

The Grapevine



Rowan's Reflections

Vocational Visit: Walter and Eliza Hall Institute (WEHI) is an amazing place, and 32 of us were impressed by the scope and complexity of their medical research projects.

Among other things, researchers at WEHI are exploring prevention and treatment for people with lung diseases, a vaccine for malaria, a pancreatic 'organoids bank', treatment for coeliac disease and new approaches to dealing with rheumatoid arthritis, various forms of cancer and muscular dystrophy. A wonderful recent achievement is the Therapeutic Goods Administration approval for a new medicine to cure certain advanced forms of chronic lymphocytic leukaemia.



We were given an overview of activities and projects, including some detailed explanations of areas of focus by two senior researchers, and a tour of the laboratories.

We were joined by Australian Rotary Health Chairman Jeff Crofts, new members Jeanette Leigh, Philip Wade and Yvonne Lyneham and a number of Rotary partners who participated in the tour and dinner afterwards. Thanks again to John Magor and Peter Elliott for organising the visit.

Membership Achievement Award: New members, Sam Hardikar, Neil Marshall, Geoff Kneale and Yvonne Lyneham, have agreed that the \$1,000 awarded to our Club go towards our Student Exchange Project with Mongolia. Funds are being raised through selling Chocolate Frogs too; only \$1 each! With Easter almost upon us, please contact Ian Adams or Robyn Stepnell to buy some. They are great for children's and grand-children's parties, making up with your neighbours, making new friends and just putting on a few pounds yourself. I am assured that the bunny will not be offended in the least by you substituting chocolate frogs for eggs this year.

Change to meeting day: Our next meeting will be held at KGC next WEDNESDAY. Continuing with our theme this year of Mental Health, we will hear from Kirsten Gainsford from Monash Alfred Psychiatry Research Centre as our guest speaker.

Rotary History Timeline: Following attendance at Rotary Leadership Training, Robyn Stepnell drew our attention to a summary of Rotary's history through a detailed timeline that will be of interest to many members. To see the history and download your copy follow the link<www.rghfhome.org/first100/history/history/>.

President Rowan.

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



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

See us on Facebook at <https://www.facebook.com/RotaryNorthBalwyn/>

Vocation Visit to Walter and Eliza Hall Institute of Medical Research:



Celebrations at DIK Open Day ; 500th Container.

Exchange Students at Conference



D9800 Conference 2018

The Rotary Club of Balwyn is hosting the next Conference at Warrnambool in 16-18 March 2018.

Meeting venue

Lighthouse Theatre, Timor St Warrnambool.

Saturday Dinner

Emmanuel Centre, Botanic Rd Warrnambool.

Accommodation Enquiries

Flagstaff Hill 1800 556 111

<https://www.facebook.com/D9800Conference/>

<https://www.facebook.com/RotaryBalwyn/>

More info [HERE](#)



Geoff's Health Tip

High Fibre Diets are Good for the Brain

I had previously written about the benefit of a high fibre diet in preventing colorectal cancer though the production of butyric acid (a short chain fatty acid) in the large intestine. Now, new research has shown there is a relationship between butyric acid, and other short chain fatty acids produced by fermentation, and our brain. One particular study examines the use of butyrates as a potential therapeutic for neurological disorders.

The benefits of a high fibre diet in the colon are now well documented, but its potential impact on the brain has largely been understudied. High fibre foods such as oat bran, wheat bran, peas, beans and potatoes provide an ample supply of fibre to produce these short chain fatty acids. Sodium butyrate (formed from butyric acid and sodium) has demonstrated a profound effect on improving learning and memory. These improvements in learning and memory have also been demonstrated in models of memory-impaired traumatic brain injury.

Several studies have examined the beneficial effects of a high fibre diet on memory and cognition in children. For example, children placed on a high fibre diet demonstrate better cognitive control than children who typically ate a lower fibre diet. It also shows, from these studies, that we have neglected the importance of a high fibre diet for children which most probably extends into adulthood.

Although it is not yet clear how gut microbiota positively and negatively affects brain function, what is clear is the necessity to eat more fibre.

Geoff



AN INVITATION TO DINNER FROM THE FELLOWSHIP COMMITTEE TO ALL MEMBERS FRIENDS AND PARTNERS OF THE ROTARY CLUB OF NORTH BALWYN.

VENUE: DUNYAZAD

LEBANESE RESTAURANT

329 DONCASTER ROAD BALWYN NORTH

DATE: TUESDAY 23 MAY 2017

TIME: 6 PM FOR 6.30 PM

COST: \$48.00 PER HEAD FOR SHEIK'S BANQUET

BYO: WINE ONLY – NO CORKAGE

BEER: AND WINE AT COST TO INDIVIDUAL PURCHASERS

SOFT DRINK: FREE OF CHARGE

DIETARY NEEDS: ADVISE ME BY 19 MAY 2017

ACCEPTANCE: AT CLUB DINNER MEETINGS ON 12TH & 20TH APRIL 2017 OR

TELEPHONE BOB BROMLEY ON 9857 7637 OR

EMAIL bbromley3@bigpond.com

DIRECT PAYMENT: ROTARY CLUB OF NORTH BALWYN INC ADMINISTRATION CHEQUE ACCOUNT 633000 – 146470653 INCLUDING "YOUR NAME AND BANQUET".

MENU: SEE www.dunyazad.com.au

Bob BROMLEY

Fellowship Committee

Melbourne Entertainment Guide Book 2017-18

<http://www.entertainmentbook.com.au/about/Tell-me-More/Melbourne-2017>



Geoff Steinicke has a consignment of books. Price \$70.

MEETING ROSTERS

Wednesday 12th April.

Speaker: Ms. Kirsten Gainsford.
 Monash Alfred Psychiatry Research Centre.
Host: Sue McDonald
Greeters: Imre Lele, Sam Hardikar.
Setup: Carolyn Pethick, Russell Turner.
Desk: Tony Hart, Brian Hurnard

Thursday 20th April.

Speaker: Member Biography
Host: Maurie Walters
Greeters: Rob Head, Beatrice Ko
Setup: Colin Sharp, Tony Ho.
Desk: John Magor, Russell Turner.

Thursday 27th April.

Speaker: Mr. Brian Negus, RACV
 Melbourne in 2040 - will we still be driving?
Host: Geoff Steinicke
Greeters: Bronwen Dimond; Geoff Kneale
Setup: Peter Elliott; Chris Flavelle-Smith
Desk: Eileen Toohill; Estelle Kelly

Thursday 4th May. RCNB Birthday night Partners Night

Speaker: Mr. Brian Nankervis, Rockwiz
Host: David Cheney
Greeters: Brian Hurnard, Neil Marshall
Setup: Jane Pennington, Neil Marshall
Desk: John Rennie, Rob Head



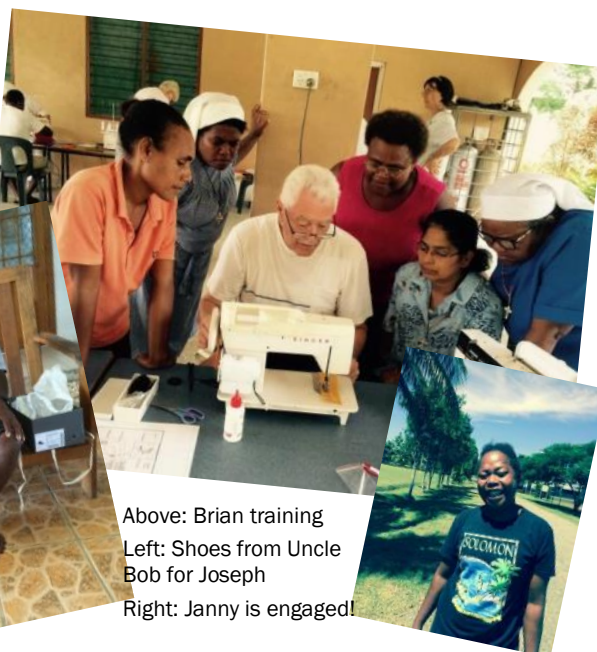
Attendance: We recorded 105 make-Ups at the Grand Prix and District Conference!

Get your apologies in early this week (Monday) for WEDNESDAY'S Meeting

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



Tak sent these beautiful photos from his recent trip with Brian and Bev Thomas and Jane Pennington to The Solomons where they conducted Sewing Machine Maintenance Training at Henderson.



Above: Brian training
 Left: Shoes from Uncle Bob for Joseph
 Right: Janny is engaged!

Celebrations

Birthdays: David Cheney; Russell Turner, Marcel Muntwyler.
 Helen Rennie, Jane Ansell.

Inductions: Robyn Stepnell 2016, Russell Turner 2016, Garth Symington 2004.

Weddings: Joe and Fran Butler, Margaret and Ted Wilkins.

ROTARY CLUB OF NORTH BALWYN 2016/17

President: Rowan McClean president@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

North Balwyn Probus: Bruno Coniglio. <http://balwynnorthprobus.org.au>

North Balwyn Heights Probus: Sue Mullarvey yarramul@tpg.com.au 9857 4305, 0400 821 402

Greythorn Probus: Meetings 10am 2nd Tuesday Monthly. St Aidan's Church Hall, Duggan St, Balwyn North. 9859 4941.

Boroondara Ladies Probus: Janet Eddy jveddey@applewood.net.au

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.

Club Diary

Thursday, 27th April:

Bus trip to Beleura. \$60 Contact David Cheney for details.

Tuesday, 23rd May: Fellowship Dinner Night.

DUNYAZAD LEBANESE RESTAURANT 329 DONCASTER ROAD BALWYN NORTH

See Bob Bromley for Details.

Wednesday 31st May 2017:

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

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

Camp Getaway W/end Working Bee. Contact Greg Matthews for details

Sunday 2nd July:

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

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.