



# The Grapevine



## IN SERVICE OF ROTARY

Our Leadership  
2015/2016

### The Presidential Proclamation

Welcome to the new Rotary year where we aim to do as much as possible to fulfil the Rotary theme for the year to "Be a Gift to the World". We can give of our talent, knowledge, abilities, effort, time, resources, dedication and devotion. We can make a difference to the lives of others and in the world.

Looking back on my first week as President I would like to record my thanks to everyone who assisted to make the Changeover such a success. So many people gave of their time and talents to ensure it all ran smoothly. So thank you.

Email traffic has been huge this week and I suspect that will continue all year. Email is a very convenient way for me to communicate so please do continue to contact me via email or if you prefer, phone is fine too.

I greatly enjoyed attending the Changeovers for the Rotary Clubs of Boroondara and Balwyn. I look forward to working with my fellow Cluster Presidents in Balwyn, Boroondara, Camberwell and Canterbury.

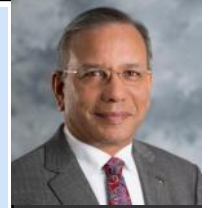
Looking forward - there are many fellowship and fundraising activities already planned along with Partners Nights and some events just for the ladies. Information will be posted onto our new website, which is now up and running. Please do have a look at it.

Thank you to everyone who has so willingly said yes when I have asked them undertake a job or run an activity or help with facebook. I do appreciate this.

I look forward to a great week in Rotary and just remember:

"Don't keep your presence furled but, Be a gift to the world".

President Jane



RI President  
K. R. Ravindran



DG 9800



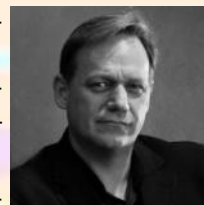
AG Therese  
McKenney



President RCNB  
Jane Pennington

### NEXT WEEKS SPEAKER:- Russell Kennedy

Russell Kennedy is a Senior Lecturer in visual communication design at Deakin University. He is an academic and practitioner of communication design and filmmaking. Prior to joining Deakin Russell was an Adjunct Research Fellow at Swinburne University of Technology (2010-2013) and a Senior Lecturer at Monash University (2004-2010).



He was the principal of Russell Kennedy Design, a corporate identity consultancy, and co-owner of Onset Productions, a motion picture and documentary company between 1984 and 2004. His design clients included Shell Australia, Honda Australia, General Motors Holden and the Australian Football League (AFL). Russell's film credits include; Creator and Co-Producer of "Rose Against the Odds", an internationally distributed television mini series starring Paul Williams and Telly Savalas about Aboriginal Boxer, Lionel Rose.

Documentary credits included Co-Producer of "The Story of a Game", FIBA's (Federation of International Basketball Associations) official documentary series commemorating the Centenary of Basketball (1991) including the NBA story (screened world-wide on ESPN). Russell also co-produced Lofty Ambitions, a story about Luc Longley, Australia's first NBA basketballer

**MEETINGS**  
**THURSDAYS**  
**6 for 6.30pm**  
**Kew Golf Club**  
**120 Belford Road Kew**  
**3102**  
**Ph: 61 3**  
**9859 6848**

This week at the club.....



Guest speaker, Natasha Jager who is the Senior Account Manager at the Australian Drug Foundation, gave us a great insight into life in the Royal Australian Navy. Natasha's RAN Reserve commitment is as Naval Aide-de-Camp to the Governor of Victoria.



Able Seaman Bob Bott RAN Retired (for a very long time) engrossed in Natasha's presentation

Being his first fines session, Sergeant Tony Wells, resplendent in his British Bobbies hat, was very enthusiastic.

Last years Sergeant, John Magor asking "Why is everybody picking on me to-night!!" John, it's called revenge!!



On Saturday, Matt Maudlin of Servants, organised an event outside the Westpac Bank in Glenferrie Road, Hawthorn. While Matt talked to passersby, handed out show bags with information on how to support Servants as a participant or sponsor in The Age Melbourne Fun Run, we provided and cooked sausages which were free. Whilst the weather was very inclement, good interest was shown by locals with strong commitment from quite a few people. We were supported by Interactors Vicky Wang and Sion Hau, President Jane and Estelle Kelly. Vicky Wang and Sion Hau have signed up to walk with President Jane and Servants residents on July 26th. Vicky and John McBride had the best spot on the day keeping warm while cooking the sausages



Nino Sofra and John McBride with President Jane's support, cooked sausages at the Hawthorn Craft Market on Sunday (which is now held at Camberwell Town Hall!!). Far more pleasant than Saturday to be outside!! The number attending the Craft market appears to be improving



Bunnings have given us a day a month to BBQ and sell sausages for fund raising. Typically this is 400 to 500 sausages..

WHEN:- FRIDAY 17<sup>TH</sup> JULY  
WHERE:- 259 MIDDLEBOROUGH ROAD, BOX HILL

CAN YOU HELP?



Friday AM ( 8.00am to 12.15pm)	Friday PM (11:45am to 4.00pm)
Nino Sofra	John McBride



Coming up.....

**MINATURES CATERING NEXT WEEKEND**

**From Bill Oakley**

**Where:** Mt Waverley Community Centre. Stephenson's Rd, Mt Waverley (Melways 70 E1) Turn west into Holskamp St and left into the car park about 20 metres along from the corner.

**What's happening:** All indoor work so no need to worry about the weather. We make and sell - sandwiches, scones (sweet and savoury) soups (2 or 3 varieties) egg and bacon jaffles, vanilla slices, muffins, spaghetti bolognese, tea coffees and soft drinks. Shifts and those I have rostered:

Saturday AM (9.00am to 12.30pm)	Saturday PM (12.00 noon to 4.00pm)
Bill Oakley	Bill Oakley
Jane Pennington	Adrian Ranson
Ian Adams	Nadia Ranson
Matthew Pauli	Eileen Toohill
Reg Parsons	Don Taylor
John Gartlan	Ala Taylor
Helen Mary Gartlan	Lindsay Pegg
Bernie Smith	Bob Bromley
Ian Richardson	Heather Bromley

Sunday AM (9.00am to 12.30pm)	Sunday PM (12.00 noon to 4.00pm)
Bill Oakley	Bill Oakley
Jane Pennington	Tony Ho
Reg Parsons	Brian Lacy
David Cheney	Takao Yukawa
Takao Yukawa	Ted Wilkins
Sue McDonald	Margaret Wilkins
Nino Sofra	Nino Sofra
John McBride	John McBride

We still have spots available if you can help. Contact Bill on 0419 504 201 or [bill oakley1@bigpond.com](mailto:bill oakley1@bigpond.com)



Showcasing  
**Rotary's** amazing  
International  
projects!

- Volunteering
- Disaster recovery
- International aid
- Club projects
- Overseas projects

**Queen Victoria  
Market  
Sunday 12 July  
9am-4pm**

**International  
Public  
Expo**



For more information :  
Rowan McClean  
0412 996 006  
[rowanmcclean@gmail.com](mailto:rowanmcclean@gmail.com)

- Cultural Bands
- Timorese Coffee
- Live Jazz bands

**JOIN  
US !!**

**Rotary International Expo**

**Queen Victoria Market  
9am to 4pm on Sunday 12 July.**

The main aim of the Expo is to showcase Rotary and its excellent overseas projects to the public. Two of our club's projects will be on display.

Sundays at the market are busy, and market staff are optimistic about the number of people likely to attend: we would like as many Rotarians as possible to drop in for an hour or two and engage with non-Rotarians throughout the day.

You can talk to Rotarians from other Districts and also pick up some quality fruit and vegetables while you are there!

Parking in surrounding streets, within a five minute or so walk, is free on Sundays.

## Rotary Gardens Project at 5<sup>th</sup> July 2015

Two sessions early this week before there is a welcome break for holidays until Friday 17<sup>th</sup> July. As before, we have planned dates further forward to assist your nomination for a date(s) as the Gardens Project needs Rotary Volunteers to supervise or assist on the following dates/times.

You may care to call me if you are able to nominate for a "spot" – thanks in anticipation.

Any queries, happy to chat!! Cheers **Greg CRIBBES** Mob **0413 270403**

Date	Time	RCNB Supervisor	Assisted by
Mon 6/7 Hard Rubbish re-location	10.00am – for an hour?	Rowan McClean (+2 trollies)	Tony Ho (+ trolley) Geoff Steinicke Tony Wells Bob Bromley
Tues 7/7 <i>Special session with Youth Engagement Program ("YEP")</i>	10.00am – 1.00pm	Rowan McClean	Estelle Kelly Garth Symington .....thankyou 😊
Fri 17/7	4.00 – 5.15pm	Greg Cribbes	Don Taylor 😊
Sat 18/7	10.00am - noon		😞
Thur 23/7	12.45 – 2.15pm	Garth Symington	John Magor
Fri 24/7	3.00 – 5.15pm		
Sat 25/7	10.00 - noon		
Thur 30/7	12.45 – 2.15pm	Greg Cribbes	Ian Richardson
Fri 31/7	3.00 – 5.15pm		
Sat 1/8	10.00 - noon	Greg Cribbes (& Jenny)	



Geoff and Rowan celebrate the completion of many trips uphill from a backyard in North Balwyn

### Important Anniversaries

Monday 6th July to Sunday 12th July

Birthdays: Barry Cummings Peter Cleary

Inductions:

Wedding Anniversaries:- George and Anita Swanston Kinga and Andras Paulheim







*Will You  
Run  
with Me?*

**“Hello, I’m Paul. I’m doing Run Melbourne to support Servants Community Housing. I came to Servants 12 months ago, about to be homeless, with serious physical & mental health problems. Servants gave me a place to change my life, somewhere safe & secure—they gave me respect, dignity and hope. Help me to help us—will you sponsor me to run, or consider joining Team Servants and running with me?”**

**Sponsor Paul: [www.servants.org.au/rmpaul](http://www.servants.org.au/rmpaul)**

*To find out more, visit [www.servants.org.au/team-servants](http://www.servants.org.au/team-servants)*

**ROTARY CLUB OF NORTH BALWYN Golf Day at Kew Golf Club Friday 2nd October**

Only \$80 per round with lunch and prizes included!

Shotgun start!

For a successful event, we need 140 starters.

Also looking for Gold, Silver and Bronze Sponsors for each hole.

Contact Bill Oakley 0419 504 201





**URGENT - URGENT - URGENT**

The Fellowship Committee has organised a **MOVIE LUNCHEON** at the  
Palace Theatre, Balwyn  
to view the latest **HOT** movie,

## *Madame Bovary*

Commencing at 11.00 am on Monday, 20<sup>th</sup> July 2015.

This includes a “sit-down lunch” following the movie with a  
“delicious gourmet sandwich, a Lavazza filtered coffee, and cake”.

Cost? Only \$14.95 per head.

You can even add a Glass of Sparkling wine for an extra \$5.00

See [Eileen Toohill](#) or [David Cheney](#) for tickets

### **Fellowship Weekend - Cobram~Barooga, 6 to 8 November.**

We have had a great response to this event, with 82 people going.

Accommodation will be at the Cobram-Barooga Golf Club Motel, with host Rob Dawson (PP, RC of Mackay). We have the whole motel booked, but some single attendees will be next door at the Golf View Motel. Please pay a \$100 deposit within the next two weeks, either by cheque or cash to Rowan McClean or electronically to the club bank account (BSB 033 058 Account 123688) identified by your name/Cobram. The balance will be payable at the weekend.

People wanting to arrive earlier than the Friday or arrange extended accommodation after the Saturday night should make their own arrangements with Rob on 5873 4357.

The Friday dinner will be held at the Cobram Hotel, and the Saturday night dinner will be at the golf club bistro. You pay for your meals at the time.

On Saturday morning a bus will take non-golfers on a tour of points of interest around the District. If you want to join this group and have not advised Rowan, please send him an email within the next week. The bus trip will cost \$25, or less if we get a large take-up. On Sunday morning, non-golfers have the option of going on a paddle-steamer cruise on the Murray for \$20.

Peter Elliott is organising the golf which will be a stableford competition on Saturday morning, and an Ambrose team event on Sunday morning (with some occasional and new golfers joining teams). Peter will outline arrangements well before the event.

Thanks RMcC

**Meeting No. 01****Thursday, 2nd July 2015****Present:**

NB Members	53	
Guest Speakers	1	Natasha Jager - My experience with the Royal Navy.
Partners	3	Heather Bromley, Kris Walters & Jo Wells.
<b>MakeUps</b> (this week)	3	Gardening Project - Greg Cribbes. Tony Ho & Geoff Steinicke
<b>Meeting Attendance</b>	85.7%	

**MakeUps** last week 36 Vocational Student Interviews - 11 on 25th June;  
(not recorded at Change-Over) Reclink Community Cup - 12 on 21st June ; Gardening Project - 9.  
Rowan McClean - Balwyn & District Change-Overs ;  
Greg Ross - RC Heidelberg & Nino Sofra - RC Suva Suva.

**Absences for Rosters:**

**Bill Thackray, Kinga Paulheim, Peter Elliott, Peter Wilson, Steven Greateorex, Joe Butler  
Marcel Muntwyler, Greg Matthews, Larry Fitzpatrick, Jim Studebaker, Peter Sutherland.**

**REQUEST FOR ASSISTANCE**

An orphanage in Bali is seeking a once-off sponsor for \$750 for Gusti Ayu Dewi Lestari, (Dewi) from Singakerta, Ubud. Her father passed away in 2011 and her younger sister and brother are foster children at Taman Permata Hati orphanage.  
She has been a prize-winning senior high school student and wants to undertake a 12 month Diploma for hotel and tourism.  
Anyone interested please contact Rowan McClean

**Geoff's Health Tips Why you should replace sugar with honey**

In a previous health tip I exposed sugar, not fat, as the primary cause of obesity. If sugar is the culprit, we should ask what can be used to replace sugar to sweeten our food that is natural and provides a health benefit? The obvious answer is honey. Honey is a whole food with surprising benefits apart from its sweetness.

Honey was the primary concentrated source of sweetness for thousands of years, until 1800 when sugarcane-derived sugar became established. We know, from the Bible, that honey was used as a food when John the baptist is said to have lived on a diet of 'Locusts and Honey'. The first written evidence of a reference to honey was found on a 4,000 year old Sumerian tablet. At least another 4,000 years earlier, depictions of humans seeking honey have been found in cave paintings in the Arana caves in Spain.

Whilst the calorific value of honey is slightly more than that of sugar, there is a vast difference in its potential health benefits. Unlike sugar, honey contains a significant vitamin content, as well as the beneficial lactic acid bacteria *Lactobacillus* and *Bifidobacterium* (which you will also find in yoghurt).

A study published in the *Journal of Medical Food* in 2004 compared honey to sugar and found that honey was capable of lowering plasma glucose, C-reactive protein and homocysteine in healthy, diabetic subjects. Another clinical study published in the *Journal of the American College of Nutrition* in 2010 found that honey taken with breakfast cereals blunted the glycemic response. A blunted glycemic response may be beneficial for reducing glucose intolerance.

There are many recipes using honey instead of sugar. One I have used successfully replaced sugar with honey in a bread recipe. The Australian honey company, Capilano, has many recipes on its website.



Geoff

## MEETING ROSTERS

**Thursday 9th July**

Speaker Russell Kennedy  
 Topic IMAGINATION - Designing The Big Picture  
 Host: Estelle Kelly  
 Desk: Geoff Steinicke, Gary O'Connor  
 Greeters: Matthew Pauli, Imre Lele  
 Set-up: Jim Romanis, Maurie Walters

**Thursday 16th July**

Speaker Sue McDonald  
 Topic Timor Leste Update  
 Host: Max Hardy  
 Desk: Findley Cornell, Bob Bromley  
 Greeters: Estelle Kelly, Peter Wilson  
 Set-up: Ian Richardson, Bronwen Dimond

**Thursday 23rd July**

Speakers Directors  
 Topic **Club Forum**  
 Host: Jane Pennington  
 Desk: Adrian Ranson, Greg Dimopolous  
 Greeters: Peter Sutherland, Rowan McClean  
 Set-up: Nino Sofra, Max Hardy

**Thursday 30th July**

Speakers Tamara Cannon  
 Topic The World's Most Treacherous Walk to School  
 Host: Greg Gribbes  
 Desk: Phil Francis, Steven Greatorex  
 Greeters: Bill Oakley, John McBride  
 Set-up: John Magor, John Gartlan

**MAKE NOTES OF THESE DATES IN YOUR DIARY**

See also [http://www.rotarydistrict9800.org.au/notices\\_and\\_events\\_future](http://www.rotarydistrict9800.org.au/notices_and_events_future)

**July**

Saturday/Sunday July 11/12  
 Catering for Miniatures (VAME)  
 Mt Waverley Community Centre  
 Friday 17th BBQ at Bunning's  
 Monday 20th 11:00am Event—Movie/Luncheon  
 Palace Cinema "Madame Bovary"  
 Sunday 26th Event—Team Servants  
 Fun Run Melbourne 5km walk  
 Thursday 30 Club Meeting  
 Moved from KGC to Greenacres Golf Club.

**August**

Sunday 2nd Craft Market BBQ  
 Camberwell Civic Centre  
 Thursday 13th Club Meeting  
 Partner's Night  
 Friday, 21<sup>st</sup> Event- Dine-Out Dinner at Ameci's  
 726 Burke Road, Camberwell 6.30 pm for 7.00 pm  
 Friday 28th BBQ at Bunning's

**September**

Sunday 6th Craft Market BBQ  
 Camberwell Civic Centre  
 Thursday 17th Bus tour to Australia Garden  
 Cranbourne \$35 per head (excludes lunch etc)

**October**

Thursday 1st Club Meeting—Partner's Night Celebration Grand Final & visit by District Governor  
 Friday 2nd Golf Day  
 Key Golf Club  
 Sunday 4th Craft Market BBQ  
 Camberwell Civic Centre  
 Friday/Sunday 9/11 Camp Getaway Weekend  
 Friday 23rd BBQ at Bunning's  
 Thursday 29th Club Meeting—Partner's Night Celebration of Melbourne Cup

**November**

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

**December**

Thursday 3rd BBQ at Bunnings  
 Friday 4th Ladies Christmas Cake Stall  
 December 10th Club Meeting—Partner's Night Celebration of Christmas



**ROTARY CLUB OF NORTH BALWYN 2014/15**

**President: Jane Pennington** [president@rotarynorthbalwyn.com.au](mailto:president@rotarynorthbalwyn.com.au)  
**Vice President: Brian Hurnard** [vicepresident@rotarynorthbalwyn.com.au](mailto:vicepresident@rotarynorthbalwyn.com.au)  
**Secretary: Gavan Schwartz** [secretary@rotarynorthbalwyn.com.au](mailto:secretary@rotarynorthbalwyn.com.au)  
**Treasurer: David de Garis** [treasurer@rotarynorthbalwyn.com.au](mailto:treasurer@rotarynorthbalwyn.com.au)

Web: [www.rotarynorthbalwyn.com.au](http://www.rotarynorthbalwyn.com.au)

E-mail: [info@rotarynorthbalwyn.com.au](mailto:info@rotarynorthbalwyn.com.au)

**Acting Grapevine Editor John McBride**

[jdmcb48@bigpond.net.au](mailto:jdmcb48@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](#) to go to the Website
3. E-mail Hugo Goetze [apologies@rotarynorthbalwyn.com.au](mailto: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 as Hugo lets the Kew Golf Club 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.**

**WILL THE REAL DUMMY PLEASE STAND UP???**

AT&T fired President John Walter after nine months, saying he lacked intellectual leadership. He received a \$26 million severance package. Perhaps it's not Walter who's lacking intelligence!!

**WHAT'S PLAN B?**

An Illinois man, pretending to have a gun, kidnapped a motorist and forced him to drive to two different automated teller machines, wherein the kidnapper proceeded to withdraw money from his own bank accounts

**D9800 Probus**

**North Balwyn Probus** President 2015/16

Ken Mitchell: [mitchellkv@gmail.com](mailto:mitchellkv@gmail.com)

**North Balwyn Ladies Probus** (Sect Jill Johnstone)

[jilldj@melbpc.org.au](mailto:jilldj@melbpc.org.au)

**North Balwyn Heights Probus**

(Sect Sue Mullarvey)

[yarramul@tpg.com.au](mailto:yarramul@tpg.com.au)

**Greythorn Probus** (Sect Shirley Brangan)

[daynaleigh1@bigpond.com](mailto:daynaleigh1@bigpond.com)

Tel: 03 9859 4941

**Boroondara Ladies Probus** (Sect Janet Eddy)

[jveddey@applewood.net.au](mailto:jveddey@applewood.net.au)

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Aisin have supported our Solomon Islands Project with multiple donations of Sewing Machines and Overlockers. If you are looking for the ideal practical gift consider the

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**ROTARY CLUB OF  
NORTH BALWYN**

**Our Club Web Site**  
[www.rotarynorthbalwyn.com.au](http://www.rotarynorthbalwyn.com.au)

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

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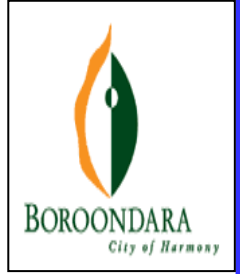


66 Doncaster Rd, Balwyn North.  
Ph: 9819 7173



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(Adrian Ranson)



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Mont Albert 3127

Bendigo Bank

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community

**CHRIS CROSS**

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**BUNNINGS**  
warehouse

the **village**  
balwyn north



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