



# THE ROTARY CLUB OF TAMWORTH - FIRST LIGHT

2011-2012



Reach Within to Embrace Humanity

# THE ROTARY CLUB OF TAMWORTH - FIRST LIGHT



## *A Letter from Louise*

[www.tamworthfirstlight.org.au](http://www.tamworthfirstlight.org.au) Wednesday 3rd August 2011 –

Meeting 1072

### **Quote of the Week:**

A committee is a group of people who individually can do nothing, but who, as a group, can meet & decide that nothing can be done." Anon

Thanks to all members for their input into Club Assembly. This is a forum where everyone can contribute & in doing so can help to build on the strengths of our Club. We have some major events, fundraisers & fellowship activities coming up in the next eleven months so I urge everyone to participate in any way you can & whatever activity that suits you as an individual.

Murphy's Law....loses the key to the money tin, forgets the money, forgets his own money & then gets an email from District with final exchange rates for RI Dues & because we paid on time lose out on the exchange rate!!! Oh the luck of the Irish...

I hope everyone took on board the "fifth part" of the Rotary Four Way Test...in everything we say & do... 5. Is it FUN? When considering bringing along a friend or colleague to our meetings as a guest, so early on a frosty morning, you can assure them we are one Club who does ascribe to the fifth part of the Four Way Test. This is very evident in our fine sessions.

The target shoot on Sunday was a wonderful success with limited injuries, beautiful weather, great company & yummy food. Thanks to Michael O'Connor & a special thanks to Gloria O'Connor & Jacqui Fogarty for the catering. Winners for the day: Di Ford, Les Jacob & Tom Murphy. The bottles of Passion Pop went down a treat with the winners.

Cheerio to Jim Raymond. He's on the mend but has had the brakes put on by his physio...take it easy Jim, we'll all still be here when you get back.

The RSA course is a “goer” thanks to the generosity of Tim Coates & his organisation & Michael O’Connor putting it together.

I will be calling for teams for the “Battle of the Brains” trivia night being organised by Sunrise for 27<sup>th</sup> August. This should be a great night with lots of laughs & lots of money raised by the “Kids.” Put it in your diaries & let’s show some support.

So many things to do, so little time...have a great week!

Louise xox...no beef stock cubes today.

## **UPDATES/ NEWS / DIARY DATES**

- **RYLA – Lake Keepit 24 to 31 March 2012. Please consider young people in our community between the age of 18 to 25 years. Consider friends, children, employees and nominate**
- **Rotary club shirts available through Uniforms R Us and then see Ross Lobsey for the monogramming.**
- **North Tamworth Rotary Bowls Day for Northcott, Sunday 7th August Tamworth City Bowls Club 9am...we need teams to show we can still bend**
- **Sunrise Trivia Night Saturday 27th August....we need teams to show our grey matter is still intact**
- **RSA – (Responsible Service of Alcohol) for those members who have missed the previous opportunity to undertake the RSA course. Date confirmed is nights of 8 and 9 August from 6.00 to 9.00 pm. Subsidised cost courtesy of Tim Coates will be \$60 per person and will be open to family members at same cost (over 18 years of age). Cost includes Government Certificate, learning materials, tea & coffee. Venue is ATAC, O’Connell Street. Maximum group size is 30, so please be quick as will be open to some sporting groups as well. After 22 August cost will be \$115.00 per person.**
- **Caramello Quiz was won by Tim Coates ( I think because everyone was talking and it is bloody hard to take notes under these conditions). Question was “What was the first ever project undertaken by Rotary in 1907” Answer was “An outhouse (loo)” . Couldn’t hear where but assume Chicago?**
- **Please provide your favourite recipe for the weekly column. Have some great items but need more. Some more from the male members would be nice as only Phil Penman and myself so far, which is poor really.**
- **Target shooting was a great success again and thanks to Michael O’Connor and his band of helpers. Les Jacob was the Senior winner, Di Ford the Ladies winner and Tom Murphy the junior winner. Heffo wanted to streak on the day, but was convinced to defer until the Cricket Match.**

- **Speaking of Heffo... heard him mention about Dame Edna and selling white powder and then got onto Bowel scan and other records. We need a 18 to 20 foot table top truck to move records and man power so please see Heffo if you can assist.**
- **Dick Davison advised we have the Club's gopher back again for allocation to another person in our community. Any suggestions can be referred through Louise for Board consideration.**

**August 2011**

**My dear brothers and sisters in Rotary,**



There is an old saying in India: “When you help your neighbor’s boat across the water, you find that your own has reached the shore.” By helping others, we often find that we have helped ourselves as well.

Each of us came to Rotary to serve – and found the joys and satisfactions of friendship and fellowship. In August, the month we dedicate to membership and development, we focus on spreading the message of Rotary. By serving well, without hiding our Rotary light under the proverbial bushel, we find ourselves closer to our own goal: a stronger, more vibrant Rotary for generations to come.

Public image and membership go hand in hand. Too many people – intelligent, educated, involved people – simply have no idea what Rotary is. This is something we need to confront. We have heard again and again about communities where, despite all the good work that Rotary clubs do, many people are unaware that those clubs even exist. This is not the way forward for our organization.

Serving well is the essential first step – but it is only the beginning. We have to raise our profile with all the tools that are available to us, and there are more tools today than there ever were. We have to use social media such as Twitter and Facebook, and we have to be sure our clubs have an online presence. Having a website is not enough; it must be up to date, it must be appealing, it must reflect the work we are doing. And it must offer a way for prospective members, once they see what we do and become interested, to take the next step.

Rotary has so much to offer. It is up to us to let others know what a fantastic organization we have, and to show people how they can integrate Rotary into their lives. Service does require time, and time is something nobody has enough of these days. So we need to ensure that all the time we spend with Rotary is worthwhile – that it is rewarding and never wasted. When we reach within ourselves and our clubs, when we learn what we are capable of and harness that power, we will elevate our communities as never before – and elevate Rotary as well.

Kalyan Banerjee  
President, Rotary International

## **Club Assembly –**

### **President Louise Matthews**

- Bronwyn Hacker has thanked our Club again for the \$500.00 donation to her partner's project – Australian Rotary Health/Mental Health
- Our Club board has decided that due to increasing number of bereavements involving our members that the cost of purchasing flowers is putting a strain on Club finances. A decision has been made to provide a donation tin at the door when such an unfortunate event occurs for members to donate as they see fit.
- Rotary now has a Five way test with the 5<sup>th</sup> being “Is it fun”. I think we have been operating under that assumption since Charter.
- Mental Health – request to form a small committee with Bryan Singh President of Tamworth Sunrise to look at what can be done, promoted and targeted in relation to Mental Health issues in our community.

### **Treasurer Barry Murphy**

- Apparently we have 'kack' loads of money (whatever kack is)
- Administration \$6,870, Pedal the Peel \$963, Service \$299, S & E \$2,467 and Fines \$857.
- Proposal to pay breakfast fees up front for the year based on a charge for 45 meetings out of possible 48. This is optional.

### **P.E. Phil Penman for Jim Raymond – Club Administration**

- Male sourced recipes required for Bulletin (more than can of bake beans please)
- Bush dance proposed and looking at option to include a bus trip so we are full of fun and well primed at time of arrival.
- Walcha Road dinner is being planned again due to ongoing success
- Willow Tree Inn lunch with train down and back being planned
- Christmas Party being planned

### **John Glynn – Membership**

- Discussed a membership drive and looking for younger members due to concern that our average member age is now 57.8 years thanks to Chris Watson.
- Looking at improving meetings (that would be like touching up the Mona Lisa) to attract new members.

### **Chris Watson – Public Relations**

- A Club Facebook page is being established
- District DVD to be utilized

#### **Phil Lyon – Rotary Foundation**

- Education to be undertaken in relation to the Foundation and Australian Rotary Health.
- Polio Plus interest appears to have stalled and requires a renewed push.
- Mental Health will be our prime project
- GSE teams to be considered
- New England Region Orthopedic Outreach – trying to obtain matching grants. Program has had problems maintaining more regular medical visits due to shortage of anesthetists in Tamworth and Armidale. Building project still underway in final planning/approval stage, but it is a registered RAWCS Project.

#### **Michael O'Connor – Service Projects**

- Rugby Bar going well under the tight control of David Baddams. May have a semi-final game on 20 August which could be the last and biggest day for bar/gate work.
- Public speaking being promoted
- RYLA – need more interest for next year as also held now in our area
- Longest Line Dance – Assist Chris Watson with this great fundraiser
- Breathalyser at end of Country Music has been re-established
- Science & Engineering in the trusted and proven hands of Terrence Robinson
- Pedal the Peel committee about to be called to order for next years 2<sup>nd</sup> nearly annual event.
- Golf trip to NZ on March 12 and maybe a bit of Super 15 rugby as well.

#### **Maureen Thornton – Vocational Service**

- Careers Expo booked for May 12 next year
- Vocational visit planned to new treatment works once our TRC GM confirms a suitable date.

#### **David Baddams – Community Service**

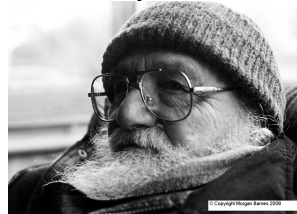
- Golf trips need more youth because only 'sad old tossers' go. Not sure what this has to do with Community Service, but hell I just report the facts.

#### **Paul Bennett – Youth Services**

- RYLA – we had 21 attend this year and want to grow to 50 for next years camp, so please consider those around you between the ages of 18 and 25 that may obtain great benefit from this week. Mark O'Connor and Max May are assisting on the committee.
- RYAG Equine – Barry Biffin to once again mount up for the job.

# The Rotary Club of Tamworth First Light Masterchef page

The plan is to have our members send me their favourite recipes for the joy of others to share. So please drag out that great 1960's Margaret Fulton or Grandad's tried and proven camp oven recipe.



This week – from P.P. Vicki Cooper



## Decadent Veal

Put enough cream in a flat fry pan to be able to cover however many pieces of veal for the number you are cooking for.

Start to simmer the cream

Take a piece of veal per person and tenderise (or not if you don't think so)

Coat both sides of each piece of veal with multi grain mustard.

Drop into simmering cream and poach until tender.

Season to you taste (pepper & salt)

The cream will thicken with the mustard and the veal will be beautiful and tender melting in your mouth.

Serve with full beans, small whole carrots (done to your taste) and a chat potato with sour cream.

This is from memory only, so you had better try it out first. If it turns out as it should you will still be alive to put it in the bulletin.

Have fun

**Chef Vicki (not)!**

Next week P.E. Phil Penman's 2-4-6-8 Cake

From PDG Jane Bradford and hopefully the last in the series

# “ IN SEARCH OF THE ROTARY WOMAN! *Part 2*” Article

*by: Kerry Kornhauser*

*District: Women In Rotary*

*President*

*Rotary Club of Albert Park, District 9800*

**In the second of a three-part series, this article looks at “We want women, but how do we recruit them?”**

It is true to say that in marketing products and services general recruitment schemes can be highly successful.

However, in many cases, greater success is achieved by concentrating on a specific segment or niche of the marketplace.

You may have noticed, for example, that health foods tend to be wrapped in different packaging according to its target market – one pack for women and a different one for men.

The same product advertised in a sports magazine and fashion magazine may have a different ‘look and feel’ according to gender of the readership.

Recent research has revealed that many women regard Rotary as predominantly male and therefore uninviting to women; offering them little opportunity to make significant contributions or serve in senior positions within clubs or District; and creating difficulty in balancing Rotary with family life.

Additionally, there are gender differences in the motivations for volunteering. For example, a survey by the Canadian Centre for Philanthropy noted that women are more likely to volunteer to explore their own strengths, whereas men are more likely to volunteer as a means of using their skills and experience.

So, when seeking to recruit women and to address their concerns, focus in on utilising their strengths and overcome the myths through specific recruitment campaigns. One targeted directly at women.

Think about your club, what it can offer to women in your community and how it can be more relevant and appealing to them. When do you meet? Where? How long is your meeting? What does a meeting cost? What traditions do you have that may make your club unappealing to women e.g. shouting each other drinks, singing and fining sessions? Do your projects provide an opportunity for women to join in?

If you are serious about increasing the number of women in Rotary, target specific additional recruitment programs by both breaking down some of the current preconceptions that may prevent them from joining Rotary, as well as appealing to the specific features of Rotary that women will find interesting.

We invite you to explore these ideas further within your Club. If you need more information, contact “Women In Rotary” Suzanne Campbell [suzannejoycampbell@gmail.com](mailto:suzannejoycampbell@gmail.com) or Kerry Kornhauser at [kerry@travelinn.net.au](mailto:kerry@travelinn.net.au)

**Kulula is a low-cost South-African airline that doesn't take itself too seriously.**





## From Dr. Murphy



Q: Doctor, I've heard that cardiovascular exercise can prolong life. Is this true?

A: Heart only good for so many beats, and that it... Don't waste on exercise. Everything wear out eventually. Speeding up heart not make you live longer; it like saying you extend life of car by driving faster. Want to live longer? Take nap.

Q: Should I reduce my alcohol intake?

A: Oh no. Wine made from fruit. Brandy distilled wine, that mean they take water out of fruity bit so you get even more of goodness that way. Beer also made of grain. Bottom up!

Q: How can I calculate my body/fat ratio?

A: Well, if you have body and you have fat, your ratio one to one. If you have two body, your ratio two to one.

Q: What are some of the advantages of participating in a regular exercise program?

A: Can't think of single one, sorry. My philosophy: No pain...good!

Q: Aren't fried foods bad for you?

A: YOU NOT LISTENING! Food fried in vegetable oil. How getting more vegetable be bad?

Q : Will sit-ups help prevent me from getting a little soft around the middle?

A: Oh no! When you exercise muscle, it get bigger. You should only be doing sit-up if you want bigger stomach.

Q: Is chocolate bad for me?

A: You crazy?!? HEL-LO-O!! Cocoa bean! Another vegetable! It best feel-good food around!

Q: Is swimming good for your figure?

A: If swimming good for figure, explain whale to me.

Q: Is getting in shape important for my lifestyle?

A: Hey! 'Round' is shape!

Well... I hope this has cleared up any misconceptions you may have had about food and diets.

And remember:

Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well-preserved body, but rather to skid in sideways - Chardonnay in one hand - chocolate in the other - body thoroughly used up, totally worn out and screaming "WOO-HOO, what a ride!!"

AND.....

For those of you who watch what you eat, here's the final word on nutrition and health. It's a relief to know the truth after all those conflicting nutritional studies.

1. The Japanese eat very little fat and suffer fewer heart attacks than Americans.
2. The Mexicans eat a lot of fat and suffer fewer heart attacks than Americans.
3. The Chinese drink very little red wine and suffer fewer heart attacks than Americans.
4. The Italians drink a lot of red wine and suffer fewer heart attacks than Americans...
5. The Germans drink a lot of beer and eat lots of sausages and fats and suffer fewer heart attacks than Americans.

CONCLUSION: Eat and drink what you like. Speaking English is apparently what kills you.

This gentleman was on Millionaires Hot Seat last week. Obviously not aware of Brand Tamworth or Evocities. Therefore didn't deserve to win based on lack of knowledge of the best regional city in Australia.



<b>ROSTER</b>	<b>3 August 2011</b>	<b>10 August 2011</b>
<b>Guest Speaker</b>	<b>Steve Hawkins</b>	<b>John Simpson</b>
<b>Topic</b>	<b>Small School Principal</b>	<b>Community Organic Garden</b>
<b>Door Team</b>	<b>DJ Jones &amp; Narelle Langfield</b>	<b>Graham Dooley &amp; Bruce Hemmett</b>
<b>Meeter &amp; Greeter</b>	<b>Garnet Wood</b>	<b>Paul Bennett</b>
<b>Welcome</b>	<b>Dennis Maunder</b>	<b>Peter Hyde</b>
<b>President Assist</b>	<b>Patrick Mahony</b>	<b>Maureen Thornton</b>
<b>Visitor Assist</b>	<b>Terry Robinson</b>	<b>Ian Howle</b>
<b>Corporal Assist</b>	<b>Peter Ryan</b>	<b>Chris Celovic</b>
<b>Introduction</b>	<b>Michael O'Connor</b>	<b>Paul Stevenson</b>
<b>Vote of Thanks</b>	<b>Brodie Shields</b>	<b>Annette Arthur</b>

**CORPORALS for: August: Phil Heffernan and Anne Jacob  
September: Terry Robinson and Helen Tickle**

<b>BIRTHDAYS, ANNIVERSARIES AND INDUCTIONS</b>	
<b>Members Birthdays</b>	<b>Ross Lobsey 7/8 62 years</b>
<b>Partners Birthdays</b>	<b>Nil</b>
<b>Anniversaries</b>	<b>Nil</b>
<b>Induction into Club</b>	<b>Nil</b>
<b>Attendance</b>	<b>80%</b>
<b>Make Ups</b>	<b>None</b>
<b>Visiting Rotarians</b>	<b>None</b>
<b>Visitors</b>	<b>James Treloar</b>
<b>Head and Tails</b>	<b>Skinner</b>
<b>Raffle</b>	<b>No raffle</b>

**Bulletin Editor: Brett White Ph 0427 659606 / 6766 6377**

**Email: [brett.white@cerno.co](mailto:brett.white@cerno.co)  
or [tamworthfirstlight@live.com.au](mailto:tamworthfirstlight@live.com.au)**