

HORIZONS

Central Blue Mountains Rotary

Effective - Energetic - Enterprising - Empowered

Rotary District 9685 - Australia

Wednesday, March 06, 2019



Tour, Talk, Ride

Central Blue Mountains Rotary has arranged a vocational visit - a rare "behind the scenes" look at Scenic World, Wednesday, Feb 13 at 4.30pm

We meet at the Scenic World admin office for a trip on the Skyway and back at 5.00pm followed up by a tour and talk finishing at 6.00pm. Everything is free and visitors are very welcome

At 6.30pm we are due to have dinner at the Old City Bank Brasserie, Carrington Hotel, Katoomba.

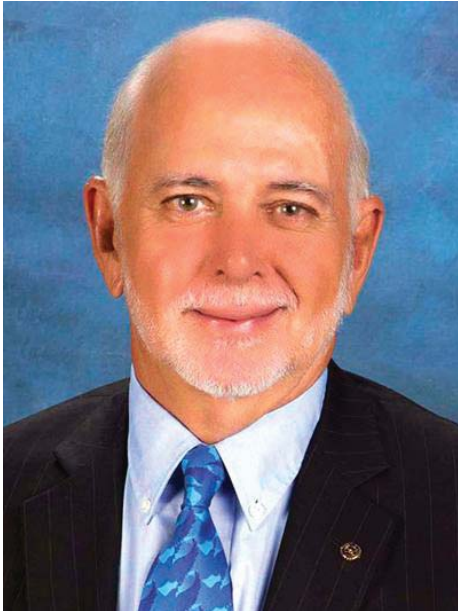
Please confirm ASAP
PAUL PIXTON - 0417 985 691 or
paul@duralis.com.au

Please turn to the next page

up front

Community Connection

BARRY RASSIN
President, Rotary International



Dear fellow Rotarians,

In my travels over the past year, I've visited many strong, vibrant clubs and districts that are transforming their communities. When I attend their meetings, I can feel the energy.

When I meet their members, I can see they are people of action. And when I look at their communities, I can recognize the impact of their work.

I've also visited communities with Rotary clubs that were hardly more than social clubs. It shouldn't ever be that way. Fortunately, there's a simple approach that I believe can help revitalize any club.

"I'd like to challenge every Rotary club to come up with at least one high-impact service project.

Each club already has the potential, the resources, to make it happen.

It has the power to change people's lives — completely."

I'd like to challenge every Rotary club to come up with at least one high-impact service project. Each club already has the potential, the resources, to make it happen. It has the power to change people's lives — completely.

It doesn't take millions of dollars. One of the most transformational projects I've been a part of involved providing a Jeep to a group of midwives in Haiti.

We had asked the midwives what we could do for them, and they told us they needed a way to reach expectant mothers in a remote part of the country. We supplied a Jeep, painted it pink, and put the Rotary logo on it.

Three years later, we went back to see how they were doing. They were excited by the outcomes: They told us that the mortality rate for mothers and infants in that region had dropped by 50 percent. That's what I call transformational service.

But Jeeps don't last forever, and after eight years on the road, that vehicle was on its last legs. So we bought a pink Land Cruiser. It's still on the road, allowing the midwives to provide prenatal care to women in that remote region.

What makes a project transformational? It doesn't have to involve a lot of money, but it has to reach people and have a major impact in the community. That is the key, and that is where careful planning and thorough research come in. So do your research. Leverage your resources. Seek partnerships that can increase your impact. And then take action.

Of course, service is only part of what a strong club must offer. It must also have good speakers, provide leadership development, involve Rotaract and Interact, and bring value to its members and reasons to participate in Rotary events.

If your club is transformational and well-organized, everything else will follow. Members will be engaged, and new members will be eager to join you. Fundraising will be easier: People love to give when they see how their money is making a difference and when they know the organization is accountable.

Your club will be vibrant, relevant, and alive — and it will be the inspiration to those within its ranks as well as to the community it serves.

*Reprinted from
The Rotarian, February 2019*

WhatsOn....

March

- Wednesday 06:** Guest speaker: Bev Cooney "A window to my world - my work in Peru"
- Wednesday 13:** Behind the Scenes at Scenic World followed by dinner at a location to be confirmed. Can't make the tour at Scenic World? Come along for dinner.
- Saturday 16:** President-Elect Training Seminar (PETS)
- Wednesday 20:** Guest speaker: Jeremy Scott - Adventurer
- Saturday 23:** Woolworths, Katoomba - catering van
- Wednesday 27:** Central Blue Rotary gets together with Winmalee Lions
- Friday-Sunday 29-31:** District Conference, Newcastle.

April

- Thursday 04:** BM Grammar - Compassion catering
- Sunday 07:** 'Let's talk about CBM Rotary'
- Friday 12 to Sunday May 12:** Sculptures at Scenic World
- Saturday 13:** 'Lanterns on the Lake' - W. Falls Lake
- Sunday 14:** District Assembly
- 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, March 06

Bev Cooney OAM, MOHpe, PHF



Bev Cooney has dedicated her life to helping others. Originally from Queensland where she became an enrolled nurse, Bev moved to Newcastle and spent 35 years working at the Royal Newcastle Hospital and then at the John Hunter Hospital.

On a holiday to Peru in 2003, Bev visited a 1100 bed children's hospital, so moved by the lack of facilities, she organised for a medical team of Australian surgeons to visit annually to assist the local doctors, surplus beds and equipment followed from the closure of the Royal Newcastle Hospital.

At this time children with disabilities in Peru were not allowed to go to public schools.

Bev moved to Peru in 2006-10 and with the aid of 21 builders from the Sunshine Coast and donations built a school for children with special needs.

In recognition the President of Peru awarded Bev the highest award given to foreigners, The Merit of Honour.

Now living in Bathurst having completed five years at the Westmead Hospital Breast Cancer Clinic, Bev is coordinating a volunteer program at Bathurst Hospital.

Trivia? NIGHT?

Some happy snaps from the Central Blue Rotary Trivia Night, March 2, at Leura Golf Club, raising money for Central Blue and CanAssist Blue Mountains. Lots of fun and excitement. Our happy snapper was Ava Emdin.



Central Blue Mountains
Rotary



Mountain Ghost

The Mountain Ghost says: "An edible garden is a garden that contains flowers, herbs, seeds, berries and plants that you can eat. It doesn't have to be large and can start off just as a window box."...He's about to start his own veggie garden.



EDIBLE GARDENS

IT'S AN OUTRAGE. The Mountain Ghost has just gone to his local fruit and vegetable shop (the Ghost calls them greengrocers but his kids say this shows his age). He went to buy a cauliflower and it was \$6.00, beans were \$10.99.

The owners said the price increase was due to floods, droughts, extreme high temperatures in SA and Victoria etc. Well you would think that watermelons would be cheap, but that was not the case.

When the Ghost read about the Edible Garden Trail in the Blue Mountains Gazette his ears pricked up. What a great idea he thought. The Edible Garden Trail is on March 2 and 3 between 10.00am and 4.00pm. There are more than 40 gardens including school, community, veg and home gardens from Lapstone to Hartley to visit.

Home gardeners will share their secrets on how they are composting, mulching, companion planting, worm farming and enjoying their own fresh food. Grow your own thought the Ghost, how hard can that be?

An edible garden is a garden that contains flowers, herbs, seeds, berries and plants that you can eat. It doesn't have to be large and can start off just as a window box.

The Mountains are a foodies paradise. Last year the Ghost attended some functions about Slow Food. No, slow food is not about eating snails. Slow food is a non-profit organisation established in 1989 to counteract fast food and fast life, the disappearance of local food traditions and peoples dwindling interest in the food they eat.

The movement started in Italy, was introduced to Australia by well-known chef, Maggie Beer in 1995 and reached the Blue Mountains in 2006. There are 100,000 members in 132 countries.

The Ghost who loves his red meat and sausages and wine is actually very impressed with the work this group has done in the Blue Mountains. He suggests his readers check out the group's webpage (whatever that is) on 'slowfoodaustralia.com.au'. Did you know that chestnuts are now grown and sold in the Mountains?

While the Ghost has given his readers the healthy stuff, in fairness to the other 90% of the population who do not eat healthily he did some research.

The research involved visiting two wineries in the Megalong Valley (Dryridge Estate and Megalong Creek

Estate) which were quite good. He also visited the Hillbilly Cider Shed at Bilpin using 100% Blue Mountains Apples.

He saved the best for last which is of course Josophan's Chocolates in Leura Mall. This has to be the best chocolate in Australia. He felt a little 'un-Australian' when he ate the salted caramel koalas but they were delicious.

The Ghost is now asking himself should he be a 'healthy' edible garden connoisseur or continue along his usual route of good wine and chocolate. His next assignment is a review of the best pie shops in the Mountains.....



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