



At last Thursday's Club meeting:-

GUEST SPEAKER PROFESSOR GILLIAN TRIGGS

Drawing on her outstanding career in international and national law, Professor Triggs posed the question - - "How have we moved away from being a compassionate society", given our leadership in early post-WW2 Human Rights initiatives internationally.

Gillian presented four broad trends that explain this :

The impact on the Australian community of the 'children overboard' incident and of 9/11 in New York.

The growth of government power and ministerial discretion which are mostly free from judicial review ; initiatives such as recent anti-association laws are not subject to the courts.

Australia has not ratified any of the relevant international treaties.

The centuries-old Common Law protections have been gradually altered by our parliamentary laws.

And Gillian contrasted our constitution with that of Papua & New Guinea which has a provision to protect human rights.

Professor Triggs suggested that the most-practical way to overcome this situation is to have a legislated form of a Charter or Bill of Rights, and noted that Victoria already has this framework in place.

See on the website <https://www.humanrightscommission.vic.gov.au/the-charter>.

A very knowledgeable and stimulating presentation from Professor Triggs.

PP Rob Head



[Our Leadership](#)



**RI President
Barry Rassin**



**DG 9800
Bronwyn
Stephens**



**AG Eastside
Barry
Hickman**



**President
RCNB
Nino Sofra**

THE SERGEANTS NEW CLOTHES!

Hugo presented Gregor Matthews with an overhauled Sergeant's Chain of Office as the original ribbon was badly worn along with wine and food stains!!



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"**
- 5-7 Oct 2018 **Camp Getaway Working Bee 2018**
- Weekend 19-21 October **Fellowship Weekend at Daylesford**
- December 2018 **Fence repairs in Cobden.**
- February 15-17 2019 **Multi-Districts Conference**
- Australian Grand Prix 11-17 March 2019
- [Read about Rotary in your area in The Progress Leader](http://leader.smedia.com.au/progress/)
- <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 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**

From Jane Pennington

Thank You

Thank you to all the members who purchased raffle tickets on Thursday night in aid of **my Bloody Long Walk**. The total came to \$330 so thank you so much. [See page 6 for details]

Stamps

I am still collecting used stamps for the End Trachoma initiative and so if anyone has any used stamps they would like to give me, I will gratefully receive them. They are then sold and the proceeds go towards the project with the aim of **wiping out Trachoma by 2020**.

Jane

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.

VIETNAM UPDATE

In an exciting development, the Rotary Clubs of Balwyn and Brighton will join Rowan McClean and Imre Lele on a visit to Phu Tho Province in August.

If the assessments are positive, these clubs will be adopting two new communities in the Province using the approach developed by RC North Balwyn.

RC Bacchus Marsh, already supporting a second community, will also join the team.

At the same time, three senior dentists from Australia under the leadership of Jamie Robertson, the Professor of Dentistry at the University of Melbourne and a Rotarian in District 9800, will travel to Phu Tho to conduct a strategic oral health review.

A progress report will be provided to members at the beginning of September.

PP Rowan McClean

Meeting No.5

Thursday, 26th July 2018

Present:

Guest Speaker	1	Professor Gillian Triggs.
NB Members	51	plus Imre Lele present but did not stay for meal.
Visiting Rotarians	2	Cath Stahel (Balwyn) & daughter Andrea Stahel
Partners	18	
Guests	1	Inductee Janie Perrit (formally RC Glenferrie)
Meals Served	73	Members were = 73, 52 present = 71.2% ; LOA = 5, LOA = 5, Apol - 14 on time plus 2 late. Booked 54 members plus 22 "Others" = 76
External Activities (Board Approved)	11	<u>2nd Bite delivery to CamCare</u> - Imre Lele; DIK Bike Repairs - Peter Sutherland Gardening Project - G.Haddy, I.Lele, R.McClean, M.Muntwyler, C.Sharp.

Minstrels - M.Walters & R.McClean, South East Volunteers meeting Nino Sofra & Geoff Steinicke.

Absences for Rosters: Ian Adams, Barry Cummings, Larry Fitzpatrick,
Chris Flavelle-Smith, Estelle Kelly, Terry Keyhoe, John Koa, Jack Liao, Brian Lacy
Gregor Matthews, Bill Oakley, Jim Romanis, Gavan Schwartz, Don Taylor.

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 images. The main content area is divided into three columns: 'Our Club' with a welcome message, meeting details, venue, and invitation; 'Rotary North Balwyn' with a mission statement and a photo of two people in surf rescue gear; 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

<p>Thursday 2 August Greeters: John Rennie, Majid Behzadnia Set Up: Tony Hart, Findley Cornell Desk: Jane Pennington, Adam Hillary</p>	<p style="text-align: center;">Forum night</p> <p>Host: President Nino Sofra</p> <p>There will be reports from all the Directors on their portfolios programs. This is the opportunity for Members to provide their input.</p>
<p>Thursday 9 August Greeters: Duncan Ansell, Peter Cleary Set Up: Colin Sharp, Phil Wade Desk: Steven Greatorex, Ian Mollison</p>	<p>Speaker: John Ballis CEO Reclink Host: Bill Oakley Topic: Reclink</p>
<p>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</p>	
<p>Thursday 16 August Greeters: Geoff Haddy, Rob Head Set Up: Brian Thomas, Estelle Kelly Desk: John Koa, Bill Oakley</p>	<p>Speaker: Andrew Licciardo & Justin Cilmi Host: Sam Hardikar Topic: Devon Partners Financial Planning</p>
<p>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, <u>Members are requested to send Geoff Kneale questions before the meeting to best facilitate answers.</u></p>	
<p>Thursday 23 August Greeters: John Rennie, Ian Richardson Set Up: Barry Cummins, Geoff Steinicke Desk: Peter Sutherland,, George Swanson</p>	<p>Speaker: Professor Rob Medcalf Host: Findley Cornell Topic: Fibrinolysis - the process our bodies implement to remove blood clots.</p>
<p>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.</p>	
<p>Thursday 30 August Greeters: Don Taylor, Maurie Walters Set Up: Tak Yukawa, Ted Wilkins Desk: Yvonne Lyneham, Rowan McClean</p>	<p>Speaker: PDG Greg Ross Topic: Auto biography This meeting will be held at Columbos Restaurant.</p>



Birthdays and Anniversaries between July 30 and August 5

Weddings: Penny Evans and Rowan McClean

Birthdays: Jo Wells, Carmen Bott, Winita Hardikar, Nino Sofra, Ted Angleton, Rowan McClean, Jim Studebaker

Induction Anniversaries: Peter Sutherland

Geoff's Health Tips

Is There an Answer to High Blood Pressure?

In Australia, the definition of high blood pressure (hypertension) was pressure in excess of 140/90 mmHg, but lately I have noticed that my GP was talking about a Government initiative of 130/80mmHg (Hg is the chemical shorthand for Mercury). If this definition is adopted world wide, it is estimated that 50% of the population will have hypertension. Whilst most people in Australia have had their blood pressure measured, I was interested to read that the condition was uncontrolled or unmanaged in 20 to 25% of the population.



For most people, the cause of high blood pressure is not known. This is known as 'essential' or 'primary' hypertension. But while the cause is not known, it is clear that various conditions and behaviours make high blood pressure more likely. These are known as risk factors, and include:

- leading a sedentary lifestyle (with little or no exercise)
- smoking
- being overweight
- a diet with a high salt intake
- high blood cholesterol
- a family history of high blood pressure
- narrowing of the arteries
- high alcohol consumption

Over the past ten years most people have already cut back on salt to reduce blood pressure. Recently, sugar has been implicated in raising blood pressure and may be the real culprit after all.

Whilst home cooks work away at reducing salt and sugar in the kitchen, maybe it is now time to look at adding foods to your diet that are known to reduce blood pressure naturally.

Chocolate Many studies show that cocoa products can reduce blood pressure. An Australian analysis of 13 randomised studies concluded that dark chocolate is more effective than a placebo in lowering blood pressure.

Olive Oil A study in Spain involving more than 6,000 participants, with at least two years follow up, showed that blood pressure was up to 75 percent lower for those using more olive oil compared with those using the least.

Beets Beets lower blood pressure significantly thanks to high levels of dietary nitrates that dilate the arteries.

Garlic In an analysis of seven randomised, placebo controlled trials, researchers found a significant blood pressure lowering effect

There are many more foods that contribute to lowering blood pressure: watermelon, pistachio nuts, flaxseeds and blueberries to name a few.

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.

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:	
Date:	Wednesday 1 August 2018
Venue:	Blue Illusion, 256 Whitehorse Road, Balwyn
Time:	5.00pm to around 7.00pm, Refreshments provided
RSVP:	Jane Pennington (contact details below)
Parking:	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 5551

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:- 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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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.

