



Hinwood's Herald

www.tamworthfirstlight.org.au 25 August 2010 – Meeting #1025

Quote of the Week:

'Irish coffee is the perfect breakfast because it contains all four adult food groups: fat, sugar, caffeine and alcohol'.

Again we have welcomed another member into our club, Stuart Glover and welcome to Paula, his wife. It is a great opportunity for us all to get acquainted with a diverse range of wonderful people who hold membership to what is the great Rotary Club of Tamworth First Light. I ask that each of you take the time to get to know our new members and spend a little time with each other, you could be surprised by what you learn.

It was great to welcome Neil Lyon back in his old seat. Sydney doesn't seem to have had too much of an effect on him, same dry wit and natural charm. A welcome also to Julie & Terry from Parkes, thank you for visiting of club and I know you had a good time.

Christine Boehm was a great stand in with a message that I'm sure is close to us all. We should really make time to fit in some sort of movement each day. As we get older and wiser it becomes harder to make time for those simple things such as movement of our body in a meaningful way. We just have to make the effort to do and make the appointment just like we do with our Rotary meeting and church meeting or what ever. Thank you Christine and of course our program manager DJ, who was able to arrange things at short notice.

We should all be proud of the fact that we are sponsoring Casey Thomas & Robert Walker, two deserving students from Oxley High School, to the Honeywell Science School. If they are successful we will have them talk to us about their experiences next year.

Ross Lobsey has mentioned that our new members (or any of our members) should go to Uniforms R Us (opposite LJ Hooker in Peel Street) to order and pay for a club shirt which will be embroidered with your name and the club emblem.

Bruce Hemmett is heading back down south for the next 4 months or so to support their granddaughter in her recovery phase. In his leave of absence I'm sure that all of our thoughts are with them, best of luck Bruce & Julie.

Next week is my first Club Assembly. This will be held under the new format so I hoping that all goes smoothly as it will be a little different. Don't forget that there is also a motion to adopt the new Constitution and By-laws which are on our website for all to see.

After the meeting Steve Massey handed me a copy of Luke's geography project that he completed with the help of those members who responded to his survey. I will give a report in the near future and I hope that a good mark is given.

Enjoy your week.

Regards

David

NEW MEMBER INDUCTION - Stuart Glover



New member Stuart Glover (middle) with sponsor Louise Matthers and President David Hinwood

Captain Stuart Glover of the Salvation Army was born in Mossman, North Queensland and is one of six children. He is married to Paula. His parents worked in education as teacher and principal, so moved towns quite a lot. Stuart's primary schooling was at Cooyar, Woodridge, Albany Creek and Ipswich North State Schools. He attended Ipswich Grammar, Kalkadoon and McGregor State High Schools. Stuart's Tertiary studies were undertaken at University of Queensland. Stuart's past employment has included Research Engineer; Policy Advisor with Queensland Office of Cabinet, Queensland Transport and Queensland Health. Welcome Stuart!

GUEST SPEAKER - Christine Boehm, Accredited Exercise Physiologist - 'Maintaining Good Health and Exercise'



Guest speaker Christine Boehm is thanked by Brian Thompson

Christine is well qualified in her field having completed her four year University Degree in 2004 and has gained valuable prior experience as a Workers Compensation Insurance Claims and Injury Assessor, Swimming Coach, Occupational Rehabilitation Consultant, Life Guard and Personal Trainer.

Christine spoke of the importance of good health and exercise, and said that most Australians are overweight or obese and Australia has now taken over from America in this regard. *(What a disgrace!)*

Obesity not only affects the heart, but also adds stress to the knees and affects how you walk. 1 kg on the waist = 3kg on the knees!

We need to establish how important health is to us and develop a plan accordingly. Need to be active – include friends and family in this.

Also, don't sit at the office desk for long periods – need to get up every 40 mins and have a walk around, stretch, etc.

For your interest, some of the points raised in Christine's presentation are listed below.

'Great Reasons to be Active

Being active is good for you in so many ways. It can provide a huge range of fun experiences, make you feel good, improve your health, and is a great way

to relax and enjoy the company of your friends.

Regular physical activity can:

- *help prevent heart disease, stroke and high blood pressure;*
- *reduce the risk of developing type II diabetes and some cancers;*
- *help build and maintain healthy bones, muscles and joints reducing the risk of injury; and*
- *promote psychological well-being.'*

<http://health.gov.au/internet/main/publishing.nsf/Content/health-publth-strateg-phys-act-guidelines#reasons>. Accessed: 18.08.10

'Physical Activity Guidelines for Adults

There are four steps for better health for Australian adults.

Together, steps 1-3 recommend the minimum amount of physical activity you need to do to enhance your health. They are not intended for high-level fitness, sports training or weight loss. To achieve best results, try to carry out all three steps and combine an active lifestyle with healthy eating.

Step 4 is for those who are able, and wish, to achieve greater health and fitness benefits.

Step 1 – Think of movement as an opportunity, not an inconvenience

Where any form of movement of the body is seen as an opportunity for improving health, not as a time-wasting inconvenience.

Step 2- Be active every day in as many ways as you can

Make a habit of walking or cycling instead of using the car, or do things yourself instead of using labour-saving machines.

Step 3 – Put together at least 30 minutes of moderate-intensity physical activity on most, preferably all, day.

You can accumulate your 30 minutes (or more) throughout the day by combining a few shorter sessions of activity of around 10 to 15 minutes each.

Step 4 – If you can, also enjoy some regular, vigorous activity for extra health and fitness

This step does not replace Steps 1-3. Rather it adds an extra level for those who are able, and wish, to achieve greater health and fitness benefits.'

<http://health.gov.au/internet/main/publishing.nsf/Content/health-publth-strateg-phys-act-guidelines#reasons>. Accessed: 18.08.10

National chronic disease strategy

A national approach to chronic disease prevention and management. Includes information about national service improvement frameworks for particular chronic diseases, and the blueprint for nation-wide surveillance of chronic diseases.

National health priority areas

7 health areas which contribute significantly to the burden of illness and injury, and which have potential for health gains and reduction in the burden of disease, have been identified as national health priority areas:

- arthritis and musculoskeletal conditions*
- asthma*
- cancer control*
- cardiovascular health*
- diabetes mellitus*
- injury prevention and control*
- mental health*

<http://www.health.gov.au/internet/main/publishing.nsf/Content/chronic>. Accessed: 18.08.10

Bulletin Editors Summary

‘Should you not exercise and be aware of correct nutrition you are liable to lose your sex drive, be obese, develop diabetes, be prone to heart attack and in general, not enjoy a full and rewarding lifestyle!’

VOCATIONAL PROFILE – Dave Baddams MBE

We are lucky to have Dave with us as on 21/10/1980 he nearly had a flight to heaven when the plane he was flying overran the deck of the HMAS Melbourne, landing in the sea in front of the ship.

Born in Adelaide SA, went to Westminster School. Left school at age 17 and went into the Navy. Always wanted to be a Jet Flight Pilot and achieved this goal at age 19. Dave spent 22 years in the Navy and in 1999 moved to Tamworth.

Dave works in Aviation. He now sells aeroplanes – British Norman Islander Aircraft and two years ago established an aerial surveillance business.



NEWS/NOTICES

- Norm Dezius thanked the Club for sponsoring two students from Oxley High School to the Summer Science and Engineering School in Perth.
- Joblink Plus Driving School – need mentors for approx 1hr/week. See Paul Stevenson
- New members TShirts – Order at Uniform R Us (opposite LJ Hooker)
- Steve Mitchell recovering at home after a short stay in hospital.
- Bruce Hemmett has 4 months Leave of Absence to help look after granddaughter, Gabi while she undertakes the next stage of her treatment in Sydney. We wish Gabi well.
- Club History Books \$30.00. Still available for purchase.

Updated Constitution and By-Laws are on the Web Site.

We will be voting on it at Club Assembly on 25th August.

Notice is given that one additional item, as follows, is recommended to be included in the revised By-Laws of the Club as currently displayed on the Web:-

“Article 21 Life Membership

Whilst acknowledging Article 7 of the RI constitution, this Club adopt a category of honorary membership to be known as ‘Life Member’.

For the conduct of this Club only, a Life Member shall be exempt from payment of annual dues but in all other respects shall have all the rights, responsibilities and privileges of an ‘active member’”.

ROSTER	25th August	1st September
Guest Speaker	Club Assembly	TBA
Topic	-----	-----
Meeter & Greeter	Chris Sheppeard	Norm Dezius
Door Team	Garnet Wood & Peter Bell	John Fogarty & Peter Hyde
Welcome	Steve Mitchell	Rob Sharp
President Assist	Di Ford	Graham Dooley
Visitor Assist	Tim Coates	Laurence Hearne
Corporal Assist	Rob Clifton	Vicki Cooper
Introduction	-----	Anne Jacob
Vote of Thanks	-----	Bill Moss
Vocational Profile	-----	

BIRTHDAYS, ANNIVERSARIES AND INDUCTIONS

Birthdays	08 – 25 Peter Hyde
Partners Birthdays	-----
Anniversaries	-----
Inductions	08 – 27 Max Cathcart (7 years) 08 - 30 Michael Smith (4 years)

Attendance	95%
Make Ups	Bar attendance since 30/06/08
Visiting Rotarians	Julie and Terry Layton - Parkes
Visitors	Stuart & Paula Glover, Chris Watson
Head and Tails	Pat Varley
Raffle	Bruce Hemmett

CORPORALS FOR COMING MONTHS

AUGUST: Michael Smith and Chris Celovic

SEPTEMBER: Peter Bell and Patrick Mahony

Bulletin Editor:

Helen Tickle 6766 7634 / 0417 684583 Email: helen.tickle@bigpond.com

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.

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

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.

MEMBER	PARTNER	CLUB CLASSIFICATION	P/FOLIO	WORK	HOME	OTHER
Allen, Ron x++	Hellen	Electrical Contracting	Ad	6768 2276	6761 5115	0419 28 7064
Arthur, Annette	Laurie Andrews	Hospital Administration	Yo	6764 5670	6768 0285	0418 243835
Baddams Mbe, David	Jo	Aviation Sales	In	6761 5335	6762 7989	0414 236220
Bell, Peter	Leonie	Manufacturing Windows	Pu	67666800	6760 8315	0458608315
Biffin, Barry	Judith	Business Support	Yo	6769 1521	6769 1513	0439 449 888
Birtles, Greg	Lynne	Law Enforcement	Co		6769 1559	0488 661559
Bradford, PDG Jane +		Secretarial Services	Ad	6766 6100	6765 2266	0429 666 100
Burgess, Terry C+@	Patricia	Past Service - Banking	Ad	F-67613015	6761 3015	0419 467002
Cathcart, Max +		Business Services - Admin	Ro		6760 9986	0408 677 769
Celovic, Chris	Fiona	Business Services - Mgt	In	67668426		0401710600
Chamberlain, Simon	Jane	Journalism Management	Pu	6768 1225	6766 1145	0409 300 016
Clifton, Robert	Jenny	Aviation	Co	N/A	67667050	0414 254336
Coates, Tim	Judy	Consultancy - Employment Training	Vo	6766 9040	6760 5282	0438 605282
Coates OAM, Alan C++	Brenda +	Past Service - Engineering	Vo		6765 3186	
Cooper, Vicki x +		Real Estate	In	6766 5566	6766 6846	0412 802215
Davison, Dick C+++	Pauline ++	Life Member	Vo		6766 2252	0429 662 252
Dezius, Norm +	Jeannette	Education - High School	Yo	6766 1677	6760 8106	0429 608 106
Dooley, Graham +	Marion	Disability Services	Pu	6766 1288	6765 8971	0428 167 142
Fogarty, John	Jacque	Insurance - General	Co		6766 4359	0438 664 359
Ford, Diane	Simon	Medical Practitioner	In	67 666 166	6761 8780	0422 442 303
Glover, Stuart	Paula	Chaplan	Yo	67623930	67628628	0438381191
Glynn, John	Dianne Delaney	Aviation Legal	Me	67666566	67667096	0416223052
Hannaford, Trevor +	Bernadette	Honorary Member			6765 9596	

Hearne, Laurence	Elizabeth	Life Insurance - Superannuation	Yo	6766 7300	6762 2911	0411 520 041
Heffernan, Phil C+x	Patricia	Stock & Property Sales	Bo		6766 6650	0415 667 130
Hemmett, Bruce +	Julie	Blinds, Awnings, Curtains	Ad	6766 9588	6766 9111	0413 777114
Hinchcliffe, Peter	Kim	Ophthalmology	Me	6766 1622	6769 5695	0412 808 240
Hinwood, David +	Helen	Past Service - Financial Planner	Bo	6755 5722	6766 4281	0418 667 768
Howle, Ian C+	Leigh	Pharmacy	Ad	6765 8243	6765 5301	0419 400952
Hyde, Peter	Bernadette	Human Resources	Me	6701 7403	6766 9130	0428 657 651
Jacob, Anne +	Leslie	Consultancy - Education	Ad		6761 2496	0427 612 496
Jacob, Les +x	Anne	Lawnmower Sales & Service	Vo	6766 4337	6761 2496	0428 664 337
Johnson, Dennis C+	Kerry	Past Service - Taxation	Ad		6764 4229	0403 162 352
Jones, DJ	Jay Lyncy	Marketing	Ad	67623639		0421913922
Langfield, Narelle		Health - Customer Care	Pu	6766 6760	6765 7441	0403 622 587
Lobsey, Ross	Judy	Dry Cleaning	In	6762 3620	6766 1960	0400 621 482
Lockwood, Dianna		Event Promotions	In	67685800		
Logan, Brian +@	Debra Brooks	Hospital Services Manager	Co	6767 7145	6761 8426	0428 426 191
Lyon, Phil C+x	Margaret	Consulting Management	Ad	6762 2273	6762 2273	0417 679 584
Mahony, Patrick	Gina	Pharmacy	Co	6765 5051	6761 3262	0427 851 651
Massey, Steve	Sarah	Dentistry	In	6766 2316	6767 1107	0400 671 107
Matthews, Louise		Administration	Bo		6765 7181	0420 743 083
Maunder, Dennis +	Roslyn	Accounting Services	Pe	6766 4716	6766 4300	0428 456 017
May, Max	Donna	Past Services Law Enforcement	Co	6769 1499	6769 1499	0427 691499
McIntosh, Campbell	Narree	Property Management	Me		6766 3329	0438663020
Mitchell, Stephen	Sandra	Past Service - Bedding Sales	Yo		6769 1584	0402 419 251
Moss, Bill C+x	Sandra	Property Consultant	Ad	6766 1411	6762 0297	0438 733 101
Mouatt, Jeanette		Hearing Aids	In	6766 1191	6762 1177	0438 706 616
Murphy, Barry	Carolyn	Disability Services	Me	6766 1288	6765 3442	0418 668 925

Nelson, Bob	Julie	Honorary Member		4921 6137	4946 8634	0409 449 151
Nuttall, Graham	Tracey	Business Services	Pu	6761 3080		0412 916 040
O`Connor, Mark	Anne	Accounting Services	Bo	6766 5933	6762 0951	0418 960 489
O`Connor, Michael C+x	Gloria	Disability Services	Ad	6766 1288	6766 9192	0438 669 192
Penman, Phil	Robyn	Financial Planning	Go	6766 2431	6767 0396	0407 662 438
Raymond, Jim	Carmel	Commerce- Project Mgt	Co	6768 4234	6766 1554	0411 737 345
Robinson, Terry	Sue	Legal Services	Sc	6766 1066	6766 6309	0427 661 066
Ryan, Peter	Annette	Retail, Office Equip & Tech	Ad	6764 7202	67657 302	0409 458 065
Sharp, Rob		Medicine Orthopedics	In			
Sheppard, Chris x	Narelle	Employment Services	Vo	6764 6634	6765 3453	0421 057499
Shields, Brodie +x	Pam	Information Tech Consultant	Ad	6769 1531	6769 1531	0403 885 884
Smith, Julian	Annette	Architecture	Se	6766 2007	6766 6316	0408 659 861
Smith, Michael	Brenda	Accountancy Practice	Yo	6766 4877	6766 5262	0408 230 211
Stevenson, Paul +	Susie	Social Work	In		6765 8449	
Thompson, Brian C+x	Sue	Legal Services	Go	6766 6688	6766 5635	0427 665 635
Thornton, Maureen		Past Service - Tourism	Go		67-657730	
Tickle, Helen		Business Services - Mgt	Ad		6766 7634	0417 684 583
Toulmin, John	Jill	Accountancy	Co		6769 5862	0407 068 020
Treloar, John C+x	Janet	Business Management	Go	6766 2953	6766 3431	0418 659 052
Varley, Pat		Past Services Law Enforcement	Pu	67653103	6762 6025	0414 617 974
White, Brett	Trudy	Loss Adjustment	Pe	6766 6377	6766 5552	0427 659 606
Wood, Garnet C+	Helen	Hospital Diagnostics	Co	67662401	67618394	0434061763
Worldon, John C		Surveying	Go	6766 5155	6766 6426	0412 374 371
Yeo, Brian +	Dianna	Past Service - Loss Assessment	Go	67664163	6766 4629	0428594147

Portfolio: Bo=Board Member, Co=Community Service, Go=Golf Committee, In=International Service, Me=Membership, Pe=Pedal The Peel,

Pu=Public Relations, Ro=Rotary Foundation, Sc=Science & Engineering, Se=Service Projects, Vo=Vocational Service, Yo=Youth Services

Total members - 73 C=Charter Members, +=Paul Harris Fellow, x=Past Presidents, @=Steve Burrows Memorial Award As at 22 August 2010