

HORIZONS

Central Blue Mountains Rotary

Effective - Energetic - Enterprising - Empowered

Rotary District 9685 - Australia

Wednesday, April 24, 2019



Sculpture at Scenic World

*Just two of the
spectacular sculptures
to be experienced in the
Jamison Valley, at Scenic
World until May 12.*

photographer: Yung Kim

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up front

Advancing peace through Rotary Peace Fellowships



2018 Rotary Peace Fellow Amra Lee meeting with former Foreign Affairs Minister, Julie Bishop, prior to a DFAT-UNHCR deployment to support Syrian refugee children (credit: @JulieBishopMP).

Passionate Australians who want to advance peace and conflict resolution in troubled areas around the world can apply for a Rotary Peace Fellowship in 2019.

Rotary is now recruiting for the Rotary Peace Fellowship, a program that allows successful candidates to attend one of Rotary's Peace Centres, to earn either a professional development certificate in peace and conflict studies or a master's degree in an area related to peace and security.

One of last year's fellows sponsored by the Rotary Club of Melbourne, Amra Lee, is partway through a master's in peace and conflict studies at the University of Uppsala.

Prior to her fellowship, she was working as a regional humanitarian adviser for the UN World Food Program in Bangkok. Lee has over 12 years' experience in the humanitarian sector working for UN agencies, government, NGOs and the Red Cross. Candidates with vision, experience and a drive to develop the skills needed to serve as leaders and

catalysts for peace are characteristics the Peace Fellowship Committee are looking for in their applicants.

Fellows attend one of the six Rotary Peace Centres that operate in partnership with seven premier universities in six countries around the world. Each Rotary Peace Center offers its own customised curriculum and field-based learning opportunities that examine peace and conflict theory through various frameworks. Five of the peace centers offer master's degrees; one offers a professional development certificate for those contemplating a mid-career change in focus.

All courses are held in English and the award covers tuition and university fees, room and board, round-trip transportation, internship/field study expenses and a bursary for living expenses.

Start at the Rotary Club of Melbourne's website to find out more about the Rotary Peace Fellowships and how to apply.

Applications close Friday 31 May 2019.

Rotary honours Blue Mountains Police at special awards event



L to R: Susan Templeman MP; Police Superintendent David Jones; "Peer Award" winner, Joel Murphy; "Community Award" winner, Graeme Gray; Rotary District Gov. 9685 Susan Wakefield.

Police officers from the Blue Mountains Police area command were honoured at the District Police Officer of the Year Awards hosted last week at Emu Plains Sports Club by Lower Blue Mountains Rotary on behalf of the Mountains Rotary clubs.

Eighteen of "their finest", from new recruits to experienced sergeants, were nominated for the awards, marking exceptional men and women officers from the Mountains who had gone beyond the normal call of duty in a wide range of ways. Stories of bravery and personal restraint cropped up regularly as each nominee was presented to the audience.

Two key awards were the Community Award (Graeme Gray) and the Peer Award (Joel Murphy). Guest Speaker, Susan Templeman MP spoke of the community's admiration and support of Police officers such as these and District Governor, Susan Wakefield related the core values of Rotary to those of the nominees.

The event was organised by PDG John Wakefield in collaboration with the Police. Central Blue Mountains Rotary co-President, Steve Cookson represented CBM and our club contributed towards the cost of the awards certificates and trophies.



It's all about **GIVING BACK**

Every month, a team from Central Blue Mountains Rotary buys packaged and tinned food from Food Bank, at Werrington, and delivers the goods to several charity organisations in the upper mountains for distribution to families and single people in need.

Left: a recent photograph of Rotarian Tom Hickey about to load some of his shopping into a vehicle.

WhatsOn....

Central Blue Mountains Rotary



April

- Wednesday 24:** Guest speaker, Lt.Col. Shaun Whitehouse:
"Today's ANZACS – Duntroon to Daesh"
- Thursday 25:** ANZAC DAY
- Friday 26:** Aboriginal Culture Centre - catering
- Friday 26:** Presidents Group Meeting
- Saturday 27:** Woolworths, Katoomba - catering van

May

- Wed 01 - Sun 12:** Sculpture at Scenic World
- Wednesday 01:** Guest speakers, Jennifer and Ian Scott:
"Sustainable Cambodia now – Better Gardens, Bigger Grins".
- Thursday 02:** Board meeting
- Friday 03:** Lawson Public School Breakfast Club
- Saturday 04:** Rotary Blue Ball - Carrington Hotel
- Wednesday 08:** Guest speaker, Richard Mills:
"A Dignified Departure"
- Friday 10:** Lawson Public School Breakfast Club
- Saturday 11:** Presidents' Meeting and District Awards
Hornsby RSL 8.00am-11.00am
- Wednesday 15:** FoodBank collection/distribution
- Wednesday 15:** NO MEETING... transfer to 16/05
- Thursday 16:** Upper BM Rotary Clubs
Pride of Workmanship Award Night
Blackheath Golf Club
- Friday 17:** Lawson Public School Breakfast Club
- Sunday 19:** RSPCA Million Paws Walk - Katoomba
- Wednesday 22:** Guest speaker, Chris Cleary:
"Street Med"
- Friday 24:** Lawson Public School Breakfast Club
- Saturday 25:** Catering van Woolworths, Katoomba
- Wednesday 29:** Guest speaker, Dr Raymond Yung:
"Developing new cancer drugs - a long and winding road"
- Friday 31:** Lawson Public School Breakfast Club

Other important dates

- Wednesday June 26:** CBM Rotary changeover
- Saturday July 6:** District Changeover - Hornsby RSL Club

Guest Speaker April 24



Our guest speaker Wednesday night, ANZAC Day eve, is Lieutenant Colonel Shaun Whitehouse, who graduated from the Royal Military College Duntroon in 1990.

A wide-ranging career in the Army followed, including commanding a Combat Service Support Battalion and a Logistic Support Squadron.

Lt. Col. Whitehouse was also an instructor at the Royal Military College Duntroon, where he was awarded a Commander Training Command – Army Commendation.

In 1999, he was deployed as a UN Military Observer as part of the United Nations Truce Supervision Organisation (UNTSO) working on both sides of the Golan Heights in Israel and Syria.

In 2003, he was selected to command the Intermediate Staging Base in Kuwait for the Special Forces Task Group operating in Iraq. He was awarded a Commander Joint Operations Commendation for his work in Iraq.

After graduating from the Australian Command and Staff College in 2004, he was appointed as the Military Assistant to Commander Training Command – Army.

Lt. Col. Whitehouse culminated his military career as the Chief Instructor at the Australian Defence Force Academy in 2008.

His experience both in Australia and overseas promises to provide an enthralling presentation on Wednesday night as he speaks about a career, "From Duntroon to Daesh", his story of today's ANZACS.

Join us at the Rotary Blue Ball



Artist: Tanya Loviz



Carrington Hotel, Katoomba
May 4, 2019- 7.00pm for 7.30pm
\$145 per person
Three-course dinner and wine
Dress: Formal with a hint of blue

Supporting
local Rotary mental health projects

Central Blue Mountains
Rotary



RSVP- April 24, 2019

Booking essential: <https://www.trybooking.com/BBHEK>

Contact: Ray Wiles- 0409 845 415- raymar40@bigpond.com

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Mountain Ghost

What's happened to tradition fumed the Ghost. A hot cross bun should be a sweet bun with currants or raisins marked with a cross on top.

HOT CROSS BUNS AND EASTER STUFF



The Mountain Ghost was enjoying Good Friday with his family when he was offered a hot cross bun.

This bun was coffee flavoured with white chocolate chips and raspberry jam in the middle. The actual cross was salted caramel.

What's happened to tradition fumed the Ghost. A hot cross bun should be a sweet bun with currants or raisins marked with a cross on top. By the way the bun was delicious.

The Ghost thought he would do some research on his steam powered computer on the history and meaning of hot cross buns. He knew the buns were old but didn't know the tradition dated from the 14th century in England.

They were made for consumption at burials, Christmas and Good Friday. For Christians the cross represents the crucifixion of Jesus, the spices inside the bun represent the spices put onto Jesus after he died. That does not explain the white chocolate.

Queen Elizabeth 1 of England passed a law permitting them to be sold only at Easter and Christmas but the people got around the law by baking them at home.

Now hot cross buns are available almost all year round. (A slight exaggeration but they are available as soon as the Christmas decorations disappear from the shops the hot cross buns appear, which the Ghost does not agree with at all) In 2017 Woolworths sold 72-million hot cross buns in Australia.

While reading up on hot cross buns the Ghost naturally came to the origin of Easter Eggs. The egg is a symbol of the resurrection of Jesus Christ three days after his Crucifixion.

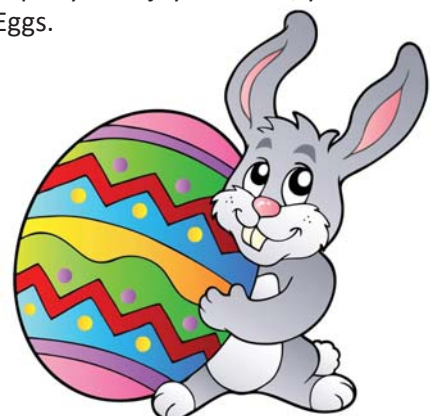
Originally the first eggs given at Easter were bird eggs. These eggs were painted in bright colours to give them further meaning as a gift. As chocolate became more widespread in the 20th century a chocolate version of the egg was developed.

The size of the chocolate egg has grown over the years and is not more likely to be the size of an ostrich egg rather than a small bird egg.

Similarly the Easter Bunny originated in the 19th century. Rabbits usually give birth to a big litter of babies (called kittens) so they become a symbol of new life.

Legend has it that the Easter Bunny lays, decorates and hides the eggs as they are also a symbol of new life.

The Ghost hopes you enjoyed Easter, your hot cross buns and Easter Eggs.



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Maria Hopwood displays the apron she chose - included in the visit.



Yung Kim inspects the colourful bags produced by local women at the Timor Learning Centre



The finished product - coffee from Timor and other countries, bagged and ready to be shipped.

Roasting Coffee helps make Timor Learning Centre a Breakthrough Success

It was near-perfect early autumn weather as a group of CBM and Upper Sunrise Rotarians and partners were welcomed at "Roasters With Altitude" on Wednesday, 17 April, for our vocational visit.

After enjoying afternoon tea and hot finger food provided by Libby Bleakley and a team of fellow Rotarians from Blackheath, Libby explained the connection between coffee roasting and her RAWCS project, the Timor Learning Centre, in Dili.

Libby sources coffee direct from local growers in Timor (and from other countries), then roasts and sells it in Australia, along with aprons and bags sewn at the Centre by local women, and her new book - all to fund the continuing operations of the Centre.

Since opening in 2016, the Learning Centre now runs a school with 120 students, a sewing centre, a vegetable garden, a gym and does Days for Girls outreach work.

During our vocational visit, we watched coffee beans being roasted at high temperature, packed and labelled and had fun choosing aprons and bags as well as which blend of coffee to take home.

One bit of information that really stayed with us during the visit was Libby's reciting of Rule One on the list at the gym. It reads "Do not bring machetes, pistols or any other weapons". Libby pointed out that former street gang members are now running the gym, and thanks to their "ownership" of that role, different (former) gang members are now working together and each weekend voluntarily collect rubbish from the streets. What a change from just five years ago!

Thanks, Libby and to Vocational Director, Paul Pixton for his work in helping this event become a reality.

...Steve Cookson



RSPCA Million Paws Walk

Sunday 19 May, 2019

Central Blue Mountains Rotary will be at Melrose Park, Katoomba, from 0700 on May 19 for the annual RSPCA Million Paws Walk.

We'll have delicious sausage and onions on a roll along with our famous BIG sausage, onion, bacon and egg burger



Central Blue Mountains Rotarians in Jamison Valley last week at Scenic World, assisting and acting as guides to visitors, local and international, who were enjoying their experience among the sculptures.

L to R: Pauline and Steve Cookson, Paul Twigg, Rhonda Steed and Miriam Ransom.



Rotary BowelCare Program April 1 - May 31 2019

BowelCare kits are on sale at participating pharmacies for two months. This year's BowelCare kit will cost only \$15.00. The price includes pathology testing, with notification of your result to both yourself and your doctor.

Check with your local pharmacy or go to our website www.bowelcare.org.au for a listing of all participating pharmacies in your area.

Your result will be issued within 30 days of your test kit being received by pathology.

Please use the pre-paid envelope provided within the kit.

BowelCare Australia is a division of CancerCare Australia.

...that's all folks