Rotary Year 2019-20 Week 20 14 November 2019

The Grapevine



Club Meeting 14 November

This week we saw our AGM and next year's new Board Members formally elected. Our Board for 2020-21 is as follows:-

Rotary

Club of North Balwyn

President: Greg Cribbes, **President Elect**: Maurie Walters, **Immediate Past President**: Peter Sutherland, **Vice President:** Tony Wells, **Secretary:** Gavan Schwartz, **Treasurer:** Geoff Haddy, **Club Service:** Adam Hillary, **Foundation:** Rob Head, **Vocational:** Peter Downton, **Youth:** Jane Pennington, **Fund Raising**: Nino Sofra, **Community**: Tony Hart, **International:** Rowan McClean, **Membership**: Jim Studebaker.

This structure becomes effective after Club Changeover at the end of June 2020. Congratulations to newly elected Members and thanks to those with ongoing roles.

The previous year's audited Financial Statements for the year ended 30 June 2019 were tabled and accepted as being a true account of Club Activities for 2018-19. We thank Adam Hillary and Geoff Haddy for their tireless efforts in maintaining and reporting the Club's financial position and Baumgartners Accountants in Kew for providing the audit service.

In response to The Financials we thank Members for their questions concerning Fund Raising activity and Expenditure which will be the subject for ongoing Board review. The Financial Report forms an invaluable planning tool for the current and future Boards.

John Rennie, our Protection Officer reminded us of our Child Protection Policy and Members are encouraged to keep themselves familiar with these policies and comply with the request to maintain a current Working With Children Check.

Secretary Gavan also reminded us of our **Club Mutual Respect Policy** which supports **Rotary's 4-Way Test** that requires us to show respect and understanding of each other, especially at times when we are working through difficult decisions and expressing differences of opinion.

Our Guest, Senior Sergeant Ashley Wigg has joined the **Victoria Police Leadership Mentoring Program** and **Russell Cooper** has volunteered to be his Mentor in the program. Congratulations Russell and Ash and we look forward to seeing more of Ash in the future and understanding how the Program is supporting him and Victoria Police.

In Other News.....

Next Thursday 21st November is the annual Paul Harris Breakfast: This breakfast has been held since 1992 and regularly attracts more than 270 Rotarians and guests with all proceeds going to The Rotary Foundation programs. See Findley Cornell if you have not booked yet and would like to attend.

Next Week's Speaker; Mark Hunter – Labourers in the Vineyard

Mark Hunter (Peter Downton's nephew) will again expand our knowledge of wine from his experience in running the successful Sanguine Estate winery at Heathcote. Have a great week in Rotary **President Pete**

Club Diary

Ronald McDonald House Visit 27 November 2019 Ladies Christmas Fare Friday 13 December 2019 District Conference March 27–29 2020 Camp Getaway weekend 16-18 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 <u>apologiesrcnb@gmail.com</u> Please apologise no later than 5pm on Tuesday.





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

THE GRAPEVINE

THURSDAY 14 NOVEMBER 2019

Around the Club

Pictured right are North Balwyn Probus President Gerald King and North Balwyn Rotarian David Cheney.

The ceremony was on the occasion of North Balwyn Probus Club's 35th Anniversary and was carried out at the Greythorn Hub where Probus hold their monthly meetings on the second Tuesday of each month.



Winners are grinners! Two golfers who each had a hole in one last week!











My very special thanks to the North Balwyn R.C. for supporting this very Special Program. To Philip Wade – Thank you for introducing the program to St Bridget's and their very talented students.

To National RAM Treasurer Bill Oakley for making sure the funds were available to cover the well deserved Prizes.

Best Wishes,

PP Virginia Turner

RC of Brighton North

National RAM Video Competition Coordinator.

THE GRAPEVINE

THURSDAY 14 NOVEMBERER

Photos from the Fellowship weekend at Point Lonsdale











Greg Cribbes refreshing his vocal cords in between his very Scottish rendition of OhhhhNooooooo!





THE GRAPEVINE

Second Bite Roster

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	Nov	Steven Greatorex	
28	Nov	Maurie Walters	
5	Dec	Greg Cribbes	
12	Dec	Geoff Haddy	
19	Dec	Hugo Goetze	
9	Jan		
16	Jan		
23	Jan		
30	Jan	Rob Head	

Christmas Fare

Outside the Commonwealth Bank, North Balwyn Village

Friday, 13th December 2019

We are planning the Annual Christmas Fare. Are you able to help with baked goods, puddings, cakes, shortbreads, biscuits, chutneys, to tempt taste buds and decorate Christmas tables?

If you are able to help please deliver goods to Ian Mollison's office, Helloworld, 66 Doncaster Rd by 5:30pm Thursday 12th December.

This year funds raised will go to:

Drought Relief: farm kids @ school.

Enabling students experiencing hardship due to drought to participate fully in their Educational Programs.

Drought Assistance- Educational Expenses including a Camps, Sports and Excursion Fund.

Many thanks for your support.

Enquiries to Bev Sofra





Mob: 0438 567 861



THE GRAPEVINE THURSDAY 14 NOVEMBERER Rotary District 9800

Drought Relief Fund (DRF) - Update

St Arnaud

Rainfall has been below average this year – January to the end of October, St Arnaud has received 350mm versus an average of 461mm. It is not all about averages when water storages are already starting the year from a significantly depleted position. However this year's average confirms we are in this for the long haul. October was particularly poor with a mere 5mm sprinkling versus an average for October of 45mm.

December is the harvest period which means farmers have reached their credit limits while they await sales of their grain – such income is due to arrive in mid-January. While frost has bitten into the yield, sales are still expected to be quite good but in the interim families are suffering with a November – January cash flow problem – nasty for young families at Christmas time. Hence the importance of our Voucher Program.

Action wise, in November we have listed 52 families to whom \$7,500 is being distributed this week. In December there will be a further distribution tranche of another \$8,000. We are also sending the ladies cosmetics, the Sukin range, up as Christmas Gift packs. Last Tuesday the Cubby House that the Sally and Peter Sutherland donated was finished and installed at the St Arnaud Childcare Centre.

February 1st is set for the Harvest Festival that will entail our participation again.

By the end of this year, we will have distributed 84% of our Financial Support Vouchers. The Queensland University review report concluded that our vouchers circulate the St Arnaud economy between 5 to 7 times. Therefore, our work to date extrapolates to over \$160,000 injected into the local St Arnaud economy by our vouchers alone.

As discussed on Thursday evening at the AGM, the DRF fulfils the nature of three of the questions raised on the evening. This project was initiated by one of our own members and our Board enthusiastically and rapidly moved to 100% endorse and support our DRF. Secondly, our funding of \$105k has been 90% self-funded by the DRF. RCNB granted the balance \$10k. Lastly, the balance of our funds is clearly targeted for this long term drought project and will be spent strategically.

As we approach 2020, the DRF Committee has turned its strategic focus to other drought impacted communities. Subsequently we have commenced planning for both more funding and new communities to assist.

MONGOLIAN CULTURAL IMMERSION TRIP

You are invited to come and meet the 4 girls, 3 boys and 2 chaperones comprising the visiting group from Mongolia.



A Club Day has been organised to give you all the opportunity to meet, chat to and enjoy the company of our visitors.

So please put the date in your diary now!! - Sunday 12 January 2020.

At Clifford Park Scout Activity Centre, 7 Clifford Drive, Wonga Park.

Come from 10.30am onwards, stay for lunch and join in the activities until 4.00pm.

Contact Jane or Estelle for more information.



Clifford Park - Aussies teaching archery to Mongolians - January 2018

Editors note:- It was the Mongols who invented the Composite Bow that Gengkis Khan adapted as a weapon of war. Warriors could use the bow effectively while on horseback which was a major contributing factor to the Mongols conquering large tracks of the then known world.

The Mongol bow is rated as effective as the English long bow with a firing distance of 500 yards and accurate to 200 yards with armour piercing capability.

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MEETING ROSTERS

Thursday	21 November	Speaker:	- Mark Hunter
Greeters:	Ian Adams, Bronwen Dimond	Host:-	Peter Downton
Setup	Joe Butler, Russell Cooper	Topic:-	Labourers in the Vineyard
Desk:	Duncan Ansell, Sue McDonald		

Mark Hunter (Peter Downton's nephew) will again expand our knowledge of wine from his experience in running the successful Sanguine Estate winery at Heathcote.

His winery did so well at the 2019 Heathcote Wine Show that The Halliday Wine Companion 2020 gives it a red 5-star rating, thereby placing Sanguine Estate in the top 8% of wineries reviewed in Halliday.

Thursday	28 November	Speaker:-	David Parer and Elizabeth Parer-Cook
Greeters:	Andrew Sutherland, Rowan McClean	Host:-	Geoff Steinicke
Setup	David Cheney, Peter Cleary	Topic:-	Filming "Wolves of the Sea"
Desk:	Jagath Jayasinghe, John Koa		"The Dragons of Galapagos"
			"The World's Strangest Animal"

Wildlife film-makers, David and Elizabeth, will take us on their journeys in search of strange animals in far-flung places. David and Liz worked for the ABC Natural History Unit for 35 years, recording some of our planet's most spectacular wildlife.

David is the nephew of famous Australian war photographer, Damien Parer, shot dead by the Japanese in 1944.

Thursday	5 December	Speaker:- Greg Sheridan
Greeters:	Don Taylor, Ted Wilkins	Host:- Geoff Haddy
Setup Desk:	Steven Greatorex, Tony Hart Estelle Kelly, Brian Lacy	Topic:- God is Good for you.

Greg Sheridan is a senior journalist on "The Australian". He has been the foreign editor of that newspaper for the past 27 years with particular attention to Asia. He is an influential national security commentator and is frequently seen and heard on television and radio respectively. He has interviewed Presidents and Prime Ministers across the world. He is author of seven books including "God is Good for You", a defence of religious belief in a secular age.

Thursday	12 December	Speaker:-	- Catherine "Kitty" O'Connor
Greeters:	Larry Fitzpatrick, Phil Francis	Host:-	Findley Cornell
Setup	Peter Elliott, Adam Hillary	Topic:-	The History and Success of Rotary's
Desk:	Greg Cribbes, Geoff Kneale		Polio Eradication Program

Kitty is a member of the Rotary Club of Laverton-Point Cook and Chair of the D9800 Polio Plus Committee. Kitty organized the recent Walk Around Albert Park Lake and the train ride to Federation Square. She is an enthusiastic promoter of the Rotary Polio story.

	Birthdays and Anniversaries between November 18 to November 24
Weddings:	Beatrice Ko and Christopher, Duncan and Jane Ansell
Birthdays:	Greg Cribbes, Kerrie Romanis, Kris Walters, Rob Head.
Inductions:	David Cheney, Peter Elliott

Geoff's Health Tip Why Almonds Should be on Your Shopping List

Lightly roasted almonds are one of those nutrient-dense foods that can be hard to stop munching once you start. I love them, but what about you? Australia has been producing almonds commercially since 1940. In 2018, Australia produced 80,000 tons (7% of the world's production, whilst California produced 80%). Perhaps you might be surprised to learn that Australia exports 55,000 tons to China.



Almonds have some special benefits:

- * Eating almonds can significantly boost your levels of Vitamin E. Vitamin E is a powerful antioxidant that protects your cells against damage by oxidation.
- * Almonds improve the blood lipid (fat) balance by adding more poly and monounsaturated fats.
- * A research article printed in the *American Society for Nutrition 2019* concluded that "almond consumption may reduce the risk of cardiovascular disease by improving blood lipids and by decreasing body weight and apolipoprotein B".
- Almonds are a good source of magnesium. There is some evidence to show that magnesium keeps sodium levels under control. Tests on people with type 2 diabetes show that around one third of people with this disease have low levels of magnesium.
- * Almonds help manage weight. Numerous studies on almonds and other nuts have demonstrated their ability to keep people feeling full.
- * People think of beef with roughly 14% protein as the major source of their protein requirements, however almonds have 18% protein, 25% more than beef.

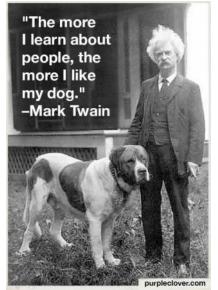
Maybe you think almonds are too expensive at \$13.33 per kg in Woolworths, however I have noted that beef mince is \$14 per kilo!

Geoff



An Italian-American immigrant is held still and forced to watch in horror as pineapple is added to a pizza for the first time.

- 1914, Brooklyn, New York



Rotary D9800 Conference 2020 Registrations



D9800 Conference **March 27th - 29th 2020** - to be held in the beautiful town of Bendigo. The heart of the Goldfields with an abundance of local attractions to tempt you to stay and explore.

LOCATION: Ulumbarra Theatre 10 Gaol Road, Bendigo, Victoria 3550

ROTARIANS and PARTNERS - (Early-bird Price available until 30/11/19) - \$300.00 FIRST TIME ATTENDEES - \$250.00 ROTARACTORS & EXCHANGE STUDENTS - \$200.00

For REGISTRATIONS go to <u>www.rotaryconference.org.au</u> This online booking process is easily completed by accurately following the steps involved.

For ACCOMMODATION, our Club has reserved 20 rooms for 27/28 March 2020 and for those staying on 29th March 10 of these rooms have this extra night at **Quest Schaller Hotel.**

Cnr. Bayner & Lucan Streets, BENDIGO – handy to the Conference Centre Just call 4433 6100 and quote <u>Rotary Club of North Balwyn</u>

For FRIDAY NIGHT, our Club has booked The Bridge hotel which is a couple of blocks from the Schaller so an easy walk. <u>www.bridgehotelbendigo.com.au</u> 49 Bridge St, Bendigo. Be there around **6.15pm for pre dinners** (coincidentally Happy Hour...) then dinner at 7.00pm.

Looking forward to seeing you all there. Jenny & Greg Cribbes Mob 0413 270403

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Boroondara Community Outreach



Christmas Hamper Project

Dear Members,

Last year Diane Goetze asked us to support the socially isolated at Christmas time by helping provide a Christmas gift of Toiletries and Food. This Christmas Hamper is a way of showing that people are thinking of them at this difficult time. The response last year was great and we wish to repeat it.

Items requested are Toiletries, non-perishable food and failing this, cash donations are always welcome!

Last year members asked local pharmacies and businesses for samples which was well received.

The Christmas Hamper Project aims to provide 497 hampers to the vulnerable in our community.

Each week from later in October, Hugo will have a box or basket at Club Meetings to collect the toiletry items for the men & women in Kew rooming houses.

Thanks in advance for your help.

Hugo and Diane Goetze

Meeting No.21	AGM	Thursday, 14th November 2019				
Present:						
Guest Speakers	0	Peter Elliott				
NB Members	43					
Visiting Rotarians	0					
Partners	0					
Guests	1	Senior Sergeant Ash Wigg.				
Alumni / FofR	0					
Meals	43	Booked 43, 1 Member present - no meal.				
Members Present 43 =	Members Present 43 = 63.2%; Membership = 68.					
<u>External Activities :</u>	20	CAMBERWELL Sunday Market, 10/11 - Rob Head, Janie Pirret ;				
GARDENING PROJE	<u>ECT</u> , 8	8/11 - Findley Cornell, Greg Cribbes ; 14/11 - Greg Cribbes,				
Imre Lele & Neil Mar	Imre Lele & Neil Marshall ; <u>CATERING</u> - next event 16/11 ; <u>DIK</u> , 12/1 - Peter Sutherland ;					
2nd BITE delivery to CamCare , 14/11 - Geoff Haddy ; FARESHARE - Jane Pennington;						
MEN'S SHED , 11/11 & 14/11 - David Cheney, Peter Elliott (2), Tony Hart & Greg Matthews (2);						
SCHOOLS READING PROJECT , 12/11 - Bill Oakley, Janie Pirret, Phil Wade & Maurie Walters.						
Next Week's MEMBER absences - these 4 LOA plus 10 Apologies so far.						





31st October 2019

Dear Sponsors, RCNB Members and friends

ROTARY CLUB OF NORTH BALWYN CHARITY GOLF DAY Friday February 21st, 2020

As we head into Summer again, the Rotary Club of North Balwyn is well advanced in organising the highly popular and successful Charity Golf Day for Friday <u>February 21st, 2020</u> – just over 3 months away!!

In 2020, the proceeds for this event will once again fund our PhD student <u>Jacqueline Kuruppuas</u> as she completes her 3rd year research into Mental Health at Melbourne University. Jacqueline's greatest passion is improving the children's health and wellbeing. The Scholarship is provided through <u>Australian Rotary Health</u> who continues to align its funding and support to this vital community need.

We are seeking your support in being a **Sponsor, Player, or Contributor** in this year's North Balwyn Rotary Club's Charity Colf Day at Kew Golf Club. Our target fundraising is \$10,000. Details of how to contribute are attached/below. We look forward to your involvement and support.

All Event Sponsors will be invited to provide Promotional Materials, Vouchers or Product for inclusion in an Australian Rotary Health gift bag for all players. Your sponsorship will be widely promoted through all 66 clubs in our Rotary District 9800 and in our local community.

Friday 21st February 2020 – 8am Tee off The Kew Golf Club 18hole Ambrose golf event BBQ buffet lunch afterwards Great opportunity to showcase your Company!!

A Committee Member of our Charity Golf Day for Mental Health team will comtact you shortly. Please consider being a part of this great event and we look forward to your support. We trust you see it this as a win-win opportunity. Please feel free to contact me if you have any questions.

Kind Regards *Greg Cribbes* Mob 0413 270403 President Elect, Rotary Club of Nth Balwyn



Rotary Club of North Balwyn CHARITY GOLF DAY

Friday 21st February 2020

To be held at Kew Golf Club 120 Belford Rd East Kew.

Proceeds to: - Mental Health Research - Australian Rotary Health Fund

PLATINUM SPONSORS: -

\$2,500

Includes 8 entries to the competition Lunch for 8 people (including 2 bottles of wine) Advertising at a designated hole or by choice, around the practice green. (Signs to be provided by Sponsor) Advertising in Club House on the day. Complimentary advertising in our Club newsletter for 12 months. A complimentary invitation to attend a Thursday dinner meeting. An opportunity to address the entrants at lunch.

GOLD SPONSORS: -

\$1,250

Includes 4 entries to the competition. Lunch for 4 people (including 1 bottle of wine) Advertising at a designated hole. (Sign to be provided by Sponsor) Acknowledged as a Sponsor at Lunch. Advertising in our Club newsletter also in Club House on the day. A complimentary invitation to attend a Thursday dinner meeting.

SILVER SPONSORS: -

Includes 2 entries to the competition. Lunch for 2 entrants. Acknowledged as a Sponsor at Lunch. Advertising at a designated hole. (Sign to be provided by Sponsor)

BRONZE SPONSORS: -

\$350

\$650

Includes 1 entry to the competition. Lunch for one entrant. Acknowledged as a Sponsor at Lunch. Advertising at a designated hole. (Sign to be provided by Sponsor)

All Sponsors will be invited to include promotional material / vouchers / product in a Gift Bag which will be handed to all players

Enquiries: Greg Cribbes 0413 270403 or email greg.cribbes@bigpond.com



Rotary Club of North Balwyn CHARITY GOLF DAY – ENTRY FORM

<u>Friday 21st February 2020</u> To be held at Kew Golf Club, 120 Belford Rd, East Kew.

Proceeds to: Mental Health Research – Australian Rotary Health Fund

Great prizes for 1st, 2nd and 3rd placed teams, as well as fun prizes for Mens & Ladies for:

Longest Drive (on the 9th fairway!!) Straightest Drive (beyond the 9th tee!!) Nearest the pin (on the 11th & 14th Greens!!)

Please arrive by 7.15am for 7.30 am briefing prior to the 7.50am Shotgun Start The competition is Ambrose. Please provide your Golf Australia (GA) Handicap. Social /non-handicap players will be given a handicap of 18.

Upon completion of your enjoyable round, a BBQ lunch is provided (included in the fee) during which all presentations and raffle draws will be made. Drinks are available at bar prices.

Cost per player is \$110.00. Tee Draw for the day will be made on Friday 14th February 2020 so enter ASAP

Sponsor (if applicable) _____

Player	Phone	Email Address	Golf Link No	Amount
(1)				\$
(2)				\$
(3)				\$
(4)				\$
			тот	AL \$

PAYMENT OPTIONS:

Cheque payable to Rotary Club of North Balwyn. Please attach cheque to this Entry Form & mail to: Rotary Club of North Balwyn, PO Box 135, North Balwyn 3104, or PREFERABLY

EFT your \$ to **RCNB Service Account.** Bendigo Bank, **BSB** 633 000 **Account** 146140785. Please include the word **Golf** & Name of **Player (1)** in the appropriate EFT Field. Best if you could then scan this Entry Form with all details completed and return to the email as below

Enquiries: Greg Cribbes – Mob 0413 270403 or eMail greg.cribbes@bigpond.com

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: admin@rotarynorthbalwyn.com.au

16 November	Bunnings	nan. au	8.30am to 12.00pm	
Saturday	-	4		
Saturday	Middleborough Road		Jagath Jayasinghe	Bill Oakley
	Box Hill	2	Bill Oakley	Reg Parsons plus 2
		3	Brian Lacy	
		4	Don Taylor	
		5		
6 December	Kew Christmas Party		-	to 9.00pm
Friday	Kew Junction	1	Geoff Haddy	2
		3		4
10 December	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Tuesday	Nunawading	1	Don Taylor	Eileen Toohill
		2	Garth Symington	John Gartlan
		3	Geoff Haddy	Nino Sofra
		4	Nino Sofra	Tak Yakawa
14 December	Carols in the Park		6.00pm	to 9.00pm
Saturday	Selling Jam	1	Geoff Steinicke	3 Sue McDonald
		2	Ian Richardson	
16 December	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Monday	Middleborough Road	1	Don Taylor	Ian Richardson
	Box Hill	2	Marcel Muntwyler	John Magor
		3	Nino Sofra	Peter Downtown
		4	Greg Ross (maybe)	Peter Sutherland
		5		
22 December	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Sunday	Middleborough Road	1	Don Taylor	Tak Yakawa
Canaday	Box Hill	2	Nino Sofra	Eileen Toohill
		3	Geoff Haddy	Peter Downtown
		4	Larry Fitzpatrick	Brian Lacy
		5	Early httpatriok	Dhan Eacy
23 January	Servants Jazz		5 00pm 1	to 8.30pm
20 Gandary	Night	1	Tony Wells	3
	Ngin	2	Greg Matthews	4
	Summer Music	2	Greg Matthews	4
1 February	Festival		5.30pm	to 9.00pm
Saturday	St James Park	1		5
		2		6
		3		7
		4		8
8 February	Summer Music Festival		5.30pm to 9.00pm	
Saturday	Greythorn Park	1		5
		2		6
		3		7
		4		8
15 February	Summer Music Festival		5.30pm to 9.00pm	
Saturday	Canterbury Gardens	1		5
		2		6
		3		7
		4		8
	-	-		



CAMBERWELL SUNDAY MARKET ROSTER - No 67

Sunday	6.45am –	10.00am	9.45am	– 1.00pm	
24 November	John Rennie				
1 December	lan Richardson		Anthony Stokes		
8 December	Brian Thomas		Jagath Jayasinghe		
29 December	Greg Ross		Ted Wilkins		
5 January	Don Taylor	Bill Oakley	Tak Yakawa		
12 January	Sue McDonald	Greg Cribbes	Geoff Steinicke	Greg Cribbes	
19 January	Rowan McClean	Tony Wells	Peter Elliott	hn Magor	
26 January	Andrew Sutherland	Jane Pennington	Marcel Muntwyler	Je Pennington	
2 February	Estelle Kelly		Nino Sofra		
9 Feburary	Tak Yukawa				
16 February	Don Taylor		Eileen Toohill		
23 February	Garth Symington		Janie Pirret	FROM	
1 March	Jim Romanis		Barry Cummings	JANUARY WE	
8 March	Tak Yukawa			REQUIRE 2	
15 March	Estelle Kelly	FROM		PEOPLE EACH	
22 March	Neil Marshall	JANUARY WE			
29 March	Nino Sofra	REQUIRE 2	Findley Cornell		
EMERGENCIES	If available	PEOPLE EACH	Tony Wells	0400 077 647	
	If available		David Cheney	0417 355 370	
	If available	SHIFT	Adam Hillary	0412 191 413	
	If available		John Gartlan 98598559		
	Geoff Steinicke Mob 041	8 175 130 email gws	steinicke@bigpond.cor	n	
Also on our webpage at https://rotarynorthbalwyn.com.au/page/sunday-market					



If you stir coconut oil into your kale it makes it easier to scrape into the trash.

With apologies to Geoff's Health Tips.

Rotarian Tak Yukawa San was our host for the autobiography presentation after the AGM. Brown



Γ

ROTARY INFORMATION					
Rotary International	Website:- Facebook:- Twitter:-	<u>https://www.rotary.org/</u> <u>https://www.facebook.com</u> <u>https://twitter.com/Rotary</u>			
Rotary Australia	Website:- Facebook:- Facebook RDU:- Twitter:-	rotaryaustralia.org.au https://www.facebook.com/RotaryAroundAustralia/ - https://www.facebook.com/rotarydownunder/ https://twitter.com/rotaryaustralia			
District 9800	Website;- Facebook;- Twitter:- Networker:-	https://www.rotarydistrict9800.org.au/ https://www.facebook.com/rotarydistrict9800/ https://twitter.com/rotaryd9800?lang=en rotarydistrict9800.org.au/content/54/networker			
Rotary Club of North Balwy	n Website:-	www.rotarynorthbalwyn.com.au			
North Balwyn Men's Shed	Website:-	www.northbalwynmensshed.com			
Find a	Rotary Club:-	https://my.rotary.org/en/search/club-finder			
President: Peter Sutherlan		CLUB OF NORTH BALWYN 2019/20 Ient@rotarynorthbalwyn.com.au			
Vice President: John Mago		resident@rotarynorthbalwyn.com.au			
Secretary: Gavan Schwartz	-	ary@rotarynorthbalwyn.com.au			
Treasurer: Adam Hillary		urer@rotarynorthbalwyn.com.au			
Grapevine: John McBride		48@bigpond.net.au Noon Sat Weekly Deadline for submissions.			
North Balwyn Probus:	Micha	el Martin <u>http://balwynnorthprobus.org.au</u>			
North Balwyn Heights Prob	us: Sue M	lullarvey <u>yarramul@tpg.com.au</u> 98574305 0400821402			
Greythorn Probus:		<u>greythornprobus.org.au</u> 98594941.			
Boroondara Ladies Probus	: Janet	Eddy jveddey@applewood.net.au			
CHRIS Landscape and Ga Call Us (03) 9859 20	rden Suppli	FIREWOOD NOW AVAILABLE			
We thank Bread Street Bakery for their ongoing support of our BBQ Fundraising activity through their generous provision of bread supplies.					
hellow	TRAVEL	Bendigo Bank Kew Kew East			
BALWYN NORTH Thank yo Hellowort wyn for y support o Days and with our	u d North Bal- our ongoing of our Event assistance travel ar-	Bendigo Bank is a strong supporter of Nth Balwyn Rotary through its help with our Community Projects and Fund Raising.			