



THE ROTARY CLUB OF TAMWORTH - FIRST LIGHT

2011-2012



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Reach Within to Embrace Humanity



A Letter from Louise A Penning from Penman

www.tamworthfirstlight.org.au Wednesday 7th September 2011

Meeting 1077

Quote of the Week:

"Love many, trust few and always paddle your own canoe" Bruce Penman aka 'Dad'

I am at Byron
lazing on the
beach in my new
bikini



I wish I
was!

From the Pen of P.E. Phil Penman

First effort in the main chair and seem to get through unscathed. Perhaps it was the coaching of President Assist PP Ron Allen who told me I was “worrying about it too much!” Thanks Ron. It really is a great Club when all members make a contribution to a fun morning, which in turn makes everybody’s job a little easier.

Welcome back to Brian and Derek and I hope you are enjoying our meetings and we look forward to seeing you there in the future. I am sure everyone today has spared a thought for DJ and please give him a call when you can as such contact means an awful lot to people going through some tough times.

What an inspirational short life, Chris Watson has led. His life to date has certainly been full of variety, and living the ideals of Rotary by example. From his involvement in line dancing, fund raising activities and running a very successful business, Chris clearly has no trouble in getting involved. He is a wonderful inclusion in our Club, and challenges us as members to look for other younger members to continue the life of our Club.

Don’t forget Guess Who’s Coming to Dinner...a great way to get to know members you may not normally socialise with. The Christmas Party on November 26 is also something to keep free. Both occasions great ways to get the most out of your Club.

President Louise will be back in the chair next week fresh from her family bonding session in Byron Bay. Thanks for the support and look forward to me next lesson!

Have a great week.

Phil

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****
- **Bumper stickers are still being sold and bulk deals are available. Please see Dools.**

- Bruce Hemmett advised that a fund raiser for Brain Cancer Research is planned for October 7 with more details to be advised.
- “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.
- David Hinwood presented PP Brett White with his bound set of Club Bulletins for 2009-2010 year as President.
- Battle of the Brains results for our Club had Team A (Cooper, Baddams, Robinson & White) at 131 points well ahead of Team B (Treloar, Dooley & Hinwood) on 113 points. A great night and full credit to our child Sunrise on revitalizing this event and giving it a new life.
- No Caramello Bear Quiz, but Phil did pose the question as to who was the 4th President of our great Club. Only two remained standing, one who thought he knew the answer and wasn’t asked (Brian Thompson) and one who though he might have been the aforesaid President and in fact was (Dick Davison). And the winner received.....???
- Meeting was marred by argument between P.E. Phil and Laurence Hearne in respect to the Welcome protocol and when it should be done. Both were separated on way to sin bin.
- Bulletin Editor concerned that last weeks bulletin was rejected by some electronic censorship software on the basis of ‘profanity’. A search could not detect any discernible profanity and request sent back for clarification was rejected as now our bulletins are ‘trashed’. No human involvement in any part of process, but told that disputes must be sent to dispute software link.
- Our thoughts are with DJ as he begins his battle with cancer. DJ is fortunate to have the support of many friends and Jay during this time. His positive, caring personality and infectious humour will get him through this period. Messages of support via his email dwone@360fitnessclub.com.au may be the best method of communication at this stage.

Guest speaker – our own Chris Watson – personal profile



Introduced by John Glynn

Chris was born in 1986 (bitch) and at the ripe old age of 11 moved with his mother to Tamworth. Chris was always interested in dancing by himself and hence why line dancing was the obvious choice.

Chris developed a passion for line dancing, but in his early years there was not much happening with the belt loop holding and shoe slapping in Tamworth, so he set out to change this by combining his love of line dancing with his love of fund raising.

Chris started “Dare to Dance” and was Interact President whilst a student at Tamworth High. Chris received the Mitchell Brady Award in 2000, the Order of Australia in 2001 and a Paul Harris Fellowship from Tamworth on Peel in 2002. Chris was Tamworth’s Young Citizen of the Year in 2003 and as a result of his fund raising efforts whilst on exchange to the U.S.A, his PHF was elevated to Sapphire status.

After leaving school Chris worked in the travel industry and subsequently founded Travel World with Paula Petersen in Gunnedah and then opened in Tamworth. Gunnedah has been subsequently closed and his efforts have been concentrated in the Tamworth region. Chris is involved in the organising of Country Music and Line Dancing related holidays to Fiji and Europe river cruises.

He has been in a relationship with Gemma for seven years and they decided to marry in April, now living on the ranch at Moore Creek.

Q. When you nude line dance, where do the thumbs go?

A. Anywhere you like

Q. How are the Fiji trips going?

A. Really well and we have a great line up of top artists, but my current efforts are concentrated on the Rhine Cruise as I need to fill 140 passengers, but sales are going really well.

Q. When you started your dance school, what people did it attract?

A. Initially it was for kids, but with the requested involvement of parents it soon grew to adult classes. Line dancing is mostly a past time for older single ladies and a good opportunity for older single men to have a large smorgasbord available.



Chris was thanked by John Worldon who was given details of the line dancing classes.

The Rotary Club of Tamworth First Light Masterchef page

This week Pat Varleys' Anti-oxidant boost.

BROCCOLI, SPINACH & POTATO SOUP

Ingredients:

1 Brown onion finely chopped

2 Cloves garlic, crushed

1L (4 cups) Salt reduced vegetable stock

400g Potatoes, peeled & coarsely chopped

450g Broccoli, cut into florets

75g Baby spinach leaves

½ Cup fresh basil leaves (can use a little dry basil or basil pesto)

90g (1/3 cup) light sour cream

Fresh basil sprigs, to serve (if available)

Crusty bread slices, to serve

- Can also be served on a bed of brown or basmati rice

Method:

Heat saucepan over medium heat. Spray with oil. Add onion & stir for 5 minutes or until soft.

Add garlic & stir for 1 minute or until aromatic. Add stock & potato. Bring to boil.

Cover. Reduce heat to low. Simmer for 5 minutes. Add broccoli & simmer for 6 – 7 minutes or until veggies are tender.

Add spinach. Simmer for 1 minute or until just wilted. Set aside to cool.

Add basil leaves (optional or basil pesto). Blend until smooth. Transfer to clean saucepan & heat for 2 minutes.

Serve in bowls topped with sour cream & basil pesto mix & fresh bread.

Yummy & also packed with health promoting nutrients.



Jack Spratt exists



ET didn't go home



Enough said!



Hospital regulations require a wheel chair for patients being discharged. However, while working as a student nurse, I found one elderly gentleman already dressed and sitting on the bed with a suitcase at his feet, who insisted he didn't need my help to leave the hospital.

After a chat about rules being rules, he reluctantly let me wheel him to the elevator.

On the way down I asked him if his wife was meeting him.

'I don't know,' he said. 'She's still upstairs in the bathroom changing out of her hospital gown..'

A senior citizen said to his eighty-year old buddy:

'So I hear you're getting married?'

'Yep!'

'Do I know her?'

'Nope!'

'This woman, is she good looking?'

'Not really.'

'Is she a good cook?'

'Naw, she can't cook too well.'

'Does she have lots of money?'

'Nope! Poor as a church mouse..'

'Well, then, is she good in bed?'

'I don't know.'

'Why in the world do you want to marry her then?'

'Because she can still drive!'

Three old guys are out walking.

First one says, 'Windy, isn't it?'

Second one says, 'No, it's Thursday!'

Third one says, 'So am I. Let's go get a beer..'

The last in this great series – thankyou Jane, I really appreciate your input

Tongue firmly in cheek and fingers crossed

“ IN SEARCH OF THE ROTARY WOMAN! *Part 3*” Article

*by: Kerry Kornhauser
District: Women In Rotary
President*



Rotary Club of Albert Park, District 9800

Final part of the series, this article is titled “Pots of Honey”

We all join Rotary for so many different reasons....to assist our community, to assist those at need, to give to those less needy, for friendship and networking.

Some of us like to be part of the decision process; some of us like to follow this process and work on the team; and some of us like to make the decisions. Nevertheless we all look to see who is responsible for making these changes and decisions....

When women are involved in the operation of clubs and projects they will encourage more women to join Rotary. So once recruited to Rotary, women need to be supported and encouraged to participate in the decision making process. This will provide them with confidence; ensure decisions made are not only sensitive to women’s issues but have underlying understanding to their needs; and provide others with strong role models.

For Rotary to continue and to grow it needs women to become involved in larger numbers – the challenge is how does Rotary attract and retain women?

Research shows that just as men introduce male members, so too do women attract women friends and work colleagues. Women need to be seen in their Clubs as being active, involved and part of the team that creates the goals of their clubs. Why? So, when other

women visit, they can see that women are accepted, appreciated and welcomed at all levels; and that Rotary has a deep and intimate knowledge of the needs and goals of women volunteers.

Women are uniquely positioned to attract women to their clubs, and to create an environment which encourages them to stay.

Of the Rotary programs, RYLA, Youth Exchange, GSE, Ambassadorial Scholars and Peace Scholars, the majority of participants are women. Presently, the percentage of these participants who go on to have further involvement in Rotary is low. This represents a significant missed opportunity to engage these active young people, and their families, encourage them to join Rotary.

By providing role models and leadership roles for these young women we may be able to secure higher levels of participation. The presence of women on the Board will send a strong message to both current and future women volunteers that women are valued by Rotary, and there is potential for advancement.

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 Or Kerry Kornhauser at kerry@travelinn.net.au

MEMBER	PHONE WORK	PHONE HOME	MOBILE
Allen, Ron	67615115	6761 5115	0419 28 7064
Arthur, Annette	6764 5670	6768 0285	0418 243835
Baddams MBE, David	6761 5335	6762 7989	0417 236 220
Bell, Peter	67666800	6760 8315	0458608315
Bennett, Paul	67675441	67667266	0428039264
Biffin, Barry	6769 1521	6769 1513	0439 449 888
Birtles, Greg		6769 1559	0467691559
Bradford, PDG Jane	6765 2266	6765 2266	0429 666 100
Burgess, Terry	F-67613015	6761 3015	0419 467002
Cathcart, Max		67618994	0408 677 769
Celovic, Chris	67668426		0401710600
Chamberlain, Simon	6768 1225	6766 1145	0409 300 016
Clifton, Robert	N/A	67667050	0414 254336
Coates, Tim	6766 9040	6760 5282	0438 605282
Cooper, Vicki	6766 5566	6766 6846	0412 802215
Davison, Dick		6766 2252	0429 662 252
Dooley, Graham	6766 1288	6765 8971	0428 167 142
Fogarty, John		6766 4359	0438 664 359
Ford, Diane		02 6761 8780	0422 442 303
Glover, Stuart	67623930	67628628	0438381191
Glynn, John	67666566	67667096	0416223052
Hannaford, Trevor		6765 9596	
Hearne, Laurence	6766 7300	6762 2911	0411 520 041
Heffernan, Phil		6766 6650	0415 667 130
Hemmett, Bruce	6766 9588	6766 9111	0413 777114
Hinwood, David	02 6755 5722	02 6766 4281	0418 667 768
Howle, Ian	6765 8243	6765 5301	0419 400952
Hyde, Peter	6701 7403	6766 9130	0428 657 651
Jacob, Anne		6761 2496	0427 612 496
Jacob, Les	6766 4337	6761 2496	0428 664 337
Johnson, Dennis		6764 4229	0403 162 352
Jones, DJ	67623639		0421913922
Langfield, Narelle	6766 6760	6765 7441	0403 622 587
Lobsey, Ross	6762 3620	6766 1960	0400 621 482
Logan, Brian	6767 7145	6761 8426	0428 426 191
Lyon, Phil	6762 2273	6762 2273	0417 679 584
Mahony, Patrick	02 6765 5051	02 6761 3262	0427 851 651
Massey, Steve	6766 2316	6767 1107	0400 671 107
Matthews, Louise		6765 7181	0420 743 083
Maunder, Dennis	6766 4716	6766 4300	0428 456 017
May, Max	6769 1499	6769 1499	0427 691499
McIntosh, Campbell		0267663329	0438663020
Mitchell, Stephen		6769 1584	0402 419 251
Moss, Bill	6766 1411		0438 733 101
Mouatt, Jeanette	6766 1191	6762 1177	0438 706 616
Murphy, Barry	6766 1288	6765 3442	0418 668 925
Nelson, Bob	4921 6137	4946 8634	0409 449 151
Nuttall, Graham	6761 3080		0412 916 040
O`Connor, Mark	67684500	6762 0951	0418 960 489

O'Connor, Michael	67661288	6766 9192	0438 669 192
Penman, Phil	6766 2431	6767 0396	0407 662 438
Raymond, Jim	6768 4234	6766 1554	0411 737 345
Robinson, Terry	6766 1066	6766 6309	0427 661 066
Ryan, Peter	6764 1402	67657 302	0409 458 065
Sharp, Rob		67665040	
Sheppard, Chris	6764 6634	6765 3453	0421 057499
Shields, Brodie	6769 1531	6769 1531	0403 885 884
Smith, Julian	6766 2007	6766 6316	0408 659 861
Smith, Michael	6768 5555	6766 5262	0408 230 211
Stevenson, Paul	6764 6617	6765 8449	0458 835000
Thompson, Brian	6766 6688	6766 5635	0427 665 635
Thornton, Maureen		67-657730	
Tickle, Helen		6766 7634	0417 684 583
Toulmin, John	0407 068 020	6769 5862	0407 068 020
Treloar, John	67662953	6766 3431	0418 659 052
Treloar, James	67609814	76609449	0418475840
Varley, Pat	67653103	6762 6025	0414 617 974
Watson, Chris	67613944	67671178	0404170276
White, Brett	6766 6377	6766 5552	0427 659 606
Wood, Garnet	67662401	67618394	0434061763
Worldon, John	6766 5155	6766 6426	0412 374 371
Yeo, Brian		6766 4629	0428594147

ROSTER	7 September 2011	14 September 2011
Guest Speaker	Jamie Day	Helen Carter
Topic	Issues affecting Aboriginals in our Community	Mental Health
Door Team	Brian Thompson & Julian Smith	Dick Davison & Les Jacob
Meeter & Greeter	Graham Nuttall	Stuart Glover
Welcome	David Baddams	Phil Penman
President Assist	Barry Biffin	Chris Watson
Visitor Assist	Greg Birtles	Narelle Langfield
Corporal Assist	Rob Clifton	Brian Yeo
Introduction	Tim Coates	Bill Moss
Vote of Thanks	Brian Logan	Phil Lyon

CORPORALS for: September: Terry Robinson and Helen Tickle
October: Max May and Max Cathcart

BIRTHDAYS, ANNIVERSARIES AND INDUCTIONS	
Members Birthdays	Nil
Partners Birthdays	Jenny Clifton (partner of Rob) 8/9 28 yrs, Sue Thompson (partner of Brian) 8/9 25 yrs, Donna (partner of Max May) 10/9 23 yrs, Marion Dooley (partner of Dools) 13/9 27 yrs
Anniversaries	Nil
Induction into Club	7/9 John Toulmin 6 yrs, 12/9 Dennis Maunder 21 yrs and Max May 4 yrs, 13/9 Steve Massey 5 yrs and Phil Penman 5 yrs
Attendance	76%
Make Ups	Nil
Visiting Rotarians	Nil
Visitors	Brian Bailey & Derek Tink
Head and Tails	James Treloar
Raffle	Barry Biffin

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