



THE ROTARY CLUB OF TAMWORTH - FIRST LIGHT

2011-2012



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A Letter from Louise

www.tamworthfirstlight.org.au Wednesday 19th October 2011
Meeting 1083

Quote of the Week:

Mental Health Week Tip

Stress less by:

Getting involved with a cause you believe in.....

www.mentalhealth.asn.au

It's mental health week & today, Wednesday 12th October is "Stress Less Day." We had an early start at the Community Centre where we joined with HNEAHealth catering for breakfast for 120 people who came to join in an early morning walk & to de-stress. Watching Heff doing tai chi was a sight to behold – poetry in motion.

Once again Brian Logan & his band of merry men catered for the crowd with a minimum of fuss. Thank you to Brian for his organizational skills & to all in attendance.

This weekend is "Relay for Life" & Brian needs your help again. Please contact him if you can assist in any way over the two days.

"Stress Less Day" finished with Darren Carr & Ashleigh Dallas at The Pub. What a sensational night. Ashleigh & her family band gave our Club a great wrap by showing their appreciation for us sponsoring Ashleigh to Country Music College. By the way, Ash goes into the studio with Nash Chambers to record an EP which they hope to release by January.

Darren Carr certainly got some belly laughs, particularly from Hinwood & Peter Ryan. We had 13 members in attendance. It was a great show, but made even better by Darren's unexpected generosity by halving his already reduced appearance fee to donate back to Rotary. We made in excess of \$1800 profit on the night & had great fun doing it.

Chris Watson....makes me dizzy at work as well as at Rotary with his enthusiasm & youthful exuberance!! Well done Chris for bringing these new ideas into our fundraising portfolio....next on the agenda is Santa Crawl, so get your Santa suits ready now.

The Mental Health First Aid course is filling up, so if you want to get in let me know as soon as possible.

I spoke to DJ yesterday, he has three weeks of treatment left, he's feeling lousy but very positive at the same time. He gave me some good advice in regard to rekindling any old flames at my 40th School Reunion this coming weekend – "Honey, tell them ...no finance, no romance." Mmmm, I'm taking that on board!

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. Jim Raymond appears to not be looking at specific dates and then request numbers from members.
- **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**. Please see/speak/email Peter Ryan asap.**
- **Christmas Party – make a note of the date now - 26 November 6.30 for 7.00 pm at the Magpies Rugby Club**
- **Bumper stickers are still being sold and bulk deals are available. Please see Dools.**
- **Can I have some more recipes please**
- **Brian Logan confirmed our catering involvement is again required for the Relay for Life on weekend of 15/16 October. Brian and our Club need volunteers **urgently**. Please contact Brian on 0428 426191 or ah 6761 8426**
- **Southern Golf Trip – Phil Penman reports there is 36 registered so far and can take 4 to 6 more. **Need sponsors****

The Rotary Club of Tamworth First Light Masterchef page New Zealand

Possum Stew



- 1 possum
- ¼ cup salt
- 1 lemon, chopped
- 1 onion, chopped
- Sprig of rosemary
- 2 onions, sliced
- 4 tomatoes, peeled and sliced
- 1 green pepper, chopped
- 8 prunes, stoned
- Rind of ½ an orange, thinly sliced
- ½ cup white wine
- 1 sprig rosemary, chopped
- salt & pepper

Joint the carcass and cover with cold water to which the salt has been added. Leave overnight. Then drain off the salted water and rinse the possum. Simmer with the lemon, chopped onions and sprig of rosemary for 1 hour. Remove the meat from the stock while still hot and discard stock. Brown onions in a little oil, add the possum pieces, tomatoes, green pepper, prunes, orange rind, wine, rosemary and seasoning and water to cover. Simmer gently until tender, about 1 ½ hours. Leave overnight and skim off any fat the next morning. Re-heat and serve with rice and crisp salad.

Whitebait Fritters



- 180 grams whitebait
- 2 eggs
- 1 teaspoon salt
- pinch of pepper
- 2 tablespoons soft white breadcrumbs

Beat eggs well, and then add other ingredients. Heat some butter and fry tablespoon lots on both sides. Serve with lemon slices.

A tour bus full of tourists stops by a farmer holding a sheep. One of them calls out "are you shearing?".

The farmer yells back, in an unhappy tone 'NO, **** off and get your own!'

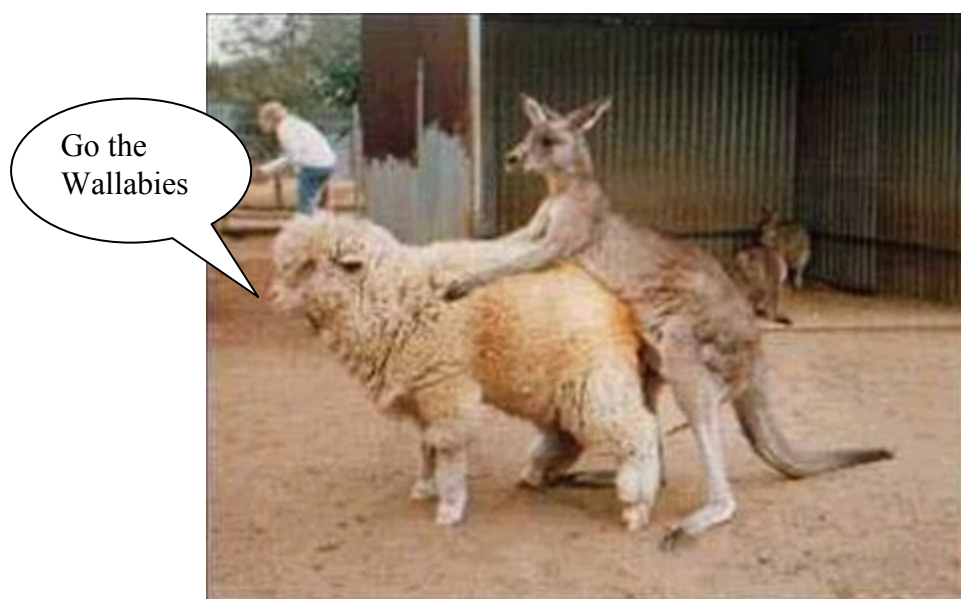
Why does New Zealand have some of the fastest race horses in the world?

Because the horses have seen what they do with their sheep

A tourist from the US was driving around NZ. He was a bit tired and thought he needed somewhere to stay the night before getting to Queenstown. Then out of the darkness ran a bull, he couldn't avoid it, drove into it and killed it. He was still able to drive the car, so feeling guilty he drove to the farm house. He knocked on the door, The farmer answered the door. The American said 'Im very sorry but I've killed your bull and would like to replace it.'

The farmer said 'No dramas mate, go around the back you'll find all the cows in the shed, go for your life'

An Elephant, a penguin and a kiwi walk into a Central Otago Pub. 'Whats going on?' asks the bartender suspiciously. 'Is this supposed to be some kind of joke?'



A little introduction for international visitors not familiar with the Aussie / Kiwi rivalry; a lot of the Kiwi jokes that Aussies tell are based on the following theories:

1. the (so far not scientifically proven) theory that New Zealanders are dumb and far less intelligent than Australians.
 2. the belief that New Zealanders move over to Australia only to go on social security and not to do any work. While this may have happened to some extent back in the days that it was very easy to live on the dole, nowadays this is not the case anymore.
 3. the (never officially proven) theory that New Zealand men have sex with their sheep.
- There are actually more sheep than people in New Zealand so plenty of choice but then again there are even more sheep in Australia than in New Zealand, sheep statistics show that more than half of Australia is being grazed by 137 million sheep on 53000 sheepfarms providing 70% of the world's wool for clothing.



Yes I was working





ROSTER	19 October 2011	26 October 2011
Guest Speaker	Mick Daniels	Vocational Visit
Topic	Petrol Pricing	Westpac Helicopter Rescue Base
Door Team	John Toulmin & Peter Bell	Greg Birtles & David Baddams
Meeter & Greeter	Rob Sharp	n/a
Welcome	John Worldon	n/a
President Assist	Terry Burgess	n/a
Visitor Assist	Ron Allen	n/a
Corporal Assist	John Glynn	n/a
Introduction	Steve Mitchell	n/a
Vote of Thanks	Laurence Hearne	n/a

**CORPORALS for: October: Max May and Max Cathcart
November: Tim Coates and Barry Biffin**

BIRTHDAYS, ANNIVERSARIES AND INDUCTIONS	
Members Birthdays	Ron Allen 22/10 65 years
Partners Birthdays	Robyn Cathcart 22/10 32 yrs, Jane Chamberlain 22/10 20 yrs.
Anniversaries	Greg and Lynne Birtles 25/10 – 25 years
Induction into Club	Peter Bell 25/10 5 yrs, Anne Jacob 21/10 13 yrs
Attendance	Not good
Make Ups	Who knows
Visiting Rotarians	Not sure
Visitors	Not aware
Head and Tails	Unlikely
Raffle	No balls

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