



IN SERVICE OF ROTARY

Our Leadership
2015/2016

The Presidential Proclamation

Our speakers this week fitted in brilliantly with the Rotary International theme for the month - Maternal and Child Health. Trish McNally and Dianne Sides from Bo-roondara Family Network (BFN) spoke about how this local organisation was started by Rotary in the year 2000.

BFN aims to assist mothers with new babies who do not have family support to call on. Some of our members have been involved with BFN for many years and members of our wider Rotary family have volunteered and continue to volunteer with BFN. I was delighted to present a cheque to BFN, part of the proceeds from our Christmas Raffle.

Sue McDonald and I were guests of the Rotary Club of Keilor East this week and were thrilled to receive 50 "Days for Girls" kits. Sue will take these to Timor Leste with her next month. The members of Keilor East were incredibly enthusiastic about the "Days for Girls" scheme and we met many of those who had made these kits. We thank them sincerely and look forward to working together again in the future.

The following are some of my favourite words - an Apache prayer that is said to young women:

You will be running to the four corners of the universe

To where the land meets the ocean

To where the sky meets the land

To where the home of winter is

To the home of the rain

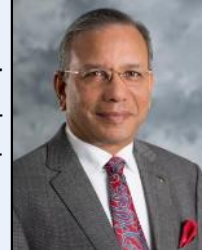
Be strong

For you are the mother of a people

Go and Be a gift to the world.

President Jane

Below: Trish receiving a Cheque from President Jane and Host Peter Sutherland thanking Trish and Dianne for their presentation.



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



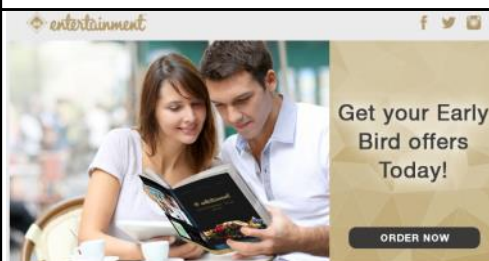
Next Week: Thursday 14th April
Speaker: Ms. Tammy Shepherd; Heal Africa - The Congo
Host: Bronwen Dimond
Set Up: Tony Hart, Peter Sutherland
Greeting: Geoff Haddy, Don Taylor
Desk: Brian Hurnard, Chris Flavelle-Smith



An honour tonight at the Rotary Club of North Balwyn's meeting to present a cheque to Trish McNally from Boroondara Family Network, to support the wonderful work they do with mothers and new babies. A local organisation, started by Rotary, doing great work in our own community.



A huge thank you to the Rotary Club of East Keilor who have presented us with 50 'Days for Girls' Kits which will go to Timor Leste with Sue McDonald. Sue and I were guests (and guest speakers) at their Club meeting tonight and enjoyed meeting many of the ladies who have stitched the items in these kits. Thank you.



There are only a few days left until the NEW Entertainment™ Memberships launch. Hurry, don't miss out on your Early Bird Offers!

Get your Melbourne Entertainment Guide Information and Subscription [HERE](#)

See Geoff Steinicke for more details.

Geoff guarantees you can save money well beyond the purchase price and have a whole heap of fun doing it.

Yarra Valley Winery Tour Sunday 10th April

Here are some photos from our Winery Trip to the Yarra Valley on the weekend .
Jane says , "It was a lovely day; the wine was good, and company was even better".
The glasses all lined up were at Killaras where we had lunch and did a bit more tasting.
Thank you to Tony Hart for organising such a good day.



The Girls were trying to recruit this chap into our club.
He wasn't listening !





Jim has an idea and he wants yours too.

FUNDRAISING THINK TANK FOR 2016/17

Attention all members ...I am planning a Think Tank Meeting.

Please let me know if your are interested so that I know how many bottles of red to buy. You must come with deep and meaningful thoughts of "easy money"

New ideas are welcome as well as improvements to our existing fund-raising which could increase the benefits.

I will announce a date shortly. I look forward to hearing from those who are interested.

Remember. The club cannot spend the bread on its projects if we don't raise the dough.

Yours in Rotary

Jim Romanis kezjim1@bigpond.com

From Joseph in The Solomons

Dear Uncle Bob and Mama Carmel,

Thank you for your kindness and encouragement render to me as your son.

This is the result of my education and training in Australia way back in 2008.

Yes, we have planted four blocks of rice and different varieties of sweet corn, cabbage, sweet potato, mung bean, casava and many many more. I am sorry to hear about your recent operations and pray that your health will recover quickly. Thank you very much for your love and kindness.

With all our prayer and best wishes.

Joseph. Cathy, Linda, Gabriel and Raphael.

Date and Who with	Time	RCNB Supervisor	Assisted by	Rotary Gardens Project at 2nd April 2016
Fri 15/4 – CGS/X	2.45 – 5.15pm	Geoff Haddy	Estelle Kelly	<p>All's quiet on the Gardening front until Friday 15th April when we recommence the new Term. My thanks to the increasing number of RCNB Volunteers who are already nominating some dates in their diaries to join us for the future sessions as arranged – this Supervision of the Students is essential in the running of the Community Service Garden's Project and is much appreciated by all concerned – it's terrific!!</p> <p>You will see the dates below now cover all of the next Gardening Term, which concludes on Fri 18th June, recommencing Friday 15th July. The dual focus this Term will be on sorting the Eva Tilley front grounds and completing pruning at the entertaining property in Milverton St (which is why SPECIAL sessions are noted).</p> <p>As always, any nominations for future visits, queries and want to chat??</p> <p>PLEASE call me. Cheers Greg CRIBBES mob 0413 270403</p>
Eva Tilley		Brian Humard	Tak Yukawa	
Sat 16/4 – MLC	10.00 - noon	Rowan McClean	Peter Elliott	
Fri 22/4 – X	4.00 – 5.15pm	Tony Hart	Tony Ho	
Fri 29/4 – CGS/X	2.45 – 5.15pm	Geoff Haddy	Colin Sharp	
Eva Tilley		1 more please	1 more please	
Sat 30/4 – MLC	10.00 - noon	Greg Cribbes	Rowan McClean	
Thur 5/5 – RCNB SPECIAL SESSION	10.00 - noon	Greg Cribbes	Duncan Ansell	
		Rowan McClean	1 more please	
Fri 6/5 – CGS/X	2.45 – 5.15pm	Greg Cribbes	Garth Symington	
		Geoff Haddy		
Sat 7/5 – MLC	10.00 - noon	Geoff Steinicke	Estelle Kelly	
Thur 12/5 – RCNB SPECIAL SESSION	10.00 - noon	Greg Cribbes	Garth Symington	
		Rowan McClean	Estelle Kelly	
Fri 13/5 – CGS/X	2.45 – 5.15pm	Greg Cribbes	2 more please	
Sat 14/5 – MLC	10.00 - noon	Rob Head	Eileen Toohill	
Fri 20/5 – CGS/X	2.45 – 5.15pm			
Sat 21/5 – MLC	10.00 - noon		Lindsay Pegg	
Fri 27/5 – CGS/X	2.45 – 5.15pm	Greg Cribbes		
Sat 28/5, Fri 3/6 and Sat 4/6	No Gardening due to Exams			
Fri 10/6 – X	4.00 - 5.15pm			
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			

News From Laos

Sabadee from Laos!

Hi all, just a short note to let you know that all is well in Laos as I await Chris's arrival!

I am now happily settled in to our two bedroom apartment in Vientiane, about 10-15 minutes' walk to my work at the Ministry of Agriculture and Forests near Patuxay Monument, in the heart of the city. We are on the top (third) floor of a modern apartment block, but with no lift I get a workout up the stairs! We have great views all around, lots of space and good air conditioning.

I haven't managed to cook a meal so far as dining out on local fare is both cheap and delicious. We have a good mini mart nearby for essentials while downtown shopping is a short bike ride away. I am now the proud owner of a new mountain bike and enjoy riding everywhere, although not the traffic!

I am working with a great team of Lao professionals, many of whom are very well trained both in Laos and overseas. They have made me feel very welcome and have helped me celebrate Lao New Year with some great parties, although officially the new year doesn't start until next Thursday!



I am also very lucky to have some great fellow Australian volunteers working elsewhere in the capital and they are great company.

I have just spent a week visiting the south of the country where temperatures are even higher than the 39-40 degrees here in Vientiane. I have been looking at border quarantine and on-farm issues down there as part of my project to help improve Biosecurity for plant production in this country.

Keep those newsletters coming to me – it's great to know what's happening back home!

With every best wish,

John Burley



The Pictures: Aussie helpers volunteering for World Autism Day (do I get a makeup for that?), me at a Lao New Year celebration rocking to Lao music, the big monument in front of my work in Vientiane central and celebrating Easter with hot cross buns!

Getting a Good Night's Sleep?

Healthy sleep habits can make a big difference in your quality of life. Having healthy sleep habits is often referred to as having good "sleep hygiene." Try to keep the following sleep practices on a consistent basis:

Stick to a sleep schedule of the same bedtime and wake up time, even on the weekends. This helps to regulate your body's clock and could help you fall asleep and stay asleep for the night.

Practice a relaxing bedtime ritual. A relaxing, routine activity right before bedtime conducted away from bright lights helps separate your sleep time from activities that can cause excitement, stress or anxiety which can make it more difficult to fall asleep, get sound and deep sleep or remain asleep.

Avoid naps, especially in the afternoon. Power napping may help you get through the day, but if you find that you can't fall asleep at bedtime, eliminating even short catnaps may help.

Exercise daily. Vigorous exercise is best, but even light exercise is better than no activity. Exercise at any time of day, but not at the expense of your sleep.

Evaluate your room. Your bedroom should be free from any light. Check your room for noises or other distractions. This includes a bed partner's sleep disruptions such as snoring. Consider using blackout curtains, eye shades, ear plugs, "white noise" machines, humidifiers, fans and other devices.

Sleep on a comfortable mattress and pillows. Make sure your mattress is comfortable and supportive. A Mattress life expectancy is about 9 or 10 years for most good quality mattresses.

Use bright light to help manage your circadian rhythms. Avoid bright light in the evening and expose yourself to sunlight in the morning.

Avoid alcohol, cigarettes, and heavy meals in the evening. Alcohol, cigarettes and caffeine can disrupt sleep. Eating big or spicy meals can cause discomfort from indigestion that can make it hard to sleep. If you can, avoid eating large meals for two to three hours before bedtime. Try a light snack 45 minutes before bed if you're still hungry.

Wind down. Your body needs time to shift into sleep mode, so spend the last hour before bed doing a calming activity such as reading. For some people, using an electronic device such as a laptop can make it hard to fall asleep, because the particular type of light emanating from the screens of these devices is activating to the brain. If you have trouble sleeping, avoid electronics before bed or in the middle of the night.

Geoff



Members On Tour: somewhere near Port Noarlunga

MAKE NOTES OF THESE DATES IN YOUR DIARY

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

Thursday 5th May Club Birthday.

Choose an ABBA song and perform it in an entertaining manner, on our Birthday night in May.

'70's 80's theme. Dress up and have some fun.



Friday May 6th

Brighton North's President's Breakfast

Speaker: Gideon Haigh - "Award winning sports journalist, author and cricket lover"

International Receptions in Brighton 7.00 PM

Contact Details: Phil Wheatley: 0408 334 889 Book [HERE](#) with Try Booking \$65 per Head



Brighton North
Rotary



Discover Korea

Explore Korea at one of the most beautiful times of the year. Plan now to:

- Visit UNESCO World Heritage sites
- Sample traditional Korean fare
- Experience Seoul's vibrant nightlife

28 May - 1 June 2016
SEOUL, KOREA

CONNECT WITH KOREA –
TOUCH THE WORLD

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

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.



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.auWeb: www.rotarynorthbalwyn.com.auE-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@rotarynorthbalwyn.com.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 ISRotary www.rotary.org**D9800 Probus****North Balwyn Probus** President 2015/16Ken 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

**Be a gift to the world****ROTARY CLUB OF
NORTH BALWYN**Our Club Web Site
www.rotarynorthbalwyn.com.auRotary International
<http://www.rotary.org/en>

Support Our Sponsors



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