



HORIZONS



Central Blue Mountains Rotary

Effective - Energetic - Enterprising - Empowered

Rotary District 9685 - Australia

Wednesday, September 12, 2018

The Mountain Ghost was recently showing off the Blue Mountains to some friends from England. Read his story on page 4.
He does not recommended this if you want to enjoy a quiet Sunday lunch.

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Guest Speaker September 12



Alex Schwarz, Conditorei Patisserie Schwarz, Wentworth Falls, will bring his vocation to the Grand View Hotel on September 12. He will talk about his life in Europe, his journey to Australia and the business of pastry and bread making. Alex will also have treats to taste. Guests are very welcome.

September

Friday 14: Lawson Public School Breakfast Club

Wednesday 19: District Governor visit

Friday 21: Lawson Public School Breakfast Club

Saturday 22: Barbecue to launch the new look Mitre 10 store, Katoomba. This is a community service activity. In addition we will be running a bucket collection for drought relief.

Sunday 23: BMCC Schools Waterways Festival at Peter Carroll Oval, Clarence Street, Katoomba.

Wednesday 26: "The Power in your Pocket". It's a meeting all about "Happysnapography"....don't miss it!

Friday 28: Lawson Public School Breakfast Club



October

Wednesday 03: Guest Speaker - Steen Rees, Senior Trainer for the Red R Organisation. Provides training for NGO volunteers in dealing with hostage and terrorist situations in trouble spots around the world.

Wednesday 10: Guest Speaker - Susan Templeman MP. Five years on after the fires of 2013, and the effects on the mental health of those adversely affected.

Friday 12: Barbecue at the Aboriginal Cultural and Research Centre, Katoomba.

Saturday 13: Hazelbrook Family Fun Day.

Wednesday 17: Club business/planning meeting

Friday 19: Lawson Public School Breakfast Club

Saturday 20: Barbecue - Mitre 10, Katoomba

Sunday 21: Graffiti Removal Day

Sunday 21: "Jazz at the View" and Lunch in support of the drought relief appeal.

Wednesday 24: Social night

Friday 26: Lawson Public School Breakfast Club

Fri-Sat-Sun 26-28: Fellowship in Forbes

Wednesday 31: No meeting



Rotary Leadership

The Rotary Leadership Institute course is now run over two days, powerpacked with information, learning and skills you can use in your Rotary life straight away.

Networking with other Rotarians and led by experienced facilitators, you are sure to enjoy what others are describing as the best Rotary training they have had. Register online now at rli.rotarydistrict9685.org.au and supercharge your Rotary.

There is 1 course available for registration:

RLI 49 - Sundays, October 2 and November 4, 2018 at the District's Thornleigh office.

\$75 per person (clubs are encouraged to pay on behalf of Rotarians). Lunch, teas and course material is included.

Contact Ian Scott: ian@scottadr.com
0402 217 915

A dog who keeps his human companion alive



“Buddy” is a service dog for Tony Edwards, featured guest speaker at the September 5 meeting of Central Blue Mountains Rotary.

Tony isn’t vision impaired, so why does he have a service dog?

The answer is that Buddy is a “mindDog”, playing a critical role in keeping Tony focused on the value of staying alive and the responsibility of being Buddy’s companion and carer.

Tony has spent his life dealing with depression, suicidal thoughts and attempts. He was diagnosed with depression at 13.

Tony rescued Buddy from dog death row and Buddy has helped Tony ever since.

Tony is now suffering from a mix of bipolar and schizophrenia. He joked that he didn’t like the term bipolar, as people think of it as a battery! More seriously, he described this mix as “a marriage made in hell”.

For Tony, Buddy has been a lifeline in the worst moments, even nudging him when he somehow sensed that Tony might be losing contact mentally with him and the world outside his head.

Tony Edwards said 20% of people could face mental illness in their lifetime, while suicide is now the 10th highest cause of death for men in Australia.

There are now more than 1,000 “mindDogs” helping people like Tony to stay alive, as he has done, thanks to Buddy.

Story: Steve Cookson



mindDog assists mental health sufferers to procure, train and certify psychiatric assistance dogs.

These dogs help people whose lives are often severely compromised by anxiety and fear.

With their mindDog, they are able to travel on public transport, access public places and take part in social activities.

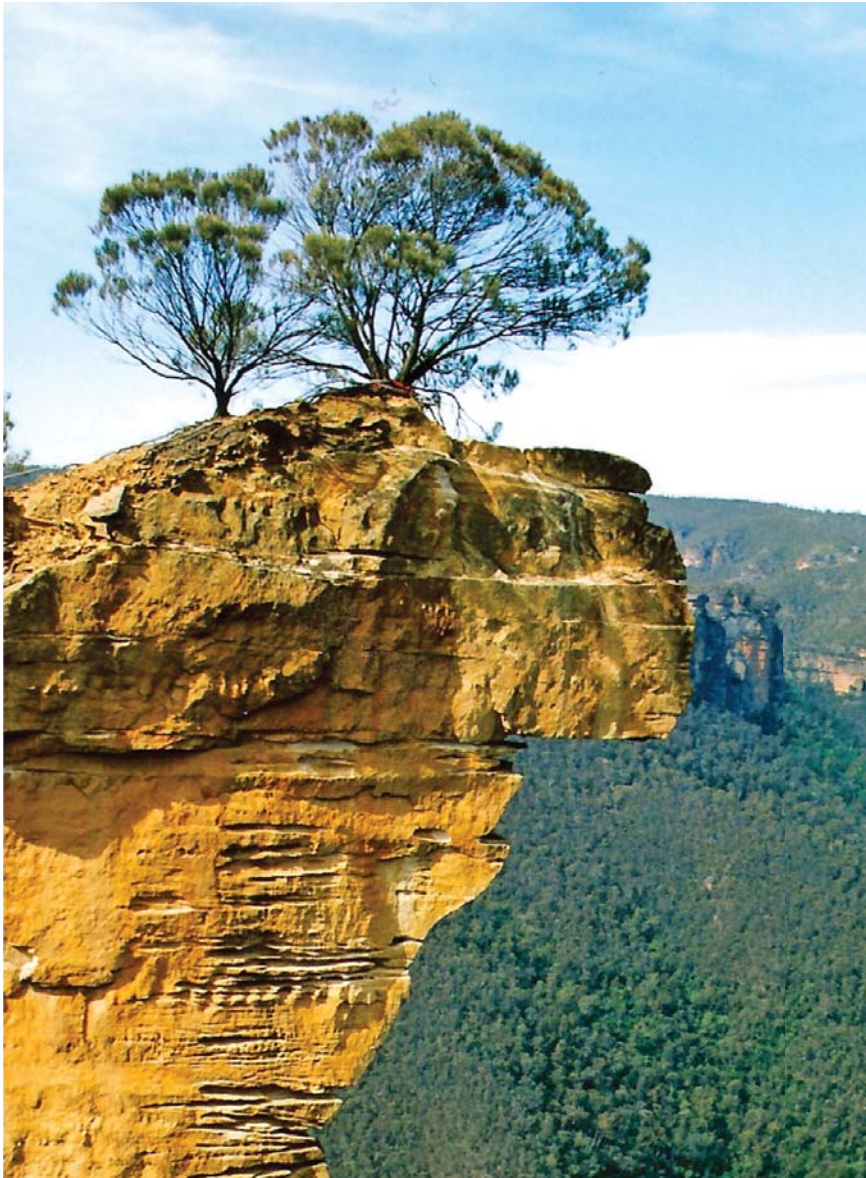
Tax deductible donations to mindDog can be made via minddog.org.au



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Mountain Ghost

Blue Mountains National Park covers 2,679 square kilometres, about the size of where the Ghost's visitor's came from in their county in England. The highest point is Mt. Werong, 1,215 metres. The lowest point is the Nepean River near Penrith at 20 metres.



Blue Mountains National Park

The Mountain Ghost had recently been showing off the Blue Mountains to some friends from England. He had taken them to all of his favourite haunts, Sublime Point, Hargraves Lookout, Wentworth Falls, Govetts Leap and of course the Three Sisters.

He explained to them in his most patient manner that all these areas were part of the Blue Mountains National Park (BMNP). But then they asked him questions about the BMNP so he suggested they read the next Mountain Ghost review and he would have all the answers there.

The park is a vast area in the Blue Mountains covering 2,679 square kilometres, about the size of where the Ghost's visitor's came from in their county in England. The highest point is Mt. Werong of 1,215 metres while the lowest point is the Nepean River near Penrith at 20m. It was established in 1959 covering 63,000 hectares and has quadrupled since.

In 1997, thirty seven walking tracks were added to the Park from Glenbrook in the east to Mt. Tomah in the north, to Wolgan Valley and Newnes in

the northwest, Jenolan Caves and Oberon in the west and numerous walks at Katoomba, Leura and Wentworth Falls.

The idea of the National Park was first proposed by early conservationist, Myles Dunphy in 1934.

An interesting story, well to the Ghost anyway. He had been told that Govetts Leap at Blackheath got its name from a Mr. Govett who was being pursued on horseback by police (sounds as if he was a bushranger) and to escape he leapt across the cliffs. The police did not follow him.

Well the real story is a little more boring. It was named after William Govett who was one of the surveyors of the Upper Blue Mountains in 1831. Govetts Leap is also known as Bridal Veil Falls, and is the tallest single drop waterfall in the BMNP. It is 180m from top to bottom. Leap is an old Scottish word for waterfall.

In addition to the Blue Mountains is the Greater Blue Mountains World Heritage (GBMWH) area. The GBMWH was added to the World Heritage Listing in the year 2000.

It comprises eight National Parks of which the BMNP is the biggest. The other seven are Gardens of Stone National Park, Jenolan Karst Conservation Reserve, Kanangra-Boyd NP, Nattai NP, Thirlmere Lakes NP, Wollemi NP and Yingo NP. Australians should be proud of this listing. It is a vast area extending almost 250 kilometres from the edge of the Hunter Valley to the Southern Highlands near Mittagong.

Apart from the unique landscapes the area contains 96 species of eucalypts (13% of Australia's total) as well as rare plants such as the Wollemi Pine.

In 1999, 1,045 million visits were recorded in the park. Since then visitor numbers have declined to 563,000 in 2009. The Ghost wonders where these figures are taken from?

The Ghost takes this as a compliment but his visitors thought the Blue Mountains were better than the Grand Canyon. I tend to agree.

Until next time.....

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Enjoy a weekend in Forbes, NSW, with CBM Rotary



It's another way that Rotary can help the town and its farming community by injecting extra cash into the local economy.

The trip over a weekend is the initiative of Central Blue Rotarian Eric Cantor who is contacting Rotary clubs in the vicinity with a view to arranging farm visits.

Eric says: "Really I would like people to give me an indication that they will go, Friday (26 Oct), Sat (27), Sun (28) and Mon (29), on one or more of these dates.

By road, from Katoomba, the trip is 3.5 to 4 hours.

The train option on Friday is Dubbo XPT from Katoomba (09:00) to Orange, bus from Orange to Parkes and Forbes

(arrive about 14:00). The return journey is on Monday, depart by bus from Forbes at 13:50, to Parkes and Orange, to meet the XPT departing Orange 15:52 and arriving at Katoomba 19:02.

So far it is planned to have a coach tour on Saturday afternoon (13:00 to 18:00) and another on Sunday morning (09:00 to 13:00). This would allow those who are driving and only there for the weekend to do some coach touring.

I'm sure we'll organise a dinner for Saturday night.

As the numbers grow, and more touring is required, that can be arranged.

If you would like to participate in this getaway weekend. The simplest is a quick email to Eric saying "yes" interested in driving (or training) will arrive on, day/date and depart on, day/date."

Contact Eric: 4757 1790 - 0414 271 857 - cantors@bigpond.com.



Lake Forbes



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Norm's Rotary Bus Tour

It's one of those activities that happens every year in September....and it's been going on for the past 20 years, starting when Norm Kitto was a member and former president of Central Blue Mountains (1988-89) and more recently as a past president of Springwood Rotary.

Norm drives the bus during the two day excursion and visits various scenic areas within a couple of hundred kilometres of the Blue Mountains giving his passengers an opportunity to check out all the local wineries, smell the spring flowers, and enjoy each others company.

This year the tour headed west to The Beekeepers Inn in Vittoria (2799), a tiny town on the Mitchell Highway, for a morning tea stop of freshly baked scones with jam, cream and honey.

There is also a boutique brewery there, and our fearless bus trippers had some free time to check out the 1859 Brewing Company's traditional English style handcrafted beers.

The 1859 name comes from the year when the Beekeepers Inn was built and used as a Cobb & Co. homestead. We must also mention the live bee display, free honey tasting, a farm shop, plant nursery, antiques and lots more!

The first wine tasting followed at Highland Heritage Estate and the second wine tasting was at Stockman's Ridge Wines. All this before settling down for lunch.

After lunch a short drive to Canobolas-Smith wines for the days final wine tasting before heading to the Templers Mill Motel, which is part of the Orange Ex- Servicemen's Club.

Dinner was at one of the many local restaurants.

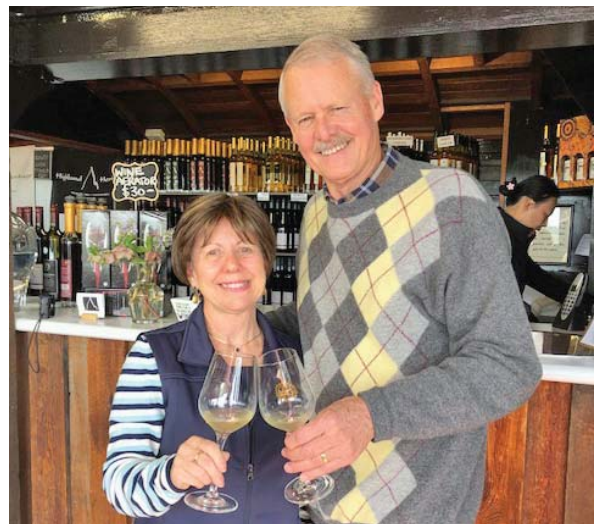
Up early on Sunday, the tour travelled to Hillside Harvest Orchards for a stroll through the blossoms and then off to Millthorpe to visit the Golden Memories Museum before lunch.

On the way home, if our bus trippers were up to it, there was another winery to visit, Angullong Wines followed by some free time to look around this beautiful historic village.

WOW!...what a wonderful weekend away from it all.



Ian Scott pokes his nose into an English style beer vat.



*And here's Ian and Jennifer checking out a wine at one of the many tasting venues along the way.
Big glass...small drop.*

HEY!
Don't miss this

"Jazz at the View"

Sunday, October 21

11.30am til 3.00pm

Katoomba Jazz Group

Presented by
Grand View Hotel and
Central Blue Mountains Rotary



Kevin Brown, piano - Keith Dubber, vocalist
Tony Buckley, double bass - Jim Craib, drums
John Boatwain, sax/clarinet

Proceeds will support the Rotary, Farmers Federation, Channel Nine Drought Appeal....and because Rotary is involved expect a raffle or two

Enjoy a delicious lunch
Select from the a la carte menu or specials board
Table bookings advisable - 4757 1001

Come along
Have a great lunch - Enjoy the jazz
Please support this worthy cause

..that's all folks