



THE ROTARY CLUB OF TAMWORTH - FIRST LIGHT

2011-2012



THE ROTARY CLUB OF TAMWORTH - FIRST LIGHT



A Letter from Louise

www.tamworthfirstlight.org.au Wednesday 14th September 2011

Meeting 1078

Quote of the Week:

“ A day feeling miserable is a bloody good day wasted.”
My Dad, Roy Flaherty

Back from Byron Bay feeling fresh & relaxed, but sad to say goodbye to my son Sam, who flew back to Jakarta for at least another 12 months. It was wonderful to have our little family under the one roof. Big thanks to Phil Penman for sitting in for me, it's good to have the practice.

I have been speaking to DJ & he has been overwhelmed with the support from all his “brothers & sisters” in Rotary. He's very positive about the future & has promised me when he comes home & is well enough he'll be giving us a good talking to about health & wellbeing.

Well done to the teams from First Light who supported Battle of the Brains & helped to raise lots of dollars toward Sunrise's Solomon's Project. Bryan Singh didn't think you were very bright but I'm sure we'll be able to show them how to play cricket.

Jim Raymond & Peter Ryan have done a wonderful job with the Willow Tree Excursion & Guess Who's Coming To Dinner.

“Stress Less Day” on Wednesday 12th October, BBQ breakfast meeting & Ashleigh Dallas & Comedian Darren Carr at The Pub that night. This is a great opportunity to sell the Rotary message by encouraging family, friends & workmates to come along. Chris Watson has tickets for sale \$25pp.

Jamie Day certainly made us stop & reflect on many issues affecting Aboriginal people in our community. The statistics are to say the least, unacceptable in what we may see as a sophisticated society. I know Challenge is addressing some of these issues in the area of disabilities along with Joblink Plus & other organizations who are making a difference in many

areas. I was lucky enough to hear an interview on ABC radio with our Stevo talking about a "Meeting Place" they are setting up at the Coledale Community Centre to address some needs in that community.

Have a great week & take notice of my Dad & don't waste a single day feeling miserable.

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 now officially over due and those who haven't paid will be named and made to stand in the corner during the fine session.**
- **Tickets have now been purchased. Train departs Tamworth 10:40 am and returns Tamworth 4:17 pm.**
- **Futures Licensed Training Bistro**
Members are advised that places for dinner are available. Where: Bistro in K Block at the TAFE, Piper Street. 3 course dinner for \$19.50 / head available on Thursday evenings from 6pm on the following dates: 13th October, 20th October, 27th October, 3rd November, 10th November, 17th November, 24th November and 1st December. Bookings are essential. Contact Kaylene Thompson on 6768 2362.
- **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.**
- **Narelle advised that Tamworth Toastmaster are celebrating 45 years and will be marking this milestone with a Ball at West Diggers on 24 September. Please see Narelle by looking down (sorry) for all details on having a ball.**
- **"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. **This will be a transfer meeting so bring your running shoes.****
- **Caramello Bear Quiz, What are the five committees under the Club Management? Answer – Rotary Foundation, Club Administration, Membership, Public Relations & Service Projects. Not sure if we had a winner and even most of the Directors didn't appear sure. Disgraceful really.**

- Chris Watson has 5 boxes of hand knitted jumpers (sorry Paul jerseys) and not sure what he plans to do with them – Auction or Sale perhaps. But I think related to Stress Less Day. Chris will advise further I am sure.
- Helen Tickle reminds the club about the Serendipity 20 – 20 Cricket Match on October 7. \$50.00 gets you entry to the grand marquee. See Helen or Michael Smith for details.
- Comments from the floor... Dools is not coming out, he is bursting out according to Nuts and Uncle Dick with two middle fingers pointing to space offered a second opinion for those with prostate issues.
- Jane again gave the Club an update regarding DJ. Some good news that cancer is confined and awaiting treatment options. We are all with you in our thoughts mate. Email DJ at dwone@360fitnessclub.com.au
- **Can I have some more recipes please – will even accept those from Sunrise.**
- **Speaking of Sunrise and the Cricket Match.** We are apparently thieves, but at least we can hold up our head with pride. I could make comments about them being losers, but that would not be in line with the high standards of decorum our Club enjoys. I hear that Quynh is going to be the team Captain. I think our kids have lost the plot. Oh well, looks like two wins in a row.
- **Cricket again** ...We need anyone who can swing a bat or chuck a ball to assist in the demise (once again) of those pesky kids. Please advise Phil Penman if you are playing as he needs to sort the team and start programming the training sessions and camps in conjunction with Cricket Australia.

Expression of Interest – NYSF program D9650

Do you share our passions for science and youth?

We are looking to restructure the National Youth Science Forum process within this district. An NYSF Advisory Group will be set up containing Rotarians who have a background in various sciences and education.

Ideally you need to have a background in a science field (whether working in that area, or retired) and be familiar with current education approaches for senior school students. Interested?

For further information please contact **Beth Fuller, Chair NYSF Committee – D9650** (beth@tsn.cc) to receive an EOI form, as well as an outline of the NYSF Advisory Group.

Guest speaker – Jamie Day
“Issues affecting Aboriginals in our Community”
Introduced by Tim Coates

Jamie works alongside David Hinwood at Challenge and spoke to us about the significant hardships and local issues of the Aboriginal people in this area which is traditionally Kamilaroi land. Jamie is a Kamilaroi descendant and proud of his heritage.

Jamie spoke of the issues surrounding poverty, loss of identity, disease, low self esteem, overcrowded homes, substance abuse and more commonly, depression.

The ongoing affect of the stolen generation (1909 to 1969) has an enormous affect on many who were personally involved or who have family members still suffering from the loss of their family and therefore their identity. The Government Policy during this period was based on the belief that Aboriginal parents were either bad or couldn't provide adequate care and education for their children. This meant siblings were separated and families were lost. Jamie acknowledges that there was some genuine grounds for removing children from families and those children did benefit from the policy.

Indigenous people have an average life expectancy of 12 years less than non-indigenous people. There is a high rate of heart disease, cancer and suicide within the Aboriginal community. There are also higher rates of sexual and physical abuse.

Most Aboriginal people are isolated and lack access to services. There are lower education outcomes and therefore employability skills are low creating a domino effect.

Q. What are the main areas of concern?

A. Raw needs and requirements - disconnection of own background and community they are in.

Q. Although individuals present for assistance (Salvation Army), it is really a whole family issue that needs to be examined and resolved.

A. There is a clash of cultures between indigenous and non-indigenous people. We need to get around the privacy issues to treat a family unit as a whole.

Q. In relation to the current education system, what is being done to keep Aboriginal children at school?

A. There is good local education focused on Aboriginal children especially at Westdale, Hillvue and South Public Schools. There are now great facilities, programs and support provided.

Jamie was thanked by Brian Logan



Pillars of strength

By Helen Reisler

As told to Stuart Cleland and Donna Polydoros

The Rotarian -- September 2011



On 1 July 2001, I was installed as the Rotary Club of New York's first female president. The club was about to celebrate its 92nd anniversary, and it made a big production of my installation. A group from the New York Police Department marched me in, singing "New York, New York"; I announced my agenda for the coming year; everybody toasted. And we thought that would be the historic event of the year.

The morning of 11 September, I was in my Brooklyn apartment getting ready for a club meeting. My daughter called and told me to turn on the television. I watched as the second plane struck, and it dawned on me that I was on an island. My family was not there: My husband was in the suburbs at our home, my children were scattered. I worried that some of the members of my Rotary club were at the World Trade Center – a fear that was later confirmed. I'd never felt so alone.

Then I turned on my computer. Messages from Rotarians all over the world were pouring in – from Lebanon, England, Israel, France. Club presidents were asking, "How can we help?" I spent days at my computer trying to keep up with the messages from people in different time zones. I hardly slept. The checks began coming in. I called our club's executive director and asked him to work with the chair of our club's foundation to open a special account. Then I called an emergency club meeting.

We had 185 members at the time and were fortunate not to have lost anyone in the attacks. I remember thinking it was important to keep the members feeling safe and hopeful. I worried that those who didn't live in Manhattan might be afraid to come to the meeting. But everyone showed up. I recalled how, as a child during World War II, I'd participated in air-raid drills at my school. As the children were hiding their heads in their hands, my music teacher had asked me to run down the halls singing "Home on the Range," just to give them some hope. After 9/11, I felt the same call to inspire the members of my club.

At every meeting, we played patriotic songs. I invited firefighters and others who'd been injured to attend. I invited people who had lost loved ones: a widow and her child, a father who had lost his son and who continued to attend meetings. I made the club a haven for those who had been affected by the attacks – not only to support them, but to motivate the members of my club.

I often was up until 3 a.m. coordinating the teams I'd organized. That was one of the most important things I did: make personal contact with members, organize and motivate them, give

them hope. I had an Internet team to spread the word. We used the Internet to explain to donors what we were doing with their money and to show them the reality of the situation in New York. Another committee organized members to head to ground zero to volunteer their skills. All of our members have unique skills. One is a forensic dentist who helped identify victims in the days after the attacks; one is an officer in the New York branch of the American Lung Association who tested the air quality at the disaster site; another, who owns a courier service, used his van to bring bottled water to the volunteers. We also had an 85-year-old member who helped Salvation Army volunteers serve food.

Then there was a committee to identify people who needed emergency funds. Some of the committee members weren't even Rotarians, but they later joined. I made applications to hand out to people who needed assistance. Team members traveled on foot to churches, synagogues, firehouses, and police stations. Everything was personal and well organized. We went to meetings of the Better Business Bureau and various charitable organizations to find out where the need was greatest. We found individuals with touching stories who needed our help. Some had lost their adult children and suddenly found themselves the sole caretakers of their grandchildren. Another man lost his daughter, who had been helping him pay rent and maintain his home.

When Rotary clubs in Michigan volunteered to assist children who had lost a parent in the attacks, I formed another committee to coordinate that effort. In all, the Michigan clubs adopted eight mothers and their children. For an entire year, the clubs sent the families money for expenses, along with letters of support. The committee also organized a way to give back to the first responders who worked day and night at ground zero in the months after the attack. Volunteers offered firefighters and police officers weekend family getaways at vacation rental homes in Nantucket. We even sent a firefighter and his new wife to New Zealand and another couple to England; the host clubs and districts welcomed the New Yorkers as if they were their own. One firefighter told me he cried when he got the application for his vacation.

Every year, we honor the firefighters and the police, and every year, I receive a phone call from one of the men and women whom we helped. Last year, I invited John Jonas and his crew to speak at our club. Dubbed the Miracle of Ladder Six, they are a group of firefighters who were inside the World Trade Center on 9/11. The crew recounted how, as they were running down the stairs of the north tower, each carrying 100 pounds of gear, a woman they were helping collapsed from fatigue. Though the building was crumbling around them, they refused to leave her and, as a result, became trapped in the stairwell. Hours later, they were able to escape with the woman. But had they not stayed to help her, they said, the entire crew would have been killed in the collapse. When they finished telling the story, Jonas thanked his men for their bravery. Everyone in the room was clearly moved.

People often remark how terrible it must have been to be the president of the Rotary Club of New York on 9/11. I say just the opposite. I thank God I was in that position. I'm grateful to have used my skills of coordination and my ability to inspire. One of the greatest compliments I received was when one of the men in my club said, "You know, Helen, we were talking about what you did after 9/11. We looked around and asked, 'Who, out of all these men, could have handled that?' No one." I did it for myself and to open doors for other women. Many women have joined the club since then, many of them young. Somehow, I've set myself up as a mentor (that's what the members of my club call me, anyway). And I love it. I love to inspire them. I love to help them feel proud to be Rotarians.

The Rotary Club of Tamworth First Light Masterchef page

This week Condiki's Breakfast Special???



condikis breakfast

Condiki;s Breakfast Special

120 Grammes	Triticum Aestivium	(grind into powder)
120 Grammes	L.Granium	(grind into powder)
120 grammes	Sercalc Cereale	(grind into powder)
1 Pinch	Sodium Chloride	
1 Pinch	P.Nigrum	
10 Grammes	G Gischt	
2 Litres	Meole	

Ingrediants for sauce

250 Grammes	Lycopersicon
1/2 Mil	Acetic Acid
Other Ingrediants	
220 grammes	Papilionageae

Method

BASE
Mix base ingrediants in a bowl then put in a hot oven till cooked (brown on top) Remove from oven and cut into slices.

SAUCE

while the base is being cooked Blend the sauce ingrediants in a blender

To Serve

Place the slices on the griller and toast. Remove from griller then spread with a scrapping of L.Butryum cover with a thick layer of Papilionaceae then pour over the sauce as per your taste

YOU NOW HAVE BAKED BEANS ON TOAST

ENJOY

B0tanical Name

Triticum Aestivium	wheat	L.Granium	Corn
Sercalc Cereale	Rye	Sodium Chloride	Salt
P.Nigrum	Pepper	G.Gischt	Yeast
Meole	Milk	Lycopersicon	Tomato
Acetic Acid	Vinegar	Papilionageae	Beans
L.Butryum	Butter		



While suturing up a cut on the hand of a 75 year old farmer, whose hand had been caught in the gate while working his cattle, the doctor struck up a conversation with the old man. Eventually the topic got around to Julia Gillard, and her being our prime minister.

The old farmer said, "Well, ya know, Julia is just a Post Turtle."

Now not being familiar with the term, the doctor asked,

What's a "Post Turtle?"

The old farmer said, "When you're driving down a country road and you come across a fence post with a Turtle balanced on top, that's a post Turtle."

The old farmer saw the puzzled look on the doctor's face so he continued to explain. "You know she didn't get up there by herself, she doesn't belong up there, she doesn't know what to do while she's up there, she sure as hell isn't goin' anywhere, and you just wonder what kind of dumb bastard put her up there in the first place."

**A man was telling his neighbour, 'I just bought a new hearing aid. It cost me four thousand dollars, but it's state of the art.. It's perfect.'
'Really,' answered the neighbour . 'What kind is it?'
'Twelve thirty..'**

**Morris, an 82 year-old man, went to the doctor to get a physical.
A few days later, the doctor saw Morris walking down the street with a gorgeous young woman on his arm.
A couple of days later, the doctor spoke to Morris and said, 'You're really doing great, aren't you?'
Morris replied, 'Just doing what you said, Doc: 'Get a hot mamma and be cheerful.'
The doctor said, 'I didn't say that.. I said, 'You've got a heart murmur; be careful.'**

A little old man shuffled slowly into an ice cream parlour and pulled himself slowly, painfully, up onto a stool... After catching his breath, he ordered a banana split.
The waitress asked kindly, 'Crushed nuts?'
'No,' he replied, 'Arthritis.'



Yep it looks smited!

ROSTER	14 September 2011	21 September 2011
Guest Speaker	Helen Carter	Club Assembly
Topic	Mental Health	Club Stuff
Door Team	Dick Davison & Les Jacob	Max Cathcart & Peter Ryan
Meeter & Greeter	Stuart Glover	Brodie Shields
Welcome	Phil Penman	Paul Bennett
President Assist	Chris Watson	Dennis Maunder
Visitor Assist	Narelle Langfield	Annette Arthur
Corporal Assist	Brian Yeo	Chris Celovic
Introduction	Bill Moss	
Vote of Thanks	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	Patricia Burgess (partner of Terry) 16/9 43 yrs, Jay Lynch (partner of DJ) 21/9 38 yrs
Anniversaries	Nil
Induction into Club	Barry Murphy 19/9 17 years
Attendance	80%
Make Ups	Paul Stevenson – Tamworth Sunrise
Visiting Rotarians	Michael Simpson – Inverell East
Visitors	Brian Bailey
Head and Tails	Jane Bradford
Raffle	Steve Massey

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