



December is Rotary Disease Prevention and Treatment Month

President's Message

Dear Members and Friends,

Guatemala has the highest malnutrition index in children younger than 5 years of age and has the highest chronic malnutrition index in Latin America and the Caribbean. Malnutrition in children increases the risk of decreased cognitive development and slows down their overall growth. This is a serious problem, mainly in rural areas of Guatemala.

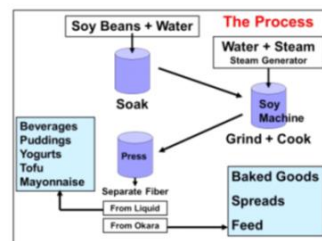
The Barrington Breakfast Rotary Club in the United States partnered with the Rotary Club of Guatemala Sur in Guatemala to combat malnutrition for children and establish microenterprises for women through mechanical cow projects.

A mechanical cow is a machine which processes soybeans, water and steam to produce a slurry that can be separated into soy milk and a solid byproduct called okara. The protein-rich soy milk and okara help combat malnutrition.

The first machine was installed at the Proximos Pasos Girls School in Santa Maria de Jesus which serves about 250 girls. This was followed by the addition of two machines in the town of Sumpango serving over 1000 children.

Finally, we partnered with the Rotary Club of Guatemala Asuncion to install five more machines.

These machines will be operated by five independent cooperating organizations at five different locations. A local Rotary club will oversee each of these organizations.



The soy milk generated from these eight machines will collectively serve more than 4,000 children to alleviate their malnutrition condition.

At first, advantages of okara were not fully understood and it was not utilized and thrown away. Rotarian Mary Holcomb from the Barrington Breakfast Rotary Club promoted the idea of blending okara with other food items. A Vocational Training Team of Rotarians from the Barrington Breakfast Rotary Club visited Sumpango for one week to train approximately eighty local women on how to use okara. They received valuable information about the nutrition and benefits of soy milk and okara and learned how to blend okara in flour and make many kinds of baked goods. Okara is now used to fortify or blend regular corn flour; the fortified flour is used to make tortillas for daily consumption by hundreds of families thereby increasing protein intake for everyone.

(Continued overleaf)

ACKNOWLEDGEMENT TO COUNTRY

We acknowledge the Darkinjung and Guringai people who are the traditional custodians of this land and pay our respects to Elders both past and present.

THE FOUR-WAY TEST

Of the things we think, say or do ...
Is it the TRUTH?
Is it FAIR to all concerned?
Will it build GOODWILL and BETTER FRIENDSHIPS?
Will it be BENEFICIAL to all concerned?

RI VISION STATEMENT 2018

Together, we see a world where people unite and take action to create lasting change — across the globe, in our communities, and in ourselves.

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Okara has also developed a micro-enterprise business where local women can make and sell protein-rich okara-based baked goods to generate income. Participating women were also trained on the economic benefits of the microenterprise business.

Working together and developing alliances with organizations with common interests has been a major approach in our global grant projects. Our partners commit to provide physical facilities, hire staff to operate the machines, pay for utilities such as electricity, gas and water; and make provisions for distributing soymilk to children. They help women start their microenterprise business and promote their ventures.

We created partnerships among our Rotary friends from multiple districts and clubs.

This is just one of many programs which really does show how we as Rotarians help to build friendships and international understanding, goodwill and peace.

Jayne.

Jayne Mote | President 2017-18

Last Week – Timor Leste



Our speakers last week were Theo Glockemann OAM from the Rotary Club of Pennant Hills and our own Kaye Walker who were accompanied by Rich Moore from the Rotary Club of Berowra and Theo's wife Georgia.

Theo commenced by letting us know of the programs that he has been running for the youth of Timor Leste. Our familiar RYLA program and a modified RYPEN which for Timor Leste is the Rotary Program of Encouragement.

Theo told us that the programs had been very successful in producing a new generation of citizens who can take over in due course from the generation that took part in the fight leading to the

declaration of independence. In particular, he emphasised the equal attendance of the sexes which contrasted to a predominantly patrimonial society. Graduates of the programs can be found moving up the society in Timor Leste – a sign that the program is being very successful.

Kaye continued the presentation by giving us a photographic journey to Timor Leste which showed us our speakers at work. She showed us many photos of the attendees at both the RYLA and the RYPEN programs.



Theo concluded by asking us for volunteers to go to Timor Leste next year to experience the work that is being undertaken while enjoying quality accommodation.

President Jayne thanked our speakers for a most interesting presentation.

Opera Tickets are now available

John Greenway announced last week that we can now buy tickets for next year's Opera and that he had already sold 5 tickets. We are assured of a great performance once again and so if you are looking for tickets please make sure you order yours very soon from John or Maggie. In the past tickets have been selling out before Christmas.

Christmas Tree Sales



In Don's absence (due to a mysterious stomach bug that we are assured has nothing to do with the large trout that Sue recently caught) we were reminded by Sue to attend the sales sessions being conducted over the next two weekends. We will be selling around 1500 trees so please remember to come along to the railway carpark to share in the fun on Saturday and Sunday mornings.

[Editor. Sue said Don is the cook, so perhaps he should have cooked the trout a little bit longer?]

ROTARY CLUB OF WOY WOY



MINGLE AND JINGLE CHRISTMAS PARTY

TUESDAY 18TH DECEMBER 2018 AT 7PM.

***BEEF AND BARRAMUNDI RESTAURANT
OCEAN VIEW ROAD, ETTALONG BEACH.***

TREVOR - Formerly at the Yellow Piano is looking forward to hosting us and offers us the following menu: -

Entrée - Garlic Bread

Main - a choice of: -

Rib Eye Steak with Leek and Potato Hash and Broccolini,

or

Chicken Supreme with Risotto and Vegetables,

or

Barramundi (not Trout) with Risotto and Vegetables.

Dessert - Vanilla Panna Cotta.

**Fully Licensed \$35 ph for members (special rate)
 \$45 ph friends and family.
 Children welcome at special rate.**

**Payment at meetings or credit transfer to:
Bendigo Bank BSB No. 633000 A/C 153314935.**

NB We need to advise Trevor of your choice of main at our 4th December meeting for him to place his orders.

Bookings are essential so please confirm to Marylyn or Peter on the door.



CALENDAR

**Tues December 4 – PDG Graeme Davies
and AG Annona Pearse - Club Assembly.**

DECEMBER 2018

December 1st and 2nd - Christmas tree sales Woy
Woy commuter carpark
December 8th and 9th - Christmas tree sales Woy
Woy commuter carpark
December 8th – Fairhaven Xmas Fair
December 11th - Annual General Meeting.
December 18th - Christmas Party at Beef and Trout
Barramundi Restaurant, Ettalong.

JANUARY 2019

January 8th - Rotary Club of Woy Woy returns.
January 15th – Diabetes, John Waterhouse
January 22nd - TBC
January 26th - Australia Day
January 29th - Brisbane Water Private Hospital to
tour their new Rehabilitation Unit

FEBRUARY 2019

February 2nd - Marine Rescue Commissioning boats
February 5th - Chinese New Year, TBC.
February 12th – Ovarian Cancer, Vicki Sidoti
February 19th - Paul Harris Birthday.

MARCH 2019

March 16th - Opera in the Arboretum.
PETS – President Elect Training Seminar
March 26th - Pride of workmanship awards night
March 29th, 30th and 31st
District Conference in Newcastle

APRIL 2019

April 14th - District Assembly - Training for all
2019/20 Club Board members
April 19th, 20th and 21st
Easter Weekend.
April 25th - Anzac Day.

MAY 2019

May 14th - Graham Hughes - IVF.

JUNE 2019

Date TBC - Science & Engineering Challenge, St.
Edwards, Gosford.
June 29th – District Changeover



BE THE INSPIRATION

TREASURER'S HELPERS

December Door Peter Mote + Marylyn

SERGEANTS

December Bobby Redman

CLUB INFORMATION

JOIN US

We meet on Tuesday 6:00 for 6:30pm at
Everglades Country Club, Dunban Road, Woy
Woy.

VISITORS - If you would like to attend a meeting,
please contact Sue Tee by 10am Monday
T: 0428 438 535 / 4369 7496

E: suedon6@bigpond.com

MEMBERSHIP

Enquiries to Peter Mote | M: 0400 001 205

ATTENDANCE

MEMBERS - Advise Sue Tee of non-
attendance

FACEBOOK

[https://web.facebook.com/Rotary-Club-of-
Woy-Woy-378382585634923/](https://web.facebook.com/Rotary-Club-of-Woy-Woy-378382585634923/)

WEBSITE

<https://www.woywoyrotary.org.au>

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