



"The Front Page"

Our Speaker

Variety is the spice of life. Variety of Speakers is the spice of the Rotary Club of North Balwyn.

Mark Hunter gave us an interesting and expansive talk on the history of wine in the Heathcote and surrounding areas, the history and workings of his family winery, Sanguine Estate. The ensuing questions and answers provided further insight into this fascinating subject.

As a bonus we tasted a "top of the line" Shiraz and an interesting Rose accompanied by a discussion of the individual wines.

Changing "hats" to my role as Foundation Director I attended the District Foundation Grants Seminar last Monday. Individual presentations from other clubs in the district, of how the kernel of an idea from an individual member, developed into a "multiclub" foundation supported larger project. We were encouraged to explore this "multiclub" form to do the grand projects.

My brief stint as acting President has come to an end, look forward to President Rob returning to celebrate the Club's Birthday next Thursday. Don't forget to inform Hugo if bringing a guest.

In the spirit of Rob's suggestions I leave you with this one from Spike Milligan "A sure cure for seasickness is to sit under a tree"

What's Coming

- Club Birthday Meeting on 10 May
- Golf Day Sponsor's meeting, with Speaker from Australian Rotary Health on 17 May
- Vocational Visit to Monash Medical Centre 14 June. This will be a daytime Club Meeting

And remember "Rotary can and does make a difference".

Findley Cornell



Host, Peter Downton thanks our Speaker Mark Hunter.

[Our Leadership](#)



RI President
Ian Riseley



DG 9800
Peter Frueh



AG Eastside
Jonathan Shepherd



President
RCNB
Rob Head

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

Club Website: [HERE](#)
Facebook: [Click HERE](#)
The Networker: [Issue 16](#)



MAY ROTARY DOWN UNDER Click [HERE](#)
Click for [All District Events](#)



Guest Speaker

Sanguine Estate started in 1996 by the Hunter Family as a weekend project by planting some vines and olive trees.

Sanguine Estate expanded from 16 acres to 55 in just five years.

The family’s desire to produce great wine flows through every glass. Through natural winemaking techniques combined with small batch processing and hand plunging, the purity and integrity of the wine is enhanced.

This love for creating fine wine has its roots over 100 years ago. The Great Grandfather of Tony Hunter, Pietro D’orsa, left Italy in 1868 to make a new life in Australia, becoming a vigneron in the town of Maldon 100 km west of Heathcote.

Today Mark has continues this family tradition as Sanguine Estate’s full time winemaker in conjunction with his sister, Jodi as Chief Executive Officer,

Years later, with the first vintage already bottled, Mark’s aunty was doing the family tree and found a forgotten ancestor. In the late 1880’s Pietro D’Orsa had planted a vineyard in a neighboring region after arriving from his birth country.



Used Stamps

A huge thank you to members and friends who gave me used stamps for the fundraising effort to End Trachoma. I gave a huge supermarket bag which was overflowing and these have been very gratefully received especially the foreign stamps. The project is ongoing and so if you have more stamps or collect some please do pass them on to me and I will see that they get to the right place. Many thanks. Jane Pennington

With best wishes

Jane Pennington

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MEETING ROSTERS

Thursday 10 May Greeters: Greg Cribbes, Ted Wilkins Set Up: Bronwen Dimond, Marcel Muntwyler Desk: Tony Hart, Kinga Paulheim	Topic: Club's 38th Birthday Celebration Host: Tony Wells Segment by Greg Ross "Poetic Justice "
Thursday 17 May Greeters: John Gartlan, Adrian Ranson Set Up: John Rennie, Geoff Steinicke Desk: Eileen Toohill, Anthony Stokes	Sponsors "Thank You" Night Speaker: Laura Hart Host: Greg Ross Topic: Australian Rotary Health Laura has had both a Ph.D and a Postdoctoral Fellowship funded by Australian Rotary Health.
Thursday 24 May Greeters: Brian Lacy, Ian Richardson Set Up: Joe Butler, Peter Cleary Desk: Imre Lele, Russell Cooper	Speaker: Julian Burnside QC Host: John Gartlan Topic: Justice? What Is It? How Do We Get It? Julian Burnside is a prominent human rights advocate. Our members from ten years ago will recall what a compelling speaker he is.
Thursday 31 May Greeters: Jim Romanis, Bernie Smith Set Up: Bill Oakley, Nino Sofra Desk: John Magor, Adrian Ranson	Speaker: Len Raphael Host: Rowan McClean Topic: Central Asia & Iran: Unusual Places but Normal People Len is a much-travelled accountant, financial planner and family man (5 children)

Meeting No.41

Thursday, 3rd May 2018

Present:

Guest Speaker 1 Mark Hunter - Sanguine Estate Winemaker.

NB Members 47

Guests 1 Ashley Wild

Members :- On Time Apologies 23, Unavoidable Late Apologies 2, LOA 10,
3 apologies were able to attend. = Member Attendance 47 = 59.5%External Activities 13 **Weekly 2nd Bite delivery to CamCare - (Who?) ;**Board Approved **Gardening Project** - Rowan McClean (2), Imre Lele ; Anthony Stokes - RYLA Camp (2);

Bill Oakley (RAM) - RC Bendigo ; Findley Cornell - Foundation Grant Seminar ;

Greg Ross - ARH Board (2) & D9550 Conf. at Ingham Qld (2); DIK - Peter Sutherland.

Absence for Rosters: Russell Cooper, Terry Keyhoe, Dileep Krishna Pillai, Yvonne Lyneham, John Magor

Kathleen McGuire, David Rowe, Colin Sharp, Jim Studebaker, Brian Thomas and Peter Wilson.

Club Diary

Thursday 10 May Club Birthday Meeting

Weekend of 17-19 August 2018 MUNA 2018

See <http://www.rotaryclubofcanberrasunrise.org.au/>

Friday 5 to Sunday 7 October 2018 Camp Getaway Working Bee 2018

Weekend of 19-20-21 October Fellowship Weekend at Daylesford Details soon.

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

Birthdays and Anniversaries between May 7 and May 14

Weddings: Jim and Kerrie Romanis

Birthdays: Kinga Paulheim, Carol Studebaker

Induction Anniversaries: Peter Cleary, Paul Fitz, Stan Hibbert, Marcel Muntwyler, Bernie Smith,
Geoff Steinicke, Estelle Kelly, Hugo Goetze

Geoff's Health Tip***Boiled Eggs contain a surprising Health Benefit***

Egg production has enjoyed strong growth over the past 5 years. Australian statistics indicate that growers now produce 13 million eggs every day – up 7% since 2013. We have also seen a shift in production from cage to free-range eggs, as consumers are becoming increasingly concerned about animal welfare in cage egg production systems. Today's Health Tip explains why a boiled egg is superior to other methods of cooking an egg.



Of the various methods for cooking eggs, frying eggs in association with bacon has always been popular amongst Australians, as illustrated at the Grand Prix breakfasts. However, a boiled egg provides an additional health benefit compared with fried, poached or scrambled eggs. The health benefit comes from the composition of the membrane lining the inside of the shell, which is consumed when scraping the membrane off the shell with a spoon (the membrane can be observed on peeling a hard-boiled egg).

The surprising discovery that egg membrane contains naturally occurring glucosamine, chondroitin, hyaluronic acid and proteins essential for maintaining healthy joint and connective tissues was published in the Journal of Clinical Rheumatology in 2009.

In this study of 67 patients with knee osteoarthritis, taking a daily dose of 500mg of egg membrane showed a 27% reduction in knee soreness and stiffness. The results indicated that there was a rapid response to treatment, occurring after only 10 days of supplementation. There were no serious adverse events reported during the study and the treatment was reported to be well tolerated by the study participants.

In a new 2018 study reported in Modern Rheumatology, eggshell membrane has some more promising joint-health research, with a new preclinical study suggesting the ingredient may significantly improve markers of inflammatory arthritis.

You might wonder how egg membrane is produced? As you can imagine the US uses a huge quantity of raw eggs for industrial applications, where 600,000 tons of shell is otherwise discarded. After mechanically removing the membrane from the shell it is dried and powdered. Egg membrane is available in Australia in 500mg tablets and capsules.

Geoff

**HAPPY
BIRTHDAY!**

Rotary
Club of North Balwyn



Join Us for Our 38th Birthday Celebration

On Thursday May 10 2018

At Kew Golf Club - 6.00 pm for 6.30 pm

The Evening Includes :

- **Entertainment from PDG Greg Ross**
- **Summary of our History by PP & Charter Member Peter Cleary**

Cost - \$37 per person

**Bookings, normal advice of partners attending & apologies
to Hugo Goetze at hugogoetze@netspace.net.au**

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<p>ROTARY CLUB OF NORTH BALWYN 2017/18</p> <p>President: Rob Head president@rotarynorthbalwyn.com.au</p> <p>Vice President: Findley Cornell vicepresident@rotarynorthbalwyn.com.au</p> <p>Secretary: Gavan Schwartz secretary@rotarynorthbalwyn.com.au</p> <p>Treasurer: Greg Cribbes treasurer@rotarynorthbalwyn.com.au</p> <p>Grapevine: John McBride jdmcb48@bigpond.net.au</p> <p>Noon Sat Weekly Deadline for submissions please.</p>	<p>APOLOGIES FOR CLUB MEETINGS</p> <ol style="list-style-type: none"> 1. Sign the "apology sheet" at the front desk at the prior meeting if you know in advance. 2. Click HERE for apologies. and log into website; select My Menu; Meeting Attendance/Apologies and Make-Ups; Select meeting date; Add Apology to this meeting; and send. 3. Or E-mail Hugo Goetze HugoGoetze@netspace.net.au 4. Phone 9857 6701 (leave a message if required). Mobile phone calls & SMS are not to be used. <p>Please apologise no later than 5pm on Tuesday.</p>
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<p>North Balwyn Probus: Michael Martin http://balwynnorthprobus.org.au</p> <p>North Balwyn Heights Probus: Sue Mullarvey yarramul@tpg.com.au 9857 4305, 0400 821 402</p>	<p>Greythorn Probus: Meetings 10am 2nd Tuesday Monthly. St Aidan's Church Hall, Duggan St, Balwyn Nth.9859 4941.</p> <p>Boroondara Ladies Probus: Janet Eddy jveddey@applewood.net.au</p>
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Thanks to Chris Cross Landscape & Gardening Supply for their support of our Club through housing our 3 storage containers.



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



<p>helloworld TRAVEL THE TRAVEL PROFESSIONALS BALWYN NORTH</p>  <p>Thank you Helloworld North Balwyn for your ongoing support of our Event Days and assistance with our Mongolia travel arrangements.</p>	<p>Bendigo Bank Kew Kew East</p> <p>Bendigo Bank is a strong supporter of Nth Balwyn Rotary through its help with our Community Projects and Fund Raising.</p>	
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