

The Rotary Club of TAMWORTH FIRST LIGHT bulletin bulletin bulletin bulletin



www.tamworthfirstlight.org.au

3 March 2010 – Meeting #999

Brett's Banter -

Quote of the week

“You know, boys, a nuclear reactor is a lot like a woman. You just have to read the manual and press the right buttons”
– Homer Simpson



Thanks to Dr. Roland Loeve for his informative talk this morning about the very important issue of men's health. Roland mentioned that men don't tend to act on an issue until it is sometimes too late. 'It'll be right mate' attitude is slowly been eroded as organisations such as Rotary and the Division of General Practitioners, promote prostate, bowel and testicular cancer tests and checkups. His talk is especially appropriate with the Rotary Bowel Scan program about to be launched.

Bowel cancer is not an older person's disease.

Max Cathcart gave us a detailed Vocational profile. It is unfortunate we can only allocate a short period of time to the profile and apologise for limiting Max's talk due to time constraints.

1,000th dinner is now all organised and the guest list includes past President's, DG Neville and Patti and past DG's and ADG's. The numbers are looking great and we will need to expand into the main hall at the Tennis Club. We need help on the day for setting up and decoration, so let Louise know if you can assist.

Welcome again to Diana Lockwood and our International Youth Exchange student Felix Frankenburger, who was again dismayed that his table went last for breakfast, but made up for the delay by emptying the Bain Marie onto his plate.

The Golfer's are heading off again for a weekend of fund raising and toil on the fairways. I must remember to pick up the case of Passionfruit Cruisers for the boys.

Jane will include in the bulletin the letter from Ivan Lillycrap's sister, who wrote expressing her gratitude to our Club for the loan of the scooter that made Ivan's last few years easier and gave him an independence he would not have been able to experience without your Club's assistance.

Thanks to Chris Sheppard for doing an exceptional job (unfortunately for some) as the fill-in Fine Sergeant. A few of us are looking forward to also helping JT out and venting our revenge on Shep.

Take time to appreciate our great City and this great time of the year.

Brett

AND FOR THE NEWS

YOUTH EXCHANGE – Felix has now settled in with the Baddams so a reminder to all members – if you are doing anything special – trip to Sydney, out to Lightning Ridge or Dubbo Zoo – think of including Felix. He does have quite a busy social life so please give him warning to ensure that his social calendar is free to include you!!!!

ANZAC PARK OFFICIAL OPENING OF THE EXTENSION AND BBQ's – Members please note that this will be a breakfast in the park on Wednesday, 31 March at 6:45 for 7:00 am and a fund raiser for the **PolioPlus Final Push campaign**....

ROSEVILLE GOLF CLUB CHARITY GOLF DAY – Wednesday, 24 March 2010 – please speak with Rob Clifton if interested, probably an overnight stay required

SCIENCE & ENGINEERING CHALLENGE celebrating its TENTH year this year. **OUR MORNING MEETING (17 MARCH) WILL BE MOVED TO THE TUESDAY EVENING, 16 MARCH 2010**

1000th CELEBRATION DINNER – SATURDAY, 6 MARCH 2010 – Please confirm with Louise Matthews on 0420 743 083 or Bruce Hemmett via email – bruce.013@decorama.com.au NO MEETING WEDNESDAY, 10 MARCH FINAL REMINDER IT IS BEING HELD AT THE TRELOAR TENNIS CLUB

A few items will be missing from this week's Bulletin as our Secretary is walking the Overland Track in Tasmania for a week.... Will add these items at a future date – a letter, an item from the ROMAC newsletter and Shelterbox.



CALENDAR 2009/2010 EVENTS

06 March	1,000 th First Light Meeting CELEBRATIONS – 20 years
06 – 13 MARCH	BOWELSCAN WEEK
12 – 14 March	District 9650 Conference, Port Macquarie – Book accommodation early
16 March	Science & Engineering Dinner replaces Breakfast next morning
15 – 17 March	Science & Engineering Challenge
28 March	Cricket Match – First Light V Tamworth Sunrise – Picnic Day
31 March	Official Opening of the extension and BBQ's at ANZAC PARK

APRIL D9650 PolioPlus Campaign will be held during this month

1 / 2 May	NSW Cancer Council – Relay for Life
19 May	Career's Expo – TRECC
12 June	District Changeover at Wauchope
19 June	Tamworth First Light Changeover

PLEASE NOTE THE DISTRICT CHANGEOVER – UNDERSTAND THIS IS THE FINAL DATE – NO MORE CHANGES AND FOR OUR DISTRICT THE POLIOPLUS CAMPAIGN WILL BE HELD IN APRIL 2010 – more information to follow via AG's and Presidents

YOUTH EXCHANGE PROGRAM



ROTARY INTERNATIONAL DISTRICT 9650 LONG TERM YOUTH EXCHANGE PROGRAM



COME ON GIVE AN AUSTRALIAN STUDENT THE EXPERIENCE OF AN OVERSEAS EXCHANGE.

Give a male or female student aged 15 years to 18 years & 9 months from your town:

- An opportunity to develop personal self-confidence and maturity
- An opportunity to develop a lifetime of international friends
- An opportunity to develop a real understanding of many different cultures
- An opportunity to develop new language skills
- An opportunity to develop a base for future education and career goals

ROTARY YOUTH EXCHANGE: An opportunity for your Club to participate in an international program.

Applications for Students departing January 2011 are now being sort and are available from either the Secretary, International/Youth Director or www.rotary9650.org.au Links

D9650youth YEP

Community Service - Bowelscan

The District commends the recent report forwarded to Clubs on the BOWELSCAN project, and wishes to highlight a number of points.

- Rotary District 9650 continues to be the largest distributor of Bowelscan kits. Our District is one of the few Districts which run a District Program and have saved 100s of people over the past 20 years
- Further, D9650 has, with all Rotary Clubs help, contributed over \$250,000 to PhD scholars through Australian Rotary Health and Universities. Our Dollar is matched to increase to \$500,000 of research
- In 2009, 23,000 Bowelscan kits were distributed around the District. Out of the 18,496 returns, 299 were positive (54.8% male and 45.2% female)
- The 2010 campaign commences on 6 March and ends on 31 March. Posters and brochures will be distributed to Clubs at the end of January or early February
- **Costs for the kits to the Public will be \$8.**

This District strongly endorses the Bowelscan project and the benefits it provides to our communities. For further enquiries, please speak to your Rotary Club Bowelscan Co-ordinator or the District's Bowelscan Committee Chairman, Kevin Sharp – email kmesharp@bigpond.com.

VOCATION – MAX CATHCART

Max was born at Boggabri on 15 March 1937 – just a youngster at heart. He certainly had a varied and interesting career basically in the aviation industry.....

1954 began with East West Airlines as a mechanic

1964 went to England with De Havilland

1965 – East West Airlines – first Surveillance Inspector

1969 – Seconded to Melbourne as Contract Service and Supply Support and involved on many Committees basically relating to Aviation

1974 returned to East West and set up Production and Planning Contracts and liaised with a variety of airlines / governments including Papua New Guinea, Indonesia, CSIRO, NSW Government, Air New Zealand, Tasmanian Government, South Australia government and private organisations and companies

1980 – 1982 – seconded to Darwin as General Manager and on various Advisory Committees for the Northern Territory

1983 – Back to East West Airlines

1984 – 1985 – Time spent in Canada, United States, United Kingdom and Holland

1986 – Takeover structures, many roles and many new bosses

1988 – 2000 – Consultant to NSW, Federal and Local governments, CSIRO, BHP Engineering, Private organisations and companies

2000 – 2007 – Manager of the Tamworth Chamber – also managed over this period to operate a farming and grazing property, a Councillor on Parry Shire Council and involved on many Committees

Currently retired, remarried and very happy – jointly have seven (7) children and ten (10) grandchildren

THANK YOU MAX.....

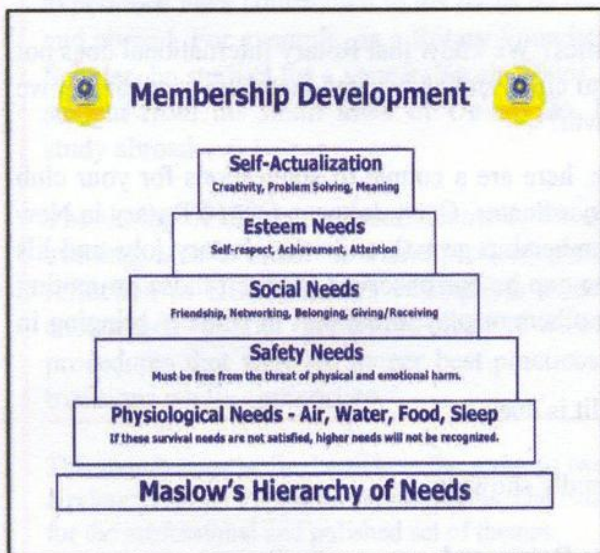
The Object of Rotary

Jim Henry, RRIMC Zone 34

Why are Effective Clubs Effective? Or What Motivates Rotarians?

Why do effective Rotary clubs have few membership problems? Why could membership in a Rotary club threaten some business, professional, and community leaders? In this article, we will explore some possible answers by examining Maslow's Hierarchy of Human Needs, which clarified motivation as it affected human behaviour and makes it easy to understand what motivates people to become, or not to become, Rotarians.

Please examine the tiers of Maslow's hierarchy. Most people have to satisfy the needs of each tier before they put much effort into attaining the next higher tier. If a tier is not fulfilled, the higher tiers, which do not go away, serve as ever-present motivators. Now let's examine each tier as it applies to effective clubs and Rotarians, potential and existing.



Physiological needs – Most existing Rotarians have long ago fulfilled the physiological tier. Safety needs – Most Rotarians have also fulfilled their safety needs, but, to a potential Rotarian, believe it or not, one of their major hesitations is most likely based on this tier – their safety could be threatened. (WHAT? Membership in Rotary threatens their safety?) They will not say it in this manner, but people generally are very protective about taking time away from their livelihood and family – their safety net.

They have to be satisfied that joining a Rotary club would not put a hole in their safety net.

But the desire to fulfill this need could be the reason they join a club! **Why? Joining an effective Rotary club could help fulfill their safety needs!**

The Object of Rotary

Social and Esteem Needs – It is within these tiers that effective clubs excel: Paramount in their activities is assuring that their members' friendship, networking, belonging, achievement, and attention needs are being met, which is primarily advancing the first and second Objects of Rotary. It is also important to note that effective clubs have little difficulty advancing the third and fourth Objects of Rotary. The reason: their member's social and esteem needs are satisfied; therefore they are motivated to seek higher tiers. All the club has to do is create appropriate opportunities, and in Rotary, opportunities abound.

Self Actualization – Effective clubs generally produce excellent leaders, and the reason is simple: their members, whose lower tiers are fulfilled, strive for self actualization. It is in satisfying this need that Rotarians, hence Rotary, shines.

* * *

Service above Self – An Indian poet, Rabindranath Tagore, wrote, "I slept and dreamed that life was happiness. I awoke and saw that life was service. I served and learned that in service, happiness is found." In personal, corporate, and political life this is true, and it is based on humans achieving the higher tiers of Maslow's Hierarchy of Human Needs. Happiness truly is found in service. But, if a person, or a club, concentrates only on the higher tiers of need, they will find themselves, as Rotarian Haresh Ramchandani from Jamaica so eloquently says, "Without a sound base." (For a visual representation, turn Maslow's Hierarchy upside down.)

Rotary clubs are not in the service business, they are in the personal satisfaction business. Effective clubs are successful because they continually advance the Object of Rotary by encouraging members to fulfill each of Maslow's tiers while they learn ". . . *that in service, personal satisfaction is found.*"

Is your club effective in advancing the Object of Rotary?

Is your district assisting its clubs in advancing the Object of Rotary?

Dr Loeve was pleased to be with us but felt that technology had failed as he would not be able to show his humorous slides. **Men's Health** is a serious issue – men do ignore symptoms but whinge and are reluctant to visit a doctor – frequently don't have one – Women act on their symptoms, usually promptly.

Why are men like this? Could be their social or environmental situation or their working conditions – all appear related in many cases. Difficult to take time off work so leave until physically unable to work then expect to see the doctor immediately – or similar.

Many employers are becoming more aware of the need for either gender to have time off to see the doctor or dentist or similar but there are many who don't see the need.

The average working hours per week is over 40 for men and 45 for women with many working 60 hours a week or more so very difficult to balance work, home and family.

Health providers are few and far between in all rural areas – relatively simple to contact in the metropolitan areas. Many men only see their doctor when it is compulsory to have a medical say every five years.

For men, their behaviour as a youth usually comes back to haunt them when they are aging. People in uniform (police, army etc) and sportsmen are expected to take risks. Men project "strength" and were trained from an early age not to show "weakness" but this is slowly changing. Conflict in the 20th Century created massive losses – mainly civilians. During adolescences boys suddenly decide that they do not need to see doctors – this is where it begins – they start drinking, smoking, try drugs etc – easier not to see the doctor than admit to this.

Parenthood, men re-evaluate their health, however other pressures then intervene – work pressures, family mortgage, and children create extra responsibilities, more stress and so on. By age 45 men really must go back to their GP as from now on the behaviour of their youth starts to catch up.

Elderly men do not cope well with change – wife dies – they find it really difficult to cope. Suicide is worse with men than with women and gets worse as people age.

The concern with our indigenous males is they have the same aging symptoms at 35 as their white counterparts who are in their 50's and 60's. This is an extremely worrying statistic.

Rural sector – mental stress for men – drought, lack of work, loneliness, lack of stimulation, very little exercise after football finishes and the physical work now-a-days is much less due to quad bikes, air-conditioning in tractors etc.

An excellent example of the change in working conditions is with the miners – 75% are obese or morbidly obese – suffer high blood pressure levels etc as they do so little physical work.

Returning soldiers usually have much higher stress levels but now-a-days do receive counselling. The bi-sexual community is very vulnerable

Is there an answer? Yes! Fathers must educate their sons on the importance of seeing their doctor regularly and set an example themselves. Health checks at least every five years, over 45 should be every two years and every year for the over 60's.

Introduced by Alan Coates, thanked by Peter Ryan

Marketing Tip: The Rotary Brand

Did you know that all of these Rotary emblems along with many others are registered as trademarks and service marks in over 40 countries? Rotary has created a strong brand that is easily remembered.



We have a proud history and it is our brand that has helped us create and maintain our image as the world's oldest and best service organisation.

Preserving our brand is important and in order to do this we need to remember to promote our image and ensure our logo is used to our advantage. Please be aware of our responsibility to protect RI's intellectual property...



Publications

Remember that whenever you use the name "Rotary," or use the Rotary Emblem or any other of the Rotary Marks, in for example, your newsletter or website, you should also identify your club to ensure that it is your club that receives credit for its initiative. For example.....



Also please remember that the word Rotary should not be abbreviated in anyway.

The Rotary Club of Southbank Inc

Merchandise

If your Club is arranging merchandise for any of your fundraising events simply make sure you follow the RI guidelines in relation to the production of any merchandise. This involves including:

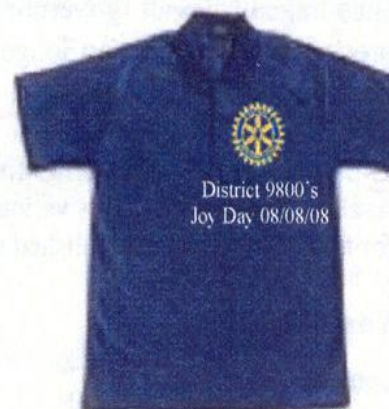
- the name of your club;
- the name of the fundraising project; and
- the date or duration of the fundraising event.

Keep in mind, that in order to ensure the consistency and quality of the Rotary brand, RI asks that clubs interested in purchasing merchandise bearing the Rotary Emblem or other Rotary Marks, only buy merchandise from individuals or firms that are licensed by RI. A list of these can found at <http://shop.rotary.org/catalog/>.

Corporate Sponsorship

The RI Board has made a commitment to the careful development of sponsorship opportunities and cooperative relationships for RI and recognises the benefit these opportunities have for our clubs. The Board has adopted three sets of guidelines regarding sponsors and cooperating organisations. The guidelines are available at the link below and will help to ensure the proper use of the Rotary Marks for sponsorship purposes, helping to protect your club and the integrity of the Rotary Marks.

Remember that Rotary's (and your Club's) brand is the way the outside world perceives what Rotary does, so it is imperative to create the right impression. Promoting Rotary and your Club in the right light will lead to a positive image, create interest, entice new members, generate goodwill, and even bring financial support.



More Information?

The Rotary Emblem or other Rotary Marks can be downloaded from www.rotary.org or contact marketing@rotarydistrict9800.org.

If your club is arranging a project and would like to ensure it is using RI's image effectively and within the guidelines, then you can find further information at <http://www.rotary.org/en/Members/PoliciesAndProcedures/RotaryNameAndMarks/Pages/ridefault.aspx> or complete the 'New Project Naming Application' form found at this link..... And return it to RI for assistance.

One of Rotary's most valuable assets is its name and associated intellectual property, let's all help to protect and grow our brand!!

ARTIST'S CORNER

*The idea for this section was to find out about "hidden" talents within our Club's membership and we have had some wonderful insights for the first half of the year.... This week it is **Laurence Hearne's** contribution and next week will be Julian Smith....*

One reason I like my profession is that I get to sit with many of my clients to discuss their insurance / financial planning needs and objectives over **Tea and Scones** (Pumpkin Scones). This has led me over the years to become an expert and create my own favourite recipe. I hope by sharing this, you begin to appreciate why this has become an Australian tradition at any time of the day.

Chef: Laurence Hearne

Degree of difficulty: Low

You need:

1 Tblsp butter

1/2 cup sugar

1/4 teaspoon salt

1 egg

1 cup mashed pumpkin (cold)

2 cups Self raising flour

Method:

Beat together butter, sugar and salt with electric mixer.

Add egg, then pumpkin and stir in the flour.

Turn on to floured board and cut.

Place in tray on top shelf of very hot oven 225-250c for 15-20 minutes.

Thought for the week

*Wise people learn not to dread
But to welcome problems
Because it is in this whole process
Of meeting and solving problems
That life has its meaning.*

Excerpt from "The Road Less Travelled" by M Scott Peck



Last night, my kids and I were sitting in the living room and I said to them, 'I never want to live in a vegetative state, dependent on some machine and fluids from a bottle. If that ever happens, just pull the plug.'

They got up, unplugged the Computer, and threw out my wine. They are SO on my hit list ...

WHY I AM A ROTARIAN

I found this quote from Ralph Waldo Emerson a number of years ago and saved it. I used it at the end of my club visit speeches as Governor recently. For me it defines Why I am a Rotarian.

“To laugh often and much, to win the respect of intelligent people and the affection of children, to earn the appreciation of honest critics and endure the betrayal of false friends, to appreciate beauty, to find the best in others, to leave the world a bit better, whether by a health child, a garden patch.... to know even one life has breathed easier because you have lived. This is to have succeeded.”

That is what Rotary is all about and that is “Why I AM A Rotarian.”

**PDG Charlie Thorp
2005 – 2006 – District 5890**

Club Website

President – Brett White	www.tamworthfirstlight.org.au
Secretary – Terry Robinson	brett.white@freemans.com.au
Treasurer – Michael Smith	trobenson@eversol.com.au
Bulletin Editor – Jane Bradford	michael@mmsmail.com.au
Board of Directors	jbmail@monelu.com
	board@tamworthfirstlight.org.au

**BOARD OF DIRECTORS
2009 - 2010**

Club Service – Louise Matthews
Community Service – Brian Logan
International Service – Vicki Cooper
Vocational Service – John Worldon
Youth Centre – Annette Arthur

Birthdays, Anniversaries & Inductions



Birthdays 04.03 – Brian Thompson

Partners Birthdays Nil



Anniversaries 05.03 – Graham & Marion Dooley (27 yrs)
04.03 – Michael & Gloria O'Connor (33 yrs)



Inductions 05.03 – Narelle Langfield – 7 years
08.03 – Maureen Thornton – 10 years



Vocational Profile

Attendance 72%

Make Ups 14 members at Sunrise Club; Brett White – Tamworth Club

Visitors Rotarians Nil

Visitors Felix Frankenberg – Sweden (YEP); Diane Lockwood

Heads & Tails Skinner

Raffle Skinner

PRESIDENT ASSIST

To ensure members who are rostered for the duties of, Meeter and Greeter, Door, Visitor Assist, Welcome to our Members & Guests, Introduction of the Guest Speaker(s) and Vote of Thanks are present and if they are not to find a replacement and ensure those people's names are updated on the President's Running Sheet. Select the Table Order (after the head table).

Need to be in attendance by 6.30 am

DOOR TEAM

To record the attendance of our members and guests, collect meeting dues, and if possible balance the cash float i.e. monies paid = money received.

Need to be in attendance at 6.30 am

MEETER & GREETER

To meet & greet our members & welcome guests to our Club at the top of the stairs and to hand name badges to members. Also ensure any guests of members or visiting Rotarians are introduced to the Visitor Assist to ensure they are made feel welcome.

Need to be in attendance at 6.30 am

VISITOR ASSIST

To ensure any visitors to the Club are felt welcome by introducing yourself to them and other members and guests of our Club. To also include them in fellowship before and if necessary make sure they are included with several members for breakfast and are not left on their own.

Need to be in attendance from 6.30 am

WELCOME

To publicly welcome our Members & Guests (following the introduction) to our meeting when called upon by the President or his/her substitute.

Need to be in attendance by 6.50 am (or earlier)

INTRODUCTION

To make yourself known to our Guest Speaker/s, assist them to the head table and sit with them. During breakfast find out some information about the guest speaker which will assist you in your introduction.

VOTE OF THANKS

To move a vote of thanks to our guest speaker, and present a little thank you gift (ensure you have it before the meeting commences and take notes during their presentation to ensure your thank you is informed).

CORPORALS

To assist the Sergeant by putting out all Club Property and putting away at the conclusion of the meeting. Need to be in attendance by 6:30 am.

CORPORAL ASSIST

To assist the Sergeant, by putting away all Club Property at the conclusion of the meeting if the Corporals are unable to do so.

MEETING ROSTER

- When rostered on and you can't make it – **PLEASE** find another member to fill in for you
- Make sure that you let both the President and President Assist know before the start of the meeting
- If the above not organised the **Sergeant will love you**
- The starting time for the **DOOR team and MEETER & GREETER IS 6:30 AM**
- **Leave of Absence** - If members are going to be away for an extended period (holidays etc) please remember that a notification (letter) be sent to the Club Secretary noting date of departure and date of return and requesting "Leave of Absence" from the Club.
- **If you know you are going to be away for an extended period (holidays etc) – PLEASE** advice **Bruce Hemmett** by email at bruce.013@decorama.com.au
- **Please give at least TWO week's notice so the roster can be amended**
- **PLEASE** advice **Terry Burgess** – Attendance Officer by email at ssegrub@westnet.com.au

	3 March 2010	Saturday, 6 March 2010
Guest Speaker	Const Phil Priest – Road Safety	1000th Celebration
Meeter & Greeter	Julian Smith	
Door Team	Anne Jacob & Peter Hyde	Les Jacob & Helen Tickle
Welcome	Norm Dezius	
President Assist	John Glynn	
Visitor Assist	Laurence Hearne	
Corporal Assist	Peter Hinchcliffe	
Introduction	Phil Heffernan	
Vote of Thanks	Simon Chamberlain	

CORPORALS FOR COMING MONTHS

March	Brian Yeo and John Fogarty
April	Bruce Hemmett and Tim Coates
May	Ron Allen and Peter Bell
June	Barry Murphy and Phil Lyon

Strange Job Interview Behaviour

“He came to the interview with a moped and left it in the reception area. He didn't want it to get stolen and stated that he would require indoor parking for the moped.”