



Club Meeting 27 February

Our thanks to Ian Mollison, Mary George and Nth Balwyn Bowls Club volunteers who made our Lawn Bowls Evening so much fun. Thanks also to the Bowls Club for once more providing us with sets of bowls to use on the night.

We trust everyone had a great time.

The Grand Prix 12-15th March

The Grand Prix Committee met prior to the bowling on Thursday.

Coates Hire Contractor's Lunch Wed 4th March

Coates Hire are responsible for seeing the construction phase goes smoothly and they are the Official Equipment Supplier to the Australian Grand Prix Corporation. In addition a company called Hammertech are employed to manage site safety. During the construction phase the whole of Albert Park Grand Prix Site is declared a "Construction Zone"

OH&S Regulations mandate that any person entering a Construction Zone must pass a Site Safety Induction. **This Induction Requirement captures our volunteers who are cooking at the Coates Hire Contractor BBQ** as the site remains a Construction Zone on the date of Wednesday BBQ. Contact Jim Studebaker if you are attending and need help with this.

If you wish to help out with the preparation please see Nino, Greg Matthews, Peter Elliott or Jim Studebaker. On Tuesday March 3 trailers and cars will be loading up at the containers at Chris Cross and on Wednesday March 4 the team moves into Albert Park to conduct the lunch.

Tuesday March 10 is "Bump-In Day" when we move into Albert Park and set up ready for the Thursday through Sunday catering for the Marshalls and infield barbeques.

Once more: if you wish to be involved and have not yet volunteered – see Nino or Jim.

Help is always appreciated at the end of the show at Chris Cross Supplies even if you do not plan to attend at Albert Park. At this time (Sunday March 15 afternoon) we are always tired and cherish the support of fresh faces to help clean up and pack up the gear.

Next Week's Speaker (March 5) is Vicki Mustafa hosted by Janie Pirret, speaking about "Women In the Middle East". Please consider inviting your Partner or a Guest. We will also be inducting two new members! Please all come to be part of what will be a great meeting.

The following week (12 March) There is NO CLUB MEETING as we will all be involved with the GRAND PRIX.

Have a great week in Rotary President Pete

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

Grand Prix March 12 – 15

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

Please apologise no later than 5pm
on Tuesday.

MEETING ROSTERS

Thursday 5 March
Greeters Peter Cleary, Rob Head
Setup Peter Elliott, Maurie Walters
Desk: Greg Cribbes, Phil Wade

Speaker:- Vicki Mustafa
Host:- Janie Pirret
Topic:- Women in the Middle East

Vicki Mustafa, who has a Muslim background, lived and worked in the Middle East for twenty years. Vicki is now Pastor at Glenhill Community Church, Glen Waverley and is well-qualified to give us rare insights into the lives of women in the Middle East.



March 12th: No Meeting This Week Due to Grand Prix

Thursday 19 March
Greeters Russell Cooper, Estelle Kelly
Setup Ian Adams, Imre Lele
Desk: Sue McDonald, John McBride

Speaker:- John and Chris Burley
Host:- Ian Richardson
Topic:- Life and Work as a Volunteer in Vanuatu

The Pacific Island nation of Vanuatu, of which we Australians know little, is becoming of increasing strategic importance following significant Chinese overtures.

John and Chris Burley lived there for 13 months until November 2019 as Australian volunteer aid workers in agriculture and education respectively.

John's task was to provide specialized training for advisers who assist local farmers, whilst Chris concentrated on developing a program to lift standards of literacy and numeracy in the country's adult population.

Thursday 26 March
Greeters Findley Cornell, Terry Keyhoe
Setup Jarath Jayasinghe, Larry Fitzpatrick
Desk: Greg Matthews, Garth Symington

Speaker:- Professor Charles Sowerwine
Host:- Ian Adams
Topic:- Strikes, Yellow Vests and Pensions: Why the French Resist Neo-Liberalism

Few people would know more about French politics, past and present, than Professor Charles Sowerwine. Charles is Emeritus Professor of History at the University of Melbourne. He has had a lifelong interest in the social, political, racial and gender issues that have resulted in French society as we know it today. Prior to his arrival in Melbourne in 1974, Professor Sowerwine was educated in the USA, after which he obtained his Ph.D in Paris and taught at the University of Paris. His will be a most interesting talk because France is important, not only in Europe but also internationally, given the complications of Brexit and Donald Trump's trade and defence policies.

Birthdays and Anniversaries between March 2 and March 8

Weddings: John & Helenmary Gartlan, Greg & Heather Matthews, Phil & Carmel Francis, Ted & Ivy Angleton, Findley & Dianne Cornell
Birthdays Nina De Garis
Inductions: Nil

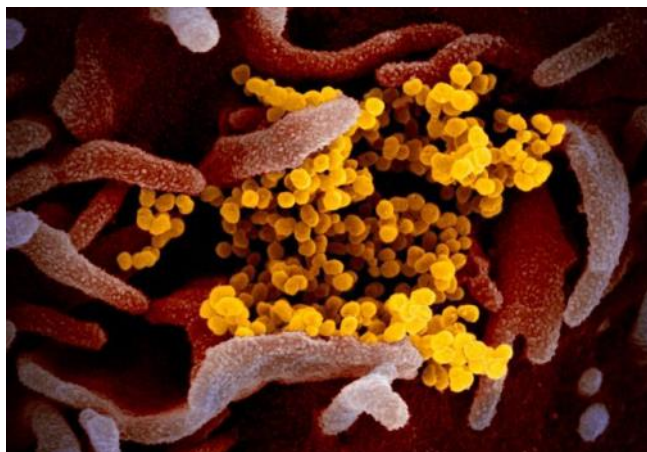
Geoff's health tip

Our Health is in the Hands of Bacteria and Viruses

In the beginning there were single cell bacteria and viruses. They were the only life on earth for millions of years. Then larger, more complex cells evolved and then fungi and plants and, eventually, animals. But the bacteria and viruses never went away and we had to learn to live with them.

You may ask, what is the difference between bacteria and a virus?

Nino, our resident pharmacist, explains the difference as follows: "Bacteria are single-celled micro-organisms that thrive in many different types of environments. Some varieties live in extremes of cold or heat. Others make their home in people's intestines, where they help digest food. Most bacteria cause no harm to people, but there are exceptions. Infections caused by bacteria include strep throat, tuberculosis, and urinary tract infections".



"Viruses are even smaller than bacteria and require living hosts — such as people, plants or animals — to multiply, otherwise they can't survive. When a virus enters your body, it invades some of your cells and takes over the cell machinery, redirecting it to produce the virus. Diseases caused by viruses include chickenpox, AIDS, common colds and influenza."

When bacteria and viruses were first discovered, decades ago, most attention was on the ones that caused diseases like cholera, typhoid and tuberculosis. With the discovery of antibiotics and vaccines we were able to subdue the effects of these diseases but, unfortunately, in critical illness patients often receive lots of antibiotics, and this may inadvertently damage and kill many healthy gut bacteria.

Our gut microbiome is a trillions-strong community of bacteria, viruses and other micro-organisms, each with a part to play in the digestion of food and the production of a wide range of hormones, vitamins and fatty acids that reduce the risk of colon cancer, and in secreted chemical signals to the brain with effects on neurological outcomes.

Our health, on the one hand, is dependent on how we fight disease causing bacteria, viruses and other pathogens with antibiotics and vaccines and, on the other hand, maintaining and even restoring lost or damaged gut microbes.

Geoff



President Thelma Hutchison of **Glenferrie Rotary** attended the Australia Day Citizenship Ceremony at Booroondara where 137 people from 35 countries received their citizenship awards. Ted Wilkins from the Rotary **Club of North Balwyn** was announced as Citizen of the Year. The 2019 Citizen of the Year was Glenferrie's John Hudson.

Delivery of furniture to empty schools in three communities in the very poor Phu Tho Province Vietnam. Well done Rotary!!



NAME

Please indicate all the shifts you are willing to attend at this year's catering schedule at the Australian FI Grand Prix 2020. **Please try to volunteer for at least three (3) shifts** so we can get coverage across all sites.

Wednesday 4th March (Contractors Brunch) – 7.00am – 11.30am YES/NO

Tuesday 10th March (BUMP IN) – 8am – 11am

Wednesday 11th March – Officials BBQ supper – 4.00pm – 8.00pm YES/NO

Thursday 12th March – Marshalls Breakfast & BBO Shift -6.30am – 11.30am YES/NO

-Afternoon Sausage Sizzle – 11.30am – 4.30pm YES/NO

Friday 13th March – Marshalls Breakfast & BBO Shift -6.30am – 11.30am YES/NO

-Afternoon Sausage Sizzle – 11.30am – 4.30pm YES/NO

- Marshalls Supper – 4.30pm – 8.30pm YES/NO

Saturday 14th March – Marshalls Breakfast & BBQ Shift -6.30am – 11.30am YES/NO

-Afternoon Sausage Sizzle – 11.30am – 4.30pm YES/NO

Sunday 15th March – Marshalls Breakfast & BBQ Shift -6.30am – 11.30am YES/NO

-Afternoon Sausage Sizzle – 11.30am – 2.30pm YES/NO

- Bump OUT - 3.00pm – 6.00pm YES/NO

Many thanks in advance – this event is our Rotary Club's largest fundraising activity which allows our club to fund the many International, Community and Youth service projects throughout the year.

Please provide the names and contact details of any of your family members or friends who are willing to assist with any of the above shifts. – This is a great fellowship activity with the added bonus of free entry to the Grand Prix F1 2020.

Name.....Email.....

Name.....Email.....

Second Bite Roster –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
5	Mar	Greg Cribbes	
12	Mar		Geoff Haddy
19	Mar	Rob Head	
26	Mar	Geoff Haddy	
2	April	Hugo Goetze	Geoff Haddy
9	April		
16	April	Geoff Haddy	
23	April	Greg Cribbes	
30	April	Rob Head	
7	May		Geoff Haddy
14	May	Garth Symington	Geoff Haddy
21	May		
28	May		

The Rotary Club of Flemington Kensington recently welcomed **DGE Ajith Weerasinghe** from the Rotary Club of Negombo, Sri Lanka with his family. Ajith has recently returned from the Rotary Assembly in San Diego and is interested in establishing a deeper relationship with the club and district as he takes over in July. Flemington Kensington Rotary manages the Rotary Overseas Recycled Playgrounds program with Sri Lanka. Also attending were DGE Phillip Archer, AG Ian Ada and the Sri Lankan Consul General Mr Kapila Fonseca.

If your club is interested in participating in RORP, give Peter Cribb a call or visit the website for more information.

<https://www.rotaryflemington.org.au/sitepage/rotary-overseas-recycled-playgrounds-1/welcome>

Peter: 0401 548 543

We have also sent playgrounds to Timor Leste, the Philippines and Tanzania.

A high powered team:

DGE Phillip Archer, DGE Ajith Weerasinghe, President Lesley McCarthy, Mr Kapila Fonseca, DG Grant Hocking and PP Peter Cribb.



BUILDING SUSTAINABLE FUTUREES



INTERACT CONFERENCE VICTORIA 2020

SATURDAY MAY 23

10AM START

**CAMP GETAWAY, 161
KIMBOLTON-AXEDALE RD,
AXEDALE**

Meet, create and showcase
with your fellow Interactors,
Rotarian trailblazers and
**Jason Ball, 2017 Young
Australian of the Year
(Victoria).**

All Victorian Interactors
welcome. Book your ticket
here before tickets run out:
[https://www.trybooking.com
/BHFRY](https://www.trybooking.com/BHFRY)

Follow our page on
Facebook: 'Interact
Conference Victoria 2020.'
and Instagram
[@interactconfvic2020](https://www.instagram.com/interactconfvic2020)



Morning Tea

Seniors at Parliament



\$25.00 pp
with Seniors Card
(normally \$35)

Special includes

Vine tomato, basil, olive & fetta tart

Poached chicken bridge roll, mayo & butter lettuce

Parliament scones & fat rascals with jam & cream

Triple chocolate brownie

Vanilla cup cake & freeze-dried raspberries

With espresso coffee & tea from the Tea Tonic range

Bookings required

E: infocatering@parliament.vic.gov.au

Ph: 03 9651 8944 (Strangers Corridor)
03 9651 8941 (Catering Office)

Valid for April 2020

Monday - Friday

10am-11.30am

***Parliament is closed on weekends & public holidays**

2020 RCNB	Gardening	Schedule				
Date	School	Time	Supervisor	Assisted By		
Friday Mar 6	CGS/XC	2.45-5pm	G Cribbes	J Pirret		
Friday Mar 13	CGS/XC	2.45-5pm	G Symington	I Glenny		
Sat March 14	MLC	10am>Noon	R McClean	C Yudi		
Friday Mar 20	CGS/XC	2.45-5pm	G Haddy	I Glenny		
	School Holidays					
Fri April 17	CGS/XC	2.45-5pm	G Cribbes	Tak Yukawa		
Sat April 18	MLC	10 am>Noon	G Haddy	Nino Sofra		
Fri April 24	CGS/XC	2.45-5pm	G Haddy	F Cornell		
Fri May 1	CGS/XC	2.45-5pm	G Symington			
Sat May 2	MLC	10 am>Noon	C Yudi	R Head		
Fri May 8	CGS/XC	2.45-5pm				
Fri May 15	XC	3.45-5pm				
Sat May 16	MLC	10 am>Noon	R McClean	S Hardikar		
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

The "G" Train at PETS in Ballarat last weekend.

District Governor Grant Hocking, District Governor Elect Phillip Archer
 {2020-2021} District Governor Nominee Dale Hoy {2021-2022}
 District Governor Nominee Elect Amanda Wendt {2022-2023}.



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

29 March	Metricon bbq		1.30pm to 5.00pm	
Sunday	Rod Laver Arena	1	Nino Sofra	10 Lachlan Bruce
		2	Bev Sofra	11 Estelle Kelly
		3	Colin Sharp	12
		4	Peter Downton	13
		5	Geoff Haddy	14
		6	Janie Pirret	15
		7	Imre Lele	16
		8	Don Taylor	17
		9	Steven Greateorex	1
18 April	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Saturday	Middleborough Rd	1	Don Taylor	Marcel Muntwyler
	Box Hill	2	Nino Sofra	Peter Downton
		3	J J	Kinga Paulheim
		4	Brian Lacy	Duncan Ansell
25 April	RSL Doncaster		7am to 1.30pm	
Saturday	Doncaster Road	1	Nino Sofra	2 Greg Matthews
	ANZAC Day	3	JJ	4 Jane Pennington
		5	Maurie Walters	6 Garth Symington
		7	David Cheney	8 Steven Greateorex
16 May	BUSHFIRE RECOVERY		8am to 12.00pm	12.00pm to 4.00pm
Saturday	BUNNINGS BOX HILL	1	Nino Sofra	John Magor
		2	JJ	Peter Sutherland
		3	Greg Ross	Greg Matthews
		4	Chris Flavelle-Smith	
12 June	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Friday	Middleborough Rd	1	Greg Cribbes	
	Box Hill	2		
		3		
		4		
21 June	Reclink Cup			
Sunday	Victoria Park			
27 June	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Saturday	Middleborough Rd	1		
	Box Hill	2		
		3		
		4		



Can you help fill this Vacancy. Contact Geoff

CAMBERWELL SUNDAY MARKET ROSTER – No 83

Sunday	6.45am – 10.00am		9.45am – 1.00pm	
8 March	Tak Yukawa	DonTaylor	Adam Hillary	
15 March	Estelle Kelly	Greg Cribbes	Greg Cribbes	Terry Keyhoe
22 March	Neil Marshall	Rowan McClean	Janie Pirret	Geoff Haddy
29 March	Nino Sofra	Maurie Walters	Findley Cornell	Duncan Ansell
5 April	Tak Yukawa	John Rennie	John Burley	Kinga Paulheim
12 April	Rob Head	Jim Romanis	Brian Lacy	Marcel Muntwyler
19 April	Greg Ross	Greg Cribbes	Sam Hardikar	Greg Cribbes
26-Apr	Jane Pennington	Bill Oakley	Adam Hillary	Phil Francis
3-May	John Rennie		Tak Yukawa	Nino Sofra
10-May	Jane Pennington	Sue McDonald		
17-May	Andrew Sutherland	Peter Sutherland		
24-May				
31-May	Greg Matthews		Adam Hillary	
7-Jun				Brian Lacy
14-Jun	Tak Yukawa	Rob Head		
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				

Interact Conference Victoria 2020

This one day event for all Interactors from the 5 Victorian Rotary Districts will be held on **Saturday 23 May 2020** at 10:00am at Camp Getaway, 161- 163 Kimbolton-Axedale Road, Axedale, Victoria 3551

The theme is sustainability and the environment.

We are looking for significant growth for Interact in the next few years and the Organising committee, comprising Rotarians from all Districts with a passion for Interact, are hard at work preparing a wonderful opportunity for Interact members from all Victorian clubs to meet, get to know each other and discuss their current and future projects. The Interact Conference is not just for current Interact clubs and their sponsor Rotary clubs, but for any Rotary club thinking about chartering an Interact club - This will be a great opportunity to see Interact in action. It should be noted that one of the goals/benefits of growing Interact is to provide a clear pathway for year 12 departing Interactors to find their way to a Rotaract club, so this is a very important initiative for Rotaract as well

Des O'Shanassy

Chair 2020 Interact Conference Planning committee

mobile 0401 287050

District Recognitions

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 there is a change in timeframe to allow the successful applications to be announced at this year's Annual District Conference. This is a good time **for District 9800 to thank you** for all your dedication to changing lives for the better and to congratulate Clubs on their commitment to serve others.

Contact your Assistant Governor or the Avenue of Service Chair for more information.



130 fellowships for fully funded university training in peace and conflict resolution, are now available

Applications to district 9800 close 15th May 2020

Through application of their training, study, networking, and practice Rotary Peace Fellows become leaders and catalysts for peace and conflict resolution.

Many go on to careers in national governments, NGOs, the military, law enforcement, peace education, media, international organizations like the United Nations and World Bank, and grass roots organisations working in communities. See also: <https://rotaryclubofmelbourne.org.au/peace>; <https://www.rotary.org/en/our-programs/peace-fellowships>

Rotary International is committed to this program. Since 2002 more than 1,300 graduates have been trained.

THE ROTARY PEACE FELLOWSHIP INCLUDES:

- Tuition, fees and course materials
- Room and board
- Round-trip transportation
- Internship/field study expenses
- Insurance

TWO YEAR MASTERS DEGREE

Up to two years of fully funded graduate study at an internationally recognised program in England (University of Bradford), Japan (International Christian University), Sweden (Uppsala University), or United States (Duke and University of North Carolina at Chapel Hill).

THREE MONTH PROFESSIONAL DEVELOPMENT CERTIFICATE

Designed for mid-career professionals already working in the field of peace and conflict resolution. This fully funded course at Chulalongkorn University in Bangkok and Makerere University Kampala offers a mix of theory and practical skills in both a classroom environment and in the field.

ELIGIBILITY AND SELECTION CRITERIA

Applicants for Rotary Peace Fellowships must have the following:

- A strong commitment to peacebuilding demonstrated through professional and academic achievements
- Excellent leadership skills
- Proficiency in English
- For the master's program, a bachelor's degree or equivalent, plus three years of full-time relevant work experience
- For the certificate program, a strong academic background, plus five years of full-time relevant work experience

HOW TO APPLY

Rotary Peace Fellows are selected through a competitive worldwide process.

REVIEW: The entire application online at <https://my.rotary.org/en/peace-fellowship-application>

SPEAK TO: A Rotarian that you know, before 31st March 2020

CONTACTS: Rob Helme, Tania Miletic (Peace Fellow Alumnus) or Bob Fels at office@rotaryclubofmelbourne.org.au

DISTRICT 9800

District 9800 has recruited and mentored more successful Rotary Peace Fellow applicants than any other district, worldwide. **On-line applications for peace fellowships require District endorsement.**

Is there someone that you know who might benefit from this program? Please circulate this flyer to them.

Our Rotaractors have a team in this walk – the Rotaboars and we would love any Rotarians to join the team. It is a free event so no rego fee. We are doing 6kms.

Contact Jane Pennington for more information.

Phone Mobile 0408 402 555 or email: jane.pennington@bigpond.com

Register at events.humanitix.com.au/walk-talk-rotary



WALK TALK

SUN 19 APR

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.humanitix.com.au/walk-talk-rotary

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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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*