

HORIZONS

Central Blue Mountains Rotary

Effective - Energetic - Enterprising - Empowered

tary District 9685 - Australia

Wednesday, August 14, 2019

Snow across the Blue Mountains

Katoomba:
Early Saturday...Yung Kim



Simple idea, powerful impact

A Rotary Club in Western Australia trialling a personalised music therapy program for people living with dementia wants the scheme to go national.

It's been found that favourite tunes stimulate memory, calm the mind, and spark conversation.

The Rotary Club of Geraldton-Greenough pledged to give every dementia patient in the city a personalised headset, loaded with their favourite songs

The headsets are \$40 each and are easy to take on and off, making them accessible for all.

At \$40 each, Rotary wants to coordinate the project across Australia.

The Rotary Club of Geraldton-Greenough began providing the headsets last December and has since ordered 400 units — one for every member of the community diagnosed with the condition.

The idea of the headsets, which are loaded with handpicked playlists of the recipient's favourite music, came to Geoff Wood, the club's president, after he watched an ABC Catalyst's special Music on the Brain program.

Each person is given a personalised headset, with a memory card loaded with songs chosen by their family.

The aim is for the songs to stimulate memory, calm the mind, and spark conversation.



These relaxing Rotarians, having a coffee at a local cafe Friday, were previously extremely active preparing meals for hungry kids at our Lawson Public School Breakfast Club.

Different twist on running a food van

Anglicare Southern Queensland is taking a different approach to tackling youth homelessness.

Anglicare is providing young people with life skills, and training through its newly launched food van, where they learn about the hospitality industry and rediscovered a passion for life.

The Good Grub Club food van recently hit the streets of Brisbane, Logan and Redlands.

An Anglicare Youth Homelessness Service spokesman said instead of dishing up food for young homeless people, the Good Grub Club is teaching homeless teenagers about nutrition and how to cook. They also operate the food truck at community events.

It's a twist on the traditional food truck idea.

Homeless young people in need of employment and training are equipped with particular skills to get them an income, and connect them with training they can use in the real world.

The van recently had its first public outing, catering at a youth festival at Inala in Brisbane's west.

WhatsOn....

August

Wednesday 14 - Steve Price - restoring old vinyl records

Sat 17 -Sun 18 - RAWCS (Eastern Region) meeting
Katoomba Christian Convention Centre

Wednesday 21 - Foodbank pick up and delivery

Wednesday 21 - Phillip Isaacs - RAWCS

Thursday 22 - BM Grammar School Athletics Day - catering van

Sunday 25 - Waterways Festival catering van - W. Falls Lake

Wednesday 28 - Youth night

September

Wednesday 04 - Guest Speaker - Dave Parsons SES

Wednesday 18 - Foodbank pick up and delivery

Saturday 28 - Catering van at Woolworths, Katoomba

ShelterBox says thanks

Total donations for June were \$214,021 with Rotary donations equalling \$123,846 and non-Rotary donations at \$83,856.

Such a great final month that helped us reach our goal of exceeding \$1.1 million in the last financial year.

This year, we have set ourselves a goal of \$1.6 million. We know we can do it with ongoing help, by building relationships in communities and clubs, and reaching out to new people, new organisations, new schools and new Rotary Clubs that might not have heard from us in a while.

Thanks again for making the task of raising this large sum of money such a joy. I am honoured to be working with you all, knowing the effort you put in to ShelterBox on top of your jobs, families and other commitments.

Kieryn Deutrom
Volunteer Program Manager
ShelterBox Australia



Sunday, August 25 Wentworth Falls Lake

A FREE, fun event for all ages jam-packed with activities, walks, talks and workshops...10.00am to 2.00pm.

Love our Lake - learn all about swamp critters and find out why they are so special.

Go on a swamp safari, get up close and personal with crayfish and turtles. Make art and enjoy expert-led walks and talks.

Book in for a specific activity, or just come along for a great day out!

Walking tours include some narrow bush pathways with uneven surfaces. All other activities are suitable for wheelchair or pram access.

Please contact gfitzgerald@bmcc.nsw.gov.au if you have any questions about accessibility.

Central Blue Mountains Rotary will be serving delicious sausage and egg and bacon rolls throughout the day.

Snow across the
Blue Mountains from
Wentworth Falls to
Mt. Victoria
last weekend



*Our out and about photographers were:
Justine Murphy, Yung Kim, Peter Hartley*

Please turn to the next page



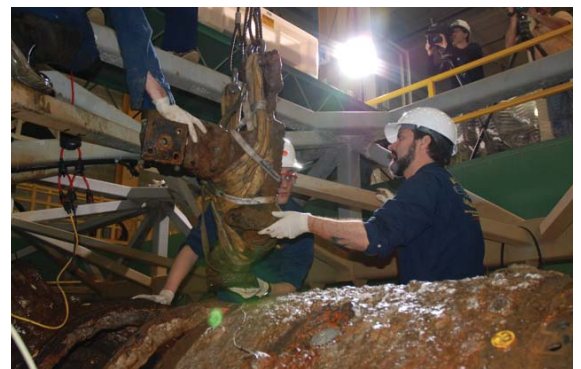
CBM Rotary president Justine Murphy and Dr James Hunter.

“Discovering wrecks and finding relics of the past on the sea bed is always a highlight in my career.”

.....Dr James Hunter



Recently exposed timbers of the South Australian at Encounter Bay. Photo Tim Zapor (from Silentworld Foundation website)



Dr Hunter working on a section of the H.L. Hunley after it was raised from the seabed.

Diving among wrecks and discovering lost relics on the ocean floor is a way of life for Dr James Hunter, a maritime archaeologist.

Over two decades, James has worked on a variety of archaeological sites ranging from prehistory to the modern era, including submerged landscapes, shipwrecks and aircraft crash sites.

Dr Hunter was guest speaker at last week's meeting of Central Blue Mountains Rotary.

James has been scuba certified since 1982, when he made his first dive at the age of nine.

He is Curator of RAN Maritime Archaeology at the Australian National Maritime Museum, and an Associate Lecturer in the Department of Archaeology at Flinders University in South Australia.

His vivid description of ocean exploration and discovery research at the site of South Australia's oldest shipwreck at Encounter Bay near Victor Harbor was fascinating.

The barque South Australian was driven ashore in a storm on 8 December 1837 while anchored in Rosetta Harbor at Encounter Bay, but its exact location remained a mystery until recently.

Magnetometer searches in the 1990s failed to locate the wreck site but a project last year comprising new magnetometer searches and metal detector surveys by SCUBA diving, snorkelling and walking, led to the discovery.

South Australian was one of the early vessels to bring free settlers to South Australia in 1836-37, making it an important part of our state's history.

It is the first shipwreck recorded after South Australia was established as a colony, and also believed to be one of the earliest recorded wrecks of a free-settlement immigration ship in Australia.

In a move to protect the historic wreck, the SA State Government has enforced a 30m radius protected zone in Rosetta Harbor while further archaeological work is done.

“Discovering the wreck and finding relics of the past on the sea bed, and within what is left of the structure, was a highlight in my career,” Dr Hunter said.

“But really the most memorable exploration I have been involved in was being a member of the archaeological team that discovered the wreck of the Confederate Navy's submarine, the H.L. Hunley, the first combat submarine in history to sink another ship.

Hunley, a 40-foot-long, sausage-shaped craft sat four miles off the coast of Charleston, South Carolina, USA, for 150 years.

In 2000, the sub was raised, including the remains of the eight sailors aboard.

During that period, we kept seeing objects and submarine parts that no one had seen in 150 years. It was truly remarkable,” Dr Hunter said.

...Peter Hartley

Mountain Ghost

By the way the “Elvis performers” are no longer called Elvis impersonators they are called ETAs which in the Ghost’s understanding is Estimated Time of Arrival but now means Elvis’ Tribute Acts.



The Mountain Ghost has always wondered why people were so attracted to Elvis Presley. In his mind, he was very over-rated as a singer but Mrs Ghost differs greatly so perhaps the Ghost is wrong (very unusual).

Anyway, the annual Blue Mountains Elvis Festival will be held in Katoomba on 15th – 18th August. The three venues will be the new Katoomba RSL, the Palais Royale and Katoomba Family Hotel.

The Ghost is more interested in seeing the rebuilt RSL than the many rebuilt Elvis’s but he does not want to upset Mrs Ghost.

This will be the 7th Elvis Festival in the Blue Mountains and it has proved very successful bringing in a lot of tourists and with performers both local and international.

The Ghost is keen to see Kiwi’s Elvis. By the way the “performers” are no longer called Elvis impersonators they are called ETA’s which in the Ghost’s understanding is Estimated Time of Arrival but now means Elvis’ Tribute Acts.

Some years ago the Ghost went to Parkes for the Elvis Festival. Despite the Ghost not liking Elvis he had a tremendous time. The atmosphere was terrific but why hold the event in summer? It was really hot.

The Festival has done wonders for the Parkes community. Last year 27,000 people attended the 27th Festival and the NSW Government estimated it was worth \$43 million to the Parkes economy. Parkes has an Elvis Presley Museum open all year and it is well worth a visit if you are an Elvis fan.

As you know the Ghost likes to give a little history to his readers. Elvis was born Elvis Aaron Presley on 8th January 1935 and died on 16th August 1977 of cardiac arrest. He was only 42.

He made over 30 movies, sold one-billion records during his life and after his death. He died his hair black with black boot polish (just like the Ghost used to do). Elvis never wrote any of his songs. He never performed outside of North America (but he will be at the Katoomba RSL next weekend).

In 1955, a scientist, Jonas Salk, invented a cure for polio but doctors were having difficulty getting the teenagers to take the vaccine. Elvis took the vaccine in front of the media and featured in an advertising campaign. Incidence of polio decreased by 90% between 1950 and 1960. He was a Black Belt in Karate.

The Ghost would also like to mention the Palais Royale in Katoomba Street. He has not been there for years but it is well worth a visit.

This guesthouse has now been transformed to a luxury hotel. The original property dates back from the 1930s (original cottage on the site was built in 1896). The new owner purchased the Palais in 1997 and carried out a multimillion dollar restoration including the Grand Ballroom (home of Elvis) and Gazelles Restaurant. The Palais Royal is heritage listed. You should pay a visit.

