



HORIZONS



Rotary - Central Blue Mountains

Effective - Energetic - Enterprising - Empowered

Rotary District 9685 - Australia

Wednesday, April 04, 2018

Inspiration around every corner



Rotary International Convention

23 - 27 June, 2018

Learn best practices from successful projects

Share unforgettable experiences at exhibits and events

Immerse yourself in diverse cultures and develop rich relationships



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Rotary

Central Blue Mountains



WhatsOn....

April

Wednesday 04: Guest speaker from ROMAC

Thursday 05: Seniors Barbecue - Wentworth Falls Lake

Saturday 07: Presidents Elect Training

Tuesday 10: Police Officer of the Year - Lower Blue Mts

Wednesday 11: Visioning night information - Ian Scott

Friday 13: Greystanes Golf Day - W. Falls Country Club

Sat 14/04 - Sun 13/05: Scenic World Sculptures

Monday 16: Board meeting

Wednesday 18: Membership night

Saturday 21: Catering van Home Hardware, Katoomba

Sat-Sun 21 & 22: Rotary Leadership - Springwood

Wednesday 25: ANZAC DAY - no meeting

Friday 27: Presidents cluster meeting

Blue Mountains ACRC Family Fun Day

Sunday 29: District Assembly

The Kings School

Pennant Hills Road, Parramatta

Registrations 8.30am - formal start at 9.00am
finishing at 4.30pm.

The training content will be informative and entertaining.
It is a Rotary International requirement that each club is
represented at PETS and District Assembly.

REGISTRATIONS CLOSE 20 APRIL

Rotary Leadership Institute Course 46

A trial regional RLI will be held at the Oriental Hotel,
Springwood on 21-22 April, 2018.

The course consists of two parts on consecutive
days from 9.00am to 4.30 pm; lunch and morning
tea provided.

Two simple self-paced training sessions are a pre-
requisite for the course and course materials will be
sent to you beforehand.

Central Blue Mountains Members registration will
be paid by the Club.

Register at <http://rli.rotarydistrict9685.org.au/>



science and engineering challenge

This year, the program will be held again at Blue
Mountains Grammar School on Friday 4th May for years
9 and 10.

The local schools have been invited and will include
BMGS and Katoomba High.

Rotary volunteers are required for that day.

It is a wonderful experience.

Rotarians wanting to be involved and want to know more
can talk to either David Hart (0408 026 832) or Joan Hart
(0419 255 011).

To volunteer please contact David Ellyard at david@davidellyard.com

He needs 14 volunteers - Upper Blue Mountains Rotary
is providing six. This is a great day and it's on our patch.

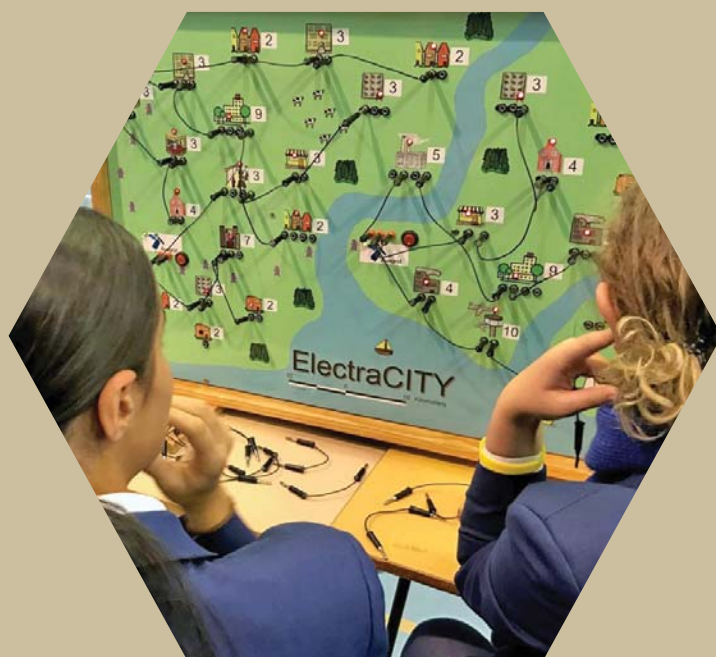


Photo: Wentworth Falls Grammar School 2017

The Science and Engineering Challenge is a nationwide
STEM* outreach program presented by the University
of Newcastle in partnership with communities, Rotary
clubs, universities and sponsors.

Through the Challenge, students experience aspects of
Science and Engineering which they would not usually
see in their school environment.

The Challenge runs a range of programs but focuses on
inspiring students in year 10 to consider a future career
in science and engineering by choosing to study the
enabling sciences and mathematics in years 11 and 12.

*STEM is the acronym for Science, Technology,
Engineering and Mathematics

“Rotary Making a Difference”



Late last year (November 22) we featured a story about MHERV - Men's Health Education Rural Van. It was being hosted in Wagga Wagga by Wollundry Rotary.

Well...it's on the road again, this month (April) heading for the Town Square, at Port Macquarie, thanks to Port Macquarie Rotary Sunrise. The Men's Health Education Rural Van started as a Rotary project aimed at getting more men checked by a doctor as a way to prevent serious health problems and has been really well received by all the communities it visits.

Those who started the project decided it would be good to try to screen middle aged and older men in NSW rural communities and see if simple tests could identify men's health issues earlier, thereby bringing them to a doctor before otherwise treatable conditions became too serious.

The project is designed to bring fast, free and basic health checks to men in rural areas who have not had the time or opportunity to have a health check in the last 12 months.

The van has a full time registered nurse who, with the occasional assistance of local community nurses, conduct health tests among rural men.

The tests – while simple – are in no way a substitute to seeing a general practitioner but designed to spark that conversation with men in the community.

We all know that men are not good at taking care of their own health. You don't need to book in, and these tests are simple, take less than 15 minutes and are totally confidential.

Most people were tested for body mass, blood pressure, blood sugar, cholesterol, urinalysis and some were also tested for skin issues and depression.



OUTSTANDING RESULTS TO DATE

7,700km travelled.

30 towns visited.

934 men tested.

697 referred to GP.

16 told to seek help immediately.

Source: Port Macquarie News

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- ✓ The latest news from the 18 participating teams

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INVICTUSGAMES2018.ORG SYDNEY 2018 OCTOBER 20-27

Police Officer of the Year

This year's presentation of Blue Mountains LAC Police Officer of the Year is being held at the Emu Sports Club, Leonay, Tuesday April 10 2018.

6.30pm for 7.00pm

The winner has been selected and the Police band will be in attendance so the night should be a good one.

\$35.00 per head two course meal.

Rotary Shop Window Display



Making use of a vacant shop window is an excellent way to promote Rotary to the locals and visitors.

This vacant shop window at 167 Katoomba Street, Katoomba is promoting Central Blue Mountains Rotary and the Rotary e-club of Greater Sydney, courtesy of Theo Poulos Real Estate, Katoomba.



Rotary BowelCare Program 1 April 2018 - 31 May 2018

BowelCare kits will be on sale at participating pharmacies for two months commencing 1st April, 2018.

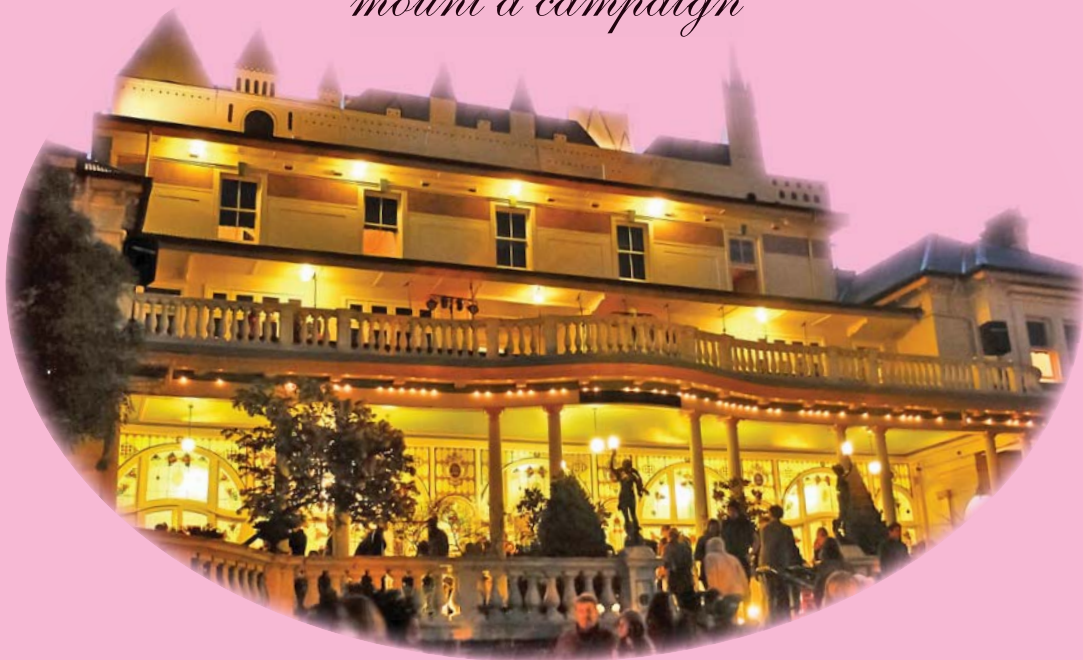
This year's BowelCare kit will cost only \$15.00. This price includes pathology testing, with notification of your result to both yourself and your nominated doctor.



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Join us at our Pink Ball for a Night of Fun

*Once upon a time on top of a beautiful
Blue Mountain the kingdom was summoned
to help rescue girls in the far off lands of
Nepal and Cambodia
We must rally our resources to
mount a campaign*



Carrington Hotel, Katoomba

May 4, 2018 - 7.00pm for 7.30pm

\$150 per person — Dress: Formal with a hint of pink



Supporting Astha Home for Girls in Nepal and Sustainable Cambodia

Please RSVP by April 20, 2018 to: Jennifer Scott - jennifer@scottadr.com
or call John Sim 4784 3151 - 0409 665 437 - email: johnsim@bigpond.net.au



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Mountain Ghost

The Ghost believes the true story lies somewhere in the middle. But it got the Ghost thinking about the floods on the Hawkesbury which Warragamba Dam is supposed to prevent.

FLOODING THE BLUE MOUNTAINS

"Do you realise they are planning to raise the height of Warragamba Dam which will flood the Blue Mountains?", the Mountain Ghost's neighbour said to him some weeks ago.

So when the Ghost saw the notice for a public meeting at Springwood Hub he decided to attend to get the real story.

As an aside what a great facility is the Hub of Springwood. We should all be proud of it.

Anyway back to the meeting which featured former MP and Greens Leader, Dr Bob Brown and former Labor State Member Bob Debus. It was a lively discussion even if a little one sided.

The proposal by the NSW Government is to raise the height of Warragamba Dam by 14 metres to prevent future flooding in the Hawkesbury (and increase dam capacity for future expansion)

The argument against, as promoted by the two Bobs (Brown and Debus), is that it will create an "environmental disaster", flooding the Kowmung, Coxs, Nattai, Kedumba and Wollondilly Rivers wiping out many plant and animal species.

It would also threaten the Blue Mountains World Heritage status. Whether you are for or against Brown and Debus, I think they gave us their 'two-bobs worth'!

Like all debates, the Ghost believes the true story lies somewhere in the middle. But it got the Ghost thinking about the floods on the Hawkesbury which Warragamba Dam is supposed to prevent.

The great flood of 1867 remains as possibly the flood tragedy in Australian history. Twenty lives were lost including 12 from one family at Cornwallis, near Windsor.

The flood waters reached a record 19m above the bridge at Windsor. If that happened today there would be catastrophic loss of life and property.

The five Macquarie Towns established by Governor Macquarie in 1810 (Richmond, Windsor, Pitt Town, Castlereagh and Wilberforce) had all been established well above the flood plains, but not on this occasion.

Even two-storey buildings in the main street of Windsor were totally covered. A little known fact was that apart from the torrential rain that fell on June 17, 18, 19, 20 and 21, 1867, the floodwaters were boosted by melting snow from the Blue Mountains.



Floods have been a feature of the area since the first white settlers reached the area. If they had spoken to the local indigenous people they probably would not have settled there. For example in 1795, a few local farmers died when the floods reached 15m above the Windsor Bridge.

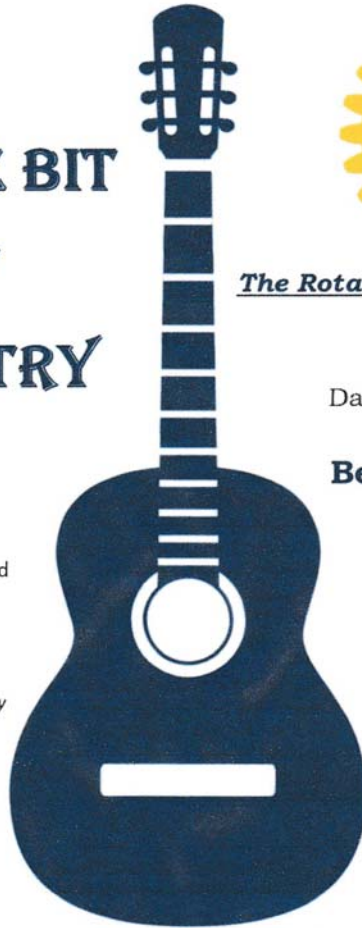
Would the raising of Warragamba Dam prevent this ever happening again?

The Ghost remembers what happened in Brisbane in the floods of 2011. It seems apart from Mother Nature there were helping human hands in the disaster. One thing does seem clear – we should keep banning developments on known flood plains.

The Ghost is off to buy some gum boots....

A LITTLE BIT OF COUNTRY

Ticket sales
Please contact
Springwood
Garden Centre
216 Hawkesbury Rd
Winmalee
Phone **4754 2519**
9am – 5pm
Wednesday to Monday
(closed Tuesday)



The Rotary Club of Springwood

Invites you to a night of
Country Music
Dance the night away with

Bell Bird Bush Band

With a Caller
Winmalee High School
High School Drive
Winmalee
Saturday April 14th
7pm—11.30pm

\$30 PP
\$50 Couples

Supper Supplied
BYO



Lower Blue Rotary Charity Movie Night Sunday, April 15

It is the acclaimed Australian movie 'The Barbecue' – starring Magda Szubanski and Shane Jacobson – which should draw a capacity crowd and be a fun night.

Make sure to invite your friends and family and book early to avoid missing out on a seat. The plan is to have a different catering approach, given the theme of the movie.

The Lower Blue barbecue team will provide a barbecue station outside the Glenbrook Cinema Hall. They will serve guests with a bread roll and sausage/beef patty as they enter – and tea, coffee, cake, champagne, water, juice and beer will be served inside the hall.

Refreshments will be served in the hall adjacent to the theatre from 5.15pm and the movie will commence at 6.00pm.

Tickets are \$20 each.

For bookings call: 0430 433 717

..that's all folks