

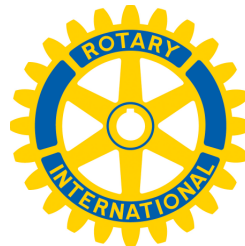


THE ROTARY CLUB OF TAMWORTH - FIRST LIGHT

2011-2012



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A Letter from Louise

www.tamworthfirstlight.org.au Wednesday 21st September 2011

Meeting 1079

Quote of the Week:

"You only live once, so do everything twice." – Anon

It was great to have a meeting where everyone was interactive & particularly discussing mental health. Helen Carter from Hunter New England Health involved everybody & made us all think. Thursday 15th September is R U OK Day? & as Phil Penman suggested ask the question, perhaps ask it twice, but more importantly listen to the answer, particularly when asking your wife.

Brian Bailey was our guest again this morning along with Meredyth Bell & Anne Walsh. Thank you to all members who make the effort to invite guests, they certainly enjoyed their time with us.



I spoke to DJ today, he said he's feeling the love & thanks everybody for their kind wishes. He will be home in several weeks during a break in his treatment & if well enough will come for a visit. I also contacted Les in hospital today, he's feeling better each day & looking forward to going home. Anne is also arriving home from the US today, just in time to play Florence Nightingale.

Bruce Hemmett, was in his words “gobsmacked”, by the \$1000 donation made by the Club toward his fundraiser for Brain Cancer Research. There are still a few tickets left for the movie on Friday 7th October, so please give it some thought & contact Bruce.

Next week is Club Assembly, so please when you break into your groups have some input into the Club, make suggestions, volunteer for committees, become involved.

Congratulations to “The Boyfriend”, Dick Davison & his “Child Bride” on 54 years of wedded bliss, all jokes aside you two set a fine example. The rendition of Happy Birthday was very spontaneous & thoroughly enjoyed by the Birthday Girl, PDG Jane.

Don't forget, start pushing tickets for Darren Carr & Ashleigh Dallas at The Pub on Stress Less Day, Wednesday 12th October.

Louise oxo

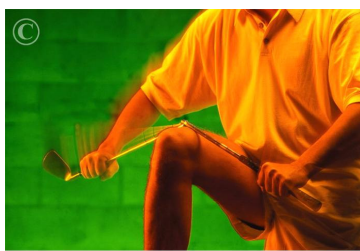


UPDATES/ NEWS / DIARY DATES

- **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**
- **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. **This will be a transfer meeting so bring your running shoes.**



- Friday, 4 November – Zonta Function at The Pavilion Function Centre – Guest Speaker The Hon Catherine Cusack, MLC – Topic – “Raising the Bar” – see attached flyer
- 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.
- I am sorry I was away in Sydney last week and missed the fine on **Phil Heffernan**. I know the Club members are sworn to secrecy about the reason behind the fine. Thanks to the 24 members who rang or emailed me about the secret. I will maintain the pact and not disclose in this bulletin what actually happened as it is important that a secret like this should not be **broken** as **this** could drive a **wedge** between Phil and his fellow Rotarians.
- **Can I have some more recipes please.**
- **Thanks to Cricket Australia for the specialized equipment and access to coaching.**



GUEST SPEAKER – HELEN CARTER – MENTAL HEALTH REHABILITATION UNIT

Introduced by Bill Moss

Helen spoke about the myths, lack of facts etc that swirl around Mental Health and provided us with The FACTS sheet with the answers at the bottom of the page.... Attached has the correct answers!!

The two basic facts why people will not talk about Mental Health –

- 1 The stigma (or shame)
- 2 The person does not know they are actually ill.

How does this apply to us? Again Helen had forms on the table with a topic for a two minute discussion and some of the areas covered were:

Physical Health Well being of the both the body and mind – to keep it this way one could do

- Yoga / Exercise
- Talk to your doctor
- Sex drugs and rock n roll

Physical Illness – Trauma – usually treatable – often leads to mental illness if it cannot be treated

Mental Health Depression, Anxiety, Stress, Madness (well known obvious ones)

Generally people may have one of these but we do not know about it. The lucky ones have sought help from their doctor, others not aware they have a problem.

Why more people now than in the past?

No help available after WWI, WWII, and Korea – help rally began after Vietnam.

Peoples ethnic background and cultures creates different difficulties

Can recover by seeking advice from appropriate professionals with the support of family and friends

Mental Illness – withdrawal etc

Often cope by smoking, drinking heavily etc – Stress if untreated can create a roller coaster ride – family and friends need to be very aware.

Helen thanked everyone for participating and closed with the comment that no-one is “Beyond Help” and made two final points –

1 Theme – well being – invest in your life

2 Sings of mental health in family and friends – help them to seek help.

Q Lunatic – late night radio – when there is a full moon they receive more strange callers – is this true?

A Yes, evidence proves does happen combined usually with drugs and alcohol.

Q We all live in Utopia – no problems – what makes the change?

A Many people have poor coping skills so turn to drugs and alcohol for support.

Q Breakdown of the family unit – part of the problems we see today?

A Yes, certainly appears to be but no factual evidence showing this available

Q Suicide – greatest form of self criticism – huge increase in youth suicide – do they show warning signs?

A Suicide is actually reducing due to much higher publicity about the help that is available now

Q 85% of homeless people – why do they become this way?

A Chicken and the egg situation – escaped authorities and feel safer living on the streets and moving all the time.

Louise confirmed that a Mental First Aid course was being set up and suggested as many of us attend and be involved with this as possible.



Helen Carter is thanked by PP Phil Lyon



The Facts!!!

Nearly 45% of the population will experience a mental disorder at some stage in their lives.

Almost one in 5 will experience a mental illness in a 12 month period.

During a one year period, 14 of these will be Anxiety disorders and 6 will be Depression.

At least one 3rd of young people have had an episode of mental illness by the time they reach 25.

15% of those seriously affected by mental illness will die of suicide.

People living with a mental illness are more likely to be the victims of violence, than be the perpetrators. T

Mental illnesses are not purely 'psychological' and can have many physical features. T

Mental illness only happens to those with a low socio economic background and low IQ. F

Not many people recover from a mental illness and have disabled and miserable lives. F

Approximately two thirds of people with a mental illness do not receive treatment in a 12 month period. Women are more likely to get help.

It is estimated that up to 85% of homeless people have a mental illness

	False	45%	True	15%	False	Five	*
25	True		False	6%	14%	Third	85%



The Zonta Club of Tamworth Inc.

invites

to a

“Women in the Community” Dinner,

to be held on

Friday 4th November, 2011 at

The Pavillion Function Centre,

Back Kootingal Rd, Nemingha

6.30 p.m. for 7.00 p.m.

Guest Speaker

The Hon. Catherine Cusack, MLC

Topic “Raising the Bar”

\$35.00 p.p.

RSVP (attached)

by Wednesday 26th Oct. 2011

 **Zonta Club of Tamworth**
Member of Zonta International
Advancing the Status of Women Worldwide

Acceptance for Community Dinner – by Wed. 26th October, 2011

Yes, I will be attending the “Women in the Community” Dinner at the Pavilion Function Centre on Friday, November 4th, 2011.

Number of guests attending on this acceptance (including yourself)

Special dietary requirements _____

Names of guests: _____

Contact phone number: _____

Cheque enclosed for \$35.00 p. p. made out to The Zonta Club of Tamworth **Yes/No**

I have **direct deposited** the full amount (\$35.00 p. p.) to The Zonta Club of Tamworth **Yes/No**

Bank Account details: BSB 062 - 602 A/C # 1035 3702

PLEASE MAKE SURE YOU PUT YOUR NAME IN THE REFERENCE SECTION

Email this acceptance to: nicnakmac@skymesh.com.au

Post to: PO Box 886, Tamworth, 2340

For further information please contact: Nicole on 6769 6408 or Di on 6768 0199

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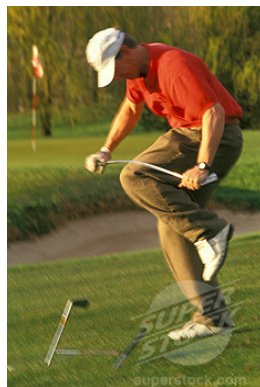
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The Rotary Club of Tamworth First Light Masterchef page

Due to no further donations, I have to put up with another one of my favourites – actually cooking it whilst working on the Bulletin

Flat-roast lemon chicken with herb salad

- 1.6 kg chicken, backbone removed
- 1 red onion, finely sliced into rings
- 3 garlic cloves, finely sliced
- 1 tsp cumin seeds
- 1 tsp coriander
- 1 tsp smoked paprika
- 1 tbsp thyme sprigs
- ½ tsp dried red chilli flakes
- Sea salt & pepper
- 2 tbsp olive oil
- 1 lemon, cut into 8 wedges
- 200 ml dry white wine or water
- 2 segments preserved lemon
- 1 cup coriander sprigs, loosely packed
- 1 cup flat leaf parsley, loosely packed

The chicken takes on the Moroccan chermoula flavours while roasting. Ask your butcher to butterfly or spatchcock the chicken. Otherwise, just cut down either side of the backbone of the chicken and remove, turn the chicken over and press firmly down on the breastbone to flatten. I just use kitchen scissors and cut around rib cage and remove.

Heat oven to 220C. Place flattened chicken skin-side up in a roasting pan lined with baking paper and scatter with onion, garlic, cumin, coriander, paprika, thyme, chilli, salt & pepper. Drizzle with olive oil and the juice of two lemon wedges. Add white wine to the pan and roast for 40-45 minutes or until chicken skin is golden and meat cooked through. Rinse preserved lemon, scrape off and discard flesh and finely slice skin into matchsticks. Toss with coriander, parsley and one tablespoon pan juices.

Remove chicken to a chopping board. Cut into sections and thickly slice the breasts. Serve with herb salad, remaining lemon wedges and pan juices.

Serves 4.



**This poor ginger coloured seal has been rejected by his community.
Please do your bit and get involved with the
Chris Sheppard Save the Ranga Seal fund.**



Rob Clifton should not text and fly

Computers are female

The top six reasons computers must be female:

6. As soon as you have one, a better one is just around the corner.
5. No one but the creator understands the internal logic.
4. Even your smallest mistakes are immediately committed to memory for future reference.
3. The native language used to communicate with other computers is incomprehensible to everyone else.
2. The message "Bad Command or File Name" is about as informative as "If you don't know why I'm mad at you, then I'm certainly not going to tell you".

AND THE NUMBER ONE REASON COMPUTERS ARE FEMALE:

As soon as you make a commitment to one, you find yourself spending half of your paycheck on accessories for it.

A Real Man

A real man is a woman's best friend.

He will never stand her up and never let her down.

He will reassure her when she feels insecure and comfort her after a bad day.

He will inspire her to do things she never thought she could do; to live without fear and forget regret.

He will enable her to express her deepest emotions and give in to her most intimate desires.

He will make sure she always feels as though she's the most beautiful woman in the room and will enable her to be the most confident, sexy, seductive, and invincible.....

No wait... sorry... I'm thinking of beer, never mind.

Grannie Knows Best

Little Tony was 9 years old and was staying with his grandmother for a few days. He'd been playing outside with the other kids for a while when he came into the house and asked her, 'Grandma, what's that called when two people sleep in the same room and one is on top of the other?'

She was a little taken aback, but she decided to tell him the truth. 'It's called sexual intercourse, darling.'

Little Tony said, 'Oh, OK,' and went back outside to play with the other kids.

A few minutes later he came back in and said angrily, 'Grandma, it isn't called sexual intercourse. It's called Bunk Beds. And Jimmy 's mum wants to talk to you.'

ROSTER	21 September 2011	28 September 2011
Guest Speaker	Club Assembly	John Hoye
Topic	Club Stuff	Gliding & Soaring
Door Team	Max Cathcart & Peter Ryan	Di Ford & Graham Dooley
Meeter & Greeter	Brodie Shields	Garnet Wood
Welcome	Paul Bennett	Michael O'Connor
President Assist	Dennis Maunder	Peter Hyde
Visitor Assist	Annette Arthur	Ian Howle
Corporal Assist	Chris Celovic	Paul Stevenson
Introduction		Bruce Hemmett
Vote of Thanks		Vicki Cooper

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

BIRTHDAYS, ANNIVERSARIES AND INDUCTIONS	
Members Birthdays	Greg Birtles 26/9 48 yrs, Ian Howle 26/9 66 yrs, Patricia Varley 23/9 27 yrs
Partners Birthdays	Nil
Anniversaries	Tim & Judy Coates 25/9 7 yrs, Dennis & Kerry Johnson 23/9 37 yrs, Phil & Margaret Lyon 26/9 41 yrs, James & Lisa Treloar 27/9 3 yrs.
Induction into Club	Ron Allen 25/9 20 yrs, John Glynn 24/9 3 yrs
Attendance	86%
Make Ups	Paul Stevenson – Tamworth Sunrise
Visiting Rotarians	Nil
Visitors	Brian Bailey, Meredyth Bell & Anne Walshe
Head and Tails	Julian Smith
Raffle	Skinner

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