

HORIZONS

Central Blue Mountains Rotary

Effective - Energetic - Enterprising - Empowered

Rotary District 9685 - Australia

Wednesday, April 03, 2019

Conference 2019



up front



*Informative, entertaining
vocational visit directly
supporting the development
of Timor Learning Centre*

Central Blue Mountains Rotarians, family and friends will enjoy a somewhat different vocational visit on Wednesday, April 17.

Between 4.00pm and 6.00pm we'll be at 'Roasters With Altitude', Blackheath to:

- experience the process of roasting coffee,
- drink it with supplied hot finger food,
- find out about the associated Timor Learning Centre RAWCS project, and
- take home the freshly roasted coffee and a bag or apron sewn at the Timor Learning Centre.

Roasters With Altitude is a small boutique coffee roaster, sourcing Arabica coffee beans from coffee growers in various countries, but especially in the misty mountains of Timor-Leste.

Company director Libby Bleakley roasts the beans at her home in Blackheath.

Roasters With Altitude was established by Libby to help indigenous farmers find markets. Profits from the enterprise directly fund the running of Timor Learning Centre, which she built in Timor-Leste.

The Learning Centre is a RAWCS project, sponsored by Blackheath Rotary Club, of which Libby is an active member. The Learning Centre includes an English school, women's sewing centre, gardens and gym.



Libby Bleakley at Blue Mountains Business Expo last year was promoting and selling aprons and other merchandise made at Timor Learning Centre.

"It's our aim to create an enduring connection between the growers and lovers of outstanding coffee, while our sales of coffee and sewn items fund the Learning Centre's programs and activities", Libby said.

"Our philosophy in roasting coffee centres around supporting the indigenous people to preserve their sacred growing regions and their traditional way of life, connecting with the earth in a respectful, spiritual way, while producing ethically farmed, quality coffee beans".

"The focus of Roasters With Altitude is to support fair-trade, specialising in coffee from Timor-Leste. We deal directly with the farmers when choosing our beans. By supporting them we're supporting their development towards independence and our profits go straight back into helping their local community through the Timor Learning Centre", Libby said.

This vocational visit promises to be informative, entertaining and at \$45 excellent value while directly supporting Timor Learning Centre.

Not only will we go home with a satisfied tummy, we'll have a warm inner glow, the fresh coffee and sewn bags and aprons with us as mementos.

Places are limited, so please book now with Central Blue's Vocational Director, Paul Pixton on 0417 985 691 or Co-President, Steve Cookson on 0434 927 477.

story: Steve Cookson

Please turn to the next page

WhatsOn....

April

- Wednesday 03:** Guest speaker: Justin Morrissey:
"The Story of Sculptures at Scenic World"
- Thursday 04:** BM Grammar - Compassion catering
- Thursday 04:** Board meeting
- Friday 05:** Lawson Public School Breakfast Club
- Wednesday 10:** Guest speakers: BMGS students and teachers - "Have some Compassion"
- Friday 12:** Lawson Public School Breakfast Club
- Friday 12 to Sunday May 12:** Sculptures at Scenic World
- Saturday 13:** 'Lanterns on the Lake' - W. Falls Lake
- Sunday 14:** District Assembly
- Wednesday 17:** FoodBank collection/distribution
- Wednesday 17:** Vocational Visit to "Roasters with Altitude", Blackheath - 4.00pm-6.00pm
- Wednesday 24:** Guest speaker, Lt.Col. Shaun Whitehouse:
"Today's ANZACS – Duntroon to Daesh"
- Thursday 25:** ANZAC Day
- Saturday 27:** Woolworths, Katoomba - catering van

Other important dates

- Saturday May 4:** Blue Ball - Carrington Hotel, Katoomba
- Saturday July 6:** District Changeover - Hornsby RSL Club

Guest Speaker Wednesday, April 03

Justin Morrissey

Sculpture at Scenic World is Australia's premier outdoor sculpture exhibition which transforms the ancient rainforest into an outdoor gallery in the heart of the World Heritage-listed Blue Mountains.

Each year, exhibiting artists continue to inspire with their creations which capture the imaginations of young and old.



New Rotarian Yung Kim, Korean born Australian, welcomed to Central Blue Mountains Rotary by co president Ava Emdin, Wednesday March 27, 2019.



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.



Central Blue Mountains
Rotary 
At the Conference



Rotarians at the 2019 Conference from D9685 and D9670 walked from Newcastle Civic Park to Nobby's Beach to raise awareness about Rotary's fight to end Polio throughout the world.



Guest speakers at Central Blue Mountains Rotary Wednesday, March 27, were Mark Keiller, Marketing coordinator and Karen Frawley, acting general manager, Blue Mountains Food Services, at Lawson.

During an informative presentation, Mark Keiller said Blue Mountains Food Services is a member of the NSW Meals on Wheels association and a registered NDIS provider, with over 20 years experience in the community, disability and hospitality sector.

"We also have five community restaurants from Blaxland to Blackheath where our clients can enjoy, in a friendly social setting, inexpensive, delicious meals cooked in our commercial kitchen."

Karen Frawley added: "Our Meals on Wheels service is much more than just a meal. It's about entering a friendly and caring community filled with dedicated staff and volunteers, and clients who share a like-minded interest in maintaining a healthy lifestyle.

"We focus on meeting the nutritional needs of our clients while addressing the issue of social isolation by engaging clients in social activity and inclusion," Karen said.

Tucked away in Ben Roberts Cafe, at Lawson, a small team of "Cook + Connect" dedicated chefs and support workers make a big difference to the lives of young people with a disability.



Community restaurants at Blaxland, Springwood, Lawson, Katoomba and Blackheath.



Ben Roberts Cafe at Lawson, is a social enterprise supporting young people with a disability.

Participants of the Cook + Connect program are given an opportunity to further their skills in the hospitality industry by working in the cafe.



Aged care services

Fresh & Healthy Meals



Vegetable Lentil Cottage Pie

BMFS is not-for-profit organisation providing aged care and disability services, volunteering opportunities, a social enterprise café and more to residents of the Blue Mountains.

Mountain Ghost

BM City Council is conscious of not promoting Lincoln's Rock as a tourist feature. It is not signposted. There is a small car park off Little Switzerland Drive, Wentworth Falls. Lincoln's Rock is only 20 metres off the road.



Lincoln Hall

LINCOLN'S ROCK & LINCOLN HALL

The Mountain Ghost recently had a visitor from interstate (anyone living outside the Mountains is interstate) who wanted to visit Lincoln Rock. Well the Ghost had lived in the Blue Mountains for ages and he had never heard of Lincoln's Rock.

The visitor said it was off Tableland Road, Wentworth Falls, and hard to find. You mean Flat Rock said the Ghost. Well Flat rock was officially named Lincoln's Rock in 2013 after the famous Australian climber Lincoln Hall (More on Lincoln later).

This lookout really is a big flat rock with amazing views over the Jamison Valley. It is a favourite place for wedding photos and has been called Wedding Rock.

The Ghost spoke to a well-known Blue Mountains photographer who said the attraction for photographers is the impressive optical illusion photo which makes it appear that you are sitting literally on the edge of a cliff.

You are on the edge of a cliff. But there is a fairly safe ledge just below which should stop you falling very far. For the record Lincoln Rock is unfenced and people have been injured. The Blue Mountains Gazette reported a 17 year old Blaxland boy was seriously injured in a fall in January, this year.

BM City Council is conscious of not promoting Lincoln's Rock as a tourist feature. It is not signposted. There is a small car park off Little Switzerland Drive, Wentworth Falls (could be another story for how Little Switzerland Drive got its name). Lincoln Rock is only 20 metres off the road.

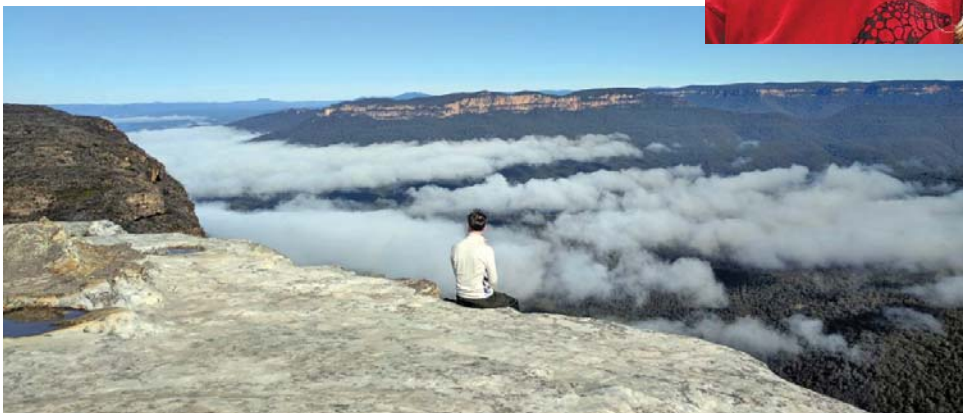
Now you may ask how come the Rock is named Lincoln's Rock and who is Lincoln Hall? The Ghost had admired Lincoln for years. Together with Tim McCartney-Snape and Greg Mortimer, they are probably the best known mountain climbers Australia has produced. Lincoln was a Wentworth Falls resident for 20 years.

Lincoln is most famous for surviving a night without oxygen near the summit of Mt. Everest after being pronounced dead. He was awarded an OAM in 1987 for services to mountaineering and in 2010 won the Australian Geographic Society's Lifetime Adventure Award. Lincoln was also a founder of the Philanthropic Organisation, The Australian Himalayan Foundation.

Lincoln Hall was part of the first Australian team to climb Mt. Everest in 1984 which successfully forged a new route up the mountain. Lincoln reached the top of Everest on his second trip in 2006.

Descending the mountain he was overcome by "cerebral edema" a form of altitude sickness which leaves you disoriented. His team was unable to get him back as they ran out of oxygen and they had to abandon him. He was left unconscious at 8,700 metres.

The next day he was found alive by an American team who amazingly were able to get him down the mountain. The Ghost is inspired by the quote from the US Team Leader, Dan Mazur who after abandoning their attempt on Mt. Everest



Lincoln's Rock, Wentworth Falls

"The Summit is still there and we can go back. Lincoln only has one life"! A few days earlier a British climber, David Sharp, perished after climbers walked past his still conscious body. The Ghost still remembers seeing the story on 60 Minutes in 2006.

Lincoln Hall wrote a book on his survival appropriately called 'Dead Lucky'. Some years earlier the Ghost met Sue Fear. Sue had climbed Everest in 2003, the second Australian female to do so. She told the Ghost that Lincoln was a mentor to her. Lincoln was co-author on Sue's book 'Fear no Boundaries'. It is tragic that the same year Lincoln came back from the dead Sue perished on Mt Manaslu in Nepal. She fell into a crevasse while descending at a height of 7,800 metres. Her body was never recovered.

In what seems a cruel twist Lincoln Hall died of mesothelioma aged 58 in March 2012. He was exposed to asbestos as a child.

In 2013, Flat Rock was officially named Lincoln's Rock by the Geographic Names Board and Blue Mountains City Council. Lincoln and his wife Barbara spent a lot of time enjoying the rock which is close to where they lived. The Ghost thinks this was an excellent decision.



Lincoln Hall on Mt Everest in 2006

Lincoln Hall, who was a patron of Shelterbox Australia, was guest speaker at a joint meeting of Blue Mountains Rotary Clubs at the Carrington Hotel, Katoomba, on February 2, 2011, arranged by Central Blue Mountains Rotary. We erected a ShelterBox tent in the Grand Dining Room.

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

...that's all folks