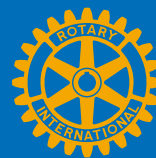


# NEWSLETTER

Rotary  
Club of Warringah



## GREETINGS FROM NEPAL

**Sandra Meihubers**



*Our speaker, Sandra Meihubers, RCW*

It was wonderful to have our member **Dr Sandra Meihubers AM PHF** as our guest speaker this week.

She had recently arrived home from Nepal, where she has been running projects for 25 years since she joined

## In this issue...

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Sandra Meihubers, Nepal
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Now available!
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Updated App
- 2023 Club program: 11  
April – June

Throughout our bulletin, **bright blue** text indicates a website link.





a **RAWCS** (Rotary Australia World Community Service) dental team.



Since then she has returned two or three times a year (missing 2020 and 2021 for obvious reasons). She stays in the community and

has got to know many of the people they have worked with.

The RAWCS Nepal Village Program which was set up with the Rotary Club of Dee Why Warringah in 2007 continues.



*Hygienic toothbrush storage units*

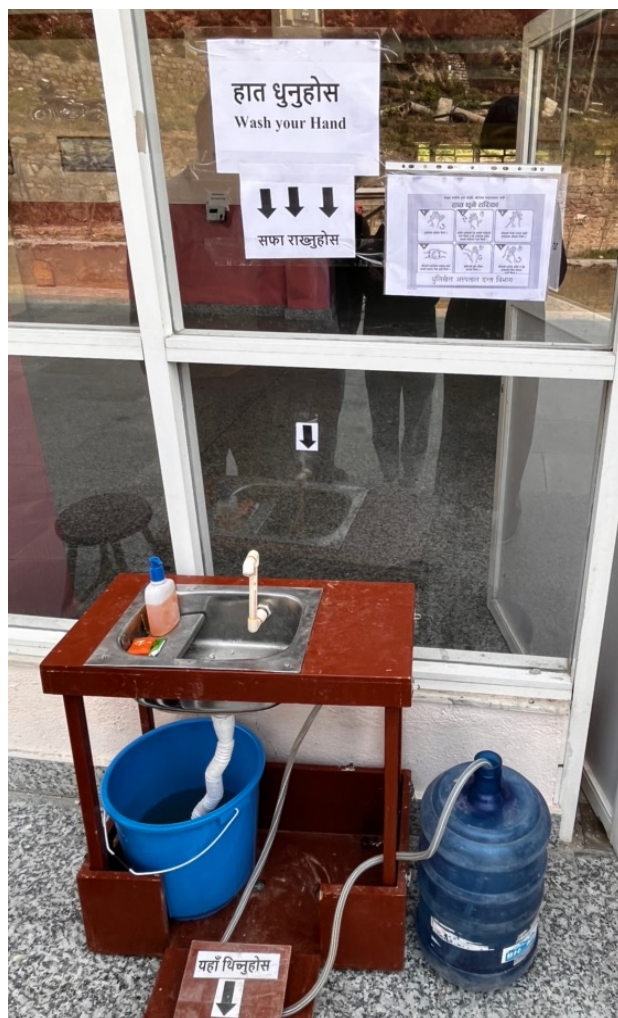
It has three strands – the dental which initially provided basic dental treatment but has evolved into a school based preventive program including daily teeth brushing for children. With no fluoride in the water, using toothpaste is effective for improving dental health.





Sandra's husband, **Paul Pholeros AM PHF**, who sadly died way too young in 2016, began a sanitation project in 3 villages – they built 137 toilets – a small building with underground waste treatment systems, costing \$1500 each. Waste management is critical.

The **Paul Pholeros Foundation (PPF)**, established after Paul died, is continuing his work and is evaluating the trial of a portable hand washing unit in four sites. The unit was developed during COVID times in response to the increased awareness of the importance of hand hygiene.



*Hand Washing unit*

The PPF is also developing a proposal for a PPF plumbing fellowship team to visit in October, 2023.



*Portability of the Hand Washing unit*

*Hand Washing unit in action!*





Already a TAFE plumbing teacher has been chosen who will travel with a young architect who will work on documentation of training and techniques, and provide input on any structural or design issues.

Since the 2015 earthquake which devastated many areas in Nepal, their project has focussed on supporting villagers to reconstruct their demolished homes. At each step of the way, on each project, they look at the infrastructure, examine what is needed and work closely with the local community, which invests the local people in the project.

Another vital component is upskilling the locals so they can continue the work – whether it be bricklaying, plumbing or other building skills.

Sandra works with groups in and outside Nepal to get the best evidence based information. For example, Japan and New Zealand have given advice on earthquake resistant building.

Our club is proud to have supported Sandra's work in the past and we hope to continue this relationship which so effectively improves the lives of some of the poorest communities in the world.

[www.ppfoundation.com.au](http://www.ppfoundation.com.au)

Story by Liz McDougall



*Nepal Village Development Program (RAWCS):*



*Earthquake reconstruction techniques*



*2019 PPF Stupa Sanitation Block*

Rotary   
Club of Warringah

## 2023 PRIDE OF WORKMANSHIP AWARDS

*President & Members of the*  
Rotary Club of Warringah  
*cordially invite you to attend their*  
Pride of Workmanship and  
Community Awards Presentation Dinner

*to be held at Manly Leagues Club,  
1st Floor, 563 Pittwater Rd, Brookvale*

Tuesday 30 May, 2023

6:30pm for 7:00pm

Cost: \$55 (incl GST) per person ~ 2 course meal



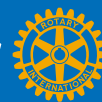
The Pride of Workmanship Award  
*is presented to workers or volunteers in our local community  
who have embraced the fundamental principle of  
Pride of Workmanship, "Do it once - Do it well".*

Use **QR CODE** or **CLICK HERE FOR TICKETS**

RSVP: Fri 19 May, 2023 • Dress: Business Attire

For more information, please contact:  
Chrisy: [designer@neo1works.com.au](mailto:designer@neo1works.com.au) 0408 314 344  
Ron: [ronallars@gmail.com](mailto:ronallars@gmail.com) 0418 236 980





## BEECROFT YOUTH AWARDS

**SUNDAY 30 APRIL 2023**  
12:30-2:30pm

Beecroft Community Centre  
111 Beecroft Rd, Beecroft

[beecroftrotary.com.au](http://beecroftrotary.com.au) 0448 423 591

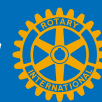
The **Rotary Club of Beecroft** invites you to join us for a community lunch to celebrate the 2023 winners of the Beecroft Youth Awards.

These awards recognise local students in Years 11-12 who pursue their passion while making a difference in the community.

[Register here:](#) \$20 per adult, free for students & children

Special guests include the **Golden Kangaroos Concert Band**, **Beecroft Girl Guides**, and keynote speaker **Nina Gbor**, founder of the **Eco Styles** sustainable fashion brand.





## ANZAC DAY • TUESDAY 25 APRIL 2023 LEST WE FORGET



2023  
  
**Beach2Beach**  
Charity Fun Run & Festival  
*bring it on!*

### YOU & YOUR BUSINESS CAN HELP YOUR COMMUNITY

Have your business or employees sell **B2B** raffle tickets that aid our community groups.

**80%** of tickets sales, go to a community group or charity of your choice **OR** buy tickets to **WIN 5 nights at the Seaview Hotel, Norfolk Island, includes airfares and a car hire.**

Contact Christine on **0418 201 228** or email [brookvalebd@bigpond.com](mailto:brookvalebd@bigpond.com)

## HAPPY DAYS ANNUAL CHARITY GOLF DAY • 26 MAY 2023



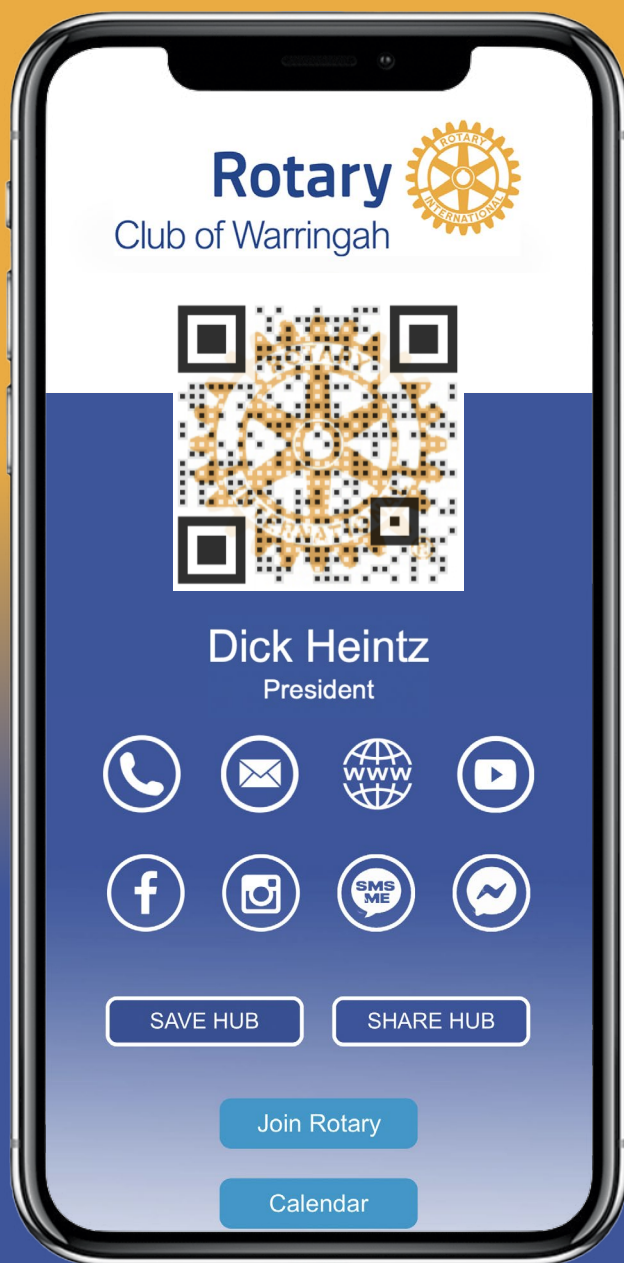
We would love you to share with us on the 26th of May, 2023 at our annual Charity Golf Day, being held at Long Reef Golf Club, Anzac Avenue, Long Reef, to raise funds for our High School/ University Scholarship Program in Cambodia.

[CLICK HERE](#) or use QR Code for more information.





## SAVE OUR DETAILS TO YOUR SMARTPHONE



Follow these simple steps:

✓ Open The Camera On Your Smartphone

✓ Scan Our QR Code



✓ Tap The Link On Your Screen To Display MyRotaryHub

✓ Tap The 'Save Hub' Button To:

- Save Our Details To Your Contacts List
- Save Our Hub As An App To Your Smartphone

**MyRotaryHub.club**

## JUST FOR A LAUGH...THANKS BOB



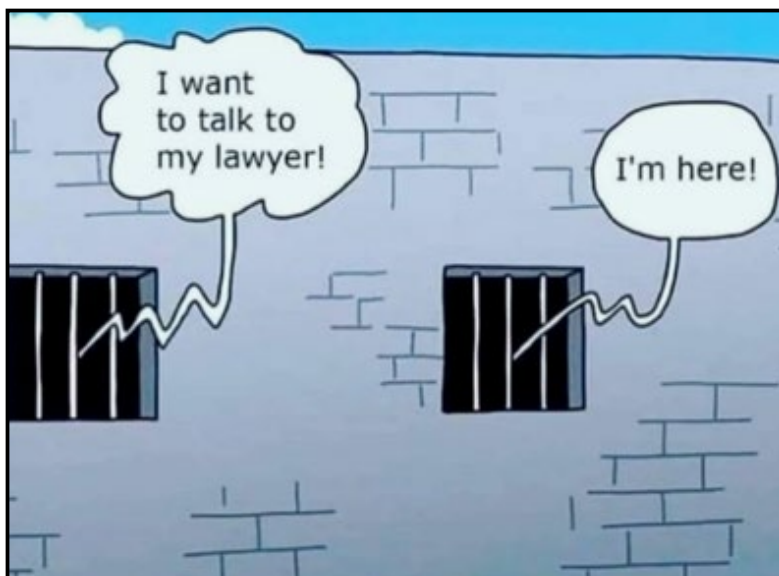
Last year I replaced all the windows in my house with those expensive, double-pane, energy-efficient kind. Today, I got a call from Home Depot who installed them. The man complained that the work had been completed a year ago, and I still hadn't paid for them.

HHHelloo.....just because I'm blonde doesn't mean that I am automatically stupid. So, I told him just what his fast-talking sales guy had told me last year... that these windows would pay for themselves in a year.

Hellooooo, it's been a year, so they're paid for, I told him. There was only silence at the other end of the line, so I finally hung up. He never called back. I bet he felt like an idiot!!!



Instead of a sign that says '**do not disturb**' I need one that says '**already disturbed proceed with caution**'



Stay Safe,


Dick Heintz, President 2023-2024  
District 9685

Email: [dick@marketknowledge.com.au](mailto:dick@marketknowledge.com.au)





## APRIL 2023

Date	Guest Speaker/Event	Location	Time	Activity
Saturday 1	Comedy for a Cause	Manly Leagues Club 1st Floor	Upstairs open at 7	Fundraising Event
Tuesday 4	Kiersten Jones Carer Gateway	Manly Leagues Club	6pm 7pm	Dinner Meeting
Tuesday 11	First Tuesday after Easter NO MEETING			
Tuesday 18	Greetings from Nepal Sandra Meihubers	Manly Leagues Club	6pm 7pm	Dinner Meeting
Tuesday 25	ANZAC DAY LEST WE FORGET NO MEETING			

## MAY 2023

Tuesday 2	An interview with...	Manly Leagues Club	6pm 7pm	Dinner Meeting
Tuesday 9	Martin Davies A voice beyond parliament!	Manly Leagues Club	6pm 7pm 8pm	Dinner Meeting Board Meeting
Tuesday 16	Guy Leech - Defibrillators	Manly Leagues Club	6pm 7pm	Dinner Meeting
Tuesday 23	TBA			
Tuesday 30	Pride of Workmanship Award Night	Manly Leagues Club 1st Floor	6:30pm for 7pm	Social Community Event (includes dinner)

## JUNE 2023

Tuesday 6	TBA			
Tuesday 13	TBA	Manly Leagues Club	6pm 7pm 8pm	Dinner Meeting Board Meeting
Tuesday 20	Changeover Dinner	Manly Leagues Club 1st Floor	6:30pm for 7pm	Social Dinner
Tuesday 27	TBA			

Warringah Rotarians, please check our calendar weekly for updates. Thank you

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