



HORIZONS



Central Blue Mountains Rotary

Effective - Energetic - Enterprising - Empowered

Rotary District 9685 - Australia

Wednesday, November 23, 2016

Invite your friends and associates to our outstanding meetings



Barbara
Mitchell
is a
woman
on a
mission

Barbara was guest speaker at Central Blue Mountains Rotary Wednesday 16/11 photographed here with CBM Rotarians Julie Madgwick (left) and Ava Emdin (right).



And her mission is to help girls have access to quality sustainable feminine hygiene supplies without which they miss at least 60 days of school or work each year and suffer poor health and loss of dignity.

On learning about the international organisation Days for Girls, Barbara set about establishing a Chapter in Emu Plains NSW. Meeting at the local Girl Guides Hall supporters make and assemble colourful washable and reusable sanitary kits for distribution in countries where there is a desperate need. Each kit contains a brightly coloured drawstring bag, underpants, shields, liners and pads, a washcloth and soap as well as pictorial instructions on how to use the materials.

Members of the Emu Plains Chapter have taken hundreds of thousands of kits to girls in need in Bangladesh, Zimbabwe, Kenya, India, Pakistan as well as New Zealand and the Northern Territory.



When Central Blue Mountains Rotary heard about Barbara and her band of workers there was no hesitation to support her efforts.

This is a wonderful example of local Blue Mountains women and men helping women in some of the world's poorest of communities to attend school and work uninterrupted, to enjoy better health and lead dignified lives.

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An update from Barb Wall and her exciting climb to the top of Eureka Tower...



"I just wanted to give you an update on the Eureka Climb that took place on Sunday 13/11. I'm happy to say that the Step Sisters, Debbie Shiell and myself reached the 88th floor in 50 minutes and 34 seconds EXACTLY!! I've attached a couple of images which really sum up our feelings on the day.



Ooops

Just another "Ooops Moment" when your mind gets out of whack with what is being typed.

So excited we were last week about our big new truck sign that we became confused when describing the size.

We said the sign was 30 metres x 9 metres.

WOW...that would be terrific, but the truck would not be allowed on the road and it certainly would not fit under rail bridges.

We apologise for this stupidity. The real size is 30 feet by 9 feet...and that's still pretty damn BIG.

But no matter...a blunder like this gives us an opportunity to print another pic and brag about what we have been able to achieve.

Ed. CBM Rotary Newsletter

"It was absolutely wonderful, and I'm thrilled to be able to report that we did in fact end up on top of the Teams Leaderboard in the fundraising department.

"We raised \$8,509 for Interplast and were just on \$5,000 ahead of the nearest team.

"I came second in the Individual and happy to say the winner raised over \$37,000. A wonderful family in Melbourne donated \$35,000 of this from a family trust. That's almost enough to send an entire medical team away. Not sorry about being bumped down into second place on that basis."

Regards

Barb Wall

wombathollow@icloud.com

Rotary Club of Central Blue Mountains Annual General Meeting 2016

The Annual General Meeting of the Rotary Club of Central Blue Mountains will be held at 7:45 pm, Wednesday 7th of December 2016 at the Grand View Hotel, Great Western Highway, Wentworth Falls.

Nominations for Club Officers in the 2017-2018 Rotary Year are now called for.

Completed nomination forms are required to be returned to the Secretary by end of the normal Club meeting on the 30th of November 2016.

Expressions of interest for other club positions are also being called for, although they do not need to be submitted for, or ratified by, the AGM. These should be submitted to the Secretary for new Board consideration.

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



November

Wednesday 23 - Picnic in the Park. W. Falls Lake

Wednesday 30 - Guest speaker - Attila Stopic - ANSTO

December

Sunday 4 - Catering van at Leura School market

Wednesday 7 - CBM Rotary Annual General Meeting

Saturday 10 - CBM Christmas function

Sunday 11 - Carols in the Park - Wilson Park

Monday 12 - Board meeting

Wednesday 14 - Guest speaker: Susan Templeman

Friday 16 - 22 - Christmas raffle ticket selling

Wednesday 21 - Club Assembly

Wednesday 28 - No meeting



International Men's Day November 19

Objectives of International Men's Day include a focus on men's and boy's health, improving gender relations, promoting gender equality, and highlighting positive male role models.

It is an occasion for men to celebrate their achievements and contributions, in particular their contributions to community, family, marriage, and child care.

Late Night Christmas Shopping Leura Mall Friday Dec 16 until 9.00pm

*in association with Leura
Village Association and
CBM Rotary*

Bands - Buskers

Rotary Christmas sausage sizzle

Wonderful shopping

Great Christmas decorations

Mouth-watering food and coffee

Christmas lantern parade

View Club Christmas wrapping
service

Have your photograph
taken with Santa

Fun for all

Bring your family and friends

Help end polio worldwide.

Rotary. Humanity in motion.

rotary.org/endpolio



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Australian Rotary Health has a vision to create better health for all Australians

Australian Rotary Health is one of the largest independent funders of mental health research within Australia.

In addition to mental health research, ARH also provides funding into a broad range of general health areas, provides scholarships for rural medical and nursing students, as well as indigenous health students.

Rural and remote health care scholarships allow students to experience what these facilities have to offer and provide an incentive for recipients to pursue a career in rural Australia after graduation.

Indigenous health scholarships support students to undertake tertiary training in nursing physiotherapy, psychology, dentistry and other health related degrees at university, helping them to overcome barriers to tertiary study and qualification.

Australian Rotary Health has a broad vision to improve the health and wellbeing of all Australians through improved education and advancements in knowledge through medical research, providing both preventative and curative solutions for a broad range of health conditions. (source: ARH Annual Report)

Every year one in five Australians will experience some form of MENTAL ILLNESS

"There is still so much we don't know about what works and what doesn't work for people who might be at risk of suicide. I try to make sure that my research is rigorous and relevant so that it can point to particular programs or interventions that might be helpful in saving lives."

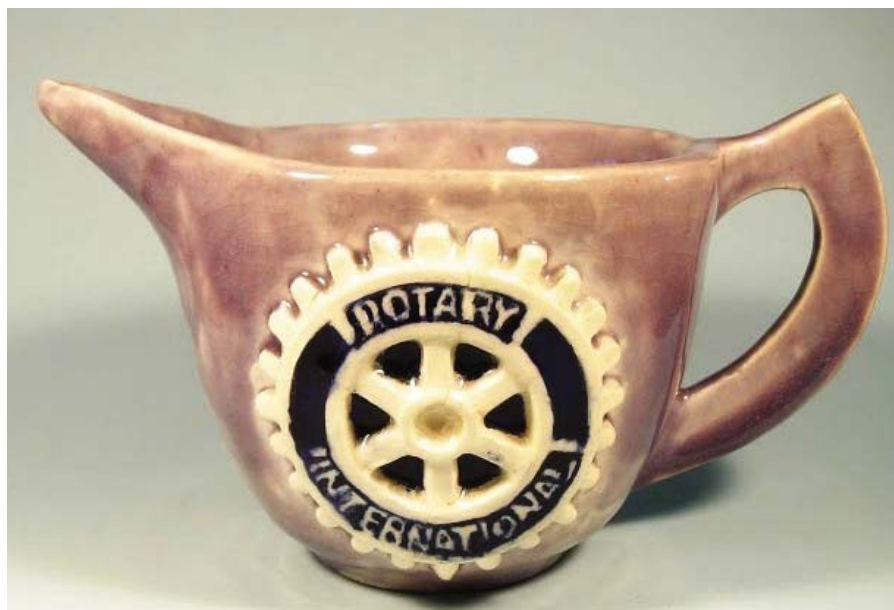


Professor Jane Pirkis
Mental Health Grant



Photograph: Australian Rotary Health Facebook

If you see it at a garage sale, don't hesitate to buy



This unique 61 year-old piece of pottery could be valued today at around \$1,200 or more.

It is the last known item produced by highly respected potter Grace Seccombe, formerly of Eastwood, NSW, before she died in 1956.

The jug is 8cm tall and 16cm long and it was last sold in November, 2004 for \$1,000. The base is signed and dated 23.2.1955.

Grace was a studio/artist potter who produced hundreds of quality pieces using a small gas furnace, then a small brick kiln, in the backyard of her Eastwood home. We believe this valuable jug may have been made to commemorate the Rotary International Convention in 1955.

(source: Grace Seccombe catalogue prepared by Paul Bisby, Katoomba)

Mountain Ghost

The Ghost loves the smell and taste of hamburgers, particularly if they are served with a nice drop of red.



HAMBURGERS

All his life, the Ghost has been a "foodie". He likes anything that is mouth-watering and can be enjoyed without going to too much trouble... and of course, it must be topped off with a small glass of red.

He's not into fancy cooking or following complicated recipes. Stuff has to be prepared quickly and not be messy.

Which means Hamburgers are just great, and they are just about the most readily available and most consumed takeaway tucker on the planet.

The Ghost remembers the good old days....back in the last century, the mid to late 1940s to be exact, when hamburger shops popped up all over Sydney...there was a rash of them.

A man wearing a white apron (usually dirty) and a chef's hat would stand in a shop window and flip meat patties to the delight of a crowd, who always appeared with their noses pressed up against the glass. Little boys would poke out their tongues. The man in the dirty apron would also be cooking eggs and onions and bacon. The aroma was something to behold... while the

rest of the shop staff toasted buns and prepared the salad ingredients.

It was a wonderful way to promote a product and entice people to go in and buy..... It also tasted yummy.

These days you don't see the preparation of the hamburgers you are buying. You can say "more onion and hold the mayo", but that's about all before you get what appears to be a manufactured piece of food that tastes good, but it has no individuality.

Here's some history: The hamburger came into prominence in the late 19th century just after the invention of a mechanical meat grinder. And before you could say fast food, minced beef became a popular dish.

It wasn't long before some smarty pants in New York decided to stick a cooked minced meat patty into a bun and add a lot of lettuce, tomato, onion and ketchup. And...there you have it... the ultimate fast food!

The term Hamburger seems to have come from the hundreds of migrants entering the United States from the German port of Hamburg. New York

City was the most common destination for ships travelling from Hamburg.

Who exactly came up with the idea of sticking minced beef patties into a bun is not known, but the new found food offering could be eaten on the run... and that's a plus.

By 1930 the term "hamburger steak" was replaced by "hamburger". Today, the ham section has been ditched and everyone talks about "burgers", and all delicious types of them are on menus all over the world.

Now....we know Hamburgers come from Hamburg and Frankfurts come from Frankfurt but where do Hot Dogs come from? The Ghost does not wish to upset owners of Dachshunds but Wikipedia has some interesting suggestions.

Here's another fascinating foodie fact: Did you know that the famous Egg McMuffin had its 45th birthday earlier this year. The Ghost really likes these, particularly if the egg is a little runny, but if he lets the yoke dribble on his shirt Mrs Ghost has been known to give him the "rounds of the kitchen".

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SHINE A LIGHT ON ROTARY

2017 CONFERENCE | ROTARY DISTRICT 9685

Rotary



2017 CONFERENCE ROTARY DISTRICT 9685

Saturday March 11th 2017

Penrith Panthers Convention Centre

Register Now at

www.conference2017.rotarydistrict9685.org.au

Rotary
District 9685



DG Bruce Lakin
Go Forth Rotarians!



David Ireland
Wildlife Man



Peter Switzer
The Future
and Opportunities
for Rotary



PRID Stuart Heal
Rotary in the Future

Registration Packages

Platinum Package – \$150

Includes all conference sessions.
(morning tea, lunch, and afternoon tea,
cocktail function and entertainment).

Day Package – \$100

Registration for the plenary sessions.
includes the conference plenary sessions
on Saturday only (incl. morning tea,
lunch and afternoon tea). Does NOT
include any other sessions or events.



**EARLY BIRD
REGISTRATION**

Register and fully pay for your conference
registration before December 31, 2016
and go into the draw to be one of four
lucky delegates who will have their
conference registration refunded.

Early Bird lucky draw winners will either
be Platinum or Day Delegates – platinum
delegates will be refunded \$150 and
day delegates will be refunded \$100.

BOOK NOW

DENG ADUT

NSW AUSTRALIAN OF THE YEAR

Emu Plains Sports Club
December 6, 2016



- Child Soldier • Refugee
- Student • Defence Lawyer
- Winner of the NSW Law Society
President's Medal • A great
success story of modern time.

***Deng Adut is guest speaker
at a meeting of Lower Blue
Mountains Rotary on
Tuesday, December 6
Emu Plains Sports Club
6.30pm for 7.00pm
Cost: \$25***

Bookings available until Friday
December 2 at Noon
Heather Chourlianis
0424 002 314

....that's all folks