



HORIZONS



Rotary - Central Blue Mountains

Effective - Energetic - Enterprising - Empowered

Rotary District 9685 - Australia

Wednesday, April 12, 2017

Vocational visit to Optus Satellite Control

Our visit to Optus on Tuesday 04/04 was not only interesting but really gave everyone a glimpse into modern day telecommunications. The array of high-tech equipment was incredible.

The group picture shows us visiting the satellite dish farm. We are underneath the largest dish. There were a number of other large and small satellite dishes all used to either track satellites or transmit data over Australia, New Zealand and also places in South East Asia, New Guinea and various Pacific Islands.

A display of models traced the story of Optus from its entry into the telecommunications market to today.

A condition of entry as a TELCO included the purchase of AUSSAT. This launched Optus into the satellite business. Today it currently controls six satellites including two NBN satellites which were the latest to be launched.

The control room showed the milli-second precision that is required to keep a satellite correctly positioned in a geo-stationary orbit some 3600km out from Earth.

It only takes 0.25 seconds for data to reach the satellite and another 0.25 seconds to come back. This is how we get our TV programs, both free-to-air and pay TV channels, a multitude of radio stations, as well as internet, voice and data services

The bus trip, tour and meal afterwards made a very enjoyable Vocational visit.

Story: Allan Byrnes



Enjoying the trip were Rotarians and friends from Central Blue Mountains and Springwood Rotary Clubs

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**What's
On....**



April

April 07-May 07 - Scenic World Sculpture Exhibition

Wednesday 12 - Guest speaker - Peter Fraser

Wednesday 19 - Mystery Guest Speaker

Friday 21 - Chinese Banquet - Katoomba

Sunday 23 - District 9685 Assembly

Monday 24 - Board meeting - Grand View Hotel

Wednesday 26 - Youth speaker - Melissa Li

Friday 28 - Upper BM Sunrise homeless Ball

May

Wednesday 03 - Guest speaker TBA

Sunday 07 - Scenic World Sculpture last day

Sunday 07 - Leura Harvest Festival

Rotary Leadership Course:

"Very beneficial; Excellent; Time well spent; Eye-opening; Gives confidence".

That's what the graduates say: NOW...read on and don't forget to register.

"The Rotary Leadership Institute Course is by far the most educational, inspirational and motivational element of Rotary thus far. The people who deliver the course are not dogmatic, not zealous, but they do know their subject and can deliver it very effectively," Michael Sawczak., RC The Entrance, RLI 39

"Excellent workshop, very beneficial to everybody; Excellent! Time well spent; Eye-opening; Gives confidence in initiating a club project; The course is an essential activity for all members," Participant feedback from RLI 37.

Register for RLI 40 now and discover for yourself what they are talking about.

RLI 40 is scheduled as follows, all Sundays:

RLI Course 40.1 - April 30

RLI Course 40.2 - 21 May

RLI Course 40.3 - June 4

Register online at rli.rotarydistrict9685.org.au

If you have completed RLI already, you may wish to encourage others in your Club to register.

If you are a "partially completed" participant, email Ian Scott to register for your missing sessions.

Contact: PDG Ian Scott - ian@scottadr.com

Central Blue Mountains Rotary has a mission

We have been awarded a RAWCS Project Fund (tax deductible donations) to raise A\$280,000 to construct a new, enlarged Astha Home for Girls in Kathmandu, Nepal



A scene of devastation which occurred when Kathmandu was struck by an earthquake in 2015.

The construction of a purpose built home with capacity for an expanded number of girls is now urgent..... WILL YOU HELP?

Our Mission

Central Blue Mountains Rotary has a very simple mission; to provide service to others within our local community and overseas, to promote integrity, and to advance goodwill through fellowship.

We have a long and successful history of supporting our local community and assisting overseas. Since being established in 1976 we have achieved, quite simply, nothing less than outstanding results every year. We are proud of our contribution to helping others.



Find us on  Like
Facebook

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This story written by Roanne Boldery was first published last month in the Townsville Bulletin.



*Sunrise Rotary Red Socks members
L-R: Miles Blucher (Committee member),
Paul Ryan (President) and Peter Heuke
(Coordinator).*

Red Socks Rotarians raising awareness for Prostate Cancer

THE Red Socks army is out in force to curb Townsville's alarming increase of advanced prostate cancer rates.

Men from the Rotary Club of Townsville Sunrise have banded together to push their local prostate cancer awareness campaign, Project Red Socks, after local urologists revealed a near two-fold increase in the number of men presenting with the cancer since GPs stopped routine screening five years ago.

"It's the old story of early detection or you're done. Unfortunately, men act a bit tough and they don't see it as a manly thing to discuss their prostate health," Project Red Socks co-ordinator Brian Richardson said.

"But the facts need to be out there.

"One in seven men will get prostate cancer — some with no symptoms — and we now know that doctors have differing views on testing. So men are falling through the cracks."

Project Red Socks started in 2014 after long-time Townsville Rotarian Dennis Denmead lost his life to aggressive prostate cancer. The club found only 40 per cent of the 80 male members aged over 50 had ever been tested.

"We offered them a pair of red socks if they got tested, because Dennis was a keen Arsenal football fan, so he only ever wore red socks.

"We had 98 per cent of men tested and one in nine had an indication of prostate cancer," Mr Richardson said.

Those diagnosed are now being monitored or treated, but it was club member Peter Heuke, 77, who can without a doubt say his life was saved by the red socks.

After his friend Mr Denmead died, his older brother was also diagnosed with aggressive prostate cancer.

But sadly he waited too long to treat it, despite displaying symptoms.

"I got tested every six months because I had a very thorough urologist," Mr Heuke said. "But the red socks sat in my sock drawer as a constant reminder to talk to my doctor. Three years on I've had treatment and I'm enjoying my retirement with my wife of 20 years."

The Townsville-based Project Red Socks is now an international prostate cancer awareness campaign throughout Rotary, and members have distributed 1500 information kits, each with a pair of red socks, throughout Australia and New Zealand.

However, they would like to see Townsville's corporate sector and wider community get involved.

The Project Red Socks team are available to present workshops, and information kits with a pair of red socks are available for \$10 each.

For more information email redsocks@townsville.sunriserotary.org.au.

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Tropical Cyclone Debbie, a category four cyclone, hit Queensland's North Coast on March 28, devastating areas across Queensland and Northern NSW.

Communities located in Rotary districts 9550, 9570, 9600, 9630 and 9640 need your assistance.

Governors Ida Portella, Craig Winter, Alan Stephens, Doug Sinclair and Michael Irving have set up a combined appeal to directly assist those in need following the aftermath of the cyclone.

Please see below details for clubs or individuals wanting to make donations, which are tax-deductible.

Cyclone Debbie Rotary Appeal Districts 9550, 9570, 9600, 9630 and 9640 is project number 66-2016-17 on the RAWCS national website

Sponsored by the Rotary clubs in districts 9550, 9570, 9600, 9630 and 9640, this is a national region project registered for project funding.

Tax deductibility is granted through Rotary Australia Benevolent Society (RABS) – ABN 54 563 288 318.

Should you require further information, please contact Rotary District 9550 disaster management coordinator Bruce Scott on 0481 055 953 or brucescott@tmrc.com.au

Dealing with Debbie



Central Blue Mountains Rotary is co-ordinating the program at Hazelbrook, Lawson, Wentworth Falls, Leura, Greenwell & Thomas and Blue Mountains Pharmacy Katoomba.

The BowelCare program will run from April 1 to May 31.

This is the 27th year that Rotary will be providing Australians with an

affordable annual bowel cancer screening program.

The goal of the project is to increase community awareness of the need to use screening tests in order to detect potential or actual bowel cancer early.

BowelCare kits are sold for \$15.00 each. This is approximately half the normal retail cost of equivalent screening tests.

The cost includes pathology testing and notification of results to both the participant and their nominated doctor.



**RED
SHIELD
APPEAL**

May 27 and 28

If you would like to volunteer as a doorknocker, driver, or street collector contact Tom Colless 4780 1100 and become part of the happy team helping the Salvos this year.



Because
NO ONE
should have to
go it
ALONE

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Mountain Ghost

The Show has something for everyone. Children and young adults enjoy the carnival rides, farm animals and the show bags. The Ghost remembers when the bags were free – now you need a bank loan to pay for them!

THE ROYAL EASTER SHOW

The Ghost was feeling very nostalgic. He had promised the GG he would take her to the Easter Show. GG by the way is not a horse, it is the Golden Grandchild.

The Ghost has been going to the Sydney Royal Easter Show on and off for 50 years. What is the Show like this year? The same as it was in 2007, 1997, 1977 and 1957. Nothing much changes, all the Ghost's favourites are still there but perhaps there is a little more comfort than in year's gone by and the Ghost is now more selective in what he sees.

The Ghost loves the wood chopping, the dog shows, the Grand Parade and all the cattle and horse exhibitions. Mrs Ghost likes the craft, cake decorating and art which is a good time for the Ghost to have a beer and a Dagwood Dog.

The Show has something for everyone. Children and young adults enjoy the carnival rides, farm animals and the show bags. The Ghost remembers when the bags were free – now you need a bank loan to pay for them!

A little bit of history. The first show was held in 1823 and it is Australia's largest annual event. Last year 900,000 people attended.

It is a place where the country and the city join together to enjoy agricultural competition, animal experiences, carnival fun shopping and much more.

The Sydney Royal Easter Show is run by the Royal Agricultural Society of NSW (a Not For Profit Organisation)

Good to Know:

When: 6th – 23rd April

Price: \$31.50 for seniors and \$23 for children. The Ghost thinks this is good value as it includes public transport in the price of the ticket.

Suggestion:

Go to www.eastershow.com.au and find out what is on each day and night and go early before the crowds.

Not advisable to go on the weekends.

Ghost Rating: 8/10



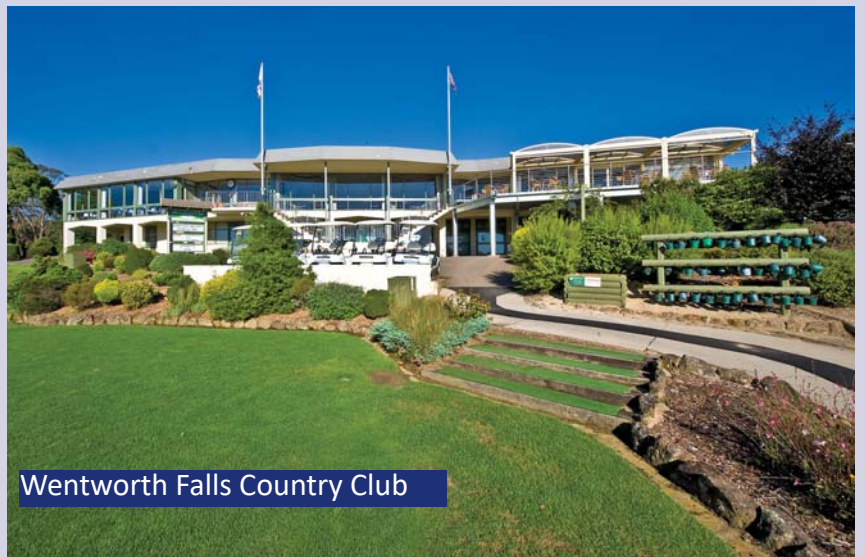
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Greystanes Golf Day

Spectacular and very successful day of charity golf won by "The Tam-O-Shantas" seen below.

More than 60 players teed off Friday 07/04 after the event was postponed on March 31 due to wet weather making the course unplayable.

General comments were: "fabulous day out" - "can't wait for the next one" - "terrific tucker and great prizes" - "the organisers, Greystanes Disability Services, are to be congratulated."



Wentworth Falls Country Club



"The Tam-O-Shantas"



Big Luke - trainee professional,
Wenworth Falls Country Club
and Jennifer Scott



"The Fancy Pants"



The Duralis team

Photographs: Jennifer Scott

....that's all folks