

The Grapevine



Rowan's Reflections

This week was one of our best attended meetings for some time. There is a pleasing buzz in the club as we move into 2017.

We had impressive presentations from Rachel Neisen and Catherine Zhou, who are well-known to members now. They represented Balwyn High School at the recent national Evatt debating conference where they argued international policy on behalf of Russia and Albania!

Sam Hardikar, principal of Home Instead North Balwyn, was inducted as our newest member. Sam will be mentored by John Magor and Geoff Haddy and will serve on the Community Service Committee. It was great to see Geoff Kneale and Melissa at the meeting, Geoff having been inducted last week - he may well have been confirming that he was now not the new boy on the block!

Robyn Stepnell was host for our guest speaker Kerrie Kornhauser OAM who is involved in Violence Free Families, Trachoma 2020, White Dove and Women in Rotary. Kerrie is a past President of the Rotary Club of Albert Park. Robyn has written a note about Kerry and her presentation elsewhere in this Grapevine. It is great to see fellow Rotarians so devoted to critical issues in society.

After a considerable amount of work by Jim Romanis, Greg Matthews and the fund-raising committee we had a very successful Charity Golf Day at Kew Golf Club on Friday. We had 117 confirmed players, great sponsorship arrangements and, for the first time, a spinning wheel.

I would like to thank the members who have introduced new member prospects recently. Club membership is growing well, and we are on track for reaching our stretching target for membership growth in 2016/17. Only through membership growth, especially with younger and more diverse members, will the club prosper in the future.

I have mentioned the Rotary Showcase several times. As an organisation Rotary has been poor at letting other Rotary clubs what we achieve, let alone the public. How then can we get their support and attract new members? The Showcase at Federation Square on Saturday 25 February is an event to let non-Rotarians know what we do, and impress them with our achievements. There will be 29 different exhibits. I ask you to make a special effort to come to Federation Square at some stage between 10am and 4pm, in your Rotary gear, and mingle with the public to help improve their awareness about Rotary and the quality and extent of our contributions to the world.

Finally, can I again emphasis the need for each member let Hugo Goetze know their attendance intentions by Tuesday evening each week? Hugo does an excellent job juggling our numbers for catering purposes on a weekly basis, and he relies on you letting him know when you are not able to attend weekly meetings. The Rotary International Council on Legislation has freed up attendance requirements, but that has meant that discipline has been relaxed and it is increasingly difficult to predict attendances. Please be considerate and help our attendance officer do his job for the collective benefit of all of us.

With our gardening program again in operation for 2017, and a Group Vocational Exchange team arriving this weekend with five Filipinos being hosted for a week by our members and catering being done by us for the welcome event, there is plenty happening to show

Rotary Serving Humanity.

Thursday 16th February Speaker: Mr. David Winter, African Trade School Project Umoja, a youth development school in Arusha, Tanzania. We know David well as the face of **Breadstreet**, and member of Mont Albert and Surrey Hills Rotary Club

Also attending will be the GVE team from the Phillipines.

Partners welcome dinner. Please let Hugo know if you have partners or guests attending.

Our Leadership 2016/2017



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



*What our speaker Kerry Kornhauser had to say at our last dinner
Thanks to Robyn Stepnell*

Kerry Kornhauser has a vision for growing Rotary by increasing the awareness in our communities that Rotary embraces and welcomes women into Rotary.

Rotary could almost double in size if her vision becomes reality, as the membership of women in Rotary is currently at 17%. Her vision is already starting to become a reality with the number of women in Rotary increasing in our district.

Kerry shared with us many of her stories which included an interesting one about Volvo who increased their sales quite significantly due to their consultation and involvement with women when they were redesigning their vehicles.



Our speaker, Kerry Kornhauser OAM

Another thought was around the language that is used in Rotary, such as “come to a meeting” rather than “come along to a dinner”. For many people they are going to meetings all day, so why would they want to come to another meeting at night!

With Kerry’s background in the advertising industry including positions with two major ad agencies, Clemengers and George Patterson and in the private health sector, she is well positioned to peruse her vision.

Kerry has contributed to many volunteer organizations and in 2008, was asked to chair the first Sudanese Women’s’ Conference, which she notes, though very successful, it was also very challenging.

In 2008, she joined the Rotary Club of Albert Park and has been awarded a Royce Abbey Award, Paul Harris and Paul Harris Sapphire recognition. She has held a variety of Rotary Board positions leading up to her Presidency in 2011-2012 and continues to be involved in strategic initiatives such as her passion for women and their role in Rotary .

She Recently, joined the Bridge of Hope’s White Dove movement working to help vulnerable girls and young women as they exit from the State care and youth justice systems, trying to create a positive difference and influence in their lives.

Kerry spoke briefly about Rotary Australia's first national project which is to be launched in March... End Trachoma by 2020 with Ian Riseley's support.

Kerry sits on the Violence Free Families Board and the Safe Futures Board.

Kerry was also recently awarded an Order of Australia Medal (OAM), which is terrific recognition of her contribution to the community.

President Rowan acknowledged that our club has a number of women interested in joining.



Our chair for the evening, Rotarian Robyn Stepnell enjoying the proceedings with our speaker, Kerry Kornhauser OAM as Rachel Neisen and Catherine Zhou from Balwyn High reported on their participation in the Evatt national debating conference.



Induction of a new member is always a cause for celebration.



President Rowan inducted Sam Hardikar as a member of North Balwyn Rotary Club.

Mentors for Sam are John Magor and Geoff Haddy, who helped in the proceedings.

As always, partners are welcomed and Winita received a beautiful bouquet of flowers.



Welcome to GVE Team District 3820 from the Philippines

The function was conducted at the Boroondara Primary School with a sit down lunch prepared and cooked by our Club under the guidance of Bill Oakley and Nino Sofra. Comment by an attendee was ".....this was the best catered event of its kind I've have ever been to!!!"

Attendance was so strong that extra seats had to be located and moved to the hall.



Michael Lapina entertained the attendees with some beautifully sung operatic movements while the visiting GVE team performed and danced in national costumes.

The out going GVE team from 9800 was farewelled as they were catching their plane later in the evening.

The Philippines GVE team will be attending this Thursday's meeting and is a partner's welcome dinner. Please let Hugo know about partners and guests.

Annual golf day,

With 117 players, a great day was had by all! Some photos from the event. More photos on page 6.



SHOWCASING ROTARY

The Bendigo Showcase was part of a greater annual Australia Day celebration around Lake Weeroona. The day attracted thousands and featured award presentations by the local council, food, entertainment, and the engagement of many different community bodies. This year our Rotary involvement with marquees set up around the lake added to the carnival atmosphere.

In **February**, on the weekend nearest to the birthday of Rotary, our major metropolitan showcase will be held in the **Atrium at Federation Square**. This Melbourne Showcase will feature entertainment including the Choir of Hard Knocks, plus a special birthday cake cutting ceremony. Using the multimedia displays within the Atrium, you will experience first-hand some of Rotary's best programs and projects. It is a unique opportunity to invite people you know to see the very best of Rotary. Rotary is at its best when we promote our action-oriented service.

Towards the end of our Rotary year, over the Queen's Birthday Long Weekend, our third showcase will coincide with the annual Echuca Steam Rally at Rotary Park. This event also attracts thousands each year, so will be an additional way to highlight Rotary. Book this weekend away in your diaries now.

The Showcases are designed to increase the visibility and promotion of Rotary Clubs in our District. At each event, we will also be setup to assist potential new members and identify new potential Rotarians for your club. In the Rotary Foundation's 100th year, we will include programs and projects of the Foundation. We will be focusing upon Rotary's unique ability to do amazing things to change the lives of others through networking and taking action.

All 3 Showcases cover the Rotary Foundation's six areas of focus:

- Disease prevention & treatment
- Water & sanitation
- Maternal & child health
- Basic education & literacy
- Economic & community development
- Promoting peace



DG Neville John

See you at the Showcase! <https://www.facebook.com/search/top/?q=showcasing%20rotary>

<small>A Rotary District 9800 Public Image Project rotarydistrict9800.org.au</small>	<small>A Rotary District 9800 Public Image Project rotarydistrict9800.org.au</small>



Club of North Balwyn

GARDENING PROJECT

13th February 2017

The Community Service Garden Project is all set to go this Fri/Sat – again, thank you to all those who are volunteering. It'd be really helpful if you could all check your diaries for opportunities in March, thanks.

Give us a call anytime - Peter Elliott 0419 417334, Greg Cribbes 0413 270403.

Date and Who with	Time	RCNB Supervisor	Assisted by
Fri 17/2 - X	4.00 – 5.15pm	Geoff Haddy	Ian Glenny
Sat 18/2 - MLC	10.00 – noon	Greg Cribbes	Marcel Muntwyler
Fri 24/2 – CGS/X	2.45 – 5.15pm	Greg Cribbes	Michael Barden
Sat 25/2 – MLC	10.00 – noon	Greg Matthews	Geoff Steinicke
Fri 3/3 – CGS/X	2.45 – 5.15pm	Garth Symington	Tony Wells
Sat 4/3 – MLC	10.00 – noon	Bob Bromley	Eileen Toohill
Fri 10/3 – CGS/X	2.45 – 5.15pm	Garth Symington	
Fri 17/3 – CGS/X	2.45 – 5.15pm		
Sat 18/3 – MLC	10.00 – noon	Marcel Muntwyler	Larry Fitzpatrick
Fri 24/3 – CGS/X	2.45 – 5.15pm	Greg Cribbes	Findley Cornell
Sat 25/3 – MLC	10.00 – noon	Rob Head	
Mon 3/4- RCNB	TBA		
Mon 10/4- RCNB	TBA		

Making it to Mongolia

The next stage of the short term exchange program between Melbourne and Mongolia commenced on Sunday 5th February, when 13 people gathered to take the first steps in preparing to travel to Mongolia.

Bill Oakley, Ian Adams and Estelle Kelly, met with the nine tentative teenagers, selected to be the participants.

They are:-

- Hannah, who became the recorder of notes for the day
- Alex, the talkative one
- Shy Aisling, who loves to draw; she's a buddy of Zoe
- Rory is the elder statesman making sensible suggestions
- Anika and Gab were excited and relieved to have found the right location for the day's sessions
- Abby is a quiet contributor;
- When we were discussing expectations for the group, Vincent requested that because there are only two boys, they should get two votes on issues of conflict!

Ian, Bill and Estelle wish to thank Bronwen Dimond for the use of a great space in her school.



Geoff's Health Tip

Frightened by the 'D' word? Try aerobic exercise to retard the onset of dementia.

If you are like me, you worry about the possible onset of dementia everytime you fail to remember something that should have come to your mind in a split second.

Lately, I have been reading about the areas of the brain that are connected to cognition and how these areas are treatable, instead of focusing on those areas that are non-treatable.

Dr Kristine Yaffe of the University of California, San Francisco, a leading researcher on predictors of dementia, said "Lifestyle factors are so important, even though they sound soft and a lot of people think they can't possibly be effective. Natural interventions, such as aerobic exercise, have a powerful effect on some parts of the brain, especially the hippocampus, which is crucial to memory".

The hippocampus is one of the first regions of the brain to shrivel as people age, shrinking about 0.5% each year after 40.

However, this area of the brain can also grow.

The researchers showed that when older adults without dementia were assigned to do aerobic exercise or light stretching for a year, the people in the light stretching group lost 1.4% of their hippocampus, but those in the exercise group grew their hippocampus by 2%. A 2% increase has been calculated to reverse cognitive loss by two years.

Another finding by researchers at the University of British Colombia, Vancouver, Canada noted that improving cardiovascular capacity through a progressive aerobic exercise program improved cognitive performance.

Unsure what is meant by aerobic exercise? Aerobic means getting the heart pumping blood (oxygen) around your body, increasing your heart rate. Try moderately fast walking, swimming, dancing, cycling or peddling an exercise bike for 30 minutes each day.

Geoff



More photos from the golf day



MEETING ROSTERS

Thursday 16th Feb.

Speaker: Mr. David Winter, **Breadstreet**
African Trade School Project
Host: Bill Oakley
Greeters: Phil Francis, Takao Yukawa
Setup: John Rennie, Peter Cleary
Desk: John Koa, David Cheney.

Thursday 23rd Feb.

Speaker: Ms. Jane Broadhead, Camcare
Family Violence and Mental Health
Host: Jane Pennington
Greeters: Peter Elliott, Geoff Haddy
Setup: Joe Butler, Brian Lacy
Desk : Phil Francis, Robyn Stepnell

Thursday 2nd March will be at the Bowls Club!!!

Speaker. Mr. Philip Healey, Mayor of Boroondara
"Quick update on Developments in Boroondara"
Host: Geoff Haddy
Greeters: Peter Wilson, Geoff Kneale
Setup: Ted Wilkins, John Gartlan
Desk: John Magor, Beatrice Ko

Thursday 9th March.

Speaker. Vivienne Harkness
Boroondara Stroke Support Network
Host: Tony Hart
Greeters: Phil Francis, Neil Marshall
Setup: David Rowe, Larry Fitzpatrick
Desk: Tony Wells, Ted Angleton

Meeting No.29

Thursday, 9th February 2017

Present:

Guest Speaker	1 Kerry Kornhauser - Women in Rotary, PP RC Albert Park
NB Members	59
Inductee	2 Sam Hardikar; & partner Winita (late - no meal)
Partners	1 Melissa Maitland-Smith
BHS Interactors	2 Catherine Zhou & Rachel Niesen
Guests	1 Tom Ponting (Cribbes)
Other Activities	14 Summer Music Festival - 7; Bunnings BBQ - 4; Greg Ross RC Berwick;
(Board Approved)	Carolyn Petick - RC Altona North & Box Hill Central.

Absences for Rosters:

Chris Flavell Smith, John Magor, David Rowe, Geoff Steinicke & Peter Wilson



Seen on the bike path

Our exchange student Moritz, had his first outing with the a few of the club's bike riding group on the weekend.

Is this training for the Ride to Conference in March?

Comment was made that Moritz was the best looking of the group in his lycra!!

Celebrations

Birthdays: Estelle Kelly

Inductions: Barry Cummings, Steven Greatorex

Weddings: Nil



MAKE NOTES OF THESE DATES IN YOUR DIARY

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

International Women's Day | Wednesday 8th March 2017 BREAKFAST 2017 | The Palladium Crown Melbourne

KEYNOTE SPEAKER

Kitty Chiller

2016 Olympics
Chef de Mission



MC

Tom Gleisner

Writer, producer,
performer



**Wednesday 8th March: International Women's Day Breakfast
The Palladium Crown Melbourne. Book [HERE](#)**

Saturday 25th February—The Rotary Showcase

Melbourne – In the Atrium, Federation Square on Saturday 25th February, 2017.

Thursday, 2nd March: Bowls Night on at North Balwyn Bowls Club (alongside the North Balwyn Men's Shed building site!!!).

Cost \$35.00 for dinner and bowls.

This replaces our Club Dinner Meeting at KGC and apologies and Guests Attending are necessary.

Many thanks. David Cheney Fellowship Committee.

(With Men's Champion Ian Mollison!)



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

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



Connecting Communities - Serving Humanity

See Rob for accommodation details.
Registrations are now open!

Early Bird Discounts apply.

www.rotaryconference.org.au to register.

ROTARY CLUB OF NORTH BALWYN 2016/17

President: Rowan McClean

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Vice President: Bill Oakley

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Treasurer: Greg Cribbes

treasurer@rotarynorthbalwyn.com.au

Web: www.rotarynorthbalwyn.com.au



The Grapevine Editor for this week and next week is my Poppie John McBride

jdmc48@bigpond.net.au

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.



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?

February – World Understanding Month



D9800 Probus

North Balwyn Probus President 2016/17

President Bruno Coniglio

<http://balwynnorthprobus.org.au>

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 CLUB OF
NORTH BALWYN

Our Club Web Site
www.rotarynorthbalwyn.com.au

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

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