

# HORIZONS

## Central Blue Mountains Rotary

*Effective - Energetic - Enterprising - Empowered*

Rotary District 9685 - Australia

Wednesday, October 17, 2018

Five years after the fires there are still vacant blocks where friends and neighbours homes stood.



*Photo: Justine Murphy*

L-R: Graeme Davies, representing Australian Rotary Health, Jenny Bigelow (in blue) from "Blue Arc", Susan Templeman, Federal Member for Macquarie, Margaret Bell, Springwood Rotary President, Rose Glasscock, Educational Psychologist, and Central Blue Rotary Co-President, Steve Cookson. Sixty five people, including Rotarians from Blackheath, Katoomba, Upper Blue Mountains Sunrise and Springwood attended a special Rotary evening at Wentworth Falls on Wednesday October 10, marking the fifth anniversary of a devastating bushfire at Winmalee which claimed 200 homes...See story page 3.

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# WhatsOn....

## October

- Wednesday 17:** Club business/planning meeting
- Friday 19:** Lawson Public School Breakfast Club
- Saturday 20:** Barbecue - Mitre 10, Katoomba
- Sunday 21:** Graffiti Removal Day
- Sunday 21:** "Jazz at the View" and Lunch in support of the drought relief appeal.
- Wednesday 24:** World Polio Day
- Wednesday 24:** Social night
- Friday 26:** Lawson Public School Breakfast Club
- Fri-Sat-Sun 26-28:** Fellowship in Forbes
- Wednesday 31:** No meeting

## November

- Thursday 01:** Movie night - Mt. Vic Flicks
- Friday 02:** Lawson Public School Breakfast Club
- Friday 02:** Pudding sales - Faulconbridge School
- Sunday 04:** Grandparents/Elders Day - W. Falls Lake
- Wednesday 07:** Guest speaker - Rowan Price
- Thursday 08:** Board meeting
- Friday 09:** Lawson Public School Breakfast Club
- Wednesday 14:** Members vocation night
- Friday 16:** Lawson Public School Breakfast Club
- Saturday 17:** Barbecue - Mitre 10, Katoomba
- Wednesday 21:** Club business/planning meeting
- Friday 23:** Lawson Public School Breakfast Club
- Saturday 24:** Community Chest raffle ticket sales
- Monday 26:** Rotary Foundation Dinner
- Wednesday 28:** Social meeting/ vocational visit
- Friday 30:** Lawson Public School Breakfast Club



Central Blue Mountains Rotary co-president Ava Emdin, on a recent visit to Washington DC visited the Rotary Club of Arlington, Virginia, seen here with president Rob Martinson.



Sydney Districts 9675 & 9685

## An Invitation to the Rotary Foundation Dinner

Waterview

Bicentennial Drive, Bicentennial Park, Sydney Olympic Park

**26 November, 2018 at 6:30PM**



### Program

6.30 - 7.00pm	Fellowship and pre-dinner drinks
7.00pm	Introductions
8.00pm	Keynote Speaker - Ian Riseley IPRIP
9.00pm	Close

**Cost: \$75 per person or \$700 for a table of 10**

**For bookings:** [Click Here](#) (Instructions for Table bookings display after you enter your name on page 1 – submit attendees using spreadsheet provided)

## Women outnumber men at Cessnock Rotary

***Some people said it would never happen...***

According to a recent report in the Cessnock Advertiser, the once male dominated Rotary Club of Cessnock now has a decidedly feminine touch.

For the first time since the club was founded back in 1937, women now outnumber men.

A spokesman for Cessnock Rotary says it's great... the club's female contingent tend to work harder than a lot of the guys. They are always keen to nominate for activities.

*Yes*  
**Rotary  
Can**



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# Five Years After the Fires Rotary Marks the Mental Health Effects

*"There are still vacant blocks where friends and neighbours homes stood ... the 'limbo' of bushfire remains."*

Rotarians and family from four local Rotary clubs converged on the Grand View Hotel, Wentworth Falls, last Wednesday for Central Blue Mountains Rotary's special event to mark five years since devastating bushfires claimed 200 homes in the Blue Mountains.

The night coincided with Australian Rotary Health's annual mental health day and sought to "Lift the Lid" on the resulting mental health effects on the community.

"There are still vacant blocks where friends and neighbours homes stood ... the 'limbo' of bushfire remains." The words of Susan Templeman MP, keynote speaker at the meeting, attended by about 65 people, including her parents.

Ms Templeman said the fire that destroyed her home was "a sudden, brutal declutter" and destroyed treasured personal items, including her loved violin.

There were, and still are, financial issues also for many who lost their homes. Notably, under-insurance has meant that "some who desperately wanted to rebuild...couldn't afford to. This remains a big issue. Lessons from 2013 may not have all been learned", Ms Templeman said.



*Photo: Justine Murphy*

Foreshadowing other speakers at the Central Blue Rotary meeting, she said, "Research shows long-lasting effects on children. Current graduating classes in the fire area were in lockdown on the day.

"Mental health relies on being able to move forward. Some do it quickly, others are still dealing with it, trying to recover. They need our support. We have a sense of the community pulling together in very tough times and volunteering, such as in Rotary, is helping in recovery and resilience", Ms Templeman said.

The audience held its breath as Margaret Bell, President of Springwood Rotary, struggled at times to read the blog she wrote after she narrowly escaped the inferno that claimed her home as well. Community support, including Rotary, was a major factor in her efforts to recover.

Jenny Bigelow of "Blue Arc" explained the need to and value of planning ahead to save pets and other animals, pointing to the emotional impact of losing them. "Homes can be replaced, but lives can't", she said.

Education psychologist, Rose Glasscock covered a range of mental health effects, with a focus on school students. Many were caught up in their family's and friends' trauma and struggled to cope, both immediately and in the longer term. For some it is a long, continuing process.

Director of ARH, Graeme Davies praised the speakers range of coverage of the mental health effects, with the segments coming together to provide a cohesive whole.

Central Blue Mountains co-president, Steve Cookson brought the night to a close thanking the speakers for their courage in revisiting that day (October 17, 2013) and praised the work of Australian Rotary Health, which has funded over \$40 million in mental health research, including a major examination of the effects of bushfires.....*story Steve Cookson*



# ***HEY! Don't miss this***

**"Jazz <sup>at</sup>  
the View"**

**Sunday, October 21**

**11.30am til 3.00pm**

**Presented by Central Blue Mountains Rotary  
and the Grand View Hotel, Wentworth Falls**

**Proceeds donated to the Rotary Australia,  
National Farmers Federation, Channel Nine Drought Appeal**

## **Katoomba Jazz Group**



**Also featuring Country Folk Singer Pat Drummond  
and Guitarist Martin Foote**

**Enjoy a delicious lunch - Select from the a'la carte menu or specials board  
Table bookings advisable - 4757 1001**

**Come along - Have a great Grand View Hotel lunch  
Enjoy the jazz - Please support this worthy cause**

*Please turn to the next page*

The Rotary Foundation presents

# BOHEMIAN RHAPSODY

THE ONLY THING MORE EXTRAORDINARY  
THAN THEIR MUSIC IS HIS STORY

Join Upper Mountains Rotary  
for pre-movie drinks and nibbles  
7.15pm Thursday 1 November, 2018  
at Mt Vic Flicks

Tickets \$25

Book online  
<https://www.trybooking.com/YONL>

Rotary  
Upper Mountains



## MOUNT VIC FLICKS

Mount Vic Flicks is a treasured icon of the Upper Blue Mountains. Built in 1934, the cinema is a window into the golden age of Australian country picture theatre culture.

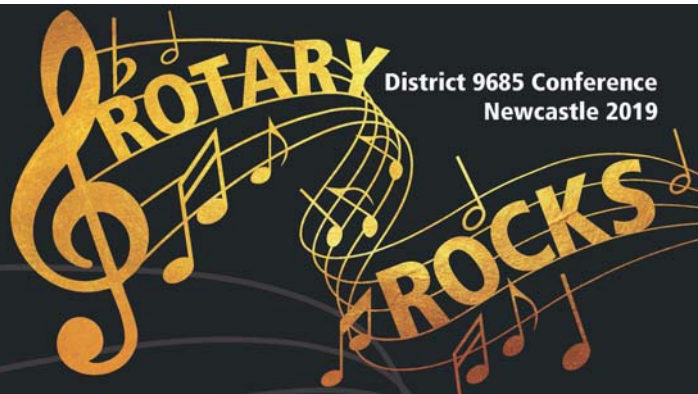


The family-run independent cinema provides an eclectic mix of quality films from Australia and abroad, arthouse movies, and movies suitable to children also new releases.

It also hosts various local and international film festivals, special events and fundraisers. The venue is fully wheelchair accessible, has easy street parking and a quaint snack bar.

The cinema is equipped with a hearing loop system and headsets can be provided for those who do not have hearing aids with a T-switch.

Our special screening of Bohemian Rhapsody, November 01 provides an excellent reason to visit Mt. Vic Flicks...soak up the atmosphere and assist The Rotary Foundation.



District 9685 Conference  
Newcastle 2019

NEX, Newcastle Exhibition & Convention Centre  
King Street, Newcastle  
March 29, 30 and 31, 2019

Friday - Inspiring Youth  
Saturday - Inspiring Men  
Saturday afternoon - Everyone WALKS  
to END POLIO NOW  
Saturday night - Rotary Rocks Newcastle  
with prizes for best dressed!  
Sunday - Inspiring Women

#### Major Speakers

Confirmed speakers include:  
former Victorian Police  
Commissioner Christine Nixon;  
NSW PCYC CEO Dominic Teakle;  
acclaimed NZ Rotary leader  
PDG John Prendergast;  
Grace's Place CEO Martha Jabour;  
and young Rotary leader and  
Scholar to Germany Brittany Arthur.  
Watch this space for more big names...

Note the bargain registration fees below and you will really 'rock' -

- Full Conference - \$280
- Early Bird Full Conference - March 12 to June 30 - \$200
- Early Bird Full Conference - July 1 to November 30 - \$250
- New Rotarians (joined on or after March 12, 2018) - \$200
- All Youth attendees - \$200

... AND we understand some people cannot attend for the full weekend  
- Saturday day only \$100; Saturday night only \$100; Sunday day only \$50

[conference2019.rotarydistrict9685.org.au](http://conference2019.rotarydistrict9685.org.au)

WE WILL ROCK YOU!!!



Volunteer

Nominate a Site

Promote the Day

For more information  
call 1300 665 310 or visit  
[graffitiremovalday.org.au](http://graffitiremovalday.org.au)

Follow us on   
#GRD18 #LoveWhereWeLive

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Premium dark chocolate blended with Valencia Orange tastes, fruit and French Orange Liqueur



Premium dark tropical rum, fruits and finest dark chocolate

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Eric Cantor

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cantors@bigpond.com

devilishly delicious

Tropical mangoes soaked in matured Barossa Valley brandy and natural mango essence



Also Rum & Plum

CBM Rotary  
will be selling  
Christmas  
puddings at the  
Twilight Market  
Faulconbridge  
Public School,  
Friday  
November 2  
6.00pm to 9.00pm

..that's all folks