



#### Nino's Notes

What an exciting week we've had!

On the weekend we had two fundraising catering events. First was the Vame Miniatures over Saturday and Sunday which involved a large contingent of our members and netted about \$3200. A wonderful result. Then on Sunday we catered at the Maserati Club event. This was a last minute request but our club rose to the occasion with nine Rotarians and friends turning up. This raised another \$1300.

On top of all this we had our regular Gardening program and a whole array of meetings attended by a number of our members.

We were privileged to host our DG Bronwyn Stephens at our Thursday Club meeting. Your Board Members presented DG Bronwyn with plans and programs which demonstrated we are a strong and progressive club. DG Bronwyn was accompanied by her partner Mark Stephens and the Eastside Assistant Governor Barry Hickman. I was so very proud to be the President of such vibrant club. It was a fun and exciting night with a musical interval provided by our own musical Duo Rowan McClean and Maurie Walters. It was a pleasure to reward the three winners of "Find the Bottle of Wine Competition" on our new website. Judging by the number of Rotarians participating, it is obvious that this competition is a winner. I was forced to pull the wine off the website so as not to go broke.

This week we will continue with the competition but limit it to the first person to contact Jane Pennington.

The following week we will retain the wine bottle but will add for the partners only, a cosmetics voucher (value \$150) for a facial provided by the Amcal Pharmacy, Greythorn. Partners won't need to "Log in" and they can choose between the bottle of wine and the cosmetic voucher.

This Thursday will be our first Partners Night and we are keen to see as many as possible attend. We will have a wonderful speaker, Gillian Trigg (highly recommended by John Gartlan). We have again been able to secure the services of Rowan and Maurie. There will be a door prize for the Partners. This will be a voucher for two to enjoy breakfast, brunch or lunch at The Village Cafe North Balwyn Village (\$50 value). So, come one, come all, we are going to have fun.

Nino



#### Our Leadership



RI President  
Barry Rassin



DG 9800  
Bronwyn  
Stephens



AG Eastside  
Barry  
Hickman



President  
RCNB  
Nino Sofra

#### Partners and Guests Evening July 26th

Our speaker is professor Gillian Triggs who was President of the Australian Human Rights Commission 2012 - 2017, Dean of the Sydney University Law Faculty 2007 - 2012

**Topic:** Common Compassion and a Charter of Human Rights.  
Professor Triggs is an articulate and compelling public speaker.



#### Club Diary

August 31 2018 Movie Night "The Book Club"

September 2018 Fence repairs in Cobden.

5-7 October 2018 Camp Getaway Working Bee 2018

Weekend 19-21 October Fellowship Weekend at Daylesford

Australian Grand Prix 11-17 March 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 [HugoGoetze@netspace.net.au](mailto:HugoGoetze@netspace.net.au)

Phone 9857 6701 (leave a message). Mobile phone calls & SMS are not to be used.

Please apologise no later than 5pm on Tuesday.

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

**Sutho's On-Line News****Blue Screen of Death (BSOD)**

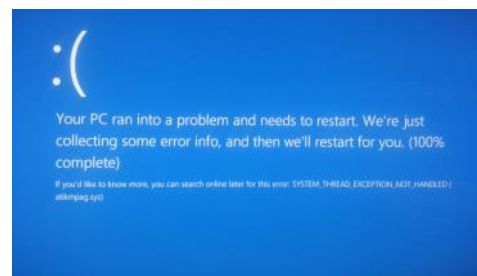
Ever had a BSOD?

The feared BSOD is a Windows message telling you absolutely nothing – except you probably don't have a working computer anymore.

When/if this happens you will be much relieved if have your important files and photos backed up for quick recovery.

I recommend [buying an external Hard Disk Drive](#) (HDD) or fitting an additional HDD into your Personal Computer or Laptop (I have sacrificed my CD draw for a second HDD in my laptop) to which you can save a backup of your files.

Windows 10 has an excellent automatic backup system which can be turned on and tuned to your preferences.



Another free back up program is Allwaysync from <https://allwaysync.com/>

**I recommend everyone have a BSOD recovery plan.**

**Do it today! Peter Sutherland**

**Membership Subscription**

Thank you to those members who have paid this year's subscription. Well done. Payments from the last 15 members are keenly awaited!

*Geoff H – Asst Treasurer*



**Rotary Club of North Balwyn Inc.**

**PO Box 135  
North Balwyn  
Vic 3104**

**ABN: 15 960 124 742**



**AMOUNT NOW DUE**

**Meeting No.4**

**Thursday, 19th July 2018**

**Present:**

Guest Speaker	1	DG Bronwyn Stephens (Melbourne South)
NB Members	50	
Visiting Rotarians	2	AG Barry Hickman (Brighton), Mark Stephens (Brighton North)
Partners	2	Bev Sofra, Carol Studebaker
Guests	0	
Friends / Alumni	0	
Meals Served	55	Members now = 73, 50 present = 68.5% ; LOA = 7, Apol 13 on time, 3 late. Booked 56
External Activities	27	<u>2nd Bite delivery to CamCare</u> - Hugo Goetze; <u>DIK Bike Repairs</u> - Peter Sutherland;
(Board Approved)		<u>Catering at VAME Minutires</u> - Greg Cribbes(2), Beatrice Ko, Sue McDonald, Bill Oakley,
		Oakley, Jane Pennington (4), Ian Richardson, Nino Sofra, Geoff Steinicke, Garth Symington, & Eileen Toohill ;
		<u>Minstrels at Baptcare</u> - Rowan McClean & Maurie Walters ;Gardening Project - Estell Kelly, Rowan McClean,
		& Garth Symington; <u>Vietnam Briefing</u> - Imre Lele & Rowan McClean ; Maserati BBQ - Joe Butler,
Absences for Rosters:		Phil Francis, Rob Head, Terry Keyhoe, Beatrice Ko, Greg Mathews, Nino/Bev Sofra..



## Rotary Club of North Balwyn

**There is another hidden bottle of wine to find on our new website!!**

### Website

**A bottle of wine to the first person to find it and notify Jane!!**

Our new website is up and running!! It is found at: [www.rotarynorthbalwyn.com.au](http://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 three columns. The left column, titled 'Our Club', contains a 'Welcome to Rotary North Balwyn' message, meeting details (Thursday 6.00pm for a 6.30pm start), the venue (Kew Golf Club, 125 Belford Road, East Kew 3102), and an invitation to join. The middle column, titled 'Rotary North Balwyn', features a paragraph about the club's mission and a photo of two people in surf rescue gear. The right column, titled 'Speakers', lists upcoming speakers and topics for July 2018, including Steve McBurney, John Daley, and a visit by the District Governor.

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](mailto: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](mailto:jane.pennington@bigpond.com)

## MEETING ROSTERS

**Thursday 26 July Partners & Guests Evening**

**Greeters:** Imre Lele, Adrian Ranson  
**Set Up:** Russell Cooper, Greg Cribbes  
**Desk:** Marcel Muntwyler, Phil Francis

**Speaker:** Professor Gillian Triggs

**Host:** Rob Head

**Topic:** Common Compassion and a Charter of Human Rights.

Gillian Triggs was President of the Australian Human Rights Commission 2012 - 2017, Dean of the Sydney University Law Faculty 2007 - 2012

Professor Gillian Triggs was born in England and, aged 12, migrated to Australia with her parents.

After graduating in law from Melbourne University in 1967, a distinguished academic legal career saw her return to Melb Uni in 1996 as a Professor of Law. From 2007-2012 she was Dean of the Sydney University Law Faculty.

She was appointed Australian Human Rights Commissioner, 2012-2017, where she drew government criticism and, in particular, clashed publicly with Attorney-General Brandis and Immigration Minister Dutton over several issues, including her 2014 report into the conditions in which refugee children were being held in off-shore detention centres.

**Thursday 2 August**

**Greeters:** John Rennie, Majid Behzadnia  
**Set Up:** Tony Hart, Findley Cornell  
**Desk:** Peter Elliott, Adam Hillary

**Forum night**

**Host:** President Nino Sofra

There will be reports from all the Directors on their portfolios programs and programs. This is the opportunity for Members to provide their input.

**Thursday 9 August**

**Greeters:** Duncan Ansell, Peter Cleary  
**Set Up:** Colin Sharp, Peter Downton  
**Desk:** Steven Greateorex, Ian Mollison

**Speaker:** John Ballis CEO Reclink

**Host:** Bill Oakley

**Topic:** Reclink

Reclink Australia is a not-for-profit organisation whose aim is to enhance the lives of people experiencing disadvantage or facing significant barriers to participation, through providing new and unique sports and arts opportunities and specialist recreation programs.

**Thursday 16 August**

**Greeters:** Geoff Haddy, Rob Head  
**Set Up:** Brian Hurnard, Estelle Kelly  
**Desk:** John Koa, Jane Pennington

**Speaker:** Julian McMahon Barrister

McMahon was admitted to practice as a solicitor in 1992, and worked for Sly and Weigall and then the Office of Public Prosecutions. He was admitted to the Victorian Bar in 1998, and specialises in criminal and human rights law. He describes his chambers as having a history of "looking after people who no-one else really wants to defend".

**Thursday 23 August**

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

**Speaker:** Professor Rob Medcalf

Senior Research Fellow Robert Medcalf is deeply interested in fibrinolysis - the process our bodies implement to remove blood clots. He is investigating how we can use our natural clot busting mechanisms to help treat stroke victims.

**Birthdays and Anniversaries between July 18 and July 24**

**Weddings:**

**Birthdays:**

**Induction Anniversaries:**

### Geoff's Health Tip A perfect cup of coffee

There is no doubt that coffee is a healthy beverage, as research over many years has shown, but the preparation and enjoyment of the brew rests on a combination of genetics, chemistry and physics.

All coffee plants have a large number of genes relating to the production of alkaloids and flavonoids that contribute to qualities such as aroma and bitterness, but uppermost is the production of caffeine. In humans, caffeine interferes with the action of the sleep receptor adenosine in the brain, and therefore allows stimulatory neuro transmitters to work more effectively, heightening feelings of alertness.

The most common coffee plant is Arabica (*Coffea Arabica*), which accounts for 70% of global production; the balance is mainly Robusta, which is easier to grow but less valued due to its more bitter taste. The subtle differences people have experienced can be attributed to soil, climate and processing.

The coffee bean is the seed of the plant, also known as the 'coffee cherry'. After cropping, the coffee cherries are removed from the beans and sun-dried. Next, the roasting process taking place in a heated steel drum with chemical conversion processes taking place in the coffee bean as the heat rises up to 230°C.

Grinding releases the flavours developed in the roast and is vital for determining the strength of the brew. The finer the grind the stronger and tastier your coffee.

The next and possibly most important operation is the brew, with which we are all familiar. Experts recommend that the water of extraction should not be hotter than 95°C as a higher temperature 'burns' the coffee. Others say boiling water drives off the aromatic oils. More recently, and considering how important a part temperature plays in the brewing process, there have been 'cold brews', raising the question of how that method still manages to create a delicious coffee.

Most important is the ratio of hot water to coffee to produce that desirable taste coffee drinkers seek. Researching coffee drinkers about their preferences has shown that the 'golden ratio' is 17 units of water to 1 unit of coffee.

**Geoff**

With acknowledgement to COSMOS magazine



### 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 – 31<sup>st</sup> 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](mailto:cheneydk@bigpond.net.au) if you wish to attend.

Many thanks. David Cheney Fellowship Committee.



## NEW DISTRICT 9800 WEBSITE

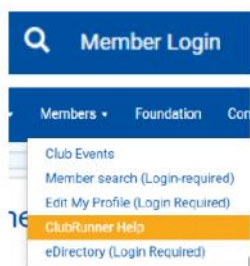
[www.RotaryDistrict9800.org.au](http://www.RotaryDistrict9800.org.au)



**ClubRunner™**  
Connect. Collaborate. Communicate.

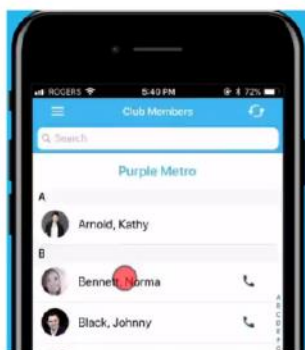
The District 9800 website is now on Club Runner, a website platform used by 5,000 Clubs worldwide.

Members of Clubs that currently use ClubRunner can continue to use their Club website login.



Members from other Clubs can obtain a Login Name and password by following the instructions by clicking after clicking on the Member Login button. You will need to use the same email recorded by Rotary International.

Full instructions may be [downloaded from the website](#)



A Club Runner App is also available for iPhone or Android users from the App stores.

The app allows access to Club stories and contact details for Club and District members



A pdf version of the District Directory is also available for download from the District website (under District)

Please let us know what you think of the website and contact us if there are problems

Mark Stephens  
[accessmed33@gmail.com](mailto:accessmed33@gmail.com)

## A Shopping Opportunity¶ Together with a Fundraiser!!!¶

I am participating in the Bloody Long Walk to raise much-needed funds for the Australian Mitochondrial Disease Foundation.¶

Come along to this Fashion Parade and shopping opportunity—update your wardrobe, meet friends, enjoy a glass of bubbles, check out the latest fashions with a percentage of all sales going to my fundraiser. A win-win-all-around!!!¶



The Important Details:¶	
<b>Date:</b> ¶	Wednesday 1 August 2018¶
<b>Venue:</b> ¶	Blue Illusion, 256 Whitehorse Road, Balwyn¶
<b>Time:</b> ¶	5.00pm to around 7.00pm, Refreshments provided.¶
<b>RSVP:</b> ¶	Jane Pennington (contact details below)¶
<b>Parking:</b> ¶	Is available behind the shop, enter from Balwyn Road¶

¶  
So come and join me.¶  
and.¶  
Help me make this.¶  
walk worthwhile!!!¶

Jane Pennington¶  
Email: Jane.Pennington@bigpond.com¶

Phone: 0408 402 555¶

¶

I am walking 35kms on 26 August 2018 from Yarra Bend Park to St Kilda.¶

Mito is a terminal disease that robs the body's cells of energy, causing multiple organ dysfunction or failure.¶

Mito can affect anyone at any age.¶

### Why am I doing this?¶

Many members of the Rotary Club of North Balwyn will remember the devastating loss suffered by... Peter and Pat Cleary and their family when their grandson, Archer Banjo Cleary, passed away from Mito when he was only 7 months old, a life taken just as it was starting.¶

This is something I can do to raise funds for this cause.¶

¶

## 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>
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: Adria 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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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.



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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.

