



## MEETING REPORT

Our Speaker, Grant Stewart after experiencing his father go through dementia from the early age of 65 until his passing a couple of years ago at the age of 80, Grant and his wife became committed to exploring different ways to provide those suffering from dementia a better quality of life.

After much research and working in various aged care facilities as volunteers, they felt that introducing sensory rooms that combine gentle light, movement, music and tactile objects designed to either calm or stimulate residents, was the direction they wanted to head.

From their experiences, "It's the little things" was formed which is a self funded service that's not only about providing monetary support but it also about giving time, energy or empathy to others in need.



Our Host for the evening, Ian Mollison , with Speaker Grant Stewart.

## Gardens Project

These BEFORE and AFTER shots of gardening last Friday (taken by Friend-of-Rotary Ian Glenny) only tell part of the story.

An all-new student group from Camberwell Girls School arrived a little late but then threw themselves into the work with great enthusiasm to the delight of the very appreciative, but frail, resident.

Xavier students followed with equal effectiveness. Quite a transformation in just two hours, filling six bins with weeds, pruning's and other garden waste.

## Geoff Haddy



## Our Leadership



**RI President  
Barry Rassin**



**DG 9800  
Bronwyn  
Stephens**



**AG Eastside  
Barry  
Hickman**



**President  
RCNB  
Nino Sofra**

## Club Diary

Australian Grand Prix 11—17 March 2019

Camp Getaway Working Bee 11—13 October 2019

Fellowship Weekend 15—17 November 2019

Read about Rotary in your area in The Progress Leader  
<http://leader.smedia.com.au/progress/>

## APOLOGIES FOR CLUB MEETINGS

Sign the "apology sheet" at the front desk at the prior meeting if you know in advance. Or E-mail to Hugo Goetze at [hugogoetze@netspace.net.au](mailto:hugogoetze@netspace.net.au) or 9857 6701

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

## MEETINGS THURSDAYS

6 for 6.30pm  
Kew Golf  
Club  
120 Belford  
Road Kew  
3102  
Ph.  
9859 6848



## TARGET 500 BOOKS FOR ST ARNAUD

A big thank you for everyone who has already supplied books for the Club's Drought Relief Program at St Arnaud.

We already have close to half the number of books required to meet our initial target.

Please continue to keep an eye out for suitable books, particularly for young adults and children.

We appreciate your support. We expect the books we provide will be of benefit to hard hit families affected by the drought at St Arnaud and the surrounding district.

Jo Wells

### Hot Cross Bun Fund-Raiser

Buy your Hot Cross Buns from John Koa's *Bakers Delight* in North Balwyn Village and he will donate \$1.50 to the Club for each 6-Pack sold !



He has *Traditional, Apple & Cinnamon* and new *Cadbury's Dairy Milk Chocolate Chip Buns* and each cost \$7.50 per 6-Pack.



When you buy your buns just tell the *Bakers Delight* staff that you are from the North Balwyn Rotary Club.

*Happy Easter.*

## MEETING ROSTERS

Thursday 14 March

Greeters: Ian Mollison, Marcel Muntwyler

Set Up: Rowan McClean, Larry Fitzpatrick

Desk: Greg Cribbes, Russell Cooper

Speaker:- Sally Scanlan

Host:- Brian Thomas

Topic:- Community Bags. Sally is an integral part of our Drought Relief program.

Sally heads up the Woodend branch of the now worldwide "Community Bags" program. Born from the desire to remove plastic bags, Sally is an integral part of our Drought Relief program assisting farmers throughout Victoria and NSW.

With our esteemed member, Brian Thomas, assisting almost every day, Community Bags is a fascinating story of generosity with far-reaching benefits.



## PARTNERS NIGHT BOWLING NIGHT AT NORTH BALWYN BOWL'S CLUB

Thursday 21 March

Greeters: Bill Oakley, Adrian Ranson

Set Up: Kinga Paulheim, Greg Ross

Desk: David De Garis, Ian Adams

Speaker:- No Speaker

Host:-

Topic:-

Please note:- Easter Good Friday Eve meeting moved to Wednesday April 17




Myeloma Australia in conjunction with the Rotary Club of Camberwell



# THE Business of Winning LUNCHEON

"Winning isn't everything. It's the only thing."

**Friday 15th March, 12noon**  
in the MCG Members' Dining Room

Join us as we take a light-hearted look at "the business of winning" and we learn how it is done from our expert panel. The "Winners Lunch" is 20 years young and enjoys the generous support of Australia's sporting family as we continue to pursue our vision for "a world without myeloma".

\*\*\*\*\*  
**Table of 10 \$1,580**  
**Single bookings \$158**  
\*\*\*\*\*  
as this is a fundraising event GST is not applicable

- Five-star environment with food and wines to match
- High quality inspirational entertainment
- Promotion of all corporate tables on the giant screens
- Corporate tables are acknowledged from the stage

- Valuable door prizes
- Major live auction from the stage
- Silent auction – sports memorabilia – and much more

Since 1999 sporting champions – a "Who's Who" of Australian sport – have entertained our luncheon guests with their passion for winning. 2019 will continue that fine tradition as once again we raise funds to support the vital work of Myeloma Australia.



**YOUR MC ANGELA PIPPOS**  
Leading all sports journalist



**GREG CHAMPION**  
Singer, songwriter, comedian

Meet the 2019 Winners Panel



**KATHY WATT OAM**  
Olympic Cycling Champion and award-winning photographer



**RODNEY EADE**  
17 years at the highest levels of AFL



**DALE WEIGHTMAN**  
Exemplary in a Big V jumper



**DEBBIE LEE**  
Pioneer of women's football

 **trybooking.com**  
EVENTS MADE EASY

**Book online at -<https://www.trybooking.com/ZFTL>**

Dress code: casual business attire – collar required and no denim

**Working towards a world without myeloma**  
Myeloma is a type of bone marrow cancer. There are approximately 10,000 individuals living with myeloma in Australia with an estimated 1,800 new diagnoses annually. There is no cure for myeloma.

Birthdays and Anniversaries between March 11 to March 17

Weddings: Maree and Terry Keyhoe

Birthdays: Helen Rennie, Maree Keyhoe

Inductions:

## Geoff's Health Tip

### Highly Coloured Berries have Heart-Health Benefits

Blueberries are now readily available almost all year long, but in the early seventies, attempts to grow plant varieties obtained from their homeland in North America failed dismally.

The industry took a step back for a number of years whilst more varieties, of which there are over 450, were trialled in plant nurseries.

Blueberries, like no other fruit, are an intense blue colour and from research we learn that highly coloured fruits and vegetables are a healthy addition to our food.

Raspberries are an intense red colour, and have been with us considerably longer, but only in the past few years have we seen significant quantities in the supermarkets at reasonable prices.

It may not have occurred to you that the intense colour in berries arises naturally and is a polyphenol known as anthocyanin, a member of the flavonoid group. It's these polyphenols and flavonoids that provide significant health benefits, such as heart health.



A recent report in the *American Journal of Clinical Nutrition* associated the intake of flavonoid-rich foods like blueberries and raspberries with a lower risk of death from cardiovascular disease. It stated that even small amounts of flavonoid-rich foods may be beneficial.

Another report from the Department of Nutritional Sciences, King's College London, showed that Blueberries improve the vascular system by reducing blood pressure. It was shown that a regular, sustained intake of anthocyanins from berries can reduce the risk of a heart attack by 32 per cent in young and middle-aged women.

The Nurses' Health Study, one of the largest investigations into the risk factors for major chronic diseases in women, showed that a lower risk of heart attack was associated with a high consumption of blueberries, strawberries and raspberries.

**Geoff**

Have you ever  
listened to someone for a  
while and wondered...  
"who ties your  
shoelaces for you?"

**Be careful when you  
follow the masses**  
...sometimes the "M" is silent!

SOMETIMES I SIT QUIETLY  
AND WONDER WHY  
I'M NOT IN A MENTAL ASYLUM...  
THEN I TAKE A LOOK AROUND AND REALIZE...  
MAYBE I ALREADY AM.

**RCNB Transfer of food from 2nd Bite to Cam Care.**

Food is picked up from **2nd Bite** between **8:45 - 9:15 am** every Thursday and delivered by **10:00 am** to **Camcare** for sorting by staff for their **11:00 am** distribution to the underprivileged.

Travel time is around 2 hours.

Date	Volunteer Driver	Team Members NOT available.
14th March	Geoff Haddy	Garth Symington
21st March	Greg Cribbes	
28th March	Rob Head	Geoff Haddy
4th April	Garth Symington	
11th April	Hugo Goetze	Geoff Haddy
18th April	Kris Walters	
25th April	Closed	Anzac day
2nd May		
9th May		
16th May	Greg Cribbes	
23rd May		
30th May		
6th June		
13th June		
20th June		
27th June	Greg Cribbes	

Meeting No.34	Thursday, 7th March 2019
<b>Present:</b>	
Guest Speaker	1 Grant Stewart - Managing Dementia with Sensory Experiences.
NB Members	52
Guests	1 Kevin Walker
	Members Present : 52 = 72.2% ; Membership = 72
	Apologies (on time) = 13, LOA = 3, late apologies = 2, No Show = 1
<b>External Activities :</b>	28 '2nd Bite delivery to CamCare - 7th March. Hugo Goetze ;
(Board Approved)	Fareshare - Jane Pennington & Larry Fitzpatrick; Greg Ross - D9560 Conf. Armidale NSW
	C/well Sunday Market, 3rd March - Geoff Haddy & Anthony Stokes; 'Gardening Project, 1st March - Greg Cribbes
	Schools Reading Project - Estelle Kelly, Bill Oakley, Phil Wade; R.McClean - RC Werribee; I.Mollison - RC Balwyn.
	Men's Shed - David Cheney, Peter Elliott (2), Tony Hart (2) & Greg Matthews;
	Catering - G.P. Contractors Brunch - P.Cleary, R.Head, J.Koa, B.Oakley, I.Richardson, J.Romanis,
	G.Schwartz, N.Sofra, J.Studebaker & T.Wells
	Please note all apologies for Bowls night on 21st are to be directed to David deGaris.



## CAMBERWELL SUNDAY MARKET ROSTER – No 28

Sunday	6.45am – 10.00am	9.45am – 1.00pm
17 March +	Jim Romanis	Marcel Muntwyler
24 March	Nino Sofra	John Magor
31 March	Rob Head	Janie Pirret
7 April	Garth Symington	Adam Hillary
14 April	Greg Cribbes	Ian Richardson
21 April Easter Sunday	Tak Yukawa	Janie Pirret
28 April	Kinga Paulheim	Estelle Kelly
5 May	Garth Symington	Eileen Toohill
12 May	Geoff Kneale	Larry Fitzpatrick
19 May	Don Taylor	Imre Lele
26 May	John Rennie	Russell Cooper
2 June	Neil Marshall	Nino Sofra
9 June	Estelle Kelly	Findley Cornell
16 June		
23 June		Colin Sharp
30 June		
7 July		
14 July		
21 July		
28 July		

Please let me know as soon as possible if you are cancelling

Geoff Steinicke Mob 0418 175 130 email [gwsteinicke@bigpond.com](mailto:gwsteinicke@bigpond.com)

+ Grand Prix 17 March

### Au Pair Wanted! In Finland!

Do you know a young person who would be interested in spending time in Finland?

Tina was our exchange student from Finland in 1991-2. She is now doing oncology research in Kupio (central Finland) some distance from her home in Jyvaskyla.

Her husband Petteri is a mechanical engineer with a company that produces gears for marine engines and is frequently away overseas.

Tina and Petteri have two daughters. Senja is in year 10, and son Veikka is in year 6. Senja is planning to be a vet, hopefully studying in Melbourne. Veikka is shy and reserved by nature.



Contact Geoff Steinicke for more information.



## DROUGHT RELIEF FUND UPDATE.

Edition 1. March 2019

### 1. Financial Support.

Funds as at March 1<sup>st</sup>, 2019

Balwyn Rotary Club - \$50,000;  
 RAWCS - \$35,000;  
 North Balwyn Rotary - \$10,000;  
 Xavier College - \$5,000;  
 Kerang Rotary Club - \$1,100

Total - \$101,100.

Expenditure as at March 1<sup>st</sup>, 2019

Vouchers value – 800 x \$50 vouchers = \$40,000.

At the February 2<sup>nd</sup> Harvest Festival, the Voucher Program was launched to the St Arnaud and surrounding farming community. These vouchers are being distributed by a team of 5 Rural Financial Counsellors who have an intimate knowledge of each of the target audience farming families. The names of those families in receipt of the vouchers will remain anonymous.

January/February is the harvest period which provides an income to fortunate farmers. Within our catchment area of the Wimmera, weather patterns have been localised providing financial relief for some sectors but no short term funds for other areas. May is the commencement of the cropping period that requires a large investment of crops by farmers to secure an income in the next harvest period.

Our focus to date has been establishing funds and infrastructure. These funds and processes are now in place in readiness for the anticipated demand towards the middle of this year. To date only 8 vouchers have been distributed due to timing issues. Over the next month, all farmers will be analysing their harvest income versus their anticipated May cropping expenses. Therefore, it is expected that from May the demand for vouchers to cover the shortfall of finances for these families will begin to peak.



### 2. Well Being

Rotary has forged a strong relationship with ladies groups across Victoria to provide farmers with fabric bags that conceal confidential financial information. Self-respect is a real and important consideration for all of our farming community. While the bags were initially handmade as a substitute for plastic, environmentally unfriendly purposes, the fabric bags are made from donated fabric that would otherwise be destined for landfill.



On February 14<sup>th</sup>, Rotary collected over 510 handmade bags to distribute to our farming communities in Victoria and southern NSW. The overwhelming reaction from farmers is that of far and wide support for their plight. Women's groups across Victoria banding together to produce handmade bags is yet another show of support for other Australians in dire need of our support.

The 510 bags were split across two projects – The Wimmera and the Riverina. In mid-February, the Wimmera township of Donald, hosted an event for a few hundred farmers to meet with financial services groups to discuss their own personal circumstances and address the void between their cash flow income from the just completed harvest and the costs of upcoming May cropping. Farmers were extremely happy with the Community Bags to conceal personal documentation whilst they were surprised by the support of women's groups across the state.

Continued on page 8



## No link between MMR vaccine and autism, massive decade-long study confirms

A massive study has looked at 650,000 children and found no evidence to suggest the MMR vaccine triggers autism in children

A new study has further dispelled the myth of a link between the measles, mumps, and rubella (MMR) vaccine and the onset of autism.

Following over half a million children for more than a decade, the research found the MMR vaccine does not trigger autism, even in children with high specific autism risk factors.

One of the goals behind the newly published study from researchers at Statens Serum Institut in Denmark was to examine whether the MMR vaccine triggers autism, not just in all children generally, but more specifically in children with already heightened risk factors for autism.

In order to do this the researchers looked at a decade of data from more than 650,000 children. Each child was associated with an autism risk score based on a large variety of factors known to increase an individual's propensity to develop the condition. Alongside siblings with autism and family history, these risk factors included an older father or mother, low birthweight, pre-term birth, large head, assisted birth, and smoking in pregnancy.

Even after adjusting for all these factors the researchers found that the MMR vaccine is not a trigger for autism. So, subgroups of children with the highest autism risk score not only did not display incidences of the condition being triggered by the vaccine, but there was no indication of autism diagnoses being clustered around certain time periods associated with vaccinations.

***"This high quality Danish study is very reassuring for anyone concerned about a possible link between MMR vaccine and autism," says Michael Baker, from the Department of Public Health at the University of Otago, Wellington. "These results should help to reassure parents that MMR vaccine is extremely safe to use."***

This massive, granular study offers as certain a conclusion as science can get, accompanying a larger volume of prior epidemiological research finding absolutely no connection between autism and the MMR vaccine.

To some scientists, the ongoing research disproving the vaccine-autism myth is a frustrating waste of human resources that could be allocated to more useful investigations. However, the current resurgence of measles in the United States suggests vaccine safety is still a cause of concern for many parents, and the World Health Organization (WHO) recently added vaccine hesitancy to its list of major threats to global health in 2019.

At the very least the hope behind this new study is that any specific concern of a connection between the MMR vaccine and autism can be definitely assuaged. This is undeniably a rigorous and conclusive piece of research.

"I think this reasonably puts to bed the notion that MMR might trigger autism in susceptible subgroups of children," says Helen Petousis-Harris, a lecturer in Vaccinology from the University of Auckland. "The coffin is both nailed and superglued shut then hermetically sealed."

The new research is published in the journal Annals of Internal Medicine.

Source: Statens Serum Institut



## Catering Roster

Catering is one of major fundraising activities - help is always wanted!! so if you can help at any of the following, please email: [jane.pennington@bigpond.com](mailto:jane.pennington@bigpond.com)

<b>11 March</b>	<b>Bunnings</b>		<b>8.30am to 12.00pm</b>	<b>12.00pm to 4.00pm</b>
<b>Monday</b>	<b>Middleborough Road</b>	1	Bill Oakley	Estelle Kelly
	<b>Box Hill</b>	2	Ian Richardson	Don Taylor
		3	Reg Parsons	Ted Wilkins
		4		Bill Oakley
		5		
	<b>Eftpos Machine Manager</b>			
<b>22 March</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	Bill Oakley	Estelle Kelly
	<b>Box Hill</b>	2	Greg Cribbes	Don Taylor
		3		
		4		
		5		
	<b>Eftpos Machine Manager</b>			
<b>31 March</b>	<b>Maserati Club</b>		<b>Food shift 7.30am to 12.30pm</b>	<b>Food shift 11.30 to 3.30pm</b>
<b>Sunday</b>	<b>Sandown</b>	1	Sarah Hurst	Emily Rowling
		2	Pirozek Family	Emily Melinyk
		3	Pirozek Family	Dona Pirozek
		4	Jagarth Jayasinghe	Peter Pirozek
		5	Bill Oakley	Veronika Pirozek
			<b>Coffee shift 9.00am to 1.00pm</b>	<b>Coffee shift 12.30pm to 4.00pm</b>
		1		
		2		
<b>20 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	Sarah Hurst	Don Taylor
	<b>Box Hill</b>	2	Sandy Jayasinghe	Brian Lacy
		3	Jagarth Jayasinghe	Bill Oakley
		4	Emily Rowling	
		5	Tess Rowles	
		6	Emily Melinyk	
	<b>Eftpos Machine Manager</b>		Bill Oakley	
<b>25 April</b>	<b>ANZAC Day</b>		<b>5.30am to 9.30am</b>	
<b>Thursday</b>	<b>Doncaster RSL</b>	1		4
	<b>Doncaster Road</b>	2		5
		3		6
		Barista:		

## Rotary Gardens Project

This roster has been expanded to third term. Plenty of opportunities for volunteers.

Date	School	Time	RCNB Supervisor	Assisted by (1 or 2 pls.)
Fri 15 March	CGS, XC	3-5pm	R McClean	J Pirret, G Haddy
Sat 16 March	MLC	10-noon	G Haddy	E Kelly
Fri 22 March	CGS, XC	3-5pm	G Symington	I Glenny, J Pirret
Sat 23 March	MLC	10-noon	G Haddy	A Stokes
Fri 29 March	CGS, XC	3-5pm	G Cribbes	I Glenny, I Adams (at Eva T)
Sat 30 March	MLC	10-noon	R Head	K Walters,
SCHOOL HOLS				
Fri 26 April	CGS, XC	3-5pm	G Symington	I Glenny
Sat 27 April	MLC	10-noon	S Hardikar	+ B Ormerod (C'care)
Fri 3 May	CGS, XC	3-5pm	G Haddy	I Glenny
Fri 10 May	CGS, XC	3-5pm	R McClean	I Glenny
Sat 11 May	MLC	10-noon		M Muntwyler, B Ormerod (C'care)
Fri 17 May	CGS, XC	3-5pm	G Cribbes	
Sat 18 May	MLC	10-noon		
Fri 24 May	CGS, XC	3-5pm	G Cribbes, G Symington	I Glenny, I Adams (at Eva T)
Sat 25 May	MLC	10-noon		
Fri 31 May	CGS	3-5pm	R McClean	I Glenny
Fri 14 June	XC	3.45 – 5pm	G Cribbes	I Glenny
SCHOOL HOLS				
Fri 19 July	CGS, XC	3-5pm	G Haddy	I Glenny
Fri 26 July	CGS, XC	3-5pm	G Symington	I Glenny
Sat 27 July	MLC	10-noon		T Yakawa
Fri 2 Aug	CGS, XC	3-5pm	R McClean	I Glenny
Fri 9 Aug	CGS, XC	3-5pm		I Glenny, I Adams (at Eva T)
Sat 10 Aug	MLC	10-noon		
Fri 16 Aug	CGS, XC	3-5pm		I Glenny
Sat 17 Aug (special)	CGS Spl	10-noon		
Fri 23 Aug	CGS, XC	3-5pm		I Glenny
Sat 24 Aug	MLC	10-noon		
Fri 30 Aug	CGS, XC	3-5pm		I Glenny
Sat 31 Aug (special)	CGS Spl	10-noon		
Sat 31 Aug	MLC	10-noon		
Fri 6 Sept	XC	3.45 – 5pm		I Glenny
Sat 7 Sept	MLC	10-noon		
Fri 13 Sept	XC	3.45 – 5pm		I Glenny
SCHOOL HOLS				

Please complete as circulated at meetings or advise availability to [Geoff Haddy](#) (until such time as Brian Lacy fully assumes the Coordinator's role).

# Rotary

## Club of Rochester



Incorporated No. A0021076T

An evening at -  
**The Heritage Court House**  
 Home of Rochester Rotary.

23 Moore Street, Rochester  
 (Opposite Graeme Nelson Motors)

**A invitation to join us**  
 At the legendary

## PIE AND PORT NIGHT

Featuring local baked country fare, complimented with soothing beverages.

**Saturday 4<sup>th</sup> May, 2019.**

6:30pm for 7:00pm

**\$30 per person. Early Bird.**

\$35 after 30 April.

RSVP Friday 26<sup>th</sup> April (for catering purposes, thank you)

**Direct credit payment to bank account - Rotary Rochester, BSB 633 000 A/c 1321 85521**

Please label **Pie & Port** and your name and

email the names of attendees to:

: [bryangriffiths4@bigpond.com](mailto:bryangriffiths4@bigpond.com)

**Or enclose payment with your snail mail reply.**

Secretary (Pie & Port)

PO Box 74

Rochester 3561

*Would you like to come along?  
 Bookings are open to reply now.*

Cut here .....

### **Attendance return for PIE and PORT**

Number of persons attending at \$30 per person .....

Names: .....

.....  
 Please indicate any specific dietary requirements .....

## ROTARY INFORMATION

Rotary International	Website:-	<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 2018/19

President: Nino Sofra	<a href="mailto:president@rotarynorthbalwyn.com.au">president@rotarynorthbalwyn.com.au</a>
Vice President: Adrian Ranson	<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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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*