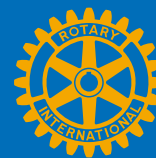


NEWSLETTER

Rotary
Club of Warringah



GREEN TIMOR LESTE – Judy Charnaud OAM (Rotary E-Club of Greater Sydney)



Our speaker, Judy Charnaud OAM receiving a Certificate of Appreciation from our Rotarian, Chris Taylor

Rotary Clubs and OzGREEN support Judy Charnaud to deliver projects in East Timor that provide the people of Oecusse with clean drinking water and connective events.

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Judy Charnaud OAM
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Night of laughs!
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- **2023 Club program:** 9
April – June

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





Oecusse, East Timor

Short History:

- Original inhabitants arrived in Timor leste 50,000 years ago.
- 1515 - Portuguese invaded & settled in Oecusse.
- 1940-45 - Timorese assisted Australian soldiers in the fight against Japanese forces.
- 1974 - Due to domestic issues Portugal withdraws from Timor leste.
- 1975 - Indonesia violently invaded whilst USA, Australia and Britain watched on. 25 years of resistance followed.
- 1999 - UN led referendum for independence; retreating Indonesian troops and local militia wreaked havoc on the country.
- 1999 - Australian lead INTERFET arrived and secured safety.
- 2000 - UN count showed 500,000 East Timorese, more than half the population “missing presumed killed” during the Indonesian invasion.
- 2002 - East Timor declared a new, independent nation.
- Now a new democracy struggling with traumatised and displaced population, poverty, lack of infrastructure, lack of administrative capacity and sadly the blight of corruption.



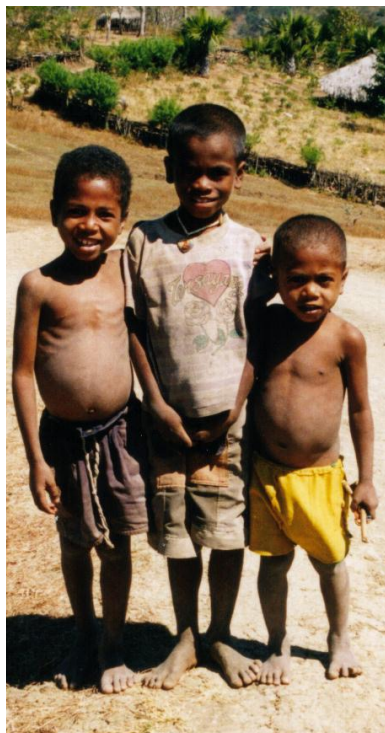
Climate

8 months of no rain in the dry season followed by 4 months of heavy rain in the wet season.

The majority of people who live in Oecusse are subsistence farmers – growing rice on the river flats and corn in the drier mountain regions.



Current Conditions



- 30% of the population suffers from severe - acute malnutrition.
- 12% of children die before their 5th birthday, mainly due to drinking contaminated water.
- Third worst rate of childhood malnutrition in the world – better only than Yemen and Afghanistan.

- 44% of the population does not have adequate food, clothing, shelter.
- 84% of the population does not have adequate sanitation.
- 41% of the population is classified as poor as they live on less than \$1.50 a day.
- 40% of the population is under 20.
- 84% of the wealth of the country is in the hands of 8% of the population.

Clean Water, Pumps & Water Tanks

One of the major problems affecting the health and well being of the people of Oecusse is the lack of portable water. Water borne diseases such as dysentery, gastro-enteritis and diarrhoea are endemic. Since 2001 OzGREEN/GREENTL has been testing water sources and in that time has found that 95% do not comply with World Health Organisation standards for clean drinking water, many are considered too severely contaminated for human contact.

To address these issues Judy, relied on her research and ingenuity (as a Geologist) to design a small, **household bio-sand filtration unit**.

A bio sand filtration unit is simply a large container, (plastic barrel or cement tank) containing specific layers of pebbles, grit and fine sand. Water poured into the top of the unit slowly percolates through the sand and grit to a pipe in the bottom of the container. Hydrostatic pressure pushes the water up to the outlet tap from where it can be collected.



GREENTL has tested these in many villages and the results are excellent. Water testing consistently shows a near 100% reduction in faecal coliforms and 100% reduction in turbidity. Village women constantly tell us, ***“Now our water looks better, tastes better, our children are not as sick and the rice tastes better.”***

A single unit will provide a family with clean drinking water for many years.

Well Rehabilitation, Reforestation & Fish Farms

The other most common actions to come out of the VEAP (Village Environmental Action Planning) process are well rehabilitation, reforestation and irrigation for vegetable gardens. Since colonisation Timor Leste has been largely cleared of its forests and is therefore heavily impacted by the effects of erosion. Planting trees helps stabilise the land and helps provide a source of food and income.



Rehabilitating wells



Fish Farms

GREENTL has funded and advised on a fish farm in a local village, Toulica, and another is underway in Mahatta. GREENTL supplies the funds, the locals supply the labour and the Department of Agriculture and Fisheries provides the fish.

Click here [OzGREEN](#) to learn more.

Fish farming



GREAT COMEDIANS, WONDERFUL CAUSE

Four talented comedians provided plenty of laughs at our **Comedy for a Cause** evening at Manly Leagues Club on Saturday.

MC Simon Kennedy welcomed everyone and kicked the evening off with some audience-involving jokes. (We will all remember the front row eye-doctor Gianni also the lovely soon-to-be-engaged (*possibly*) second-row couple and the Golden Girls!).

Next up was **Bec Melrose** who won RAW Comedy in 2018 and placed in Edinburgh Fringe Festival's So You Think You Are Funny competition.

Bruce Griffiths gave a stream of one-liners – and we all had to look at some literal meanings of phrases...

After the break comedian, tv and radio presenter, cartoonist and painter **Peter Berner** was at his best, weaving his way across a variety of political and social issues with his trademark dry humour.

Vice President Ruth drew the raffle – third prize to Don Rosenfeldt, second prize to Jim Kieran and Melinda Horst was out winner!

Thank you to **Manly Pacific, AEA Luxury Tours** and **Bunnings Balgowlah** for the prizes.

Of course, while the evening was all for laughs, the reason for fundraising is very serious.



Bec, Simon and Bruce

Proceeds from the **evening and raffle** totalling **\$4000** are going to **Women & Children First** charity. Thank you to its Chairperson, Deputy Mayor and Rotary Club of Warringah member **Sue Heins** for attending.

<https://womenandchildrenfirst.org.au/>



Foreground: Bec, Simon and Peter. 2nd row: Michelle Povah, Christine North, Melinda Horst: 1st Prize winner (in pink), Gabrielle Morrissey Hansen, CEO, Women & Children First and Sue Heins, Chair, Women & Children First



Foreground: Bec, Simon and Peter, Background: Vice President, Ruth with Tony and Michelle Butera



The Golden Girls L-R: Helen, Henny, Gayle and Lala

Congratulations to Liz McDougall

Due to her generosity and hard work within Rotary, **Liz McDougall**, Rotary District Secretary and member of the RC Warringham, received a **Double Sapphire Paul Harris Fellow** recognition.

Liz said, "I choose to donate to The Rotary Foundation because I know the money is put to great use".



President, Dick Heintz presents Liz McDougall with her Paul Harris recognition

www.rotaryfoundationaustralia.org.au/projects



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**

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.

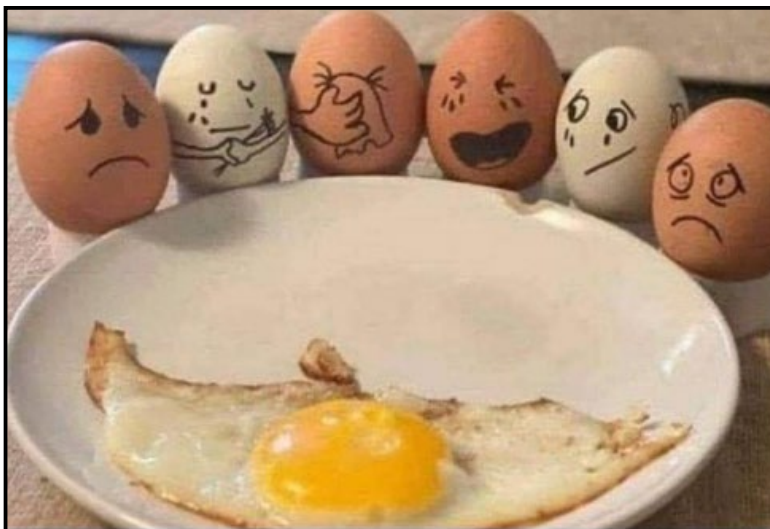


JUST FOR A LAUGH...THANKS BOB



**Doctor! I am shrinking!
What should I do! What
should I do!**

**Doctor: You are just going to
have to be a little patient.**



He died last fry day. Thank God he wasn't beaten. Don't worry, he went over easy. He's now on the sunny side. He's definitely in a better plate.



Stay Safe,
Dick Heintz, President 2023-2024
District 9685
Email: 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	TBA		6pm 7pm	Dinner Meeting

MAY 2023

Tuesday 2	TBA			
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		6pm 7pm 8pm	Dinner Meeting Board Meeting
Tuesday 13	TBA			
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