



HORIZONS



Rotary - Central Blue Mountains

Effective - Energetic - Enterprising - Empowered

Rotary District 9685 - Australia

Wednesday, August 09, 2017

Not much to see at Echo Point when this happens

We are told that as the cold air sinks, warm air aloft replaces that air. This new warm air transfers more energy to the ground.... The valley begins to fill from the bottom with cold layers of air. If there is sufficient moisture in the air, fog will begin to form in layers as the air temperature approaches the dew point.

ECHO POINT

AskRoz.com.au

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What's On....

August

Wednesday 09 - Guest speaker David Wilkinson
Prostate Cancer Support Group

Sunday 13 - Grand View Market - catering van

Wednesday 16 - Youth night

Monday 21 - Board meeting

Wednesday 23 - Club assembly

Wednesday 30 - Guest speaker - TBA

Are there gaps in your Rotary knowledge?

Then this RLI course is for you!

RLI 43; Sundays; 10 September, 24 September, 8 October.

Register at rli.rotarydistrict9685.org.au

The cost for the full course is \$75*.

The benefits of doing RLI are many; so boost your knowledge and share your experience by joining in.

The three part course is held at our District Office, Thornleigh. Morning tea and lunch are provided. Each day starts at 8:30 for 9:00am and finishes around 3:45pm.

* The fee covers direct participant costs. Rotarians who have partially completed RLIs prior to today and wish to do individual parts should contact PDG Ian Scott for registration by response to this email; catch up sessions - \$20.

Our Mission

Central Blue Mountains Rotary has a very simple mission; to provide service to others within our local community and overseas, to promote integrity, and to advance goodwill through fellowship.

We have a long and successful history of supporting our local community and assisting overseas. Since being established in 1976 we have achieved, quite simply, nothing less than outstanding results every year. We are proud of our contribution to helping others.

Women in Rotary

Women are leading the way. We need busy people, proactive people, and people who want to do something for the community.

Join us for fun and service.



Central Blue Mountains Rotary

DIVERSITY IN MEMBERSHIP:

Rotary members are men and women of all ages and occupations. Rotary is non-political, non-religious, and open to all cultures, races, and creeds.

Maybe you've seen a need in your community and wondered how you could help. Maybe you want to use your professional skills to help others.

Whatever your reason, joining Rotary can help you achieve these goals, and so much more.

This Week's Guest

Our guest this week is David Wilkinson, a member of Nepean/Blue Mountains Prostate Cancer Support Group. He was elected president of the group in 2013.

On Wednesday 09/08, David will discuss some of the theory and about his prostate cancer journey.

David's knowledge about the subject is real. Although he had annual medical checks (including PSA) since he was 50, in September 2011, not quite three years into retirement, he learned that his PSA had risen slightly and was referred to a urologist. After a biopsy David heard those dreaded words – You have Prostate Cancer.

Support groups help raise awareness of prostate cancer in their local communities. In Australia, around 20,000 men are diagnosed with prostate cancer each year and more than 3,000 men die of it - more than the number of women who die of breast cancer.

Prostate cancer is generally a slow growing disease and the majority of men with low grade prostate cancer live for many years without symptoms and without it spreading and becoming life-threatening. However, high grade disease spreads quickly and can be lethal. Appropriate management is necessary.



This little bloke and his family need help!



He is 13 years-old, lives at Wentworth Falls with his mum and dad and two sisters. His name is Joel. He has a degenerative form of muscular dystrophy and he needs a wheelchair to get around. Joel's mum has recently been diagnosed with multiple sclerosis.....the family really really needs help.

Now...Upper Blue Mountains Sunrise Rotary has established a project to raise \$40,000 to provide the family with special transport.

Michael Small, a past president, says the project has the support of Rotary Australia Benevolent Society, which has tax deductibility for all donations.

In addition, the project will receive a dollar-for-dollar boost to a maximum of \$10,000 from Rotary Australia Compassionate Grants, established recently with the support of Dick and Pip Smith.

Upper Blue Mountains Sunrise Rotary sees this as a community project and members are seeking financial assistance from Rotary clubs in all districts.

Michael Small can be contacted on +61 2 4784 3456.

Please call Michael and discuss just how you can help.

To lodge a donation go to www.rawcs.org.au - click on 'Donate' and enter project 64 for the year 2016-2017.

Birds...Birds...Birds



Liz Benson...bird lady

Liz Benson, of Lawson, is an extraordinary lady when it comes to imparting information about native birds that inhabit the Blue Mountains.

Liz was guest speaker at Central Blue Rotary, Wednesday August 2.

As a founding member of Central Blue Mountains Garden Club and the Blue Mountains Bird Observers Club, her knowledge of the local bird population and those that fly in from overseas is outstanding.

Initially, Liz worked as a high school science teacher, then with National Parks and Wildlife and Royal Botanic Gardens.

Liz says the Blue Mountains region is a bird spotter's paradise. Brightly coloured noisy rainbow lorikeets can be seen and heard throughout the mountains. Bellbirds with their ringing call and whip birds, with their distinctive whip-crack call can be heard echoing in the valleys. Whip birds are very difficult to see, however, you will know of their presence through this unusual but somehow seemingly ever present call.

There are kookaburras, gang gangs, rosellas, currawongs and many others.

Another very interesting bird that lives in the patches of rainforest scattered around the mountains is the male satin bowerbird. Glossy black in colour, they use blue colour objects to attract a mate. They can even include clothes pegs.

Help end polio worldwide.

Rotary. Humanity in motion.

rotary.org/endpolio



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Filling big shoes is Rotary Past District Governor Jennifer Scott holidaying recently in Amsterdam.

Guided Bushwalk



Woodford
Saturday 12th
August
10-12pm

Transit of Venus Track & Beyond

Led by Ken Goodlet

Heritage trails – gentle waterfalls – flourishing open
woodland – rainforest gullies

Book now max 25 places!

For info & to register by 8/8/17
Phone Mid Mountains Neighbourhood Centre 4759 2592
info@mmnc.org.au or drop in to 7 New St Lawson.
All welcome. Children must be accompanied by a
primary caregiver.

A partnership of National Parks
Association of NSW and MMNC






**Enjoy a Rotary bacon
and egg roll at the
Grand View Markets
Sunday, August 13**

Mountain Ghost

The Archibald:

The Ghost is impressed by the talent of Anh Do. This guy is a comedian, television presenter, best-selling author and a great artist. He has a lot in common with the Ghost.

THE ARCHIBALD PRIZE 2017

The Mountain Ghost has some excellent news (for him anyway). He has finally had his portrait hung in the Archibald Prize – well, not exactly. A photo of him/her has been given to the security guards.

Another year passes and still the Mountain Ghost has not had his portrait hung in the Archibald. He is not getting any younger you know. And even worse, the Ghost thinks the selection of this year's winning portrait was poor, but they say beauty is in the eye of the beholder. The first prize went to Mitch Cairns for a portrait of his wife, Agatha Gothe-Snape.

The Ghost's favourite painting was by Andrew Lloyd Greensmith "The Inner Stillness of Eileen Kramer". The runner up, Jun Chen's painting of Ray Hughes was excellent. The Ghost is also impressed by the talent of Anh Do. This guy is a comedian, television presenter, best-selling author and a great artist. He has a lot in common with the Ghost.

To be fair to the judges you must see the paintings in person to really appreciate the work. This year there were four entrants from the Blue Mountains.

As well as the Archibald Prize (awarded to a painting of a prominent Australian) there is also the Wynne Prize for the best landscape painting and the Sulman Prize for the best subject painting, genre painting or mural project by an Australian artist.

The first Archibald Prize was awarded in 1921 and has remained controversial ever since. The biggest contrary was the awarding of the 1948 prize to William Dobell for his portrait of Joshua Smith which ended in court.

The Ghost was curious – who is Archibald? J.F. Archibald (1856 – 1919) was a journalist and founder of the Bulletin magazine and served as a trustee of the Art Gallery of NSW. He was very keen to promote young writers and artists.

In 1900, he commissioned Melbourne artist John Longstaff to paint a portrait of Henry Lawson. J.F. Archibald was so impressed with the painting that he decided to leave money in his will for an annual art prize. He also left money for the construction of a fountain in Hyde Park to commemorate the association of France and Australia in World War 1.

Good to Know:

www.artgallery.nsw.gov.au

Free entry to the Art Gallery but fee to enter Archibald.

Apart from the Archibald prize entries there are plenty of permanent exhibits

The Archibald Exhibition is on until the 22nd October 2017

Opening Hours : 10.00 a.m. – 5.00 p.m. – Wednesday until 10.00 p.m.

Open every day (apart from Christmas Day and Good Friday)

\$18 adults/\$16 concession

Excellent wheel chair access

Very good café and shop

Ghost rating: 7/10



Mitch Cairns - First Prize



Archibald 2017 - Anh Do



Archibald 2017 - Andrew Lloyd Greensmith



Archibald 2017 - Lisa Wilkinson

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Hungry kids enjoy breakfast before school at Lawson

It is well documented that kids who do not eat breakfast before going to school have a shorter attention span, tend to be listless and are unable to concentrate on their school work.

Lawson Public School accepted the challenge by establishing a school breakfast club which operates from 8.30am every Friday during school term. It's free to all students.

Blue Mountains Gazette reported the story recently saying P&C members, Central Blue Mountains Rotary and Mountains Outreach Community Services (MOCS) set up the service each Friday to serve the hungry customers.

Students enjoy fresh fruit, cereal and warm creamy oats followed by honey or Vegemite toast.

Lawson Cake Shop supplies bread and Blue Mountains Food Co-op provides organic fruit. Central Blue Mountains Rotary supplies milk and cereals and is delighted to be involved, ensuring that breakfast before school is available and kids do not start the day feeling hungry.



Mid Mountains Garden Festival

16th-17th & 23-24th September 2017

Come and explore our beautiful spring gardens of the Mid Blue Mountains. Hazelbrook Woodford & Linden

Entry \$5.00 each garden or visit all 6 for \$20.00
Children under 16 free

Phone Danielle 0413 846 563
f HazelbrookWoodfordGardenFestival

www.Facebook.com/Discover-Central-Blue-Mountains



Annual signature fundraising event for Greystanes Disability Services

GREYSTANES FOUNDATION

2017 GALA DINNER

7pm, Saturday 9 September
Ballroom, The Hydro Majestic Hotel

Spring, Festival of Colour
Formal dress with prizes for most colourful guests

TO BOOK
call +61 2 4784 1118
email events@greystanes.org.au
www.greystanes.org.au/galadinner

\$150 per person includes canapes, 3 course fine dining and wines
Purchase tickets by 22 August 2017

....that's all folks