



THE ROTARY CLUB OF TAMWORTH - FIRST LIGHT

2011-2012



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Reach Within to Embrace Humanity



A Letter from Louise

www.tamworthfirstlight.org.au Wednesday 31st August 2011

Meeting 1076

Quote of the Week:

“The bitterest tears shed over graves are for words left unsaid & deeds left undone.” – Harriet Beecher Stowe

My quote this week was met with varying degrees of acceptance, but of personal meaning to me. My closest Aunt who passed away in her 90th year was someone who lived her life to the max, in particular was love for her family & service to her community. She was one who never left words unsaid or deeds undone & the overcrowded church today was a testament to her in giving service above self.

Welcome back to some visitors from last week, Brian & Richard & also to Mike Penman & Simon Hall who came along to hear our guest speaker. 79% attendance & there wasn't anybody left untouched by the Sergeant – well done Chris, but seriously, keep looking for your good jokes somebody must have them!

What a fabulous career Peter Longman has had with the ABC, real Boy's Own Adventure. You can only imagine the experiences with such great characters as Norman May & Alan McGilvray. What a training ground, would never be allowed today. The ABC is like any organisation, including our own, that has had to reinvent itself to remain relevant.

\$8901 raised by the Golfers, the First Lighters who were on the trip must have descended from the bushrangers raising \$729 in fines alone. Thank you once again for all the effort & organisation put in to make this such a successful event.

Wednesday 12th October is “Stress Less Day” in the middle of Mental Health Week & as advised this morning we will be teaming with HNEHealth to put on a BBQ breakfast at 7.30am after a 7am walk. To finish the day we have Darren Carr, comedian with Ashleigh Dallas supporting him at the Pub. Tickets will be on sale for \$25, so make it a date, encourage your workmates, family & friends to come along for a good laugh & raise money for some of our projects.

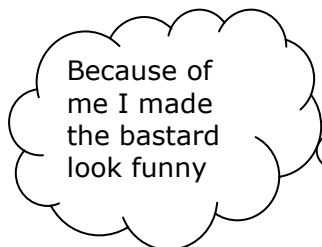
I'm on holidays for a week so PE Phil Penman will be stepping up. Take it easy on him & I'll be thinking of you all while I'm in Byron Bay – NOT!

Louise oxo

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**
- **Treasurer Murphy reminds all members that the Club subs are due asap**
 - **The trip to Willow Tree on 18 September is fully subscribed. For those going please pay money for train only to Jim Raymond by 7 September 2011. Cost \$25.50/ person full fare or \$15 for seniors. If you have not already done so please advise Jim of your Seniors card number to receive discounted fare. Payment for meals \$45/head to be made direct to Willow Tree Pub. Train departs Tamworth 10:40 am and returns Tamworth 4:17 pm.**
- **Guess Who is Coming to Dinner will be held October 22 and based on large number of name listed so far, it is going to be HUGE**
- **Christmas Party – make a note of the date now - 26 November**
- **Our gopher has had the Les Jacob service and is now with a very grateful Mr. Ingram at Kootingal.**
- **Alec Noble of the Rotary Club of Tamworth has just received a “Service Above Self” award from Rotary International. Only 150 are presented around the world each year, but thousands of applications are received.**
- **Battle of Brains – would have been won by White, Robinson, Baddams, Cooper and Dooley table. Don't have to be psychic to work that out based on talent alone.**

- Gold Coast Golf Trip raised fines of \$729 and a total profit for the Club's Service account of \$8,901.00. Thank you to the organizing committee and the participants.
- Bumper stickers are still being sold and bulk deals are available. Please see Dools.
- Those large fancy tees for big bertha's are available from John Treloar for 5 for \$5.
- Bruce Hemmett advised that a fund raiser for Brain Cancer Research is planned for October 7 with more details to be advised.
- Terry Robo attended Science & Engineering meeting of the Regional Chairs in Newcastle and funding is the main focus at this stage. More details at the next meeting.
- "Stress less Day" There will be a fund raiser event at The Pub on October 12 with comedian Darren Carr and Ashleigh Dallas from 7.00 pm. This will follow the 'walk' at 7 am and 7.30 BBQ breakfast (with HNE Health) and the hope is that \$25 x 200 tickets are sold. More details later.
- Chris Shep, has improved in the joke department but still got a serve from our Heffo who made the comment about Chris's performance.."no wonder we're going f...in backwards. When it was realised that the Corporals were not collecting the money from the tables and Heffo just happened to be a Corporal, Chris stated that "no wonder we're going f...in backwards"touché. Guess Phil won't be one of Chris's Facebook friends.



Guest Speaker Peter Longman - Director of ABC NSW
Introduced by old Epping Boy's High buddy P.E. Phil Penman

Peter was formerly the Head of ABC Sport and had the pleasure in working with many well known faces and voices in front and behind the microphone. A bond develops with people you work close with and therefore the loss of three well known ABC people at Lake Eyre has had a dire affect on the ABC family. One of Peter's roles is to visit regional communities to find out what people want from their ABC as it is acknowledged that the ABC is an important part of rural life.

Peter advised that there are now 23 million downloads of programs with a wide range of media from 4 television channels to ABC radio, ABC National, JJJ & Classic FM. There is 34 million podcast downloads and the ABC is known as being the local voice to communities with a greater emphasis on Website viewing and download.

Peter in his former working life was a broadcaster and covered numerous Olympics and Commonwealth Games and worked with the best. Everyday was a long lunch with people like Norman May, Chris Handy (Buddha) and Kerry O'Keefe, who owes his broadcasting career to Peter.

And of course there was Alan McGilvray.

Peter considers he was involved in the best era of sports broadcasting.

Q. What would be the highlight of your career?

A. Best would be Cathy Freeman winning the 400 metres at the Sydney Olympics. Lowest would be witnessing Ben Johnson win at the Soul Olympics only to be stripped of his medal and record due to confirmed drug usage.



Peter Longman is thanked by Annette Arthur

The Rotary Club of Tamworth First Light

Masterchef page

This week is another one from the Bulletin Editor
I recently cooked this dish and replaced the star anise in the
dressing for sliced fresh pear

Pork belly with caramel dressing



Ingredients (serves 6)

- 1kg boneless pork belly (skin on)
- 1/2 firmly packed cup (110g) brown sugar
- 1/3 cup (80ml) red wine vinegar
- 2 star anise
- 1 cup (250ml) chicken stock
- Juice of 1 lime, plus wedges to serve
- 1 cup mint leaves
- 1 cup coriander leaves
- 1 cup Thai basil leaves (see note)
- 3 spring onions, thinly sliced
- 1 long red chilli, deseeded, thinly sliced

Method

1. Preheat the oven to 220°C.
2. Score the pork belly skin at 1cm intervals. Place the pork on a rack in a roasting pan, skin-side up. Rub 2 tablespoons of salt into the skin, then pour in enough water to fill the pan to just under the rack. Place in the oven and roast for 30 minutes or until the skin is crispy, then reduce the oven to 180°C and roast for a further 1 1/2 hours or until the meat is tender, topping up with water as necessary.
3. Meanwhile, place the brown sugar, red wine vinegar and star anise (or fresh sliced pear) in a saucepan over low heat and stir to dissolve the sugar. Simmer for 5 minutes, then add the chicken stock and simmer for 5-6 minutes until the mixture has reduced by half. Add the lime juice and continue to reduce for 3-4 minutes until the mixture is syrupy. Allow caramel dressing to cool slightly.
4. To serve, transfer the pork belly to a board, carve into bite-sized cubes and arrange on a platter.
5. Drizzle the pork with the caramel dressing, then scatter with the mint, coriander, Thai basil, spring onion and red chilli. Serve with lime wedges to squeeze over.

Next week Pat Varleys' Anti-oxidant boost.

Always remember...in case you have an accident you should put the paint in the boot.





At Brisbane Airport



Roadworks at Kootingal – gopher looks familiar



One for Jane Bradford



Found this on one of my jumpers

An elderly gentleman...

Had serious hearing problems for a number of years.. He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100%

The elderly gentleman went back in a month to the doctor and the doctor said, 'Your hearing is perfect.. Your family must be really pleased that you can hear again.'

The gentleman replied, 'Oh, I haven't told my family yet..

I just sit around and listen to the conversations. I've changed my will three times!'

Two elderly gentlemen from a retirement centre were sitting on a bench under a tree when one turns to the other and says: 'Slim, I'm 83 years old now and I'm just full of aches and pains. I know you're about my age. How do you feel?'

Slim says, 'I feel just like a newborn baby.'

'Really!? Like a newborn baby!?'

'Yep. No hair, no teeth, and I think I just wet my pants.'

An elderly couple had dinner at another couple's house, and after eating, the wives left the table and went into the kitchen.

The two gentlemen were talking, and one said, 'Last night we went out to a new restaurant and it was really great... I would recommend it very highly.'

The other man said, 'What is the name of the restaurant?'

The first man thought and thought and finally said, 'What is the name of that flower you give to someone you love?'

You know... The one that's red and has thorns.'

'Do you mean a rose?'

'Yes, that's the one,' replied the man. He then turned towards the kitchen and yelled, 'Rose, what's the name of that restaurant we went to last night?'



ROTARY INTERNATIONAL DIRECTOR STUART HEAL UPDATE

It seems to me that many of our meeting structures in Rotary are due for a review. Last year Adrienne and I attended a number of conferences in Australia and New Zealand and one in the Philippines. The Philippines was the exception around attendance. It was huge and a fun place to be. The local ones certainly varied and in general had an excellent program and entertainment, but I believe there is a downward trend in attendance in most regions. Why? Is it cost? Is it apathy? Do our programs meet the needs of our members? At the conference in the Philippines there was an emphasis on breakout training sessions, maybe replacing District Assembly or a PETS which certainly helped with numbers. They had a magnificent crèche and play/study area for kids from age 1 to 16 and that was very well equipped and used. Rotaractors helped in this area. The entertainment and food were also first class and unbelievable for the registration fee. The plenary sessions were also first class with high profile speakers generally donating their time. I have seen attempts here to cut costs that have not really attracted increased numbers and we have also seen attempts to go a bit up market with similar results. I believe it is time to review the conference structure. Some Districts always go out of district and regularly get very large support....what about doing that and combining with another district? Maybe form a link between a rural and city district? To continue to do the same year after year and expect a different result will only lead to disappointment. So I have decided to review attendance at the Zone Institute in Brisbane in November this year. The purpose of an Institute is to inform current, past and future RI officers about policies and programs of RI and TRF and to seek feedback and provide a forum for idea sharing, learning and inspiration. The Manual of Procedure states that "attendance is limited to past, current and incoming officers though others may be invited by the Convenor". This year I have decided to extend that invitation, through the current district leadership team, and ask every District in New Zealand and Australia to invite up to six potential future leaders to come for a special future leaders training and observe the Institute. I hope the invitation is taken up and our future leaders can become better informed of the workings of our organisation. During his year Past President Ray Klinginsmith encouraged change. This is another example of how we can change. I know of a number of clubs that are making changes as a result of better understanding they are empowered to do so. There are changes happening around our training with Multi District PETS becoming a reality in many areas. I know that at least one conference, covering two districts, is currently being planned. President Kalyan has stated that he has noticed so often the "winds of change" in Rotary start Down Under. Let's keep them blowing!

Stuart Heal

2011 / 2012 CLUB PORTFOLIOS

PRESIDENT:	Louise Matthews
SECRETARY:	Jane Bradford PDG
TREASURER:	Barry Murphy
PRESIDENT ELECT:	Phil Penman
CLUB ADMINISTRATION:	Jim Raymond Including: Sergeant – Chris Sheppeard Bulletin – Brett White Program – David Hinwood Welfare – John Treloar History / Archives / Attendance - Terry Burgess Public Officer - Michael O'Connor Webmaster - Bruce Hemmett Catering – Brian Logan
MEMBERSHIP:	John Glynn
PUBLIC RELATIONS:	Chris Watson
SERVICE PROJECTS:	Michael O'Connor Including: Community Service – David Baddams Vocational Services – Maureen Thornton Youth Services – Paul Bennett Science & Engineering – Golf – Pedal the Peel
ROTARY FOUNDATION:	Phil Lyon Including: International Service – Peter Ryan The New England Orthopaedic Outreach Program

ROSTER	31 August 2011	7 September 2011
Guest Speaker	Chris Watson	To be advised
Topic	Personal Profile	
Door Team	James Treloar & John Treloar	Brian Thompson & Julian Smith
Meeter & Greeter	Steve Mitchell	Graham Nuttall
Welcome	Laurence Hearne	David Baddams
President Assist	Ron Allen	Barry Biffin
Visitor Assist	Terry Burgess	Greg Birtles
Corporal Assist	Peter Bell	Rob Clifton
Introduction	John Glynn	Tim Coates
Vote of Thanks	Simon Chamberlain	Brian Logan

CORPORALS for: August: Phil Heffernan and Anne Jacob
 September: Terry Robinson and Helen Tickle
 October: Max May and Max Cathcart

BIRTHDAYS, ANNIVERSARIES AND INDUCTIONS	
Members Birthdays	David Baddams 5/9 – 52 years
Partners Birthdays	Lynne Birtles – partner of Greg 1/9 – 32 yrs
Anniversaries	Nil
Induction into Club	Nil
Attendance	79%
Make Ups	Brian Thompson – Sunrise, Chris Watson – E-Club
Visiting Rotarians	Nil
Visitors	Brian Bailey, Richard Hardwick, Simon Hall & Michael Penman
Head and Tails	Skinner
Raffle	Terry Burgess

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