



# The Grapevine



## IN SERVICE OF ROTARY

### The Presidential Proclamation

What a wonderful way to start Foundation Month!!! We inducted Belinda Wandabwa as the newest member of our Club and gave her a huge welcome to Rotary. Peter Sutherland was presented with his Paul Harris Fellow with one Sapphire. Pete has given so much to our Club and does a brilliant job with The Grapevine.

Our caterers were busy again both at the Hawthorn Craft Market and Bunnings. A huge thank you to them for being so flexible and able to do this at very short notice. Raffle ticket selling has commenced for our Christmas raffle. I don't think I am particularly good at this as I have never had so many people say 'no' to me previously.

Peter Cleary is encouraging all members to donate to the Foundation by becoming an EREY – Every Rotarian Every Year which is a donation of \$100 per year or a Paul Harris Society member which is a donation of US \$1,000 per year. We would love every Club member to support the Foundation as it is our Foundation and supports the service that we undertake.

The first donation to the Foundation was \$26.50 back in 1917 and the Foundation's assets have now grown to more than \$1 billion with more than \$3 billion having been spent on programs and projects transforming millions of lives across the globe.

In the words of Arch C. Klumph, the original instigator of Rotary Foundation:

“We should not live for ourselves alone, but for the joy in doing good for others”

This week, please “Be a gift to the World”.

President Jane

### Next Week's Speaker:

Mr. Richard Fejer;  
Prosthetics—Past  
and Present.  
Prosthetist/Sales/  
Manager at Ortho-  
paedic Techniques.



### Our Leadership 2015/2016



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

## Induction: Belinda Wandabwa

Congratulations Belinda on becoming our newest member. Belinda is a nurse and currently works in Aged Care; her mentor is Sue McDonald and she is assisting John Burley with International projects.



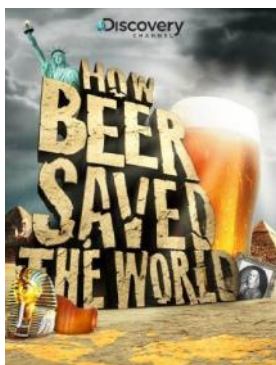
Welcome Belinda



Immediate Past President Adrian Ranson presented Peter Sutherland with a Paul Harris Award (with one sapphire) as Peter was absent on leave when the awards were announced at the June Club Change Over.



Above Right: Our Guest Speaker Vince Costanzo with Host Geoff Steinicke.



Vince proved to us that Beer Saved the World  
Key "Facts"

- many anthropologists and archaeologists now believe that it was a taste for beer, not bread, that started people farming barley in around 9000BC.
- The drive to grow more barley in order to make more beer, led to a cascade of inventions. The plough, the wheel, irrigation, mathematics and even writing, all of these world-changing innovations were dreamed up to help with the production and distribution of beer.



- in the Land of the Pharaohs beer was the national currency, a dietary staple and even an important medicine. Put simply, without beer, we wouldn't have the pyramids.
- Beer has been behind some of history's most remarkable breakthroughs, from the discovery of germ theory and modern medicine, to the invention of refrigeration, the birth of the factory and the end of child labour.
- Beer didn't just change the world, it saved it!

Revisit the video of How Beer Saved The World [HERE](#)

Vince is an advocate and consultant to the Micro Brewery industry.

This Industry is showing great growth.

Based on USA statistics there is an expectation that Australia has good growth prospects.



Weekend Mayhem at Fellowship trip to Cobram - Barooga



Reminder about District Conference

The District Conference Team continues to work hard to make the 2016 Conference in Bendigo the most exciting conference so far.

We are anticipating a large attendance and **it would help with our planning if you could register before November 30th.**

The early bird cut off date is November 30th and registration after this date will be an extra \$75.

**A copy of the Conference Brochure can be [downloaded here](#)**



**EARLYBIRD**

**CLOSES NOVEMBER 30TH**

### Christmas Raffle News

Because of the Club Fellowship Weekend, selling was restricted to just two sites this week. After two weeks of selling, ticket sales and donations have exceeded \$ 2,700

Your next volunteering opportunities are listed below

**FRIDAY 13<sup>th</sup> November**

Woolworths, KEW, Walpole Street, Kew  
3.00 to 5.30pm

**SATURDAY 14<sup>th</sup> November**

Coles, NTH BALWYN, Corner of Doncaster & Burke Rds.

10am to 12.30pm  
12.30 to 3.00pm  
3.00 to 5.30pm

Dan Murphy, KEW Whitehorse Road.

10am to 12.30pm  
3.00 to 5.30pm

Woolworths Balwyn, Whitehorse Rd.

12.30 to 3.00pm  
3.00 to 5.30pm

Contact Peter Elliott,

SMS, 0419 0417 334

email [pelliott842@bigpond.com](mailto:pelliott842@bigpond.com)

or

Lindsay Pegg, SMS, 0419 546 021 or email, [lhpegg@optusnet.com.au](mailto:lhpegg@optusnet.com.au)

with the dates, location and timeslots where you can help out.

Spreadsheets showing the vacant time slots have been e-mailed to all members .

Thank you

Jake—The Pegg



**"The North Balwyn Rotary Club Antiques Road Show"**

Guest speaker at our Club Meeting on Thursday 26<sup>th</sup> of November (a partners' night) will be well known and respected auctioneer, Mr. John Ainger of E. J. Ainger Pty. Ltd. Auction Rooms, Bridge Road, Richmond.

To make this an interesting and successful night, we need the following:-

**Members are asked to submit some "significant items" to be evaluated - such as silverware, ivory, glassware, ceramics, metalware memorabilia etc. (Items not required are jewellery, paintings, furniture or sporting memorabilia).**

**We would like 6 or 7 items for John Ainger to discuss during his address and a further number of general interest items for display.**

Members are reminded to bring along suitable items for the sub-committee (Jo Wells, Jim Romanis and Duncan Ansell) to consider on Thursday, 5<sup>th</sup> November and Thursday, 12<sup>th</sup> November at 5.30 pm at Kew Golf Club.

With your help, this will contribute to a memorable evening. Many thanks. Duncan Ansell, for the Fellowship Committee.

### Up and coming Catering Events

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](mailto:nsofra@bigpond.net.au)

Thank-you in anticipation Nino

Date	Event	AM Shift 8am-12noon	PM Shift 12noon - 4pm
Sunday, 6 December 2015	Camberwell Craft Market	Steven Greatorex	
9am - 3 pm	Camberwell Civic Centre	Ian Richardson	
Thursday, 10 December 2015	Bunnings Xmas BBQ	Nino Sofra	Bill Oakley
6pm-8pm	256 Middleborough Rd	Rob Stewart	Geoff Steinicke
	Box Hill	Matt Pauli	
		John Gartlan	
Saturday, 12 December 2015	POLICE BUNNINGS BBQ	(Need 2 helpers)	Matt Pauli
8am to 4pm	HAWTHORN		Jim Studebaker
		Jane Pennington	
		Nino Sofra	
Sunday, 13 December 2015	CHRISTMAS PARTY FOR	(1 Helper Needed)	Nino Sofra
9.30am-1.30pm	SPECIAL CHILDREN.	Rob Head	Jim Studebaker
	Mooney Valley Race Course	Don & Ala Taylor	John Burley
		Bill Oakley	
Sunday, 13 December 2015	SERVANTS CAROLS NIGHT		
	Carrical House	JANE PENNINGTON	
	18-20 Mason St. Hawthorn	NINO SOFRA	
		Bill Oakley	
		Geoff Steinicke	
Friday, 18 December 2015	Bunnings BBQ	Nino Sofra	Jim Studebaker
8 am - 4 pm	256 Middleborough Rd	Colin Sharp	Peter Sutherland
	Box Hill	Peter Wilson	Ken Maxfield
		Bill Oakley	

### Christmas Fare 2015

Ladies, friends and supporters, once more I am asking for your help with baking etc. for the Christmas Fare on Friday, 4th December, 2015, outside the Commonwealth Bank in Doncaster Rd. supporting the Boroondara Family Network and Days for Girls.

Cakes, biscuits, slices, mince pies, puddings, chutneys etc. would be gratefully received. I have plenty of red spotted cellophane bags for packing if you would like some. Other-wise the usual Christmas plate and presentation would be fine.

Ian Mollison has generously offered (again) to be the receiver of goods before 5pm on Thursday 3rd December, at his Hello World Office in the Village.

If you would be interested in doing a shift on the day, please let me know.

Jo Wells

Ph. 98593725 or [welstar@bigpond.com](mailto:welstar@bigpond.com)



Michelle Payne has nothing on our local boy (left).

What a great result for the Melbourne Cup, and well done to all those who had Prince of Penzance in the sweeps. (Below: Michelle with brother and strapper Stevie)



Here is our recent guest Waltraud Reiner at The Cup; showing off hats of course, with Katherine Juchems

### Contribute to Every Rotarian Every Year [EREY]

The Annual Fund makes it possible for Rotary clubs to transform lives worldwide. Your generous support funds local and international projects that advance The Rotary Foundation's mission. All contributions to the international fund are spent on quality international Rotary projects.

The Every Rotarian, Every Year (EREY) initiative encourages all Rotary club members to contribute \$100 every year to help us reach our goal to support the Rotary Foundation financially each year.

# EVERY ROTARIAN EVERY YEAR

Your Foundation Chair Peter Cleary will be reminding us to contribute.

See Peter if you would like to become a regular subscriber.





**Upstream Challenge**

It is on again!! I am leading the Bushrangers Team in the Upstream Challenge and we will be covering 20kms from Yarra Flats to Donvale on 14 November. This is a fundraiser for FareShare, an organisation with whom we work. The Bushrangers Team members include Rotarians, family and friends. If you would like to support John and Chris Burley, myself and the rest of the Team please

go to our Team page and check us out!! Heaps of thanks.

<https://upstreamfoundation.org/groups/the-bushrangers/members/>



President Jane

**Rotary Gardens Project at 6th November 2015**

Follow the link <http://rotaryclubofnorthbalwyn-gardensproject.yolasite.com>

As always, any nominations for future visits, queries or 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>
Tue 10/11 - RCNB	10.00 - noon	Rowan McClean	Estelle Kelly
Fri 13/11 - RCNB	4.00- 5.15pm	Greg Cribbes	Tony Ho, John Gartlan
Tue 17/11 - RCNB	10.00 - noon	Greg Cribbes	Garth?? (tbc) + one please
Tue 24/11 - RCNB	10.00 - noon	Greg Cribbes	Greg Ross (tbc)+ one, please
<i>That's IT for 2015</i>	<i>Terrific Project!</i>	<i>A huge thank you!</i>	<i>See you in 2016 - Greg C.</i>

**Invitation from the Rotary Club of Camberwell**



World President Elect Ian Riseley will be presenting at the Rotary Club of Camberwell. "The Future of Rotary".

Wednesday November 25: Conochie Hall, 2 Rochester Road, Canterbury 3126

6.00pm for 6.30pm: \$30 per head, Wine \$4.00 glass.

Attendances to President Anne Murphy, [apmurphy@bigpond.net.au](mailto:apmurphy@bigpond.net.au), 0419 470 405

Ian H.S. Riseley, of the Rotary Club of Sandringham, Victoria, Australia, is the selection of the Nominating Committee for President of Rotary International in 2017-18. He will become the president-nominee on 1 October if no other candidates challenge him.

Riseley says that meaningful partnerships with corporations and other organizations are crucial to Rotary's future.

**NOTICE OF AGM**

ROTARY CLUB OF NORTH BALWYN Inc.

The Annual General Meeting of the Rotary Club of North Balwyn will take place at Kew Golf Club on Thursday 26<sup>th</sup> November 2015 starting at 6.40 pm.

**Nominations close on Thursday 12 November 2015.**

Audited Financial statements will be circulated to members prior to the meeting date.

The Agenda for the meeting will be circulated at the close of nominations.

Gavan Schwartz Secretary 2015/16

**2015 Rotary Foundation Paul Harris Breakfast**

When: Tuesday 24<sup>th</sup> November 2015

Where: The RACV Club Level 17 501 Bourke Street Melbourne

Tickets: \$65.00 per head or \$600 for a table of ten (incl. GST)

Time: 7.15 for 7.30 till 9.00am RSVP: 16<sup>th</sup> November 2015

**Guest Speaker:** Professor Kate Leslie,

**“To sleep, perchance to dream – what’s really happening during general anaesthesia?”**

Professor Kate Leslie is a specialist anaesthetist and head of anaesthesia research at the Royal Melbourne Hospital. She is the chair of the Australian and New Zealand College of Anaesthetists (ANZCA) Clinical Trials Network and a member of the ANZCA Research Committee and ANZCA Foundation Board of Governors.

Kate has done extensive research in awareness and dreaming during anaesthesia and sedation.

She is currently a chief investigator of a large trial looking at the effects of light and deep general anaesthesia on older patients having major surgery. Kate is a former president of ANZCA, a former chair of the Committee of Presidents of Medical Colleges and a recent recipient of the ANZCA Robert Orton Medal and the Australian Medical Association Woman in Medicine award.



The Paul Harris Breakfast celebrates Paul Harris Fellow Recognition recipients and Foundation Alumni in Rotary District 9800. All Paul Harris Breakfast proceeds go towards Rotary Foundation programs.

Thank you for your past support and we look forward to welcoming you again this year.

FOR FURTHER INFORMATION PLEASE CONTACT:

**Peter Cleary [pleary1174@yahoo.com.au](mailto:pleary1174@yahoo.com.au) 0418 340 310**

**[BOOK NOW Download Flyer](#)**



**Geoff's Health Tip—Berrygood**



The nutritionists tell us we should seek out highly coloured fruit and vegetables because they contain high quantities of healthy phytonutrients. In particular, the highly coloured berries such as blueberries and cranberries are the berries of choice, especially blueberries because they are now grown in all Australian states and, in season, are well priced. They have a great taste and as far as I know, are non-allergenic, so everyone can enjoy them.

Blueberries were first introduced to Australia from the USA in the 1950s, but the effort was unsuccessful. Another attempt in the 1970s by the Victorian Department of Agriculture using several American varieties was started and eventually there were three varieties that succeeded.

Production in Australia now exceeds 6,000 tons and one Australian company with plantations in Morocco, to supply the UK market, has been very successful.

Berries are some of the most disease preventive foods on the planet. These little purple and red berries contain anthocyanins, that give the colour. Anthocyanins are believed to be beneficial to your circulatory system by supporting the endothelial lining of your arteries, reducing arterial stiffness. A study reported in the Journal of Nutrition and Dietetics also indicated there was some evidence that daily consumption reduces blood pressure. A Chinese study found the incidence of dementia was higher for those who did not consume berries on a regular basis.

Other studies have reported that the high antioxidant levels in berries is anti-inflammatory, which would mean they have wide-ranging benefits, however I am one person who would say they are not a panacea for all the diseases that are claimed. Nevertheless, berries not only taste good, they are beneficial.

Geoff

**Meeting Report for GV**

**Meeting No. 19**

**Thursday, 5th November 2015**

<b>Present:</b> Guest Speaker	4	Vince Costanzo with wife Maria, son Adam & daughter Alana
NB Members	54	
Guests	3	Inductee Belinda Wandabwa & Juba Sinkala, Gary O'Connor Greg Ross - ARH Board - Sydney; John Burley - RC Bacchus Marsh;
MakeUps	32	Geoff Haddy - RC Melbourne; Gardening Project - 4; BBQs - 16; Raffle - 9.
Meeting Attendance	93.5%	

**Absences for Rosters:**

Greg Dimopoulos   Geoff Haddy   Brian Hurnard   Jack Liao   John McBride   David Willshire

**Celebrations**

Monday 9th November to Sunday 15th November

**Birthdays: None**

**Inductions: Jim Romanis 1995, John Rennie 1988  
Colin Sharp 2010**

**Wedding Anniversaries: None**





**Rotary Club of North Balwyn CHARITY GOLF DAY**

**Friday 19th February 2016 Kew Golf Club 120 Belford Rd East Kew.**

**Proceeds to ROTARY CLUB OF NORTH BALWYN MEN'S SHED**

**GREAT PRIZES TO BE WON**

**Shotgun Start at 8.00 am**

**Briefing 7.15am** prior to proceeding to hit off tee

**Lunch:** Post match with presentations included in entry fee. Drinks at bar prices.

**Ambrose Competition** – preferably, players will have GA Handicaps.

For all social and non-handicap players, a Handicap of 18 will be given.

**In addition to PRIZES for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placed teams, there will be fun prizes on:**

- 9<sup>th</sup> Fairway - Longest Drive (on the fairway!!)
- 9<sup>th</sup> Fairway - Straightest drive (beyond the tee!!)
- 11<sup>th</sup> /18<sup>th</sup> holes- nearest the pin (on the Green!!)

**ENTRY FORM:**

<u>PLAYER</u>	<u>PHONE</u>	<u>GOLF CLUB</u>	<u>HANDICAP</u>	<u>GOLF LINK No</u>	<u>£</u>
(1)					
(2)					
(3)					
(4)					
					TOTAL \$

**Cost \$75.00 per player.**

**PAYMENT OPTIONS:**

- \* Cheque to Rotary Club of North Balwyn – to PO Box 135, North Balwyn 3104, or
- \* EFT to RCNB – BSB 033 058 Account 123696 noting your 'Player 1 name' and 'Golf'.

Enquires: Greg Matthews 0419 597 780 or email :- [greg1144@bigpond.net.au](mailto:greg1144@bigpond.net.au)

With thanks to our Major Sponsor, our local travel agent

Helloworld Balwyn North Phone 9819 7173

Ian Mollison – Managing Director, a member of the Rotary Club of North Balwyn.



## MEETING ROSTERS

<p><b>Thursday 12th November</b>  <b>Speaker:</b> Mr. Richard Fejer  <b>Topic:</b> Prosthetics—Past and Present  <b>Host:</b> Steven Greatorex  <b>Desk:</b> Adrian Ranson, Kinga Paulheim  <b>Greeters:</b> Tony Ho, Bill Oakley  <b>Set-up:</b> Chris Flavelle-Smith, Steven Greatorex</p>	<p><b>Thursday 19th November</b>  <b>Speaker:</b> Peter McCall OAM  <b>Topic:</b> Beyond Blue Ambassador  <b>Host:</b> Ian Adams  <b>Desk:</b> Peter Sutherland, Jim Romanis  <b>Greeters:</b> Rowan McClean, John McBride  <b>Set-up:</b> Ian Mollison, Duncan Ansell</p>
<p><b>Thursday 26th November Partners Night</b>  <b>Speaker:</b> AGM + Mr. John Ainger  <b>Topic:</b> Antiques Road Show  <b>Host:</b> Duncan Ansell  <b>Desk:</b> Garth Symington, Ian Richardson  <b>Greeters:</b> Ted Angleton, Gregor Matthews  <b>Set-up:</b> Colin Sharp, Jürgen Kehne</p>	<p><b>Thursday 3rd December</b>  <b>Speaker:</b> Pete Smith OAM  <b>Topic:</b> Behind the Scenes in Radio, TV and Vaudeville.  <b>Host:</b> Ted Wilkins  <b>Desk:</b> David de Garis, Nino Sofra  <b>Greeters:</b> Imre Lele, Marcel Muntwyler  <b>Set-up:</b> Ken Maxfield, Lindsay Pegg</p>

### 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)

<b>November</b>	<b>December</b>
Saturday 14th Upstream Challenge	Saturday 12th Carols in the Park, Macleay Park, Balwyn
Thursday 19th Ladies Fashion Fundraiser Blue Illusion, Balwyn	Sunday 13th Carols at Servants Community Housing
Thursday 19th Visit to Melbourne Market	Thursday, 17th Club Breakfast. North Balwyn Cricket Pavilion, Macleay Park
Tuesday 24th November Paul Harris Breakfast	, Belmore Road, North Balwyn.
Thursday 26th (Partners Night) Annual General Meeting Antiques Road Show Night	<b>2016</b>
<b>December</b>	<b>January</b>
Thursday 3rd BBQ at Bunnings	Sunday 10th Brunch 9:30–11:30 am Warren Glen Nursery 373 Ringwood Warrandyte Rd, Warrandyte
Friday 4th Ladies Christmas Cake Stall	<b>February</b>
Wed -Thursday 9th & 10th Variety Christmas Party	Friday 19th Golf Day : Kew Golf Club
Thursday 10th Partners' Night Celebration of Christmas	Wednesday 10th The Johnston Collection visit
	<b>March</b>
	Friday 11th -> Sunday 13th District Conference Bendigo

**ROTARY CLUB OF NORTH BALWYN 2014/15**

**President: Jane Pennington** [president@rotarynorthbalwyn.com.au](mailto:president@rotarynorthbalwyn.com.au)  
**Vice President: Brian Hurnard** [vicepresident@rotarynorthbalwyn.com.au](mailto:vicepresident@rotarynorthbalwyn.com.au)  
**Secretary: Gavan Schwartz** [secretary@rotarynorthbalwyn.com.au](mailto:secretary@rotarynorthbalwyn.com.au)  
**Treasurer: David de Garis** [treasurer@rotarynorthbalwyn.com.au](mailto:treasurer@rotarynorthbalwyn.com.au)  
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Grapevine Editor Peter Sutherland

[petesutherland@bigpond.com](mailto: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](#) to go to the Website

3. E-mail Hugo Goetze [apologies@rotarynorthbalwyn.com.au](mailto: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](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)

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

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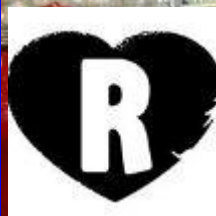




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