

HORIZONS

Central Blue Mountains Rotary

Effective - Energetic - Enterprising - Empowered

Rotary District 9685 - Australia

Wednesday, June 05, 2019



Carrington Hotel, Katoomba - Winter 2015

Image supplied by Carrington Hotel

up front



Are You Inclusive?
A DARE Initiative

Helping Local Businesses Improve Service to Special Needs Customers

Are You Inclusive?

At the bi-monthly Rotary Presidents cluster meeting at Springwood on 24 May, that was both the question posed - and the explanation of - a new program to help make our Blue Mountains a more inclusive place.

Special guest, Dr Annie Brennan, who is disability inclusion ambassador with DARE Disability Support, has created, and is the driving force behind, the new “Are You Inclusive?” program.

It offers free training and resources to businesses, to help them welcome and meet the needs of customers with “invisible” disabilities such as autism, acquired brain injury and intellectual disabilities.

The program is in its early roll out and is currently focused on smaller businesses and their customer-service staff in the Springwood area.

It will expand throughout the Blue Mountains and Nepean over the next year or two after assessing the program’s results in Springwood.

“Using local businesses and services in our community can often be difficult for the 1 in 20 people with ‘invisible’ disabilities.

“The basis of the training is around communication techniques, which can also be helpful when serving elderly customers, those from a non-English speaking background, and more”, Dr Brennan explained.

“It also includes ways for locals to find businesses and services that have completed the training, to help potential customers decide which business best meets their needs. So, there are many benefits for people with disability, for our local businesses, and the Blue Mountains community as a whole”, she said.



Special guest, Dr Annie Brennan
image supplied

“It’s completely free, funded by an NDIS Information Linkages and Capacity-Building grant, so we are warmly inviting businesses to sign up.”

There will be a job for Rotarians in this program, too. Once the “Are You Inclusive?” program is bedded-in Dr Brennan will be asking us to be volunteer “shopper assessors”, with invaluable feedback provided by DARE to the participating businesses.

To find out more about this new and unique program, visit the website www.areyouinclusive.com.au or call Dr Annie Brennan, Disability Inclusion Ambassador at DARE Disability Support, on 0414 835 831.

...Steve Cookson

WhatsOn....

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 June 05



The Story of Foodbank

John Robertson commenced full time employment at the age of 16 as an Apprentice Electrician and later became an organiser for the Electrical Trades Union.

Moving into the Labor Council of NSW as an Industrial Officer in 1991, John's career took off in the government sector, where he was elected to State Parliament. He became the NSW Opposition Leader and held seven portfolios in his time as a Minister.

With over 30 years of experience in stakeholder engagement and strategic development in government, and seven years of volunteering at Foodbank NSW & ACT, John extended his career to the not-for-profit sector in 2017, when he was appointed Executive General Manager of Foodbank NSW & ACT. He is now Chief Operating Officer.

John's vision for Foodbank NSW & ACT is to build a successful fundraising and partnership strategy with the corporate and government sectors.

2019 Rotary International Convention in Hamburg

More than 24,000 Rotary members from 170 countries are in Hamburg, Germany, attending the 110th annual Rotary International Convention until June 5.

"Hamburg is known as the gateway to the world, and with people from 170 countries attending our convention, Rotary is excited to bring the world to Hamburg," said Rotary President Barry Rassin.

"We are looking forward to introducing the city to our members from abroad and familiarizing the community with local Rotary members who take action to make the world a better place."



Rotary flags around the lake



The burnt out Saint Nicholas Cathedral, bombed in WW11, stands as reminder of peace and the devastation of war.

It was the tallest building in the world from 1874 to 1876.



Central Blue's co-president Ava Emdin at the RI Convention with Taiwanese and Bangladeshi Rotarians in the aptly named House of Friendship.



These plaques are all over Germany. They tell the story of people who once lived in the house and who were taken by Nazis to concentration camps and were murdered or disappeared. It is a reminder to never allow this to happen again.

images from Jennifer Scott and Ava Emdin



The Elbe Philamonic hall

Please turn to the next page

Development of cancer drugs and treatments and the huge costs involved

***Our guest speaker 29 May,
Dr Raymond Yung is
clinical trials coordinator
at Macquarie University's
Faculty of Medicine and
Health Sciences.***



Dr Raymond Yung and his wife, Nancy, photographed after his presentation, with Central Blue co-president Steve Cookson and Rotarian Eric Cantor, who assisted in bringing Dr Yung from Macquarie University to the club's meeting at Wentworth Falls.

In a fascinating presentation, Dr Ray outlined the development of cancer drugs and treatments, the huge costs involved, clinical trials and results, with sometimes just one drug approved from an initial 15,000 tested compounds over a period of up to 15 years!

The most common cancers are lung, breast, colorectal, prostate and skin.

The process: after lab studies and on animals, four phases of human trials follow (from the first study in a patient to see how the body metabolizes a drug, through to studying a large number of people to confirm effectiveness, safety, assess side effects and compare with current treatments).

From the first use of radium in 1903 to treat (successfully) two patients with basal cell carcinoma of the skin, cancer research and drugs developed have covered a huge range.

Some drugs are truly transformative – i.e. they work – but people face “financial toxicity”, i.e. they can't afford them. The solution can be through participating in clinical trials. Dr Ray explained these provide access to treatment that may not otherwise be available, and may increase the total number of treatment options, while some study sponsors may pay for part or all of the medical care and other expenses during the study.

Possible downsides include: the new treatment may have unknown side effects or other risks, which may or may not be worse than those from existing treatments; the new treatment may not work for you even if it helps others; and insurers may not cover all of the costs of taking part in a clinical trial.

Financial Cost

The median cost of developing a single cancer drug is US\$648million. The median revenue after approval for such a drug is US\$1.65billion.

Two examples of new drugs: In 2011, the US FDA approved **ipilimumab**, which stimulates the immune system to attack cancer cells by removing a “brake” that normally controls the intensity of immune responses.

As recently as 2014, The FDA approved a new drug, **pembrolizumab** for the treatment of advanced melanoma. This monoclonal antibody blocks the activity of a protein called PD1 on immune cells, which increases the strength of immune responses against cancer.

The cost of treatment in recent years has reached launch prices of more than US\$400,000 for a year of treatment. But in Australia, help is at hand....

Pembrolizumab in Australia costs approximately AU\$9,000 per dose or \$91,000 for a course (DoH website), but in March 2019 it and **ipilimumab** were two of three specialist cancer drugs listed on the PBS, making all three affordable, compared with patients previously paying up to \$254,200 per course of treatment for ipilimumab.

Find out more about studies across a wide range of conditions including cancer, cardiovascular, respiratory, and neurological diseases at <https://www.mq.edu.au/> and <https://www.australianclinicaltrials.gov.au/>

...Steve Cookson

Mountain Ghost

Water restrictions in the Blue Mountains...The Ghost was grumpy because he will have to restrict his showers to five minutes. It takes that long just to soap his body, there is a lot of him these days.



FLOODING OF THE BLUE MOUNTAINS

The Mountain Ghost was surprised to learn of water restrictions in the Blue Mountains “Warragamba Dam is part of the Blue Mountains. Why are we subsidising the residents of Sydney so they can wash their cars and poodles twice a day”?

The Ghost was grumpy because he will have to restrict his showers to five minutes. It takes that long just to soap his body, there is a lot of him these days.

The recent State Election saw the question of raising the dam level at Warragamba by 14 metres become an issue. The argument on one side was that raising the level would prevent future flooding in the Hawkesbury and provide greater water capacity for future expansions (and possibly prevent future water restrictions providing it rains).

The argument against (as promoted by Dr. Bob Brown and former MP Bob Debus at a rally at the Hub last year) is that it would create an “environmental disaster”, flooding the Kowmung, Cocks, Nattai, Kedumba and Wollondilly rivers wiping out many plants and animal species. It would also threaten the Blue Mountains World Heritage status.

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 the 17, 18, 19, 20 and 21st June 1867, the floodwaters were boosted by melting snow from the Blue Mountains floods. Floods had 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.....

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

THE ROTARY CLUB OF SPRINGWOOD INC.

Brooklyn (Hawkesbury River) - Hunter Valley
Lunch Cruise - Wine - Beer - Cheese - Chocolate
\$300 per person (Double/Twin) - Single supplement \$75.00

Includes: Coach Travel - Accommodation
Morning Tea, Lunch and Dinner (Sat) Lunch (Sun)
Three hour Hawkesbury River Cruise
Wine and Brewery tours and Tastings
Cheese factory - Chocolate factory

Booking and non-refundable deposit \$50 per person due July 31, 2019

Balance payable by August 31, 2019

Direct deposit BSB 112-879 - A/c 098876448

Contact: Norm Kitto 0409 619 548 - normkitto@bigpond.com



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