

The Grapevine



Rowan's Reflections



Our Guest Speaker Kevin Moriarty is an anaesthetist with a difference. For many years Kevin has specialised in assisting health care for large animals including gorillas, elephants, giraffes and rhinos. As last week's speaker, he explained some of the challenges of the work, including developing his blow-dart techniques which involved not inhaling!

Thanks to Robyn Stepnell and John Magor, our membership committee is making good headway. We have developed a membership administration kit and a new member briefing pack which includes an overview of RI and its priorities, the Australian structure, and details about our District and our club. We have a strong list of prospects and are hoping to increase the numbers and diversity of our membership in 2017.

Greg Cribbes and Geoff Haddy made a presentation of Christmas cheer this week to Wes Gunn and Big Seremetis from the Council Depot to thank them for their reliable support for the Rotary Gardens Project through the year. Council delivers bins to our Gardening Project homes in Boroondara, and empties them outside their normal collection cycles. Without this service we would be unable to operate sessions so successfully.

Our Christmas Night is on 15 December, which will be our last dinner meeting for the year. Please invite family, friends and neighbours for a fun night, featuring our own soon-to-be world famous RCNB choir. Please let Hugo Goetze know of guests attending and apologies. Hats, false beards, tinsel and holly are all welcome.

Fellowship Chair David Cheney has included the dates of club functions for December and January for those members around Melbourne. Thuy Nguyen, our Vietnam project co-ordinator, will be visiting Melbourne towards the end of January and we are hopeful that she will be able to attend our meeting on Thursday, 19 January.

Brian Lacy has developed a club survey that will be emailed to members before Christmas. If you want to submit it confidentially, please provide a hard copy to either Brian or Gavan Schwartz by 27th January. If you don't need it to be confidential, send your response back to Brian by email at <bjlacy@gmail.com>.

Thank you to Kavya and Fella from the Balwyn High School Interact club for attending our meeting and giving us an update on their progress, and to their colleague Interactors who helped upskill some of our members at the IT session at Hawthorn Library.

The cake stall at North Balwyn last Friday, in extremely ordinary weather conditions, produced a brilliant result. Thank you to everyone who made and sold items for the day.

Each week we acknowledge catering, gardening and other contributions outside meetings made by our members, but I would again like to thank all of you who have given so much time to sell tickets in our Christmas Raffle. We are looking forward to an excellent result this year.

Rotarians! Keep serving humanity.

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



2016-17 Program of Meetings and Club Break

Thursday, 15 th Dec.	Christmas Dinner at Kew Golf Club. 6.00 for 6.30 pm
Thursday, 22 nd Dec.	Christmas Breakfast at Macleay Park. 7.00 am to 8.30 am.
Sunday, 15 th Jan	Brunch at Warranglen Nursery. 9.30 am to 11.30am.
Monday, 16 th Jan	Cluster BYO everything in the Canterbury Gardens. 6.00 pm
Thursday, 19 th Jan	BBQ dinner at Kew Golf Club. 6.00 for 6.30 pm
Thursday, 2 nd Feb	Resumption of normal dinner meetings at KGC.



Christmas Dinner at Kew Golf Club. This Thursday

The night will feature a number of Christmas Carols and songs performed by talented musicians and singers. You are encouraged to wear appropriate Christmas decorations – Santa hats, etc.

We will be raffling one of Areta Hurnard's magnificent Christmas Cakes.

Also, if you could, please bring a small, unwrapped gift for a child, all gifts to be distributed by Camcare.

This function is one of the truly "iconic" Club annual celebrations, so come along for an thoroughly enjoyable evening.

Note: Please ensure you advise Hugo of apologies and guests. Many thanks. See you there.

Fellowship Committee.



Christmas Fare on Friday



We raised \$2600 on the morning from our homemade goodies. The funds will go towards our 'Days for Girls' group to continue their work.

We would like to thank everybody who contributed. THANKS!!

Bev Sofra & Jo Wells



Prices are Down.

The charge for the Christmas Breakfast has been revised from \$25 to \$15.00!

With Christmas Cheer from The Fellowship Committee

Many thanks. David Cheney





Our Guest Speaker was [Dr. Kevin Moriarty](#) speaking about "Some Hairy Anaesthetics".

Kevin (until his recent retirement) was an anaesthetist for obstetrics and cancer patients at The Epworth Hospital as well as a volunteer applying his skills for the Melbourne and Werribee Zoos.

When he began zoo anaesthetics it was pioneering work as there were no records of procedures or drug dosages and types, so he was flying blind in many areas of his expertise. Kevin was responsible for obtaining equipment and setting up operating theatres which did not exist until he arrived. He developed specialised products such as face masks as they just did not exist for animals. There is

no doubt he is highly respected at the Zoos as he is a life member and has an OAM for his work.

Kevin has spoken at many Rotary Clubs and travelled overseas for the Interplast program which has given him huge personal satisfaction.

His presentation was very professional and very well received.

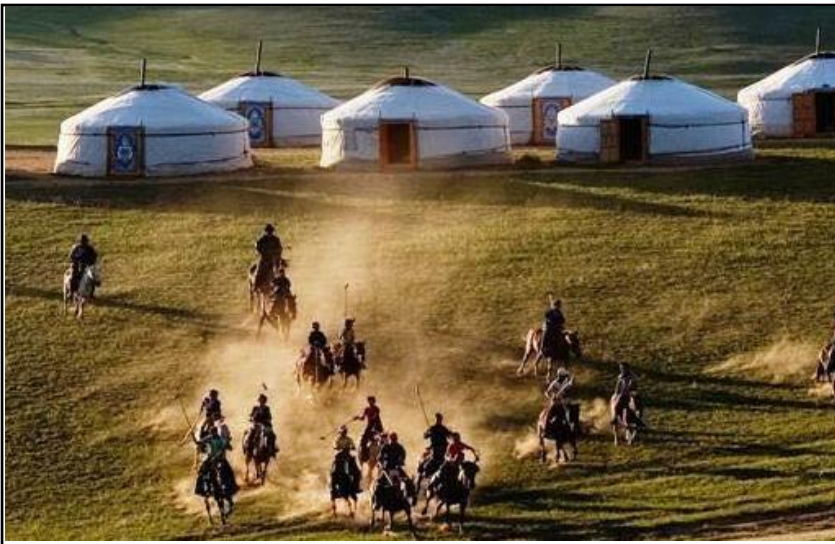
Read the full story [HERE](#)



Nino et al are BBQed out! Last week there was the Bunnings Christmas BBQ, Woolworths BBQ, Maserati Club BBQ, Christmas Party for Special Children and BBQ at Carrols at Carrical.

What a great effort! Funds in excess of \$3,000 have been raised.





On Saturday Bev Sofra, Greg Ross, David De Garis, Greg Dimopoulos, John Gartlan, Brian Lacy and Ian Adams interviewed eight Secondary Students applying to go to Mongolia. The standard of applicants was very high. It was good to speak with the students and their parents. Many thanks to each person who made the day go smoothly. Andre Prado, the Rylarian, who assisted with ushering was excellent.

Estelle Kelly

Don't forget to bring extra funds to get in the bidding on Thursday Night

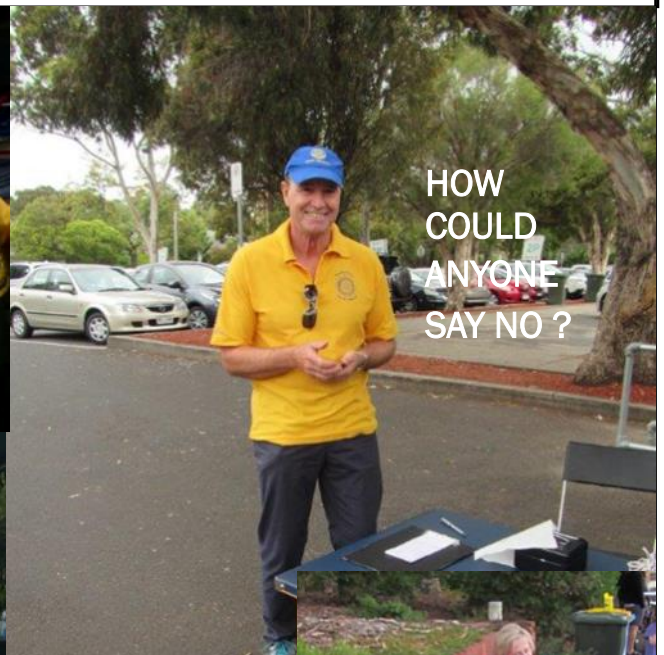
We have TWO fantastic raffle prizes to raise money for Days For Girls. A Christmas Cake from the kitchen of Areta Hurnard (always a favourite) and a HUGE hamper donated by Helen Mary Gartlan.



HO!
HO!
HO!



DEFINITION OF DEDICATION



HOW
COULD
ANYONE
SAY NO ?



HAPPINESS
IS A WARM
SNAG





CAROLS AT CARRIGAL



The
Kooyong
Christ-
mas
Giving
Tree

To Honour the memory of Mr. Terry Gretton
President of North Balwyn Rotary 2012
And a great supporter of Servants Community Housing.

Geoff's Health Tip**Eggs are linked to decreased stroke with no increase in CHD risk**

Egg consumption has been a controversial area for many years, mainly due to eggs being rich in cholesterol, and to cholesterol's known relationship with Coronary Heart Disease (CHD).

New research has reopened the debate on whether eggs are beneficial or harmful in terms of stroke and CHD risk. The results from a new meta-analysis of seven studies, conducted by the Epidstat Institute in Seattle, Washington, suggests that eating one egg a day is associated with a 12% reduced risk for stroke, compared with eating fewer eggs. The study also

showed that there was no significant association between egg consumption and CHD. This supports Australian research, which found eggs can be incorporated into most Australian diets, including for people with CVD, as they do not impact blood cholesterol when consumed as part of a diet low in saturated fat.

Recommendations from the Australian Dietary Guidelines, following an extensive three year consultation process, confirmed that Australians need to eat more nutrient rich foods, such as eggs, in place of foods of lower nutritional quality. The Guidelines encourage increased consumption of foods that contain essential vitamins, minerals and other nutrients, such as iodine, zinc, vitamin B12 and omega-3 fatty acids. Eggs provide useful amounts of these, and more.

In Australia, egg consumption has been rising quite rapidly and now tops 5 billion eggs per annum – which averages 220 eggs per person annually. Eggs produced from caged hens greatly outnumber those produced under so called 'free range' and 'barn laid' regimens, probably because most are used in the commercial market. True 'free range' eggs, where hens are free to roam in grassed paddocks, are probably only available at Farmers' Markets. One would expect that these eggs are richer in the above nutrients than the free range and barn laid eggs found in supermarkets, unfortunately there is little research to support this assumption.

Geoff

Members! Are you able to provide or procure a prize?

We haven't got many Rotary days for planning. We will be having a WHEEL at The Golf Day to raise money on the day and we need prizes donated. I am aware that many of you are on a health kick and drinking less...does this mean you have surplus alcohol on hand such as spirits and good wine etc. ??

These would make good prizes. Alternatively you may be able to obtain vouchers from your favourite restaurant or shop. Please try to assist.

JIM ROMANIS 0481 712 857



Members of RCNB are invited to Canterbury Gardens on Monday 16 January (BYO everything) for an optional fellowship get together with colleagues from other Eastside clubs. If the weather is inclement, we will go to the RC Canterbury meeting venue in Rochester Road nearby. There is no need to RSVP. Just arrive! All members, alumni and Friends are welcome.



MEETING ROSTERS

Thursday 15th December (Partners)

Rotary Christmas Dinner Meeting

Please advise Hugo of Partners and Guests attending.

Setup: Geoff Haddy, George Swanson.

Greeting: Bronwen Dimond, Bernie Smith

Desk: Peter Elliott, Jim Studebaker

Thursday 22nd December

BBQ breakfast at North Balwyn Cricket Club. 7.00 am to 8.30 am Macleay Park,

Setup: Fellowship Committee

Greeting: Eileen Toohill, John McBride

Desk: Peter Cleary, Bernie Smith

Thursday 29th December

Christmas Recess No Meeting

Thursday 5th Jan

Christmas Recess No Meeting

Thursday 12th Jan

Christmas Recess No Meeting

Thursday 19th January

Fellowship BBQ at KGC.

Thursday 26th Jan.

Christmas Recess No Meeting

Thursday 2 February***First "normal" meeting for 2017*****Meeting No.24**

Thursday, 8th December 2016

Present:

Guest Speaker 1 Anaesthetist Mr. Kevin Moriarty

NB Members 46

Interactors 2 Kavya Litange, Felicya Jordan

Guests 1 PNM Selina Han

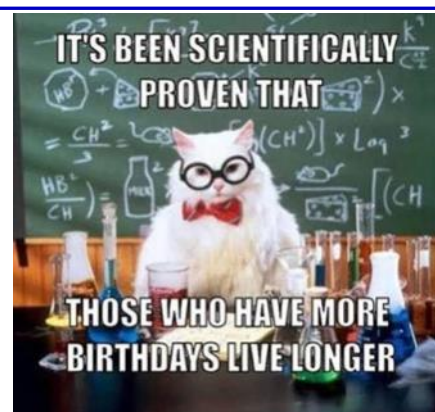
Other Activities

(Board Approved) **Catering** - Phil Francis, Ian Richardson, Rob Stewart & Nino Sofra.

Greg Ross - D9800 Council of Governors.

DIK - Peter Sutherland (once a week); Duncan - a RC in Honolulu.**Absences for Rosters:**

Bob Bott, Paul Fitz, David Rowe & Belinda Wandabwa

Celebrations**Birthdays:** John Rennie, Phil Francis, Greg Cribbes
Kristine McDonell, Geoff Steinicke**Inductions:** Nil**Weddings** Marcel and Maree Muntwyler Williams

MAKE NOTES OF THESE DATES IN YOUR DIARY

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

This Thursday: Christmas Dinner at KGC.

Entertainment by talented musical club members and partners.

Saturday 17th December: Carols in The Park
Corner Belmore and Buchanan Avenue,
Balwyn North



Thursday 22nd December: BBQ breakfast at North Balwyn Cricket Club. 7am to 8.30 am
Macleay Park, Belmore Road, North Balwyn. \$15.00 per head. Partners welcome. Please
advise Hugo if you cannot attend or are bring your partner.

Sunday 15th January:

Brunch at Warranglen Nursery, Warrandyte –
9.30 am to 11.30 am.



Monday 16th January: BYO everything, for an optional fellowship get together with colleagues
from other Eastside clubs. If the weather is inclement, we will go to the RC Canterbury meeting
venue in Rochester Road nearby. There is no need to RSVP. Just arrive! All members, alumni
and Friends are welcome.

Thursday 19 January First club meeting for 2017. Fellowship BBQ at KGC. There will be no meeting
the following week Thursday 26th Jan. **Normal meeting pattern will recommence on 2 February.**

Thursday 26th January, Rotary Showcase, Lake Weeroona on Australia Day, Bendigo

Friday 10th February 2017 Rotary Golf Day

Kew Golf Club 7.30am start for 128 Players with a shotgun start .

Saturday, 18th February 2017. TRAMBOAT LUNCHEON CRUISE
Sail from Victoria Harbour, down the Lower Yarra and up the
Maribyrnong River.

www.tramboat.com.au



Saturday 25th February—The Rotary Showcase

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

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



Connecting Communities - Serving Humanity

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

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

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.au

Web: www.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.

Please apologise **no later than 5pm on Tuesday.**



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?



D9800 Probus

North Balwyn Probus President 2016/17

President Bruno Coniglio

<http://balwynnorthprobus.org.au>

North Balwyn Heights Probos

Secretary Sue Mullarvey yarramul@tpg.com.au

Phone: 613 9857 4305 Mobile: 0400 821 402

Greythorn Probos

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 Probos

(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>

Support Our Sponsors



66 Doncaster Rd, Balwyn North.
Ph: 9819 7173



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