



HORIZONS

Central Blue Mountains Rotary

Effective - Energetic - Enterprising - Empowered

Rotary District 9685 - Australia

Wednesday, August 3, 2016

Invite your friends and associates to our outstanding meetings



Happy Horses Birthday - August 1

Photograph Reuters

In Australia, every horse has its birthday on the first day of August each year.

All thoroughbreds have the same birthday so that their ages can be standardized for comparison because of the historical lack of records of actual birth days.

All thoroughbred horses celebrate their birthday on the same date, January 1 in the Northern hemisphere and August 1 in the Southern hemisphere.

After the first time a horse is alive on August 1st it is considered a yearling. The next August 1st is it's 2nd birthday and it is considered 2 years old, even though it could conceivably be one year one day old.

What's On....



August

- Wednesday 3 - Guest speaker: Marilyn Mercer
Transplant Games
- Saturday 6 - District Governor's BM visit
Springwood Sports Club
- Sunday 7 - Catering van at Leura School Market
- Wednesday 10 - Guest speaker: Terrance Plowright
- Monday 15 - Board meeting - Greystanes
- Wednesday 17 - Club Assembly
- Wednesday 24 - Guest speaker: Sue Wildman and
Auntie Ellie Chatfield
- Fri-Sat-Sun 26-28 - Umina Beach Rotary visiting BM
- Wednesday 31 - Guest speaker: Member

September

- Sunday 4 - Catering van at Leura School market
- Wednesday 7 - Guest speaker: TBA
- Wednesday 14 - Guest speaker: TBA
- Monday 19 - Board meeting - Greystanes
- Wednesday 21 - Club Assembly
- Wednesday 28 - Guest speaker: TBA

**Visitors are always welcome
at CBM Rotary**

Congratulations Amanda Barnes,
Rotary E-Club Vice President and Youth
Director for the 2016/17 Rotary Year
Rotary E-Club of Greater Sydney photo.



YOUR ATTENDANCE

Ray Wiles - 0409 845 415 - raymar40@bigpond.com.au is our attendance person. Please call before 12.30pm, Wednesday, if you are bringing a guest or you are not able to attend. Letting us know helps with setting up the dining room.

Also, you must order your meal by calling the Grand View Hotel 4757 1001 Wednesday afternoon.

Guest Speaker 03/08

- PDG Marilyn Mercer



Marilyn is secretary of Rotary E-Club of Greater Sydney; the elected Rotary representative on the National Committee of the ConocoPhillips Science Experience, and a member of the local organising committee for the Australian Transplant Games.

Marilyn became a Rotarian in April 2003. Since then she has been a Club President, Assistant Governor and District Governor in 2010-11; District Community Service Chair (2014-15); coordinator of volunteers for Rotary Convention Sydney 2014; Deputy Chief Sergeant at Arms RI Convention Seoul 2016.

Her vocational classification is Science Education. Some of her achievements have been the NSW Science Teachers Award, the inaugural Medibank Private Teachers Award, Australian Academy of Science Teachers Award.

Teaching at the Australian International Space School resulted in Marilyn being selected as the first Australian teacher to teach with N.A.S.A's "Future Flight" at the University of Hilo, Hawaii.

Married to Dudley. They have 5 children, 12 grandchildren and 2 great grandchildren



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Rotary Means Business

Our invited guests last week were from Blue Mountains Regional Business Chamber Peita Davies, president of the Chamber and Julie Bargenquast, executive general manager photographed here with CBM President Ray Wiles and Clr Chris Van der Kley, BMCC



Blue Mountains
REGIONAL BUSINESS CHAMBER



Blue Mountains Regional Business Chamber (formerly Biznet Blue Mountains) has over 200 members from all parts of the mountains and even outside the region.

The Chamber holds monthly networking events with anywhere from 30 to 70 local business people attending to promote their business and build those very important business relationships. We also run regular business skills workshops and seminars and hold an annual business expo (generally in May) to showcase what's available in the region.

The annual Blue Mountains Business Awards are also run by Blue Mountains Regional Business Chamber and culminate in a gala awards night in October.

"Our Business Mentoring Program is for existing businesses that need help to get to the next level. We have a pool of very experienced mentors available who have either run successful businesses themselves or had a high level position in a large corporation," Julie Bargenquast said.

An initiative during 2014 has been The Business Show, a weekly radio program on Radio Blue Mountains 89.1FM where Members are invited to speak about their industry and a weekly Finance segment is presented by Rob Lees from Mortgage Choice in Blaxland and Penrith.

The Chamber is an Alliance Partner with the NSW Business Chamber and our members have the advantage of taking up the option of added benefits from the NSW Business Chamber at no extra cost.

Meet the District Governor

Bruce Lakin, newly appointed District Governor 9685 will be making his official visit to Blue Mountains Rotary clubs on Saturday August 6...and you are all invited to attend.

Springwood Sports Club

6.30pm for 7.00pm

\$40 per person

Please RSVP to

Marilyn Kenney by August 1

0404 041 325 or

ckenney@bigpond.net.au

Please advise any special dietary requirements

Mountain Ghost

A visit to Mount Vic Flicks is like going back in time...and you know what?...The Ghost says movies are now in colour.

MOUNT VIC FLICKS

It was a cold wet Sunday, not a good day for sightseeing. The Ghost had the perfect solution. Why not go to his favourite movie show, the Mount Vic Flicks at Mount Victoria.

A visit to the Vic is like going back in time. It is a worry when the Ghost remembers this a little too well, he must be getting old.

If you have not been there before it is a unique experience. The theatre is a converted 1935 public hall and is on the NSW Heritage Register. It has new owners Adam Cousins and Kirsten Mullholland, a couple from Katoomba. The previous owners Ron and Diane Bayley ran the Vic for 26 years.

The Ghost remembers his first visit to the Vic just a couple of years ago. It was a cold day and the snack bar which is actually inside the theatre sold beautiful home made soup in a mug. And even better it was delivered to the Ghost's seat.

He remembers the cup of tea was only a dollar. Slightly cheaper than a visit to a Gold Pass at any Sydney theatre. Senior tickets are \$10. The Vic also has "different" films which in itself is one of its big attractions. As well as first release films there are quality foreign films and arthouse movies. Every now and then they show classic movies from the past.

Don't miss the 'Hunt for the Wilderpeople' starring Sam Neill. You will love it. Don't forget to buy a choc top as well.

The Vic has restricted times. Check on-line or with the theatre. To top off a good day the Ghost had coffee at the nearby Petalura Café which is also a lovely period establishment. They have the best potato wedges in the Mountains as well as baked brie (delicious – but to be avoided if you have a cholesterol problem).

Good to Know:

- Mt. Vic Flicks is at Harley Avenue, Mount Victoria.
- Tel: 4787 1577
- Good wheelchair access
- Prices: Adults \$11. Seniors \$10. Children \$9
- Ghost Special: 2 Movies same day \$18 plus a free cuppa!

Ghost Rating: 8/10



Australian Rotary Health Scholarships for Mental Health treatment

Australian Rotary Health has awarded eight prestigious PhD scholarships in the aim of finding treatments, preventions and cures for mental illnesses.

Ian Scott PhD Scholarships are named in honour of the Rotarian who founded Australian Rotary Health in 1981. They provide a maximum of \$29,000 per year to PhD students for up to 3.5 years.

"These Scholarships provide an opportunity for young scientists to work with experienced researchers while contributing to the realm of innovative mental health research," says Joy Gillett, CEO of Australian Rotary Health.

Ian Scott (1933-2001) had a commitment to research and desire to make a difference, which has been fundamental in seeing Australian Rotary Health grow. It is now one Australia's largest non-government funding bodies of mental health research expending over \$2 million in 2013 on health research grants and scholarships.

Studies supported will scope many areas of mental health including new treatments for schizophrenia, the impacts of prenatal alcohol and drug exposure on infant brain development, treating depression among low vision adults, and testing dietary improvement as an effective treatment for mental health.

"Australian Rotary Health is committed to improving the lives of Australians affected by mental health through focussed research," Ms Gillett says.

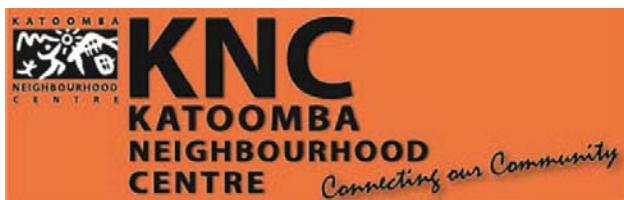


Standard Mental Health First Aid Workshop

over 2 days - August 25th and 26th, 2016

Date:	Thursday 25 th and Friday 26 th August 2016
Time:	Registration 9-9.30am Thursday only Course runs 9.30am to 4.30pm both days
Venue:	Community Room Katoomba Neighbourhood Centre 6-10 Station Street, Katoomba
Parking:	Street parking available on Station Street
Breaks:	Morning and afternoon tea provided. Please bring your lunch or this can be purchased in Katoomba.
Cost:	\$95.00 for the full two day training (includes full training manual and all resources)
Payment:	Please bring cash or cheque payment on the day. Sorry, no EFT or Credit Card facilities available on the day. Groups can be invoiced prior to the training. Tax invoice and receipt will be issued to each participant.
Trainer:	Jane Armstrong – Master MHFA Trainer – www.mhfa.com.au
To Book:	Bookings and further information through Blackheath Area Neighbourhood Centre Phone 4787 7770 or eo@banc.org.au

This is a joint project of Katoomba Neighbourhood Centre and Blackheath Area Neighbourhood Centre for the benefit of the Blue Mountains Community.



Blackheath Area Neighbourhood Centre