

Rotary

Rowville Lysterfield



SHEBA—Dr Shuvo Ahmed Sharif

Social Help Endeavour of Bangladesh (SHEBA) is about to celebrate 10 years of service to the community, having been launched in Jan 2013. SHEBA has developed from the early days with one health centre to a dual focus program: Primary Health Initiative and Women's Empowerment Project. Over these 10 years the funding has come mainly from fundraising event and from Rotary. In 2020 the fundraising event was online and raised a record \$16,140.

Primary Health Care Initiative

There are now 5 health centres, 3 fixed and 2 mobile, serving 35,000. One of these, in Mirzapur, opened in 2019 at the request of the union council and operates in premises provided by the council. The focus for all the health centres is on preventative care, curative treatment and health promotion, which covers topics such as hygiene, contraception, etc. A boat clinic operates during floods and the monsoon and in the low-lying areas to provide health care to people who would otherwise miss out. The fee for a consultation with the medical officer is around \$AU1.65, while home visits and the boat clinic are free of charge. All services are free of charge for those unable to pay. From November 2020 to August 2022, 11,014 patients have been seen, which does not count those seen on home visits.

The pandemic has provided many challenges. In addition to intermittent service disruption, two long-term medical staff left, necessitating the recruitment and training of new staff. With increased unemployment and poverty, free medication had to be handed out and many people were unable to pay for medical consultations.

In Dec 2021 SHEBA conducted a cervical and breast cancer awareness workshop for 31 attendees, using the services of an experienced campaigner from Dhaka.



Meeting Details

Where:

Tosaria's Café
60 Henderson Rd
Rowville

When:

Tuesday, 6.30 pm
for 7.00 pm start

Meetings are
hybrid unless
indicated other-
wise

Visitors are
warmly welcomed

For information
contact:

Kevin Harrison
0419 919 011

Meeting Zoom link
[here](#)



Home Club of
PDG Daryl Moran

Dr Shuvo Ahmed Sharif

Contd on page 3

A fun night was held last Friday, organised by Knox Rotaract in aid of Possible Dreams. Anita was the instructor and all the attendees were very proud of the outcome.



From left: Stephen; Carol; Alyvia



From left: Jenny; Daryl facing a challenge; Daryl, Nidhi and Anita Wadhwa, the macrame teachers who turned Daryl's disaster into success!

Hard at work



RECYCLING UPDATE

After checking, it has been ascertained that Biome will accept tablet blister packs with plastic coating, as well as the aluminium ones. Toothpaste tubes need to be cut in half and cleaned before recycling at Biome. Bring these to a meeting and they will be delivered to Biome at Brickworks, Burwood.


**IMAGINE
ROTARY**

The effectiveness of SHEBA is monitored closely by Dr Sharif and his associates. Site visits are made several times a year, there are regular meetings with the medical staff and management, community feedback meetings are held in person and virtually and regular reports have to be submitted.

Women Empowerment Project.

1. *Chalan Beel Selai Proshokkhon O Biponon Kendro*

Commenced in September 2021 with seed money of \$15,000 from two American doctors, this project will provide 3 months of sewing training for unemployed and destitute women. So far 5 women have completed their training and 2 have set up a home based tailoring business, marketing their goods (shown in the photo) on line.



2. *Noksheee Katha Training programme*

This programme involves training in hand made quilt embroidery with a trainer from Dhaka. So far 31 women have been involved and most have started working as independent entrepreneurs.

Looking ahead there is a plan to revise the Primary Health Care to meet changing needs in the community. The plan involves:

- Medical officer consultation service 6 days a week; 3 pm – 9 pm for a fee of \$1.67
- Sub-assistant community medical officer (SACMO) consultation service 2 days a week; 9 am—2 pm for a fee of \$0.50
- 1 session dedicated to free screening for 3 non-communicable disease (high blood pressure, diabetes and kidney disease: \$2
- Home visits for the elderly and disabled and after hours on call service by SACMO.

This initiative will required a budget of \$11,000 and will run as a pilot program for a year, to see how it works.

The Women Empowerment Programme requires a budget of \$3,000.

There are also plans for vision care for the elderly and community development projects such as toilets, solar panels and provision of clean water.

Immediate logistical needs are for: ECG, portable ultrasound machine, air conditioners x 2, fans x 2, solar panels, furniture, procedure room equipment.

Rotary theme for each month

July— New leadership

August— Membership and New Club Development

September— Basic Education and Literacy

October— Economic and Community Development

November— Rotary Foundation

December— Disease Prevention and treatment

January— Vocational Services

February— Peace building and Conflict resolution

March— Water, Sanitation and Hygiene

April— Maternal & Child Health

May— Youth Service

June— Rotary Fellowships

Support for SHEBA can be provided in a number of ways, but an easy way is to attend the fundraiser on October 22nd. See page 5 for details and the Trybooking link.



Plans are progressing for the 48th Knox Art Show. The proceeds this year will go to:

- Fairhills Community Centre
- End Polio
- 'Simple Steps' mental health program in conjunction with Headspace.

Sponsors are sought, with sponsorship packages ranging in value from \$200 to \$5000.

Sponsors will receive recognition on the Artshow website, in the program and on the Sponsorship board during the exhibition.

Full details re the sponsorship packages are available from Rajeev or James.

1812 Theatre Fundraising Night— Wednesday November 16th



Another fundraising Theatre Night has been organised at 1812 Theatre, on

Wednesday November 16th

To see **'The Woman in Black'**

Tickets are \$25 each and all ticket proceeds will go to the Club, to help fund our projects. Tickets are limited so ask your friends and family now, so that you don't miss out.

Tickets can be purchased by a direct deposit into the Club account. Please ensure you provide a reference with your name and 'Theatre night' with your deposit. Also email Kaye Sharman at kayesharman@bigpond.com to confirm your seats.



2022 – SEASON SIX

Bank details:

Name: Rotary Club of Rowville Lysterfield

BSB : 633 000

Acc number : 189618571

'A ghost story like no other, a lawyer obsessed with a terrible curse he believes haunts him and his family, hires a young actor to help unburden the memory of The Woman in Black. A young solicitor is sent to settle a deceased estate and begins to experience strange occurrences. While the locals remain mysteriously silent, he continues to investigate until The Woman in Black reveals herself to him and her chilling purpose.'

Combining some of the oldest theatrical techniques with modern cinematic stylings, this incredible production relies on hints, atmosphere, glimpses and suggestions, heard and sometimes only half seen. One of the most effective spine-chillers you will ever experience.'

Sweet treats— Upwey Baptist Church between 9-11 am

October 13th	Heather, Pam, Corinne, Olivia and Tahlia
October 27th	Marg, Anita, Fiona, volunteer needed
November 10th	Heather, Pam, Corinne, Olivia and Tahlia

Soup—FTG Guide Hall between 2—4 pm

October 19th	Marg, Jenny, Fiona, Heather/Bob
November 16th	Marg, Jenny, Kate, Heather/Bob



**IMAGINE
ROTARY**

BUNNINGS BBQ DATES

October 21st

November 18th

December 16th

**SHEBA Fundraising Dinner and Cultural Event**

Members are encouraged to come along to support this event. Tickets are \$40 each and include a wonderful Bangladeshi meal and entertainment. Bring your own drinks.

Click [here](#) for the Trybooking link to purchase tickets—bookings close on October 15th.

The Guest of Honour will be IPDG Dr Daryl Moran (well known to us all!)

Arrive from 6.15 pm for a 6.30 pm start.

**Fundraising Dinner and Cultural Event 2022**

Glen Waverley Community Centre

700 Waverley Road, Glen Waverley 3150

**22nd October 2022, Saturday
6:30 pm**

Sheba Primary Health Care Initiative

Women Empowerment Project

www.sheba.ngo

Contact: shebanet@gmail.com



An interesting update this week from David Ferrier, the Founder of Treasuring our Trees.

David is a trained arborist who swung into action after the violent storm on June 9th, 2021, which ravaged the Dandenong Ranges and other surrounding areas. He initially provided support helping to clear felled trees and to deliver items such as firewood, donated foodstuffs and the like. Ultimately his mission came to be to use the timber from these very large trees for community and primary school projects. As well as making use of the timber, David sees this project as a way of teaching the next generation about sustainability and to connect them with nature in a stimulating way.



Alan Lunghusen and David Ferrier



With this goal, Treasuring Our Trees (TOT) became a worthy recipient of funds from the Rotary District 9810 Dandenong Ranges Storm Recovery Appeal, led by Alan Lunghusen as Chair of the committee. These funds were distributed at the Storm Recovery Festival in March.

These funds have enabled TOT to purchase equipment such as a Lucas Mill to process the logs and the program of using the logs for projects has begun. David showed some wonderful photographs of the creative way the timbers are being used in the more than 20 Primary Schools that have joined the program. The fairy houses and explorer trails would be very enticing to young children and provide a lot of stimulus for imaginative play. Other uses for the logs such as building beds for kitchen gardens also provide much scope for learning in a very engaging way.

In recent months TOT has gained a large grant from Bushfire Recovery, via the local councils in the area, and this has helped build TOT further. David paid tribute to Rotary and to Alan and Robyn Lunghusen who have joined the Board of Treasuring Our Trees. We wish David all the best with this valuable project.

Some beautiful blackwood timber from a rescued tree



David with IPDG Daryl, who was the initiator of the Storm Recovery Appeal in his time as DG.



The recipients of the Storm Recovery Appeal Funds in March—David is front left.

- Apologies to Ian who, as usual, was a tower of strength at the Grand Final Day BBQ, using his ute to load up all the gear at the end. I omitted his name last week, so thank you to Ian for your contribution. Ian also has once again taken a trip to B4VK in Cranbourne to deliver donations from the ladies at Peppertree Hill Retirement Village. Thanks again Ian, and Pat and Beryl at Peppertree Hill.
- Great to see Jeff zooming into the meeting from New Zealand and President Kevin zooming in, hopefully with his new metal knee
- Adrian's health journey is not progressing well and we offer him our love and support at this challenging time.
- We welcomed visitors Shoua and Ruth this week and hope to see them again soon.
- Corinne and Les have both succumbed to COVID—we hope that their symptoms are mild.



**IMAGINE
ROTARY**

The next Bunnings BBQ is on October 21st and the proceeds will be going to the 'Lift the Lid on Mental Health' appeal for Australian Rotary Health (ARH).

'100% of the money raised during this year's Hat Day campaign goes directly to research helping the one in five Australians affected by depression, anxiety, schizophrenia and many other illnesses.'

Those on the roster are asked to wear a hat as the Lift the Lid Hat Day is on October 10th. Bunnings have agreed to give us an extra gazebo and table to be used to publicize the role of ARH and in addition, they are willing to provide a prize for a raffle to increase the funds collected. We are very appreciative of the support provided by Bunnings. A big thank you also to Corinne for all the work that is required to do all the paperwork for each BBQ, plus purchasing sausages, organising rosters etc.

Volunteers are required to help organise signage etc for this day.... Let Marg know if you will be able to help with this task.

Details of the District 9810 Conference 2023

Venue: Realm Hotel 18 National Circuit Barton ACT

Date: 3rd —5th March 2023

Cost: \$295 including the Gala Dinner in the Great Hall of Parliament House
Early bird discounted price \$245 until 30th November

[Conference link](#) for booking

HELP LIFT THE LID ON MENTAL ILLNESS



LIFT THE LID
on mental illness



Let's support our members in their business endeavours.

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The corporate concierge



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Date	Registration	Chair	Setup and production	Program
October— Economic and Community development				
11 In-person/ hybrid	Robyn	Carol	Ian Alan Bob	Paris Hindby RYLA Promotion of the 2023 Conference—Gayle Barrot and Emma Clark
18 in-person/ hybrid	Kate	Jenny	Alan Daryl Stephen	Bruce McEwen Operation Cleft Rotarian Behind the Badge Pete Batterham
22	SHEBA Fundraising and Cultural Event—see page 5 for details			
25 In-person/ hybrid	Julienne	Marg	Stephen Bob Ian	Scott White McCains Renewable Energy Rotarian Behind the Badge Kate Kidd
November— Rotary Foundation				
1 No meeting				No meeting due to Cup holiday
8 In-person/ hybrid	Corinne	Steve	Bob Carol John	Greg King End Polio Program Lee Baker Living with post polio syndrome
11th—13th	48th Knox Art Show			
15 in-person/ hybrid	Nathan	Jeff	Carol John Alan	Tread Lightly Recycling program

Website: www.rowvillerotary.com.au

District 9810

Facebook: <https://www.facebook.com/Rotary-Club-of-Rowville-Lysterfield-171446576246728/?ref=bookmarks>

Website: <http://www.9810rotary.org.au>

2022-23 BOARD MEMBERS

President	Kevin Harrison
Vice-President	Marg Vesey
Secretary	Heather Morris
Treasurer	Neil White
President Elect	Carol Constantine
Immediate Past President	Murray Wilson
Director	Steve Macdonald

2022-23 COMMITTEES

Community	Marg Vesey (mentor) Kate Kidd Pete Batterham
Youth Service	Max Williams Jeff Somers (mentor)
Environment	Gary Forrest Ayanthi Gunatilake
Foundation	Neil White (mentor) Adrian Klep
International	Alan Lunghusen (mentor) Arshad Samsudeen
Vocational	John Williams Neil Marshall
Membership	Ayanthi Gunatilake Gary Forrest

OTHER ROLES

Rowville Secondary College Council Rep	Rajeev Wadhwa
Newsletter	Jenny Moran Heather Morris
Facebook Website	Kevin Harrison Alan Lunghusen Stephen Palamara
Club Protection Officer	Adrian Klep
Program Committee	Marg Vesey Jenny Moran Kaye Sharman
On-to-Conference Art Show Committee	Heather Morris Rajeev Wadhwa James Wilson
Rowville Lysterfield Community News Correspondent	Jenny Moran
Fundraising Committee	Carol Constantine Julienne Hyams Adrian Klep Bob Morris Stephen Palamara Arshad Samsudeen Kaye Sharman

This photo was taken over 28 days
from exactly the same place.
Fabulous!

