

# HORIZONS

## Central Blue Mountains Rotary

Rotary District 9685 - Australia

Wednesday, June 12, 2019



### What a Shot!

*Jennifer Scott photographed with Otto Gata, an architect from Slovakia, and probably, the tallest and largest Rotarian at the recent Rotary International Convention, Hamburg, Germany.*



# up front

## Fellowship and Diversity

Past District Governor Jennifer Scott, D9685 Australia, discusses fellowship and diversity during the fourth general session on 4 June, at the RI Convention, Hamburg. The segment also included Kimberly Kasana, a past president of the Rotary Club of Kampala Maisha, Uganda (left). Photo: Monika Lozinska/ Rotary International



“We may seem like an ordinary club, but Central Blue Mountains Rotary and other Rotarians were extraordinary for me last year. Now 27,000 Rotarians from 130 countries know this as well.

I joined my Rotary club in 1996, not long after moving to live in the Blue Mountains, 100km west of Sydney. Why? I had just opened up my law practice, so I knew it would be a good opportunity to network, and I must admit - I like volunteering.

Over the years, I sold and purchased homes with the help of Bianca, the real estate agent in my club, I became a customer of Allan, the Rotarian pharmacist; Michael, the Rotarian builder carried out renovations on our home. And Peter, the Rotarian printer produced my business cards.

I met regularly with my fellow Rotarians at club meetings, on volunteer projects, and the occasional social activity. I enjoyed their company.

But it wasn't until 2018 that I really appreciated the depth of my relationships with my Rotary friends. You see, 2018 was a year of cancer for me –surgery, chemotherapy and radiotherapy.

And my Rotary friends were with me all the way - volunteering to drive me to treatment, making meals, sending beautiful flowers; sending messages of encouragement that boosted my spirit.

And when all the treatment was finished, sending me champagne.

Some of those Rotarians are in the audience today. Thank you .

This year - just two weeks ago, four Rotarians joined me in running the Ultra trail half marathon. Other Rotarians were at the finishing line cheering us on.

Who would have thought that Rotary fellowship would be a bit like my marriage vows –being there for each other, in sickness and in health.

Through fellowship, together we transform our own lives.....because of Rotary”

# WhatsOn....

## June

- Wednesday 12:** Guest speaker, Peter Brooks:  
"My Paralympic journey culminating in Athens Gold"
- Thursday 13:** Board meeting
- Friday 14:** Lawson Public School Breakfast Club
- Wednesday 19:** Guest speaker, Tara Cameron:  
"Conserving now for the future"
- Wednesday 19:** FoodBank collection/distribution
- Friday 21:** Lawson Public School Breakfast Club
- Friday 21:** BM Grammar School sports day catering
- Wednesday 26:** CBM Rotary changeover
- Friday 28:** Lawson Public School Breakfast Club

## July

- Saturday 06:** District Changeover - Hornsby RSL Club

## Become a Rotary Foundation Centurion



Add a coin each week to become a Centurion in 50 weeks.  
If you add extra coins, the time will be even shorter.

For more information, see your club's Foundation Director,  
Ian Scott: [ian@scottadr.com](mailto:ian@scottadr.com)

## Our Guest Speaker 12 June



## Peter Brooks

### Paralympic Gold medallist

Our guest speaker this week, Peter Brooks has not only dealt with his physical disability, he's overcome the associated mental challenges to rise to the very top in sport – becoming world champion and then cycling to gold medals at the 2004 Paralympic Games in Athens.

His story is one of "true grit", determination, courage and endurance.

He'll explain his personal journey, from triathlete to track and road cycling, from qualifying for the Australian LC1 cycling team to becoming world "team sprint" champion and winning two gold medals at the Athens Paralympics.

Peter still races regularly in open road and track events, juggling that with working for the Australian Paralympic Committee and being a husband and dad.

Don't miss his enthralling story, Wed. 12 June.

# 2019 Rotary International Convention, Hamburg

Every  
whiskey  
contains  
a story

June 5, 2019

RI Convention, Hamburg, Germany

Rüdiger Niemz, Rotary Club of Mondseeland, Austria, as told to Diana Schoberg. Photos by Monika Lozinska



“When I was invited to join Rotary, instead of giving a presentation about my job, as everyone is expected to do, I did a whiskey tasting.

“I became interested in whiskey when I was travelling a lot as a journalist. I was working on travel shows about foreign countries.

“You would come back very late from the filming and editing, and then you’d meet somebody at the bar. You’d start talking, and start sharing whiskey. You don’t drink whiskey to get drunk. It’s part of an exciting lifestyle.

“I got to know a lot of different places and whiskeys, and after a while I got asked to host curated tastings. I got a master’s degree in food science so I researched a lot about the history and sociology of drinks and food. Every whiskey contains a story. Every cheese contains a story.

“Life is so interesting. You cannot limit yourself. Journalists are always trying to look behind the curtain. We are trying to discover something. We are trying to get new ideas, new perspectives.

*Rüdiger Niemz. 4 June 2019, Hamburg, Germany.*

“I also have my master’s in philosophy. Philosophers are quite similar to journalists: We are both curious about life.

“This is the interesting thing about Rotary. You always meet exceptional people. They have different backgrounds, different experiences. It is so exciting.

“I like the worldwide view. In these days where people are developing backwards in a way that we stick to ourselves, our region, to our nationality only — where we are getting more ruthless in terms of how we treat each other in national and especially international politics — Rotary is an alternative.”



# FOODBANK – the food pantry to millions of needy Australians



*Central Blue Mountains Rotary members have collected and distributed food from Foodbank each month this year to three community organisations in our area. It's one of our major charitable projects.*



*Jamie Mack, (left) co-ordinator of Thrive Services, John Robertson, and Kath Harrison, Chief Executive of Belong Blue Mountains, the umbrella organisation for Katoomba, Mid Mountains and Lower BM Neighbourhood Centres.*

Last Wednesday, we heard the amazing story of Foodbank from its Chief Operating Officer, John Robertson.

John began his informative and compelling presentation with some facts that shook any complacency about “the need for feed” in Australia.

From a small start 27 years ago, Foodbank has grown to now provide 70% of charitable food supplies in Australia.

What does that mean? The equivalent of 200,000 meals were provided each day last year through hundreds of “members”, including Rotary, Vinnies, schools and even small shopfronts.

Now, 370,000 kilograms of food can be distributed every week to the four million people living a life of food insecurity in Australia – that’s 18% of our population.

While those in need can easily be assumed to be struggling to make ends meet on low (or no) income, 51% of that four million are working, for at least part of the time.

So, food insecurity affects a wide range of people as well as the sheer number. As well, the Productivity Commission recently reported that rising inequality means 79% of “poverty spells” last up to three years.

The top three reasons why people don’t have enough food are: having to meet unexpected expenses, scraping up enough money for rent or a mortgage and, simply, low income. A chilling fact: 61% of food insecure single parents skip a meal regularly, in order to feed their children.

It’s not just a city and urban problem, where rents can be astronomical. 35% of the food distributed goes to rural and regional areas, where drought and shrinking job opportunities have taken a huge toll.

More than 1.5-million country people were “food insecure” last year.

Foodbank’s 36 paid staff and its 300 weekly volunteers are about to prepare another batch of 5,000 food hampers, destined for drought relief. A Beyond Blue flyer will be included in each pack.

Foodbank receives its supplies from many donating companies. The food may be nearing its best before or use by date, it may be excess product, it might be fresh food that’s perfect quality but doesn’t fit packing machinery and so would otherwise end in landfill, or it might just be donated because a company wants to help.

John specifically named Leggos, who have donated one million bottles of sauce, and the supplying glass manufacturer has absorbed its costs.

Foodbank also provides food for school breakfast programs in 143 schools in NSW and the ACT. There’s a long waiting list of schools wanting to join, but Foodbank’s resources are stretched.

John said that Foodbank has asked the State government to allocate in the coming budget eight million dollars over four years for the school breakfast program – that’s just \$500,000 a year.

Only 0.8% of what comes into its massive warehouse can’t be distributed and ends in landfill. Yet, Foodbank still has a major problem. It’s begun buying selected foods because it can’t keep up with demand. It requires a third more food to meet current needs.

Tax deductible donations can be made online at [www.foodbank.org.au](http://www.foodbank.org.au) via the top right donate tab.

...Steve Cookson

*Please turn to the next page*

# Mountain Ghost

China has 600-million pigs and up to a third of the pig population has died or been culled. That is 200-million pigs. In contrast, the world's second biggest pig producer, the USA, has 70-million pigs. In fact, China produces and consumes two thirds of the world's pork. That is a lot of pig.

## PORK

The Mountain Ghost loves pork sausages. In fact he loves anything from a pig – pork roast, pork chop, pork sausages, bacon etc. Well perhaps not black pudding.

Anyway, he was very surprised to find out his local butcher was out of pork. He was informed that pork was being sent to China to cover a pork shortage. Well the Ghost thought he would do a little research on this to see if this was true.

China's pigs are being devastated by African Swine Fever (ASF). There is no cure for this disease and the solution seems to be to destroy all pigs in an area to stop the spread of ASF. China is the world's biggest producer of pork and the biggest consumer as well.



*The Mountain Ghost loves pork sausages*



*Yummy Crispy Roast Pork*

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In contrast, the world's second biggest pig producer, the USA has 70-million pigs.

In fact, China produces and consumes two thirds of the world's pork. That is a lot of pig. China is now importing pork from around the world to cover the shortage.

Good news for Australian pig producers, bad news for the Ghost, his pork sausages are going to cost more.

What doesn't seem fair is that the Chinese could switch to beef imports instead which will be great for the Australian beef producers but then the Ghost will pay more for his steak – you just can't win!

So what is African Swine Fever (ASF). It is a disease originating in Africa but now found in Central, Eastern Europe and Asia especially China and Vietnam.

Luckily, Australia is free from this disease but the Ghost has learnt that contaminated pork products have been seized by Australian Customs and destroyed at the airport.

It is spread by species of ticks and blood sucking flies. It is only deadly to pigs and no other animals. Humans are safe. At this stage there is no cure except the destruction of pig herds that are affected and strict quarantine.

The Ghost thought his readers may be interested to know that pork is the most consumed meat in the world followed by poultry, beef and sheep. Poultry is the fastest growing sector.

Let's keep our fingers crossed that Australia can keep ASF, Foot and Mouth and Avian Influenza out of our wonderful country.



Experience Aloha at the 2020 Rotary International Convention in Honolulu, Hawaii, USA, 6-10 June 2020.



Having Captured the Moment at the 2019 Rotary International Convention, attendees are leaving Hamburg, Germany with their eyes on the sandy beaches and natural beauty of Honolulu.

Local Rotary members are already hard at work preparing Honolulu to welcome Aloha, Rotary.

Just as Rotary is a way of life for Rotarians, aloha is a way of life for Hawaiians — one that focuses on living in harmony, being patient, treating everyone with respect, and sharing joy with your family, or 'ohana.

The family of Rotary is invited to find and share their aloha while connecting with people of action from all over the world at the 2020 Rotary Convention.

A reduced registration fee is in effect for those who register by 15 December. Next year's convention promises inspirational moments for everyone.

DG Susan and DGE Kalma warmly invite you to

# ROTARY DISTRICT 9685 CHANGEOVER

**Saturday 6 July 2019**  
6.00pm for 6.30pm

**\$55 per person  
incl. 2 course dinner**

**Hornsby RSL Club, 4 High St, Hornsby**

Register at [changeover.rotarydistrict9685.org.au](http://changeover.rotarydistrict9685.org.au)

RSVP Friday 28 June 2019

Enquiries: [changeoverregistrations@rotarydistrict9685.org.au](mailto:changeoverregistrations@rotarydistrict9685.org.au)

# Central Blue Mountains Rotary



*invites*

You, your family and friends

*to*

## *Changeover 2019*

### Wednesday, June 26



Grand View Hotel, Wentworth Falls  
6.30pm for 7.00pm - \$40 per person

Main + Dessert

Tea and Coffee

Drinks at bar prices



Celebrate the year of Co-Presidents Ava Emdin and Steve Cookson  
and welcome Justine Murphy as President 2019-2020

RSVP: on receipt or by June 16, 2019 to:

Justine Murphy - 0434 621 629 - [rotaryconnected@gmail.com](mailto:rotaryconnected@gmail.com)

or Paul Twigg - 0487 139 381 - [ptwigg@ozemail.com.au](mailto:ptwigg@ozemail.com.au)

Please pay by direct transfer to Central Blue Mountains Rotary Club Admin account:

BSB 802-084 (Sydney Credit Union) - Account: 731640

Payee (recipient) reference: 2606 plus your name/s

Please advise Paul or Justine of special dietary requirements when booking

Dress: Neat casual

*...that's all folks*