



Rowan's Reflections

Another busy week with a terrific International Women's Day breakfast, gardening, catering, the farewell to the GVE team from the Philippines and planning for the Melbourne F1 Grand Prix.

Peter Sutherland received a thank you letter from the Solomon Islands for the work he did to repair and send bicycles through DIK. Some of these activities carried out by individuals often pass under the radar of other members, but they are enormously valuable and add to our club's considerable efforts in Rotary Serving Humanity. Your continuing work is very much appreciated Peter.

Vivienne Harkness and Juley Thai were guest speakers and told us about the Boroondara Stroke Support network and its pioneering centre in Kew. Host Tony Hart will provide more details in this edition of the Grapevine. I was struck by the fact that there are 3000 people in Boroondara who have suffered a stroke, and that younger people are increasingly becoming affected.

Thanks to David Cheney and Greg Ross for introducing potential new members. Only through such initiatives will our club grow and prosper into the future.



IPP Jane Pennington was presented with her 6th sapphire which I learnt equals a ruby! Jane is a consistent annual contributor to The Rotary Foundation, our own charity that enables Rotary to do such good work throughout the world. Congratulations Jane.

Ian Adams on behalf of the Youth Committee gave an update on the Mongolian project to members, and Robyn Stepnell explained a fund-raiser with which the students are helping. Nine secondary students from several schools will take part in this pilot program, an accompanied educational visit at the beginning of the new Rotary year.



Next week we will hear from Marie Briggs, Branch Manager of Bendigo Bank Kew and Kew East, on the benefits of community banking. Bendigo Bank has been a great help to us with a range of support including gardening equipment, our golf days and the purchase of our coffee machine as part of our new BBQ trailer.



Have a great week.

President Rowan.

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



Boroondara Community Stroke Hub (BSSG) (Home of "The Strokies")



Our guest speakers were Vivienne Harkness, President of the BSSG, Hub Coordinator (Stroke Association of Victoria) Juley Thai. Vivienne and Juley informed us about the recently established Boroondara Stroke Support Group which The Boroondara Council is supporting in recognition of the special needs of Boroondara's 3,000 stroke victims. Not every Stroke is the same and after effects are varied. The BSSG aims to support the needs of recovering Stroke victims of which the most common is isolation from friends and community.

Vivienne (who is three times cancer sufferer/survivor) has been associated with numerous disease fund raising groups and became involved with the Stroke Support Group when her husband Peter had a stroke. The Group provides support and friendship, information and education to all stroke survivors and their carers. A variety of activities are provided to stroke survivors including lawn bowls, exercise, gardening, woodwork, singing and social activities. Juley is coordinator of the Stroke Support Hub – the first such group in Victoria. This group is doing great things and if any member would like to help by volunteer driving etc. please contact vivienne.harkness@bigpond.com

How can you help?

The BSSG is not fully funded and relies on donations for rent, staff wages and materials' your donation will be welcome! Stroke sufferers often are unable to drive. If you would like to volunteer to transport BSSG associates from home to the BSSG on occasions please let Vivienne know.

The BSSG provides a "Help Pack" which is a directory of support services and advice. The Help Pack costs about \$3 each and each year 1000 are distributed. Volunteers help assemble the pack which is a ring binder with A4 plastic pockets containing printed material. If you can help put these together, again please get in touch with Vivienne.

Fund Raising. Opportunities exist for Volunteers to assist with Fund Raising Campaigns.

BSSG sells beautiful Handmade Cards. Buy some for yourself or help sell some – only \$2.



Contact: Boroondara Community Stroke Hub

533 High Street, Kew 3101

8529 5307

www.bssg.org.au

Some facts to remember.

There are about 500,000 stroke survivors in Australia requiring various levels of support.

Stroke is not an elderly citz disease; the age demographic is trending down.

Become informed about risk factors and reduce yours. Blood Pressure, Smoking, Drinking, Blood Cholesterol, Heart Health, Obesity, Poor Diet and lack of exercise.

Visit <https://strokefoundation.org.au/About-Stroke/Preventing-stroke/Stroke-risk-factors>

The Grand Prix Roster of Volunteers. Please check your commitment and advise Geoff Steinicke required changes, errors or omissions.

GRAND PRIX ROSTER TUESDAY 21st – SUNDAY 26TH MARCH											
BREAKFAST TEAMS MEET IN CAR PARK BEHIND FLETCHERS REAL ESTATE AT 6AM											
LUNCH TEAMS MEET IN CAR PARK AT 10AM											
		Geoff Steinicke 0418 175 130			Nino Sofra 0409 506 22						
		21 March	23 March	23 March	24 March	24 March	25 March	25 March	26 March	26 March	26 March
		SET UP	BREAKFAST	LUNCH	BREAKFAST	LUNCH	BREAKFAST	LUNCH	BREAKFAST	LUNCH	CONTAINER
SURNAME		Tuesday	Thursday	Thursday	Friday	Friday	Saturday	Saturday	Sunday	Sunday	Sunday
ADAMS	Ian						YES				
BUTLER	Joe	YES	YES								
CHENEY	David		YES	YES							
CLEARY	Peter									YES	
CORNELL	Findley					YES		YES			
CRIBBES	Greg		YES	YES							
CUMMINGS	Barry	YES									
de GARIS	David				YES		YES		YES	YES	YES
ELLIOTT	Peter	YES	YES								YES
FITZ	Paul			YES		YES					
FITZPATRICK	Larry	YES								YES	
FLAVELLE-SMITH	Chris						YES				
FRANCIS	Phil			YES		YES					
GOETZE	Hugo						YES				
HADDY	Geoff			YES							
HEAD	Rob			YES			YES				
KEYHOE	Terry		YES		YES		YES		YES		
KNEALE	Geoff				YES	YES	YES				
MAITLAND SMITH	Melissa				YES	YES	YES				
KO	Beatrice							YES		YES	
KOA	John			YES		YES		YES		YES	
MAGOR	John	YES	YES		YES		YES		YES	YES	YES
MARSHALL	Neil	YES							YES	YES	
MATTHEWS	Greg	YES	YES	YES	YES	YES	YES	YES	YES	YES	
MUNTWYLER	Marcel				YES						
OAKLEY	Bill	YES	YES	YES	YES	YES	YES	YES	YES	YES	
PEGG	Lindsay							YES			
RENNIE	John			YES							
RICHARDSON	Ian		YES		YES		YES		YES		
ROMANIS	Jim	YES	YES	YES	YES	YES			YES		
ROSS	Greg		TBA	TBA	TBA	TBA					
SOFRA	Nino	YES	YES	YES	YES	YES	YES	YES	YES	YES	
SOFRA	Bev										
STEINICKE	Geoff	YES	YES	YES	YES	YES	YES	YES	YES	YES	
STEPNELL	Robyn									YES	
STUDEBAKER	Jim		YES	YES	YES	YES			YES	YES	
SUTHERLAND	Peter		YES		YES		YES		YES		
SWANSON	George							YES			
SYMINGTON	Garth	YES	YES		YES						
TAYLOR	Don		YES		YES		YES		YES		
WALTERS	Maurie				YES						
WANDABWA	Belinda									YES	
WELLS	Tony		YES		YES						
WILKINS	Ted		YES	YES							
OTHERS											
ENGLER	Kurt		YES		YES		YES				
WALKLATE	Kevin		YES		YES		YES		YES		
STEINICKE	Andrew						YES	YES	YES	YES	
PARSONS	Reg		YES		YES		YES		YES		
READ	Marian						YES	YES	YES	YES	
KWEE	MengTan							YES			
KNEALE	Adam				YES	YES	YES				



Club of North Balwyn

GARDENING PROJECT

6th February 2017

The Community Service Garden Project is all set to go this Fri/Sat – again, thank you to all those who are volunteering. It'd be really helpful if you could all check your diaries for opportunities in March and April, thanks.

Give us a call anytime - Peter Elliott 0419 417334, Greg Cribbes 0413 270403. .

Date and Who with	Time	RCNB Supervisor	Assisted by
Fri 17/3 – CGS/X	2.45 – 5.15pm	Geoff Haddy	Ian Glenny, Ian Adams
Sat 18/3 – MLC	10.00 – noon	Marcel Muntwyler	Geoff Haddy
Fri 24/3 – CGS/X	2.45 – 5.15pm	Geoff Haddy	Greg Cribbes, Ian Adams
Sat 25/3 – MLC	10.00 – noon	Rob Head	Tony Hart
Fri 21/4 CGS	2.45 – 4.00	Greg Cribbes	Geoff Haddy
Fri 28/4 CCS/X	2.45 – 5.15		Findley Cornell
Sat 29/4	10.00 – 12noon		



Mongolia Short Term Youth Exchange

The participating Students are fund raising
through selling of Fredo Frogs!

Get your donation seller's box from Robyn or
buy some - Only \$1—and they are big!

The Men's Shed is out of the ground !



Interact Tech Tips

March 2017

iPad/iPhone: To browse the internet in private, meaning your internet history won't be saved, go to safari. On the top right-hand corner, there will be an icon of two squares overlapping (□). Once you have pressed the icon, click 'Private', on the top right of the screen. You are now in private mode. To reverse, just click 'Private' once more.

iPad/iPhone: To take a screenshot (a picture of what is on your screen). Press the home button near the bottom of the device, and, simultaneously, the off button at the top of the device. Press both buttons once, quickly, and a flash should appear on the screen. The screenshot will appear in your photos.

Windows Computer: To take a screenshot of what is on your computer (a picture of what is on your screen). Press the 'PrtScr' button on the top right-hand side of the keyboard. Then go to Microsoft Word, or any other program you wish to copy to, such as your email. Paste the screenshot by pressing 'Ctrl' & 'v' at the same time, or right-click and press 'paste'.

Windows Computer: When using Google Chrome, a web browser, you can reopen tabs you have accidentally closed. At the top of Chrome, right-click. Then press 'reopen tab'. That will open your last used tab.



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Every sale contributes to our fundraiser, so purchase yours today!

Rotary Club of North Balwyn

ER40

Contact: Geoffrey Steinicke Phone: 0418175130 Email: gwsteinicke@bigpond.com

To order your Book or your Digital Membership securely online visit:

<http://www.entbook.com.au/185e211>

Alternatively, please complete your details below and return to Rotary Club of North Balwyn:

Name: _____ Phone: _____ Email: _____

Address: _____ State: _____ Postcode: _____

Melbourne Edition \$70 including GST: # ____ Book(s) # ____ Digital Membership(s) \$ ____

Geelong Edition \$60 including GST: # ____ Book(s) # ____ Digital Membership(s) \$ ____ TOTAL ENCLOSED \$ ____

Payment type: ☐ CASH ☐ VISA ☐ MASTERCARD (Credit Card payments will incur a 1.25% processing fee)

Credit Card number: ____ / ____ / ____ / ____ Expiry date: ____ / ____ CVV*: ____

*CVV is the 3 digits on the back of your credit card

Cardholder's name: _____ Signature: _____

Pre- Purchase before 27th March 2017 to receive Early Bird Bonus Offers you can use straight away! (Subject to availability)

Geoff's Health Tip

Life Extension - What three things must we do?

In less than a century, life expectancy has increased an average of 30 years in developed regions of the world. This added longevity is amongst the most remarkable achievements in all human history, and at the same time one of our greatest challenges.

In Australia, there are now 4,250 centenarians compared with 1,808 just twenty years ago. So, how do you get to be a centenarian? There are three things that I have gleaned from an article in Time magazine – 8 March 2017.

Stay Curious. According to [Professor Laura Carstensen](#), Stanford University, “The idea that the world has nothing to teach you makes you stop asking questions. There is evidence that curiosity has longevity benefits”. “Asking questions and discovering new things keeps you engaged with the world and with other people.”

Eat considerably more plant food than you think you need. The link between diet and well-being is something we learn early in life, and then forget. I have often referred to the Mediterranean diet as the healthiest in the world with its focus on fruits, vegetables, nuts and olive oil. A 2015 study of 450,000 European adults found that those who ate a diet that was 70% plant-based had a 20% lower risk of dying of cardiovascular disease than other people. Multiple studies have also shown that caloric restriction can have life-extending benefits. While, that's not the way most people want to live, replacing meats with plant food can reduce calories significantly in a more satisfying way.

Rethink what it means to be old. [Professor Becca Levy, Yale School of Public Health](#), says “Our research has shown that when more positive beliefs about older individuals are held earlier in life, they can lead to health advantages. This alone can add a remarkable boost of more than 7 years to your life”. It means remaining mindful of the contributions that older people make to others, and making those contributions yourself.



Geoff



MEETING ROSTERS

Thursday 16th March.

Speaker. Ms. Marie Briggs
 Benefits of Community Banking
 Host: Greg Matthews
 Greeters: Neil Marshall, Ted Wilkins
 Setup: Imre Lele, Takao Yukawa
 Desk: Steven Greateorex, Greg Matthews

Thursday 23rd March.

Speaker. Mr. Rick Tudor
 Melbourne Indigenous Transition School
 Pathways for Aboriginal students
 Host: Jim Studebaker
 Greeters: Peter Cleary; Sam Hardikar
 Setup: Ian Mollison; Russell Cooper
 Desk: David Rowe; Garth Symington

Thursday 30th March.

Speaker. Assoc. Prof. Sunil Bhar
 Support For the Elderly
 Host: Belinda Wandabwa
 Greeters: John Gartlan, Neil Marshall
 Setup: Peter Wilson, Geoff Kneale
 Desk: Ian Adams, Ted Angleton

Thursday 6th April.

Visit to Water and Eliza Hall Institute
 No Meeting at Kew Golf Club.
 Dinner afterwards at Parkville Hotel, 43
 Royal Parade, Parkville.
 Please indicate your attendance at the
 Club meetings in March.

Meeting No.33**Thursday, 9th March 2017**

		Vivienne Harkness & Juley Thai - Boroondara Stroke Support
Guest Speaker	2	Group.
NB Members	46	
Partners	1	Carmel Bott
		PNM I - Adam Hilary (Rowan McClean) & Jeanette Leigh (Greg
Guests	4	Ross).
		PNM III Phil Wade (David Cheney). Maree Briggs (Bendigo
		Bank)
		Member Attendance 71% (after applying make-ups)
		Gardening - Bob Bromley, Greg Cribbes, Greg Matthews, Tony
Other Activities	14	Wells,
(Board Approved)		Garth Symington, Eileen Toohill & Geoff Steinicke.
		District PETS - Rob Head & Jane Pennington.
		Intl Women's B'fast - Jane Pennington & Greg Ross.
		Philippines GVExch farewell - Adrian Ranson, Nino Sofra & Jim Stu-
		debaker.

Absence for Next Meeting Roster :- Bromley, Fitzpatrick, Greateorex, Ho, Kelly, Kneale, Magor, McBride, Mollison, Ranson, Rowe, Sharp & Toohill.

Celebrations

Birthdays: Jane Ansell; Matthew Pauli

Inductions: Rob Head 1986; Takao Yukawa 2012;

Bob Bott 2002; Imre Lele 1987;

Bob Bromley 2008; Kinga Paulheim 2008

Weddings: Nil



MAKE NOTES OF THESE DATES IN YOUR DIARY

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

Thursday, 6th April: Vocational Visit to Walter and Eliza Hall Dinner will be at the Parkville Hotel, 43 Royal Parade, Parkville (which is nearby) 8.00 p.m. - 2 courses at a cost of \$39.00. N.B. No Meeting at KGC.



Walter+Eliza Hall
Institute of Medical Research

DISCOVERIES FOR HUMANITY

Thursday, 27th April: 8.30 am to 4.00 pm.
Bus Lunch and Beleura Guided tour all for \$60
Contact David Cheney to secure your seat on the bus.



Tuesday 21st March: Setting up for Grand Prix Catering

Thursday 23rd – Sunday 26th March: Grand Prix Catering Activity



Sunday 2nd July:
Club Change Over Dinner
1pm at Kew Golf Club.

NOTICE
THANK YOU
FOR NOTICING THIS
NEW NOTICE

Friday 20th Oct, - Sunday 22nd Oct.
Albury Fellowship Weekend



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
Grapevine: Peter Sutherland petesutherland@bigpond.com Noon Sat Weekly Deadline

North Balwyn Probus: Bruno Coniglio <http://balwynnorthprobus.org.au>

North Balwyn Heights Probus: Sue Mullarvey yarramul@tpg.com.au; 9857 4305, 0400 821 402

Greythorn Probus: Meetings 10am 2nd Tuesday Monthly

St Aidan's Church Hall, Duggan St, Balwyn North. 9859 4941

Boroondara Ladies Probus: Janet Eddy jveddey@applewood.net.au

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?



Rotary 
monthly themes

MARCH Water and Sanitation month
APRIL Maternal and Child Health month
MAY Youth Service month
JUNE Rotary Fellowships month
AUGUST Membership and New Club Development month
SEPTEMBER Basic Education and Literacy month
OCTOBER Economic and Community Development month
NOVEMBER Rotary Foundation month
DECEMBER Disease Prevention and Treatment month
JANUARY Vocational Service month
FEBRUARY Peace and Conflict Prevention/Resolution month



**ROTARY CLUB OF
 NORTH BALWYN**

Our Club Web Site
www.rotarynorthbalwyn.com.au

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

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