



K O O N G G A

Bulletin of the Rotary Club Of Ku-ring-gai Inc - Chartered 6th February 1959



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Rotary monthly theme: Youth services

This week: Kathryn Goozee: Researching Alzheimers disease

Associate Professor Kathryn Goozee has over 30 years of clinical experience encompassing management, education and care. Within the last decade she has broadened her focus to encompass applied clinical research with a particular focus on Alzheimer's disease prevention. Kathryn is co-founder of the KaRa Institute of Neurological Disease (KaRa Minds).



Kathryn will bring us up to date with recent developments in prevention and treatment of Alzheimers disease.

Last week's guests and notices

President Graham:

- Welcomed the members of Lindfield Rotary Club, Ian Renshaw, Nikita Isaac and Joyce Cribb;
- Announced the creation of introduction cards that members can give to potential visitors to our club;
- Encouraged all members to join or renew their membership of 'Centurions' (by completing the form distributed previously, donating \$100 (tax deductible) to the Rotary Foundation and notifying Chris Hoch when they have done so), so as to avoid the end of financial year rush; and
- Said that he is discussing with Lindfield Rotary Club the possibility of hiring a bus to transport the members of both clubs to the one day District Conference at Penrith Panthers next year.

Joy Newling reported on the successful Comedy Night fundraiser (see separate item).

Linda Lam-Rohlfs requested volunteers to assist with setting up a room at Gordon Library on Saturday, 28 may for the first of 3 afternoon sessions for secondary school students about choosing to study science at university.

Humanitarian Design Summit

Nikita Isaac, a fourth year biomedical engineering student at the University of Technology Sydney, spoke to us about her trip to Cambodia in July. There she will participate in the Humanitarian Design Summit, organised by Engineers Without Borders Australia ('EWB').



EWB is an organisation aimed at developing socially aware engineers. The Design Summit program is an educational study tour designed to provide students with professional work experience, while allowing them to develop a deeper understanding of the role design and technology play in creating positive change within communities.

Participants in the Design Summit undertake projects such as provision of clean drinking water, using local materials and other resources, and educating children about personal hygiene, so that the children pass on what they learn to their parents.

Nikita thanked our club for its contribution to the cost of her visit to Cambodia.

Comedy For A Cause

As you know, I've been on a small committee of 5 from the P&C at Clarke Road School organising a "Comedy for a Cause" fundraising night last Friday to raise funds



for a wheel chair accessible mini bus for the school.

It was a very successful evening with fun and laughs thrown in, and I'd like to thank the club members and their partners who came along and supported us: Malcolm and Margaret Braid, Graham and Anne Maslen, Gary and Glenda Keating, Bob Elsworth and Greg who helped a lot along the way, and Roger for his donation. I know most of you came away with a prize from the silent auctions!

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The club meets every Monday 6.30pm at Killara Golf Club, 556 Pacific Highway, Killara. Visitors welcome (Tel: 9498 2700). www.kuringgairotary.org.au 'Be a gift to the world' is the Rotary International President's theme for 2015-16



The support of our club was recognised and we were thanked from the stage by the MC (and our dynamic team leader) Kati Herrington. They appreciated the loan of our Rotary bell to use throughout the night to advise that time was up for the raffles and silent auction.

Pennant Hills Bowling Club gave us the use of the room for free and we had some extra volunteers to help set up on Friday afternoon. When we had finished the room looked fantastic with signs and posters all around the walls and prizes on display. Even the comedians were impressed and one said it was the best he had seen!

There were many laughs, especially for comedian Gary Eck in the second half of the show – you may have heard him on ABC702 on a Friday afternoon. Local businesses were very generous with their donations of cash and prizes, as were many other companies that were approached – some of the parents used their connections well. A printer donated all the printing! Parents from each class at the school donated items for a hamper with a theme, such as cooking or to accompany wine and cheese, and staff helped to put them together. Everyone contributed in some way and, for a school of only 60 students, it was a fantastic effort.

Now for the best part: the total amount raised is still being finalised, but it looks like being a fantastic \$15,000!! (I was advised on 24 May that, after expenses, it is about \$14,250.)

It was worth the meetings and the running around, and it means that the bus is getting that much closer. The fund was at \$40,000 last week, add \$14,000 and \$2,000 from our club and it will be up to \$56,000, so only another \$14,000 to go!! I'm sure that will spur other donors on to make "the wheels of the bus go round and round."

Thank you again for your support. Our club is No. 1 with the parents and staff of Clarke Road School!

Joy Newling

PS: If you would like to donate, or have family or friends that may be interested, here is the link to use. Please pass it on.

<http://www.mycause.com.au/page/118947/a-bus-for-our-special-kids>

Helping fight infection in Fiji

Northbridge Rotarian David Robertson travels to Fiji twice each year and he always manages to take with him donations which provide practical help to poor and disadvantaged families.

In May, the Rotary Club of Northbridge supplied David with many packages of rubber gloves for the Lautoka Hospital in Fiji to lessen the chances of cross infection. David also brought soaps to wash nurses' and doctors' hands before seeing their patients, surgical scissors and

toothbrushes and toothpaste for each child so they can be taught oral health and keep their incredible white smiles.

Last year, David – a Castlecrag resident - brought more than 500 solar-powered lights to remote villages in Fiji which do not have regular electricity to provide a source of light for school children and their parents.



"Most people know Fiji for its fabulous resorts and some of the friendliest people on earth," David said. "What they don't know is that just a few kilometres away there are seriously poor and disadvantaged families living in extreme poverty. They don't get the tourist dollar, and on some islands the villages have no access to health care".

Northbridge Rotary expressed its sincere thanks to Ansell for supplying the gloves; Donations In Kind for donating the toothbrushes and soaps; and to David for carrying the 30 kilograms of baggage from Sydney to Fiji.

Victoria and Snowy Mountains safari

The Rotary Club of Hunters Hill has, for the 6th consecutive year, organized its annual car safari available to all people.

The 2016 event starts in Braidwood on Sunday, 13 November and will finish in Jindabyne on Sunday, 20 November. Experience seven days of discovering Phillip Island and the high country of Victoria along with the Snowy Mountains. You will not require a 4 wheel drive as the safari stays on sealed roads.

Highlights of the 2016 Safari include Metung in Eastern Gippsland, Phillip Island with a visit to the Vietnam Veterans Museum and viewing the penguin colonies, driving through Mansfield and the Victorian high country, to the Snowy Mountains and the Alpine Way. It is late spring when we travel – the best season of all to experience these regions

A donation of \$250 per car (tax-deductible) is required to confirm your car's participation. In addition, a payment of \$280 per person will cover seven group dinners – to be collected in cash on day one of the car safari.

Further details can be obtained from Charles Amos at the Rotary Club of Hunters Hill – phone 0414 918 976 or email: Charles@basil.org.au

Celebrate Arch Klumph's birthday

Save the date! Take advantage of an extra-special early registration rate of \$265 for the 2017 Rotary Convention, where we will celebrate the centennial of The Rotary Foundation.

At the 1917 Rotary Convention in Atlanta, President Arch



Klumph announced his dream of creating a Rotary endowment fund. In 2017, we will celebrate the good work Rotarians have done over the past 100 years -- because one man dared to dream.

Rotary is offering the special rate in honour of Foundation visionary Arch Klumph and his birthday of 6 June, as well as the \$26.50 first contribution to the endowment fund that grew into The Rotary Foundation.

Join us in Atlanta! Mark your calendar to take advantage of the special registration rate of \$265, available only from 28 May to 6 June 2016 at riconvention.org

Last week: Graham Timms: Wine presentation



More 'Black Shiraz'?

The last wine that I made before I sold my share of Toms Waterhole Winery was called "The Black Shiraz." This was an astonishing wine made from a unique clone, but unfortunately soon afterwards all the vines were lost. It seemed that it would never come again.

In the winter of 2014 an old Canowindra property called Bindaree was sold to a rose grower from the Southern Highlands. Around the homestead was an neglected old vineyard and, being a horticulturalist, its neglected state offended him, so he took to the vines and pruned them as he would a rose bush.

Nine months later my former business partner ran into him at the local pub, where he was complaining about these useless grapes that didn't fruit and how he had wasted his time and was going to pull them out.

What the rose grower had done in pruning the vines like roses was to cut off virtually every fruiting spur. However the good news was that, while this meant no fruit that year, it was also exactly the pruning needed to renovate these neglected vines for future fruit.

My former partner gave the grower detailed instructions on how to prune grapes. His instructions were followed in the winter of 2015 and this March a small crop was produced. It was then that I was called to help with the vintage, because the grapes looked awfully like the lost Black Shiraz.

The rose grower picked one and a half tonnes. Not being a professional grape grower it was all a bit amateurish. Nevertheless, we made the wine. We still don't know whether it's Black Shiraz. We have tested it chemically and it lines up very closely to our 2010 wine, but then at this stage most Shiraz would.



The appearance is certainly darker than a conventional Shiraz and we have persuaded ourselves that we can detect the early hints of the unique cloves and cinnamon that so distinguished our earlier wine as it developed.

But we don't know and we won't know for another six months or so, at which time we have to decide what sort of barrels we're going to use or if it's worth using barrels at all.

Natural wines

We now move on to the latest fashion in wine -- "natural" wines; that is wines made, so the publicity goes, "according to nature and with only minimal intervention from the winemaker."

Humans have been making wine for at least ten thousand years and over that time we have managed to figure out what works and what doesn't and we have learned that to make good wine nature needs help.

For about ten years or so we have been able to make quite acceptable "natural" red wines. The challenge is white wines and the reasons are complicated. One reason is that white grapes lack protective red tannins. Another is that white grapes (not all, but most) seem to attract more airborne wild fungi and yeasts than do reds.

A few years back some wine historians discovered a process used in Georgia (Eastern Europe, not USA) that seemed to address the problem. What the Georgians did was crush their white grapes in hollowed out oak logs then pour the juice, skins and all, into earthenware containers that they filled to the brim, sealed with wooden lids with holes in the top and buried to their rims in the ground.

So "natural" winemakers have copied the technique and, under some pressure from a local organic and biodynamic grape grower, Toms Waterhole did the same. Our grower did, however, hedge his bets. Around 10% was made in ceramic "eggs" and the balance was made conventionally.

The conventional wine was a very nice clean Semillon which, while not "natural" is certified organic and has very low sulphur -- about 70 parts per million.

The natural wine is very different. The colour is a kind of red/gold, it has a distinct resinous aroma and the taste is sweet and somehow "porty".

When the wine was taken out of its "eggs", the alcohol content was around 7%, which explains the sweetness. It immediately began to oxidise, so we added some neutral grape spirit to take it up to a level where it would keep in the bottle. It is not, in my opinion, a very pleasant wine but if anyone wishes to purchase some the grower still has plenty for sale and would probably give you a good price on a case.

The moral of this story is: just because a wine is "natural" doesn't make it good.



Next week: Leonie Newman: Power generation

Leonie Newman grew up in southern New South Wales, surrounded by construction of the Snowy Mountains Hydro-Electric Scheme. She studied physics, pure mathematics and statistics at university and worked variously in medical physics and the pharmaceutical industry.

All the while Leonie maintained a close interest in power generation, which is what she will talk to us about.

A Community of Choirs in Concert



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4:30 for 5pm Sunday 5 June | Peter Duly Concert Hall,
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Hornsby RSL Showroom

16 June -17 June, 2016

16 June -12.00pm Schools and Services

17 June - 11.00am Matinee, 7.30pm Evening

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STudio ARTES

WINDOWS OF OPPORTUNITY

Calendar of events

June	6	Leonie Newman: Power generation
	13	No meeting (Queen's birthday)
	20	Marten Wynd: Eagles RAPS
	27	Club changeover

Club officers and committee chairmen 2015-16

Board of directors

President	Graham Timms
Vice President	John Aitken
Immediate Past President	Tony McClelland
President Elect	Michael Midlam
Secretary	Geoff Hungerford
Treasurer	Graham Maslen
Director - Membership	Tony McClelland
Director - Public Relations	Roger Desmarchelier
Director - Club Administration	Michael Midlam
Director - Service Projects	John Aitken
Director - Rotary Foundation	Peter Tang

Service committee chairmen

Administration (Club Service)	Michael Midlam
Vocational Service	Lindsay Forrest
Community Service	Roger Desmarchelier
International Service	Georgina Manning
Youth Service	Linda Lam-Rohlfs
Social events	Joy Newling
Bobbin Head Cycle Classic	Tony McClelland
Sergeant-at-Arms	Malcolm Braid
Assistant Secretary	Lindsay Forrest
Assistant Treasurer	Chris Lewis

Club committees 2015-16

Administration: Michael Midlam, Geoff Hungerford, Rob Hall (Program), Bob Ivey (Web and social media), Graham Maslen, Michael Tyler (Koongga)

Bobbin Head Cycle Classic: Tony McClelland, John Aitken, Ross Egan, Bob Elsworth, Peter Kipps, Graham Timms

Club History: Malcolm Braid, Tom Jackson

Community: Roger Desmarchelier, Gary Dawson, Ross Egan (Daffodil Day), Chris Hoch (Red Shield), Nick Kenyon, Ted Price

International: Georgina Manning, Roger Desmarchelier, Emyr Evans, Dilys Geddes, Rob Hall, Graham Maslen, Greg Newling

Membership: Tony McClelland, Ken Sackville

Public Relations: Roger Desmarchelier, Linda Lam-Rohlfs, Georgina Manning,

Rotary Foundation: Peter Tang, Lindsay Forrest, Chris Hoch, Greg Newling

Social Events: Joy Newling, Ross Egan, Dilys Geddes, Georgina Manning,

Vocational: Lindsay Forrest, Lou Coenen, David Forsythe, Peter Kipps, Michael Tyler

Youth: Linda Lam-Rohlfs, Anil Fulwaria, Gary Keating, Chris Lewis, Matt Mahjoub, Joy Newling, Don Riddell

Sick parade

Chris Hoch has undergone hernia surgery and is progressing well. Wally Forbes was at our last meeting with freshly grafted skin following his skin cancer operation.

Anniversaries - May

Birthdays			Anniversaries				
5	Lindsay Forrest	16	Frances Forrest	7	Malcolm & Margaret Braid	18	Geoff & Patsy Hungerford
9	Jannet Pendleton	22	Patsy Hungerford	11	Graham & Judy Timms	21	Lindsay & Frances Forrest
10	Jack McCartney	28	Rob Hall	16	Michael & Louise Tyler		

Booking guests & apologies for meetings

Members are booked in to attend every regular meeting of the club. If you cannot attend a meeting or wish to book in a guest / partner please record your apology or guest on the website at <http://www.kuringgairotary.org.au> **before 9.25 am** on the day of the meeting. An apology for future meetings may also be entered. **If you do not apologise for non-attendance the club must pay for your meal and you will be asked to reimburse the club.**

Door team

May	June	July	August
Greg Newling	Tony McClelland	Emyr Evans	Lou Coenen
Cathy Jackson	Ted Price	Gary Keating	Peter Tang

The door team is responsible for welcoming visitors and guests, recording payments and issuing copies of the record to the President and the Secretary. **Please arrange your own replacement if you are unavailable.**

Gordon Market roster

MARKET ROSTER	12 June	10 July	14 August
BANNERS	Frank White	Frank White	Frank White
SIGNS	Graham Timms TBA	Graham Timms Geoff Hungerford	Graham Timms Geoff Hungerford
MORNING SET UP	Frank White	Frank White	Frank White
PUBLIC RELATIONS			
1ST SHIFT 8.00 to 10.30	Wally Forbes	Emyr Evans	Graham Maslen
2ND SHIFT 10.30 to 1.00	Cathy Jackson Georgina Manning	Roger Desmarchelier Anil Fulwaria	Greg Newling Joy Newling
3RD SHIFT 1.00 to 3.30	Bob Elsworth Chris Lewis	Tony McClelland Michael Midlam	Gary Keating Nick Kenyon

Second shift collects payment from stallholders. Third shift returns signs and bins to St George Bank storage. **Please arrange your own swap and notify Geoff Hungerford if you will be unavailable.**

Rotary fashion

Looking for the most up to date Rotary club shirt or cap? Contact menswear and ladies wear boutique, Ross Egan.

Club bank details

Rotary Club of Ku-ring-gai **General** account
BSB: 032 089 Account no.: 253 341

Rotary Club of Ku-ring-gai **Project** account
BSB: 032 089 Account no.: 253 333

Please include your name in the details of all deposits to the club accounts

Expense reimbursement claims must be presented with a completed remittance advice which you can download from the club website. Please include your BSB and account number.