



# HORIZONS

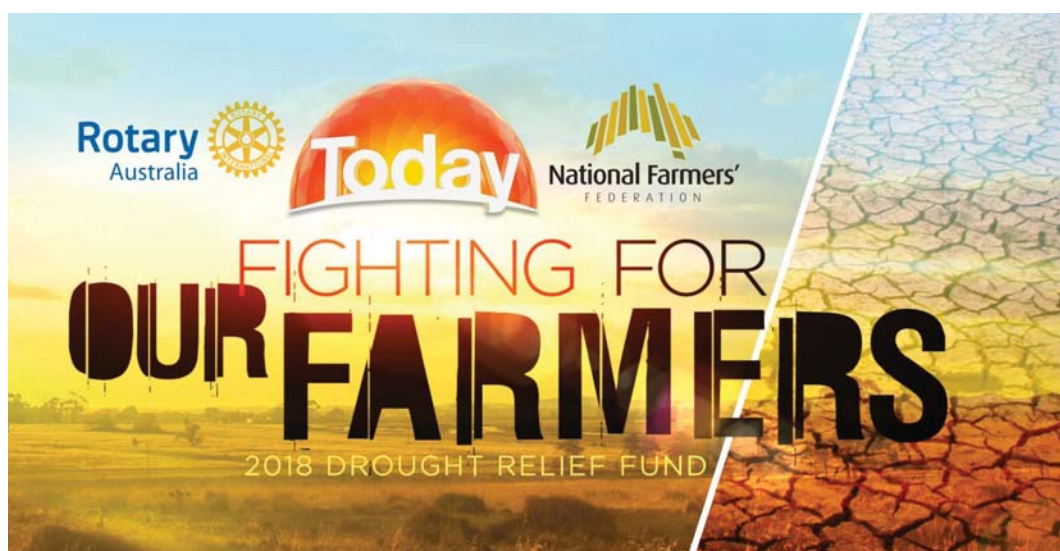


## Central Blue Mountains Rotary

*Effective - Energetic - Enterprising - Empowered*

Rotary District 9685 - Australia

Wednesday, August 08, 2018



### Central Blue Mountains Rotary donation

Central Blue Mountains Rotary will make an immediate donation of \$3,000 towards the RAWCS, Channel 9, National Farmers Federation drought appeal.

This amount will be matched making a significant contribution.

The CBM Rotary Board, at the same meeting, also resolved to seek a direct connection with a Rotary club in the NSW drought affected area to establish a more personal relationship for future fundraising and other relief efforts.

Farmers are the lifeblood of our country and they are in crisis. Record breaking heat and lack of rain means farmers are struggling to feed sheep and cattle, and keep crops alive. Families on the land are suffering and they need our help.

Channel 9 and Rotary Australia have partnered with the National Farmers' Federation, launching an appeal to big business and everyday Australians, so we can provide some emergency relief.

100% of donations go to the farmers and are tax deductible via Rotary and RAWCS. Every dollar counts. Access to the donation page for the project is:  
<https://donations.rawcs.com.au/17-2018-19>

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# WhatsOn....

## August

**Tuesday 07:** Breakfast with Upper BM Sunrise Rotary

**Wednesday 08:** No meeting.

**Friday 10:** Lawson Public School Breakfast Club

**Wednesday 15:** Planning and Business meeting

**Friday 17:** Lawson Public School Breakfast Club

**Friday 17:** Working bee at Katoomba RSL Memorial Garden  
Katoomba Hospital - 9.00am to 1.00pm

**Wednesday 22:** Lisa Gorman managing director of Life Learning will present a light-hearted, lively approach to adult learning.

**Friday 24:** Lawson Public School Breakfast Club

**Saturday 25:** Trivia Night with Can Assist

**Wednesday 29:** Guest speaker: "Peace Building"  
a young person's view of our world.

**Friday 31:** Lawson Public School Breakfast Club

## September

**Wednesday 05:** Guest Speaker  
Tony Edwards and his mind dog.

**Friday 07:** Lawson Public School Breakfast Club

**Wednesday 12:** Vocational visit - Watch this space

**Friday 14:** Lawson Public School Breakfast Club

**Saturday 15:** Barbecue - Mitre 10

**Wednesday 19:** District Governor visit

**Friday 21:** Lawson Public School Breakfast Club

**Friday 28:** Lawson Public School Breakfast Club



The Science Experience offers a three-day hands-on science experience for Year 9 and Year 10 students at universities throughout Australia.

It was initiated by the Rotary Club of Doncaster over 30 years ago and is a Rotary district supported project.

This is the most cost effective youth activities project. Brochures and application forms were sent to all Australian schools and Rotary clubs during May.

### New South Wales Program Dates

#### Macquarie University, Sydney

15 - 17 January 2019

Apply before 31 October 2018

#### University of New England, Armidale

15 - 17 January 2019

Apply before 31 October 2018

#### University of Sydney, Sydney

9 - 11 January 2019

Apply before 31 October 2018

#### University of Technology, Sydney

3 - 5 October 2018

Apply before 30th August 2018

#### University of Wollongong, Wollongong

22 - 24 January 2019

Apply before 31 October 2018

### For application forms and details contact:

**Rotary representative, PDG Marilyn Mercer**

**mmm@myisp.net.au - 0416 026 848**

**www.ScienceExperience@rotarydistrict9685.org.au**

**www.scienceexperience.com.au**



## Our Guest Speaker August 22

*Lisa Gorman is a coach, facilitator and presenter working with leaders and business owners to ensure sustainability and high performance by developing confident capable people.*

*She is a dynamic facilitator of programs that impact both personal and professional life. Her key interest areas are communication and presentation skills, igniting effective leadership and workplace behaviours using tools that support relationship and productivity success.*



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Photo: 2016



## Two new members inducted at Central Blue Mountains Rotary



CBM Rotary was back feeding hungry students again on Friday 03/08.... a much bigger variety than last week.... this time at Blue Mountains Grammar School Sports Day, Wentworth Falls.

### **WOW! ...They can really eat.**

BMGS students consumed hundreds of barbecued sausages and bread rolls, along with about 10kg of onions, cakes, biscuits and fruit.... it was massive.

We should also mention that our breakfast team was busy, as usual every Friday, down at our regular Lawson Public School breakfast for primary school students.

*At the right of the photograph opposite: Anthony Steel, principal solicitor Mid Mountains Legal, at Lawson, and Maria Hopwood, an independent associate for ASEA Cellular Health.*

*Anthony and Maria are seen here with club president Ava Emdin and new member mentors Jennifer Scott and Eric Cantor.*

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# Mountain Ghost

Believe it or not you are breathalysed before the climb. The Ghost had to hand in his hip flask and was most offended when he retrieved the flask after the climb and found that it was empty.

## HARBOUR BRIDGE CLIMB

The Mountain Ghost recently read that his friends at Scenic World, Katoomba, will be the new operators for the Sydney Harbour Bridge walk. The Ghost is wandering how they will get a train up the side of the Bridge?

Anyway the Ghost remembers the first time he did the Bridge walk about 15 years ago. He was scared but Mrs. Ghost was even worse. That made him feel better. What a fantastic experience.

It seems to take half a day by the time you get kitted up in the fashionable grey suits and make the actual climb. Believe it or not you are breathalysed before the climb. The Ghost had to hand in his hip flask before the climb and was most offended when he retrieved the flask after the climb and it was empty.

The views are extraordinary. At the very top the Ghost was looking down on the Channel 7 helicopter flying past. It is interesting how quickly the initial fear disappears once you start the climb. The whole experience takes three and a half hours and in the Ghost's opinion it is money well spent, especially since he received it as a birthday present.

A little bit of history on the Bridgeclimb. The concept of a Bridge climb was born in 1989 by Paul Cave but it took until 1st October 1998 until the climb was officially launched.

The Ghost can only imagine all the safety hoops the organisers had to jump through before Government permission was given. One of the safety concerns was old codgers from the Mountains bringing hip flasks. The Government gave the present owners a 20 year lease which expires this October and a new lease has been given to Scenic World for the next 20 years.

Since inception over 3.5-million people from over 137 countries have climbed the southern half of the bridge. There are many different climbs now including a night climb and special climbs for Vivid and Australia Day Ferry Race and even an Anzac Day Dawn climb. The new owners are going to be offering new climbs from the northern side as well.



The Ghost thinks they must have some surprises up their sleeve such as a floating three Sisters to be moored near the Opera House. This is a Mountain Ghost exclusive.

Apart from all the tourist awards the Bridgeclimb has won in Australia, the Bridgeclimb was awarded one of the top 10 "Biggest Adrenaline Rush" experiences in the world by the Lonely Planet Magazine as well as one of the 10 best things to climb in the world.

At the time of its opening in 1998 it was the world's first bridge climb. Now bridge climbs are opening up all over the world including the Storey Bridge in Brisbane.

If you haven't done a Bridge Climb yet the Ghost recommends you do it.

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# Trivia Night

Fundraiser for Central Blue Mountains Rotary & CanAssist

6:30pm for 7pm start

**Saturday 25 August**

Wentworth Falls Country Club

*206 Blaxland Road Wentworth Falls*

**\$10 per person**

**Tables of 8 -10**

**Individual players welcome**

**Trivia Master Paul Eastment**

**Snacks provided and food available to order**

**Drinks at bar prices NO BYO**

# BOOK NOW

# 0487 139 381







## Dinner with Dr Nicholson Vocational Excellence Awardee

Pennant Hills Golf Club  
Burns Road South  
Beecroft

Monday August 13, 2018  
6.30pm - 9.30pm  
\$40 per person  
Book on line  
<http://bit.ly/2Kahtpx>

You are invited to join us for a fun and inspiring evening to celebrate the Rotary concept of "Service Above Self."

This event is a joint initiative of several clubs located in District 9685 including the Rotary clubs of Norwest Sunrise, Pennant Hills, and Lower Blue Mountains. Rotarians and Non-Rotarians welcome.

Tickets (including dinner) are \$40 per person.

Guest speaker on the night will be Dr Ian Nicholson, a leading specialist in Adult and Paediatric Cardiothoracic Surgery. Dr Nicholson is actively involved in outreach programs through Rotary and Open Heart International, performing Cardiac Surgery in developing countries of the Pacific region, South America and Africa.

Dr Nicholson will share some of his amazing life experiences and why he believes in the concept of Community Service to improve quality of life, develop stronger communities and to build a better world.

Seats are limited, so RSVP today so you don't miss out. Tables of 10 are available.



Empowering families and children to effect lasting change..... community by community [www.sustainablecambodia.org](http://www.sustainablecambodia.org)

## Rotarian Journey into Cambodia

10-Day Excursions – Rotarian Led

3 Trips in 2019 ..... Jan 18-27 ..... Feb 1-10 ..... Mid-Summer TBA

Participate from only USD \$925/pp

### Join fellow Rotarians on a trip into ancient Cambodia...

Rotarians from various clubs around the world are joining together with Sustainable Cambodia on a journey into the heart of Cambodia.

Together, we will **explore the ancient temples** of Angkor Wat, and visit cultural sites and museums to gain an understanding of the challenges Cambodia has faced as it rebuilds from the tragedy of the Khmer Rouge genocide. We will travel to the schools and Rotary project sites of Sustainable Cambodia in central Cambodia, and while there each Rotarian can choose from various Rotary-supported projects, such as working with school children, visiting water filter construction sites, water well installations and community ponds. You will have the opportunity to meet first-hand the wonderful families and children in these rural villages, and for those who wish to do so, we can engage in hands-on projects with the families.



As we travel through the country, we will visit Battambang, the second largest city in the country, and Pursat in central Cambodia, the home of Sustainable Cambodia where you will meet the students, teachers and staff. Rotarians from the Rotary Club of Pursat will be your guides as you **meet the village families and the school children in the SC school projects**. You will have the opportunity to **visit and/or participate in various Rotary projects**.



The trip will include an excursion to Angkor Wat. Angkor is a temple complex built by Suryavarman II and Jayavarman VII from the 11th to the 12th century and is one of the seven wonders of the world. In Angkor Wat, you will be **led by experienced tour guides** who will share the rich history of these temple ruins, and will have an unparalleled

opportunity to **explore Cambodia's incredible heritage**. The visit will include a tour of the markets of Siem Reap, near the temples of Angkor, a silk factory, a floating village.

**Rotarians who have made the journey previously can customize any portion of the itinerary.** We will enjoy a dinner at sunset together before leaving.

More information about this tour can be obtained  
from Jennifer Scott: [jennifer@scottadr.com](mailto:jennifer@scottadr.com)

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While in Siem Reap, you can choose a side-trip to the **Floating Village**, an amazing place where you will encounter hundreds of houses built on wooden platforms on the lake, including some homes that are built on old boats. The villagers have created a completely self-contained community, including a floating school, clinic, shops and places to eat.



#### About Sustainable Cambodia

Sustainable Cambodia (SC) is a Rotary-supported nonprofit organization working to help families in rural Cambodian villages create a sustainable quality of life through wells, irrigation systems, schools, training and empowerment. SC employs only native Cambodians, and all international officers, directors and consultants are unpaid volunteers. While SC is an independent nonprofit organization and is not formally affiliated with RI or TRF, active Rotarians are key volunteers and founders, and Rotarians make up a majority of the SC Board of Directors. Sustainable Cambodia aligns its values with those of RI, including RI's ideals of empowerment, peace through understanding, world service and community service.

The adventure will include a visit to Phnom Penh, the capital city situated at the confluence of three great rivers, the Mekong, Tonle Sap and Bassace Rivers. Phnom Penh is Cambodia's commercial and political hub, and offers several cultural and historical attractions, including the **Royal Palace, Silver Pagoda, National Museum, Wat Phnom and Toul Sleng Genocide Museum**, some of which will be included in the itinerary for the trip, and others available as optional visits.

