



Rowan's Reflections

Our Leadership
2016/2017

Rotary Oceania Medical Aid for Children (ROMAC) began as a club initiative and is now a national Rotary Program. Children needing surgery that is not available in their own country are brought to Australia and New Zealand for life-changing procedures. This is an example of how single Rotarians can develop something really valuable and sustainable, and there are many other examples.

Our guest speaker Dianne Sides, herself a Rotarian from the Rotary Club of Croydon, presented a moving case study about Anton, a young boy from Timor Leste who was ill with cancer and undernourished who came to Australia under the auspices of ROMAC. This young boy, after medical support and an amazingly different cultural experience for him and his grandmother in Melbourne, now has a much brighter future with a sound prognosis for his future health. To help ROMAC you can, of course, donate funds but there are other forms of support such as providing transport for patients and their carers. If you would like to help, contact our District ROMAC Coordinator, Jim Prokhovnik at the RC of Albert Park (0417 355 627).

At our club meeting on 21 July, you have a chance to meet our District Governor, Neville John. Please come and make it a special night.

I am pleased to report that at the meeting RCNB was able to assemble a fine debating team for our event on 4 August. Belinda Wandabwa, Robyn Stepnell and Greg Ross will tackle the Balwyn High School team at our club meeting on the topic "The Internet does more harm than good". Predictably, we have the negative case! This will be a terrific night and I encourage all members and Friends come and join in the fun.

Better still, bring a non-Rotarian with you: August is membership month so it would be good for you to tackle relatives, friends, neighbours and acquaintances to interest them in RCNB! By the way, does anyone have a judges wig they can lend Gavan as our adjudicator?

We had six last-minute guests this week and the staff of Kew Golf Club coped brilliantly. We do expect things to happen affecting attendance, but please let Hugo know by each Tuesday if you have guests attending that week to enable smooth planning of catering.

Next Thursday we are going to the Camberwell Art Show at Swinburne at 6.30pm. Please don't go to Kew Golf Club.

When you have ideas about how to communicate Rotary and its amazing achievements, please let Garth Symington know at <garth45@icloud.com> as we will have an active publicity program this year and your help will be invaluable.

President Rowan.



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

Next Meeting: Thursday 14th July

Meeting to be held at Camberwell Art Show

Swinburne University, Hawthorn

Greeting: Eileen Toohill and Estelle Kelly

Desk: Brian Lacy and Gavan Schwartz



ROTARY
SERVING
HUMANITY



Change of Venue for this Thursday 14th July 2016.



CAMBERWELL
ART SHOW

CELEBRATING
50 YEARS
OF AUSTRALIAN ART 1966-2015

(Parking available opposite The College, alongside Hawthorn Town Hall)

Time: 6.00 for 6.30 pm.

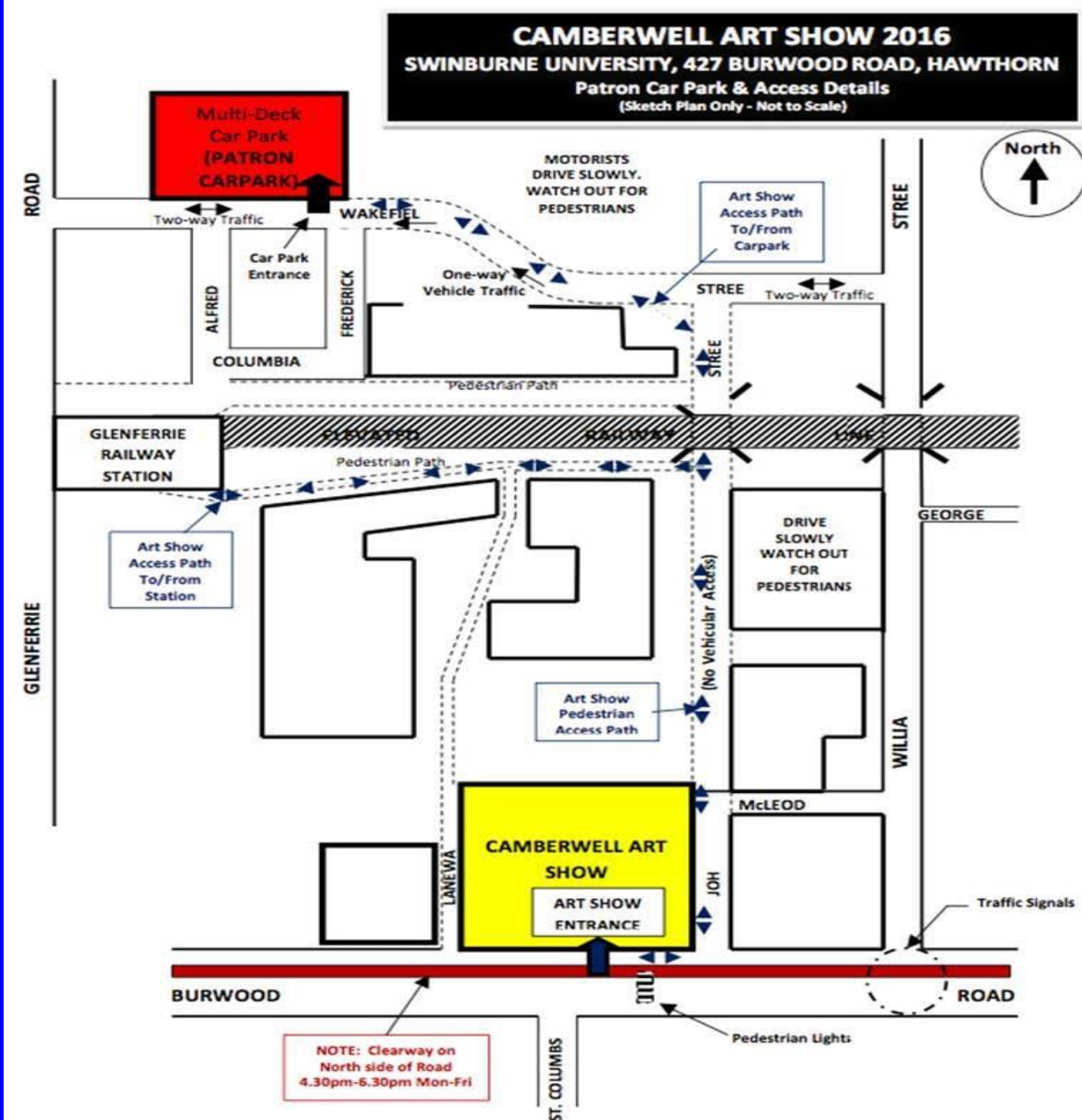
Format: Two course dinner, a glass of wine plus tea and coffee.

Also included is free entry to the show and includes an experienced guide.

The charge: \$30.00 per head.

Attendance: Please advise Hugo of apologies and guests.

NOTE: There will be no Club Meeting at Kew Golf Club this week



Photos from our Meeting



Host Bronwen with Guest Speaker Dianne Sides speaking about her involvement with [ROMAC](#) as a Host Family. Thankyou Dianne for your fascinating presentation. Dianne's work has been featured by Monash Children's Hospital which can be read [HERE](#)

Below: Photos by Geoff taken at The Miniatures Exhibition where we provided the catering



Top: David Rowe with wife Janina and daughter Isabella.
 Robyn Stepnell, Eileen Toohill, and Areta Hurnard.
 Bottom: The Brians (Hurnard and Lacy) Jim, Bill, and Reg Parsons (Friend of Rotary).

GARDENING PROJECT 11 July 2016

No board will be circulated this coming Thursday as we meet at the Art Show. There are four spots to fill on 5th and 6th August – so it would be great to hear from anyone available on those dates or to fill later spots. (Geoff H)

Date and Who with	Time	RCNB Supervisor	Assisted by
Fri 15/7 – X	4.00 - 5.15pm	Greg Cribbes	Tony Hart
Sat 16/7 - MLC	10-noon	Greg Cribbes	Rob Head
Thur 21/7 - RCNB - special	pruning roses 10am	John Gartlan	Marcel Muntwyler
Fri 22/7 - CGS/X	2.45 - 5.15pm	Geoff Haddy	Jol Dunn Tony Wells
Fri 29/7 - CGS/X	2.45 - 5.15pm	Greg Cribbes	Brian Hurnard Ian Richardson Anthony Stokes
Sat 30/7 - MLC	10-noon	Geoff Steinicke	
Fri 5/8 - CGS	2.45 - 4.00pm	(1 pls.)	(1 pls.)
Sat 6/8 - special - CGS 21students	10.00 - 1.00pm	Geoff Haddy (+ 2 pls.)	Tak Yukawa Estelle Kelly Ian Richardson
Fri 12/8 - CGS/X	2.45 - 5.15pm	Geoff Haddy	Findley Cornell (+1 pls.)
Sat 13/8 - MLC	10 - noon	(1 pls.)	(1 pls.)
Fri 19/8 - CGS/X	2.45 - 5.15pm	Greg Cribbes	Ian Richardson (+1 pls.)
Fri 26/8 - CGS/X	2.45 - 5.15pm	Brian Hurnard	(2 pls.)
Sat 27/8 - MLC	10 - noon	(1 pls.)	Marcel Muntwyler
Fri 2/9 - X	4.00 - 5.15pm	(1 pls.)	Tony Ho
Fri 9/9 - X	4.00 - 5.15pm	Greg Cribbes	Ian Richardson
16 Sept to 3 October	SCHOOL BREAK		

Please indicate your availability to **Geoff Haddy**. Phone or text 0418 584 968 or email ghaddy@bigpond.net.au



Dear Club Members,
Thank you so much for your generosity to the Foundation this year.
We received this Award at the District Changeover.
Congratulations and thank you again.
With best wishes
Jane
See more Award News [HERE](#)

Geoff's Health Tip

Myth: Everyone needs to drink eight glasses of water a day

You might remember an earlier Health Tip I wrote recommending that you should drink eight glasses of water a day to avoid being dehydrated. It now appears that this generalisation is outdated. So how much water should you drink? The (IOM) Institute of Medicine now recommends men get around 3 litres of total beverage daily, and women get 2.2 litres. (I'm sure beer is not included)



Not everybody has a taste for water, but we all need it to ensure that our bodies continue to function properly. We need water to regulate our temperature, to cushion and protect joints and organs, and help digestion move smoothly. Dr. Timothy Noakes, Professor of exercise and sports science at the University of Cape Town, South Africa, and author of *Waterlogged* says, “you should keep in mind the suggested intake

levels include more than water alone. What you *should* say is glasses of *fluid* a day. Coffee, tea, fruit juices, even sweetened beverages provide your body with more water – although we wouldn't recommend the latter for hydration purposes.”

Dr. Noakes says “you don't tell your dog or cat when to drink - they've got a thirst mechanism. Why should you have to tell humans when to drink? Drinking water when you're thirsty is a fail proof method of staying hydrated, but actually when you get thirsty, the deficit of water in your body is trivial – it's a very sensitive gauge.”

Frequent urination at night is an annoying problem for most people. When you are lying down, pumping fluids up from your feet is easier on the circulatory system, and when resting, the kidneys do their work more efficiently. We also know that coffee, tea and alcoholic drinks are diuretics, and taken late in the evening, cause frequent urination at night. You may avoid this by having your drinks earlier, rather than later in the evening. If you avoid coffee, tea and alcohol, and don't particularly like the taste of tap water, you might find effervescent mineral water or herbal tea, acceptable alternatives.

Geoff



Rotarian travels 500km on lawnmower

It's not the quickest way to get from Katherine to Kununurra, but a Perth-based Rotarian has completed the 500km journey on a lawnmower.

Craig Alford and his team of supporters from Ride to the Other Side arrived in Kununurra last Tuesday as part of an Australia-wide trip to raise money for a range of charities.

Read the full story [HERE](#)

The Kimberley Echo on June 30, 2016,

MEETING ROSTERS

Thursday 14th July Partner's Night Camberwell Art Show Swinburne University, Hawthorn. Host: David Cheney Setup: Not required Greeting: Eileen Toohill and Estelle Kelly Desk: Brian Lacy and Gavan Schwartz	Thursday 21st July Speaker: D.G. Neville John Topic: D9800 District Governor Host: Rowan McClean Setup: Joe Butler and Tony Wells Greeting: Marcel Muntwyler and David Rowe Desk: Bernie Smith and Findley Cornell
Thursday 28th July Partners Night Speakers: Dave Cleary & Nicole Lake Topic: Australian Mitochondrial Disease Foundation Host: Peter Cleary Setup: Russell Turner and Ted Wilkins Greeting: John Magor and Carolyn Pethick Desk: Adrian Ranson and Belinda Wandabwa	Thursday 4th August Speakers: Debate with Balwyn High School Topic: The Internet does more harm than good. Host: Gavan Schwartz Setup: Peter Wilson, Duncan Ansell Greeting: Ted Angleton, Ian Adams Desk: Joe Butler, Russell Turner

Meeting No. 2**7th JULY 2016****Present:** Guest Speaker

NB Members 47 Apologies = 8, LofA = 7 & Excused Leave = 13, .

76% member attendance

Wives/Partners 1 Areta Hurnard

Visiting Rotarians 3 Lynne Rodda, Peter Carr & Geoff Cook - RC of Heidelberg

Guests 1 Beatrice Ko - staff of Belinda Wandabwa

Prospective New 2 Christien & Nichole Chu

Other Activities 4 Phil Francis, Estelle Kelly, Bill Oakley

(Board Approved) & Peter Wilson - Catering

Absences for Rosters:

Ian Adams, Duncan Ansell, Larry Fitzpatrick, Tony Ho,

Gregor Matthews, Jim Romanis, Colin Sharp, Nino Sofra, Don Taylor

Celebrations: Monday 11th July to Sunday 17th July**Birthdays:** Peter Cleary, Joan Cooper, Helen Gartlan, Penny Evans.**Induction Anniversaries:** Nil**Wedding Anniversaries:** Kinga Paulheim and Andreas Pereny

MAKE NOTES OF THESE DATES IN YOUR DIARY

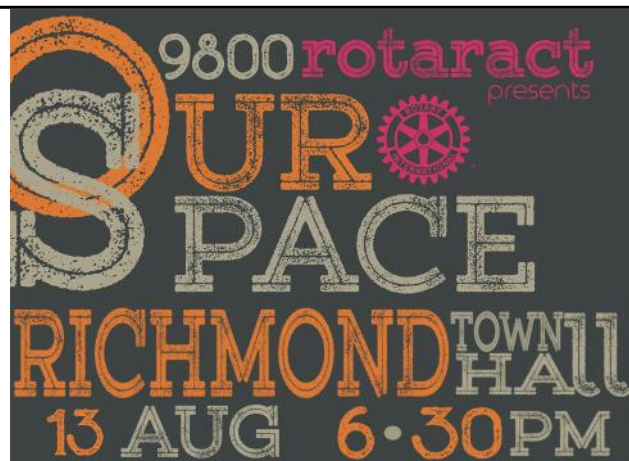
See also http://www.rotarydistrict9800.org.au/notices_and_events_future**Thursday 21st July****D.G. Neville John is visiting us.****Monday, 25th July. MOVIE LUNCHEON. Love and Friendship**

Palace Theatre, Balwyn 11.00 am. \$17.00 per head. Includes lunch.

www.palacecinemas.com.au/movies/lovefriendship**Bookings and Information: Eileen Toohill****Phone: 98164457 Email: eileenlockey@bigpond.com****Thursday August 4th - Debate with Balwyn High School students.****Saturday, 13th August.**Richmond Town Hall 6.30 pm

Tickets start at \$39.99 for Dinner and Entertainment
 (Premium \$54.99 Includes Dinner and Entertainment 2 x
 Raffle entry plus donation to Rotaract District 9800 Pro-
 jects) Book [HERE](#)

Our Space celebrates young inspiring adults making a dif-
 ference in local and global communities. Our Space is a
 celebration for the past, present and future activities of
 the Rotaract Clubs of Swinburne, Gateway and Melbourne
 City. Our Space welcomes everybody including friends,
 family, Rotarians and the wider community to enjoy a night of entertainment, celebration and delicious
 food.

**Friday 21st–Sun 23rd October Ballarat Fellowship w/e**

Join us for a choice of golf, fellowship, historical sites, galleries, mu-
 seums, the lake and gardens.

(Those not attending require a note from their parents to Rob Head)

**Thursday 30th March to Sat 1st April 2017****Shepparton 2017 District Conference**

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

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.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**

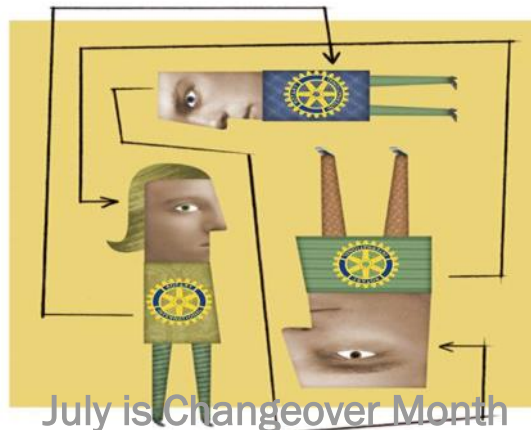
1. Sign the "apology sheet" at the front desk at the prior meeting if you know in advance.
2. Click [HERE](#) for apologies. and log into website; select My Menu; Meeting Attendance/Apologies and Make-Ups; Select meeting date; Add Apology to this meeting; and send.
3. Or E-mail Hugo Goetze, hugogoetze@netspace.net.au 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?



July is Changeover Month

D9800 Probus**North Balwyn Probus** President 2015/16Ken Mitchell: mitchellkv@gmail.com**North Balwyn Ladies Probus**

9857 7980 Meets on the second Monday of the month, at North Balwyn Baptist Church, 136 Doncaster Rd, Balwyn North, at 10am.

North Balwyn Heights ProbusSecretary 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 (Sect Janet Eddy)jveddey@applewood.net.au**ROTARY
SERVING
HUMANITY****ROTARY CLUB OF
NORTH BALWYN**Our Club Web Site
www.rotarynorthbalwyn.com.auRotary International
<http://www.rotary.org/en>

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