



IN SERVICE OF ROTARY

[Our Leadership](#)
2015/2016

The Presidential Proclamation

What an inspiring meeting!!! We heard from our District Governor, Julie Mason, about her personal journey in relation to the Foundation. This made the work and all the good things done by of the Foundation so much more real. We aim to have every member of our Club either an "Every Rotarian Every Year" contributor or a member of the Paul Harris Society. So please do consider either of these avenues to donate to the Foundation. It is (in Paul Fitz's words) the engine room that drives Rotary.

We also welcomed our Assistant Governor, Therese McKenney to our meeting along with a prospective member and some of our wider Rotary family. Thank you for attending and adding to the wonderful atmosphere at our meeting.

Rotary International's theme for February is World Understanding Month with a Rotary focus on peace and conflict prevention and resolution.

Albert Einstein's words give us something to think about when he said "Peace cannot be kept by force but only achieved by understanding".

Ray Klingensmith, Foundation Trustee Chair, says:

Through their support of Foundation programs, from the first ambassadorial scholarships in 1948 to newer initiatives such as the Rotary Peace Centres and the Future Vision plans, Rotarians have truly made the world a better place. Through Rotarians generous contributions these programs have been highly successful enhancing members' ability to take pride in their work. Therefore I do not need to ask Rotarians for their loyalty to the Foundation. Instead I want to thank them for their amazing loyalty!

For the next seven days please do go and

Be a Gift to the World

President Jane



Top: A.G. Therese McKenney receiving a Certificate of Appreciation from President Jane.

Bottom: Capturing our new prospective member, Russell. Julie is convinced he can't get away now as he was given a badge at the meeting.



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



Next Week: Thursday 11th February

Speaker: Michael Womack ; Tall Ship Enterprise Host: Peter Wilson

Set Up: Bob Bromley, Paul Fitz;

Greeters: Chris Flavelle-Smith, Bernie Smith

Desk: Larry Fitzpatrick, Bill Oakley

International Women's Day Celebration – a Partner's Night

Everyone (Rotarians, wives, partners, friends) is invited to come and celebrate International Women's Day at our meeting on **10th March** with women featuring throughout the evening. We are very fortunate to have Mrs Jan de Kretser as our guest speaker, who will present about her time in Government House as the wife of the Governor of Victoria. So please put this date in your diary and come on 10 March!



North Balwyn Multicultural Festival.

Saturday 27th February

Members should invite their AFL loving relatives and neighbours for the opening and lunchtime as we have secured AFL legends Brent Harvey and Drew Petrie to join us at the festival.

Further details to follow in coming announcements of the full action packed program and how you can help make this day a success.



Last Saturday saw us help out at the Summer Festival; Jürgen and Laura were providing the coffee and we were cooking hamburgers and sausages. The guest eating the hamburger was giving us a lesson in how to tuck your beard into your t shirt so you don't get your hamburger caught in your beard! A good fun night.



You have another chance to experience the Summer Music at St. James park next Saturday the 13th of February. See Bill and/or Nino if you would like to help with the BBQ.



FareShare volunteers Julia Atkinson, Sandy Dudakov and Bill Oakley prepare meals for charities.

Picture: KYLIE ELSE

Abbotsford charity FareShare was named the [Yarra Council Community Service of the Year](#).

FareShare cooks more than one million meals for charities across Victoria, rescuing surplus food that businesses no longer use.

The meals are then distributed to thousands of people across the state doing it tough.

Pictured is our Bill Oakley helping as one of The Monday Volunteers.



Scenes from the meeting: D.G. Julie hamming it up with Director of Foundation Peter Cleary then Julie in a serious moment and right, A.G. Therese looking nervous as Tony Wells presents her with an overdue Certificate of Appreciation which would have been presented on our AFL meeting night had Therese not had an accident which prevented her from attending.



Above Estelle Kelly with Japanese Exchange Student, Diasuke Takagi (Inbound student of the Rotary Club of Melbourne) who is currently being hosted by John McBride.

"Barry and Kristine met Janny from the Solomon Islands on Sunday with her current Host, Pat Croseby, at the [Barwon Mansion Dressmaker Exhibition in Winchelsea.](#)"



Above: Thank you to "Women in Rotary" Kerrie, Di and Rebecca who came to our Girl Guide Conference on Saturday to promote women joining Rotary and Rotary activities. Our Guiding members appreciated your attendance. Jane



The Fishing and Drinking Weekend at Sorrento.

Russell went around in circles looking for us. Peter provided burly, and we all had a great time thanks to hosts Imre Lele and Ted Angleton. Barry took home the fish for Kristine.

Janny Saukeni

If you can help with any of the following please let Bill Oakley know:

Fri 12 Feb.	Pick Janny up from Winchelsea and return to Melbourne.
Fri/Sun 12/14 Feb	Host Janny in Melbourne or at some suitable venue.
Sun Feb 14	Drive Janny to Free Range Eggs farm near Traralgon
Fri Feb 26	Pick Janny up from "Free Range Eggs" near Traralgon and return to Melbourne
Fri/Sun Feb 26/28	Host Janny in Melbourne or somewhere suitable
Fri Mar 11th	Take Janny to District Conference
Mon Mar 14th	Bring Janny back from District Conference
Mon/Tues Mar 14/15	Host Janny overnight
Tues Mar 15	Take Janny to Woodleigh School on Mornington Peninsula
Approx. Mar 25th - 31	Host Janny and include her in any holiday activities.

Travel expenses incurred by members can be reimbursed.

Let Bill Oakley know if you are able to help and if there are specific items from the list above which you can take on. I hope Janny will be able to visit the Club on our meeting before Easter and on March 31st, before she returns to Solomon Islands.

Bill Oakley



The Rotary Clubs of Balwyn and North Balwyn invite you to



*"Let's Read" for The Smith Family
Fundraising Dinner*

QUEST SPEAKER - ANNA CIDDOR



Anna is a Melbourne author and illustrator with more than 55 books to her credit ranging in topics as diverse as Vikings, Irish Druids, Australian History, Travel and Toilets. Come and hear about her latest release along with her insights into writing and illustration.

The Practical Details

Date: Saturday 16 April 2016
Venue: Greenacres Golf Club, 51 Elm Grove, East Kew
Time: 7.00pm for a 7.30pm start
Cost: \$75.00 per person
Includes: Arrival drink and canapés, two course meal
Tea/coffee and chocolates
RSVP: By 1 April 2016
Payment to: Rotary Club of North Balwyn
Cheque: Made out to the Rotary Club of North Balwyn
Send to: PO Box 135, North Balwyn, Vic. 3104
Electronic: BSB: 033 058
Transfer: Account Number: 123 896
Reference: "Smith" and your name

Questions?

To: Jane Pennington
President, Rotary Club of North Balwyn
Email: Jane.Pennington@bigpond.com
Phone: 0408 402 555



Rotary



Be a gift
to the world

All proceeds go to the "Let's Read" program.



**The Smith
Family**

everyone's family

The Smith Family is a children's charity helping disadvantaged Australian children to get the most out of their education, so they can create better futures for themselves.



*A better future
for young Australians in need.*

Up and coming Catering Events—February

Please email me at nsofra@bigpond.net.au Thank-you in anticipation Nino

Date	Event	AM Shift 8am-12noon	PM Shift 12noon - 4pm
12-Feb-16 FRIDAY 8.00am - 4pm	Bunnings BBQ 256 Middleborough Rd Box Hill	Nino Sofra Bill Oakley	Tony Ho Brian Hurnard
13-Feb-16 Saturday 4.30pm-9.00pm	Summer Music St. James Park	Nino Sofra Bill Oakley Ian Richardson Ted Wilkins	Jane Pennington Sue McDonald Geoff Steinicke
20-Feb-16 Saturday 4.30pm-9.00pm	Summer Music Canterbury Gardens	Nino Sofra Bill Oakley Ian Richardson	Jane Pennington
27-Feb-16 Saturday 4.30pm –9.00pm	Multicultural Festival North Balwyn Village	Team 1	Team 2
06-Mar-16 Sunday 9.30pm-3.00pm	Hawthorn Craft Market Camberwell Town Hall	Jane Pennington Eileen Toohill Brian Lacy	
25-Mar 16 Good Friday 9am to 3 pm	Bunnings BBQ Middleborough Rd Box Hill	Nino Sofra—setup Jane Pennington Bill Oakley	



Chilling out at Summer Music Festival before the heat was turned up.

Rob Head, Bob Bromley, Bill Oakley and Ian Richardson.

Great work boys!



Rotary Gardens Project at 11th February 2016

The first Gardening visit of 2016 went off really well with Captain Tony Ho, three Rotarians and two enthusiastic school groups from Camberwell Grammar and Xavier. Support for volunteers during February has been so strong we are only looking for assistance on Friday 19th February.

A couple of reminders:

- The students joining us this year will be “new” to the Community Service Gardening Project so will need an appropriate induction into their participation in early visits. Same schools though.
- The Thursday's have been scheduled for Rotarians to Garden in appropriate locations without students – this timing also allows Burke & Beyond to join us sometime.
- I've committed to schools that the Gardening Program will continue over times where Golf, Multicultural, Bendigo and Grand Prix events stretch Rotarian availability. Together, it'll work.

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

PLEASE call me. Cheers [Greg CRIBBES](#) Mob 0413 270403

Date and Who with	Time	RCNB Supervisor	Assisted by
Thur 11/2 RCNB	10.00 – noon	Geoff Steinicke	Bob Bromley Tak Yukawa
Fri 12/2 – CGS/X	2.45 – 5.15pm	Geoff Haddy	Estelle Kelly
Thur 18/2 – RCNB	10.00 – noon	Rowan McClean	John Gartlan
Fri 19/2 – CGS/X	2.45 – 5.15pm	Geoff Haddy	NB. RCNB Golf Day at Kew
Sat 20/2 – MLC	10.00 – noon	Greg Cribbes	Garth Symington
Thur 25/2 RCNB	10.00 – -noon	Greg Cribbes	Garth Symington
Fri 26/2 – CGS/X	2.45 – 5.15pm	Greg Cribbes	Tony Hart
Sat 27/2 – MLC	10.00 – noon	Rob Head	Colin Sharp NB. Multicultural event

RCNB Golf Day Friday 19th February 2016 Kew Golf Club



Great news—this event is fully subscribed and looks like being a great day.

Rotary
DOWN UNDER



The Latest Rotary Down Under is out
View it on-line [HERE](#)



Invitation to Share a Meal at Servants

Members and Partners are invited to dinner at Servants Community Housing on the evening of **Saturday February 13th.**

“Romana”, 11 A’Beckett Street, Kew on Saturday 13th February

Time: 5:45 pm and finishing at 8:45pm

Cost: No cost to us to attend.

RSVP: Please respond to Peter Wilson at:

pwilson254@gmail.com

by: Tuesday 9th February for the “Romana” evening.



This is a great opportunity to experience the achievements of this wonderful organization!



John McBride has provided the evidence of a recent MakeUp

John says “Evidence of make up!”

Pictured with [Rotarian Aggie Hearn](#),
[Rotary Club of Manila Bay](#).

Philippines



Group Vocational Exchange (GVE) TEAM PHILIPPINES 2016

The 2016 Group Vocational Exchange team will be visiting the Camberwell Rotary Club on **Wednesday 17 February 2016** where they will outline their individual vocational background and share their aspirations. This is a great opportunity to meet the team members and appreciate the benefits of the GVE Program for both the incoming and outgoing teams. Please extend an invitation to all Club members, family and friends including those who have supported the team with vocational positions and anyone who may wish to be part of a future GVE team.

Date – Wednesday 17 February 2016 Time - 6:15 pm for 6:45 pm, Conochie Hall, 2 Rochester Road, Canterbury

\$30 per person (catering by Spitting Image – carvery, salads and accompaniments with vegetarian option)

Drinks - \$4

Contact Fabienne Nichola fabienne_nichola@racv.com.au to advise attendance

RSVP **by this Friday the 12th Feb please.**

Geoff's Health Tips

What do you didn't know about Apple Cider Vinegar



Apple Cider Vinegar is a product of the natural fermentation of apple juice. This is a bacterial process in which the sugars in apple juice are first turned into alcohol (apple cider) and then the alcohol ferments further to produce acetic acid (apple cider vinegar) using *Acetobacter*, the vinegar-producing bacteria.

Most commercial vinegars are distilled. This purifies the acetic acid resulting in a clear liquid with a minimum 4% acetic acid. On the other hand, the health food industry's preference is unpasteurised, unfiltered Apple Cider Vinegar which, in addition to acetic acid, contains mother of vinegar and digestive enzymes arising from the fermentation process.

Traditionally, most medicinal claims date back thousands of years but have little scientific evidence to back them up, probably because the cost of trials can be prohibitive. Needless to say, Apple Cider Vinegar claims have been made to assist weight loss, blood pressure, diabetes, allergies and healthy skin.

In our house, Apple Cider Vinegar is used both as a condiment and a medicinal. As a condiment it is used to make a vinaigrette with olive oil, and I have also used it in bread making together with baking powder.

As a medicinal, we have found it to be much superior to antacid powder for gastric upsets.

You may ask "why would Apple Cider Vinegar, which is acidic, be superior to an antacid powder?" The reason is that most stomach upsets are due the inability of the stomach's acids to cope with the digestion of the food in the stomach and require additional help. The acetic acid and enzymes in unpasteurised, unfiltered Apple Cider Vinegar seem to do the trick.

Some people have noticed the 'mother of vinegar', the jelly-like substance that can form in the vinegar, make the vinegar look cloudy. It is actually a cellulose substance made up of *Acetobacters* which, in combination with fruit juices, produces vinegar. While not appealing in appearance, it is completely harmless.

Geoff


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



International Women's Day 2016
Breakfast in Box Hill
Wednesday March 9th 2016
Box Hill Town Hall - 7:00am for 7:15am to 9:00am

Are you ready?

Women in Rotary
Presented by your local Rotary Clubs



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/>

Early Bird: \$55.00 \$65.00

Early Bird is prior to Feb 12th

MEETING ROSTERS

Thursday 11th February

Speaker: Michael Womack
 Topic: Tall Ship Enterprise
 Host: Peter Wilson
 Set Up: Bob Bromley, Paul Fitz
 Greeting: Chris Flavelle-Smith, Bernie Smith
 Desk: Larry Fitzpatrick, Bill Oakley

Thursday 18th February

Speaker: Mr. David Hume
 Topic: Life in The Blind Lane
 Host: TBA
 Set Up: Bob Bott, John Rennie
 Greeting: Ian Adams, Duncan Ansell
 Desk: John McBride, Ian Mollison

Thursday 25th February Partner's Night

Speaker: Bowls Night
 Venue: North Balwyn Bowls Club
 Host: Ian Mollison
 Desk: Gregor Matthews, Imre Lele

Thursday 3rd March

Speaker: Mrs. Michelle Moyle
 Topic: Age Related Foot Changes and the Benefits of Podiatry
 Host: TBA
 Set Up: Ted Angleton, Jack Liao
 Greeting: Ken Maxfield, Lindsay Pegg
 Desk: Marcel Muntwyler, Peter Elliott

Meeting No. 29

Thursday, 4th February 2016

Present: Guest Speaker

Present: Guest Speaker

1

DG Julie Mason

NB Members

52

Visiting Rotarians

1

AG Therese McKenny

Guests 1

Prospective New Member - Russell Turner (Rowan McClean)

Wives/Partners

7

Mesdames Bott, Bromley, Burley, Cleary, Matthews, Steinicke & Wells.

Exchange Student

1

Diasuke from Japan. RC Melbourne & John McBride.

MakeUps 3

Ken Maxfield - RC Yea; John McBride - RC Melbourne;

George Swanson - RC Sorrento;

Meeting Attendance

80.0% (Apologies 12, LofA 1 & Excused Leave 8)

Absences for Rosters:

John Burley,

Greg Dimopoulos,

David Willshire

John Burley,

Matt Pauli,

Greg Dimopoulos,

23 February – The 23th of February 1905 is celebrated as the anniversary of Rotary, the date which is generally regarded as the [first 'official' meeting](#)

**Celebrations: Monday 8 Feb to Sunday 14 Feb****Birthdays:**

Diane Goetze, Sue McDonald, Peter Wilson

Induction Anniversaries: Nil**Wedding Anniversaries:** Nil

MAKE NOTES OF THESE DATES IN YOUR DIARY

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

Friday 19th February. Rotary Club of North Balwyn **CHARITY GOLF DAY**
Kew Golf Club.

Thursday 25th February. Rotary Club Bowls Night **Partner's Night**
Club Meeting North Balwyn Bowls Club, Buchanan Avenue

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

Saturday 27th February 2016 North Balwyn Multicultural Festival 9:00am until 2:00pm



Thursday March 10th International Women's Day Breakfast Box Hill Town Hall



International Women's Day 2016
Breakfast in Box Hill
Wednesday March 9th 2016
Box Hill Town Hall - 7:00am for 7:15am to 9:00am
Women in Rotary
Presented by your local Rotary Clubs

Early Bird: \$55.00

\$65.00

<https://www.ivvy.com/event/IWDB16/start-registration/delegate>

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

**INTERNATIONAL WOMEN'S DAY
BREAKFAST**
THURSDAY 10TH MARCH 2016



THURS MARCH 10 2016
7:00 - 9:00AM
**THE PALLADIUM
SOUTHBANK**

Friday 11th -> Sunday 13th March

District Conference Bendigo
Registration must close 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 (with bus).

Saturday 16th April - Lets Read" for The Smith Family
Fundraising Dinner
Greenacres Golf Club, 51 Elm Grove, East Kew
\$75.00 per person 7.00pm for a 7.30pm start
RSVP: By 1 April 2016
GUEST SPEAKER - ANNA CIDDOR



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 president@rotarynorthbalwyn.com.au
Vice President: Brian Hurnard vicepresident@rotarynorthbalwyn.com.au
Secretary: Gavan Schwartz secretary@rotarynorthbalwyn.com.au
Treasurer: David de Garis 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.

**APOLOGIES FOR CLUB MEETINGS**

Sign the "apology sheet" at the front desk at the prior meeting if you know in advance.

2. Click [HERE](#) for apologies. No need to log into the site. Click on "Contact" and select "Attendance/Apologies"

3. E-mail Hugo Goetze 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. 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**.

CONFERENCE 2016

Rotary
District 9800



**Be a gift
to the world**

12TH - 13TH MARCH | BENDIGO

D9800 Probus

North Balwyn Probus President 2015/16

Ken Mitchell: mitchellkv@gmail.com

North Balwyn Ladies Probus (Sect Jill Johnstone)

jilldj@melbpc.org.au

North Balwyn Heights Probus

(Sect Sue Mullarvey)

yarramul@tpg.com.au

Greythorn Probus (Sect Shirley Brangan)

daynaleigh1@bigpond.com

Tel: 03 9859 4941

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NORTH BALWYN**

Our Club Web Site
www.rotarynorthbalwyn.com.au

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

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http://www.taosrestaurant.com.au

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Nth Balwyn

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