



Club Meeting 29 August DG Grant Hocking Visit.

August was Membership Month and we were excited to induct our first new member for the year in Andrew Sutherland. It was also a special day for a Father inducting his son and in doing so made three generations of Sutherland family Rotarians with Peter's Father Ken in the Rotary Club of Kogarah.

District Governor Grand Hocking and Melissa, together with Assistant District Governor Barry Hickman were also present to share the event with DG Grant presenting Andrew with his Dinner Badge and Membership Pin. Our Membership Director Jim says this will be the first of many new members this year!

The Board met with DG Grant and ADG Barry prior to the meeting who were encouraged by the amount of activity currently underway in our Club.

- * Grant informed the meeting about new District Strategies to address changes required to attract and retain new members and clubs. These include a Diversity and Equality Committee, Environment Committee, and Youth Alumni Committee.
- * New Membership Models include the new Macedon Club who will meet twice monthly at a hotel only to discuss projects, a Passport Club at DIK, and a Mums and Dads Club to meet on a weekend at a café with kids in tow.

Events to look forward to are:

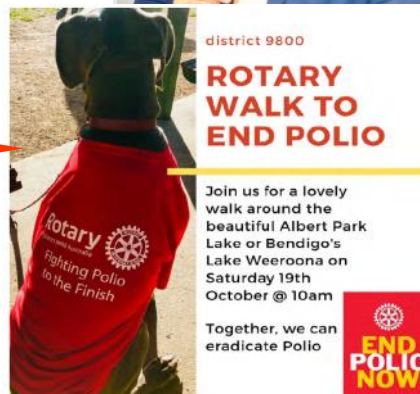
- * Friday 11th October is the [Will 2 Walk annual fundraiser for the Stroke Association Victoria](#), 2019 will be the inaugural year for The Bendigo Stroke Support Centre.
- * It's also supported by Eaglehawk Rotary. Sign up and Donate [HERE](#)
- * 19th October is Walk to End Polio at Albert Park Lake 10am

Sign up and raise funds [HERE](#)

For those interested in participating, suggest you follow the easy link above to Register.

Where it asks for INDIVIDUAL or TEAM, "Rotary Club of North Balwyn" has already been set up as a TEAM.

Continued on page 2



Our Leadership



RI PRESIDENT
Mark Maloney



DG Grant
Hocking



AG Eastside
Barry
Hickman



President
RCNB
Pete Sutherland

Club Diary

Fellowship Weekend 15–17 November 2019

Ladies Christmas Fare Friday 13 December 2019

District Conference March 27–29 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

From the President's Desk

October 24th is [World Polio Day](#)

- * Rotary is celebrating the day with ["Ride The Train to End Polio"](#)

This is a multidistrict event and trains from multiple clubs will converge on Melbourne and participants in their **End Polio Shirts** will converge on Fed Square to create a sea of Red Shirts to raise awareness of the End Polio Campaign

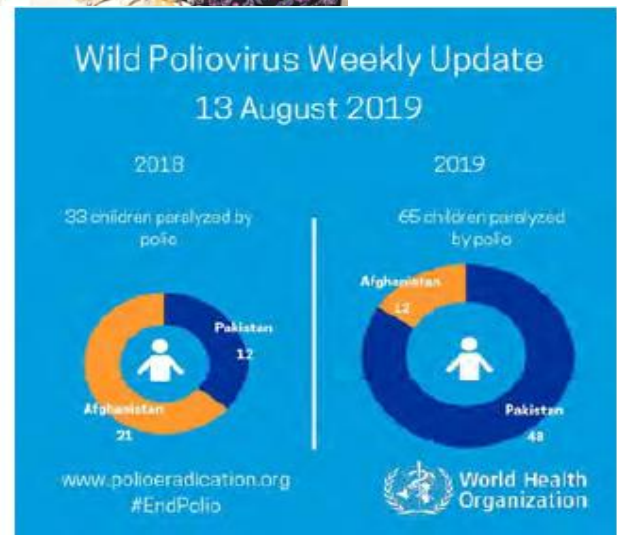
We had a report from Kinga Paulheim on the Vocational Committee's plans for this Rotary Year.

Pete

Melissa Hocking, with Sally Sutherland and Carol Studebaker at our meeting



The **End Polio Now** campaign commenced over 30 years ago and is an important Rotary program. In 2018 there were only 33 cases of Polio caused by the wild polio virus in 2 countries (Afghanistan and Pakistan). Unfortunately, this year in those 2 countries there are already 65 reported cases. Whilst this is not good news there was some great news this week. Nigeria passed the 3 year mark without any Polio cases, which means it will soon be declared Polio Free.

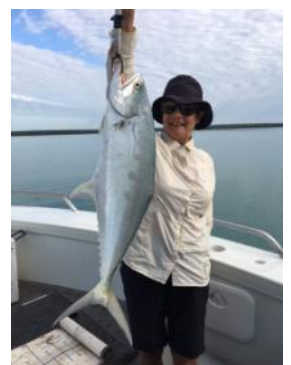


RCNB Members catch up in London. David De Garis, now stationed in the UK, met with Heather and Greg Matthews at the Red Cow in London. Greg is probably organising David as coordinator for the fencing project in Scotland. (pictured left) PP Greg Ross, President Peter Sutherland with newly inducted member son Andrew Sutherland and DG Grant Hocking (pictured right)



How member Peter Elliot was spending his time while on holidays in Canada, having a cuddle with his latest grandson.

Tricia Lele holding a 7kg fish on a recent trip. Imre commented that it was the first fish Tricia had ever caught and Tricia went on to add another 6 catches! Need a bigger freezer Mr Lele!!



A recap from last Thursday's words from President Elect Greg Cribbes:

- * **During September**, Nomination forms for the 2020/21 Board will be available, for completion by end of October. Over the next few weeks, it would be great to hear informally of your interest in volunteering to help run our Club. Both PeterS and I will be liaising with Members as we establish your best team for 2020/21.
- * For the **November Fellowship weekend (Fri 15th to Sunday 17th)**, our Club has pre-paid many of the meals/activities on behalf of the attendees. Over the next couple of weeks, I'll be emailing a reimbursement request for your activity costs, payable by to RCNB preferably by EFT sometime during October, please.
- * Re the **Bendigo Conference 27-29 March 2020**, great to see our Club has already Registered 20 for the Conference plus 9 rooms booked at the Quest Schaller Hotel – should be fun. For those who are yet to book, refer elsewhere in the Grapevine for the link for easy bookings. Remember, Early Bird rates are available until 30/11/19

Any query, any time... PE Greg Cribbes Mob 0413 270403

After a 7-year drought, it's very clear that our farmers and their families, the backbone of Australia, are doing it exceptionally tough. The National Farmers' Federation, Channel 9 and Rotary in Australia established an appeal on 1 August 2018 to work together to raise much needed funds from the very generous Australian public. This appeal closed on 30 September 2018 raising in excess of \$10 million, with \$8.1 million already being distributed direct to farmers and their families.



Rotary Australia World Community Service Ltd [RAWCS] has initiated a new appeal to continue the work of the above appeal. RAWCS has established seven Rotary District drought relief projects in the whole area impacted by this drought, west of the Great Dividing Range, from far North Queensland to Victoria. Some 200+ Rotary clubs and their local members are dealing directly with farming families needing assistance. Our emphasis is addressing the mental health issues caused by the drought, "Wellbeing rather than Welfare", by direct contact and financial support, and involvement together through a range of community activities of those affected.

Rotary Drought Appeal			42-2018-19
	District 9550	Far North Queensland	37-2018-19
	District 9570	Northern Queensland	46-2013-14
	District 9630	Southern Queensland	59-2013-14
	District 9650	Northern NSW	2-2018-19
	District 9650	Western NSW	18-2018-19
	District 9670	Central NSW	33-2018-19
	District 9700/9710	Southern NSW	38-2018-19
Rotary Drought Relief Distribution Projects:	District 9800	Victoria	28-2018-19

SUPPORTING THE ROTABOARS



Our prospective Rotaractors have a team entered in **Relay for Life—Rotaboars** (Rotaract Boroondara). We will have a marquee set up at the ground and I am seeking Club members to support the Team.

Relay For Life is a community fundraising challenge to support the Cancer Council. Teams commit to walking, rolling or running around a track to signify that cancer never rests, so neither does the Cancer Council.

So come along to walk a few laps, chat with the Rotaractors or maybe give a donation.

When: 7th—8th September 2019

Time: From 4pm Saturday to 12pm Sunday

Where: Rieschiecks Reserve,
George Street,
Doncaster East

It would be wonderful if members would either participate or donate to the Team.

Participate

- Turn up in your Rotary gear
- Walk / run at least one lap (400m)
- Meet the Rotaractors
- Take a selfie with the mascot
- Enjoy
 - Coffee (bring your cup)
 - Water (bring your water bottle)
 - Assist us cooking breakfast on Sunday (our service to the event)

Sponsor

Sponsor at the rate of x cents per lap—an amount you nominate—or donate a fixed amount.

Our Team Page

https://secure.fundraising.cancer.org.au/site/TR/RelayforLife/CCVIC?team_id=65638&pg=team&fr_id=5811

Want more information?

Contact: Jane Pennington

Email: Jane.Pennington@bigpond.com

Phone: 0408 402 555



Come and meet our Mascot which will be carried around the track for the entire event!!



The Rotaboars will take turns to walk the track for a total of 18 hours to symbolise the ongoing fight against cancer; we are doing it easy!!

CELEBRATE REMEMBER FIGHT BACK

MEETING ROSTERS

Thursday 5 September
Greeters: Sam Hardikar, Tony Wells
Setup Ian Adams, Imre Lele
Desk: Russell Cooper, Rob Stewart

Speaker: Our students returning from Mongolia
Host: Estelle Kelly and Peter Downton
Topic: The 2019 Mongolian Experience.

The students will convey their enthusiasms and insights from their experience and time in an exotic foreign land. We will also hear from Estelle and Peter without whom the Mongolian visit would not have been possible.

Thursday 12 September
Greeters: Joe Butler, Eileen Toohill
Setup Brian Lacy, Peter Downton
Desk: Greg Matthews, Estelle Kelly

Speaker: Louise Milligan
Host: Tony Wells
Topic: The rise and fall of Cardinal Pell.

Louise Milligan is an ABC television journalist and reporter whose explosive 2017 book cast serious doubt on whether George Pell was as innocent as he claimed in apparently knowing nothing of the horrific wrongdoing of his clerical colleagues. The fact that Pell himself was subsequently charged with certain offences increased the suspicions. Louise will give us a detailed behind-the-scenes look at what has been an issue of intense public interest.

Thursday 19 September
Greeters: TBC
Setup TBC
Desk: TBC

Visit to Eva Tilley Aged Care Facility
 This meeting is not at the Kew Golf Club.
Speaker: Sharelle Rowe, CEO of Eva Tilley
Host: Ian Adams
Topic: Eva Tilley Update

<u>Meeting No.10</u>	<u>Thursday, 29th August 2019</u>
<u>Present:</u>	
Guest Speaker	1 DG Grant Hocking
NB Members	37
Visiting Rotarians	2 Melissa Hocking, ADG Barry Hickman
Partners	2 Sally Sutherland, Carol Studebaker
Guests	1 Andrew Sutherland(Inducted)
Alumni	0
	Members Present 37 = 54.4% ; Membership = 68
<u>External Activities :</u>	17 'CAMBERWELL Sunday Market, 25/8 Garth Symington, Adam Hillary
(Board Approved)	SCHOOLS' READING PROJECT - Rob Head, Janie Perrit, Judy Steinicke, Eileen Toohill,
Phil Wade	'2nd BITE delivery to CamCare, 29/8 Garth Symington 'DIK - Peter Sutherland
	GARDENING PROJECT - 23 & 24th August Imre Lele, Garth Symington, Rob Head,
	RAWCS PRESENTATION Rowan McClean 'RAP - BASSCARE Rowan McClean, Neil Marshall

Birthdays and Anniversaries between September 7 to September 13

Weddings: Don and Ala Taylor
Birthdays: Sam Hardikar
Inductions: Beatrice Ko, Tony Wells

Nigeria nears polio free status

My fellow Rotarians:

I'm pleased to share the important news that as of today, **21 August 2019**, it has been three **years since a child in Nigeria was paralyzed by the wild poliovirus**. This means that the entire **World Health Organization** African region could be certified as wild poliovirus-free as soon as mid-2020.

Along with our **Global Polio Eradication Initiative** partners and the Nigerian government, we've strengthened immunization and disease detection systems, and we are now reaching more children than ever in some of the hardest-to-reach places in Nigeria.

We can take pride in this progress, but it is not time to celebrate quite yet. We still have work to do and we must continue making it a priority to reach every child in Nigeria—and other polio-threatened countries—with the polio vaccine, and build strong levels of immunity to fully protect the entire population against polio.

In part because of the hard work and dedication of Rotarians in Nigeria and around the world, we will soon be able to check another country off of the polio-endemic list. Rotary members in Nigeria have been hard at work raising awareness for polio eradication, advocating with the government and addressing other basic health needs to complement polio eradication efforts, like providing clean water to vulnerable communities.

After the African region is certified wild poliovirus-free later next year, 5 out of the 6 WHO regions in the world will be considered polio-free. As the first organization to dream of – and promise to deliver – a polio-free world, Rotary is committed to fulfilling our promise. Our progress in Nigeria is a big step toward that goal, but we need to maintain momentum so that Pakistan and Afghanistan see the same level of progress.

It's crucial that Rotarians continue to support polio eradication as we overcome the final hurdles in the fight to end the disease forever. You can support PolioPlus by making a [donation](#), or raise awareness by holding an event or fundraiser on [World Polio Day](#) on 24 October.

I look forward to joining with Rotarians as soon as mid-2020 to celebrate a wild poliovirus-free Africa.

Michael K. McGovern,
International PolioPlus Chair



2019 Rotarian of the Year Ken Maxfield

Ken Maxfield really is Mr Camp Getaway and has demonstrated Service above Self for over 20 years.

Ken's initial inspiration and 'dream' in 1998 led to discussions with the late District Governor, Vance Hilton, about how to bring the idea of a camp for children with special needs to fruition. His every endeavour has been to get such a camp up and running.

By a feat of serendipity, the Rotary Club of Bendigo had a camp at Axedale that was getting 'too much' for their members to manage and maintain. Following discussions, a District 9800 Committee was formed to bring 'Camp Getaway' to a reality knowing a massive fundraising task would be required to replace buildings and bring them up to disability access standards.

Rotary Camp Getaway involved the redevelopment into a modern camp facility focused on the needs of young people including those with special needs. The motto of Camp Getaway is 'a camp for people of all abilities.'



Past District Governor Vance Hilton made Camp Getaway the focus for his District Governor year after conversations with Ken, and following the District Assembly in Bendigo that year, all the District presidents ventured to the camp to each plant a tree. These trees line the driveway entrance today.

Ken then presented the inspiration to as many clubs as humanly possible to publicise the cause, and seek supporting funds. His unceasing task continues today by passionately presenting to clubs (and anyone else who will listen). To date, approximately \$1.3m has been raised to continue this very worthwhile project. A brick wall at the camp bears the names of supporting clubs and organisations on metal plaques. This is a record of the

incredible support invoked for Camp Getaway.

The Stage One re-development of Camp Getaway was officially opened on February 19th 2005 by then District Governor Judy Nettleton; a fitting celebration during Rotary's Centenary Year.

The support of clubs was not limited to donations but has and continues to include labour to ensure the camp is kept up to date and developments are cost effective. District 9800 Rotary clubs have also contributed to the significant landscaping plantings that have been commenced.



Within the last few years the camp required an updated kitchen which saw Ken revisit many of the clubs to engage support and led to successful opening of the new modern kitchen just over 12 months ago.

Ken has always been the 'bookings guy' and knows just about every contact from disability and related organisations who are new or repeat users of the camp. Even though he has relocated to a club just outside District 9800, he maintains an extremely active association with the camp, the meetings, and of course, the bookings. He sends updates of bookings to the Camp Getaway committee and District leaders every month.

His initial concept of providing an accessible friendly venue for children has been realised and the bookings ensure a valuable income for the camps continued success. All of this is achieved by Ken's continued enthusiasm and hard work in maintaining the momentum of bookings.

Ken Maxfield is a passionate and dedicated Rotarian for an extremely worthwhile project, a commitment that has been maintained for over 20 years. He is a very worthy recipient of the District 9800 Rotarian of the Year Award for 2019.





DISTRICT 9780 WELCOMES ROTARY INTERNATIONAL PRESIDENT MARK DANIEL MALONEY TO BALLARAT

Rotary 
District 9780

PRESIDENTIAL DINNER

Tuesday,
24 September 2019

6.30pm pre dinner drink
7.00pm dinner

The Mercure Ballarat
613 Main Road,
Ballarat VIC

COST: \$60/person (incl. booking fee)
Includes 2 course meal
& pre dinner drink.
Drinks at bar prices.

Tickets available at
<https://www.trybooking.com/BDVLC>

PEOPLE OF ACTION: www.rotary9780.org

Registrations for the 2020 District 9800 Conference in Bendigo are now open!!

**CONFERENCE 2020
BENDIGO
27-29 MARCH**

Tickets are priced as follows -

Rotarians and Partners (Early-bird Price available until 30/11/19)	\$300.00
First Time Attendees	\$250.00
Rotaractors and Exchange Students	\$200.00

We've got some amazing entertainment, guest speakers and activities planned for the weekend (keep your eyes on our Facebook page for announcements!).

We've drawn inspiration from the 2019/20 motto *Rotary Connects the World*, and can't wait to share the weekend with you.

Go to

<https://www.trybooking.com/book/event?eid=520299&>

to book attendance at the conference



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 Rotary Club of North Balwyn

For the Friday night, our Club has booked The Bridge hotel which is a couple of blocks from the Schaller so an easy walk. www.bridgehotelbendigo.com.au 49 Bridge St, Bendigo. 6.15pm for pre dinners (coincidentally during Happy Hour...) then dinner at 7.00pm.

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

Geoff's Health Tip

Pumpkin Seeds as a Hormone Treatment

It was more than 20 years ago we first became aware that pumpkin seeds inhibited testosterone-induced prostate growth, a common causative factor in benign prostate enlargement. You have probably forgotten this interesting piece of research, which showed that the high percentage of zinc in pumpkin seeds was beneficial in reducing prostate growth. As a result, pumpkin seeds were much sought after as an addition to our diet, in particular as an ingredient in home made muesli and artisan breads.

Pumpkin seeds also contain a high percentage of tryptophan, the amino precursor to serotonin - which is converted to melatonin, 'the sleep hormone', in the evening. A 2005 study, published in the journal *Nutritional Neuroscience* found that pumpkin seed was as effective as pharmaceutical grade tryptophan in reducing 'awake' time during the night.

In another pilot study published in the May 2011 edition of *Climactic*, postmenopausal women supplemented with 2mls of pumpkin seed oil a day over a period of 12 weeks were found to benefit from a reduction in the severity of hormone sufficiency symptoms - maybe this could be a safer solution to the recently discovered relationship between estrogen and the risk of breast cancer.

Pumpkin seeds contain a significant percentage of oil in their cells that can be expressed using a mechanical expeller. In particular, the large green seeds of the Styrian pumpkin are used for producing the rich green coloured pumpkin seed oil. The Styrian pumpkin, native to Austria, has large edible seeds containing nearly 50% oil. Only recently a company situated in the upper reaches of the Ovens Valley in north east Victoria has been successfully growing Styrian pumpkins and producing pumpkin seeds and oil. Look for them under the name Pepo Farms at Farmer's markets.

Other uses that may have some merit include using the oil as an oral treatment for arthritis. It is said that it is comparable with the NSAID drug indomethacin. I have also read that pumpkin seed oil is effective as a treatment for 'male pattern baldness'. In this study, published in *Evid Based Complementary Alternat Med*, it was shown that there was a 30-40% increase in hair count compared with a placebo.



Geoff

Acknowledgement GreenMedInfo LLC for photo and references

A note from Bill Oakley

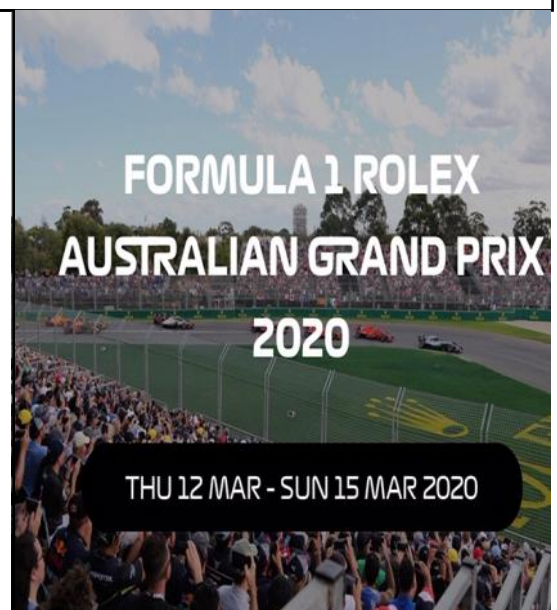
The RAM National Conference (which is being held in Melbourne this year at Ciloms Hotel which is near the Airport) is quite one of the best Rotary gatherings I attend each year. Its content is all relevant to RAM's and Rotary's fight against malaria. Australian Rotary has taken responsibility for helping a group of our near neighbours in their fight against malaria - PNG, Solomon Islands, Vanuatu, Timor Leste, and, growing out of our work with Timor Leste, we are also starting work in NTT Province in Indonesia, which surrounds Timor Leste.

At the conference will be representatives from these countries and from the RAM organisations doing the work on the ground in these countries. There will also be speakers from the main research organisations in Australia which is the World's leading centre for malaria research.

There will also be a speaker from the Australia Defence Force School of Tropical Disease Research. Australian military people are active in many places around the World where malaria remains endemic, and lead the World in developing processes, practices, pills and procedures to keep soldiers "fight-ready" in tropical disease areas.

I recommend this Conference and would welcome anyone joining me at it.

Bill Oakley



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
29	Aug	Garth Symington	Hugo Goetze Geoff Haddy
5	Sept	Greg Cribbes	Geoff Haddy
12	Sept	Greg Cribbes	Geoff Haddy Garth Symington
19	Sept	Imre Lele	Geoff Haddy Garth Symington
26	Sept	John McBride	
3	Oct		
10	Oct		
17	Oct		
24	Oct		
31	Oct		
7	Nov		
14	Nov		

2nd Bite Roster also available on our website

<https://rotarynorthbalwyn.com.au/page/second-bite-roster>

Catering Roster at <https://rotarynorthbalwyn.com.au/page/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

21 September	Patchwork & Quilters		8.30am to 12.30pm	12.00pm to 4.00pm
Saturday	Eley St Community	1	Geoff Steinicke	Geoff Steinicke
	Centre, Blackburn South	2	Jagath Jayasinghe	Jagath Jayasinghe
		3	Kinga Paulheim	Peter Downtown
		4		
		5		
		6		
	Coffee Barista	7		
	Coffee Barista	8		
22 September	Patchwork & Quilters		8.30am to 12.30pm	12.00pm to 4.00pm
Sunday	Eley St Community	1	Kinga Paulheim	
	Centre, Blackburn South	2		
		3		
		4		
		5		
		6		
	Coffee Barista	7		
	Coffee Barista	8		
16 October	Hawthorn Arts Centre		10.30am to 2.30pm	
Wednesday		1		2
		3		4
		5		6
		7		8
25 October	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Friday	Middleborough Rd	1	Greg Cribbes	
	Box Hill	2		
		3		
		4		
		5		
31 October	Halloween		5.30pm to 8.00pm	
Thursday	Greythorn Traders	1		2
	Greythorn Village	3		4
		5		
2 November	Maserati Club		7.30am to 2.00pm	
Saturday		1		2
		3		4
		5		6
		7		8
16 November	Bunnings		8.30am to 12.00pm	12.00pm to 4.00pm
Saturday	Middleborough Rd	1		
	Box Hill	2		
		3		
		4		
		5		

Gardening Project				
Date	School		Supervisor	Assisted by.
Friday, August 16, 2019	CGS, XC	3-5pm	I Lele	J Pirret
Saturday, August 17, 2019	CGS Special	10am-noon	G Steinicke	M Muntwyler
Thursday, August 22, 2019	Basscare	2pm>4pm	R McClean	N Marshall
Friday, August 23, 2019	CGS, XC	3-5pm	I Lele	I Glenny
Saturday, August 24, 2019	MLC	10-noon	G Symington	Rob Head
Friday, August 30, 2019	CGS, XC	3-5pm	I Glenny	J Pirret
Saturday, August 31, 2019	CGS Special	10am-noon	S Hardikar	P Sutherland
Friday, September 06, 2019	XC	3.45-5pm	G Cribbes	G Symington
Saturday, September 07, 2019	MLC	10-noon		E Kelly
Friday, September 13, 2019	XC	3.45-5pm	G Cribbes	I Glenny J Pirret
SCHOOL HOLIDAYS				
Friday, October 11	XC	3.45-5pm		E Kelly
Saturday, October 12	MLC	10-noon		M. Muntwyler
Thursday October 17	XC Mannix	9.30-1.30		
Friday October 18	CGS, XC	3-5pm	G Cribbes	J Pirret
Saturday, October 19	MLC	10-noon	S Hardikar	A Stokes
Friday, October 25	CGS, XC	3.45-5pm	G Symington	
Friday, November 1	CGS, XC	3-5pm	G Haddy	T Yakawa
Friday, November 8	CGS, XC	3-5pm	G Cribbes	F Cornell
Friday, November 15	CGS	3-4pm		
Please complete as circulated at meetings				
				Advise availability to Neil Marshall



CAMBERWELL SUNDAY MARKET ROSTER – No 54

Sunday	6.45am – 10.00am	9.45am – 1.00pm
8 September	Greg Cribbes	Colin Sharp
15 September	Tony Wells	Marcel Muntwyler
22 September	Sue McDonald	Larry Fitzpatrick
29 September	Geoff Steinicke	Barry Cummings
6 October	Jim Romanis	Greg Matthews
13 October	Tak Yukawa	Maurie Walters
20 October	Greg Cribbes	John Magor
27 October	Imre Lele	Adam Hillary
3 November	Geoff Kneale	Findley Cornell
10 November	Rob Head	Janie Pirret
17 November	Brian Lacy	Terry Keyhoe
24 November	John Rennie	Eileen Toohill
1 December	Ian Richardson	Anthony Stokes
8 December	Brian Thomas	Jagath Jayasinghe
29 December	Greg Ross	Ted Wilkins
5 January	Don Taylor	
12 January		
19 January		
26 January		
EMERGENCIES	If available	John Gartlan 9859 8559
	If available	David Cheney 0417 355 370
	If available	Tony Wells 044 077 647
	If available	Adam Hillary 0412 191 413
Geoff Steinicke Mob 0418 175 130 email gwsteinicke@bigpond.com		
Also on our webpage at https://rotarynorthbalwyn.com.au/page/sunday-market		

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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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*