

The Grapevine



Bill's Banter

[Our Leadership](#)
2016/2017

This week's Speaker - Gabe Hau from the Rotary D9800 E-Club - gave a sobering and challenging talk about family violence, and the response from the Rotary Club of Brighton in setting up [Violence Free Families](#) (VFF). The first task was to objectively evaluate the intervention/training courses which were routinely used to treat -mainly men- and hopefully to achieve some behaviour modification. With the help of Melbourne University some independent research was undertaken which found that the programs had some positive effect. Based on the outcome of this research Violence Free Families set about developing an online program which could also be used for country and remote residents who could not easily get to a city based, face to face program. Gabe reported on the steady progress being made despite the lack of political support, and sometimes in the face of active opposition.

Our Club has been a substantial contributor to VFF to help RC Brighton with its set up. Gabe described the complexity of reasons and causes of family violence and stressed the need for us as a community to adopt a nuanced and multi-faceted approach to dealing with the effects and causes of family violence. The approaches developed and adopted by VFF are independently evaluated and tested VFF is now an independent Company that raises and spends about \$500,000 a year and conducts programs and research to reduce family violence.

As part of Mental Health Week and to support the [ARH Lift the Lid on Mental Health](#) we all wore funny hats and tried our knowledge on a Hat Quiz. Thanks to Eileen Toohill for judging the best hat, and congratulations to Estelle Kelly for winning with a lovely Mongolian creation she brought back for her grand daughter, and then pinched back for the night! Thanks to Jane Pennington for organising all the hat frivolity and for doing her usual masterful job as Host for the night. The result was \$400 to \$500 for ARH.

On Friday our members were rattling tins for this cause at Bunnings Hawthorn. Thanks Jim Romanis for organising us also to the Club members who volunteered.

Its our final push with the Gardening Project over the coming few weeks before end of year exams. We need more help to supervise gardening sessions, please make contact with Brian Hurnard if you can volunteer.

Next week we have a visit from one of our earlier Exchange Students - Jacyl Shaw - who went to Finland. Jacyl is now Director, Engagement at the Carlton Connect Initiative which is becoming a globally-recognised innovation precinct in Melbourne.

Come and learn from Jacyl what she has been doing since being a Rotary Exchange Student almost 30 years ago, and about this exciting innovation. Jacyl's story should be particularly interesting for friends and partners who are urged to come - but please tell Hugo!

Next week will be my last week of acting for the President as I head off for a month in Japan on Friday night. PP Jane Pennington will take over the reins as Acting President until Rowan returns around the end of October. I'll see you all again in mid November.

During this week find ways to demonstrate:

Rotary Serving Humanity: Have a great week: *Bill Oakley*, Acting President.

(P.S. My E-mail problem is now rectified - I can receive your E-mails)



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



Hat Night and Lifting The Lid on Mental Illness





Next week's Speaker is [Jacyl Shaw, Director, Engagement The Carlton Connect Initiative](#)

(This would be great night to bring your Partner along)

The University of Melbourne acquired the former site of the Royal Womens Hospital from the State Government in 2013, and is now in the process of redeveloping it to become the heart of a globally-recognised innovation precinct. This precinct is positioning world-class talent with 21st century technologies in the heart of Melbourne to drive global economic and social transformations. Jacyl has worked as a corporate lawyer, Supreme Court Judges Associate, practice management in a national law firm and undertaken many consultancies in international education. She has studied abroad in Finland, Japan and Thailand and worked on projects in Europe, the Asian Region and the Americas. Jacyl has BA, LLB and a M(Ent) from the University of Melbourne and a LLM from Monash University. She is a current board member of Melbourne University Publishing.

Its Barbeque Season!

Just want to say thanks for your help. The Woolies BBQ had sales of \$320 and Jim Romanis had ticket sales of 6.5 books. Sadly Masters BBQ was cancelled but Ted Wilkins and Rob Stewart were allowed to sell raffle tickets and sold 10.5 books

Great work fellows

Regards

Nino



Melbourne Cup Dinner Meeting - Thursday 27th October 2016**Special Guest: Peter Hutchinson**

Born and educated in England, the son of champion international jockey Ron. Came to Australia in 1983 and was apprenticed to Colin Hayes at Lindsay Park.

Leading apprentice first year riding 1984/85 in South Australia. Took over as number one rider for Lindsay Park from the injured Jim Courtney in 1989 and was the leading jockey in South Australia the following two years (1989/90, 90/91).

Moved to Melbourne in 1991 to ride as number two jockey for David Hayes and had great success at Group level the following few years, the most memorable being the 1993 Caulfield Cup on Fraar.

The winner of around 900 races (approx. 50 at Group and Listed level) and with wide international experience including winners in Britain, Europe, Hong Kong, Macau and Malaysia.

Retired from the saddle at the end of the 2001/02 season only to return in 2008.

Finally retired from riding after badly breaking a leg New Year's Eve, 2012.

D9800 District 2017 Conference Accommodation

We have booked 22 rooms of accommodation for three nights at the [Courtyard Motel in Shepparton](#), which is 500 metres from the conference venue.

It is unlikely that we will have more RCNB attendees that can be accommodated in this number of rooms.

However, to avoid disappointment, could you please let me know when you've registered, or before registering, that you want to take up one of our booked rooms?

I will allocate them in order of your advice to me of attending.

[Book now!](#) The early-bird discounts (until 30th November) are quite generous.

Rob Head 0438062424

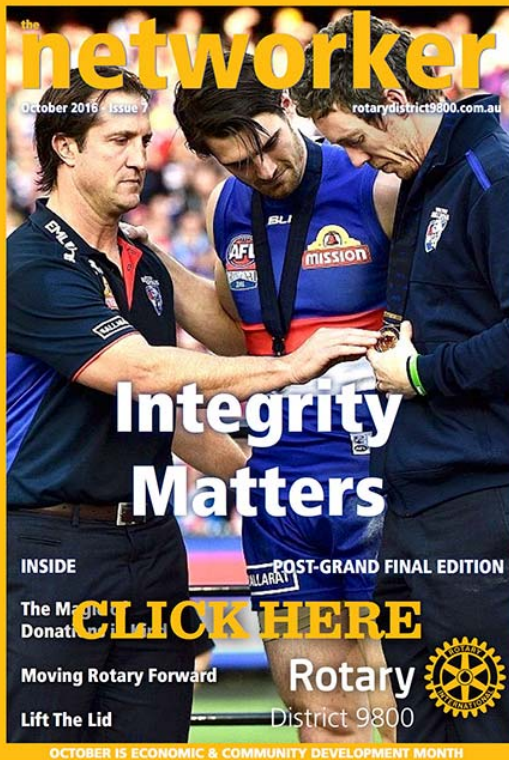


Rotary  **INTERNATIONAL CONVENTION**

JOIN US IN ATLANTA

Experience the hospitality of the American South

**10 - 14 June 2017
ATLANTA, GEORGIA, USA**



October Area of Focus - Economic and Community Development

Economic and community development is one of Rotary's six areas of The Rotary Foundation's focus.

Nearly 1.4 billion employed people live on less than \$1.25 a day. Rotary members promote economic and community development and reduce poverty in underserved communities through training, well-paying jobs, and access to financial management institutions. Projects range from providing people with equipment to vocational training. We work to strengthen local entrepreneurs and community leaders, particularly women, in impoverished communities.

Read MORE [HERE](#)

ANNUAL PAUL HARRIS BREAKFAST - 22 NOVEMBER 2016

SPEAKER TIM CARTWRIGHT - "HOLDING THEM TO ACCOUNT"

Your Foundation invites your Club members, family, friends and colleagues to the Annual Paul Harris Breakfast.

This is one of the annual highlights of Rotary in Victoria. This year's speaker is Tim Cartwright who was appointed as the State's Family Violence Reform implementation Monitor in August 2016. Come and hear about Tim's journey and how he will use his expertise and experience in his new role.

When: Tuesday 22nd November 2016

Where: The RACV Club, Level 17, 501 Bourke Street, Melbourne

Tickets: \$65.00 per head or \$600 for a table of ten (incl. GST)

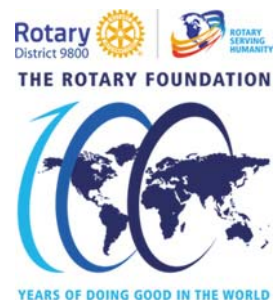
RSVP: 11th November 2016

Time: 7.15 for 7.30 till 9.00am

Look for separate E-mail for [Full booking details and invitation.](#)

Learn more about [Tim \(biography\).](#)

Further information contact Marjorie Gerlinger, Rotary Central Melbourne
marbern@bigpond.net.au or phone 0419 302 109.



Tuesday October 18th.

40th Anniversary dinner for the Camberwell Sunday Market.

Please extend the following invitation to all of your club members who have been involved with the market

At Green Acres Golf Club \$60

Time: 6:30 for 7:00pm

Guest Speaker: Rev Tim Costello, CEO World Vision Australia

Booking On-Line Click [HERE](#)

Many thanks Kevin Walsh (President RC Balwyn)



We are getting items ready for a container to go to The Solomons.

Pictured is Bob Bott, Andy Steinicke and Bill Oakley delivering donated Aisin Overlockers and Sewing Machines to [Rotary Donations in Kind](#) in West Footscray. Volunteers are needed to load the container at DIK on Thursday 20th October. Contact Nino if you would like to help out.

Duties will include lifting and stacking items into a 20' shipping container.

CONTACT US TODAY »

0428 550 574

Shed 40, 400 Somerville Road
WEST FOOTSCRAY, VICTORIA, 3012

Your opportunity to change
lives **Donate, Gather Goods**
or **Adopt a Project** and
change lives



The [Rotary Club of Southbank](#) is proud to be co-hosting a screening of '[Bringing the Light](#)', a documentary made about Seven Women's work, that is being held at the Palace Como Cinema, South Yarra on the 11th October, 2016 in conjunction with Seven Women.

5.45 for 6.30 screening.

To Book: <https://www.trybooking.com/MYLZ>

To View Trailer: <https://vimeo.com/141382324>

Filmed over a period of four years, this film follows a group of Nepalese women whose lives have been empowered through education, skills training and income generation. It is a story of courage, resilience

and strength as these women seek to create a better life for themselves, their families and other women in Nepal.



Bringing the Light
A Seven Women Documentary

<https://vimeo.com/141382324> to view the trailer



Stephanie Woollard-Founder Seven Women &
Assistant Governor Rotary D9800 Kate Strain

To make a donation
[Click here](#)

We are so excited about this documentary, which celebrates Seven Women's 10-year anniversary and would love for you to join us and celebrate what can be achieved through social sustainable change as well as raise funds for our Seven Women Cooking School.



GARDENING PROJECT 9th OCTOBER 2016

Club of North Balwyn

We are asking Members and Friends to fill only seven vacancies before students go on leave. It has been a great year for the Gardening Project and student participation has been terrific. Can you help

Greg C, Greg M and Estelle for a special session with Xavier students on **Monday 17/10** (1 required), or join Duncan, Brian L and Brian H the following day **Tuesday 18/10** to mow and poison some grass (1 required). If you are not going to the Fellowship Weekend please don't leave Findley on his own on **Friday 21 October** (2 required). And after that there are spots to fill on **Friday 28 October** (2 required) and on **Friday 4 November** (1 required).

Being the 'growing season' further requests are coming in from needy clients. If the work is urgent and not too big your help may be sought for some further RCNB-only sessions before year end.

Date and Who with	Time	RCNB Supervisor	Assisted by
Fri 14/10 – X	4.00 – 5.15pm	Greg Cribbes	Eileen Toohill
and on the same day			
Fri 14/10 -CGS @ Royal Talbot	2.45 – 4 pm	Brian Hurnard	Garth Symington
Sat 15/10 - MLC	10 - noon	Marcel Muntwyler	Tak Yukawa
Mon 17/10 - X	9.30am – 2.00pm	Greg Cribbes	Estelle Kelly
(Spl with Xavier)		Greg Matthews	
Tues 18/10 (RCNB only)	10.00am	Duncan Ansell	Brian Lacy
3 mowers, poisoning	about 2 hrs	Brian Hurnard	
Fri 21/10 – CGS/X	2.45 – 5.15pm	Findley Cornell	
(Fellowship wk'end)			
Sat 22/10 – MLC	10 - noon	Greg Cribbes	Lindsay Pegg
Fri 28/10 – CGS/X	2.45 – 5.15pm		
Fri 4/11 – CGS/X	2.45 – 5.15pm	Greg Cribbes	Rowan McClean
After 4/11 until February	SCHOOL BREAK		

Please help if you are able. This successful Community Service depends on you to supervise the gardening activity and to assist, but only well within your own physical limitations. Your primary role is to supervise students. Please advise your availability to Brian Hurnard (0414 985 779) or Greg Cribbes (0413 270 403) or add your name to this roster at the Thursday meeting.

So You Think you know your road rules? Take the test !

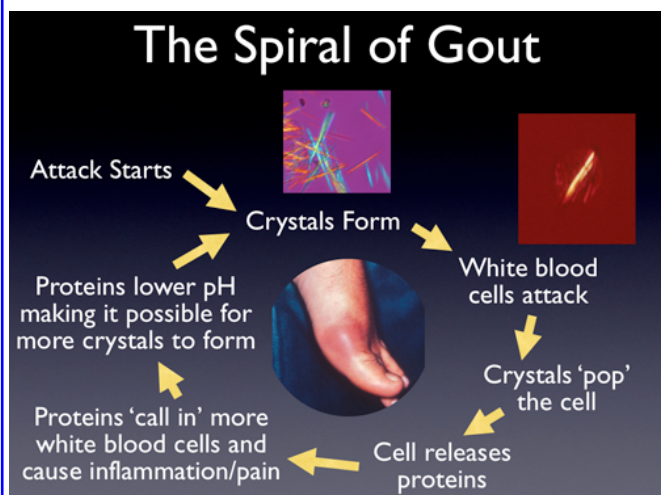
Road safety



[Click HERE](#) to do the RACV on-line Road Rules Test

Geoff's Health Tip

Gout, a simple disease waiting for a new strategy



When I was quite a small boy I can remember my uncle Fred suffering from pain in his big toe, he said it was gout. To me, it was a funny word that didn't have a meaning, except to my uncle it meant pain – sharp excruciating pain. Normally, he would love to have a kick of the football, but on 'gout days' he sat in a reclining chair with his foot up in the air to relieve the pain. Now, six decades later, the prevalence of gout has increased from 0.5% of the population to 1.7% with over 400,000 sufferers in Australia. The prevalence of gout in elderly male Australians is second only to New Zealand, which has the highest reported rate in the world.

The pain of gout is due to the build up of uric acid in the blood to the point that monosodium urate crystals form in joints – often the large joint of the big toe. The usual treatment is to take medication that reduces the amount of uric acid in the blood to below a certain level. Interestingly, some people with high uric acid, do not suffer from crystallisation in the joints as the excess urate is expelled in the urine.

Uric acid is formed when the body digests purines, compounds found in most foods in varying amounts, but especially in refined foods, processed red meat, anchovies, beer (from the yeast) and beans. The list of foods to avoid and foods to eat is extraordinarily long and has probably been compiled from anecdotal evidence over the past hundred years, but high intakes of coffee, low-fat dairy products and vitamin C are associated independently with low risk.

The arbitrariness of treatment is best summed up by [Dr.Juergen Braun](#), Medical Director of Rheumatology, Ruhr University, Germany, who said, "I think the most important message is that gout is a simple disease in the way that it is easy to define targets such as constantly low uric acid levels. However, there are almost no studies checking whether strategies to reach those targets work and whether we should change our strategies."

Worldwide statistics show that gout is increasing in most countries with Australia having one of the highest occurrences, increasing 300% in the past 60 years. Like many diseases that are increasing worldwide, the causes are difficult to pinpoint, but introduced changes in food production and life-style are the primary suspects.

Geoff



End Polio Now

[Celebrate World Polio Day 24 October](#)

On 24 October, join us for our fourth annual World Polio Day event, co-hosted with the U.S. Centers for Disease Control and Prevention (CDC). We'll be streaming live from CDC headquarters in Atlanta, Georgia, to bring together more than 50,000 viewers around the world. We'll be joined by celebrities and experts to share our progress on the road to polio eradication.

MEETING ROSTERS

Thursday 13th October Speaker: Jacyl Shaw Exchange Student 1988 Topic: A new birthplace for the 'ideas boom' Host: Geoff Steinicke Setup: Jack Liao, Steven Greateorex Greeting: Peter Wilson, David Rowe Desk: Phil Francis, George Swanson	Thursday 20th October Speakers: Greg Cribbes; Colin Sharp Topic: About Club Governance Host: Bill Oakley Setup: Imre Lele, Ian Adams Greeting: Ian Mollison, Anthony Stokes Desk: Garth Symington, Tony Hart
Thursday 27th October Cup Eve Dinner Speaker: (Jockey) Mr. Peter Hutchinson Topic: THEME NIGHT Spring Carnival Host: Bob Bott Setup: John McBride, Greg Matthews Greeting: Rob Stewart, John Gartlan Desk: Ted Angleton, Jim Romanis	Thursday 3rd November Speaker: TBA Topic: TBA Host: TBA Setup: Findley Cornell, Takao Yukawa Greeting: Beatrice Ko, Sue McDonald Desk: Geoff Steinicke, Colin Sharp

Meeting No.15

Thursday, 6th October 2016

Present:

Guest Speaker 1 Gabe Hau (*Member Rotary eClub*) *Stop Family Violence.*

NB Members 48

Guests 3 Lindon Le Griffon, Jenny Janson & Kylie McDonald (Robyn Stepnell)

Prosp. New Members 0

Meals 52 Member Attendance = 82.8%

Other Activities Catering - Mssrs Cheney, Flavelle-Smith, Ho, McDonald, Magor, Oakley,
(Board Approved) Pennington, Pethick, Sofra, Stewart & Toohill.
Police Leadership Mentoring - Tony Wells.

Peter Elliott, Paul Fitz, John Gartlan, Steven Greateorex, Geoff Haddy,

Tony Ho, Rowan McClean, Sue McDonald & Tony Wells.

Celebrations: Monday 10th Oct. to Sunday 16th Oct.

Birthdays: Ian Richardson

Induction Anniversaries: Phil Francis 1994

Wedding Anniversaries: Bob and Heather Bromley

MAKE NOTES OF THESE DATES IN YOUR DIARYSee also http://www.rotarydistrict9800.org.au/notices_and_events_future**Friday 21st–Sun 23rd October Ballarat Fellowship w/e**

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)

**Thursday 27th October 2016****MELBOURNE CUP MEETING****.... with Special Guest****Peter Hutchinson****Saturday 19 November 2016, BOROONDARA PARK PRIMARY SCHOOL FAIR 3pm to 8.15 pm .**40 Almond Street, North Balwyn. Boroondara Park Primary School's Fun Fair is back bigger and better than ever this year. **Set up and pack up volunteers required.**

Times: 12 noon to 2.45pm (Setup) and 8.00pm – 10.00pm (Pack- up)

RSVP to: Jane Pennington (Jane.Pennington@bigpond.com)**Tuesday 22nd November Annual Rotary Foundation Paul Harris Breakfast**

7.15 am RACV Club Guest Speaker Tim Cartwright “Holding Them to Account”

\$65 - detail for online booking [HERE](#)**Friday 9th December:**

Christmas Fare: 9am to noon in North Balwyn Village

**Saturday 17th December: Carols in The Park**Macleay Park, Cr Belmore and Buchanan Ave, Balwyn North
Presented by the North Balwyn Inter-Church Council with support of the Boroondara Council and us!**Friday 10th February 2017 Rotary Golf Day Kew Golf Club**

7.30am start for 128 Players with a shotgun start .

Sponsors are being sought! More news shortly!!

**Saturday, 18th February 2017. TRAMBOAT LUNCHEON CRUISE**

Sail from Victoria Harbour, down the Lower Yarra and up the Maribyrnong River The Fellowship Committee.

www.tramboat.com.au

**2017 DISTRICT 9800
CONFERENCE**
SHEPPARTON - VICTORIA
30 MARCH - 1 APRIL



Connecting Communities - Serving Humanity

Please note: Rob Head has booked-out a nice compact motel for our Club very close to the

Conference venue.

See Rob for accommodation details.

Registrations are now open!

Early Bird Discounts apply.

Goto www.rotaryconference.org.au to register.

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

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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.

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

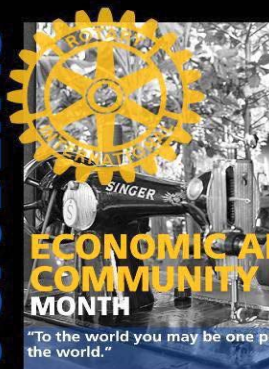


THE FOUR-WAY TEST

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?

OCTOBER IS



ECONOMIC AND COMMUNITY DEVELOPMENT MONTH

"To the world you may be one person; but to one person you may be the world."

Dr. Seuss

D9800 Probus

North Balwyn Probus President 2015/16

Ken Mitchell: mitchellkv@gmail.com

North Balwyn Heights Probus

Secretary Sue Mullarvey yarramul@tpg.com.au

Phone: 613 9857 4305 Mobile: 0400 821 402

Greythorn Probus

Meets on the second Tuesday of each month at 10am in St Aidan's Church Hall, Duggan St, Balwyn North.

Tel: 03 9859 4941

Boroondara Ladies Probus

(Secretary Janet Eddy)

jveddey@applewood.net.au



**ROTARY
SERVING
HUMANITY**



**ROTARY CLUB OF
NORTH BALWYN**

Our Club Web Site
www.rotarynorthbalwyn.com.au

Rotary International
<http://www.rotary.org/en>

Support Our Sponsors



66 Doncaster Rd, Balwyn North.
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AND your
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