



### Club Meeting 5 March

Last week's guest speaker, Vicki Mustafa, is pastor of Glenhill Christian Community Church, Glen Waverley. Vicki expanded our hitherto limited knowledge of Islamic women in the Middle East, particularly in strict Islamic states.



Vicki grew up in a Muslim family in Australia. At 21, she converted to Christianity and then worked for 20 years as a Christian missionary in the Middle East.

The family rift caused by her "desertion" of Islam eventually healed but she said that, had she renounced Islam in a strict Muslim country, she would soon have been killed because of the dishonour that she had brought on her family (such deaths being routinely recorded by the local police as suicide or accident).

The Western perception of Islamic women as oppressed is real because the Koran, which is taught as the immutable and unchallengeable word of God, says that men are superior to, and more intelligent than, women.

Satan's target is men, but the weapon that Satan uses to corrupt men, is women. Therefore, Islam requires women to be covered head to foot and to stay in the house so as not to be temptresses of other men.

What the West sees as oppression of women, Islam sees as protection because the only way for a woman to get to heaven is total submission to her husband's commands. If she does not submit, she goes to hell.

Our host for the meeting, Janie Pirrett thanking our Speaker Vicki Mustafa.



Editor. Our thanks to John Gartlan for this meeting report

### Fellowship Weekend 2020

Date: October Fri 23, Sat 24 and Sun 25

Location: Bright

Accommodation: Bogong View Motel (\$110/120 per night. New management updated rooms) We need to lock in the numbers asap so either email [waltersm@bigpond.net.au](mailto:waltersm@bigpond.net.au) or add your name(s) to the sheet I will have at our March 19 meeting. 3 nights recommended. Let me know if you can only do two nights



### 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

Fellowship Weekend 23–25 October 2020

[Read about Rotary in your area in The Progress Leader](http://leader.smedia.com.au/progress/)

<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 Pete's Message:-**

Dear Members,

It was a pleasure to induct not one but two new members, Rob and Jennifer Horton at this week's meeting.

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

The following week we have John and Chris Burley speaking about their recent overseas twelve month experience in Vanuatu. **Please remember to advise the Club of Guests and Partners attending as it's a Partner's Night.**

**About The Corona Virus**

Last week one of our Members advised he would rather exclude himself from public gatherings for the duration of the COVID-19 incubation period following a trip through Asian countries as a precaution not to risk spreading the virus should he happen to have contracted it.

Whilst this Member's actions are a reasonable step in risk prevention for the spread of COVID-19, The Rotary Club of North Balwyn does not have policy requiring self-exclusion following overseas travel. The Club continues to monitor Federal and State Government travel advisories and practical measures to avoid persons or places that have a known risk.

In the meantime the minimum we should do as members is to maintain good hygiene practices such as regular hand washing and if you have any concerns visit the Aust. Govt. Dept. of Health for specific advice. If you develop flu like symptoms, call your doctor for advice and do not come to Club Meetings or go to public events.

<https://www.health.gov.au/health-topics/novel-coronavirus-2019-ncov>

Coronavirus (COVID-19) is a respiratory illness caused by a new virus. Symptoms range from a mild cough to pneumonia. Some people recover easily, others may get very sick very quickly. There is evidence that it spreads from person to person. Good hygiene can prevent infection.

Everyone should practice good hygiene to protect against infections. Good hygiene includes:

- ⇒ washing your hands often with soap and water
- ⇒ using a tissue and cover your mouth when you cough or sneeze
- ⇒ avoiding close contact with others, such as touching

[Read more about protective measures against coronavirus on the World Health Organization website.](#) If you have a confirmed case, you need to isolate yourself to prevent it spreading to other people.

***Have a great week in Rotary President Pete***

A couple of pictures of the team at work at the Contractors breakfast





**Updated information for Caterers at the Grand Prix****CATERING AT THE 2020 GRAND PRIX****What To Take**

- Security Pass ; issued at the Meeting Point (see below)
- Rotary hat, apron, shirt
- Sun protection

**How to Get There ; Club Mini Bus**

For all shifts Thursday & Friday ; Meeting Point is Macleay Park

For all shifts Saturday & Sunday ; Meeting Point is East Kew 'Park & Ride',  
Valerie St., E/Kew (near Harp Hotel)

- For all breakfast shifts ; be at Meeting Point by 5.45 am
- For all afternoon shifts ; be at Meeting Point by 10.15 am
- For Marshalls' Supper on Friday 13/3 ; be at Meeting Point by 3.15 pm

**How to Get Back ; Club Mini Bus**

- For breakfast shifts ; departs A/Park at 11.30 am
- For afternoon shifts ; departs A/Park at 4.30 pm
- After Marshalls' Supper ; departs A/Park at 8.30 pm  
(Please note ; if you stay beyond the end of your shift, seats available  
later on the bus could be limited).

For the Afternoon shifts, there will be a drop-off & pick-up at gates 5 and 10  
at the Circuit. Breakfast shift drop-off at gate 10 only.

**On-Site Arrangements**

- Supervisor at the breakfast site & marshalls' supper is Nino Sofra
- Supervisor at the Golf Course site is Peter Elliott
- Supervisor at the Legends Lane site is Greg Matthews

**Any Questions ?**

- Contact Jim Studebaker 0413 304 864 ; Nino Sofra 0409 506226 ;  
Rob Head (for the bus) 0438 062 424

## MEETING ROSTERS

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

**Thursday 19 March Partners Night**  
**Greeters** Rob Head, David Cheney  
**Setup** Jarath Jayasinghe, Larry Fitzpatrick  
**Desk:** Greg Matthews, Garth Symington

**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** Russell Cooper, Estelle Kelly  
**Setup** Ian Adams, Imre Lele  
**Desk:** Sue McDonald, John McBride

**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.



**Thursday 2 April**  
**Greeters** Greg Cribbes, John Koa  
**Setup** Joe Butler, Stephen Greateorex  
**Desk:** Findley Cornell, George Swanston

**Speaker:-** David Hardy and Peter Don  
**Host:-** Hugo Goetze  
**Topic:-** The Future: Melbourne Rail and Country Rail

**Birthdays and Anniversaries between March 9 and March 15**

**Weddings:** Nil  
**Birthdays** Colin Sharp, Helen Rennie, Eileen Toohill  
**Inductions:** Geoff Haddy, Rob Head, Tassk Yakawa



On behalf of Geoff Kneale I have some good news to report about Rotary's Drought Relief Program for the Numurkah region.

Yesterday Rob Head and I visited Numurkah and collected vouchers and display posters hot off the presses of the local Leader Newspaper. I'll shortly pass a sample around for you to see.

We met with the President of RC Numurkah, Lorraine Greenwood and Rotarian Kay for the launch of the voucher program, and to talk about the large quantity of L'Oréal hair products which are available for their use (courtesy of Philip Archer).



They were delighted to hear of the hair products which are presently in our container but which will be delivered to them shortly. They are already thinking of ways these items will be distributed to give pleasure to the many mothers of Numurkah.

On a lighter note, I'm sure you've noted yesterday's showers and continuing rain today, including in Numurkah. Whilst we in the city might think this has solved all their problems, our drought affected communities need much more long-sustained rainfall to overcome 7-8 years of damage. The drought for them remains very real.

Now to the voucher launch. Following an interview and photos by the local press, and accompanied by the Numurkah Rotarians, we visited each of the nine businesses participating in the voucher program. We provided each with a KIT to ensure the voucher process is as simple for them as possible. Without exception proprietors and staff were enthusiastic about the program and quite excited.

After that Rob and I headed for Shepparton to meet with the coordinator of the local Rural Financial Counsellors whose role is to distribute vouchers in the farming community. We handed over vouchers to the value of \$40K. This has been made possible in part, not only by the additional \$10K recently contributed by this Club to the Drought Relief Program Fund, but also by \$25K from the RC Balwyn, our partners in the Program. We are off and running in Numurkah.

Geoff Haddy



## **WHAT WILL RCNB LOOK LIKE BY 2025??**

**Our Rotary District facilitation process** helps a Rotary Club design its own VISION, and then sets out the steps necessary to achieve that vision. The result is not a vision decided by the Rotary District or by Rotary International, it is a vision designed and endorsed by the Club's own members that will help to ensure continuity and consistency in its leadership & programming, to set the stage for future progress.

By starting with the end in mind, successful clubs:

- Sustain and increase membership
- Implement successful service projects
- Support the Rotary Foundation
- Develop leaders in the club and beyond

And develop a long-range plan which creates;

- Continuity of leadership, vision and process
- Consistency in programming
- Consensus, solidarity & unanimity in purpose and action

During the session, a team of approx. 20 Members of the Rotary Club of North Balwyn will review every aspect of the Club's functions and determine the way forward for the Club.

During the coming weeks all Members of the Rotary Club of North Balwyn will be invited to participate in an online survey, which should take between 15 and 20 minutes to complete. This will benchmark your Club as it sits currently. The results of your anonymous survey will be forwarded to Club Co-ordinator, Greg Cribbes prior to your Club Vision session and will provide information of members sentiments into the post session implementation phase.

The information gathered in the survey will serve as a starting point

for the Club Vision facilitation on **Saturday 16<sup>th</sup> May 2020** at Kew Golf Club which will commence at 9.00am and go for 4 hours. At the end of the 4 hour process the members will have a clear vision of:

- **What the Club stands for in its community**
- **The Club's target membership size in 3 years**
- **Identification of the Clubs attributes**
- **Top 3 objectives for each Avenue of Service**
- **Ways to improve the Club's leadership development**
- **Understanding of the Club's Leadership Plan**

It is anticipated that a good representation of Club Members will volunteer to attend the facilitation session. Once the facilitation is completed, various responsibilities will be allocated and implemented at the Club. The entire membership will be given a summary of the outcomes of the session and the plan will then be implemented in the coming month.

The District Club Vision Facilitation Team is looking forward to assisting the Rotary Club of North Balwyn with this very important facilitation session.

***If you have any questions or would like to nominate to be part of defining the future of our Club during this process, please contact us asap.***

- ***Greg Cribbes on 0413 270403 or***
- ***Rob Head on 0438 062424.***

### **Here's what others have had to say...**

*"We are truly on a new adventure, with a fresh sense of excitement and possibility. Thank you for making this happen".*

*"If other clubs experience the same level of progress that we are enjoying, this truly ranks among the most significant contributions to Rotary that I will experience".*

*"It's so simple, it actually works; the process is sound and easy to follow".*

*"The session generated a great deal of enthusiasm and gave the club a point from which to rebuild and progress".*



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 4<sup>th</sup> March (Contractors Brunch) – 7.00am – 11.30am YES/NO

Tuesday 10<sup>th</sup> March (BUMP IN) – 8am – 11am

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

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

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

Friday 13<sup>th</sup> 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 14<sup>th</sup> March – Marshalls Breakfast & BBQ Shift -6.30am – 11.30am YES/NO

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

Sunday 15<sup>th</sup> 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.....



## Geoff's health tip

### Mediterranean Diet improves Gut Diversity and Healthier Ageing

In a study published in the February issue of the journal *Gut*, researchers at University College Cork, Ireland, established that eating a Mediterranean Diet (MedDiet) for just one year improved diversity in the gut microbiome of elderly participants.

The results showed that there was reduced frailty and better health compared with a control group who followed their usual eating patterns.

In this study, researchers enrolled 612 test subjects between the ages of 65 and 79 years from five different European countries. The participants were randomly assigned to either a control group or the MedDiet group. The MedDiet focused on increased consumption of vegetables, fruits, whole grains, legumes, and fish and a decrease in dairy products, red meat, alcohol, and sugar.

Lead researcher Paul O'Toole said, "adherence to the MedDiet modulates specific components of the gut microbiota that were associated with a reduction in risk of frailty, improved cognitive function, and reduced inflammatory status".

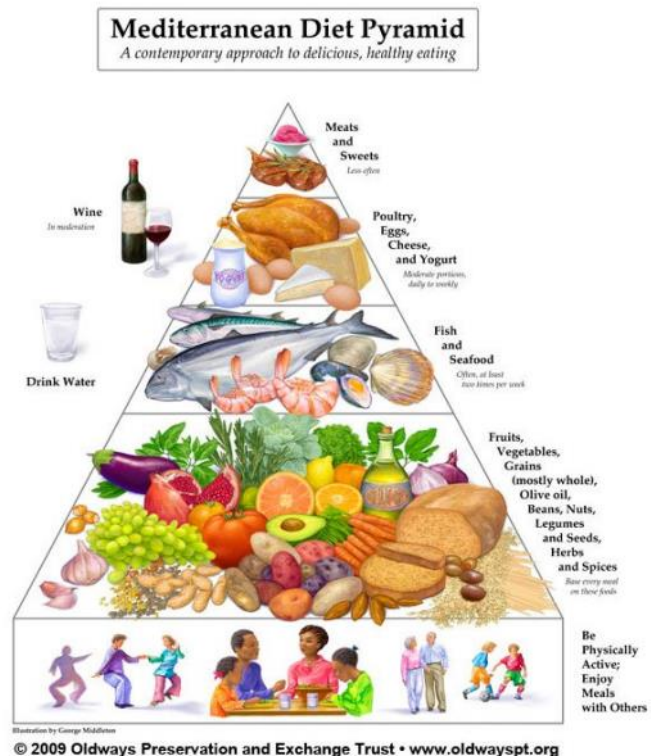
In addition to improved frailty markers, including hand strength, walking speed and cognitive function a more diverse microbiome was associated with a decrease in inflammatory markers including C-reactive protein.

Of note, despite the fact that microbiomes differed between participants from different countries at the beginning, the gut microbiomes of those who adhered to the MedDiet were similar at the end of the 12 month trial.

It should also be noted that existing research has found that similar changes in the gut microbiome can have a significant positive impact in areas such as coronary heart disease, colorectal cancer, and inflammatory bowel disease.

In summary, the University College researchers said, "our findings support the feasibility of improving the habitual diet to modulate the gut microbiota has the potential to promote healthier ageing."

**Geoff**





From Rowan's feedback to the Club at last week's Meeting on progress in Vietnam's Pig breeding (the pigs are certainly co-operating in the program), leaves production, local manufacturing and furniture and equipment supplies to schools in three poor communities. 😊



### Social Impact Forum

A date for your diary - 2nd May at RMIT.

More information to follow.

Do you know an amazing speaker? Applications for speakers. If you are interested in taking to the stage, email [helo@vollie.com.au](mailto:helo@vollie.com.au), and in 100 words or less, describe your topic and what you would like to bring to the forum.



### Vocational Services Workshop

You are reminded to register to attend the discussion on how you and Clubs across D9800 can enhance and scale-up successful Vocational Service projects (the "essence" of Rotary) to inspire the next generation.

Two workshops are scheduled - one in Melbourne on Saturday 14th March and one in Bendigo on Saturday 18th April. For more information contact Mary Barry at RC Melbourne. [marybarry1@gmail.com](mailto:marybarry1@gmail.com)



## From the travelling Degari's in Belgium



Just back from our cruise. Had a great time.



**I tried donating blood  
today...NEVER  
AGAIN!!!  
Too many stupid  
questions. Who's  
blood is it? Where did  
you get it from? Why  
is it in a bucket?**



## 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
12	Mar	John McBride	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		

<u>Meeting No.34</u>		Thursday, 5th March 2020
<u>Present:</u>		
Guest Speaker	1	Vicki Mustafa - Islamic Women in Middle East regions.
NB Members	41	Apologies = 17, LOA = 6
Partners	2	Jan Cheney, Sally Sutherland
Guests	3	Inductees (2) - Jennifer & Rob Hortin; PNM I - Lloyd Lawton
Meals	47	Booked 49,
Of 66 Members, 41 present = 62.1% (After resignation of W.Oakley) Membership now = 68		
<u>External Activities</u>	27	<u>CAMBERWELL Sunday Market</u> , 1st March.- Barry Cummings,
Greg Matthews, Jim Romanis, Tony Wells.; CATERING 28th Feb.- Greg Cribbes, Geoff Haddy,		
Jagarth J, Estelle Kelly, Brian Lacy, Ian Richardson, Nino Sofra & Don Taylor (at Bunnings) ;		
<u>2nd BITE delivery to CamCare</u> , 5th March - Greg Cribbes ; <u>FARESHARE</u> - Jane Pennington;		
<u>MEN'S SHED</u> , 2nd, 5th March .- David Cheney, Peter Elliott (2), Tony Hart & Greg Matthews;		
<u>SCHOOL'S READING PROJECT</u> 3rd March - Estelle Kelly, Janie Pirret & Phil Wade;		
<u>SCHOOLS GARDENING PROJECT</u> 28th Feb,- Neil Marshall, Tak Yukawa; FoR Ian Glenny;		
and 29th Feb. Neil Marshall & ?		

2020 RCNB	Gardening	Schedule				
Date	School	Time	Supervisor	Assisted By		
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

### Excerpt from DG Grant Hocking report

We also held a very successful **Bushfire Breakfast** which was well supported by businesses, Rotarians and guests.

Emergency Services Commissioner Andrew Crisp enthralled and impressed the 150 people attending Park Hyatt. There is more happening with the response to the bushfires and an update will be provided soon.





## 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)

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



**Can you help fill this Vacancy. Contact Geoff**

### CAMBERWELL SUNDAY MARKET ROSTER – No 85A

Sunday	6.45am – 10.00am		9.45am – 1.00pm	
15 March	Estelle Kelly	Greg Cribbes	Greg Cribbes	
22 March	Neil Marshall	Rowan McClean	Janie Pirret	Geoff Haddy
29 March		Tak Yukawa	Findley Cornell	Duncan Ansell
5 April	Maurie Walters	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	Nino Sofra	Tak Yukawa	Nino Sofra
10-May	Jane Pennington	Sue McDonald	Cris Yudi	
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			Cris Yudi	
5-July				
12-July				
19-July				
26-July	Greg Ross			
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				



SENIORS CARD

Seniors  
online victoria

We'd like to share with you ten ways to reduce your risk of coronavirus.

Coronaviruses are a large family of viruses which may cause illness in animals or humans. Coronavirus (COVID-19) is a new virus that can cause an infection in people, including a severe respiratory illness.

At the present time there is no evidence of transmission of COVID19 in the community in Victoria so you should continue to go about your business as usual.

You don't need to take actions like limiting your movement in the community or staying at home, however you should take some precautions and use common sense.

In this e-News we also provide you with some information on where to keep up to date on the developments regarding COVID19, give you tips on washing your hands, and you'll hear from the Commissioner for Senior Victorians with a reminder to take care of yourself and check in on others.

We hope you find this information useful.

Regards

The Seniors Card Team



## Reduce your risk of coronavirus



[www.dhhs.vic.gov.au/coronavirus](http://www.dhhs.vic.gov.au/coronavirus)

Call 1800 675 398 (24 hours). Keep 000 for emergencies only.

BetterHealth  
Channel

VICTORIA  
State Government  
Health and Human  
Services



# Melbourne Celtic Festival

Gather your clan and join us to celebrate all things Celtic on St Patrick's Day, Tuesday, March 17, 2020 Brand New Festival for Melbourne..

## Dates and times

**17/03/2020**

**Tue: 9.40am – 11pm.... Main festival from midday**

**Celtic Brunch 10am with optional sung Celtic Blessing at 9.40am.**

## **Location**

**717 Flinders Street**

**Docklands VIC 3008**

## **Contact details**

**0410 953 039**

[www.melbournecelticfestival.com.au](http://www.melbournecelticfestival.com.au)



## **CLAYMORE**

Melbourne's brand-new music and arts festival celebrates all things Celtic on St Patrick's Day in the heart of the city. The event is family-friendly, and ticket proceeds will go to Mission to Seafarers and Rotary mental health initiatives.

The stellar line-up of Australia's most celebrated Celtic musicians features Mike Brady, Claymore, Wendy Stapleton's Australian Women's Choir, Bhan Tre, Claire Patti, Saoirse Oz, Emma-Kate Tobia, Maria Forde, Play it Martha, Victoria Welsh Choir, Platform 9 3/4, Comhaltas Melbourne, Geoff Jones (Scottish smallpipes), Cath Connelly and Kathryn Clements (acts are subject to change).

Special events include a Celtic Brunch at 10am, with MC Russell 'Robbo' Robertson, special guest artist Mike Brady, guest speakers and Irish dancers. At 7.30pm, the musical drama Barry Versus Kelly, by Felix Meagher, tells the intriguing story of Australia's controversial folk hero, Ned Kelly, and the judge who sentenced him.

Hosted by Sherri McIver, writing workshops at 2pm and 6pm will help you explore your hidden poet or work on your craft in a friendly, expressive and supportive space.

There will be free children's activities from 4pm to 6pm, with storytelling, face painting, interactive music and a traditional Irish singing workshop with Kathryn Clements.

## **Price From \$20**

## **Bookings**

[Book online](#)

## **Features**

All ages

License

## **Payment method accepted**

All major card

## **How to get there**

[Public Transport Victoria](#)

## **Accessibility**

Wheelchair accessible

Limited accessibility

Ramp access

# 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](mailto: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**



# 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)





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

**Applications to district 9800 close 15<sup>th</sup> 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 31<sup>st</sup> March 2020

**CONTACTS:** Rob Helme, Tania Miletic (Peace Fellow Alumnus) or Bob Fels at [office@rotaryclubofmelbourne.org.au](mailto: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 Rotaboards** 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](mailto:jane.pennington@bigpond.com)

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



The poster features a large, stylized graphic of a person walking, composed of blue and white brushstrokes. The words "WALK TALK" are written in large, bold, orange letters across the center of the figure. Below this, the word "ROTARY" is written in large, bold, orange letters, followed by "6/12/18 km" in smaller orange text. To the right of the graphic, the date "SUN 19 APR" is displayed in large, bold, red letters. Below the date, the text "Rotaract Rotary Club Partner" is written in red, accompanied by the Rotaract logo (a red gear-like wheel). Below that, the text "Rotary Club of Mont Albert & Surrey Hills" is written in white, accompanied by the Rotary logo (a yellow gear-like wheel). The "Venue:" section lists "Gardiners Creek, Enter at Deakin Uni, Burwood Highway". The "Time:" section lists "Registrations from 10:00 am". A note states "Businesses/Groups are encouraged to form a team." and another states "Sponsorships will go to the following charities: Australian Rotary Health, Defying the Drift, Summer Foundation, Interplast." The bottom of the poster repeats the registration URL: "Register at [events.humanitix.com.au/walk-talk-rotary](https://events.humanitix.com.au/walk-talk-rotary)".

**WALK TALK**

**ROTARY**  
6/12/18 km

**SUN 19 APR**

**Rotaract**  
Rotary Club Partner

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

**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 Drift  
Summer Foundation  
Interplast

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



# Cycle Dindi

over the hills and not so far away



## SATURDAY 4 APRIL 2020

A charity bicycle event along  
the Great Victorian Rail Trail

THE MIDDLE WEEKEND OF  
THE SCHOOL HOLIDAYS

Registrations open January 2020

Email [cycledindi20@gmail.com](mailto:cycledindi20@gmail.com)

The event on the Great Victorian Rail Trail will be centred on the lovely townships of Yea and Alexandra and will include an opportunity to ride across the iconic Bonnie Doon bridge

This event is a fund raiser for Rotary Youth Projects

**Rotary**  
Clubs of Alexandra,  
Mansfield and Yea



*What do I get for my money?*

- Billy tea, damper and BBQ lunch at Cathkin
- Free admission to Nutfield a working farm, with free Devonshire Tea in the shearing shed, sheep dog demonstration and trailer ride.



### How Much?

That depends on which distance you ride

**CHOOSE  
YOUR OWN  
ADVENTURE**

DISTANCE		ADULT	SNR	CONC
Yea to Bonnie Doon (return)	121 kms	\$50	\$40	\$10
Bonnie Doon to Yea (return)	121 kms	\$50	\$40	\$10
Bonnie Doon to Cathkin (return)	80 kms	\$50	\$40	\$10
Yea to Cathkin (return)	42 kms	\$40	\$30	\$10
Yea to Alexandra (return)	61 kms	\$40	\$30	\$10
Alexandra to Yea (return)	61 kms	\$40	\$30	\$10
Alexandra to Cathkin (return)	26 kms	\$40	\$30	\$10

• Concession applies to school age children - Under school age free  
• SNR - solvent seniors card must be held - Group discount available on request

### Interested?

contact Melinda (Alexandra) 0418 378 806

Julie (Yea) 0447 762 557

or Peter (Mansfield) 0414 715 757

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

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



## 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>		

# CHRIS CROSS

*Landscape and Garden Supplies*  
Call Us (03) 9859 2666

*We deliver anywhere!*



**FIREWOOD  
NOW  
AVAILABLE**



We thank Bread Street Bakery for their ongoing support of our BBQ Fundraising activity through their generous provision of bread supplies.



**helloworld**  
**TRAVEL**  
**THE TRAVEL PROFESSIONALS**  
**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*