



Meeting Report

Our Speakers, Andrew Licciardo & Justin Cilmi, from Devon Partners Financial Planning, which specialises in aged care financial advice, participated in a Q & A panel discussing all aspects of Aged Care planning. Sam Hardikar as host, facilitated the discussion.



Brian Thomas proudly showed his book on the history of the Aisin Company Australia which was established in 1972 for the sales of sewing machines and automotive components. The Toyota Sewing Machine is a product of Aisin Seiki Co. Ltd, which is a TOYOTA group company. The first TOYOTA sewing machine was built under the strict supervision of Kiichiro Toyoda himself, the founder of TOYOTA Motor Corporation.

2018 Drought Relief Fund for Australian Farmers (RARF) has the National Farmers' Federation, Channel 9 & Rotary in Australia working together to raise much needed funds

EXACTLY WHERE YOUR GENEROUS DONATIONS ARE GOING FOR THE DROUGHT RELIEF:-

\$1 million of your over \$4 million raised for our farmers has been distributed between three organisations.

- \$500,000 of this will go to the organisation Need for Feed with the Lions Club. They will be distributing livestock resources and feed amongst farms to feed their hungry sheep and cattle. They will also distribute dog food and food hampers.
- \$250,000 will go to The Country Women's Association (CWA) of Queensland, who will be supporting the relief by giving up to \$5000 to each farming family for their groceries and bills.
- The other \$250,000 will go to New South Wales CWA where they will be giving farmers grants of up to \$3000 for groceries and bills.

The rest of the donations yet to be distributed are being thoroughly examined by the National Farmers' Federation to yet be dispersed in a longer-term effort.

Another opportunity to donate is at Rural Aid's BuyA Bale where \$20 pays for a small bay of hay. Five small bales feeds a cow for a week.

Go to <https://www.buyabale.com.au/donate/>

CAN YOU FIND THE BOTTLE OF WINE ON OUR WEBSITE!! Details on page 3.

Club Diary

August 31 2018 Movie Night "The Book Club"

Sept 4 Interact Tech Training 4:30—5:30 pm

Oct 5-7 2018 Camp Getaway Working Bee 2018

Weekend 19-21 Oct Fellowship Weekend at Daylesford

December 2018 Fence repairs in Cobden.

February 15-17 2019 Multi-Districts Conference

Australian Grand Prix 11—17 March 2019

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 John McBride at jdmcb48@bigpond.net.au

or 0409 257 770 for the next 2 weeks.

Please apologise no later than 5pm on Tuesday.

Our Leadership



**RI President
Barry Rassin**



**DG 9800
Bronwyn
Stephens**



**AG Eastside
Barry
Hickman**



**President
RCNB
Nino Sofra**

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

[illegible]

Geoff Haddy



**GREYTHORN
COMMUNITY HUB**

Grand Opening

Saturday 1 September 2018
10am to 1pm

**FANTASTIC
ACTIVITIES FOR
EVERYONE**

Rotary Gardens Project

PLEASE HELP FILL IN THE BLANKS for sessions in the weeks ahead. The Gardens Project needs your help to supervise or assist on the following dates/times. This roster takes us to year end so don't miss out!

			Supervisor	Assisted by
Fri 24/8	CGS/XC	3 - 5pm	Geoff Haddy	
Sat 25/8	CGS Special (Yr. 11 at Eva Tilley)	10 - noon	Geoff Haddy	Ian Adams, Greg Cribbes
Sat 25/8	MLC	10 - noon	Sam Hardikar	Rob Head
Fri 31/8	XC	3.45-5pm	Garth Symington	Janie Pirret, Ian Glenn
Sat 1/9	CGS Special (Yr.11)	10 - noon	Geoff Steinicke	Ian Richardson (one more please)
Sat 1/9	MLC	10 - noon	David deGaris	Peter Elliott
Fri 7/9	CGS/XC	3 - 5pm		
Sat 8/9	MLC	10 - noon		Anthony Stokes
Fri 14/9	XC	3.45-5pm	Garth Symington	
Sat 15/9	MLC	10 - noon		
SCHOOL HOLIDAYS				
Fri 12/10	XC	3.45-5pm		
Sat 13/10	MLC	10 - noon		Janie Pirret
Thurs 18/10	Special XC Yr12 All day	Shifts TBC (max 2 hrs) 6 RCNB pls.	Geoff Haddy	Tak Yukawa
Fri 19/10	CGS/XC	3 - 5pm		Ian Glenn
Sat 20/10	MLC	10 - noon		
Fri 26/10	CGS/XC	3 - 5pm		
Fri 2/11	CGS/XC	3 - 5pm		Ian Glenn
Fri 9/11	CGS/XC	3 - 5pm		Ian Glenn

Please advise availability to Geoff Haddy ghaddy@bigpond.net.au

Meeting No.8		Thursday, 16th August 2018
Present:		
Guest Speaker	2	
NB Members	46	
Visiting Rotarians	1	
Partners	0	
Guests	0	
Friends / Alumni	0	
Meals Served	49	Members now = 74, 38 present = 62.2% ; LOA = 8, Apol - 21 on time.
External Activities	9	Barry Cummings Zuiderdam (on board at Sea) Rotary Club of Dublin Central, Ireland.
(Board Approved)		<u>Gardening Project</u> - N. Sofra, I. Lele, G. Cribbes, G. Haddy x 2, F. Cornell, T. Wells
Absences for Rosters:	T. Ho, B. Bott	G. Matthews, H. Goetze, E. Kelly, J. Romanis, L. Fitzpatrick, C. Sharp, C. F-Smith

Sutho's IT Tips

Be Safe On-Line



Double check your cybersecurity:

- Set your computer to auto-lock.
- Set your smartphone's pin code or fingerprint ID.
- Invest in a cable lock. (Used to lock your Laptop to your desk)
- Err on the side of caution when sharing online.
 - Don't share your personal details that could contribute to identity theft.
- Use a strong password for your email account.
 - Don't share your email login with anyone.
- Enable multi-factor authentication for your email account.
 - E.g. require a sms code to your phone to open online banking accounts.
- Use a password manager like LastPass to manage your accounts.
- Generate unique passwords to avoid password reuse.
- Respond to all prompts to update your software.
 - Software updates often include security updates
- Restart your computer occasionally to ensure updates are completed.
 - Windows updates are often set to occur on shutdown and startup so if you always leave your PC on you may be missing important updates.
 - Never switch off your PC during an update; this can cause big problems.
- Use a VPN (Virtual Private Network) if you need to access personal accounts on open (Public) WiFi. Avoid using Free Public WiFi.
 - Back up everything to an external hard drive, regularly.
 - Backing up means making a copy of your current files; especially important files to you. Do not cut and paste. The aim is to have two copies of your files; one set on your computer and one set on an external drive that you can use if your PC unexpectedly dies or is stolen.

The more often you back-up the more recent your recovered files will be in the advent of that disaster.

Pete

Theft From Motor Vehicles continue to be a problem in Boroondara.

The latest trend shows that underground car parks of apartment blocks are being targeted in particular. Logbooks and other miscellaneous items are being stolen. Police believe that it is likely the same offenders are committing the thefts.

If you have seen something suspicious around Peel Street, Earl Street, Wills Street, Kew and Muir Street, Myrtle Street, Calvin Street, Hawthorn contact Boroondara Police on 8851 1111 or Crime Stoppers on 1800 333 000.

Kew in particular has been hit hard by thieves smashing car windows and stealing coins.

There were 8 cars broken into in one night!

If you have seen something suspicious around Mont Victor Road, Walpole Street, Packington Street, Grange Road, Eglinton Street, and Rimington Avenue, Kew contact Boroondara Police on 8851 1111 or Crime Stoppers on 1800 333 000

Boroondara Police arrested a 25 year Dandenong man after a crime spree in Kew. Offences included Theft of Motor Vehicle, impersonate police, a petrol drive off and a snatch and grab theft of a handbag. He was also wanted for a multitude of other offences committed in other areas.



Rotary
Club of Camberwell



David Parkin OAM at Rotary

Wednesday 29th August at Greenacres Golf Club

"A great multi-club Rotary event not to be missed. Partners, family, friends – everyone is welcome."



'One of Australia's most inspirational and motivational corporate speakers'

David Parkin is one of Australia's most inspirational and motivational corporate speaker. Transferring his talents from the sporting and academic arenas to the world of business, David inspires audiences with the power to perform with greater effectiveness and to rise to greater heights in their business and personal life. He is rated as a superbly practical and motivating speaker.

AFL Football champion, multi-premiership coach, teacher, motivator and much more, David Parkin ("Parko") always finds time to be a great supporter of Rotary and Myeloma Australia through his continual involvement in the annual "Business of Winning" Luncheon – a major Rotary initiated fund-raiser in support of services for the myeloma community.

This is a combined meeting for three Clubs – the Rotary Clubs of Camberwell, Canterbury and Yarra Bend.

Date: Wednesday 29 August 2018

Time: 6:30 pm

Cost: \$35 per person for two courses; drinks at bar prices

RSVP: Wednesday 22 August 2018

***Please make on line payment on the Rotary Club of Camberwell website
(Select Club events/Club Meeting with David Parkin)***

<http://camberwellrotary.org.au/book-event/35446>

We look forward to greeting you at this great multi-club event.



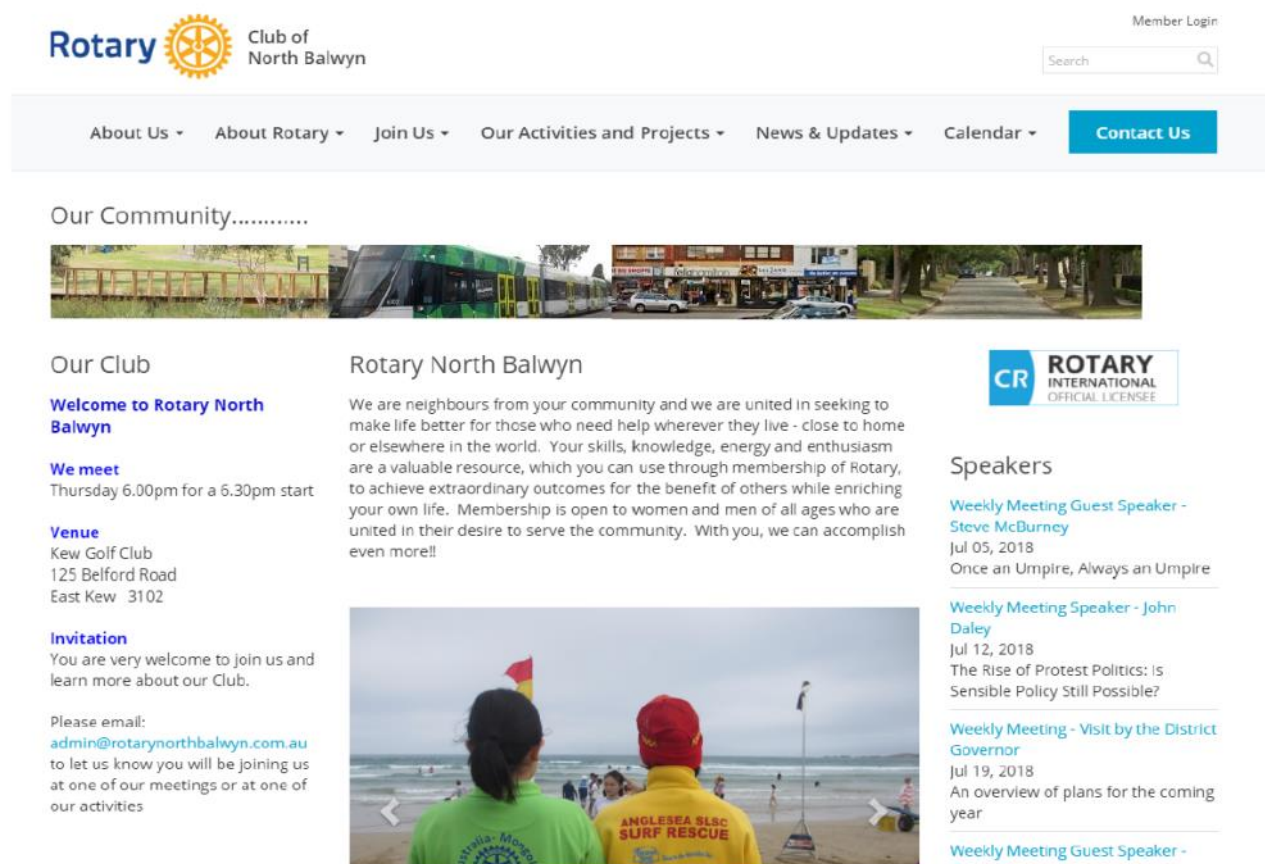
Rotary Club of North Balwyn

There is a bottle of wine for members to find! Look in the members section!

Website

A voucher for partners to find in the non members section.

Our new website is up and running!! It is found at: www.rotarynorthbalwyn.com.au



The screenshot shows the website for the Rotary Club of North Balwyn. At the top, there is a navigation bar with links: About Us, About Rotary, Join Us, Our Activities and Projects, News & Updates, Calendar, and a prominent blue 'Contact Us' button. Below the navigation bar is a banner image showing a green tram and a street scene. The main content area is divided into several sections:

- Our Community.....**: A banner image showing a green tram and a street scene.
- Our Club**:
 - Welcome to Rotary North Balwyn**
 - We meet**: Thursday 6.00pm for a 6.30pm start
 - Venue**: Kew Golf Club, 125 Belford Road, East Kew 3102
 - Invitation**: You are very welcome to join us and learn more about our Club.
 - Please email: admin@rotarynorthbalwyn.com.au to let us know you will be joining us at one of our meetings or at one of our activities
- Rotary North Balwyn**: A paragraph describing the club's mission: "We are neighbours from your community and we are united in seeking to make life better for those who need help wherever they live - close to home or elsewhere in the world. Your skills, knowledge, energy and enthusiasm are a valuable resource, which you can use through membership of Rotary, to achieve extraordinary outcomes for the benefit of others while enriching your own life. Membership is open to women and men of all ages who are united in their desire to serve the community. With you, we can accomplish even more!!"
- Speakers**: A list of upcoming speakers and topics:
 - Weekly Meeting Guest Speaker - Steve McBurney**: Jul 05, 2018, "Once an Umpire, Always an Umpire"
 - Weekly Meeting Speaker - John Daley**: Jul 12, 2018, "The Rise of Protest Politics: Is Sensible Policy Still Possible?"
 - Weekly Meeting - Visit by the District Governor**: Jul 19, 2018, "An overview of plans for the coming year"
 - Weekly Meeting Guest Speaker - ...**

At the bottom of the main content area, there is a large image showing two people from behind, wearing green and yellow shirts, looking out over a beach and ocean. The yellow shirt has "ANGLESEA SLSC SURF RESCUE" written on it.

There are sections of it which are for Club members only. All Club members have a log in and a password.

The log in is your name ie first name space second name with capital letters for the two names. Example Jane Pennington

All passwords are 3104. You can change this once you have logged in the first time.

Competition

Nino has instigated a competition!! There is a picture of a bottle of wine hidden somewhere on the new website.

The first person to find it and email me (jane.pennington@bigpond.com) will win a bottle of wine.

If you have any questions, suggestions or comments please do let me know. I would love to hear what other information you would like put up. Or if you do not like your photo please send me another one to go up.....

Jane Pennington
0408 402 555
jane.pennington@bigpond.com

MEETING ROSTERS

Thursday 23 August

Greeters: John Rennie, Ian Richardson
Set Up: Barry Cummins, Geoff Steinicke
Desk: Peter Sutherland,, George Swanson

Speaker: Professor Rob Medcalf

Host: Findley Cornell

Topic: Fibrinolysis - the process our bodies implement to remove blood clots.

Prof Robert Medcalf is a NHMRC Principal Research Fellow working at the Australian Centre for Blood Diseases at Monash University (Alfred Hospital campus). His major research focus has been on the role of the fibrinolytic (blood clot busting) enzyme system in ischaemic stroke and also its broader role in the brain, and more recently on the immune response. He also has an interest in the broad effect of this system in severe trauma including traumatic brain injury (TBI). His laboratory is also interested in devising novel approaches to treat patients with ischaemic stroke and TBI.

**Thursday 30 August**

Greeters: Don Taylor, Maurie Walters
Set Up: Tak Yukawa, Ted Wilkins
Desk: Brian Lacey, John McBride

Speaker: PDG Greg Ross

Topic: Auto biography - 'The Acting side'

This meeting will be held at Columbos Restaurant.

Thursday 6 September

Greeters: David Cheney, David de Garis
Set Up: John Gartlan, Marcel Muntwyler
Desk: John Magor, Jim Romanis

Speaker: Richard Umbers CEO of Myer and Deputy CEO of Australia Post.

Outgoing CEO of Myer, Richard will share fascinating insights into retail and logistics.

How the way we shop and receive our purchases is rapidly changing and bricks and mortar stores are struggling to compete.

Thursday 13 September

Greeters: Russell Cooper, Phil Francis
Set Up: Rob Head, Terry Keyhoe
Desk: Phil Wade, Sue McDonald

Speaker: Julian McMahon

Host: Geoff Kneale

Globally renowned as the advocate against the Death Penalty, Barrister Julian McMahon represented the Bali 9 and Australian Terrorists.

Thursday 20 September

Greeters: Steven Greatorex, Sam Hardikar
Set Up: Imre Lele, Rowan McClean
Desk: Geoff Kneale, Larry Fitzpatrick

Speaker: Judge John Jordan

As County Court Judge and with 40+ years experience in the courts, John will share many humorous stories from our legal system

Rural Aid Buyabale go to <https://www.buyabale.com.au/>

\$600K worth of hay is on it's way from WA



65 trucks heading for NSW farmers



Birthdays and Anniversaries between August 20 and August 26

Weddings: Gavin and Lyn Schwartz, Ian and Alison Adams

Birthdays: Tess Greatorex

Induction Anniversaries: Nino Sofra

Geoff's Health Tips

Why Beetroot is Good for You

Beetroot has been a favourite vegetable of mine ever since I was a child. Maybe it was its bright purple-red colour that was like no other vegetable. I can remember my mother preparing the beetroot and the red stain it left on her fingers (I don't think we had rubber gloves in those days). Like all vegetables, beetroot has been associated with a reduced risk of many life-style health-related conditions.



- Beetroot is especially interesting because of the high nitrate levels contained in beetroot juice which could prove to be a low-cost and effective way to treat cardiovascular conditions and blood pressure.
- A 2008 study published in *Hypertension* examined the effects of ingesting 500 millilitres of beetroot juice in healthy volunteers and found that blood pressure was significantly lowered after ingestion.
- A Queensland study provided new insights into the acute effects of nitrate-rich beetroot juice on blood pressure, platelet reactivity and whole blood coagulation in a population of older adults. "Our data confirm anti-thrombotic and anti-adhesive properties of dietary nitrate that have previously been observed in studies in animals; furthermore our findings support the few data available on blood pressure-lowering effects of dietary nitrate in healthy older adults."
- "Together, our findings provide tentative support of the notion that the regular consumption of beetroot juice could be a key component of lifestyle interventions to preserve cardiovascular health with advancing age."
- Beetroot juice supplementation has been shown to improve muscle oxygenation during exercise. Quality of life for those with cardiovascular, respiratory or metabolic diseases, who find the activities of daily living physically difficult because of lack of oxygenation, could be improved.

Geoff

MOVIE NIGHT

I am organising a Rotary Fellowship Film Night at the Palace Theatre, Balwyn to view the upcoming "blockbuster" – **"THE BOOK CLUB"** No – it's not "The Book Shop". It's **"THE BOOK CLUB"!!!!**



It is about a group of mature ladies review the book "50 Shades of Grey"

They find that it changes their lives in a variety of ways!

The cast includes Jane Fonda, Diane Keaton, Candice Bergen and Mary Steenburgen!

Friday evening – 31st August 2018.

Time – 6.30 or 7.00 pm (to be confirmed).

Cost will be \$12.00 per head (at cost).

I have booked 40 seats, so the "first in -best dressed".

Please email cheneydk@bigpond.net.au if you wish to attend.

Many thanks.

David Cheney Fellowship Committee.



Save the DATE

International PRESIDENT'S BREAKFAST

 **Friday 31st August 2018** 7:15am - 9:00 am
MCC Member's Dining Room & Percy Beames Bar (MCG Gate 1)



GUEST SPEAKER: Ian Riseley OAM
President of Rotary International 2017 - 2018
"Why good people should want to be Rotarians"

All Rotarians, Presidents, Past Presidents
& Friends of Rotary welcome

\$70pp (early bird \$65 to 31Jul18)

For registration:

<https://www.trybooking.com/359673>

OR Sue Jones, suejones@oiltech.com.au



Help President Meg Ryan and members recognise the
outstanding achievements of Past International President Ian

Supporting



EndTrachoma by 2020
Rotary Building Healthy Communities

Rotary  Brighton
North

www.northbrightonrotary.org.au



Registration is now Open

www.rotaryconference.org.au

REGISTER BEFORE OCTOBER 31ST

Early Bird
Registration

**TO WIN FREE REGISTRATION &
GALA DINNER FOR 2 PEOPLE
PLUS ACCOMMODATION FOR
TWO NIGHTS (UP TO \$500)**

Early Bird \$175,

New Rotarians \$125

(joined after July 1 2016)

AFTER NOVEMBER 30TH \$225

Conference Dinner \$110

GALA DINNER



Featuring the Baker Boys, a 9 piece band covering a wide variety of music
3 course meal, Open Bar plus surprises all night

WHAT ROTARY DOES!



As well as a fantastic Rotary Showcase there will be "three hands on projects" where you can pack emergency food for disaster relief, pack birthing kits or kits for the homeless in our communities.

Always a great fellowship opportunity

Further details www.rotaryconference.org.au

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 2018/19

President: Nino Sofra	president@rotarynorthbalwyn.com.au
Vice President: Adria Ranson	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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**FIREWOOD
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AVAILABLE**



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



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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.

