



MEETING REPORT

Another successful bowls night that included visitors from Taiwan.



Our Leadership



RI President
Barry Rassin



DG 9800
Bronwyn
Stephens



AG Eastside
Barry
Hickman



President
RCNB
Nino Sofra

Laos Education Program for Village Girls

During the recent 2017-18 Rotary year, our Club funded a series of Vocational and Life Skills training programs for village girls in Laos conducted by the Lotus Education Fund, a program arranged through the support of past-member John Burley and supported by a District Grant.

The final Life Skills workshop was completed in February 2019, undertaken by 50 students from several village communities and lead by 8 teachers.

The workshop covered life skills such as vocational training and communication skills and a series of female health topics. The outcomes included positive assessments of the learnings and some transfer of skills and knowledge back into families and villages.

Rob Head



Club Diary

Club Birthday Celebration 9 May 2019

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/>

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 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

From the Grand Prix





TARGET 500 BOOKS FOR ST ARNAUD

BOOKS FOR ST ARNAUD: TARGET 500 ACHIEVED

We've now achieved our target of 500 books for the Club's Drought Relief Program at St Arnaud.

Thank you to all who have been involved with the project, including Rotarians and their grandchildren.

The support has been wonderful from within the RC North Balwyn and elsewhere, including DIK and the Rotary Clubs of Kew and Albert Park.

Arrangements are now being made to take the books to St Arnaud.

The books will be made available through a Resource Centre in St Arnaud for the benefit of hard hit families affected by the drought.

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

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 Greateorex**Desk:** Adrian Ranson, John Rennie**Speaker:-** Alister Boyd**Host:-** Rob Head**Topic:-** Grains Council of Victoria

The Victorian Farmers Federation aims to create a profitable, sustainable and socially responsible agricultural industry connecting with all Victorians.

Alister Boyd leads their Grains team and will discuss matters relating to our Drought Relief project.

Thursday 11 April**Greeters:** Ian Adams, Bronwen Dimond**Set Up:** Sam Hardikar, Terry Keyhoe**Desk:** Adam Hillary, Jim Studebaker**Speaker:-** Brian Lacy AO**Host:-** Kinga Paulheim**Topic:-** Autobiography

We are extremely proud of our member, Brian Lacy for his recent Australia Day Honour of Officer (AO) in the General Division of the Order of Australia. . Richly deserved.

Brian has practiced as a Solicitor, a Barrister and in 2001 was appointed as a Senior Deputy President of the Australian Industrial Relations Commission [AIRC].

Before being commissioned as a Senior Deputy President of the AIRC, Brian's private practice included extensive work in administrative law, equal opportunity and human rights, employment and industrial law.

His time on the bench at the AIRC has given him 8 years experience in alternative dispute resolution.

Wednesday 17 April**Greeters:** David de Garis, Larry Fitzpatrick**Set Up:** Adam Hillary, Ian Mollison**Desk:** Rowan McClean, Kinga Paulheim**Speaker:-** No Speaker required**Host:-****Topic:-**

Note:- This meeting is a change of date and will be held at The Hub Community Centre.

Wednesday 24 April**Greeters:** Chris Flavell Smith, Jeanette Leigh**Set Up:** Colin Sharp, Tony Hart**Desk:** Jim Romanis, Anthony Stokes**Speaker:-** No Speaker required**Host:-****Topic:-****Birthdays and Anniversaries between March 25 to March 31****Weddings:** Barry Cummings and Kristine McDonell, Peter and Robyn Elliott**Birthdays:****Inductions:** Jeanette Leigh, Phil Wade

FORaMeal and Disaster Aid

About twenty volunteers from the Canterbury Rotary Club have been travelling to islands of the Philippines for the past 22 years to conduct medical missions to restore sight and hearing. It's a whole new project on a different island every couple of years.

One of the common needs, identified through contacts with the many Rotary Clubs in the Philippines, is their need for assistance after the frequent devastating typhoons and earthquakes in that country. Significant malnutrition was observed, particularly in the children of the poor villages.

Canterbury's Club President for 2016-17, Doug Hawley, runs a food manufacturing business with a export licences that allowed Canterbury Rotary to run their project which is called FORaMEAL.



In an evening of volunteering, club members can pack **800 meals, that will feed 4,000 people**. Strict procedures are required to ensure compliance with food handling regulations. Several assembly lines are formed and each pack is weighed to ensure it contains the correct mix of ingredients, before it is thermatically sealed. The completed packs are then boxed up ready for shipment.



The aluminium heat sealed packs consist of lentils, oats and rice with a sachet of the important minerals and vitamins. These packs are shipped to Rotary clubs in the Philippines and stored in a vermin safe area for distribution, following the inevitable natural disasters that occur in their province.

The FORaMEAL project is developing into one of the Canterbury Club's most significant activities. Fun emergency food packaging events have been held with other Clubs, at the 2019 Multi-District Conference.

Because we know it is a strain on club finances to host a FORaMEAL packing event, we have been decided to host a Multi-Club Event.

ROTARY MULTI-CLUB FORaMEAL PACKING EVENT TUESDAY, 11 JUNE, 2019 6.30—8.30 PM

\$1,000 per table of 11 participants, covers the cost of all materials and a contribution towards shipping.

Start with a table or two for your club and then we will mix and match you with other Clubs later in the evening.

Venue will be decided upon once we have final numbers, but it will be in our local area.

Please reply with your table booking or expression of interest now and further details will follow.

Cheers.

Val Cuniffe

FORaMEAL Emergency Food Packaging

a project of **THE ROTARY CLUB OF CANTERBURY**

Tel: +61 411 345 600

Email: val.cuniffe@canterburyrotary.org

Click on the link below for the video of the FORaMEAL Conference Event

https://www.dropbox.com/s/mxxdidzy3sxqtay/ForAMeal_PackingDay_Edit04.mp4?dl=0

Geoff's Health Tip

The 'Dirty Dozen'

Last week we were made aware of the court case brought against Monsanto in which the court awarded US\$395 million to a man dying of cancer, allegedly the result of using RoundUp glyphosphate weedicide over many years, and recently Germany has banned its further use in domestic environments. This again raises the issue of the safety of all residual chemicals in the food we eat.

Pesticides are meant to kill insects, mould and mildew. Many have shown to be harmful to humans at high doses, yet they are applied directly to food, and residues are regularly found on 70% of conventionally grown fruit and vegetables.

Several organisations, such as the **Environmental Working Group** in Australia, regularly test food for pesticides and weedicides and publish a list called the 'Dirty Dozen', ranging fruit and vegetables in order of the most contaminated, along with another list named 'The Clean Dozen' to provide guidance to the public.

Top of the 'Dirty Dozen' list are Strawberries, followed by Spinach, Nectarines, Apples, Peaches, Pears, Cherries, Grapes, Celery, Tomatoes, Sweet capsicum and Potatoes.

Top of the 'Clean List' are Avocados followed by Sweet Corn, Pineapples, Cabbages, Onions, frozen Peas, Papayas, Asparagus, Mangoes, Honeydew melons and Kiwi Fruit.

I noticed that Strawberries consistently topped the list of the most contaminated food in the UK as well as the USA. In addition, Strawberries were found to have many different pesticide residues, perhaps because they are vulnerable to pests, they grow directly on the ground and are difficult to wash.

Perhaps we should rethink our preference for Strawberries and substitute Raspberries which are grown on bushes and are well down the list of contaminated fruit. Similarly Blueberries are grown on bushes and, in addition, have the benefit of a firm skin that can be washed. Alternatively, if you can't do without the luscious appearance and taste of Strawberries think about the safety of organically grown Strawberries.

Reduce



Increase



Geoff



The **mobile face washing station** is designed to be used by indigenous children in remote communities as part of Rotary's initiative to eliminate Trachoma from Australia. The face-washing stations are mounted on a trailer that are deployed in Indigenous Communities in Central Australia – particularly for AFL sporting events and other community occasions. Monash University continue to provide teams of fourth-year engineering undergraduates to work on the project with Rotary (Peter Rogers- peter.h.rogers@monash.edu.au) and corporates such as GHD, Telstra and Yarra Valley Water.



CAMBERWELL SUNDAY MARKET ROSTER – No 30

Sunday	6.45am – 10.00am	9.45am – 1.00pm
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	Geoff Steinicke
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

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

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

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 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](#)

Another successful gardening job completed with all the bins full!



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 4th May, 2019.

6:30pm for 7:00pm

\$30 per person. Early Bird.

\$35 after 30 April.

RSVP Friday 26th 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

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:-	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 2018/19

President: Nino Sofra	president@rotarynorthbalwyn.com.au
Vice President: Adrian Ranson	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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We thank Bread Street Bakery for their ongoing support of our BBQ Fundraising activity through their generous provision of bread supplies.



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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*