



### Club Meeting 23 February

We had two Speakers providing us with their Autobiographies.

First Speaker was Andrew Sutherland, son of our President Peter Sutherland and wife Sally who was present.

Andrew's presentation was very humorous and of note was the number of times the family moved house. With several of President Pete's work role being in rural areas, accommodation was often scarce to find. This resulted in home being caravan parks and motels on several occasions.

Whilst Andrew graduated from University with a technical degree, he had spent time in call centres and in marketing product development has led to his current role with a company that reminds folks when their medication is due through an app. This is a much needed service as a significant of arrivals at hospital emergency departments is mix-ups in personal medications

Second Speaker was Hugo Goetze. Born in 1940, Hugo's timeline is obviously quite extensive. Highlights of Hugo's upbringing in Tasmania with his father in the Banking Industry who came to Victoria after a banking takeover transferring the family to Coburg. Hugo's local schooling then university followed by working in Alcoa from it's earlier days at Point Henry (Geelong), gave us very detailed and interesting autobiography.

Daily trips to Point Henry from home in North Balwyn is an example of Hugo's sense of dedication.

The range of technical developments of different aluminium products from bomb components during the Vietnam War for the Australian Armed Forces to material for high speed presses making ring pull ends for drink cans has provided Hugo with an interesting career with wide variety.

Again autobiographies has proven to be amongst the best evenings we have in our club.

Returning Rotarian John Burley who has been in Vanuatu thye past year or so presented a banner from the Rotary Club of Port Vila, Vanuatu to President Pete. John also gave us a quick heads up on the Rotary Club of Port Vila which has even number of male/lady members. 35 in total.



### 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

### Club Diary

Arnaud Harvest Festival 1 February  
(Drought Relief Program)

District Conference March 27-29 2020

Miniatures July 11-12

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](mailto:apologiesrcnb@gmail.com)

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

## President's Report

**This week** we saw the Induction of Cris Yudi and member biographies from Andrew Sutherland and Hugo Goetze who were introduced by Jagath Jayasinghe.



**Rotarian Marion Macleod** (representing Kerry Kornhauser) reminded us of the upcoming annual International Women's Day Breakfast. It has a fantastic panel of speakers which will be of great interest to Members and friends. Thursday 5<sup>th</sup> March at the Crown Palladium – 6.30 for 7am with Breakfast. More information can be found here: <https://www.rotaryiwdbreakfast.org.au/>



**Our Rotaractors** are attending a Bushfire Relief Trivia Night run by Gateway Rotaractors on Sat 15<sup>th</sup> February. Please contact Jane Pennington if you can attend. Jane can't make it and would love one or more of our Members to support the night and the Nth Balwyn Rotaractors.

(Flemington & Kensington Bowling Club: 407-411 Racecourse Road, Flemington, Victoria 3031  
Saturday, February 15, 2020 at 6:30 PM – 9:30 PM)

Tix \$20 <https://events.humanitix.com.au/rotaract-bushfire-appeal-trivia?fbclid=IwAR3X7F-PU-NtD0OaSnFX3ieVbwpo0awL0hwhGOHWtY7xHUehBER91Uo5Dzo>)

Also on Thursday night our members Nino, Grumpy, Garth, Steve, and Kinga with partners Heather and Bev supported the Servants Community Housing Jazz Night at Carrical House in Hawthorn by setting up the BBQ trailer and catering for the large crowd in attendance.

## Coming up

**Next week's Speaker** is Sandi Givens from Relay for Life (Raising Funds to Fight Cancer) which we supported last year with walkers from Rotaract and an event breakfast BBQ. Read more here: <https://www.cancervic.org.au/about/stories/sandi-givens-story-relay.html>

**Golf Day Friday Feb 21<sup>st</sup>:** See Jim Romanis to buy Raffle Tickets in advance and it's never too late to donate a bottle of wine for the Raffle Prizes.

President Pete

## Rotary Wyndham Harbour cleans up

Clean, healthy rivers reduce human health risk and improved quality of life. Less trash increases recreational activities along rivers— clean and safe walk and runs trails for the community.

As recreational activities increase, tourists will be attracted. Thus, affecting both the economy and well-being of the community.

In a bid to tackle the environmental burden in our community, we decided to clean up the downstream mess in the river!





## The Mongolian Cultural Immersion Program

January 2020

At a time when most Rotarians are enjoying a summer break and relaxing from Rotary activities it is heartening to acknowledge the involvement in the January 2020 Mongolian Cultural Immersion program. The planning team for this program, Ian Adams, Jane Pennington, Peter Downton, Bill Oakley and Estelle Kelly wish to thank the contribution made by the following Rotarians as Day Coordinators, hosts, drivers, caterers and behind the scenes administrators:

Kinga Paulheim, Geoff and Lis Haddy, Jim Romanis, JJ, Geoff Steinicke, Janie Pirret, Philip Wade, John Rennie, Sue McDonald, Greg Cribbes, Jim and Carol Studebaker, John and Helen Gartlan, John and Ann Koa, Rob Head, Tak and Sanae Yukawa Garth Symington, Matthew and Naomi Symington and John Mc Bride.

Great team work. Thank you. Estelle Kelly.



Melbourne students and Mongolians learning some of our Shipwreck Coast history.

The Mongolian Students feeding cattle at a farm and tackling the obstacle course>



## 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
30	Jan	Rob Head	
6	Feb	Greg Cribbes	
13	Feb	Steven Greateorex	
20	Feb	Garth Symington	
27	Feb	Geoff Haddy	
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.28		Thursday, 23rd January 2020
<b>Present:</b>		
"Guest Speaker"	Member Autobiographies - Andrew Sutherland & Hugo Goetze	
NB Members	34	Apologies = 27, LOA = 5
Partners	1	Sally Sutherland
Guests	3	Inductee Cris Yudi ; Thomas Selbraj (Don Taylor) ; and Liuyang Li (Andrew Sutherland)
Alumni / FofR	1	John Burley
Meals	39	Booked 43,
Members Present 34 = 51.5% ; Membership = 66 .		
<b>External Activities :</b>	20	CAMBERWELL Sunday Market, 19th Jan.- Peter Elliott, Rowan McClean, John Magor & Maurie Walters; <u>DIK</u> - Peter Sutherland ; 2nd BITE delivery to CamCare , 23rd Jan.- Maurie Walters ; <u>FARESHARE</u> - Jane Pennington; MEN'S SHED , 20th & 23rd Jan.- David Cheney, Peter Elliott (2), Tony Hart & Greg Matthews; CATERING, 23rd Jan. - Servants Jazz Festival, Greg Matthews, Kinga Paulheim, Nino Sofra, Garth Symington & Tony Wells ; <u>DIK / Interplast</u> - Sue McDonald ; <u>RC Sorrento</u> - John Rennie. Absences for next week :- So far, only 4 apologies plus 5 LOA.

### Geoff's Health Tip

## The Mediterranean Diet is the Best Diet whilst the Keto Diet has become Very Popular for Rapid Weight Loss

In a survey of 35 diet plans, the best overall diet for 2020 is the Mediterranean Diet followed by the DASH (Dietary Approaches to Stop Hypertension) diet. Both focus on fruits, vegetables, whole grains, fish and minimal meat. The ketogenic diet, one of growing popularity, fared well in the annual survey. Commonly called the 'Keto' diet, this diet emphasises very low carbohydrates and high fat consumption.

The **Mediterranean Diet** is typical of the diet of the people of southern Europe. The key components include olive oil as the main source of fat, high intakes of vegetables, fruit, nuts, legumes and fish, and low meat and dairy consumption, avoidance of sugary and processed foods, and moderate alcohol consumption. Diets such as the Mediterranean diet produce glucose from carbohydrates as a source of energy.



On the other hand, in the **Keto diet**, foods like bread, cereal, rice, pasta, legumes, fruit, and starchy vegetables are virtually prohibited, whilst fatty foods, cheese, cream and meat predominate. As a result, when there is a scarcity of carbohydrates our bodies trigger a metabolic state known as ketosis forcing the body to burn fat for energy.



- \* The Mediterranean and the majority of other diets produce glucose from carbohydrates as a source of energy.
- \* The Keto diet relies on fat as the source of energy.

### Why is it called the Keto diet?

When we burn fat, ketones like acetone are produced as a by-product. Taken to the extreme, people who are fully ketogenic produce ketones in their blood that is detected in their breath. Research is showing that people report feeling less hungry as it seems that when you're burning fat, your body can tolerate hunger better.

### Is the ketogenic diet good for you?

The benefit of a true Keto diet is rapid weight loss which is the main aim of the diet, however most nutritionists agree that the Keto diet is an extreme diet for medical use only. Furthermore it is really not suitable for the long term as damage to the kidneys will be the most likely result.

A true ketogenic diet is also difficult to maintain because you have a lot of fat, only moderate amounts of protein and you have as little as 20 to 50 grams of carbohydrates a day. To give you an idea of 50 grams, this is equivalent to a large banana and a thick slice of bread.

### The take home message

If you want to go low-carb, ditch your meat pies, sausage rolls, potato chips and pizza. Instead, switch to the Mediterranean Diet that is closer to a healthier eating pattern that maintains an ideal body weight .

Geoff



Our Club is now extending our Drought Relief Program to a second area in Victoria, around Numurkah.

This photo shows some of the 33 community leaders in Numurkah who attended our briefing session sponsored by the local Rotary Club.

The Rotary Club and community are enthusiastic about our program, and we have the commitment of all nine targeted retailers to participate in our voucher program.

Rob Head (for DR committee)



### **Drought Relief Program (DRP) Update**

This week our team of Geoff Haddy, Greg Matthews, Rob Head and Geoff Kneale presented in the drought stricken town of Numurkah. The purpose of the two day trip was to launch our second DRP program. Doubling our ongoing St Arnaud commitment, the Numurkah project is a community of double the size of St Arnaud and in more dire need of our support.

Numurkah is at the centre of the Victorian Dairy Industry – an industry simultaneously hit by drought, a collapse in the dairy industry (spiralling costs, diminished returns and negative overseas corporate influence), and now bush fires.

Our Wednesday Town Hall meeting was to launch our new program. The meeting was well attended by a broad representation of the community – CFA, CWA, District Hospital, Churches, schools, various farmers, dairy company representatives, councillors, etc.

Presenting ourselves as a unified Rotary team comprising Numurkah, Nth Balwyn and Balwyn, the purpose of the Town Hall meeting was to gain both an understanding of the pending launch of our DRP and to stir awareness, commitment and support within the whole community.

The next morning we signed up the selected retailers – grocery, pharmacy, school clothing and fuel stores. Our next step is to commence printing and distributing vouchers in February. Following that will be our commencement of planning for a community event mid-year – perhaps another highly successful “Comedy Festival”.

### **SUKIN COSMETICS –**

Late last year, we were offered a large range of high quality ladies cosmetics. Great thanks to Jane Pennington!

We have now delivered these goods to -

- \*50% to St Arnaud - through CWA/St Arnaud Rotary to mothers in drought affected areas - pre Christmas;
- \*25% to Numurkah District Hospital to ladies as part of mental health and maternity welfare - distributed 2 weeks ago via Rotary club of Numurkah;
- \*Balance to – Women in Farming which is a network of dairy farming women stricken by the drought and infrastructural changes in the dairy industry that has seen a vast majority of family dairies collapse;
- \*Numerous boxes were given to the Numurkah Community House.

Regards Geoff Kneale

### **A request for assistance**

From: Kirstin Jenkins <[kirstinajenkins@hotmail.com](mailto:kirstinajenkins@hotmail.com)>

Sent: Tuesday, 7 January 2020 3:10 AM

To: [admin@rotarynorthbalwyn.com.au](mailto:admin@rotarynorthbalwyn.com.au)

Subject:

Hi,

My name is Kirstin and I am a single mum of a two month old baby. I was talking to my maternal health nurse and she suggested I contacted the local rotary club.

I was wondering if someone would be able to assist me with getting my licence? I would just need someone to take me for drives so I can get some confidence with driving before I go to my licence.

It's currently pretty hard to get around with a baby and no car. I'm not sure if this is something you offer but it would be much appreciated if you could let me know.

I don't have a car so if it is possible I would need to use someone's car if that's okay and I would need to bring my daughter as well. I have a car seat though.

Many thanks, Kirstin

## MEETING ROSTERS

**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.



**Thursday** 13 February  
**Greeters** Bronwen Dimond, Larry Fitzpatrick  
**Setup** Adam Hillary, John Gartlan  
**Desk:** Terry Keyhoe, Greg Ross

**Speaker:-** Matt Maudlin  
**Host:-** Tony Wells  
**Topic:-** Ping Pong-a-Thon, a not for profit organisation seeking to combat human trafficking and exploitation of young people in South East Asia.

Matt Maudlin is well known to RC North Balwyn as a previous CEO of Servants Community Housing. He received PHF recognition from our Club in recognition of his work at Servants.

Matt is now involved in a new project called **Ping Pong A Thon**; a not for profit organisation seeking to combat human trafficking and exploitation of young people in South East Asia through a series of table tennis events held every year.

Schools, universities, churches, workplaces, sporting clubs and pubs across Australia and the USA, host table tennis events to raise funds to support the work of organisations combating the slavery of some of the most vulnerable young people in our world.



### Birthdays and Anniversaries between January 24 and 2 February

**Weddings:** Nil to report  
**Birthdays** Ivy Angleton, Alison Adams, Lachelle Stewart, Greg Ross, Hugo Goetze  
**Inductions:** Geoff Kneale, Anthony Stokes, Neil Marshall

FOR A COMPLETE LIST OF EVENTS, VISIT US ONLINE

2020 RCNB	Gardening	Schedule				
Date	School	Time	Supervisor	Assisted By		
Friday Feb 7	XC	3.45-5pm				
Friday Feb 14	XC	3.45-5pm	G Cribbes			
Friday Feb 21	XC	3.45-5pm	G Haddy			
Sat Feb 22	MLC	10 am-Noon	G Symington	M Muntwyler		
Friday Feb 28	XC	3.45-5pm				
Friday Mar 6	CGS/XC	2.45-5pm	G Cribbes			
Sat March 7	MLC	10am-Noon				
Friday Mar 13	CGS/XC	2.45-5pm	T Hart			
Sat March 14	MLC	10am-Noon	R McGlean	C Yudi		
Friday Mar 20	CGS/XC	2.45-5pm	G Haddy			
Sat March 21	MLC	10 am-Noon				
	School Holidays					
Fri April 17	CGS/XC	2.45-5pm	G Cribbes			
Sat April 18	MLC	10 am-Noon	G Haddy			
Fri April 24	CGS/XC	2.45-5pm	G Haddy			
Fri May 1	CGS/XC	2.45-5pm				
Sat May 2	MLC	10 am-Noon				
Fri May 8	CGS/XC	2.45-5pm				
Fri May 15	XC	3.45-5pm				
Sat May 16	MLC	10 am-Noon				
Fri May 22	CGS/XC	2.45-5pm				
Fri May 29						
Fri June 5						
Fri June 12	CGS/XC	2.45-5pm				
Fri June 19	CGS	2.45-4.00 pm	G Cribbes			
	School Holidays					
	For Additions	or Changers	Contact	Neil Marshall	0447 483493	or neiltric@yahoo.com.au

## Quote of the Day

What did our parents do to kill boredom before the Internet?  
I asked my 26 brothers & Sisters and they didn't know either!

When you return home after a visit with Grandma...







## Rotaract Bushfire Appeal Trivia

**Saturday 15th of February, 6:30pm - 9:30pm**  
**Flemington & Kensington Bowling Club**

Gateway Rotaract and the Rotaract E-Club of Melbourne would like to invite your club to our trivia night, raising funds for the Victorian Bushfire Disaster Appeal!

- Saturday 15 February 2020, 6:30pm to 9:30pm
- Flemington & Kensington Bowling Club
- 407-411 Racecourse Road, Flemington, 3031
- Teams up to 8 people (\$20pp. Teams of 6-8 \$18pp)
- BYO Food/Snacks. Drinks at bar prices

We have an awesome silent auction and raffle planned. See below for a couple of items available. If you see something you like, book your tickets as you need to be in it to win it.

**\$250 Graphic Design / Website Design Voucher** *Rohan Gerrard Design*

**Family Pass (2A + 2C) - Unlimited Rides! (\$155)** *Luna Park*

**Signed BBL 08 Melbourne Stars Print** *Cricket Victoria*

**Arlington Milne Erica Clutch (\$269)** *Ziggurat Design*

**+ Many More...**

We also have a massive raffle for you, including this epic prize:

**2 x 4 Day AusGP Park Pass (\$370)** *Australian Formula 1 Grand Prix*

You are cordially invited to attend our 1st Annual Golden Ball, a Fundraising event  
Proceeds to benefit homeless people in Wyndham & club services  
Award Presentations | Spectacular Entertainment | Mouth watering 2 Course meal | Come sleek, chic, and ready for the Red Carpet (Formal attire)  
Hosted by the Rotary Club of Wyndham Harbour  
On Saturday 29 February 2020 at 6:00pm to midnight

A poster for the 1st Annual Golden Ball Spectacular Night. The top half features a red carpet leading into a red curtain. The text 'WE ARE ROLLING OUT THE RED CARPET FOR OUR' is centered. Below the carpet, the title '1st Annual GOLDEN BALL SPECTACULAR NIGHT' is displayed in gold, flanked by two Oscar statues. Underneath, it says 'FUNDRAISER & GOLDEN AWARD CEREMONY'. The date 'Saturday, February 29th 2020' is prominently shown. Below the date, it states 'FROM 6:30PM ENTER BALLROOM AT 7:00PM | CONCLUDING AT MIDNIGHT'. The purpose of the event is 'Proceeds to benefit homeless people in Wyndham & club services'. The venue is 'SEASON 5 RESORT 453 - 460 POINT COOK. POINT COOK VIC 3030'. Ticket information includes 'TICKETS: \$110 PER PERSON. BOOK TICKETS AT: https://www.trybooking.com/BCRPD' and 'GROUP TICKET ALSO AVAILABLE'. A note says 'IT'S OSCAR NIGHT - DRESS TO IMPRESS (FORMAL WEAR)'. At the bottom, it says 'PRESENTED BY THE ROTARY CLUB OF WYNDHAM HARBOUR' next to the Rotary Club logo.

WE ARE ROLLING OUT  
**THE RED CARPET**  
FOR OUR

*1st Annual*  
**GOLDEN BALL**  
SPECTACULAR NIGHT  
FUNDRAISER & GOLDEN AWARD CEREMONY

**Saturday, February 29<sup>th</sup> 2020**  
**FROM 6:30PM ENTER BALLROOM AT 7:00PM | CONCLUDING AT MIDNIGHT**

Proceeds to benefit homeless people in Wyndham & club services

**SEASON 5 RESORT**  
**453 - 460 POINT COOK.**  
**POINT COOK VIC 3030**

**TICKETS: \$110 PER PERSON.**  
**BOOK TICKETS AT:**  
<https://www.trybooking.com/BCRPD>  
GROUP TICKET ALSO AVAILABLE

IT'S OSCAR NIGHT - DRESS TO IMPRESS (FORMAL WEAR)

**PRESENTED BY**  
THE ROTARY CLUB OF WYNDHAM HARBOUR



Not to be missed! Book online at [rotaryiwdbreakfast.org.au](http://rotaryiwdbreakfast.org.au)

Women *in* Rotary  presents

## International Women's Day Breakfast

Wednesday 7th March 2018 | The Palladium Crown

Brought to you by The Rotary Club of Brighton North  
& The Rotary Club of Melbourne

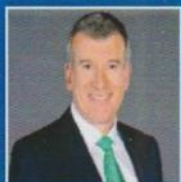


# Let them Roar!

Explore the road to success

MC

Moderator



Stephen  
Quartermain



Ali  
Moore



Andy  
Penn



Deborah  
Glass



Adam  
Fennessy



Emma  
Welsh



Husna  
Pasha

\$850 CORPORATE TABLE OF 10

\$740 STANDARD TABLE OF 10 - SINGLE TICKET: \$75 - VCE/TERTIARY: \$50

6.30am for 7.00am start. Finishes promptly at 9am. FREE parking in the multi-deck carpark.



Register at [events.humanityix.com.au/walk-talk-rotary](https://events.humanityix.com.au/walk-talk-rotary)

SUN  
**19**  
APR

# WALK TALK

**Rotaract**   
Rotary Club Partner

**Rotary**   
Club of Mont Albert & Surrey Hills

# ROTARY

6/12/18 km

**Venue:**

Gardiners Creek,  
Enter at Deakin Uni,  
Burwood Highway

**Time:**

Registrations from  
10:00 am

Businesses/Groups are encouraged to  
form a team.

Sponsorships will go to the following charities:

Australian Rotary Health  
Defying the Odds  
Summer Foundation  
Interplast

Register at [events.humanityix.com.au/walk-talk-rotary](https://events.humanityix.com.au/walk-talk-rotary)



# Rotary Club of Yea 2020 Art Show

Rotary



"the best little Art Show in the country"

**Opening Night**  
24th Jan 2020  
7.30 pm - \$20



**French Theme**

**Daily 25th Jan  
to 27th Jan  
10AM to 5PM**

**Closing Day  
28th Jan  
10AM to 3PM**

**ENTRANCE \$5**  
Children Free

**YEA TOWN HALL  
HIGH STREET, YEA**

[www.yearotary.org.au](http://www.yearotary.org.au)





## 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](mailto:admin@rotarynorthbalwyn.com.au)

Also check the Club Website for latest information <https://rotarynorthbalwyn.com.au>

<b>1 February</b>	<b>Summer Music Festival</b>		<b>5.30pm to 9.00pm</b>	
<b>Saturday</b>	<b>St James Park</b>	1	Nino Sofra	5 Heather Matthews
		2	Bill Oakley	6 Ted Wilkins
		3	Geoff Haddy	7 Margaret Wilkins
		4	Greg Matthews	8
<b>8 February</b>	<b>Summer Music Festival</b>		<b>5.30pm to 9.00pm</b>	
<b>Saturday</b>	<b>Greythorn Park</b>	1	Bill Oakley	5
		2	Nino Sofra	6
		3	Greg Matthews	7
		4	Heather Matthews	8
<b>15 February</b>	<b>Summer Music Festival</b>		<b>5.30pm to 9.00pm</b>	
<b>Saturday</b>	<b>Canterbury Gardens</b>	1	Nino Sofra	5 JJ
		2	Jane Pennington	6
		3	Rob Head	7
		4	Geoff Haddy	8
<b>28 February</b>	<b>Bunnings</b>		<b>8.30am to 12.00pm</b>	<b>12.00pm to 4.00pm</b>
<b>Friday</b>	<b>Middleborough Rd</b>	1	Don Taylor	5 Geoff Haddy
	<b>Box Hill</b>	2	Nino Sofra	6
		3		7
		4		8
<b>18 April</b>	<b>Bunnings</b>		<b>8.30am to 2.00pm</b>	<b>12.00pm to 4.00pm</b>
<b>Saturday</b>	<b>Middleborough Rd</b>	1		5
	<b>Box Hill</b>	2		6
		3		7
		4		8
<b>12 June</b>	<b>Bunnings</b>		<b>8.30am to 12.00pm</b>	<b>12.00pm to 4.00pm</b>
<b>Friday</b>	<b>Middleborough Rd</b>	1		5
	<b>Box Hill</b>	2		6
		3		7
		4		8
<b>27 June</b>	<b>Bunnings</b>		<b>8.30am to 12.00pm</b>	<b>12.00pm to 4.00pm</b>
<b>Saturday</b>	<b>Middleborough Rd</b>	1		5
	<b>Box Hill</b>	2		6
		3		7
		4		8





## CAMBERWELL SUNDAY MARKET ROSTER – No 77

Sunday	6.45am – 10.00am		9.45am – 1.00pm	
2 February	Estelle Kelly	Rob Head	Nino Sofra	Adam Hillary
9 February	Tak Yukawa	Kinga Paulheim	Ian Mollison	Mary George
16 February	Don Taylor	Ian Richardson	Eileen Toohill	Brian Lacy
23 February	Garth Symington	Ted Wikins	Janie Pirret	Imre Lele
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	Geoff Haddy
29 March	Nino Sofra		Findley Cornell	Duncan Ansell
5 April	Tak Yukawa		John Rennie	
12 April	Rob Head		Brian Lacy	
19 April	Greg Ross	Greg Cribbes		Greg Cribbes
26-Apr				
3-May	John Rennie			
10-May				
17-May				
24-May				
31-May				
7-Jun				
14-Jun				
21-Jun				
28-Jun				
F1 Grand Prix 12-15 March District Conference 27-29 March				
EMERGENCIES	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				

## District 9800 News .....

### 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.**

## ROTARY INFORMATION

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

### ROTARY CLUB OF NORTH BALWYN 2019/20

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

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

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

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