

HORIZONS

Central Blue Mountains Rotary

Effective - Energetic - Enterprising - Empowered

Rotary District 9685 - Australia

Wednesday, May 29, 2019

Autumn Scene - Blue Mountains

Photo: Leura Gardens Festival

up front

Rotary backs World Environment Day - June 5



Rotary International, with 1.2 million members worldwide as well as 500,000 young Rotaract members, has produced a handbook to inspire Rotarians to engage their communities for World Environment Day.

The handbook includes a selection of 11 green themes for activities that Rotary clubs can do for World Environment Day on 5 June and commitments they can make in the future. These include adopting a river, organising a clean-up, planting trees and measuring local air quality.

All six of the Rotary's six corporate priority areas directly relate to the environment: promoting peace, fighting disease, providing clean water and sanitation, saving mothers and children, supporting education and growing local economies.

"A vital component to humanity's well-being, we increasingly need to recognize the environment's elemental role in creating truly sustainable and lasting change," said Barry Rassin, President of Rotary International, 2018-2019 and Mark Maloney, President of Rotary International, 2019-2020.

"The opportunity to collaborate with UN Environment — the United Nations agency that serves as the global authority on the environment — is well-timed for those who want to make a difference at the local level. Our collective efforts will result in greater global impact."

Daniel Cooney, UN Environment's Communication Deputy Director, welcomed Rotary putting its support behind World Environment Day.

"At a time when the environment is under threat, we need to unite people to take decisive and collective action to sustain our future," he said.

"The work of organizations like Rotary International can make a powerful contribution to our efforts to protect people and planet."

World Environment Day is the United Nations day for encouraging worldwide awareness and action to protect our environment. It is the "people's day" for doing something to take care of the Earth.

This year's theme is on air pollution, a call to action to combat one of the greatest environmental challenges of our time, chosen by this year's host, China.

WhatsOn....

May

Wednesday 29: Guest speaker, Dr Raymond Yung:
"Developing new cancer drugs - a long and winding road"

Friday 31: Lawson Public School Breakfast Club

June

Wednesday 05: Guest speaker, John Robertson:
"The story of FoodBank"

Friday 07: Lawson Public School Breakfast Club

Wednesday 12: Guest speaker, Peter Brooks:
"My Paralympic journey culminating in Athens Gold"

Thursday 13: Board meeting

Friday 14: Lawson Public School Breakfast Club

Friday 14: BM Grammar School sports day catering

Wednesday 19: Guest speaker, Tara Cameron:
"Conserving now for the future"

Wednesday 19: FoodBank collection/distribution

Friday 21: Lawson Public School Breakfast Club

Saturday 22: Catering van Woolworths, Katoomba

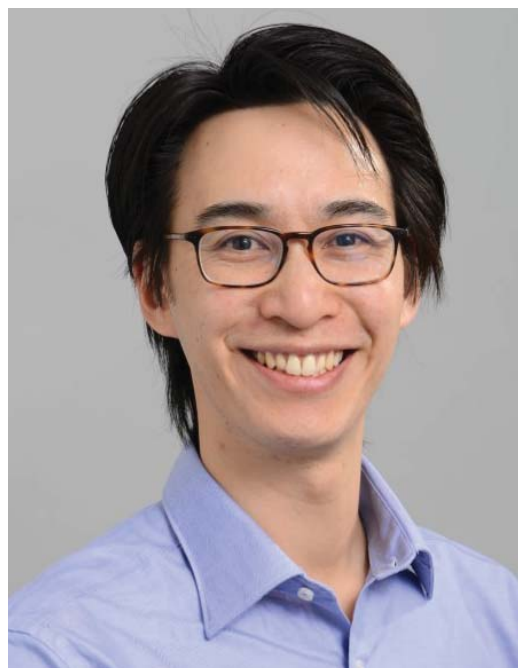
Wednesday 26: CBM Rotary changeover

Friday 28: Lawson Public School Breakfast Club

July

Saturday 06: District Changeover - Hornsby RSL Club

Our Guest Speaker May 29



Dr Ray Yung

Dr Raymond Yung is a scientific researcher who is excited about the pharmacological aspects of medicines and cutting-edge technology in the field of medical sciences.

Spurred on by a desire to find a cure for cancer, he has developed a greater understanding of the behaviours of cancer growth, the mechanisms of how cancer drugs function, and the difficulties of finding better cancer treatments.

Dr Ray completed his Bachelor and Master of Science at the University of Auckland and is now a Doctor of Philosophy in Biomedical Sciences. He has spent hundreds of hours in the laboratory, published two scientific journal articles and presented at several scientific conferences.

He enjoys learning and educating others about the recent advancements in cancer research. Currently, he has stepped out of the laboratory and into the clinic, where he coordinates clinical trials at Macquarie University, hoping to further contribute to improving the lives of cancer patients.



StreetMed founder's medical mission for the homeless



As our guest speaker last week, Chris Cleary explained why she founded StreetMed in 2014, ABC TV's 7.30 Report was airing a story about her mission to address a critical need on the streets of Western Sydney: providing street-level mental health, first aid and advocacy to society's most vulnerable – the homeless and others at risk.

She did so after she became aware that while many organisations were helping to clothe, feed and house the homeless, no organisations were providing street-level care.

Accompanied by her head case manager and sister-in-law, Karen Cleary, Chris spoke of the role StreetMed has played in supporting over 3,000 people living on the streets with varying physical and mental health issues, in the last year alone.



Steve Cookson, Karen Cleary, Chris Cleary, Paul Pixton

StreetMed has provided blood sugar testing, blood pressure checks and various first aid help, along with outreach and advocacy to connect people in crises with the services that can assist them the most.

Chris explained how a significant number of those helped are Vietnam veterans, many still suffering PTSD and feeling society's "cold shoulder" since their return home.

Chris Cleary gave up full time employment to run the charity as a volunteer and now manages a team of twelve volunteers. Tax deductible donations can be made via the website, streetmed.org.au

...Story: Steve Cookson

Central Blue New Member



Central Blue's newest member and Wentworth Falls resident, Judy Bramham was inducted at last week's club meeting (22/05) by co-President Steve Cookson, assisted by PDG Ian Scott.

In her career as a nurse, Judy spent her working life focused on the care of others. Her particular expertise was in assessing whether people needed nursing home care.

After many years in the Manly-Warringah area, Judy moved to a Christchurch suburb, but returned after the earthquakes hit.

Judy said, "I decided to come to a place that didn't shake – Wentworth Falls!"

Judy has already participated in a number of our club's catering events and is enjoying the Rotary fellowship.

Please turn to the next page

DG Susan and DGE Kalma warmly invite you to

ROTARY DISTRICT 9685 CHANGEOVER

Saturday 6 July 2019
6.00pm for 6.30pm

**\$55 per person
incl. 2 course dinner**

Hornsby RSL Club, 4 High St, Hornsby

Register at changeover.rotarydistrict9685.org.au

RSVP Friday 28 June 2019

Enquiries: changeoverregistrations@rotarydistrict9685.org.au

Let's support a Rotarian

who is making a difference in the fight against mental
illness across our nation.



For more information on how
you can help Scott get back on
his feet or to learn about the
Sam Project:

scott@samproject.com.au

+61 414 852 630

Three years ago Scott Harrod and his wife Florence sold everything they owned to fund the Sam Project. Through educative talks about real prevention, their mission is to actively engage with communities throughout Australia in order to help reduce the incidence of mental illness.

Late last year, Rotarian Scott was rushed to a hospital in Brisbane with a golden staph infection inside the hip joint, subsequent septicaemia (blood poisoning) and a significant blood clot which will require life-long management.

Scott's unexpected medical costs of approximately AUD 10,000 are impacting the couple's ability to continue their much-needed volunteer work with the Sam Project. Together, we can help them continue on their mission of raising awareness about mental health issues in Australia. www.samproject.com.au

Rotary E-Club of Greater Sydney, of which Scott is a member, has established a tax deductible way to give a helping hand through Rotary Australia Benevolent Society.



Australia's First
Online Club

<https://donations.rawcs.com.au/76-2018-19>

Help Scott reduce his medical bills.

Central Blue Mountains Rotary



invites

You, your family and friends

to

Changeover 2019

Wednesday, June 26



Grand View Hotel, Wentworth Falls
6.30pm for 7.00pm - \$40 per person

Main + Dessert

Tea and Coffee

Drinks at bar prices



Celebrate the year of Co-Presidents Ava Emdin and Steve Cookson
and welcome Justine Murphy as President 2019-2020

RSVP: on receipt or by June 16, 2019 to:

Justine Murphy - 0434 621 629 - rotaryconnected@gmail.com

or Paul Twigg - 0487 139 381 - ptwigg@ozemail.com.au

Please pay by direct transfer to Central Blue Mountains Rotary Club Admin account:

BSB 802-084 (Sydney Credit Union) - Account: 731640

Payee (recipient) reference: 2606 plus your name/s

Please advise Paul or Justine of special dietary requirements when booking

Dress: Neat casual

...that's all folks