



Hinwood's Herald

www.tamworthfirstlight.org.au 10 November 2010 – Meeting 1036

Quote of the Week:

“I quit being afraid when my first venture failed and the sky didn't fall down.”

Another good roll up of members today, keep it going, also, a popular win on the heads and tails didn't win on the scratchie). Another warm welcome to Kirsten Baas, who tells me she is enjoying her more regular visits to our club.

Your board meets next Tuesday and will be making some donations at the half way mark to deserving organisations. If you have any suggestions please contact any of your Directors and it will be taken to the meeting for tabling.

Terry Robinson is seeking active participants to help with the Science and Engineering Challenge next March. He is looking for someone for each of the following tasks:

- ❖ Contacting Schools and following up on invitations
- ❖ Preparing a budget and fundraising (in conjunction with Alan Coates)
- ❖ Marshalling volunteers for the 3 days at TREC
- ❖ Catering for lunches over the 3 days
- ❖ Coordinating the evening dinner with the Table Challenge

Please contact Terry if you can assist by the end of next week (12 November).

Patrick Mahony has launched our 'Kilos for Cash', with the aim being to walk around Australia with our collective kilometres walked over the next 6 months or so. We will pay .20c per kilometre each month and it should be a good fundraiser that you can get sponsorship for and walk yourself into better health. If you email Patrick each Monday on rkc@mahonygroup.com.au with the previous week's kilometres walked and a progressive total will be made and show our progress around Australia. Please participate if you can.

Peter Bell reminded us of the Blue Angel's Quilt & Collectibles show on this weekend at the Moore Creek Memorial Hall on Saturday and Sunday 10am to 4.00pm with a grand auction being conducted by our own Phil Heffernan at 3.00pm on Saturday Afternoon.

Peter Ryan reported that our fellowship of 'Guess Who's Coming to Dinner' last Saturday night went well. We will have a report from each of the 5 hosts over the next 5 weeks, should prove for interesting news.

Chris Watson is looking for help with the Santa Pub Crawl, Friday 17 December and the World's Longest Line Dance on Saturday 22 January 2011. These should turn out to be good fun and good fundraisers for our club.

Matt Patterson spoke about the Business Lifecycles Challenge that is being successfully conducted in the schools throughout Tamworth and is looking for Rotary to help with the expansion of the program throughout the State. We will discuss this further at the board meeting.

Don't forget any proposals to submit an entry for Inspirational Women need to be submitted in time to be considered by your board at the meeting on 9 November 2010.

Enjoy your week.

Regards

David

NEWS/NOTICES

- **Queen of Country Music** – Tamworth Chamber going to organise this year – Entry forms on the tables and if more required, speak with Tim Coates of the Tamworth Chamber personnel.
- **Christmas Party – Saturday, 27 November - \$50.00 per person to be paid by Friday, 19 November Tamworth Tennis Club 6.30 for 7.00 pm, 3 course buffet, music RSVP and pay by 19/11/2010 to Louise Matthews Ph 6765 7181 / 0420 743083 / Louise Matthews lmjew@bigpond.com** If you put your name down you will be expected to pay whether you attend or not.
- **Science & Engineering Challenge will be held 22 – 24 March 2011.** Terry Robinson chairing the Committee and needs member support for that Committee – please contact Terry to go on that Committee. Alan Coates and Dick Davison have retired from the Committee but will still be very involved at TREC etc.
- **Cash for Kilos** – Patrick Mahony concept – walk each day – note your kilometres and how long you walked and report weekly result to him on Sunday evenings (\$0.20 a kilometre) – Monday – Sunday timeframe. He is creating a virtual walk around Australia with time spent getting to know different places during our journey around Australia. More detail further in Bulletin. rkc@mahonygroup.com.au
- **Brett White presented Louise Matthews with her Medallion to go with her Paul Harris Award – only just arrived**
- **Santa Crawl will be on 17 December 2010 - \$10.00 to enter (plus hire of Santa outfit) – easy fund raiser for the Club and Chris Watson seeking Club support for this fund raiser**
- **Longest Line Dance preceding the Cavalcade at the Festival** – although numbers have dropped back – still an easy \$2,000 raised last year – Chris Watson seeking our support will be ensure its success
- **Guess Who is Coming to Dinner – Peter Ryan reported success and has asked the hosts to each do a short report next week - hosts: Phil Penman, John Worldon, Simon Chamberlain, Phil Lyon and Maureen Thornton / Jane Bradford**

GUEST SPEAKER – Matt Patterson, Regional Manager, Country Energy

Jim Raymond thanks Matt Patterson



“Business Life Cycle Challenges”

- Formed this year (2010)
- Online and practical learning environment
- Runs for 23 weeks in the year
- Students 15 – 18 years of age – discuss, research, create a business – sell shares in product foundation –

maintain, market product. Students learn for themselves, have mentor support, gain on line training and, as always happened in the past, now don't want to close the business down....

- Closing involves reports from various departments, paying of dividends, liquidating assets and final wrap up of the company.
- Students learn about teamwork, time management, communication skills and
- End result is a Certificate II in Business.
- Same concept as Young Achievers Australia which ceased last year after 30 years.
- Ran this year with 15 students (up to 25 in a group) and aiming to spread across Tamworth Regional Council and surrounds in 2011.



ROTARY CELEBRATES INSPIRATIONAL WOMEN

OBJECTIVE

Rotary is organising a significant event to help identify and recognise outstanding women for their service to the community.

See last week's Bulletin for details

ROSTER	10th November 2010	17th November 2010
Guest Speaker	Peter Annis-Brown	Baids McIntyre
Topic	NIAS	Ethiopian experience
Meeter & Greeter	Terry Burgess	John Toulmin
Door Team	Dennis Maunder & Paul Stevenson	David Baddams & Greg Birtles
Welcome	Patrick Mahony	Barry Biffin
President Assist	Jim Raymond	Dick Davison
Visitor Assist	DJ Jones	Phil Heffernan
Corporal Assist	Narelle Langfield	Dennis Johnson
Introduction	Simon Chamberlain	Steve Massey
Vote of Thanks	John Treloar	Max Cathcart
Vocational Profile	Replaced with Guess Who's Coming to Dinner Reports from Hosts	

Coming Up:

Nov 24th Liz Zelencich, Newspapers in Education; Dec 1st AGM; Dec 8th Greg Birtles – Law v's Criminals, a different perspective

BIRTHDAYS, ANNIVERSARIES AND INDUCTIONS	
Members Birthdays	None
Partners Birthdays	None
Anniversaries	12 – 11 Bruce and Julie Hemmett (5yrs)
Inductions	14 – 11 John Worldon (3 yrs) John was a Charter member and had a break in membership.
Attendance	79%
Make Ups	John Fogarty - Yamba
Visiting Rotarians	None
Visitors	Kirstan Baas
Head and Tails	David Hinwood
Raffle	Skinner

CORPORALS FOR November: Laurence Hearne and Annette Arthur
December: Les Jacob and Tim Coates

Bulletin Editor: Helen Tickle

The Kilo Club

Aims:

1. To each walk 15 kilometres per week
2. To donate 20 cents per kilometre per week to Tamworth First Light Rotary Club so as to raise \$3,000 by 1 November 2011.
3. To raise additional funds by way of sponsorship.
4. To monitor the Absolute Cardiovascular Risk at 6months and 12 months

Eligibility:

1. All members of the Rotary Club, their partners and family
2. If more than 30 members can split into two or more groups (average 20 per group)

Registration:

Registration form to be completed and the information will be kept private and not published in an identifiable form. **Everything will be competed electronically**

The Data Collected will be:

Name and contact

Age and gender

Height, weight and waist measurement

Resting Blood Pressure

Cholesterol, if known

Diabetes (y/n)

Smoker (Y/n)

This data is used to generate the Australian Standard Absolute Cardiovascular Risk. This is expressed as a %. We will utilise this data to set a benchmark for each individual and for the club as a whole. We will publish details of eg:

The club's BMI, total waist measurement, total weight and total cardiovascular risk rating.

The Process:

☑ **The target** is for everyone to do four short brisk walks (20-30 minutes) per week and one longer walk. The walks can be done solo or in a group.

☑ The week will be **Monday to Sunday** night and each Monday send indicating the number of, the total number of minutes and the estimate kilometres walked.

☑ **Every 4 weeks an EFT deposit** is made into a designated Rotary Club account for the number of kilometre's walked and any sponsorship moneys.

☑ Every Wednesday morning PTM will provide a **weekly total** of the kilometres walked by the group and an indication of where we are on our virtual journey around Australia.

☑ A member will be asked to provide a virtual postcard from a place of interest passed during the week. This information will be published in the bulletin if space is available.

☐ If there are more than one group we can have a competition

The Health checks

At 6 and 12 months we will repeat the registration health data. These can be done in your own home or we can organise a group session. A comparison report will be provided for the individual (not-published) and the club as a whole.

The Kilo refers to kilometres, not kilograms, so the activity is not solely aimed at those who are overweight.

There will be awards and penalties:

- ☑ The most kilometres walked award for scratch markers as well as a “*handicap*” race.
- ☑ As this is about exercise, some people may prefer to ride a bicycle or swim, in this case we can convert this exercise to a “virtual” walk.
- ☑ Sponsorship would also be recognised.
- ☑ Weight lost will be subject to a \$x (\$10 tbc)/ kilogram **sellers “fat tax”**
- ☑ Weight gain will be subject to a \$2x (\$20 tbc) / kilogram **buyers “fat tax”**

Recording Process

Each Kilo Club member will need to have a daily diary to record all of their activity. Family members can work as a group or as individuals, however everyone’s activity must be recorded separately.

PTM has developed a Database that will collect all the information and give a number of reports and graph. This data will initially be stored on his computer but the data will be available to the club.

Enhancements, improvements and advice

As this is the first time the process has been attempted by PTM, any comments, advice or recommendations are most welcome.

To Register please send the completed document back to the form that follows

rkc@mahonygroup.com.au

Patrick Mahony

Phone: 6765 5051 (w) 6761 3262 (h) 0427 851 651 (m)

Fax: 6765 2411

Post: PO Box 5100, Tamworth South NSW 2340

**Rotary Club of Tamworth First Light
Kilo Club Registration form Name:**

e-mail address:

Age at 1 November 2010:

Gender:

Height in centimetres as of ___/___ 2010 : cm

Weight in kilogram as of ___/___ 2010: Kg

Waist measurement as of ___/___ 2010: cm

Blood Pressure as of ___/___ 2010:: _____ Diastolic / _____ Systolic

Cholesterol as of ___/___/_____: _____ (if not known may leave blank)

Are you a diabetic? Type 1 Yes/No or Type 2 Yes/No

Do you smoke? Yes/no