE 2016

Rotary
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D9800 Probus

North Balwyn Probus President 2015/16

Ken Mitchell: mitchellkv@gmail.com

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jilldj@melbpc.org.au

North Balwyn Heights Probus

(Sect Sue Mullarvey)

yarramul@tpg.com.au

Greythorn Probus (Sect Shirley Brangan)

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