



HORIZONS



Rotary - Central Blue Mountains

Effective - Energetic - Enterprising - Empowered

Rotary District 9685 - Australia

Wednesday, March 15, 2017

FREE BREAKFAST



CLUB

LAWSON
PUBLIC
SCHOOL



ALL
WELCOME
AT
CANTEEN

Every Friday starting
3rd March
8.15am-8.45 am



Brought to you by: Central Blue Mountains Rotary,
Lawson Public P&C, Lawson Cake Shop and



FOOD 4 KIDS

CBM Rotary is pleased to support Lawson Public School P & C by providing milk, cereal, honey and vegemite for the students weekly breakfast club.

The breakfast club each Friday is the initiative of Lawson Public School P & C, working with Mountain Outreach Community Services and Lawson Cake Shop.

The object is to provide a nourishing meal to primary school children who unfortunately arrive at school without having breakfast.

Help end polio worldwide.

Rotary. Humanity in motion.

rotary.org/endpolio



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



Join the trip to Optus Satellite HQ

March

Wednesday 15 - Club assembly

Wednesday 22 - District Governor visit

Wednesday 29 - Joint meeting with Penrith Valley
Rotary - Grand View Hotel

Friday 31 - Greystanes Golf Day W.Falls Country Club

April

Saturday 01 - President-Elect Training Day

Wednesday 05 - Guest speaker - TBA

April 07-May 07 - Scenic World Sculpture Exhibition

Sunday 09 - Food van - Grand View Market

Saturday 23 - District 9685 Assembly



**Book now for CBM Rotary's tour of
the Optus Satellite Control Centre,
Belrose, on Tue. April 4.**

This is an open invitation to Rotarians and partners to join with Central Blue Mountains on this informative visit to the Optus Satellite headquarters, at Belrose.

Contact Allan Byrnes 0424 151 904 - 4757 2812 and book a seat on the bus departing Wentworth Falls at 3.00pm, or join the tour at the Optus Satellite headquarters. A dinner booking has been arranged at Terry Hills Tavern.

Our invitation to visit came from Tim Parsley, Optus Satellite's senior technical specialist, spacecraft payload systems. In his spare time, Tim is president and deputy captain of Wentworth Falls Rural Fire Brigade.

Optus operates six geostationary satellites and one geosynchronous satellite, and provides voice and data connectivity, broadcast services and communication access for international businesses.



Greystanes Golf Day Friday March 31 Wentworth Falls Country Club \$10,000 Hole-in-One

Breakfast and registration at 8.00am, followed by a day of fun, great prizes and raffles. Drinks are available on course. There is a port hole, a pro-shot and mulligans to make your day a bit easier.

This year's Hole-in-One cash prize of \$10,000 is sponsored by Warren Saunders Insurance.

Individual registration \$85. Teams of four \$320.

Registration includes breakfast, gift bag (sponsored by Telstra Western Sydney) and a picnic lunch.

The competitions include prizes for 1st, 2nd, 3rd and last place teams, nearest the pins, straightest drive, longest drive and best dressed male and female player. Costumes and decorating golf carts are welcome!

Greystanes Disability Services looks forward to seeing you there....If you need any more information or a registration form contact Vanessa Balfour 4784 4554 or email events@greystanes.org.au.....see the brochure on page 5.

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.

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Rotary is “Fun and Service”

At Blue Mountains Grammar School last week, Central Blue provided the catering van and food services and hundreds of lunches were served in record time.



Money was raised for the school's Compassion Project (releasing children from poverty through a holistic Child Survival Project in Sulawesi, Indonesia).

The ongoing project provides BMGS students with a strong value base for helping communities.

The event coincided with the school's Cross Country Carnival, meaning that Central Blue Rotarians, students and teachers enjoyed an extremely busy few hours of fun and service.

New Study Aims to Address the Interconnection between Anxiety and Alcohol Use among Young People

Australian Rotary Health is supporting a trial in 2017 to test the effectiveness of 'Making InroADs', an online early intervention program for anxious young people at risk of harmful alcohol use.



Dr. Lexine Stapinski

Dr. Lexine Stapinski from the University of New South Wales was awarded a Mental Health Grant to begin the trial this year, which is the first of its kind. She believes the intervention is innovative in two important ways.

“It is an age-appropriate, early intervention for young adults that addresses anxiety symptoms, alcohol use, and the interconnections between them,” Dr. Stapinski said.

“It combines therapist email or phone support with an internet-delivered cognitive behavioural therapy program. Internet delivery helps to circumvent common treatment-seeking barriers for young people, such as stigma and time constraints.”

It's no secret that anxiety and alcohol use can fuel one another in a vicious cycle, but Dr. Stapinski has observed that standard treatments tend to focus on one or the other, ignoring the links between them.

“My priority is to better understand the interconnection between anxiety and substance use, and to use this knowledge to develop more effective interventions to prevent and interrupt the escalating cycle of anxiety and drinking.”

As part of the development of the program, Dr. Stapinski spent time liaising with web developers, graphic designers, and artists, brainstorming the best ways to structure the

intervention program online so that it is appealing and engaging for young people.

“We also talk with young people themselves to make sure we are on the right track and make modifications to the website, illustrations or program content, according to their feedback.”

“By intervening early, and helping young people to develop coping skills before these problems become entrenched, we have the opportunity to interrupt this trajectory, and can prevent considerable impairment and suffering over the longer term.”

“This trial would not be possible without Australian Rotary Health's support, and it will provide crucial evidence about the best ways to prevent harm and improve wellbeing among young Australians.”

Australian Rotary Health is one of the largest independent funders of mental health research within Australia and in 2017 has contributed more than \$2 million towards health research. For more information visit: www.australianrotaryhealth.org.au



Mountain Ghost

At Mt Tomah there is so much to see and do in a day. There are 40,000 native exotic and rare plants to discover. There is a variety of feature gardens to visit. It's really a fabulous day out.... Take a picnic lunch.

THE BLUE MOUNTAINS BOTANIC GARDEN MT. TOMAH

The Mountain Ghost has only been to Mount Tomah Gardens once before but that was at least 10 years ago. The Ghost's memory might be fading, it was at least 20 years ago. The changes to the Garden since then have been amazing.

The Garden was established in 1972 as a Mountain Eco Garden as part of the Royal Botanical Gardens, Sydney. It covers 28 hectares (not counting the Jungle) at Mount Tomah on the Bells Line of Road. It is 1000 metres above sea level (same as Katoomba) and the soils are very rich and volcanic. Everyone likes good news. The gardens are free entry, although the tours are available at \$12 a person.

There is so much to see and do in a day. For example there are 40,000 native exotic and rare plants to discover. There is a variety of feature gardens to visit. The Ghost's favourite is the Southern Hemisphere Woodland Garden with plants from Australia, New Zealand, Chile, Peru and Africa. There is the Conifer Garden (the Ghost is happy if you call them pine trees) and the famous Bog Garden with ferns and moss.

The Botanical Way Discovery Centre is well worth a visit especially for kids. It gives a history of the northern Blue Mountains. There are now three State Botanical Gardens in Sydney. The original is the Royal Gardens at the Domain which celebrated its 200 birthday last year; the Mount Tomah Gardens which have a mountain vegetation and Mount Annan near Camden which are dry climate gardens.

There is an excellent restaurant Tomah Gardens Restaurant with wonderful views and gourmet food. The Ghost thought it was pricey and suggests you take a picnic.

The Ghost made an interesting discovery. Next door to the Gardens is the Jungle Garden. It is a park with a tearoom, a number of walking trails to features like the Temple of Nature with sandstone pagodas.

The Jungle was officially opened in 1929 by the then Governor of New South Wales. In 1929, up to 100 cars a



day traversed the unsealed Bells Line of Road to The Jungle. The Great Depression saw the land resumed.

In 2008, the Royal Botanical Gardens purchased 33 hectares of the original Jungle for public use. I recommend the Lady (Nancy) Fairfax walk as a unique part of the Mountains. By the way you can stay at the Jungle Lodge. It is luxurious accommodation for up to 10 people with stunning views of the Mountains.

All in all, the Ghost enjoyed his visit to Mt. Tomah. There is a lot to see in one day. It should be spectacular in a few weeks time when the Autumn colours arrive.

Next step is Mount Annan.

Central Blue Rotary and the
Greystanes Foundation
invite you to the



Greystanes Disability Services has specialised in support and advocacy for people with multiple disabilities and high support needs in the Blue Mountains, Nepean and Hawkesbury region since 1958. Money raised is spent on items for which government funding is unavailable. Allowing the people Greystanes supports and their families access to items and programs that help lead to a more equitable life in our community.

Call 4784 1118 or email events@greystanes.org.au

www.greystanes.org.au

Thank you to our event sponsors

