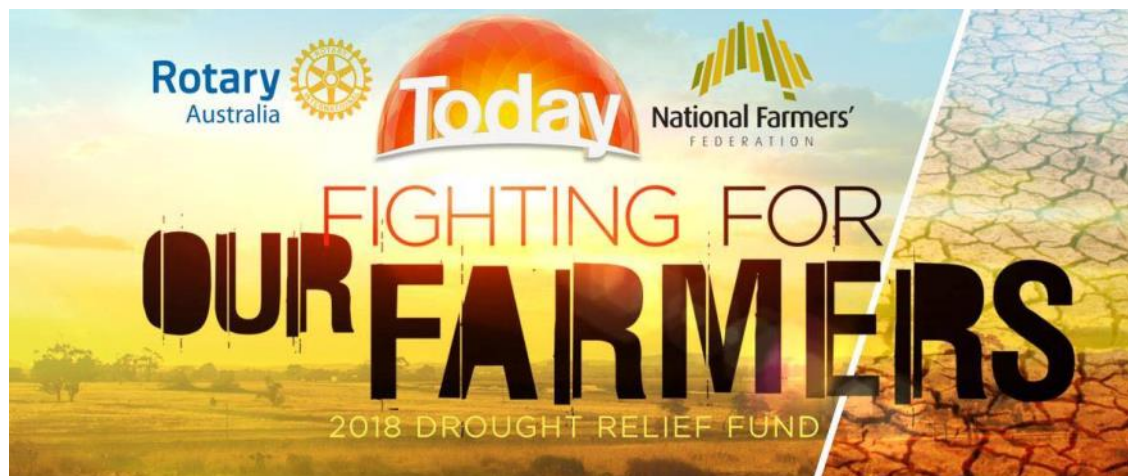




Helping our farmers and friends, A message from DG Bronwyn Stephens

[Our Leadership](#)



**RI President
Barry Rassin**



**DG 9800
Bronwyn
Stephens**



**AG Eastside
Barry
Hickman**



**President
RCNB
Nino Sofra**

In Australia, Farmers are the lifeblood of our country, and as you will have read in the news - - they are in crisis, suffering through record breaking heat and minimal rainfall. Families on the land are suffering and they need our help to keep cattle, sheep and crops alive.

We in Rotary have been working with Channel Nine and in partnership with the National Farmers' Federation to set up an emergency relief fund. 100% of donations are given to the NFF - the peak body for farmers in Australia, all donations are made via Rotary so they are tax deductible.

We launched the public appeal on the Today show and this is where you come in.

This crisis is bigger than anything we have seen in many years and without immediate financial assistance, farmers are being forced to slaughter their own animals and walk off their properties. We cannot let this happen. We need your help to spread the word and a donation would be much appreciated. Every dollar counts, please click on the link below to donate and feel free to forward this email to your networks.

<https://donations.rawcs.com.au/17-2018-19>
#Rotary #RAWCS

CAN YOU FIND THE BOTTLE OF WINE ON OUR WEBSITE!!

There is a bottle of wine hidden in the **Members only section** for members to win!!
There is a **voucher** hidden in the **non members section** which is for partners to win.
First one's to find them and email Jane will win the prizes! 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.

**MEETINGS
THURSDAYS
6 for 6.30pm
Kew Golf Club
120 Belford
Road Kew
3102
Ph.
Movie
Night9859
6848**

Suthos IT Tips The mouse is not always mightier than the Keyboard

Here are some keyboard shortcuts to make your life easier.

Have you ever accidentally closed a browser tab?

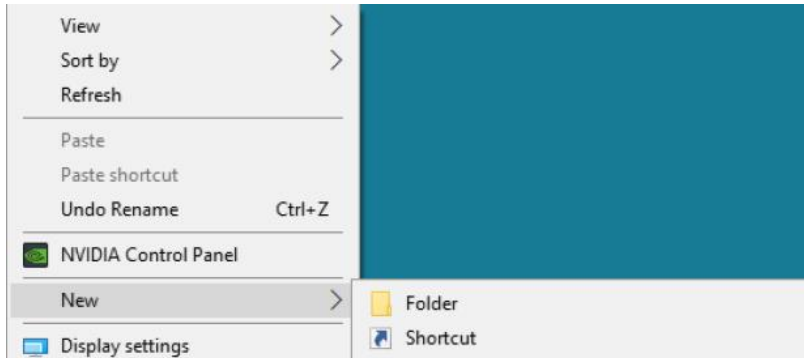
Simply press Ctrl + Shift + T to reopen the most recently closed tab and get back to what you were doing (Cmd + Shift + T on Macs).

Have you ever made a mistake in a document you wish you easily undo?

Ctrl + Z is the ultimate hot key, and for sure you knew about it already, however note that undo doesn't just apply to typing. If you accidentally delete or move a file, you can hit Ctrl + Z to bring it right back to where it was (Ctrl + Y will redo whatever you undid).

Here is good one "GOD MODE"

Try this: Create a folder on your desktop.



(Right click Create New Folder)

Name This Folder

God Mode.{ED7BA470-8E54-465E-825C-99712043E01C}.

Copy and paste this exactly to name your new folder

The folder icon will change to a Control Panel-style icon, and you will be able to jump in and change all kinds of settings.



HAVE FUN! Read more tips [HERE](#)

Sutho

During her Club visits, Bronwyn is asking members, as a Special EndPolio Fundraiser, to take a jar of Smarties, enjoy them and fill up the jar with \$2 coins.

The \$100 donated, with a special District DDF and Foundation contribution and a 2:1 match by the Bill and Melinda Gates Foundation will result in over \$1000 towards the EndPolio Campaign

GARDENING PROJECT

Gardening Supervisors needed Friday 10 August (3pm to 5pm), and Saturday 11 August (10am to noon). We have the schools, we have the properties and we have assistants but we need a supervisor for each of these days.

If you can help, please email **Garth Symington** at [<garths45@icloud.com>](mailto:garths45@icloud.com).

Property locations and Assessor reports will be provided to you next week.

Interesting video gaming market stats.

Now has 2.3 billion gamers globally (circa 30% of the world population) who will spend \$137.9 billion on games in 2018. Revenue has grown by 13.3% over past 12 months.



In 2016, video game tournament League of Legends drew in 36 million views (NBA Final had 31 million). The sell out tournament was held in China's Olympic Stadium, the Birds Nest. Global esports audience reached circa 385 million in 2017. Epic Games, the company which founded Fortnite, this year has released a \$100 million prize pool (the largest in history) for the upcoming egames competition. (The US Tennis Open prize pool is \$50 million; the whole Tennis Grand Slam, \$180 million.)

The top 10 egames players now earn \$2-3 million in prize money. This is expected to skyrocket.

Viewing platforms for spectators are diverse, from purpose built egames stadiums being built around the world through to video clips on You Tube.

Reported that a top Fortnite player was earning \$560,000 a month from his own personal You Tube channel. That is \$6.72 million in gross earnings for the year, from this source alone.

Also, talks are being held to include esports as an event at the 2024 Paris Olympics.

That would once have been viewed as a totally ridiculous proposition.

Greg Ross

Editor:- Essendon have bought a team called Abyss (photo right) who will be relocating to Melbourne. Adelaide Crows have also bought a team.



Ford Australia around 10 years ago needed to hire and train CAD (Computer Aided Design) "drivers" as they are called. Common amongst the successful applicants was they were arcade game players which is where the first "gamers" spent their time.

<u>Meeting No.5</u>		Thursday, 2th August 2018	
Present:			
Guest Speaker	0		
NB Members	55		
Visiting Rotarians	0		
Partners	0		
Guests	0	Inductee Janie Perrit (formally RC Glenferrie)	
Friends / Alumni	0		
Meals Served	55	Members now = 74, 52 present = 74.3% ; LOA = 6, Apol - 12 on time, No Show 1. Booked 54	
		Monthly stats (from "Club Attendance")	
External Activities	6	<u>2nd Bite delivery to CamCare</u> - Hugo Goetze;	
(Board Approved)		<u>Gardening Project</u> - G.Haddy, R. Head, Geoff Kneale, David De Garis George Swanson RC Sorrento,	
Absences for Rosters:		Brian lacy, Don Taylor, Barry Cummings, Gregor Matthews, Hugo Goetze, Estelle Kelly, Jim Romanis, Larry Fitzpatrick, Colin Sharp, Bob Bott, Chris Flavelle-Smith	
		3	

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's header with the Rotary logo and 'Club of North Balwyn'. A search bar and 'Member Login' link are present. A navigation menu includes 'About Us', 'About Rotary', 'Join Us', 'Our Activities and Projects', 'News & Updates', 'Calendar', and a blue 'Contact Us' button. Below the menu is a banner for 'Our Community.....' with a collage of local images. The main content area is divided into three columns: 'Our Club' with a welcome message, meeting details, and venue; 'Rotary North Balwyn' with a mission statement and a photo of surf rescuers; and 'Speakers' with a list of upcoming speakers and topics.

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 9 August

Greeters: Duncan Ansell, Peter Cleary
Set Up: Colin Sharp, Phil Wade
Desk: Steven Greatorex, Ian Mollison

Speaker: John Ballis CEO Reclink
Host: Bill Oakley
Topic: Reclink

As CEO of Reclink Australia, John is working to improve the quality of life for people experiencing mental health, drug addiction, homelessness, disability and domestic violence. Focussing on sport and arts participation, Reclink's national programs number in excess of 10,000 activities

**Thursday 16 August**

Greeters: Geoff Haddy, Rob Head
Set Up: Brian Thomas, Estelle Kelly
Desk: John Koa, Bill Oakley

Speaker: Andrew Licciardo & Justin Cilmi
Host: Sam Hardikar
Topic: Devon Partners Financial Planning

Specialising in Aged Care financial advice, Andrew and Justin will facilitate a Q & A panel to demystify a critical yet misunderstood necessary phase in our lives. Discussing all aspects of Aged Care planning,

Members are requested to send Geoff Kneale questions before the meeting to best facilitate answers.

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.

Having developed a world breaking medical discovery, Professor Medcalf two decades long research into strokes has inadvertently led to an amazing discovery about blood - soon to hit the media, Professor Medcalf's research will save millions of lives worldwide.

**Thursday 30 August**

Greeters: Don Taylor, Maurie Walters
Set Up: Tak Yukawa, Ted Wilkins
Desk: Yvonne Lyneham, Rowan McClean

Speaker: PDG Greg Ross
Topic: Auto biography
 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.

Birthdays and Anniversaries between August 6 and August 12

Weddings: Carol and Garth Symington
Birthdays: Jane Pennington, Peter Elliott
Induction Anniversaries: Jack Liao

Geoff's Health Tips**Varying Vitamin B1 content in bread may affect Autoimmune treatment**

Vitamin B1, otherwise known as thiamine, is one of the eight essential vitamins. It is a water soluble vitamin that functions in the conversion of food into energy. Although deficiencies in thiamine have long been considered eradicated, it is quite possible to be deficient due to changes in food composition and consumption. Adequate thiamine is important as recent research indicates that this nutrient helps overcome fatigue in autoimmune diseases such as Psoriasis, Crohn's, Coeliac, Vitiglio, Rheumatoid Arthritis and Lupus.



Each autoimmune disease has its own peculiar set of symptoms, yet many share similar features, such as muscle aches, joint pain, signs of inflammation (such as redness, heat, or pain), and flu-like symptoms. Many people complain that they have no energy and maybe this could be a defining symptom of an autoimmune disorder.

In 1991 the Australian Government made a decision to include thiamine in bread making flour, however it is now apparent that the thiamine content of bread varies considerably. An analysis of several samples of bread showed that whilst wheat flour containing thiamine was used in bread making, the percentage in the loaf varied considerably with lower thiamine levels in multigrain breads compared to white bread. This can be related in part to the relatively lower amount of fortified wheat flour used in relation to other cereal grain flours such as rye, triticale, buckwheat, barley, millet, oats and maize that may form the 'mixed grain' component of the recipe (flour from these grains is not required to be fortified with thiamine).

Thiamine is found in a number of foods, notably whole (unrefined) grains, nuts, seeds, and lean meats. The richest food sources of thiamine, both natural and fortified includes:

- yeast extract e.g. Vegemite, Marmite
- wheat germ
- nuts, especially cashews, peanuts, Brazils, pistachios
- lean pork - richer than beef or chicken
- liver
- kidney
- green peas and beans of all types
- brown rice and bran
- sunflower and sesame seeds
- eggs

If you feel you require a known daily dose of Vitamin B1 (thiamine), take a 100mg tablet.

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 Steenbergen!

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.

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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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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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.

