



Meeting of 14<sup>th</sup> May 2020 Attendance by Zoom

Dear Members,

Last Thursday was the beginning of a [Telstra Internet outage](#) which frustrated some of our members trying to ZOOM into our meeting.

*A Telstra spokesperson said crews had worked through the night and early this morning to restore the services. But people could suffer connection issues for a number of days. A number of fibre cables were damaged at a building site in Box Hill. The damage to cables is significant and it's impacting nbn, Foxtel and broadband cable services and some mobile sites in the eastern suburbs.*

Despite this we had an attendance of 28 including Bill Oakley, now from Sandy Bay RC.

Our Almoner Eileen is doing a great job keeping us in touch with The Club's health. If you have a person in need or would like to report some good or concerning news to The Club please contact Eileen. We are all here to help, or share in your good news!

Jane reports that the Rotaract Club is keeping active and has now joined "The Great Push-Up Challenge"

<https://www.thepushupchallenge.com.au/>



Push For Better  
May 2020

*The Push-Up Challenge is a fun, social way to raise money for mental health charities while also boosting your own physical and mental wellbeing. The 21-day event encourages you and your friends to complete a set number of push-ups every day (the daily amount changes from day to day to keep you on your toes!). You can complete the push-ups anywhere you like – feel free to get creative and share your efforts on social media!*

*Over the course of 21-days you'll be challenged to complete 3,046 push-ups, representing the number of lives lost in Australia due to mental health issues last year. Together, we can make a real difference - sign up today and join the push for better mental health! Money raised will support headspace, The National Youth Mental Health Foundation of Australia.*

You can donate to our Rotaract Team [HERE](#)

<https://www.thepushupchallenge.com.au/donate-to-21473-boroondara-rotaract>

Visit the Facebook Page [HERE](#) <https://www.facebook.com/pushforbetter/>

President Peter's report continues on page 2

### [Our Leadership](#)



**RI PRESIDENT**  
Mark Maloney



**DG** Grant  
Hocking



**AG Eastside**  
Barry  
Hickman



**President**  
**RCNB**  
Pete Sutherland

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

**See you at our weekly Thursday 4pm Zoom Meetings**

**Use this recurring link <https://zoom.us/j/416185483>**

### Club Diary

Camp Getaway weekend 16-18 October 2020

Fellowship Weekend 23–25 October 2020

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

### APOLOGIES FOR CLUB MEETINGS

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

Or E-mail to [apologiesrcnb@gmail.com](mailto:apologiesrcnb@gmail.com)

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

President Peter's report Continued from page 1

## Voluntary Service Fund

Thanks to your generous donations we have been able to continue supporting our local and Rotary community. We have raised \$2,600 and made three donations of \$500 to RAWCS Project "Umoja Youth & Children Centre, Arusha, Tanzania", Servants Community Housing, and the ANZAC Day 2020 Appeal to help our amazing Veteran Community. All these recipients have been hit hard by the Corona Virus with reduced funding and/or increased expenses. Servants Community Housing noted that they have incurred several thousand dollars in extra expense through the need to buy face masks and sanitisers.

To donate further to our Voluntary Service Fund please make an EFT transfer to our **Service Account** with the label **VSF**

**RCNB Service Account** BSB 633 000 Account 146 140 785

Use reference **VSF**

## ZOOM Meetings

Many Clubs are now meeting using ZOOM and most of us have now become competent ZOOM Attendees. As such it's easy to join our meeting and the meetings of other clubs from the comfort of your own home! (JJ even joined in whilst walking home from work using his mobile phone!)

Join our Weekly Zoom Meeting <https://us02web.zoom.us/j/416185483>

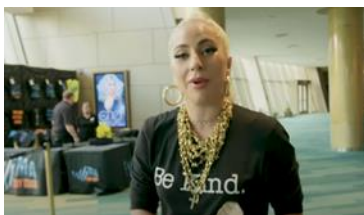
**Meeting ID: 416 185 483 - Thursdays 4pm**

**Sandy Bay Zoom Meeting:** Last week I joined Sandy Bay RC to meet Bill Oakley's new Rotary Club and to hear from their Guest Speaker Matthew Etherington - a 23 y.o. named Tasmania's Young Achiever of the Year recently. Listen to an ABC Podcast from Matthew [HERE](#)

Visit Mental Health First Aid Australia Website [here](https://mhfa.com.au/) for more information. <https://mhfa.com.au/>

Matthew reminded me of our previous Guest Speaker [Laura Hart](#) who addressed us about a School based Teen Mental Health First Aid program. Teen Mental Health First Aid (tMHFA) is a 3 x 75-minute classroom-based training program for high school students in Years 10-12, developed by Dr Laura Hart, Dr Claire Kelly, Professor Tony Jorm and Betty Kitchener AM. This program was later taken on board by Lady Gaga in New York and I recommend you follow the link [HERE](#) to learn more.

[The program Lady Gaga talking about](#) is Australian, and they hope the star's backing will turbo-charge its popularity. "Suicide is the most common cause of death in young people," says one of the designers, Dr Claire Kelly. "We are in a crisis. We are in a crisis in mental health". "This is a program that can save lives."



## Rotary Club of Yea Zoom Meeting Thursday May 21 7.30 pm



Ken Maxfield has alerted us to great opportunity to hear an excellent Rotary Guest Speaker and has extended an invitation to you attend. Dr Jessie Harman, a member of the Rotary Club of Wendouree Breakfast, Vic, has been chosen as a Rotary International director for 2021-23.

<https://zoom.us/j/93475589414?pwd=ZWswZWVhUNmcxcytCWFVhZVU5NDRuUT09>

**Meeting ID: 934 7558 9414 ... Password: 000269**

[Ken Maxfield, Rotary Club of Yea D9790](#)

Read more [HERE](#)

President Peter's report continues on page 3

**District Assembly Zoom Meeting Sunday 24th May 2020: 10am – 12.30 pm**

Register your attendance by **Tuesday 19th May** or earlier if possible, via the following **TryBooking** link: <https://www.trybooking.com/BJPCZ>

The agenda, confirmation of breakout session and the zoom link will be sent to each registrant on 20th May 2020.

**Morning Tea with The DG Zoom Meeting Morning Tea with the DG**

Starting next weekend on **Saturday 23rd May starting at 11 am** Grant will be hosting a Morning Tea with the DG which will continue **every Saturday morning ending on 20th June**. This will be an opportunity to chat informally and ask questions about what's going on in the District, clubs and across the Rotary World. I started the year holding these regularly face to face and now we can continue on the Zoom platform.

Join Zoom Meeting <https://us02web.zoom.us/j/81883114579>

**Message from District Governor, Grant Hocking**

All clubs and the district are ensuring that Rotarians are staying connected and communication during the period of COVID 19 restrictions. I know this because I have been visiting many club meetings and also many district meetings hearing first-hand about the great work being done in our District.

Although this week there has been a slight easing of the restrictions, there is a real need to maintain our social distancing and healthy habits for many months to come. The rate at which more restrictions will be eased and not reinstated depends a lot on how we do as a society in limiting the spread of COVID 19. I know all Rotarians are sensible and will do the right thing to lead the way and be an example to the community.

As mentioned last month we have achieved our goals of **Staying connected**, ensuring we have **projects**, and having some form of **fundraising**.

We need all clubs to share your ideas on the [Staying Connected page](#) of the District website. Your ideas and actions are important to share and will help our district and our clubs. Once again I need to thank Jane Pennington and Mark Stephens for maintaining this page and keeping us all informed. Mark has shown that people accessing our page has increased as is the number viewing Networker which is another great way to stay in touch with the activities of the District and clubs.

DG Grant

**World Bee Day – Waggle Waggle**

The main purpose of World Bee Day events is to spread awareness of the significance of bees and other pollinators for our survival. Simply proclaiming World Bee Day does not do much for bees and other pollinators; the main work of safeguarding their existence still needs to be undertaken.

World Bee Day is an excellent opportunity to put bees at the centre of the national conversation for a day and encourage actions that create more bee-friendly landscapes. To find out more click [here](#)

A central feature of the World Bee Day celebration is the whacky 'Waggle Dance'!

**The 2020 Global Online Waggle Dance Challenge is an attempt to achieve 20,000 waggle dance videos, from 20 countries, in 20 days, ending on the 20th May 2020.**



Register for the Global Waggle Dance Challenge [here](#).

**What is a Waggle Dance?**

You may have heard about how honeybees do the 'Waggle Dance' to communicate with their hive. The scouts forage over a radius of 5km to find pollen. They share the location to their fellow bees with an intricate waggle dance. The dance tells other bees how much food there is and how far away it is. To view and learn the dance, download the video and register [here](#).

Closing date for the video is 20 May, but if participants would like to be eligible to be part of a compilation video, they need to upload by 12 May. Read more [HERE](#)

This event is an initiative of Rotary Club of Canterbury, Rotarians for Bees and The Wheen Bee Foundation.

**(See page 14 for more information)**

President Pete

**Dear Members,**

**Visit** <https://my.rotary.org/>

Sign-in with your MyRotary Username and Password and goto the Learning Center.

<https://learn.rotary.org/members/learn/catalog>

There are many training and Learning courses to keep you interested and involved during isolation

DON'T HAVE A MyROTARY Account – See pages 10-12 on how to create one.

President Peter Sutherland.

Correcting an error in the previous Grapevine.

There was a reference to PP Paul Fitz as being sponsored by David Cheney. It is the reverse. PP Paul Fitz was a Charter Member who sponsored David Cheney. My apologies if anyone was offended.

Please click [HERE](#) to view - download the 'Rotary On The Move' Newsletter for May 2020. Please feel free to share and send us your great membership stories.

If you do not want to receive future editions of 'Rotary On The Move' please email [tim@cinet.com.au](mailto:tim@cinet.com.au) asking to be removed as a recipient of the Newsletter.



Officers standing  
to attention as a mark of respect  
during the funeral service for  
Leading Senior Constable Lynette  
Taylor  
30 April 2020.

Keep connected. Visit the 9800 website for more information

<https://rotarydistrict9800.org.au/sitepage/staying-connected/staying-connected>

Following up from our Vocational visit to Ronald McDonald House this year, Rob received a request to ask us to consider participating in their current Fund Raiser.

If you feel like throwing a virtual party, see below how to turn it into a fundraiser for Ronald McDonald House, or make a one off donation.

<https://www.rmhc.org.au/programs/houses/vic/ronald-mcdonald-house-parkville>

Hi John

I recently had contact with Koichi Hara, our second incoming Exchange Student , who is now an Executive with Mitsubishi who visited the Club a couple of years ago.

It was the occasion of Koichi's 55th birthday.

Unfortunately after celebrating his birthday his 103 year old grandmother who was in good health suddenly passed away that evening.

Cheers

Peter Cleary



# Rotary drought program doing a world of good

THE COVID-19 pandemic is affecting us all, and dominating the news cycle, but work has been quietly continuing behind the scenes to help those who were already doing it tough.

Recent rains - though incredibly welcome and helpful - haven't undone the effects of years of drought, and the Rotary Club of North Balwyn's Numurkah Drought Relief Project, delivered in cooperation with the Rotary clubs of Balwyn and Numurkah, has been bridging the gap for local farmers and farm workers.

Chair of the program, Geoff Kneale from the Rotary Club of North Balwyn said the crippling effects of COVID-19 have made the importance of the drought relief program even more critical.

The program is aimed at bringing both financial and well-being support to the local farming community, specifically under drought afflicted stress.

The central part of the program is vouchers for exclusive use at selected local businesses offering essential goods.

Since mid-March, when the vouchers were delivered to rural financial planners (RFPs) for distribution to families in need of assistance, to the end of April, \$28,000 of vouchers had been distributed.

The impact of the vouchers is undeniable, with recipients' comments including statements such as "This is the first time I have filled my pantry

in 12 months", and "I have one less thing to worry about now".

As the vouchers circulate through the local economy, they represent an injection of over \$140,000 into Numurkah.

In recognition of the fact that wellbeing is about much more than money, the vouchers are just one element of the program.

Late last week, the Rotary Club of Numurkah had the great pleasure of distributing hundreds of L'Oreal hair and beauty products to Numurkah schools ahead of Mother's Day.

Though the original idea was for students without the means to purchase a present for mum to still have something to give her, the reality of most students now staying home made the plan a little harder to pull off.

Rotary Club of Numurkah president Lorraine Greenwood said that didn't lessen the significance of the gift.

"Staff at all of the schools were very happy to receive the packs to pass on to their students when they have the opportunity, and we all agreed that students will still have mums when school goes back and the gifts will be just as thoughtful then," she said.

Each Numurkah school received multiple boxes of shampoo, conditioner and hairspray, with the remaining boxes given to the Numurkah community house for distribution to families in need through the community house and Numurkah Community Learning Centre.



**All donations gratefully received ...** Cassandra Willis from Numurkah Secondary College receives the L'Oreal packs from Rotary Club of Numurkah's Kaye Moodie.

**SAVE  
THE  
DATE**

**NOW MORE THAN EVER,  
ROTARY CONNECTS THE WORLD:**

**THE 2020 ROTARY  
VIRTUAL CONVENTION**

**20-26 June 2020 | Learn more at [riconvention.org](http://riconvention.org)**

**Birthdays and Anniversaries between May 8 to 13**

**Weddings:** Nil

**Birthdays** Kinga Paulheim, Carol Studebaker

**Inductions:** John McBride, Geoff Steinicke, Peter Cleary, Marcel Muntwyler, Stan Hibbert



## Geoff's Health Tip

### Does Vitamin D Protect Against COVID-19?

We have known for many years that Vitamin D, in association with Calcium, is necessary for bone health and muscle strength, but recently there have been several studies linking COVID-19 patients with high Vitamin D levels to a reduced risk of developing COVID-19 infection, and to the severity of the disease.

Evidence from observational data supplied by hospitals treating COVID-19 patients in China, France, Germany, Italy, Iran, South Korea and the UK, showed that mortality rates were lowest in those with higher levels of Vitamin D.

We have learnt from medical reports that the Corona virus first enters our bodies by attaching to receptors in our lungs. If the attack is severe, ventilators are needed to supply oxygen to keep patients alive.

Two years ago, an article published in the *British Medical Journal*, described how supplementation with Vitamin D was associated with a significant reduction in viral respiratory tract infections. Overall there was a 12% reduction, whilst for those with a profound Vitamin D deficiency at baseline, there was a 70% reduction after Vitamin D supplementation.

The connection between the concentration of Vitamin D and its effect on the respiratory tract infection is a rather interesting one. We know that an attack on the cells of our bodies by a foreign microorganism is met by an immune response such as a rise in temperature and local inflammation. In the case of the Coronavirus, if the attack in the lungs is extremely severe it is met by an equally powerful immune response called a cytokine storm which has raised the possibility of an immune over-reaction, and death, in the worst case scenario.

The suggestion that Vitamin D has an immune-modulating effect that reduces the possibility of an over-reacting immune system is being put forward as its role in studying the effect of Vitamin D in reducing the severity of the disease.

In the meantime, apart from reading labels that list Vitamin D, living on oily fish, or following the sun - impossible at present - I would encourage measures that will reduce the risk of Vitamin D deficiency by taking one 1,000 IU tablet of Vitamin D a day.

Geoff



For your interest, our young ARH staffer Jessica Cooper has just produced our first podcast in this COVID-19 time. The research being conducted through 7,000 schoolchildren Australia-wide, mentioned in the final third of the podcast, is particularly interesting when noting that their online survey taken last year will be followed up in July (before and after COVID-19).

Cheers!



Gregory Ross

Chairman

0407 891 048

YouTube link: <https://www.youtube.com/watch?v=ge5n6pgm1Hk&feature=youtu.be>



## District 9800 News .....

**The annual District Training Assembly** was to have been held at Tabcorp Park in Melton on Sunday 24th May. Because of the current social isolation requirements, this will be replaced by a 3-hour online assembly to be run at 10.00am on the same date. The new format is being developed by District Governor Elect Philip Archer and his District Training Team.

**The District Rotary Foundation** will be part of that, and full details will be announced soon.

The annual Grants Seminar was going to be held at Tabcorp Park, after the Assembly, on the afternoon of 24th May. Clubs need to have representatives attend the Grants Seminar to be eligible for grants. The Foundation Committee is investigating the options of running a webinar, possibly to be held in June, or alternatively, developing an online seminar that can be done at leisure.

The Rotary Learning Centre has already an online Grants Management Seminar. This one is especially geared towards understanding global grants and takes about 2 hours to complete. It will also be an acceptable way for clubs to qualify to apply for grants in 2020-2021, as long as one or more members complete it. All clubs will soon be notified of the dates, and format, that the District 9800 Seminar will take.

### Keep Cups for Sale

Our District 9800 Conference Committee has worked hard to minimise the impact of the cancellation of the conference, and we are extremely grateful to all who have supported and assisted us in this process.

We now have the opportunity to offer you a unique opportunity of a different kind. We have a supply of Rotary branded 'Keep Cups' that were designed and ordered for our conference that are now available for purchase.

They are easy to order by simply going to <https://www.trybooking.com/BJKLH>

All Prices include postage direct to your home.

1 cup \$22, 2 cups \$40, 3 cups \$60 and 4 cups \$80....





## Second Bite Roster May/June/July/Aug`20

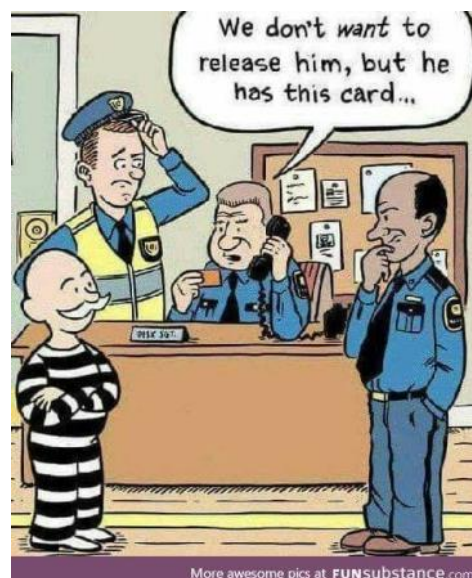
The Roster to collect food from 2nd Bite and deliver to Camcare.

Food is picked up from 2nd Bite between **8:15 and 8:45 am** every Thursday and delivered by **9:45 am** to Camcare.

Food is then sorted by Camcare staff for their 11:00 am distribution to the under privileged.

Please contact **Garth Symington** on mobile 0419 519 899

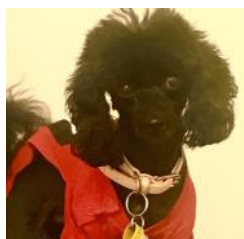
Date		Volunteer Driver	Team Members NOT available
21	May	Maurie Walters	
28	May	Colin Sharp	
4	June	John Burley	
11	June	Geoff Haddy	
18	June	Maurie Walters	
25	June	Colin Sharp	
2	July	Rob Head	
9	July	Greg Cribbes	
16	July	Maurie Walters	
23	July	Garth Symington	
30	July		
6	Aug		
13	Aug	Geoff Haddy	
20	Aug	Greg Cribbes	
27	Aug		





## Can Dogs Become COVID-19 detectors?

Messi Ralph Pawren (Alias Cris's Poodle) says "I am a fashionista, soccer fan & tango dancing toy poodle. I walk the walk , bark the bark ,I am a latin lover , and happy in kangaroo land.



My dear pooches, sniffers and barkers,

We, human's best friend could become a lifeline to people threatened by the spread of the coronavirus. Nothing mutt-ers as much as your health.

Dogs sense of smell may be able to detect this latest threat to the world's health. Our strong sense of smell has allowed trained dogs to spot cancer, Parkinson's and bacterial infections. We can also smell drugs, bombs, money being laundered in airports.

Pooches are also able to detect changes in the temperature of the skin, so could potentially tell if someone has a fever.

Research support the belief that each disease has a unique odor. The aim is that dogs will be able to sniff anyone, including those who are asymptomatic and tell us the need for them to be tested.

This would be fast, effective and noninvasive. If the research is successful, we could use COVID-19 detection dogs at airports at the end of the epidemic to rapidly identify people carrying the virus.

This would help prevent the re-emergence of the disease as this is a-paw-ling after we have brought the present epidemic under control.

There is no evidence to indicate that pets become ill with Covid-19 or that they spread it to other animals, and people.

I said to mum I ruff you very much .Thanks fur everything

You are fur-bulous .Our place seems so fur-miliar whilst in isolation Nothing mutt-ers as much as you.

Mummy said to me "You are fur-bulous Messi but please fur-give me if sometimes I am sad and take little notice of you .It's the leash I can do"

I said to mum "You need a new leash on life ,be-leash me,remain paws-itive and let's give the dogs and their noses a big round of apaws !

Regards

Missi

Thanks to Cris Yudi for this item.

Mom, why are humans wearing muzzles?

Honey, they are too dumb to learn "sit"and "stay".

## Zoom Meeting

Audio only

With video



Sunshine  
Paw & Chai

# Changeover Celebration

**Rotary**  
Club of North Balwyn



You are invited to join Rotary North Balwyn as they celebrate a very different Changeover.



Come and celebrate how Rotary North Balwyn connected the world and now look forward to opening opportunities.



Date

Thursday 25 June 2020

Time

5.45pm for a 6pm start

Method

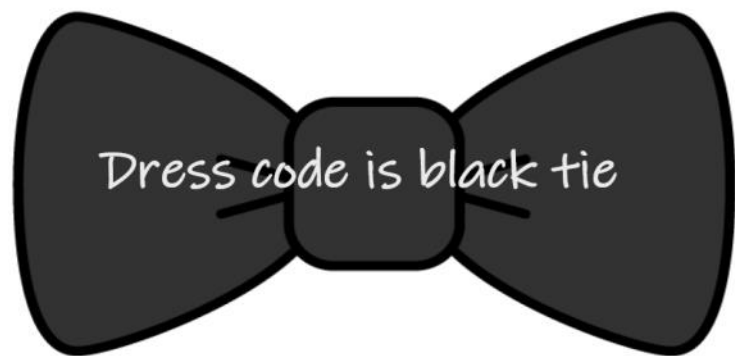
Via Zoom (electronically)

The link will be sent to you a few days before the event.



Have a glass ready for a  
celebratory toast

We would love you to join  
us as we farewell Pete and  
his team and welcome Greg  
and his team.



RSVP: To Jane Pennington at  
Jane.Pennington@bigpond.com

Or 0408 402 555

By: 22 June 2020

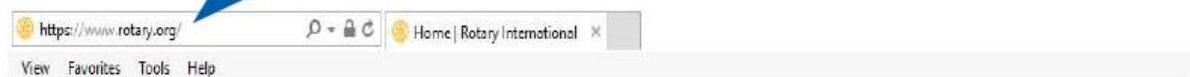
This will ensure you receive the zoom link.  
Any questions or concerns re zoom please  
contact Jane.



# HOW TO CREATE A MY ROTARY ACCOUNT



First go to [www.rotary.org](https://www.rotary.org).



1

My Rotary

Club Finder



JOIN

Get Involved

Our Causes

Our Programs

News & Features

For Members

Then click on My Rotary.

2



Click on Register for an account.



February 2017

Continued on page 11

Continued from page 10

3

If you are not a first time user, enter your email address and password. Then click on Sign In.

If you are a first time user, click on **Create account**.

## SIGN IN

SIGN-IN EMAIL \*

[Forgot email?](#)

PASSWORD \*

[Forgot password?](#)☒ REMEMBER ME ?

SIGN IN

## WHY CREATE AN ACCOUNT?

Signing in to My Rotary gives you a customized experience and easier access to tools and information that are relevant to you.

Anyone can create an account and sign in. Existing Member Access users can re-register with their current user ID. For tips on registering and using the site, see our [website resources](#). For assistance, [contact us](#).

CREATE ACCOUNT

## ACCOUNT REGISTRATION

\*Required

FIRST NAME \*

LAST NAME \*

SIGN-IN EMAIL \*

ARE YOU 18 YEARS OLD OR OLDER? \*

☐ YES☐ NO

CONTINUE

Fill in the Account registration information and click on Continue.

4

ROTARY.ORG &gt; MY ROTARY

Rotary



You will be informed that an e-mail has been sent to you.

5

## ACCOUNT REGISTRATION

Thank you for registering, you've completed the first step in the process. You will receive an email sent to your sign-in email with a link to activate your account.

Continued on page 12



Continued from page 11

6

**Complete your Rotary.org registration**

Hello

You're just one step away from completing your registration. You can now connect with Rotary leaders, exchange ideas, and take action.

Activate my [account](#)

Check your email for the address you provided in the step above. You will receive this message. Click on the blue link to finalize the process.

7

**ACCOUNT SET-UP**

Thank you for activating your account. Just a few more steps to complete the process.

\*Required

**CREATE PASSWORD \***

Your password must be at least eight characters and contain one lowercase letter and one uppercase letter, a number, and any part of your sign-in email address.

**CONFIRM PASSWORD \*****SECURITY QUESTION \*** ⓘ

- select -

**ANSWER \***

(The answer to your security question must be at least four characters.)

**CREATE ACCOUNT**

Fill in all the mandatory information and click on **Create account.**

**ACCOUNT SET-UP**

Congratulations, your account was successfully created.

Your profile has been created.

As part of becoming a registered user of My Rotary, you've also created a profile. Once you sign in you can complete your profile and review or change your privacy settings to control who sees your information.

You are a member of the community.

You can also participate right away in the Rotary community by joining discussion groups and connecting to other members.

☐ REMEMBER ME**CONTINUE**

MY PROFILE

Click on **Continue.**

8

ROTARY.ORG &gt; MY ROTARY

**Rotary**My  
Rotary

**Congratulations!**  
You have created  
your **My Rotary**  
account.

9

**MY ROTARY**

**SECRETARY REQUESTS – CHANGE-OVER 2020-21:**

Hello Everyone.

It is that time of year again where we need Member and Friend input to get everything in place for our new Rotary year.

For the Annual Report:

\*We need our Directors to have their reports to Jane Pennington by Friday 22nd May please;  
\*We also need input for the Activity Log that we place in the Report that lists all the things our club has done in the last twelve months – that sheet with all the boxes in it! – If you have knowledge of activities undertaken in the last year please send them to me by email as soon as possible so we can get them into the Log.

For our Directory:

\*We need any changes of address, contact numbers or email addresses from Members and Friends just as soon as possible – certainly by May 29<sup>th</sup>

For Changeover:

\*We need the Ron Carnell Award (Ice Bucket) returned to the Secretary as soon as possible so engraving can be carried out before it once again graces another member's awards collection. I think Bill Oakley may have this!

For Rotary Down Under Magazine:

\*We need members to inform the Secretary as soon as possible on their preference for hard copy or electronic delivery of the RDU Magazine. Cost difference being \$10.00 per year that is incorporated into your annual club subscription.

This change has to be made on the RDU data base before the end of June so we need to know by the end of May.

Many thanks

Gavan Schwartz  
Secretary RCNB

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## Sexual Warning

Courtesy: <https://www.police.vic.gov.au/surrey-hills-lewd-act>, 6th May 2020

Detectives from Box Hill Sexual Offences & Child Abuse Investigation are investigating an incident which occurred in Surrey Hills last month. Investigators have been told a 20-year-old woman and her friend were walking near Wattle Park about 10am on 15 April. As they approached the intersection of Warrigal and Riversdale Roads they were catcalled and whistled at by a man who was seated on a nearby bench. The 20-year-old woman looked back and saw the man rubbing his crotch.

On Monday, 27 April the 20-year-old was running along Warrigal Road when she encountered the same man. He wolf-whistled her and she continued on her run but on her return she was confronted by the man and had to cross the road to avoid him.

Investigators have released a computer generated image of a man they believe may be able to assist them with their enquiries. Anyone with information is urged to contact Crime Stoppers on 1800 333 000 or to make a confidential report at [www.crimestoppersvic.com.au](http://www.crimestoppersvic.com.au)

Senior Constable Adam West - Media Officer



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Courtesy, Friday Five Newsletter 22.11.2019.

Math Teacher: "If I have 5 bottles in one hand and 6 in the other hand, what do I have?"

Student: "A drinking problem."



Encourage our "in house" apiarist Nino to be our participant!! Our Rotary shirts are the right colour. Nino just need wings and tutu and large glasses!!

## JOIN THE GLOBAL WAGGLE DANCE CHALLENGE



See <https://www.facebook.com/robert.g.anderson/videos/10163509788720593>



The main purpose of World Bee Day events is to spread awareness of the significance of bees and other pollinators for our survival. Simply proclaiming World Bee Day does not do much for bees and other pollinators; the main work of safeguarding their existence still needs to be undertaken. World Bee Day is an excellent opportunity to put bees at the centre of the national conversation for a day and encourage actions that create more bee-friendly landscapes. To find out more [click here](#)

A central feature of the World Bee Day celebration is the whacky 'Waggle Dance'!

### Register for the Global Waggle Dance Challenge

The 2020 Global Online Waggle Dance Challenge is an attempt to achieve 20,000 waggle dance videos, from 20 countries, in 20 days, ending on the 20th May 2020.

Register for the Global Waggle Dance Challenge [here](#).

### What is a Waggle Dance?

You may have heard about how honeybees do the 'Waggle Dance' to communicate with their hive. The scouts forage over a radius of 5km to find pollen. They share the location to their fellow bees with an intricate waggle dance. The dance tells other bees how much food there is and how far away it is.

**Now there is an official Waggle Dance for humans!**

We would love friends and families all over the world to join the online event. All that is needed is to upload a video of yourself alone, or with others doing the official 'Waggle Dance'. To view and learn the dance, download the video and register [here](#).

Closing date for the video is 20 May, but if participants would like to be eligible to be part of a compilation video, they need to upload by 12 May.

His Excellency General the Honourable David Hurley AC DSC (Retd), Australia's Governor-General, will launch the online event on 20 May 2020. The governor-general is a great advocate for bees and other pollinators and the gardens at Government house proudly host several beehives!



The much-loved gardening guru, from the ABC Home and Garden Show endorses this event and features in the demonstration video for teaching the dance! Costa knows the benefit of bees to trees and plants and often advises on how to attract pollinators to your garden! Know what to grow.



Encourage all your contacts to support bees by joining Buzz, the bee, people all over the globe to celebrate World Bee Day on 20 May.



**Please pass on information about this event– even to those overseas can't visit at the present time! This is a global event.**

and whom you

This event is brought to you by The WHEEN Bee Foundation, Rotary Club of Canterbury and Rotarians for Bees.

**Rotary**  
Club of Canterbury



**Rotarians  
for BEES**  
A project of **ESRAG**





## TRUSTEE'S MESSAGE

# Building a strong well

Ni hao, Rotarians!

Since ancient times, people have built communities around water. Having the ability to draw clean, fresh water from a well means that a village has staying power and the ability to endure hard times.

Wells are vital to people worldwide, but as a metaphor, they are just as powerful. What is The Rotary Foundation's 'well'? From what source can we draw to replenish ourselves to keep up with all of the amazing global grants saving lives around the world?

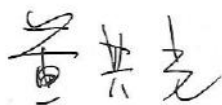
The Rotary Foundation well is our endowment, of course. We are building a very deep, strong well that will ensure funding for major projects for generations to come. A strong endowment will ensure the long-term financial stability of our Foundation and provide essential resources to help deliver even more outstanding humanitarian service into the future.

We are aiming high with the Building TRF Endowment: 2025 by 2025 initiative to build an endowment of \$2.025 billion by 2025. By then we expect the Foundation's Endowment to have a minimum of \$1 billion in net assets, with the balance in expectancies and bequest-type commitments.

Imagine the good we will be able to do with a \$2 billion Endowment! The investment earnings will provide about \$100 million annually for Rotarians to do all sorts of life-changing projects around the globe, year after year.

Together, we can make this happen. As much as the world changes around us, the well of The Rotary Foundation will stand the test of time and keep making a positive impact on the world.

Confucius took great pleasure from water. He said: "Great water can continuously move forward without stopping. It is so kind as to irrigate the lands everywhere it goes, yet it does not regard itself as having performed outstanding feats. It's just like virtue."



Gary Huang  
Foundation Trustee Chair



## What is the issue? Poisonous Mushrooms

### Death Cap mushrooms

Death Cap mushrooms (*Amanita phalloides*) are extremely poisonous. **Consuming just one mushroom can kill an adult.** Symptoms of poisoning by Death Cap mushrooms can include violent stomach pains, nausea, vomiting and diarrhoea. Symptoms may subside after one or two days but this does not indicate recovery. Serious liver damage may well have occurred that may result in death.



These mushrooms typically grow under oak trees and are 40-160mm in diameter. The cap ranges in colour from pale yellow-green to olive brown and the ridges on the underside of the cap are white. The base of the stem has a membrane 'cup'.

**The Yellow-staining Mushroom** (*Agaricus xanthodermus*) is the cause of most poisonings due to ingestion of wild fungi in Victoria. Consuming Yellow-staining mushrooms causes nausea, stomach cramps, diarrhoea and vomiting. The severity of symptoms varies with the amount eaten.



This mushroom looks very similar to regular purchased mushrooms or 'cultivated mushrooms' (*Agaricus bisporus*) and to edible wild mushrooms such as the field mushroom (*Agaricus campestris*). In urban areas, the Yellow-staining Mushroom is unfortunately much more common than edible mushrooms. It can grow in large troops in lawns and gardens.

### Who is at risk?

Anyone who collects and consumes wild mushrooms of unknown species is putting themselves at risk of mushroom poisoning and serious illness.

Consuming a Death Cap mushroom may result in death.

Dogs are more likely than cats to ingest mushrooms. Pets can develop a range of illness from eating wild mushrooms including a gastroenteritis type syndrome to severe life threatening disease and death.

### Recommendations

**Unless you are an expert do not pick and eat wild mushrooms in Victoria**

In most cases the sooner treatment can begin, the better the outcome. If it is suspected that you or your child have eaten a poisonous mushroom, **do not wait for symptoms to occur before seeking medical attention.**

**Contact the Victorian Poisons Information Centre immediately on 13 11 26 (24 hours a day, 7 days a week, Australia wide).** Keep and photograph a sample of the mushroom that was consumed, as the Victorian Poisons Information Centre may be able to obtain expert identification of the mushroom in some cases.

Pet owners should take particular care whilst walking their pets in areas where mushrooms may grow and where possible remove any mushrooms from their yard before they have a chance to eat them.

If your pet has ingested a wild mushroom, you can call the free Animal Poisons Centre on 1300 869 738 for advice.

### More information

#### Consumer information

#### Better Health Channel

**Victorian Poisons Information Centre:** 13 11 26 (24 hours a day, 7 days a week)





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Rotary Club of North Balwyn

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

## ROTARY INFORMATION

Rotary International	Website:-	<a href="https://www.rotary.org/">https://www.rotary.org/</a>
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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 2019/20

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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>		
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Greythorn Probus:		<a href="http://greythornprobus.org.au">greythornprobus.org.au</a>	98594941.	
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