



## MEETING REPORT

Our Speaker, Sally Scanlan, is the Coordinator of the Woodend Community Bags group, which is working towards making Woodend plastic bag free.

Based at the Woodend Neighbourhood House, volunteers work together to make reusable Woodend Community Bags from recycled materials

The Woodend Community Bags was inspired by Boomerang Bags which began in Burleigh Heads in 2013 with the objective of reducing plastic bags in landfill. There are now 860 Boomerang Bags community groups worldwide and the estimate is that this has reduced 62,000 kgs of plastic bags going to land fill.

Host for the evening, Brian Thomas, has a close association with the Woodend Community Bags groups through servicing the volunteers sewing machines.



## **PDG Gordon McKern AOM awarded Service Above Self**

Past District Governor Gordon McKern has become the first person outside the Melbourne Metropolitan area to be honoured with Rotary's prestigious Service Above Self award.

He was presented with the award at the Multi District Conference on February 17th by Rotary International's Past Foundation Director and Chair of the Rotary Peace Centre Committee, Bryn Styles.

Gordon is one of only five people in District 9800 in the last 20 years to receive the accolade, and he was recognised for his commitment to helping others by volunteering his time and talents.



As District Governor, Gordon led efforts to raise millions of dollars to help create the Rotary Bone Marrow Donor Institute in Melbourne.

"When you're District Governor, you have a cause in mind which you want the clubs to get involved in," he said. "We wanted to raise \$2 million but we managed to raise \$4 million to go towards the institute."

## Our Leadership



**RI President  
Barry Rassin**



**DG 9800  
Bronwyn  
Stephens**



**AG Eastside  
Barry  
Hickman**



**President  
RCNB  
Nino Sofra**

## **Club Diary**

Camp Getaway Working Bee 11–13 October 2019

Fellowship Weekend 15–17 November 2019

[Read about Rotary in your area in The Progress Leader  
http://leader.smedia.com.au/progress/](http://leader.smedia.com.au/progress/)

## **APOLOGIES FOR CLUB MEETINGS**

Sign the "apology sheet" at the front desk at the prior meeting if you know in advance. Or E-mail to Hugo Goetze at [hugogoetze@netspace.net.au](mailto:hugogoetze@netspace.net.au) or 9857 6701

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

## **MEETINGS THURSDAYS**

**6 for 6.30pm  
Kew Golf  
Club  
120 Belford  
Road Kew  
3102  
Ph.  
9859 6848**



## TARGET 500 BOOKS FOR ST ARNAUD

A big thank you for everyone who has already supplied books for the Club's Drought Relief Program at St Arnaud.

We already have close to half the number of books required to meet our initial target.

Please continue to keep an eye out for suitable books, particularly for young adults and children.

We appreciate your support. We expect the books we provide will be of benefit to hard hit families affected by the drought at St Arnaud and the surrounding district.

Jo Wells

### Hot Cross Bun Fund-Raiser

Buy your Hot Cross Buns from John Koa's *Bakers Delight* in North Balwyn Village and he will donate \$1.50 to the Club for each 6-Pack sold !



He has *Traditional, Apple & Cinnamon* and new *Cadbury's Dairy Milk Chocolate Chip Buns* and each cost \$7.50 per 6-Pack.



When you buy your buns just tell the *Bakers Delight* staff that you are from the North Balwyn Rotary Club.

*Happy Easter.*

## MEETING ROSTERS

## PARTNERS NIGHT BOWLING NIGHT AT NORTH BALWYN BOWL'S CLUB

**Thursday 21 March**  
**Greeters:** Bill Oakley, Adrian Ranson  
**Set Up:** Kinga Paulheim, Greg Ross  
**Desk:** David De Garis, Ian Adams

**Speaker:-** No Speaker  
**Host:-**  
**Topic:-**

**Thursday 28 March**  
**Greeters:** John Rennie, Ian Richardson  
**Set Up:** John Gartlan, Estelle Kelly  
**Desk:** Tony Hart, Jane Pennington

**Speaker:-** William Docherty  
**Host:-** Geoff Kneale  
**Topic:-** Xavier Principal

As Principal of Xavier College and previously Deputy at St Kevin's College, Bill will address the challenges of young men today and the role of private schools in the development of our leaders of tomorrow.

Xavier has just completed its annual Strategic Review which Bill will also discuss.

**Thursday 4 April**  
**Greeters:** Sue McDonald, Peter Elliott  
**Set Up:** John Koa, Steven Greatorrex  
**Desk:** Rob Head, John Rennie

**Speaker:-** Alister Boyd  
**Host:-** Rob Head  
**Topic:-** Grains Council of Victoria

Please note:- Easter Good Friday Eve meeting moved to Wednesday April 17

<u>Meeting No.35</u>	<b>Thursday, 14th March 2019</b>
<b><u>Present:</u></b>	
Guest Speaker	1 Sally Scanlan - Woodend Community Bags.
NB Members	32
Guests	1 Kevin Walker - a PNM.
Alumni	1 Maria Gouvoussi
Meals Served	35 Members Present 32 = 44.4% ; Membership = 72
	Apologies (on time) = 32, LOA = 3, late apologies = 4, No Show = 1
<b><u>External Activities</u></b>	67 * <u>2nd Bite delivery to CamCare</u> - 14th March. Geoff Haddy ;
(Board Approved)	<u>Fareshare</u> - Larry Fitzpatrick; R.McClean - <u>RC Balwyn</u> ;
	<u>Camberwell Sunday Market</u> , 10th March - Adam Hillary & Geoff Steinicke
	<u>Schools Reading Project</u> - Rob Head, Estelle Kelly, Janie Pirret, Cath Stahel (RC Balwyn) & Eileen Toohill
	<u>Gardening Project</u> , 8th March - Rowan McClean, FofR Ian Glenny.
	<u>Men's Shed</u> - David Cheney, Peter Elliott (2), Tony Hart (2) & Greg Matthews ;
	<u>Catering</u> - Bunnings Box Hill 11th March - Estelle Kelly, Bill Oakley (2), Ian Richardson, Don Taylor & Ted Wilkins.
	<u>Grand Prix</u> 14/3 - D.Ansell (2), P.Cleary (2), R.Cooper, G.Cribbes (2), J.Gartlan (2), E.Kelly, T.Keyhoe, J.Koa, I.Lele, R.McClean (2), J.Magor (2), N.Marshall, G.Matthews (3), M.Muntwyler, B.Oakley (3), J.Pirret, I.Richardson, G.Schwartz (2), .Sofra (2), G.Steinicke (2), J.Studebaker (3), P.Sutherland, G.Symington (2), D.Taylor, T.Wells, T.Wilkins & T.Yakawa. Next Week is the annual bowls evening - Currently we have 30 member apologies, 8 members not defined; 34 members and 10 partners present so far. * (n) = Member sessions

## Rotary working in Vietnam

Rotary is not officially present in Vietnam, but Rotary North Balwyn has partnered with a Non-Government Organisation, the **Overseas Kids Foundation** to provide assistance to a poor community since 2009.

Over 100 children who were previously unable to go to school have been sponsored, with five already having graduated from University in a variety of disciplines. Books, furniture and equipment have been supplied to the kindergarten, schools and health clinic. Following testing, clean water has been supplied through six outlets in the schools and community. Pig-raising and a new agricultural project are in process with the aim of breaking the poverty cycle.

The International Red Cross has presented us with an Achievement Award.

As a result of visible benefits, the Phu Tho Provincial Government asked that we support other communities and, led by Rotary Bacchus Marsh, Balwyn and Brighton, we have committed to assist three other communities using the North Balwyn approach.

More than 1,500 children will benefit from educational support and some 16,000 residents from improvements in water, sanitation and health care.

This is an inspirational example of District 9800 clubs working together to make a difference through improving lives of needy people.



Clean Water in Minh Hac.



A new agricultural initiative

The new partnership in Bang Gia community:

OKF Country Manager Thuy Minh Nguyen, Rotarians Tony O'Brien, Rowan McClean and Clarke Ballard and People's Committee representatives.



Rowan McClean  
Rotary Club of North Balwyn  
RAWCS Project Manager 71/2009-10  
P.O. Box 200  
Kew East, Victoria 3102

## Geoff's Health Tip

### Are the Health Benefits of a Cup of Tea Real?

Tea, which was probably first brewed as a beverage in China around 2700BC, is one of the oldest and (after water) the second most consumed drink in the world.

After becoming popular in Europe, tea was spread widely by the forces of colonialism, and large plantations were established in India, Sri Lanka, Africa and Indonesia. In Australia, we drink 17,000 tons of tea annually compared with UK 132,000 tons, USA 127,000 tons, and China, a massive 1.6 million tons. As a point of interest, we drink 75,000 tons of coffee.

The potential health benefits of tea consumption revolve around the role of polyphenols. Polyphenols are produced in the leaves by the action of sunlight. Most of the polyphenols produced are antioxidants, which in tea may reduce the oxidation of cholesterol (oxidised cholesterol increases the risk of heart disease). Tea polyphenols may also promote favourable intestinal bacterial flora and inhibit reactive oxygen species associated with age-related diseases.

Current evidence suggests tea consumption provides positive effects of flavonoids (a type of polyphenol) on reducing the risk of coronary vascular disease and stroke.

In another study review there was general support for the antioxidative and anti-inflammatory effects of tea catechins on oxidative stress, considered a key component of the mechanism underlying Alzheimer's disease.

All types of tea contain caffeine, however the amount varies depending on the type of tea and the method of processing. The lowest amount of caffeine is found in green tea and the highest in black tea.

Green tea is generally considered the healthiest of all teas. It contains abundant amounts of a catechin polyphenol that inhibits the reactive oxygen species, thereby preventing oxidative damage.

**Geoff**



## BEFORE and AFTER shots of Saturday gardening by MLC students.





**Store Open Day Saturday  
March 23<sup>th</sup> 10.00 -3.00**



## **This year's focus -Improving Patient Care**

**Are you interested in improving medical care in developing countries and saving lives? This is your chance to talk to people who are doing this and to discover how easy it is to make a difference.**

**There will also be opportunities to see how the goods available at the Store are being used in other areas to improve lives, in many ways, in many countries.**

**It's a great opportunity to meet people, to share ideas and to learn from each other.**

**In the last 18 years Clubs helped to ship goods worth \$56 million in 559 Containers to projects in 32 countries. Will your Club be one this year?**

**Please join us and learn how easy it is to help save lives.**





## CAMBERWELL SUNDAY MARKET ROSTER – No 29

Sunday	6.45am – 10.00am	9.45am – 1.00pm
24 March	Nino Sofra	John Magor
31 March	Rob Head	Janie Pirret
7 April	Garth Symington	Adam Hillary
14 April	Greg Cribbes	Ian Richardson
21 April Easter Sunday	Tak Yukawa	Janie Pirret
28 April	Kinga Paulheim	Estelle Kelly
5 May	Garth Symington	Eileen Toohill
12 May	Geoff Kneale	
19 May	Don Taylor	Imre Lele
26 May	John Rennie	Russell Cooper
2 June	Neil Marshall	Nino Sofra
9 June	Estelle Kelly	Findley Cornell
16 June		Larry Fitzpatrick
23 June		Colin Sharp
30 June		
7 July		
14 July		
21 July		
28 July		

Please let me know as soon as possible if you are cancelling

Geoff Steinicke Mob 0418 175 130 email [gwsteinicke@bigpond.com](mailto:gwsteinicke@bigpond.com)

### Au Pair Wanted! In Finland!

Do you know a young person who would be interested in spending time in Finland?

Tiina was our exchange student from Finland in 1991-2. She is now doing oncology research in Kupio (central Finland) some distance from her home in Jyvaskyla. Her husband Petteri is a mechanical engineer with a company that produces gears for marine engines and is frequently away overseas.

Tiina and Petteri have two children. Daughter Senja is in year 10, and son Veikka is in year 6. Senja is planning to be a vet, hopefully studying in Melbourne. Veikka is shy and reserved by nature.



Contact Geoff Steinicke for more information.

## Catering Roster

Catering is one of major fundraising activities - help is always wanted!! so if you can help at any of the following, please email: [jane.pennington@bigpond.com](mailto:jane.pennington@bigpond.com)

<b>22 March</b>	<b>Bunnings</b>		<b>8.30am to 12.00pm</b>	<b>12.00pm to 4.00pm</b>
<b>Friday</b>	<b>Middleborough Rd</b>	1	Bill Oakley	Estelle Kelly
	<b>Box Hill</b>	2	Greg Cribbes	Don Taylor
		3		
		4		
		5		
	<b>Eftpos Machine Manager</b>			
<b>31 March</b>	<b>Maserati Club</b>		<b>Food shift 7.30am to 12.30pm</b>	<b>Food shift 11.30 to 3.30pm</b>
<b>Sunday</b>	<b>Sandown</b>	1	Sarah Hurst	Emily Rowling
		2	Pirozek Family	Emily Melinyk
		3	Pirozek Family	Dona Pirozek
		4	Jagarth Jayasinghe	Peter Pirozek
		5	Bill Oakley	Veronika Pirozek
			<b>Coffee shift 9.00am to 1.00pm</b>	<b>Coffee shift 12.30pm to 4.00pm</b>
		1		
		2		
<b>20 April</b>	<b>Bunnings</b>		<b>8.30am to 12.00pm</b>	<b>12.00pm to 4.00pm</b>
<b>Saturday</b>	<b>Middleborough Rd</b>	1	Sarah Hurst	Don Taylor
	<b>Box Hill</b>	2	Sandy Jayasinghe	Brian Lacy
		3	Jagarth Jayasinghe	Bill Oakley
		4	Emily Rowling	
		5	Tess Rowles	
		6	Emily Melinyk	
	<b>Eftpos Machine Manager</b>		Bill Oakley	
<b>25 April</b>	<b>ANZAC Day</b>		<b>5.30am to 9.30am</b>	
<b>Thursday</b>	<b>Doncaster RSL</b>	1		4
	<b>Doncaster Road</b>	2		5
		3		6
			Barista:	
<b>8 June</b>	<b>Bunnings</b>		<b>8.30am to 12.00pm</b>	<b>12.00pm to 4.00pm</b>
<b>Saturday</b>	<b>Middleborough Rd</b>	1	Sarah Hurst	Pirozek Family
	<b>Box Hill</b>	2	Jagarth Jayasinghe	Pirozek Family
		3	Emily Rowling	Georgia Suddick
		4	Bill Oakley	Brian Lacy
		5		Bill Oakley
	<b>Eftpos Machine Manager</b>			
<b>29 June</b>	<b>Bunnings</b>		<b>8.30am to 12.00pm</b>	<b>12.00pm to 4.00pm</b>
<b>Saturday</b>	<b>Middleborough Rd</b>	1	Bill Oakley	Bill Oakley
	<b>Box Hill</b>	2		Brian Lacy
		3		
		4		
		5		
	<b>Eftpos Machine Manager</b>			

## Rotary Gardens Project

This roster has been expanded to third term. Plenty of opportunities for volunteers.

Date	School	Time	RCNB Supervisor	Assisted by (1 or 2 pls.)
Fri 22 March	CGS, XC	3-5pm	G Symington	I Glenny, J Pirret
Sat 23 March	MLC	10-noon	G Haddy	A Stokes
Fri 29 March	CGS, XC	3-5pm	G Cribbes	Tony Wells, I Adams (at Eva T)
Sat 30 March	MLC	10-noon	R Head	K Walters,
SCHOOL HOLS				
Fri 26 April	CGS, XC	3-5pm	R McClean	I Glenny
Sat 27 April	MLC	10-noon	S Hardikar	+ B Ormerod (C'care)
Fri 3 May	CGS, XC	3-5pm	G Haddy	I Glenny
Fri 10 May	CGS, XC	3-5pm	G Symington	I Glenny
Sat 11 May	MLC	10-noon		M Muntwyler, B Ormerod (C'care)
Fri 17 May	CGS, XC	3-5pm	G Cribbes	
Sat 18 May	MLC	10-noon		
Fri 24 May	CGS, XC	3-5pm	G Cribbes, G Symington	I Glenny, I Adams (at Eva T)
Sat 25 May	MLC	10-noon		
Fri 31 May	CGS	3-5pm	R McClean	I Glenny
Fri 14 June	XC	3.45 – 5pm	G Cribbes	I Glenny
SCHOOL HOLS				
Fri 19 July	CGS, XC	3-5pm	G Haddy	I Glenny
Fri 26 July	CGS, XC	3-5pm	G Symington	I Glenny
Sat 27 July	MLC	10-noon		T Yakawa
Fri 2 Aug	CGS, XC	3-5pm	R McClean	I Glenny
Fri 9 Aug	CGS, XC	3-5pm		I Glenny, I Adams (at Eva T)
Sat 10 Aug	MLC	10-noon		
Fri 16 Aug	CGS, XC	3-5pm		I Glenny
Sat 17 Aug (special)	CGS Spl	10-noon		
Fri 23 Aug	CGS, XC	3-5pm		I Glenny
Sat 24 Aug	MLC	10-noon		
Fri 30 Aug	CGS, XC	3-5pm		I Glenny
Sat 31 Aug (special)	CGS Spl	10-noon		
Sat 31 Aug	MLC	10-noon		
Fri 6 Sept	XC	3.45 – 5pm		I Glenny
Sat 7 Sept	MLC	10-noon		
Fri 13 Sept	XC	3.45 – 5pm		I Glenny
SCHOOL HOLS				

Please complete as circulated at meetings or advise availability to [Geoff Haddy](#)

# Rotary

## Club of Rochester



Incorporated No. A0021076T

An evening at -  
**The Heritage Court House**  
 Home of Rochester Rotary.

23 Moore Street, Rochester  
 (Opposite Graeme Nelson Motors)

**A invitation to join us**  
 At the legendary

## PIE AND PORT NIGHT

Featuring local baked country fare, complimented with soothing beverages.

**Saturday 4<sup>th</sup> May, 2019.**

6:30pm for 7:00pm

**\$30 per person. Early Bird.**

\$35 after 30 April.

RSVP Friday 26<sup>th</sup> April (for catering purposes, thank you)

**Direct credit payment to bank account - Rotary Rochester, BSB 633 000 A/c 1321 85521**

Please label **Pie & Port** and your name and

email the names of attendees to:

: [bryangriffiths4@bigpond.com](mailto:bryangriffiths4@bigpond.com)

**Or enclose payment with your snail mail reply.**

Secretary (Pie & Port)

PO Box 74

Rochester 3561

*Would you like to come along?  
 Bookings are open to reply now.*

Cut here .....

### **Attendance return for PIE and PORT**

Number of persons attending at \$30 per person .....

Names: .....

.....  
 Please indicate any specific dietary requirements .....

## ROTARY INFORMATION

Rotary International	Website:-	<a href="https://www.rotary.org/">https://www.rotary.org/</a>
	Facebook:-	<a href="https://www.facebook.com">https://www.facebook.com</a>
	Twitter:-	<a href="https://twitter.com/Rotary">https://twitter.com/Rotary</a>
Rotary Australia	Website:-	<a href="http://rotaryaustralia.org.au">rotaryaustralia.org.au</a>
	Facebook:-	<a href="https://www.facebook.com/RotaryAroundAustralia/">https://www.facebook.com/RotaryAroundAustralia/</a>
	Facebook RDU:-	<a href="https://www.facebook.com/rotarydownunder/">https://www.facebook.com/rotarydownunder/</a>
	Twitter:-	<a href="https://twitter.com/rotaryaustralia">https://twitter.com/rotaryaustralia</a>
District 9800	Website:-	<a href="https://www.rotarydistrict9800.org.au/">https://www.rotarydistrict9800.org.au/</a>
	Facebook:-	<a href="https://www.facebook.com/rotarydistrict9800/">https://www.facebook.com/rotarydistrict9800/</a>
	Twitter:-	<a href="https://twitter.com/rotaryd9800?lang=en">https://twitter.com/rotaryd9800?lang=en</a>
	Networker:-	<a href="http://rotarydistrict9800.org.au/content/54/networker">rotarydistrict9800.org.au/content/54/networker</a>
Rotary Club of North Balwyn	Website:-	<a href="http://www.rotarynorthbalwyn.com.au">www.rotarynorthbalwyn.com.au</a>
North Balwyn Men's Shed	Website:-	<a href="http://www.northbalwynmensshed.com">www.northbalwynmensshed.com</a>
Find a Rotary Club:-		<a href="https://my.rotary.org/en/search/club-finder">https://my.rotary.org/en/search/club-finder</a>

### ROTARY CLUB OF NORTH BALWYN 2018/19

President: Nino Sofra	<a href="mailto:president@rotarynorthbalwyn.com.au">president@rotarynorthbalwyn.com.au</a>
Vice President: Adrian Ranson	<a href="mailto:vicepresident@rotarynorthbalwyn.com.au">vicepresident@rotarynorthbalwyn.com.au</a>
Secretary: Gavan Schwartz	<a href="mailto:secretary@rotarynorthbalwyn.com.au">secretary@rotarynorthbalwyn.com.au</a>
Treasurer: Adam Hillary	<a href="mailto:treasurer@rotarynorthbalwyn.com.au">treasurer@rotarynorthbalwyn.com.au</a>
Grapevine: John McBride	<a href="mailto:jdmcb48@bigpond.net.au">jdmcb48@bigpond.net.au</a> <b>Noon Sat Weekly Deadline for submissions.</b>

North Balwyn Probus:	Michael Martin	<a href="http://balwynnorthprobus.org.au">http://balwynnorthprobus.org.au</a>		
North Balwyn Heights Probus:	Sue Mullarvey	<a href="mailto:yarramul@tpg.com.au">yarramul@tpg.com.au</a>	98574305	0400821402
Greythorn Probus:		<a href="http://greythornprobus.org.au">greythornprobus.org.au</a>	98594941.	
Boroondara Ladies Probus:	Janet Eddy	<a href="mailto:jveddey@applewood.net.au">jveddey@applewood.net.au</a>		

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**THE TRAVEL PROFESSIONALS  
BALWYN NORTH**



Thank you Helloworld North Balwyn for your ongoing support of our Event Days and assistance with our Mongolia travel arrangements.



Bendigo Bank

Kew | Kew East

Bendigo Bank is a strong supporter of Nth Balwyn Rotary through its help with our Community Projects and Fund Raising.

Bakers  
Delight