



# HORIZONS



## Central Blue Mountains Rotary

*Effective - Energetic - Enterprising - Empowered*

Rotary District 9685 - Australia

Wednesday, August 01, 2018



## Schools Tree Day

Central Blue Mountains Rotary Going Green Team attended Lawson Public School, Friday July 27, to take part in a small tree and shrub planting ceremony.

**CBM Rotary supplied the shrubs. The kids planted them** National Tree Day was Sunday, July 29, but schools celebrated the occasion on the Friday before.

Each year, around 3,000 preschools, kindergartens, primary and high schools take part in Schools Tree Day.

Students nationwide learn how to dig in for the environment and have fun getting grubby planting over 470,000 seedlings, trees, shrubs, edibles and flowers.

Schools Tree Day can mark the beginning of a long-term environmental program.

It is also a reminder of the importance of nature in our daily lives and is a call-to-action for educators to introduce nature-care activities, outdoor learning, and healthy environmental programs into the day-to-day experience of our children to help them grow.



*JUNIOR GARDENERS planting shrubs at Lawson Public School on Friday were Llewyn, Lily, Zena, Isla and Jayden, using the spade, Taryn, Flynn and Ben. Overseeing the exercise were Rotarians Ava Emdin (president) Ann Montague and Lora Stopic with school principal Moira McNair and teacher Penny Percival.*

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## August

**Wednesday 01:** Guest Speaker - Tom Brownjohn

**Friday 03:** Lawson Public School Breakfast Club

**Friday 03:** BM Grammar School sports day - catering van

**Tuesday 07:** Breakfast with Upper BM Sunrise Rotary

**Wednesday 08:** No meeting.

**Friday 10:** Lawson Public School Breakfast Club

**Wednesday 15:** Planning and Business meeting

**Friday 17:** Lawson Public School Breakfast Club

**Wednesday 22:** Lisa Gorman managing director of Life Learning will present a light-hearted, lively approach to adult learning.

**Friday 24:** Lawson Public School Breakfast Club

**Saturday 25:** Trivia Night with Can Assist  
W.Falls Country Club

**Wednesday 29:** Guest speaker: "Peace Building"  
a young person's view of our world.

**Friday 31:** Lawson Public School Breakfast Club

## September

**Wednesday 05:** Guest Speaker  
Tony Edwards and his mind dog.

**Friday 07:** Lawson Public School Breakfast Club

**Wednesday 12:** Vocational visit - Watch this space

**Friday 14:** Lawson Public School Breakfast Club

**Saturday 15:** Barbecue - Mitre 10

**Wednesday 19:** District Governor visit

**Friday 21:** Lawson Public School Breakfast Club

**Friday 28:** Lawson Public School Breakfast Club

The Science Experience offers a three-day hands-on science experience for Year 9 and Year 10 students at universities throughout Australia.

It was initiated by the Rotary Club of Doncaster over 30 years ago and is a Rotary district supported project.

This is the most cost effective youth activities project. Brochures and application forms were sent to all Australian schools and Rotary clubs during May.

### **New South Wales Program Dates**

**Macquarie University, Sydney**

15 - 17 January 2019

Apply before 31 October 2018

**University of New England, Armidale**

15 - 17 January 2019

Apply before 31 October 2018

**University of Sydney, Sydney**

9 - 11 January 2019

Apply before 31 October 2018

**University of Technology, Sydney**

3 - 5 October 2018

Apply before 30th August 2018

**University of Wollongong, Wollongong**

22 - 24 January 2019

Apply before 31 October 2018

**For application forms and details contact:**

**Rotary representative, PDG Marilyn Mercer**

**mmm@myisp.net.au - 0416 026 848**

[www.ScienceExperience@rotarydistrict9685.org.au](http://www.ScienceExperience@rotarydistrict9685.org.au)

[www.scienceexperience.com.au](http://www.scienceexperience.com.au)



## 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](http://rli.rotarydistrict9685.org.au) and supercharge your Rotary.

There is 1 course available for registration:

RLI 48 - Saturday 4 and 25 August 2018

Contact Ian Scott: [ian@scottadr.com](mailto:ian@scottadr.com)

0402 217 915

## Our Guest Speaker August 22

*Lisa Gorman is a coach, facilitator and presenter working with leaders and business owners to ensure sustainability and high performance by developing confident capable people.*

*She is a dynamic facilitator of programs that impact both personal and professional life. Her key interest areas are communication and presentation skills, igniting effective leadership and workplace behaviours using tools that support relationship and productivity success.*



...A  
good  
news  
story



*The Central Blue Mountains Breakfast Team last Friday was: Robert Ralston, Ava Emdin, Lora Stopic, Maria Hopwood and Ann Montague.*

## ROTARY BREAKFAST at Lawson Public School

Every Friday morning at Lawson Public School, in the mid mountains, hungry kids line up for a free breakfast provided by the Central Blue Mountains Rotary Breakfast Team. It's a highlight of the week for some youngsters, who don't eat breakfast before they leave home, and in winter a warm and nourishing meal in the morning keeps them going all day.

They run through the gate to see who's first at the counter. "Can I have some porridge please with honey and milk," said one young boy. Another said: "I'd love some CornFlakes and hot chocolate." Some of them are so small they just get their heads above the canteen counter top, like one little girl, no more than six years old, who just wanted toast and Vegemite.

Central Blue Mountains President Ava Emdin says it's a wonderful Rotary program and well worth the time and expense, particularly when you see gratitude on the faces of some children who may come to school hungry.

"The kids get a selection of porridge, CornFlakes, buttered toast with jam, honey, vegemite or peanut butter, and a mug of hot chocolate. Some of them are so hungry they come back for seconds.

"The program has been operating now for about six months. It is not difficult. Bread is donated by a local bakery and Central Blue Mountains Rotary supplies the rest.

"Breakfast is served between 8.30am and 9.00am and all we have to do is be there to prepare the meals and serve the kids when they arrive. It's a win-win for local children, Lawson Public School and Rotary," Ava Emdin said.



# ROTARACT...

## an important arm of Rotary International



*"I am the first President from Rotary International in 56 years to come to Belize, I felt it really important that we need to stop there and let me come visit, let me talk to Rotary here, encourage them and thank them for the amazing work that they are doing. I am from the Bahamas, I am the first president of Rotary from anywhere in the Caribbean."*

*....Barry Rassin, R.I. President 2018-2019*

*"Rotaract to me is where a young person kind of puts their foot in the water, gets a feel for what Rotary is all about and, if they are happy with that, they want to be a part of Rotary."*



"We must significantly increase the number of Rotaract clubs especially community based so that we get the young professionals involved in service and understanding Rotary so that they will then, after Rotaract, join a Rotary club," Rotary International President Barry Rassin said recently during a visit to Belize City.

*(Belize City is a port city in the Central American country of Belize. It's divided into north and south sides by Haulover Creek, which opens into the Caribbean Sea.)*

"Currently, we have 250,000 Rotaractors in high schools, in universities and in communities and the goal is to double the number this year.

"We need to get much better at involving young people to the point that they want continue with Rotary after Rotaract and therefore we increase our number in Rotary," he added.

There have been several changes in the rules to enable a smoother transition from the Rotaract to the Rotary club.

"In 2016 our legislative body, the Council on Legislation changed a lot of rules to allow Rotary Clubs and Rotaract Clubs to be much more flexible in the way they work, so that we could really create a club that is very pertinent and appropriate to their members as to what makes them enthusiastic.

"One of those changes was to enable a young Rotaract person, aged 18 to 30, to join a rotary club while they are still in Rotaract.

"Rotaract to me is where a young person kind of puts their foot in the water, gets a feel for what Rotary is all about, and if they are happy with that they want to be a part of Rotary.

"By joining a Rotary club at the same time it gives them a feel for both, and they kind of have a foot in one door and a foot in the other door, and at some point they can say yes I love Rotary as well; I am going to go and be a full time Rotarian. So it's a way for young people to get started, get involved, and get a feel," Barry Rassin said.



# Mountain Ghost

Lucky the Ghost is not living in the US. We would be celebrating National Creative Ice Cream Day, National Gingersnaps Day, National Fried Clam Day, National Eat Your Beans Day, and National Rat Catchers Day.

## National Tree Day, Wattle Day and Other Interesting Facts

The Mountain Ghost was invited to a tree planting ceremony in the Blue Mountains to celebrate National Tree Day on Sunday 29th July (the 27th School's Tree Day).

The Ghost was curious that the tree planting was still going on because he remembers going to a similar ceremony years ago.

Well National Tree Day has been going for 22 years. This year 191,531 people will be participating planting 515,243 seedlings. Since inception four million people have been involved planting 24 million trees or plants.

The Ghost was wondering what other days people are being involved in. He fired up his steam powered computer and here are the results.

**Wattle Day** – used to be celebrated on the 1st August in NSW but since 1992 there is now a National Wattle Day on 1st September across Australia. The day is the official start of Australian spring.

This is the time when many acacia species (wattle in Australia) are in flower. The Ghost thinks most wattle in the Blue Mountains is in July or August so he still celebrates on the 1st August.

The day was originally intended to promote patriotism for the new nation of Australia. People were encouraged to wear a sprig of wattle and leaves to celebrate Australia.

The first mention of Wattle Day was in Hobart in 1838 using black wattle which flowers in November. NSW changed it to 1st August using Cootamundra wattle which flowers in August. On the occasion of the Bi Centenary the golden wattle was proclaimed as Australia's national flower. It had been incorporated in the Coat of Arms since 1912.

It is interesting, well to the Ghost anyway it is a little strange, that each State has its own official floral emblem and none of them are wattles. NSW for example has the waratah.

Next week on the 1st August is the official horses birthday, well racehorses anyway. This is so their ages can be standardised for racing.

After the first time a horse is alive on 1st August, it is considered a yearling. The next August is its 2nd birthday and it is considered a two year old even though it conceivably be one year and one day old. This applies to any horse in the Southern Hemisphere.

In the Northern Hemisphere the official birthdate is the first of January. This could help to explain why the Ghost has no interest in horses except to admire them as beautiful animals.



Some interesting facts on horses. Horses have been domesticated for 5,000 years and the original ancestors date back 45 million years. A horse can sleep both lying down and standing up just like the Ghost. Domestic horses have a life span of around 25 years.

So what other days or weeks are being celebrated in the Mountains in July and August?

Well firstly the Ghost is not participating in Dry July. The aim is for participants not to drink alcohol for a month and promote a healthy attitude to alcohol consumption. It is also National Desexing month. I hope this is not compulsory but luckily it only applies to cats and dogs.

The 27th July is White Ribbon Night to promote and end to violence against women. The 27th July is also Crazy Hair Day to raise funds for Cystic Fibrosis (CF). Next week is National Missing Persons Week. Every year 35,000 people are reported missing in Australia with approximately 20,000 under the age of 18. Next week is also Local Government Week. I think the Ghost will be sorting out his sock drawer.

Also to come in August is World Ranger Day, National Stepfamily Awareness Day, Tradies National Health month, MS Readathon, Dental Health Week, Jeans for Genes Day (5th August) Homelessness Prevention Week, National Science Week, International Youth Day, World Elephant Day and the Ghost's favourites – Left Handers Day and Gay Uncle's Day (14th August) True!

Well I bet you did not know so much was happening in Australia on a regular basis. Lucky the Ghost is not living in the US. We would be celebrating National Creative Ice Cream Day, National Gingersnaps Day, National Fried Clam Day, National Eat Your Beans Day and National Rat Catchers Day.

I'm sure there are a few more to mention but I think this gives us enough to think about for the time being - see you next week...

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Empowering families and children to effect lasting change..... community by community [www.sustainablecambodia.org](http://www.sustainablecambodia.org)

## Rotarian Journey into Cambodia

10-Day Excursions – Rotarian Led

3 Trips in 2019 ..... Jan 18-27 ..... Feb 1-10 ..... Mid-Summer TBA

Participate from only USD \$925/pp

### Join fellow Rotarians on a trip into ancient Cambodia...

Rotarians from various clubs around the world are joining together with Sustainable Cambodia on a journey into the heart of Cambodia.

Together, we will **explore the ancient temples** of Angkor Wat, and visit cultural sites and museums to gain an understanding of the challenges Cambodia has faced as it rebuilds from the tragedy of the Khmer Rouge genocide. We will travel to the schools and Rotary project sites of Sustainable Cambodia in central Cambodia, and while there each Rotarian can choose from various Rotary-supported projects, such as working with school children, visiting water filter construction sites, water well installations and community ponds. You will have the opportunity to meet first-hand the wonderful families and children in these rural villages, and for those who wish to do so, we can engage in hands-on projects with the families.



As we travel through the country, we will visit Battambang, the second largest city in the country, and Pursat in central Cambodia, the home of Sustainable Cambodia where you will meet the students, teachers and staff. Rotarians from the Rotary Club of Pursat will be your guides as you **meet the village families and the school children in the SC school projects**. You will have the opportunity to **visit and/or participate in various Rotary projects**.



The trip will include an excursion to Angkor Wat. Angkor is a temple complex built by Suryavarman II and Jayavarman VII from the 11th to the 12th century and is one of the seven wonders of the world. In Angkor Wat, you will be **led by experienced tour guides** who will share the rich history of these temple ruins, and will have an unparalleled

opportunity to **explore Cambodia's incredible heritage**. The visit will include a tour of the markets of Siem Reap, near the temples of Angkor, a silk factory, a floating village.

**Rotarians who have made the journey previously can customize any portion of the itinerary.** We will enjoy a dinner at sunset together before leaving.

More information about this tour can be obtained  
from Jennifer Scott: [jennifer@scottadr.com](mailto:jennifer@scottadr.com)

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While in Siem Reap, you can choose a side-trip to the **Floating Village**, an amazing place where you will encounter hundreds of houses built on wooden platforms on the lake, including some homes that are built on old boats. The villagers have created a completely self-contained community, including a floating school, clinic, shops and places to eat.



**About Sustainable Cambodia**  
Sustainable Cambodia (SC) is a Rotary-supported nonprofit organization working to help families in rural Cambodian villages create a sustainable quality of life through wells, irrigation systems, schools, training and empowerment. SC employs only native Cambodians, and all international officers, directors and consultants are unpaid volunteers. While SC is an independent nonprofit organization and is not formally affiliated with RI or TRF, active Rotarians are key volunteers and founders, and Rotarians make up a majority of the SC Board of Directors. Sustainable Cambodia aligns its values with those of RI, including RI's ideals of empowerment, peace through understanding, world service and community service.

The adventure will include a visit to Phnom Penh, the capital city situated at the confluence of three great rivers, the Mekong, Tonle Sap and Bassace Rivers. Phnom Penh is Cambodia's commercial and political hub, and offers several cultural and historical attractions, including the **Royal Palace, Silver Pagoda, National Museum, Wat Phnom and Toul Sleng Genocide Museum**, some of which will be included in the itinerary for the trip, and others available as optional visits.

