The Rotary Club of North Balwyn

## Rotary Year 2016-17

#### Meeting 11 8th September 2016

# The Grapevine

# **Rowan's Reflections**



**RI** President

John F. Germ



We had an interesting and very active meeting this week.

Our MUNA students Anne Pham and Zephan Hwang spoke about their experience at the mock UN General Assembly being life-changing and thanked the club for providing them with the amazing opportunity.

Exchange student Moritz Ellermann told us about his busy month and how he is having a productive and enjoyable exchange with hosts, the Brockman family, of RC Balwyn.

Our RCNB team who visited Mongolia recently, Bill Oakley, Estelle Kelly and Rob Head gave us a very professional and interesting overview of their experience and of their thinking about a student exchange program.

Beatrice Ko was inducted as the newest member of RCNB and will join the membership committee. We are delighted that she is joining us. Beatrice and her partner Christopher Lai, who joined us at the meeting, are planning to marry later this year.

We received thank you letters from <u>Boroondara Family Network</u> and the <u>Peoples Aid</u> <u>Coordinating Committee</u> in Vietnam for donations made by the club.

We heard about two Balinese schoolgirls who have started a program (<u>Bye Bye Plastic</u> <u>Bags</u>) to eliminate plastic waste in Indonesia and we heard that the D9800 program <u>Seven Women</u> is celebrating 10 years and the positive literacy impact it has achieved for 5,000 women in Nepal.

Next week we have <u>Malcolm Baird</u> as guest speaker addressing the issue of international slavery.

Don't forget the opportunity to visit the MCG on 22 September with Ian Huntington as our tour guide. The outing costs \$24 per head and you should arrive at 1.15pm. To book a place, contact David Cheney.

We should be proud that this club and its members continue to make such diverse and significant contributions to <u>Rotary Serving Humanity</u>.

## President Rowan

Thursday 15th September

Speakers: Mr. Malcolm Baird: Rotary Action Group Against Child Slavery

Setup: Lindsay Pegg & Takeo Yukawa

Greeting: Geoff Haddy & Eileen Toohill

Desk: Brian Lacy & John Koa







President RCNB Rowan McClean

## MEETINGS

THURSDAYS 6 for 6.30pm Kew Golf Club

> 120 Belford Road Kew 3102 Ph. 9859 6848



#### Guest Speaker Next Week is Mr. Malcolm Baird

After attending the Rotary International Convention in Birmingham in 2009 Malcolm has since explored the subject and feels Australian Rotarians could further assist the plight of millions subject to slavery and child slavery. By raising awareness of the extent of the issue and International trends it is timely to consider - So What Can Rotarians Do? The RAGACS website link <u>http://racsrag.org/</u>

Malcolm is a retired Finance Director, PHF and is a member of the R C Brighton North.



## Exchange student Moritz Ellermann.

Moritz is enjoying his exchange in Melbourne.

Please get in touch with Bronwen if you can help make Moritz's stay more enriched by inviting him to your interesting Melbourne outings.

We are also very keen to identify one more Host Family for later in Moritz's stay. Can you help?

The period required is the first three months of 2017.

#### Mongolia Exchange Project

Last year the Youth Committee resolved to explore possibilities for a different type of youth exchange project. We wanted something a bit shorter so that hosting would be less onerous; and something which involved more people in exchange - a bit like <u>GSE projects</u>. It was suggested we look at Mongolia as a possible exchange country as Bill Oakley had contacts there from his involvement with international camping, and knew that Mongolia was very keen to arrange youth exchanges with other countries, and had lots of experience in their camping industry. We were looking for a short term exchange for a group of young people in the 14 to 16 year old age range. It was decided to send a small group to Mongolia in order to sound out the possibilities. Estelle Kelly, Bill Oakley and Rob Head travelled to Mongolia for a week in July.

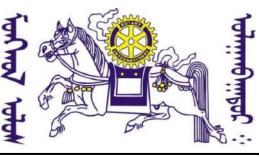
We found an exciting and really different country but one where a short term exchange is a real possibility. The Mongolian Camping Association will coordinate a 10 to 12 day program in Mongolia in July 2017 for up to 12 Australian young people and 1 or 2 adult chaperones. This is summer holidays in Mongolia when the weather is fine. Two of the three weeks away from Australia will be the July school holidays. The Mongolians will arrange and fund the cost of the time in Mongolia. In return we will host a similar group from Mongolia visiting Australia in January 2018 and will cover the internal costs in Australia. In Mongolia the group will spend time at two different children's camps and will also have some tourist opportunities around Mongolia.

Participating children will be expected to fund most of their travel costs, which are expected to be around \$2,500 to \$3,000, including a 2 to 3 day stop over in Hong Kong. In return for enjoying the hospitality of the Mongolians in July we hope the families will help with hosting visiting Mongolians for a week or so in Australia the following January.

We expect to budget around \$10,000 for the costs to our club involved with organising all this. In addition we hope to plan some fundraising activities to help the participating Australian children raise some of the cost of their participation. We have already sought expressions of interest from secondary school students, and have 7 or 8 who have expressed interest. We are optimistic that we can identify a group of 10 to 12 to go in July 2017.

We have made contact with <u>Rotary in Mongolia</u> and they have expressed interest in assisting with this project. If the initial exchange visits are successful we hope we can repeat and expand the program in succeeding years.

At last Thursday's dinner meeting Bill, Rob and Estelle reported on their trip to Mongolia and outlined the concept of the exchange. It was well received by members and we are encouraged to proceed with planning.



Bill Oakley

THURSDAY 8TH SEPTEMBER



Beatrice Ko was inducted into our Club. (with partner Christopher Lai). Welcome Beatrice!

Model United Nations Assembly MUNA



### What is MUNA

M.U.N.A. simulates the workings of the U.N. assembly by having teams of two students represent a particular U.N. country. Topics are debated on matters of world political and social concern. It is held over a week-end to give sufficient time for all participants to become involved. The main aim is to develop an awareness of the United Nations in students as well as international situations of other countries and to encourage students to study topics from another country's perspective, there were 49 Rotarians in 29 of the different country delegations. The objectives of Rotary International are to encourage international understanding, goodwill and peace and this parallels those of the U.N.

We heard from Anne Pham & Zephan Hwang, students at Balwyn High School who attended this year's D9800 MUNA. They told of how awakening it is to put yourself in the position of head of a foreign country and argue for their wishes and rights in the world. Anne said it was also a strange to have drawn out conflicting arguments on stage and then sit down as friends for lunch!

Peter Sutherland is collecting bikes to go to The Solomons via DIK.

Do you have any bikes in your garage or outside rusting, that your kids have long forgotten about? Would you like to free up that valuable space?

I will repair and service the bikes before they go. I can arrange pick up of your old bike. Peter



#### THURSDAY 8TH SEPTEMBER

Seven Women





Seven Women is an aid organisation that empowers marginalised Nepalese women and was been named Australia's most Ethical Enterprise by Moral Fairground, winning the 2014 Ethical Enterprise Award.

The Seven Women program began in 2009 as a grass roots development project to create change for seven women who were found operating out of a tin shed and enduring harsh discrimination as a result of being disabled.

Seven Women founder Stephanie Woollard first met these women and invested in training in the hope that gaining literacy and skills would give them a means to earn an income. Stephanie is a Rotary Peace Fellow, completing her Masters degree in Peace and

Conflict Research at Uppsala University in Sweden.

500+ women trained and employed; a new income-generating centre for single mothers and widows.

Thanks to all of our valued Seven Women Supporters. With your support we continue to grow the number of lives we impact.

<u>Stephanie Woollard with Bob Fels, chairman of the Rotary World Peace Fellow-</u> <u>ships and Rotary Peace and Conflict Studies Program.</u>



Read more HERE and HERE



## THURSDAY 8TH SEPTEMBER



Rotary Clubs of Victoria have partnered with Australian Rotary Health in support of the 'Lift The Lid' campaign, which aims to raise funds to significantly increase research into mental illness prevention.

This date coincides with Australian Rotary Health's 'National Hat Day', so we encourage all to wear a hat and make a donation in support of this wonderful initiative on Friday 7 October to your local Rotary Club, who will be collecting across the State. Please give generously!

Read more HERE

Days For Girls Update

Bev Sofra and Sally Sutherland attended Melbourne Girls College last week





to enlist the help of students in making kits and making them aware of this outstanding program.

Read More <u>HERE</u> and <u>HERE</u>



The Festival of Wheels is a

project of

The Rotary Clubs of Hamp-

ton and Mordialloc

Rotary



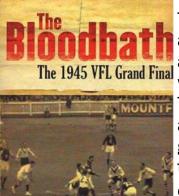
Rotary Festival of Wheels Proudly supported by Express Business Group Sunday 20 November 2016 -10am to 4pm <u>Air Museum</u>, 2nd Avenue

Moorabbin Airport (Melway 87/G5)

Join us, show off your wheels, have fun and raise funds for Sandringham Hospital's new Day Procedure Centre and Australian Rotary Health, the largest contributor to health research in Australia other than Government.

If you need assistance please contact Michele Drysdale <u>mdrysdale@hamptonrotary.org.au</u> BOOKINGS <u>TRYBOOKING</u> 0413 843 310

\$20 per exhibiting cars, (Including 5 passengers), \$10 per exhibiting Motorbikes, (including 2 passengers), \$5 entry per Adult



IAN W.SHAW

Grand Final Dinner - Partner's Night Thursday 29th September 2016

The excitement is growing ; come and enjoy the atmosphere of Australian Rules Football Grand Final fever with Ian Shaw author of the book " The Bloodbath - 1945 Grand Final and Peter Knights who played 281 games for Hawthorn, which includes three Premiership sides - an AFL Legend.

Invite a friend, and don't forget to bring your partner. Dress: Grand Final regalia.





October 2016

Up and Coming E	vents 2016					
	Apologies to any Rotarians who have offered to assist and are not on the list.					
	Anybody who can help on these dates please email me at nsofra@bigpond.net.au Thank-you in anticaption					
Date	Event	Time	Time			
01-Oct-16	BUNNINGS BBQ	AM Shift 8am-12noon	PM Shift 12noon - 4pm			
SATURDAY	256 Middleborough Rd	Ron Phillips	Sue McDonald			
2 Shifts Required	Box Hill	JOHN MAGOR	Eileen Toohill			
		Chris Flavelle-smith	TONY HO			
	TED WILKINS RES	Nino Sofra	BILL OAKLEY			
	DON TAYLOR RES		GEOFF STEINICKE			
28-Oct-16	BUNNINGS BBQ	AM Shift 8am-12noon	PM Shift 12noon - 4pm			
FRIDAY	256 Middleborough Rd	Nino Sofra	Eileen Toohill			
2 Shifts Required	Box Hill	PETER SUTHERLAND	JOHN MCBRIDE			
		CAROLYN PETHICK	TED WILKINS			
		(need another 1	(need another 1			
18-Nov-16	BUNNINGS BBQ	AM Shift 8am-12noon	PM Shift 12noon - 4pm			
FRIDAY	256 Middleborough Rd	BILL OAKLEY	Eileen Toohill			
2 Shifts Required	Box Hill	PETER SUTHERLAND	TED WILKINS			
		Nino Sofra	TAK YUKAWA			
			JOHN KOA			
		(need another 1)				
08-Dec-16	BUNNINGS Xmas BBQ	PM Shift 5.30pm - 8pm				
Thursday	256 Middleborough Rd					
1 Shift required	Box Hill					
		(need another 1)				
11-Dec-16	Christmas Party For	One Shift 8.00am- 1.30p	m			
Sunday	Special Children	Sue McDonald	DON TAYLOR			
1 Shift required	Moonee Valley Racecou		ALA TAYLOR			
2 onic required	meetine, naccou					
1		Nino Sofra	JANE PENNINGTON			
		Nino Sofra BEV SOFRA	JANE PENNINGTON Rob Head			
			JANE PENNINGTON Rob Head			
		BEV SOFRA				
15 Dec 16		BEV SOFRA Ian Richardson	Rob Head			
15-Dec-16 Thursday	BUNNINGS BBQ 256 Middleborough Pd	BEV SOFRA Ian Richardson AM Shift 8am-12noon	Rob Head PM Shift 12noon - 4pm			
Thursday	256 Middleborough Rd	BEV SOFRA Ian Richardson AM Shift 8am-12noon BILL OAKLEY	Rob Head PM Shift 12noon - 4pm Nino Sofra			
Thursday		BEV SOFRA Ian Richardson AM Shift 8am-12noon	Rob Head PM Shift 12noon - 4pm			



## GARDENING PROJECT

12 September 2016

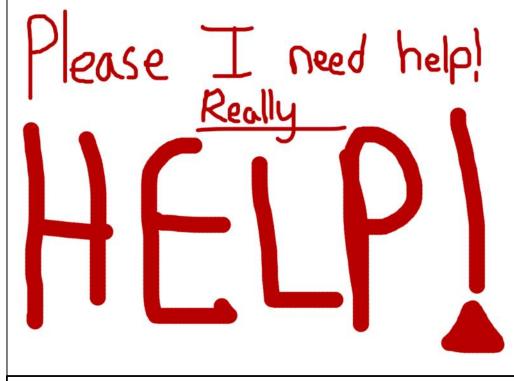
Thank you to those who have nominated for gardening supervision. With schools on holidays there are only two more sessions in September before the 'final push' in term four.

Date and Who with	Time	RCNB Supervisor	Assisted by
Tues 20/9	10.00am - 3.00pm	Brian Hurnard	Estelle Kelly
Note: date change	At Royal Talbot	Nino Sofra	Bill Oakley
With YEP		Geoff Steinicke	Peter Elliott
			Findley Cornell
Tues 27/9	10.30am	Geoff Steinicke	Steven Greatorex
RCNB (no schools)	Grass cutting	Duncan Ansell	
Fri 7/10-X	4.00 – 5.15pm	Greg Cribbes	Tony Hart
Sat 8/10 – MLC	10 - noon	Rob Head	Estelle Kelly
Fri 14/10 – CGS/X	2.45 – 5.15pm		
Sat 15/10 - MLC	10 - noon	Marcel Muntwyler	Tak Yukawa
Mon 17/10 - X	9.30am – 2.00pm	Greg Cribbes	
(Spl with Xavier)			
Fri 21/10 – CGS/X	2.45 – 5.15pm		Findley Cornell
(Fellowship wkend)			
Sat 22/10 – MLC	10 - noon	Greg Cribbes	Lindsay Pegg
Fri 28/10 – CGS/X	2.45 – 5.15pm		
Fri 4/11 – CGS/X	2.45 – 5.15pm	Greg Cribbes	Rowan McClean
After 4/11 until February	SCHOOL BREAK		

Please indicate your availability by adding your name as the board circulates at our next meeting,

or advise Greg Cribbes or Brian Hurnard of your availability.

From President Rowan: -> We need someone to coordinate the Rotary Gar-



dens Project for the first half of 2017.

The club really needs to keep this program going, as it has so many spinoffs in terms of public profile, partnerships with the schools and a positive image with Council.

## Geoff's Health Tip

Why have we forgotten about sulphur in our diets?

Sulfur: The Mineral that Helps Fight Fatigue, Stress, Pain, Cancer, and Wrinkles



lahealthyliving.com

We normally don't think much about it, but sulphur is an important nutrient and when we lack this critical substance, we may suffer hardening and narrowing of the arteries. Research shows that sulphur is needed for insulin production as insufficient sulfur makes it harder for

the pancreas to produce enough insulin, contributing to blood sugar problems. Sulphur is also necessary for the production of Vitamin D in our skin under the action of sunlight.

Sulphur is one of the top 10 most abundant nutrients in the body. In fact, there is about the same amount of sulphur as there is of potassium and more than there is of sodium. Sulphur commonly occurs in grass-fed beef, garlic, onions, broccoli, cabbage, Brussel sprouts, and eggs, as an ingredient in certain amino acids that are the building blocks of proteins. If you make soup containing onions, leeks or cabbage you will find the silver coating on the spoon soon blackens due to the formation of silver sulphide. You can also thank sulphur for the smell of garlic and rotting eggs.

Nutritional experts believe that we do not consume enough of the sulphurcontaining vegetables. This is compounded further by insufficient sulphur being added to soils for plants and animals that need it to achieve maximum nutritional benefit to humans. Whether it be yellow elemental sulphur or mineral sulphates, such as gypsum (calcium sulphate), plants use these compounds to pro-

8

duce the sulphur-containing amino acids that we need for optimum health.

Of the sulphur containing foods, the most researched is garlic. There is some evidence to show that the benefits of garlic include reduced plaque formation, lower blood pressure, decreased LDL levels, inhibited blood platelet aggregation and lowered prostate cancer risk.



Geoff

# **MEETING ROSTERS**

	NG KUSTERS			
Thursday15th SeptemberSpeaker:Malcolm BairdTopic:Rotary Action Group Against Child SlaveryHost:Rob HeadSetup:Lindsay Pegg & Takeo YukawaGreeting:Geoff Haddy & Eileen ToohillDesk:Brian Lacy & John KoaThursday29th September - Partners NightSpeakers:Peter Knights and Ian ShawTopic:AFL Football Grand Final DinnerHost:TBAGreeting:TBAGreeting:TBA	Speakers:			
Desk: TBA	Desk: TBA			
- <u>Meeting No.11</u> 8th SEPTEMBER 2016				
Present: Guest Speakers Estelle Kelly, Rob Head & Bill Oakley - Visit to Mongolia   NB Members 51   Wives/Partners 2 Joan Lacy & Judy Steinicke   Visiting Rotarians 1 Henry Brockman - Exchange Student Host. RC Balwyn   Guests 2 Inductee Beatrice Ko & partner Christopher Lai   BHS MUNA Reps 2 Anne Pham & Zephan Hwang   Exchange Student 1 Moritz Ellermann   Other Activities 7 Gardening Project - Tony Ho & Ian Richardson ;   (Board Approved) Catering - Messrs. Ho, Magor, Oakley, Sofra & Stewart ;   Peter Sutherland at RC Richmond. 78.8%				
Celebrations: Monday 12th September to Sunday 18th SeptemberBirthdays:Stan Hibbert; John McBride; Nadia Ranson.Induction Anniversaries:Nil				
Wedding Anniversaries: Nil				
	-			

9

## THURSDAY 8TH SEPTEMBER

MAKE NOTES OF THESE DATES IN YOUR DIARY See also <u>http://www.rotarydistrict9800.org.au/notices\_and\_events\_future</u>

## Thursday 29th September 2016 GRAND FINAL NIGHT

Our speakers are Ian Shaw, author of "The Bloodbath, the 1945 Grand Final" and Hawthorn Legend, Peter Knights. Always a great night to squeeze into a club jersey, don your club beanie and club scarf while painting your face in war paint of your club colours! Put this pre-eminent date in your diary !!



The Rotary Club of Yea will present a Garden Expo at the Yea Racecourse. Visit the Expo for all your garden purchases, ideas and information

Native & flowering plants Garden tools Vegetable bins Motorised barrows & vehicles Seedlings Garden sculptures Mulch, fertilisers & compost Ride-on & push mowers Nurseries Designers & Contractors Mulchers Deciduous & Ornamental trees Large & small books Entry \$5 for adults - kids FREE

Friday 21st—Sun 23rd October Ballarat Fellowship w/e Join us for a choice of golf, fellowship, historical sites, galleries, museums, the lake and gardens.

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

## Friday 10th February 2017 Rotary Golf Day

Location: Yea Racecourse

Kew Golf Club

7.30am start for 128 Players with a shotgun start . Sponsors are being sought! More news shortly!!

Saturday, 18th February 2017.TRAMBOAT LUNCHEON CRUISE

Sail from Victoria Harbour, down the Lower Yarra and up the Maribyrnong River, passing Flemington Racecourse, and enjoy morning tea and a stroll through the beautiful Poynton's Nursery. Gourmet sandwich Lunch is served on the way back?

The Tramboat Restaurant has been booked for 30 plus members, and leaves at 10.30 am, returning around 2.30 pm. \$55.00 per head. The Fellowship Committee. www.tramboat.com.au



Please note: Rob Head has bookedout 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.

Goto www.rotaryconference.org.au to register.

## **ROTARY CLUB OF NORTH BALWYN 2016/17**

President: Rowan McClean Vice President: Bill Oakley Secretary: Gavan Schwartz Treasurer: Greg Cribbes president@rotarynorthbalwyn.com.au

vicepresident@rotarynorthbalwyn.com.au

secretary@rotarynorthbalwyn.com.au

treasurer@rotarynorthbalwyn.com.au

Web: www.rotarynorthbalwyn.com.au

E-mail: info@rotarynorthbalwyn.com.au

## **Grapevine Editor Peter Sutherland**

petesutherland@bigpond.com

Submission by Noon Saturday please.



www.rotary.org

### APOLOGIES FOR CLUB MEETINGS

- 1. Sign the "apology sheet" at the front desk at the prior meeting if you know in advance.
- 2. Click <u>HERE</u> 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.





- 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?



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

## North Balwyn Heights Probus

Secretary Sue Mullarvey varramul@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



# ROTARY CLUB OF

Our Club Web Site www.rotarynorthbalwyn.com.au

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

#### THURSDAY 8TH SEPTEMBER

## Support Our Sponsors

