



## IN SERVICE OF ROTARY

*Our Leadership*  
2015/2016

### *The Presidential Proclamation*

Congratulations to Paul Fitz who received a Lifetime Recognition Award from ROMAC to acknowledge his dedication to ROMAC over a great many years. A very well deserved Award.

We welcomed Jim Prokhovnik, the District Chair of ROMAC, to our meeting to make this special 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



The Rotary International theme for March is Water and Sanitation, areas where Rotary has been involved from the very first Rotary project.

Paul Harris realised that Rotary needed a great purpose. While he served as President of the Chicago Rotary Club in 1907, the Club initiated its first public service project by calling a meeting of civic organisations to establish a committee for installing public toilets to improve sanitation. This step transformed Rotary into the world's first Service Club.

It was the concept of promoting business which led to this project. In their effort to promote more business, the members decided that since the women did most of the shopping in downtown Chicago, they would do even more if they stayed downtown longer. So, what was the answer? If they installed public toilets the shoppers would not have to go home so soon and so this first project was born. When service is provided — business is enhanced!!

The greater significance was that the Rotary Club was raised to the rank of a civic organisation in Chicago, to be counted on, henceforth, as an asset in the city and The Rotary Club of Chicago showed a reason for its existence.

This week please do go and .....

***Be a Gift to the World.***

*President Jane*

**Next Week:** International Women's Day Celebration – a Partner's Night  
**Speaker:** Mrs. Jan de Kretser. About life in Government House  
**Set Up:** Don Bowden, John Gartlan  
**Greeting:** Eileen Toohill, Estelle Kelly  
**Desk:** Sue McDonald, Kinga Paulheim

Our guest speaker, Michelle Moyle, enlightened us about feet and the importance of looking after our feet as we ever only have one pair that has to last our entire lifetime.



We welcomed Jim Prokhovnik, the District Chair of ROMAC, to make a special presentation to Paul Fitz of a Lifetime Recognition Award from ROMAC acknowledging Paul's long time dedication to ROMAC.



## International Women's Day Breakfast Box Hill and City

RCNB members are invited to the International Women's Day breakfast in Box Hill.  
**Wednesday 9 March 2016 7:00am - 9:00am Box Hill Town Hall**

We realise that there is also an event in the city but if members find that one difficult to get to, Box Hill Town Hall might be easier.

For bookings and more info, go to: <https://www.ivvy.com/event/IWDB16/>

## *International Women/'s Day Breakfast*

Thursday March 10th 7am—9am  
International Women's Day Breakfast City/Southbank  
Book [HERE](#)

### District 9800 Ride to Conference

Members and Friends can sponsor P.P. Adrian's Ride to Conference by EFT to the Club's Service Account . Tag your EFT with “Rocan” and your name:  
BSB 033 058 Account 123 696



### CONFERENCE 2016



Proudly supporting  
**RoCan**  
Rotary Ovarian Cancer  
Research

**12 - 13 MARCH  
BENDIGO**

### **Please Note:!**

There has been a change of Friday night's dinner venue.

Rifle Brigade Hotel, 137 View Street Bendigo

Pre-dinner drinks 4.45pm and dinner 6.00 for 6.15pm.

## Up and Coming Catering Events—February

Please email me at [nsofra@bigpond.net.au](mailto:nsofra@bigpond.net.au) Thank-you in anticipation Nino

Date	Event	AM Shift 8am-12noon	PM Shift 12noon - 4pm
03-Apr-16 Sunday 9.30am-3.00pm	Hawthorn Craft Market Camberwell Town Hall	Jane Pennington Eileen Toohill	
22-Apr-16 Friday 8.30am-4.00pm	Bunnings BBQ Middleborough Rd Box Hill	Bill Oakley	
25-Apr-16 Monday 5.30am-9.00am	ANZAC DAY RSL Templestowe	Bill Oakley Lindsay Pegg Peter Sutherland	
30-Apr-16 Friday 8.00am-4.00pm	Bunnings BBQ Middleborough Rd Box Hill	Bill Oakley Lindsay Pegg	
01-May-16 Sunday 9.30am-3.00pm	Hawthorn Craft Market Camberwell Town Hall		
20-May-16 Friday 8.30am-4.00pm	Bunnings BBQ Middleborough Rd Box Hill	Bill Oakley Nino Sofra	
05-June-16 Sunday 9.30am-3.00pm	Hawthorn Craft Market Camberwell Town Hall	Jane Pennington Nino Sofra	
		Shift 1 9.00am —1.30 pm	Shift 2 1.30—6.00 pm
25-June-16 Sunday 9.00am-6.00pm	Reclink Community Cup Elsternwick Park	Bill Oakley	Brian Lacy

### Yarra Valley Winery Tour ( With Bus) Sunday 10th April

10.30 am Luxury Coach departs Macleay Park,

11.30 - 12.15 pm Wine Tasting at Payne's Rise, Seville,

12.30 - 1.00 pm Killara Estates, Seville East.

Wine tasting in the Podium with magnificent views over the Yarra Valley

Lunch: Extensive set menu of local Italian plates.

Return to Macleay Park at approx. 4.00 pm.

\$65.00 per head plus drinks at Cellar Door prices

See Tony Hart with payment urgently to ensure your reservation.


**Rotary Gardens Project at 6th March 2016.**

Only two sessions this past week as the Friday session was deferred for safety reasons associated with the 36 degree heat. Other sessions went very positively again – thankyou.

As promised, looking further ahead..... plenty of vacancies for you to Volunteer, please....

**As always, any nominations for future visits, queries and want to chat??**

**PLEASE call me. Cheers Greg CRIBBES mob 0413 270403**

<b>Date</b> and Who with	<b>Time</b>	<b>RCNB Supervisor</b>	<b>Assisted by</b>
Thur 10/3 - RCNB	10.00 - noon	Greg Cribbes	Steven Greatorex
Fri 11/3 - CGS/X Bendigo Weekend	2.45 - 5.15pm	Brian Hurnard	Ian Richardson Plus one please
Sat 12/3 - MLC	10.00 - noon	CANCELLED	
Thur 17/3 - RCNB	1.30—3.30pm <b>New Time</b>	Rowan McClean	Imre Lele
Fri 18/3 - CGS/X	2.45 - 5.15pm	<b>Need One Please</b>	Ian Richardson Findley Cornell
Sat 19/3 - MLC	10.00 - noon	<b>Need One Please</b>	Tony Hart
Fri 25/3 to 11/4	EASTER & SCHOOL BREAK		
Fri 15/4 - CGS/X Eva Tilley	2.45 - 5.15pm	Geoff Haddy	
Sat 16/4 - MLC	10.00 - noon		
Fri 22/4 - X	4.00 - 5.15pm		
Sat 23/4 - MLC	10.00 - noon		
Fri 29/4 - CGS/X Eva Tilley -	2.45 - 5.15pm	Geoff Haddy	
Sat 30/4 - MLC	10.00 - noon	Greg Cribbes	
Thur 5/5 - RCNB SPECIAL SESSION	10.00 - noon	Greg Cribbes & Geoff Haddy (tbc)	<b>Need 4 more please</b>
Fri 6/5 - CGS/X	2.45 - 5.15pm	Greg Cribbes & Geoff Haddy (tbc)	
Sat 7/5 - MLC	10.00 - noon		
Thur 12/5 - RCNB SPECIAL SESSION	10.00 - noon	Greg Cribbes	<b>Need 4 more please</b>
Fri 13/5 - CGS/X	2.45 - 5.15pm	Greg Cribbes	
Sat 14/5 - MLC	10.00 - noon		

### Geoff's Health Tips **Chocolate is good for cyclists – here's why!**



With the District 9800 bike riders setting off for Bendigo this week, a new piece of research tells us why they should eat dark chocolate every day. Earlier publications have already shown that dark chocolate is good for reducing the risk of atherosclerosis – thickening and hardening of the arteries. This research was published in February 2014 from work done at Wageningen University in the Netherlands. We now know that there should be no guilt to eating dark chocolate every day.

New research shows that dark chocolate improves exercise performance in cyclists. British researchers recruited nine young men in their early 20s, who were moderately trained in cycling, to eat 40 grams a day of dark or white chocolate every day for 14 days before being tested again.

The tests involved oxygen absorption threshold. The researchers found that supplementing with dark chocolate reduced the oxygen requirements of moderate intensity exercise. They also found that it improved the time trials of the cyclists.

In particular, the dark chocolate increased oxygen efficiency by 21% compared to baseline while white chocolate increased oxygen efficiency by 11%. Consuming dark chocolate increased the distance travelled in the time trials by 17% compared to baseline and 13% compared to white chocolate.

The researchers noted that dark chocolate contains abundant flavanols which increase the bioavailability of nitric oxide, known for dilating blood vessels and reducing blood pressure.

Dark chocolate is recommended over milk chocolate because it has more cocoa and less sugar.

*Geoff*

Don't forget to chip in to support Adrian, and Australian research, to find an early warning test for Ovarian Cancer.

**Below : Shots from the Hawthorn Craft Market last weekend.**



## MEETING ROSTERS

### Thursday 10th March

Speaker: Mrs. Jan de Kretser  
 Topic: International Women's Day  
 Host: President Jane Pennington  
 Set Up: Don Bowden, John Gartlan  
 Greeting: Eileen Toohill, Estelle Kelly  
 Desk: Sue McDonald, Kinga Paulheim

### Thursday 17th March

Speaker: Dr. Max Hardy  
 Topic: About Our Defibrillator  
 Host: Colin Sharp  
 Set Up: Findley Cornell, Bob Bromley  
 Greeting: Rob Stewart, Larry Fitzpatrick  
 Desk: Tony Hart, Rob Head

### Wednesday 24th March

Speaker: Neil Dalrymple  
 Topic: Bowls Australia  
 Host: TBA  
 Set Up: Greg Dimopoulos, Peter Cleary  
 Greeting: Jim Studebaker, Brian Lacy  
 Desk: Adrian Ranson, Greg Cribbes



### Wednesday 31st March

Speaker: Mr. Jeff Teale  
 Topic: The Power of 10  
 Host: Maurie Walters  
 Set Up: Takao Yukawa, Jim Romanis  
 Greeting: George Swanson, Findley Cornell  
 Desk: Geoff Steinicke, Stephen Greateorex

### Meeting No. 33

### Thursday, 3rd March 2016

**Present:** Guest Speaker 1 Michelle Moyle - Age Related Foot Changes  
 NB Members 54  
 Visiting Rotarians 1 Chairman Dist. ROMAC Jim Prokhovnik - RC Albert Park  
 Guests 3 Mrs Grace Moyle - mother of guest speaker  
 Prospective New Members - (3rd visit) David Rowe - Russell Cooper &  
 (4th Visit) Russell Turner - Rowan McClean.  
 Wives/Partners 3 Chris Burley, Sue Fitz & Kris Walters  
 MakeUps 25 Gardening Project - 7 for previous week - Messrs Cribbes (2), Cornell, Haddy,  
 Richardson & Symington (2); 7 for this week - Messrs Ansell, Cribbes (2),  
 Gartlan, Hart, Head & Hurnard.  
Catering - 5 for previous week - Sue McDonald & Jane Pennington,  
 Messrs Oakley, Sofra & Steinicke.  
Multicultural Festival - total of 79 Make-Ups.

Meeting Attendance 86.8%

### Absences for Rosters:

Greg Dimopoulos, Chris Flavelle-Smith, Tony Ho, John McBride & Matt Pauli

### Celebrations: Monday 7 March to Sunday 13 March

**Birthdays:** Brenda Bowden, Bob Bott, Colin Sharp, Helen Rennie,  
 Eileen Toohill.

**Induction Anniversaries:** Brian Hurnard, 1996; Geoff Haddy, 2005; Rob Head 1986.

**Wedding Anniversaries:** Ted and Ivy Angleton, Findley and Dianne Cornell,

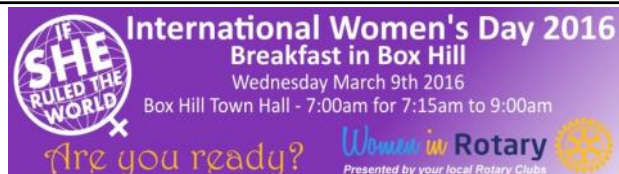


MAKE NOTES OF THESE DATES IN YOUR DIARY

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

**Thursday March 10th Club Meeting** Mrs. Jan de Kretser Guest Speaker— Partner's Night  
(About her time in Government House as the wife of the Governor of Victoria).

**Wednesday March 9th 7.00 am to 9.am**  
International Women's Day Breakfast Box Hill Town Hall  
<https://www.ivvy.com/event/IWDB16/start-registration/delegate>



**Thursday March 10th** International Women's Day Breakfast City/Southbank



**Friday 11th -> Sunday 13th March**  
District Conference Bendigo  
Registration closed on January 31st



**Thursday 17-Sunday 20 March**  
The 2016 Formula 1® Australian Grand Prix.  
**F1. For Real.**



**Saturday 2nd April RC Yea and Alexandra**



Ride the High Country  
Rail Trail



**Sunday 10th April** Winery Tour and Luncheon—Yarra Valley



**Sunday 26th June**

**Reclink Cup** 'The Cup', is turning 22

Raising awareness and funding to support Reclink Australia's programs for disadvantaged individuals.



**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 2014/15**

**President: Jane Pennington**  
**Vice President: Brian Hurnard**  
**Secretary: Gavan Schwartz**  
**Treasurer: David de Garis**

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Grapevine Editor Peter Sutherland

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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](mailto: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?

**MARCH IS**



Rotary



[www.rotary.org](http://www.rotary.org)

**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



**Be a gift to the world**



**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>

## Support Our Sponsors



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