



# HORIZONS



## Rotary - Central Blue Mountains

*Effective - Energetic - Enterprising - Empowered*

Rotary District 9685 - Australia

Wednesday, July 25, 2018

### Rotary Winter Food Relief

Rotary really making a difference

*Pallets loaded with tinned and packaged food at Woolworths Supermarket, Katoomba, ready for distribution to needy families in the Blue Mountains.*

*The food is donated and delivered to local family support services by Rotary Central Blue Mountains twice a year....winter and Christmas*



Left to right are Central Blue Rotary members Ava Emdin (president), Brian Turner, Tom Hickey, Robert Ralston and Chris Van der Kley.



## Rotary's involvement with youth

### July

**Wednesday 25:** Rick's Musical Trivia Night. Come along for fun and laughs. Partners, fellow Rotarians and friends are most welcome to join us. No fundraising, just music, fun and maybe a few prizes to be won.

**Friday 27:** Lawson Public School Breakfast Club

### August

**Wednesday 01:** Guest Speaker - Tom Brownjohn

**Thursday 02:** BM Grammar sports day - catering van

**Friday 03:** Lawson Public School Breakfast Club

**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

**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  
W.Falls Country Club

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

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

It is well-known that one of the most important activities of a Rotary club is to support young people in their quest to learn and improve as they work their way through school and university.

Rotary does just that with a myriad of programs available to young children, teenage students, and young adults.

With this in mind, an initiative of John Manners, Central Blue Rotary, brought together a group of youth directors from clubs located between Blackheath and Penrith-Nepean.

The group had an initial meeting last week at the Chinese School, Leura.

The object was to determine what each Rotary club was proposing to do for youth in the 2018-2019 Rotary year and how they, as a group, could enhance youth programs in this part of Rotary District 9685.

Major outcomes included a commitment to support the formation of a Rotaract club and to explore and sponsor programs and enrichment camps targeting primary school students, years 5 and 6, with talents in various curriculum areas, but who may need financial support to attend.

A further consideration was to target Lithgow as a disadvantaged youth area.

Club cooperation was unanimous in supporting the normal youth programs provided by Rotary and to continue existing inter-club project funding, while exploring more joint projects and funding possibilities.

In a short time available, this group discussed the existing road safety education program with a priority to engaging with high schools from Lithgow to Penrith, the Central Blue Rotary Lawson Public School breakfast program, and many other vital avenues of activity that Rotary clubs could use to become more involved with young people.

Further discussion meetings have been scheduled.



**SUPER CYCLIST AND ROTARIAN**  
 Bob Montgomery started his fourth and final challenging solo bike ride Sunday when he left Darwin for Port Douglas, a gruelling 3,000km, often in remote areas.

Supported by members of Upper Blue Mountains Sunrise Rotary, 74 year old Bob expects to be in Port Douglas in about four weeks time.

He is raising money jointly for Motor Neurone Disease (MND) and Huntington's Disease (HD). The target is a challenging \$100,000, with about \$13,000 raised so far.

Bob will be in the saddle, pedalling his heart out but supporting him is wife Jenny and friend Sallee. The "girls" will be driving the support van, providing meals and organizing arrangements.

Working with local Darwin Rotary clubs, Bob said, *"I am encouraged by the enthusiasm shown by local Rotary Clubs in Darwin to help out on this challenging ride. We hope to participate in many Rotary events over the next month or so."*

**WHY THESE TWO DISEASES?**

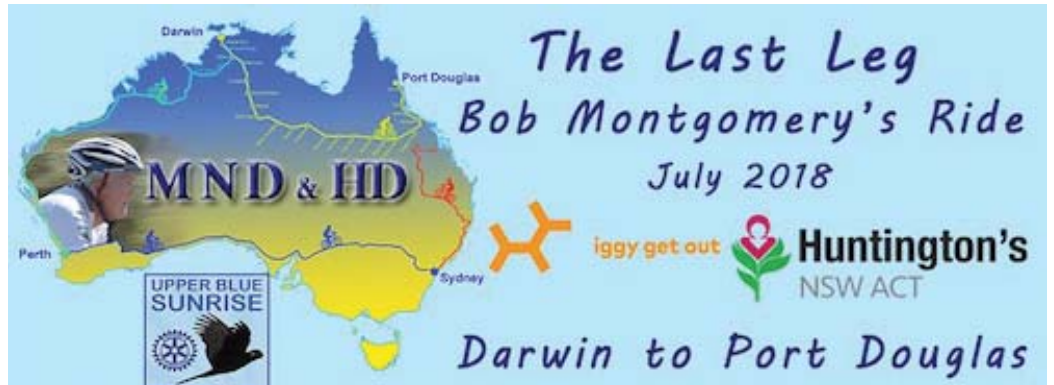
Both MND and HD are degenerative, neurological disorders:

MND affects the nerve cells or neurones which influence those muscles which control movement, speech, breathing and swallowing.

HD is hereditary and is characterised by uncontrollable movements, speech and swallowing difficulties and personality changes.

There is widespread global research, but although some advances have been made a cure is still not in sight. They have about the same prevalence rates.

All money raised goes to the MND and HD organisations to fund their programs. Both Bob, Jenny and Sallee have a personal commitment to this ride as they have family members who have been impacted by MND and HD.



*Bob, Jenny Montgomery and Sallee Harman head off to Darwin on 19 July. Bill Pixton (left) will take over from Jenny around Charters Towers and head up the coast to Port Douglas. With more than a dozen Rotary Clubs from Townsville to Cairns, we hope to rattle the tin a bit. On that point, you can DONATE now at [www.bobmontgomery.com.au](http://www.bobmontgomery.com.au)*

# Mountain Ghost

So what is Ironfest? Well it is a two-day festival held at Lithgow Showground featuring performers (musicians, dancers) stalls and exhibitions all with a medieval theme. This year's theme was the Wild West so plenty of cowboys. For better or worse the Ghost attended the festival for the first time. He was really impressed.

## IRONFEST – LITHGOW

The Mountain Ghost was going to tell his readers about Ironfest held at Lithgow last April but he has only just remembered that he forgot.

Is this a sign of early dementia or just stupidity? Anyway for better or worse the Ghost attended the festival for the first time. He was really impressed. The crowds were enormous.

The Ghost asked one of the organisers why the crowds were so big and he said because of "Game of Thrones". The Ghost had not heard of this game and wondered if it was like chess?

So what is Ironfest? Well it is a two-day festival held at Lithgow Showground featuring performers (musicians, dancers) stalls and exhibitions all with a medieval theme. This year's theme was the Wild West so plenty of cowboys.

The Ghost particularly liked the jousting competitions and mock battles although some of the participants should take acting lessons. What makes this festival so good is that people dress up in period costume and characters from movies such as Star Wars and Marvel movies.

For the record Sir Tony Hodges won the jousting competition from Sir Andrew Beattie and Sir Darrell Bossley. Sir Darrell is 70 years old and the oldest joustier in Australia. There are 15 professional joustiers in Australia. Well there you go, you always learn something new.

A little bit of history on the event.

The first Ironfest started as an art exhibition in the East End shops in Main Street, Lithgow in 2000. The excuse was to celebrate the 100th anniversary of the birth of steel in Lithgow. It attracted 30 artists and performers and 400 visitors.

Each year it has expanded with more events and people. It went to the Small Arms Factory Museum in Lithgow and then to the State Mine Museum. Here it grew to a real festival attracting 3000 visitors in 2003. In 2004 because of parking and traffic concerns it moved to its current home and has continued to grow each year ever since. The Mountain Ghost thinks this is amazing growth.

In 2017 there were 2,900 participants and over 17,000 visitors from all over Australia. The festival has been partly responsible for transforming the impression of Lithgow as a dirty coal mining town to an emerging vibrant place to live.

The Ghost is reliably told that all of the accommodation at Lithgow has been taken for the 2019 Festival. Luckily all us Mountain Folk need do is drive down the hill from the Blue Mountains to take part. Might see you there next year in costume.....



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# Drought Relief in NSW

District 9685 has responded to the drought crisis in the rural areas of our state by appointing Rotarian Barry Edmundson, Rotary Club of Wahroonga, to be district coordinator for drought relief.

Barry has been and will continue to be in touch with the districts most affected by the drought in NSW. Barry will be able to advise clubs that don't have rural contacts just where their relief can be sent.

There are many ways we can support the rural communities and Barry will also have that information. We must remember that along with the farmers and their families, the businesses and schools in the drought affected regions also need support and relief.

I have been in contact with district governors in country NSW and two have responded with information and suggestions on how we can help.

It is important to remember that often times money is the best sort of assistance that we can send. The money can be converted into grocery cards administered by agencies such as The Salvation Army or local councils. The Rotary Club of Sydney is coordinating the sending of semitrailer loads of stock feed to areas of need.

Rotary District 9650 has set up a RAWCS project. That project will be matched dollar for dollar up to \$15,000.00.

The project is listed on the RAWCS website as "Drought Relief NSW" project number 2-2018-19.

Barry Edmundson is contactable via email [jbedmundson@gmail.com](mailto:jbedmundson@gmail.com)

Please think about how you and your club or cluster of clubs can help our country communities.

Regards

Susan Wakefield  
District Governor

## 90% of NSW in drought



**The Snow Ball**

Divia de Goevik modelling The Darnell Collection. Photography by Bejitta Grant

**Saturday 18 August**

**From 7pm till 11pm in the Ballroom**

**FAIRMONT  
— RESORT —  
BLUE MOUNTAINS**

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60 YEARS

*Yes*  
**Rotary  
Can**





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.

