



Meeting report December 19 2019

President's Report

Dear Members,

Members, Friends, Guests and Partners. Thanks for making our Christmas Meeting such an enjoyable night with your enthusiastic singing to Carols performed by Rowan and Maurie. Rowan's Santa Sack of rhythmic toys also added to the fun and we enjoyed Greg Ross's carolling too. Thanks Bronwen (Fellowship Committee of one!) for table decorations and insistence that the Twelve Days of Christmas must never die!



We raffled the Christmas cake donated by Areta Hurnard (a long held Christmas Tradition – thanks Areta). Areta's Christmas cake proceeds was added to the Ladies Christmas Fare monies which gave an overall result of \$2,320. These monies have been transferred to Kyabram High School who will allocate the funds to students struggling to fully participate in School Programs because of the adverse drought impact. The beautiful Patchwork Quilt supplied by Dianne Goetze. was raffled and the proceeds went to 'Days for Girls.'

Looking back on the completion of the first half of this Rotary Year I am overwhelmed with the hardworking Board and Committees we have in place and the enthusiasm of all Members. Our programs are all proceeding as planned and we have received thanks from community groups for our support.

I believe dropping the Christmas Raffle this year was the right decision as no-one showed any regrets in November and December saying they missed it!



Continued on page 2

Our Leadership



RI PRESIDENT
Mark Maloney



DG Grant
Hocking



AG Eastside
Barry
Hickman



President
RCNB
Pete Sutherland

Club Diary

Brunch at Warren Wood Sunday 12 January 2020

Arnaud Harvest Festival 1 February

(Drought Relief Program)

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 apologiesrcnb@gmail.com

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

President's Report

Continued from page 1:-

The Camberwell Market income which balanced the budget after this decision has alleviated any pressure on the budget which may have occurred due to loss of the raffle.

The Second Shift kicks-in this January; thanks Geoff Steinicke for managing the roster and Members for their willingness to volunteer.

We will now see less of Bill Oakley with his move to Tasmania but he promises to be back from time to time, including at The Grand Prix. Nino is continuing to hold the Catering banner high. This year we have conducted the Miniatures and Patch Work Quilt (both two day events), two events for Boroondara council, a joint BBQ with Kew RC, several Bunnings BBQs, two events for Member's Businesses and more that I will have forgotten. The BBQ trailer is proving invaluable and Nino has converted his home garage into a catering store room. Thanks again Nino for your tireless efforts and to his team of regular helpers.

Thanks Chris Cross Nursery who continue to support us with the provision of storage of our three shipping containers of Club Equipment which our Property Officer Barry keeps in order! The day to day running of the Club Meetings and Finances continue to be expertly coordinated by Treasurer Adam, assistant Geoff Haddy, Secretary Gavan, Program Director Tony, Speaker Program Manager John Gartlan and Kew Golf Club bookings through Hugo. I'm loving our weekly speakers as I'm sure you are too. This is a great reason to invite your partners to any meeting.

Our Community work continues with 2nd Bite Delivery to Camcare, Reading Program, Essay Comp, Gardening Program, Camp Getaway Working Bee, and Volunteering at Kew Op Shop, Fare Share, Men's Shed, DIK and Days for Girls. Our Vocation Traders Awards and Visits organised by Kinga, Rob and Greg were highly successful and enjoyable too.

Our Youth Programs are also numerous with Earlyact, Interact, and Rotaract, Rypen, Ryla, Muna and Mongolian Exchange program. Jane is certainly busy launching the Rotaract Club and finding time to support the other programs as well as being District Secretary!

Have a great week in Rotary

President Pete

We plan to resume Club meetings at KGC on Thursday January 16th (with an informal bbq meal on this date).

Regular dinner meetings would be scheduled from Thursday January 23rd.

Don Taylor is also arranging our traditional brunch at Warren Glen Nursery on January 12th and I believe he will/has contacted you independently about this.

Year 11-12 Foundation Scholarships Now Fully Subscribed

The D9800 Rotary Foundation District Grants for Year 11-12 students have once again been enormously successful. Congratulations to the following clubs that have been awarded grants, from which a total of 20 students will benefit in 2020-2021.

Club	School
Bendigo Sandhurst	Victory Christian College
Flemington Kensington	Kensington Community High School
North Melbourne	Simonds College
Laverton-Point Cook	Laverton P-12
Werribee	Wyndham Central College
Kew	Swinburne Secondary College
Melbourne	Melbourne Girls College
Melton	Melton Secondary College
Keilor	Keilor Downs Secondary College
Essendon	Rosehill Secondary College
Castlemaine	Castlemaine Secondary College
Footscray	Braybrook Secondary College
Kyneton	Kyneton High School
Bendigo	Catherine McCauley College



Around the Club



Second Bite Roster – Jan/Feb/Mar/April `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
9	Jan	Jim Studebaker	
16	Jan	Jim Studebaker	
23	Jan	John McBride	
30	Jan	Rob Head	
6	Feb	Greg Cribbes	
13	Feb		
20	Feb	Garth Symington	
27	Feb		
5	Mar	Greg Cribbes	
12	Mar		
19	Mar		
26	Mar		
2	April	Garth Symington	
9	April		
16	April		
23	April	Greg Cribbes	
30	April		

Meeting No.26		Thursday, 19th December 2019
Present:		
"Guest Speakers"	Director of Fellowship - Bronwen Dimond, & the 2MauRo band	
NB Members	36	
Visiting Rotarians	1	Lorraine Greenwood - Pres. Numurkah
Partners	21	
Guests	1	Nina deGaris
Alumni / FofR	4	Ron & June Phillips, Brian & Areta Hurnard
Members Present 36 = 52.9% ; Membership = 68 .		
External Activities	25	<u>CAMBERWELL Sunday Market</u> - Closed until 29th Dec.
<u>2nd BITE delivery to CamCare</u> , 19/12 - Hugo Goetze; <u>FARESHARE</u> - Jane Pennington;		
<u>MEN'S SHED</u> , 16/12 & 19/12 - David Cheney, Peter Elliott, Tony Hart & Greg Matthews(2);		
<u>SCHOOLS READING PROJECT</u> - Schools on Summer Vacation ; <u>DIK</u> - Peter Sutherland ;		
<u>CATERING</u> , 16/12 - Peter Downton, John Magor, Ian Richardson, Greg Ross, Nino Sofra, Peter Sutherland & Don Taylor ; <u>CAROLS IN THE PARK</u> 14/12 - Sue McDonald,		
Jane Pennington, Ian Richardson, Geoff Steinicke & Ted Wilkins ;		
<u>Sam Hardikar Staff BBQ</u> , 17/12 - Nino & Bev Sofra, Rotaractor Saud;		
<u>RC Richmond</u> - Jane Pennington; <u>Gardens Project</u> 15/12 - Neil Marshall & Rowan McClean.		
Thanks are due to all members who have worked hard in all these activities interfacing with our local and wider communities during this first half of the club year.		
Next Activities report will be from the 16 January Club Meeting.		

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 Genghis 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.

MEETING ROSTERS

Thursday 16 January
Greeters Ian Adams, Peter Downton
Setup Estelle Kelly, John Magor
Desk: Peter Elliott, Jane Pennington

BBQ at Kew Golf Club
No Speaker required

Thursday 23 January
Greeters J Jayasinghe, Duncan Ansell
Setup Geoff Kneale, Rowan McClean
Desk: John McBride, Eileen Toohill

Speaker:- Andrew Sutherland
 And Hugo Goetze
Host:- Jagath Jayasinghe (J.J.)
Topic:- Autobiographies

One youthful third-generation Rotarian and one not-so-youthful but invaluable and highly esteemed Rotarian will entertain us with their stories. This evening promises to be up there with all the best of past autobiographies.

Thursday 30 January
Greeters Kinga Paulheim, Sam Hardikar
Setup Sue McDonald, Greg Matthews
Desk: Neil Marshall, Nino Sofra

Speaker:- Sandi Givens
Host:- Jane Pennington
Topic:- Relay for Life

Sandi Givens is an inspirational volunteer guiding the Manningham Relay for Life which is an exciting and moving overnight experience that raises vital funds for the Cancer Council's research, prevention, information and support services.

The Rotaractors have met Sandi because they had a team in the 2019 Relay for Life and are keen to repeat in 2020.



Thursday 6 February
Greeters Joe Butler, Tony Hart
Setup Marcel Muntwyler, Ian Richardson
Desk: Jeanette Leigh, Jim Romanis

Speaker:- Paul McDonald
Host:- John Rennie
Topic:- Justice for our Wards of State

Paul McDonald is head of Anglicare and has been agitating for the age at which wards of the state lose government financial support to be raised from 18 to 21. The day before Paul speaks to us, he is meeting the Victorian Treasurer, Tim Pallas, to discuss this very issue.



Birthdays and Anniversaries between 30 December and 30 January

Weddings: Nina and David De Garis, Ian and Joan Richardson, Winita and Sam Hardikar, Joan and Russell Cooper, Lachelle and Rob Stewart
Birthdays: Judy Steinicke, Gavan Schwartz, Ann Koa, Jeanette Leigh, Karen Fitzpatrick, Ivy Angleton, Greg Ross, Alison Adams, Adrian Ranson
Inductions: Gavan Schwartz.

Geoff's Health Tip

Geoff is having a well deserved week off. He wishes everyone a healthy Christmas and well being in the new year.

Grapevine Editor:-An article that may be of interest.

type 2 diabetes is the form of the disease that's usually a result of lifestyle choices, such as poor diet and not enough exercise. It involves a kind of vicious cycle of insulin – beta cells in the pancreas produce too much insulin, which causes the body to become resistant to it. That in turn means the beta cells could produce even more to compensate.



It was long thought that high glucose levels – most commonly caused by eating too much sugary and fatty foods – was the trigger for the beta cells to begin overproducing insulin. But it's also been shown in the past that even beta cells isolated in a lab dish can over-secrete insulin, without glucose playing a part.

So the team on the new study investigated what else could be causing beta cells to overproduce insulin. In tests on obese, pre-diabetic mice, the researchers discovered a new, separate molecular pathway that can induce insulin secretion without glucose. Instead, the trigger appears to be fatty acids.

When levels of these fatty acids rose too high in the mice, a protein called Cyclophilin D (CypD) caused protons to “leak” into the mitochondria of the beta cells. This triggers them to boost production of insulin.

To check the mechanism, the team then engineered mice without the gene that codes for CypD, and found that their insulin stayed at regular levels.

The researchers also investigated whether the same mechanism could be occurring in humans, by testing human pancreas cells isolated in the lab. When exposed to high levels of fatty acids – levels found in obese humans – the cells began to produce more insulin. Again, there was no glucose present.

While it's still early days for the research, the discovery could eventually lead to new types of diabetes treatment, such as preventing insulin resistance in pre-diabetic people.

The study was published in the journal [*Diabetes*](#).


ROTARY DISTRICT 9800 CONFERENCE
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Women in Rotary 

**International Women's Day
Breakfast**

THURSDAY | AT 7AM - 9AM
5 MARCH 2020 | THE PALLADIUM



A Seat At The Table

This event brought to you by Rotary Brighton North & Rotary Melbourne

Catering Roster 2020				
23rd Jan2020	Servants Jazz Night		5 pm. To 8.30pm	
	Servants			
		1	Tony Wells	4 Greg Matthews
		2	Nino Sofra	5 Garth Symington
		3		6 Geoff Stiniecke
1 February	Summer Music Festival			
Saturday	St James Park		5.30pm to 9.00pm	
		1	Nino Sofra	5
		2	Bill Oakley	6
		3		7
		4		8
8th February	Summer Music Festival			
Saturday	Greythorn Park		5.30pm to 9.00pm	
		1	Nino Sofra	5
		2	Bill Oakley	6
		3		7
		4		8
15th February	Summer Music Festival		5.30pm to 9.00pm	
Saturday	Canterbury Gardens			
		1	Nino Sofra	5
		2	Jane Penington	6
		3		7
		4		8
28th Feb, 2020	BUNNINGS BOXHILL		8:30am to 12:00pm	12:00pm to 4:00pm
FRIDAY	Middleborough Rd			
		1	Don Taylor	5
		2	Nino Sofra	6
		3		7
		4		8

District Recognition Awards

Each year Rotary District 9800 takes the opportunity to recognise and thank Members and clubs for their hard work and dedication to a wide variety of projects, both locally and internationally.

Traditionally these awards have been selected closer to District Changeover in June and awarded then.

This year the awards will be presented at the District Conference from 27-29 March 2020. The bigger audience will provide more gravitas to the awards and allow for celebration with more members of your club and broader District.

This means that Nominations are due in by COB Friday 28 February 2020.



CAMBERWELL SUNDAY MARKET ROSS

Geoff is looking for a volunteer for the 9:45 slot.

Sunday	6.45am – 10.00am		9.45am – 12.00pm	
29 December	Greg Ross		Ted Wilkins	
5 January	Don Taylor	Bill Oakley	Tak Yakawa	uncan Ansell
12 January	Sue McDonald	Greg Cribbes	Geoff Steinicke	Greg Cribbes
19 January	Rowan McClean	Tony Wells	Peter Elliott	John Magor
26 January	Andrew Sutherland	Jane Pennington	Marcel Muntwyler	Jane Pennington
2 February	Estelle Kelly	Rob Head	Nino Sofra	Adam Hillary
9 February	Tak Yukawa		Ian Mollison	Mary George
16 February	Don Taylor	Ian Richardson	Eileen Toohill	Brian Lacy
23 February	Garth Symington	Ted Wikins	Janie Pirret	
1 March	Jim Romanis	Greg Matthews	Barry Cummings	
8 March	Tak Yukawa		Adam Hillary	
15 March	Estelle Kelly	Greg Cribbes	Terry Keyhoe	Greg Cribbes
22 March	Neil Marshall	Rowan McClean	Janie Pirret	
29 March	Nino Sofra		Findley Cornell	
5 April	Tak Yukawa		John Rennie	
12 April				
19 April		Greg Cribbes		Greg Cribbes
26-Apr				
3-May	John Rennie			
10-May				
17-May				
F1 Grand Prix 12-15 March District Conference 27-29 March				
EMERGENCIES	If available		Tony Wells 0400 077 647	
	If available		David Cheney 0417 355 370	
	If available		Adam Hillary 0412 191 413	
	If available		John Gartlan 98598559	
	If available		Tak Yakawa 0450 122 432	
Geoff Steinicke Mob 0418 175 130 email gwsteinicke@bigpond.com				
Also on our webpage at https://rotarynorthbalwyn.com.au/page/sunday-market				

Showcase your Project at District 9800 Conference 2020!

This is an amazing opportunity for your members to experience rotary beyond your club. A chance to see and experience some of the wonderful projects and programs that are being undertaken throughout our district, throughout our country and indeed throughout the world.

D9800 Conference 2020 Showcase will be held in the school gymnasium adjacent to the Ulumbarra Theatre - an ideal location for us to explore possibilities and opportunities all whilst enjoying our breaks from the Conference.

Does your club have a project that you would like to promote throughout the district? Registrations are now open for you to come on board, attend Showcase 2020 as an exhibitor and join in the fun of D9800 Conference 2020 where we will be enjoying *Conversation, Connection, Collaboration and Celebration*.

<https://www.trybooking.com/book/sessions?eid=512765>

ROTARY INFORMATION

Rotary International	Website:-	https://www.rotary.org/
	Facebook:-	https://www.facebook.com
	Twitter:-	https://twitter.com/Rotary
Rotary Australia	Website:-	rotaryaustralia.org.au
	Facebook:-	https://www.facebook.com/RotaryAroundAustralia/
	Facebook RDU:-	https://www.facebook.com/rotarydownunder/
	Twitter:-	https://twitter.com/rotaryaustralia
District 9800	Website:-	https://www.rotarydistrict9800.org.au/
	Facebook:-	https://www.facebook.com/rotarydistrict9800/
	Twitter:-	https://twitter.com/rotaryd9800?lang=en
	Networker:-	rotarydistrict9800.org.au/content/54/networker
Rotary Club of North Balwyn	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

ROTARY CLUB OF NORTH BALWYN 2019/20

President: Peter Sutherland	president@rotarynorthbalwyn.com.au
Vice President: John Magor	vicepresident@rotarynorthbalwyn.com.au
Secretary: Gavan Schwartz	secretary@rotarynorthbalwyn.com.au
Treasurer: Adam Hillary	treasurer@rotarynorthbalwyn.com.au
Grapevine: John McBride	jdmcb48@bigpond.net.au Noon Sat Weekly Deadline for submissions.

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

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TRAVEL

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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