

HORIZONS

Central Blue Mountains Rotary

We live here - We work here - We give back

Rotary District 9685 - Australia

Wednesday, May 15, 2024



SINGAPORE | 25-29 MAY 2024



Comin' up

Stuff you should know about



Fearless Leader

Hi Friends,

The Red Shield Appeal is on from Thursday the 16th to Sunday the 26th of May and Lucian Keegel is looking for volunteers to collect at four locations; Katoomba Woolies and Aldi, Leura Woolies and Belle Real Estate.

There is a morning shift from 10.00am - 12.30pm and then an afternoon one 12.30pm – 3.00pm.

These are static points with a collection bucket and card reader and others will set up and take down each day. Please contact Lucian if you can do a shift – 0415 232 901.

The 2024 Pride of Workmanship Awards are coming up and we have two nominations:

- President Caroline Moses and Treasurer Cedric Moses from the Wentworth Falls Tennis Club, nominated by Viv Byrnes for their outstanding leadership and volunteering.



District Assembly 2024

- Rebecca Field, the 1st Hazelbrook Scouts Leader. Nominated by Chad Adams for her dedication and passion as a Scout leader.

Our 15 May meeting is transferred to the Pride of Workmanship dinner at the Katoomba RSL, 6.00pm for 6.30pm.

This night not only recognises members of the community for their volunteering or vocational service, but also showcases Rotary to the Community.

Please book in and support our nominees. Trybooking link: <https://www.trybooking.com/CRHIP>

The District Assembly, where incoming club officers and committee leads are brought up to speed on knowledge and skills for the roles, was held on Saturday the 4th of May.

The date brought out some corny Star Wars references, but it was a good day of learning and sharing.

Viv and Allan, Paul Twigg, myself and Elaine attended and did enjoy the more interactive style of the day (Eric came too but had to leave early).

With very little in the way of talking heads and PowerPoint, folks got

into groups to solve issues and share ideas.

Not only that, we were the FIRST club to get in our Rotary Foundation MOU and our request for a District Grant!

Your club board had already decided that there is a need for more accessible defibrillators in the upper mountains, so we prepared our grant request in advance.

We have a guest speaker on defibrillators coming to our 5 June meeting so we will get more guidance on the project from him.

On the day, I offered our club congratulations to Michele Ellery, currently our Assistant Governor, for her election as Rotary Community Leader for our Rotary Community Group and I am sure she will be great in that role.

Not only that, she has been nominated as District Governor for 2026-2027. Congratulations Chel, your dedication to Rotary is marvellous and an inspiration to us all.

Finally, don't forget to book in for the Pride of Workmanship dinner. Cheers, Ian.



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Healthier lives ahead for South Pacific children

Rotary's Give Every Child a Future program vaccinates 100,000 young people

Island countries in the South Pacific are scattered across vast distances, but that didn't stop Rotarians in Australia, New Zealand, and several Pacific Island countries from organizing a major vaccination program.

Called Give Every Child a Future, the effort – which celebrates 100 years of Rotary in the region – is providing three new vaccines to 100,000 children in nine Pacific Island groups: the Cook Islands, Kiribati, Nauru, Niue, Samoa, Tokelau, Tonga, Tuvalu, and Vanuatu.

Working with UNICEF, James Allen, Rotary Club of Sydney, and the project's director says Give Every Child a Future took about eight years to develop.

UNICEF's representatives suggested that the project should focus on immunizing children using new vaccines for rotavirus, pneumococcal bacteria, and human papillomavirus (HPV).

The scope of the program meant that Rotary clubs in the region needed to raise around US\$3.9 million – almost twice what they had initially imagined.

US\$980,000 in funds from The Rotary Foundation, about US\$807,000 in District Designated Funds, US\$990,000 from clubs and individual members, US\$264,000 from other foundations, and US\$860,000 from the Australian government.

"We thought, 'Well, that's ambitious.' But after all, we wanted to do something significant," Allen says.

Ultimately, the members applied for 23 global grants, securing more than US\$980,000 in funds from The Rotary Foundation. The program was also funded by about US\$807,000 in District Designated Funds, US\$990,000 from clubs and individual members, US\$264,000 from other foundations, and US\$860,000 from the Australian government.

"This program is not just about vaccinating 100,000 children,"

says Michelle Tanner, 2016-17 president of the Rotary Club of Matamata, Waikato, New Zealand, and the marketing chair for Give Every Child a Future.

"This program is about strengthening primary health care systems and vaccine delivery systems.

"It's about expanding staff capacity and updating equipment, and it's about updating policies and procedures, such as record-keeping."

The program also trained almost 900 health workers, meeting a critical need.

Jennifer Jones, Rotary's president in 2022-23, visited the Pacific Islands in March 2023 to review and promote the program.

"I had a chance to talk with one couple whose son had been immunized but still contracted rotavirus.

"Because of the immunization, he was able to survive," Jennifer Jones said during her visit.

"The fact that we can be here, that we can give every child a future – this is what we do. We deliver on the promises we make."

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Rotarians Address Mental Health Issues

Rotary has a remarkable record when it comes to health initiatives.

We've helped bring polio to the brink of eradication, and clubs have carried out myriad projects focused on preventing disease and supporting maternal and child health.

Now, mental health is another aspect of health that is often overlooked.

In many places, depression, anxiety, and suicide are seen as things to be ashamed of and kept quiet. But Rotary members are recognizing the gaps in understanding and resources and are stepping up to help.

More than 264 million people worldwide are affected by depression, according to the World Health Organization.

"Originally, we had 50 members of the Rotary Action Group on Mental Health Initiatives," says Bonnie Black, a member of the Rotary Club of Plattsburgh, New York, and the chair of the action group.

"We've tripled our membership, and I believe it's due to the heightened awareness of mental health.

"More than 264 million people worldwide are affected by depression, according to the World Health Organization.

"It's an area that has been neglected because of the stigma associated with it. But, the involvement of Rotary clubs will gradually reduce the stigma, and more and more people will begin to be comfortable around the issue."



The club meets online and welcomes members to join from anywhere in the world. Its current members include professionals in the mental health field and others who hold the issue close to their hearts.

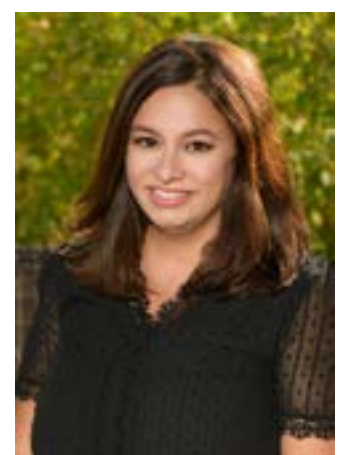
The Rotary Club of Mental Health & Wellness, chartered last May during Mental Health Awareness Month in the U.S., is one of a growing number of cause-based clubs around the world.

According to the President, Rotary Club of Mental Health & Wellness, Judith A. Verduzco, eliminating the stigma associated with mental health is a priority.

"Mental health and especially the issues of depression, anxiety, and suicide have caught the attention of Rotarians worldwide.

"Something as simple as being kind to yourself or reaching out to someone who needs support can make a tremendous difference and help create a ripple (butterfly) effect of positive pathways to well-being," the president said.

In addition to the new club, there is a Rotary Action Group on Mental Health Initiatives as well as a partnership between Rotary International in Great Britain and Ireland and the nonprofit Bipolar UK. While the Mental Health & Wellness club is relatively new, members have launched notable initiatives, including an effort to award \$5,000 in scholarships annually to students pursuing graduate-level work on mental health.



Judith A. Verduzco,
President, Rotary Club of
Mental Health & Wellness

<https://www.facebook.com/rotaryclubofmentalhealthandwellness>

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Sustainable Cambodia

Rotary Global Grant: Family Self-Reliance Through Village Empowerment



More than two dozen Rotary clubs, led by the Rotary Club of Ponte Vedra, Florida, and the Rotary Club of Pursat and Sustainable Cambodia, are now applying for the next Rotary Global Grant, which will bring water, sanitation, hygiene, and community development to three impoverished communities in Pursat Province.

The primary aim of the project is to help vulnerable families attain self-sufficiency in their economic development and improve their health by providing access to clean water, sanitation, food security, and the Self-Help Group empowerment program. The project will benefit over 570 families, comprising more than 3000 individuals, residing in Bakan, Buo Srangae, and Kdei Chhnuol villages in Trapeang Chong.

After conducting community need assessments, we discovered that in the three villages, over 70% of the total population lives below the poverty line, earning less than

\$81 per month per person. Furthermore, between 34% and 56% of the population lack access to clean sources of water and proper sanitation facilities, resulting in frequent illnesses from drinking unclean water and unsafe food products contaminated with chemical pesticides. Lack of access to safe food and water, sanitation, and unsustainable incomes are the primary challenges that prevent the villagers from escaping poverty.

To address these challenges, this global grant will enable the villagers to work together as a single community by forming an effective local Village Development Committee (VDC), WASH Committee, and Self-help Groups (SHG) to implement the projects in their villages. The WASH Committee will collaborate with vendors and beneficiaries to set up water wells, ponds, rooftop rainwater harvesting tanks, water filters, and latrines. The VDC will collaborate with SC staff to train beneficiaries and help them establish organic permaculture gardens, raise cows or buffalos, and continue to provide offspring to other villagers.

This project began on August 1, 2023, and will conclude in mid-2025.



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Upper Blue Mountains
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Discover the Benefits of shared reading



Our guest speaker May 08 was Blue Mountains resident Christopher Smith, founder and lead facilitator of Shared Reading NSW, which he says helps to combine the therapeutic benefits of reading with our essential need for connection.

He has six groups in the Blue Mountains that foster engaging discussions about books in a relaxed environment.

Chris says this form of 'social bibliotherapy' can be powerful and, for some, life changing.

People have been sharing stories since the beginning of time. It's built into who we are. It's how we communicate.

"The best stories engage us wholly. They help us think, feel and share together. They inspire us to tell our own stories. Hearing a great story and having open discussions in safe, inclusive environments allows us to cross the bridges that separate us.

Shared Reading helps us reduce social isolation, improves our mental wellbeing, and builds stronger communities.

ROMAC is looking for a new Operations Director.

The Operations Director is a very significant, senior member of the team in this successful Multi District Rotary Project. The person must be a member of a Rotary Club in Zone 8.

The ROMAC Operations Director is a member of the ROMAC Board and a director of two charities.

The Operations Director works with the Medical Director to identify possible ROMAC patients and then, with Regional Chairs and Operations Managers to oversee the approval, management, treatment and rehabilitation of the children.

To learn more and receive a copy of the role description, please email the Chair, D'Arcy Walsh, at chair@romac.org.au or call him on 041 884 4170.

ROMAC also has a current vacancy for a HR, Training and Recruitment Chair.

The HR, Training and Recruitment Chair leads a small team of volunteers, is a member of the ROMAC Engagement Committee and the ROMAC Management Committee, must be a member of a Rotary Club in Zone 8.

The role reports to the ROMAC Chair and is responsible for human resource management.

HR and training qualifications would be an advantage, as well as experience in leading a multi-tasked team or a Rotary District or Club. Excellent verbal, written communication and interpersonal skills are required, as well as information technologies.

To learn more and receive a copy of the role description, please email the Chair, D'Arcy Walsh, at chair@romac.org.au or call him on 041 884 4170.

Volunteers needed for Red Shield Appeal



The Red Shield Appeal is on from Thursday 16 to Sunday 26 of May and Lucian Keegel is looking for volunteers to collect at four locations; Katoomba Woolies and Aldi, Leura Woolies and Belle Real Estate.

There are shifts from 10.00am - 12.30pm and 12.30pm - 3.00pm.

These are static points with a collection bucket and card reader and others will set up and take down each day. Please contact Lucian if you can do a shift - 0415 232 901.

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image supplied

A project of Lower Blue Mountains Rotary Club, the Rotary Recycles Op-Shop, 3/156 Great Western Highway, Blaxland, has proven very popular with great value bargains since opening five years ago.

Rotary Op Shop Management Committee chair Pamela Noal says "Through the growth of Rotary Recycles, a community endorsement has emerged ... Rotary Recycles goods to generate funds for Lower Blue Mountains Rotary to meet community needs and build community connections.

In financial year 2023-2024, approximately 5.5 tonnes of goods will be recycled by Rotary Recycles including the 600 x 50 litre crates of clothing, footwear, linen and books that will be repurposed.

- Rotary Recycles networks with over 30 organisations to repurpose stock that we choose to not sell in the shop
- Rotary Recycles provides clothing to Nepean Hospital Emergency and Cumberland Hospital Mental Health Ward for patients discharged from the hospital without appropriate clothing of their own
- Many books, DVDs and CDs donated to Rotary Recycles are forwarded to the Bookfair for sale.

<https://www.facebook.com/rotaryrecycles/>

Rotary Blue Mountains Blackheath, Katoomba Upper Blue Mts Sunrise Central Blue



***Katoomba RSL Club
Tuesday, May 21, 2024
6.00pm for 6.30pm***

**Two course meal
\$50 per person**

<https://www.trybooking.com/CRHIP>

Mountain Ghost

In Australia, the flower of choice for Mother's Day has always been the white chrysanthemum and the Ghost has always wondered why. Well the flowers are sometimes called chrysanths or mums so I guess no further explanation is required.



File photo

“A mother is your first friend, your best friend, and your forever friend.”

MOTHERS DAY

The Mountain Ghost was talking to his kids about what they were (or should) be doing for Mother's Day when they suggested that this could be a good topic for the Mountain Ghost.

The grandkids thought it would be a good place to start a petition for Grandkids Day or more accurately more presents for grandkids day. Anyway Mother's Day has an interesting history.

Mother's Day is a celebration honouring the mother of the family. While motherhood has been celebrated in festivals for thousands of years, including the ancient Greeks and Romans and even the Christian Mothering Sunday, it is only in modern times it has become a holiday and commercialised. In many parts of the world Mother's Day is celebrated in March or May.

Modern Mother's Day began in the US in 1908 by Anna Jarvis as a church service to commemorate all mothers. The US Congress rejected a proposal to make Mother's Day an official holiday saying they would also have to proclaim a “Mother-in-Law day”.

Interesting that Anna Jarvis became an opponent of the

commercialisation of the holiday. She believed that companies like Hallmark cards selling Mother's Day cards had exploited the original idea of Mother's Day.

The Ghost finds it hard to believe that people, especially Americans, would exploit Mother's Day. Anyway Mother's Day spread throughout the world. The former Soviet countries celebrated International Women's Day. Some Catholic countries celebrate Virgin Mary Day.

In the US for Mother's Day the flower of choice is white carnations. In Australia it has always been the white chrysanthemum and the Ghost has always wondered why. Well the flowers are sometimes called chrysanths or mums so I guess no further explanation is required.

Well, what about Father's Day thought the Ghost. His research revealed that Father's Day is a celebration honouring fathers and celebrating fatherhood, paternal bonds and the influence of fathers in society.

In Catholic Europe it has been celebrated on March 19 (Saint Joseph's Day) since the Middle Ages. In the US, Father's Day started in a similar fashion

to Mother's Day as a church ceremony. It was officially claimed as a special day (3rd Sunday in June).

Harry Meek, of Lions Club International claimed he came up with the idea in 1915. The third Sunday in June was his birthday in 1915 so he may be right.

International Men's Day is celebrated in many countries on 19th November in honour of men and boys who are not fathers.

The Ghost was pleased to find there is a Grandparents Day celebration in Australia on the 27th October each year. It is a day to celebrate the contribution people such as the Mountain Ghost and Mrs Ghost make to a family (free babysitting, free grandkids shuttle bus, free helping kids with mortgages, free storage of kids excess property, free gardening service, free this and free that) and don't forget the inheritance – yes, we do deserve a day named after us!

By the way in the US one of the most popular days is the Gorgeous Grandma Day. The Ghost has to hand it to the US for National Days.

Anyway, I hope that all our Mothers out there had a great day.

...That's all folks