

The Rotary Club of Tamworth First Light



Hinwood's Herald

www.tamworthfirstlight.org.au

7 July 2010 – Meeting #1018

“It's annoying to be disapproved of by people who know only half the story - especially when you're not sure which half they know.”

Well I've started the year and no real blunders, except I forgot to arrange for the Past President's table to be set, only around 49 meetings to go, but who is counting.

A very warm First Light welcome to our visitors, Di, Garnet, Michael, Stuart and Felix who was on his penultimate breakfast with our club. I understand that he is leaving next Wednesday after our meeting and a farewell party being held next Saturday night. Good luck Louise.

May I remind Pat Varley & Phil Lyon that they are on duty as corporals (setting up and pulling down the meeting room and collection of the fine money) for the month of July. I'm sure that you will rise to the occasion better than some who have gone before you or at least find a replacement.

Our thoughts go with Bruce & Julie Hemmet for their granddaughter, Chris & Narelle Sheppard for Narelle and their son, Steve Mitchell with his new shoulder and Jim & Carmel Raymond as Jim's father recently died. Our club was represented at his funeral by 4 of his good friends in Brian Yeo, Michael O'Connor, John Fogarty & Peter Hyde.

I would like you to have a look at the way we have set the club management and participation and nominate over the next couple of weeks to be a part of that committee or directorship. This is shown later on in the bulletin. If you can't find anything that takes your fancy we will slot you into a position at the end of this month. This is your chance to participate in those things in our club that you enjoy.

Alicia Gartshore spoke from the heart with a passionate message for all young people to be more aware of their own bodies and look for signs of illness, especially if there is a family history. I will pass her details onto our sister club, Sunrise, and she can continue to spread her enthusiasm.

Invoices are on their way for our annual dues which have not changed for the last couple of years, please try and pay promptly as we have to remit our dues to Rotary International and Rotary down under in the next few days.

Again a big thank you to Brett White and his board for a tremendous year just completed. A special thank to all of those members involved who helped make the changeover night a night to remember.

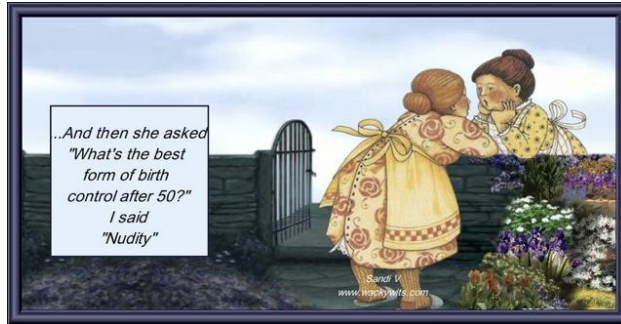
Notices / Diary Dates

- Sadly Jim Raymond's father passed away last week – our sympathy goes out to Jim and his family.
- Bruce Hemmett's granddaughter is continuing with the chemotherapy – about half-way through now. Bruce spoke highly of Ronald McDonald House and their excellent support – our thoughts are with Bruce and his family.
- Golf Trip – John Treloar reported that this trip is full with a waiting list and he would appreciate prizes and more prizes for this trip please....
- Short presentation or transfer of the President's Badge from Brett White to David Hinwood.
- Correspondence of interest – Phil Heffernan stated a thank you letter received from John Barwick for his double Sapphire Paul Harris. Thank you from the Eisteddfod Committee for First Light's support.
Letter from Tamworth West with a donation of \$900 from their catering at RYAG Equine as a float towards next year's RYAG Equine and congratulations for the success of the weekend.
- **Past Sergeant's dinner will be at the Tamworth Hotel at 6:30 pm on Wednesday, 21 July 2010 – please confirm attendance to Jane Bradford on 6766 6100 or 0429 666 100.**
- Club 20 year history book now available from Terry Burgess \$30.00
- Pedal the Peel postponed until 2011

Rotary Club of Tamworth Sunrise –

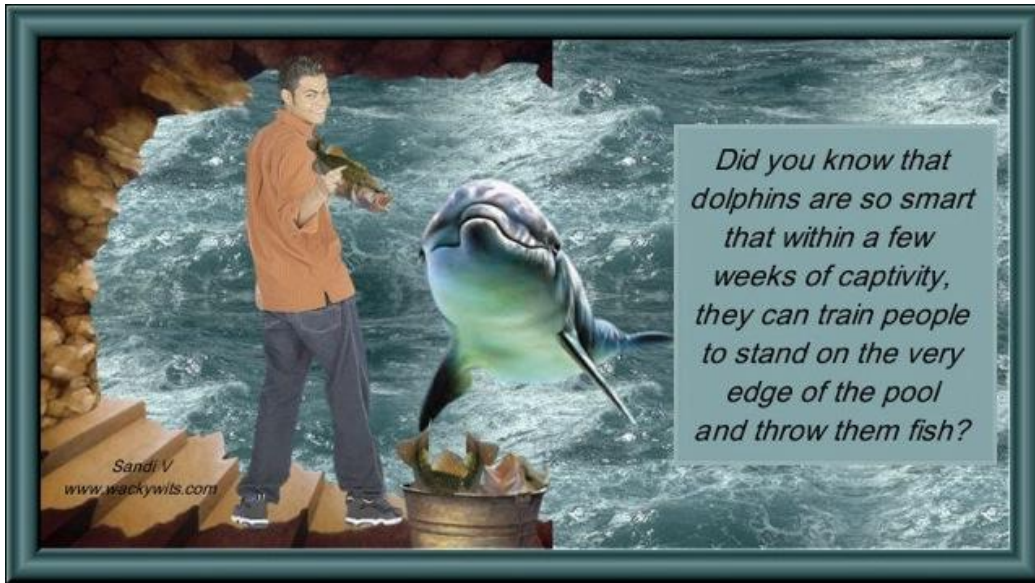
Our grandchild – will celebrate its FIRST year at their changeover on Friday, 16 July 2010 at the Pavilion Function Centre, Cnr Nundle & Back Kootingal Roads at 6:30 for 7:00 pm.

Please RSVP to Angie Pearson on 0409 747 922 or email circ.ndl@ruralpress.com as soon as possible – cost is \$50.00 per person – cheques payable to Tamworth Sunrise PO Box 1111, Tamworth, NSW, 2340.



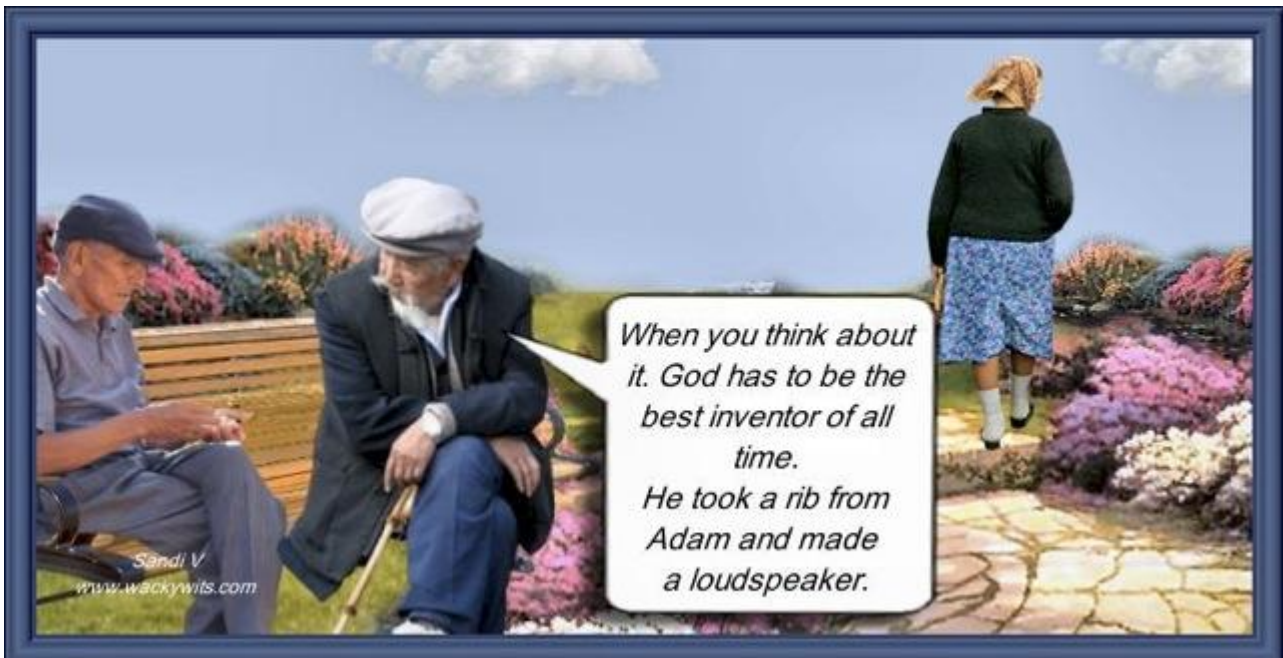
2010 / 2011 CLUB PORTFOLIOS

PRESIDENT:	David Hinwood.
SECRETARY:	Phillip Heffernan.
TREASURER:	Mark O'Connor.
PRESIDENT ELECT:	Louise Matthews. (2011/2012).
CLUB ADMINISTRATION:	Ian Howle. Including: Sergeant – Jane Bradford. Bulletin – Helen Tickle. Program Officer – Dwone Jones. Welfare Officer – Anne Jacob.
MEMBERSHIP:	Peter Hyde.
PUBLIC RELATIONS:	Peter Bell.
SERVICE PROJECTS:	Julian Smith. Including: Community Service- John Fogarty. Vocational Services – Tim Coates. Youth Services – Norm Dezius. Science & Engineering – Golf -
ROTARY FOUNDATION:	Max Cathcart. Including: International Service – Dianna Lockwood.



VOCATIONAL

Norm Dezius – father was a steam train driver in Sydney. Norm spent 36.5 years in the motor industry – decided on a career change, did the relevant studies and is now at Oxley High School and thoroughly enjoys his involvement with education and the students. He is a past President of First Light and appreciates the support and fellowship he has with this Club.





**30.06.2010 Mike O'Connor with guest speaker
Alicia Gartshore for her brave talk on her bowel cancer**

GUEST SPEAKER

Alicia Gartshore was diagnosed with Bowel Cancer at the age of 26 which came as quite a shock to both she and her family as there was no family history and all were fit and healthy.

Alicia's point of concern today is that all of us have family members, relatives who would not even be aware that they have Bowel Cancer until it is too late. Unfortunately the younger you are, the more chance there will be a misdiagnosis as in her case because she was young, fit, healthy and played sport and again nothing in the family background to suggest anything more serious.

Sadly many of the symptoms are also similar to other illnesses, this also enhances the chances of an incorrect diagnosis. Some of the symptoms to be aware of are:

- Haemorrhoids
- Tiredness
- Loss of blood in toilet bowl
- No symptoms at all....

In my case when I looked in the mirror I felt like there was a lump down my left side, armpit gland was swollen, had haemorrhoids and loss of blood in the toilet bowl.

Bowel Cancer is the second biggest killer in Australia and the type of treatment depends on the type of cancer, the stage it is at and if detected early enough. Some types of operations can be

- Keyhole surgery
- Intravenous drip
- Portacath

- Chemo / radiotherapy.

Even though advertising is aimed towards the 50 plus age group, it really is important to have young adults tested, not just because there is a family history but because the symptoms are so similar to other illnesses – it is an area that should be considered.

Introduced by Max May and thanked by Michael O'Connor

Q Do you feel Health Education could be added to the High School Curriculum and do you feel it would be beneficial?

A Yes, no doubt Government funding would be required but this could also cover a broader area of health – not just a specific area.

Q You were only 20 when you were diagnosed – do you feel the doctors were too casual?

A Possibly because at 20 you would not be expecting anything as serious as Bowel Cancer.

Q By working with various cancer groups, do you feel this would be beneficial in educating the medical profession to gain a better understanding of younger people's health concerns?



Birthdays, Anniversaries & Inductions

Birthdays

15.07 – Michael Smith

Partners

15.07 – Kerry Johnson

Birthdays

15.07 – Sue Robinson



Anniversaries

Nil



Inductions

14.07.1993 - Les Jacob – 17 years



Vocational Profile (2 mins)

- Brian Logan

Attendance

77.3%

Make Ups

PDG Jane Bradford, Paul Stevenson, Brett White, Terry Burgess and various Eisteddfod makeups

Visitors Rotarians

Nil

Visitors

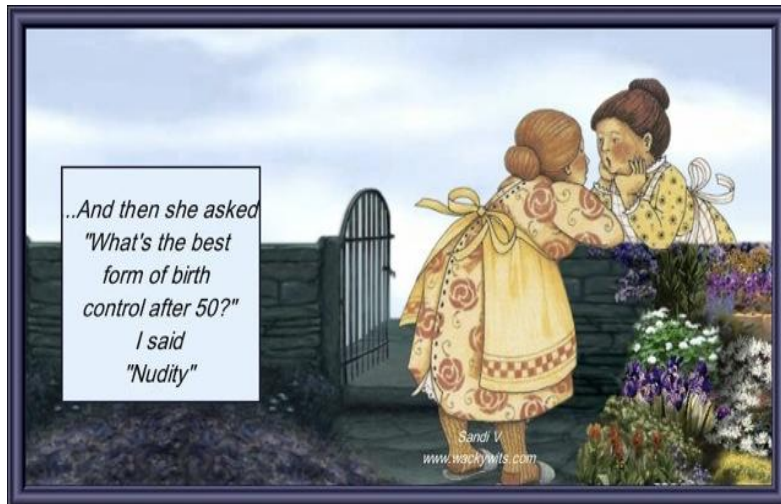
Mick Dezius, Garnett Wood, Diane Ford, Stuart Glover

Heads & Tails

and Felix for the second last time
Simon Chamberlain

Raffle

Paul Stevenson



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

	07 July 2010	14 July 2010
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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.

Guest Speaker	Recipients of First Light Donations	Tony & Glenda Lane
Meeter & Greeter	Annette Arthur	Stroke Recovery
Door Team	Patrick Mahony & Barry Murphy	Ron Allen
Welcome	Ross Lobsey	Jeanette Mouatt
President Assist	Greg Birtles	Chris Celovic
Visitor Assist	Dwone (DJ) Jones	Les Jacob
Corporal Assist	Tim Coates	John Toulmin
Introduction	Dwone (DJ) Jones	Brian Thompson
Vote of Thanks	Brett White	Alan Coates
		Di Lockwood

CORPORALS FOR COMING MONTHS

JULY

Phil Lyon and Pat Varley

AUGUST

Michael Smith and Campbell McIntosh

SEPTEMBER -

Peter Bell and Meg Larkin

OCTOBER

Stephen Mitchell and Brian Yeo

NOVEMBER

Laurence Hearne and Annette Arthur

DECEMBER

Les Jacob and Tim Coates

