



THE ROTARY CLUB OF TAMWORTH - FIRST LIGHT

2011-2012



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A Letter from Louise

www.tamworthfirstlight.org.au Wednesday 26th October 2011
Meeting 1084

Quote of the Week:

“He was bold enough to think he could change the world & talented enough to do it” – Barack Obama on Steve Jobs, founder of Apple

84% roll up this morning, it certainly was a full house. It was great to see visitors Bill Warburton, John Gaffney, Robyn Penman & Nick Broadbent who filled in at the last minute as guest speaker. Apparently these fellows are going on the “reccy” to Tallwoods for golf & Robyn was asked to supply the homemade vanilla slice for morning tea on the trip. Thanks Robyn, how can you say “no” to Precious Heffernan when he asked so nicely.

Phil Lyon gave us an overview on the final push for End Polio Now. Please register by 28th October on the website petition which will be presented at CHOGM : www.theendofpolio.com

What a fabulous job Peter Ryan has done putting together the “Guess Who’s Coming to Dinner” lists for Saturday evening. 52 participants, the reports on each event could run into next year...everyone is sure to have a great night.

Bruce Hemmett reported on the fundraiser for Gabby’s Angels, \$4000 plus \$2500 raised at Relay for Life. Much needed funds towards Brain Cancer Research.

Brian Logan has done it again, with his band of helpers they catered for the Big Breakfast at Relay for Life & managed to donate \$1000 to the Cancer Council. I sound like the head of the Brian Logan cheer squad, but seriously this guy just keeps on giving!

**NEXT WEEK WE MEET AT JOBLINK PLUS
VOCATIONAL VISIT**

There are still some spots for the Mental Health First Aid Course, Thursday 27th Oct & Wednesday 2nd Nov. It was interesting listening to Nick Broadbent this morning speaking about community dentistry & the high proportion of patients who suffer from mental health issues, eating disorders, obesity & a myriad of other problems. Nick is passionate about helping these people, communicating with them, listening to their stories.

Good luck to all the golfers who are heading off on Sunday, stay safe.

Louise oxo

UPDATES/ NEWS / DIARY DATES

- Vocational visit will now be to Joblink Plus and not Westpac Rescue Helicopter as previously promoted. Enter via Byrnes Ave where there is also a carpark.
- Christmas Party – make a note of the date now - **26 November**
- **Caramello Bear Quiz**, Q. What is our Rotary District number and what are the towns on the extremities? A. 9650 and Woolgoolga, Lightning Ridge and Foster.
- **Can I have some more recipes please**
- ‘Build the Bridge’ Constable Kate Fletcher in conjunction with the PCYC’s of Gunnedah and Tamworth are planning a day at Granny Munro Park at Coledale. 28 October from 4 to 9 pm with the focus being on engaging the kids. Stevo needs some volunteers to run the BBQ from 6 to 7 pm.
- Bruce Hemmett thanked and advised the Club that the funds raised for Gabbies Angels is \$4,000.00 from the movie premiere night and \$2,500.00 from Relay for Life.
- Louise advised that volunteers urgently required for Meals on Wheels, not just for deliveries, but also organizational.
- Mental Health First Aid Course has 13 participants with 7 places to fill. See Louise if interested.
- Sam Bailey is speaking at Carinya 21 October 7.30 for 8 pm - \$15 a ticket includes supper and all proceeds will go to Nioka.
- A big thanks to Brian Logan for his extraordinary efforts (as usual) with the organization and manning of the BBQ for at Stressless Day and Relay for Life. Brian acknowledge his helpers and advised that enough money was raised to fund the ‘big breakfast’ and still have \$1,000.00 to donate to the Cancer Council.
- Also thanks to Chris Watson for organizing the Darren Carr night which raised \$1,800.00.
- Guess Who’s Coming to Dinner – Peter Ryan will call you today if you are guests and you need to be at your Hosts home at 6 pm for 6.30 pm start. Please bring your refreshments and a gift for the Host.

- Phil Lyon gave a very informative short talk on the progress of the fight to rid the world of Polio. 24 October is not only Pink Ribbon Day, but also World Polio Day. This Rotary project commenced in 1985 and Rotary have allocated 900 million dollars to the project. The current commitment is 200 million dollars to receive the Bill & Melinda Gates Foundation matching grant of 355 million and we are only 10 million short of this target.

Four countries in our world still have polio present (Afghanistan, Pakistan, Nigeria and India) the war and civil unrest in Afghanistan and Pakistan make the job ever so harder, but those involved are convinced that ridding these last four countries of this disease is achievable. Only 1% of the populations are to be reached. We can help by logging on to www.theendofpolio.com and register in time for the Heads of Government meeting.

Guest Speaker – Nick Broadbent “Community Dentistry”

Introduced by Steve Mitchell

Nick is a long time friend of our Club and supporter of our Golf Trips. Nick as part of his retirement plan, is into building renovation/reclamation and volunteers his services three days a week in a public sector role as a community Dentist.

Nick enlightened us about the issues affecting the patients he meets and most of the issues are not necessarily related to dental problems. He thought his volunteer role may be more relaxing, but that has not been the case. Over 50% of the patients he sees are on some form of anti-psychotic drugs and most have eating disorders. Eating disorders does not necessarily mean obesity, but also very thin people who look far older than their age.

We were told that Nick has never experienced problems with drug interaction during private practice, but recently nearly lost a patient who was in intensive care for three days. The people Nick encountered came from varied backgrounds and all seemed to have some trauma or history that he found he was spending more time talking than treating. He found that small things that we take for granted made the people he saw happy.

Nick told us that there are many more Dentists graduating, which is at least heading in the right direction, but he feels all graduates should experience community Dentistry as part of their vocational development.



Nick Broadbent being thanked by David Baddams

HELP NEEDED

PCYC & Coledale Community Centre

WANTED: 3 x BBQ Cooks
8 Friday Nights 6-7pm
Friday 28th Oct – Friday 16th Dec

Coledale has been identified through the Oxley Local Area Command as being a high needs, low socioeconomic area where police intervention is required in conjunction with the Coledale Community Centre and other local youth service providers including LAC police, PCYC officers from Tamworth and Gunnedah. These services will conduct sporting and recreational activities to engage young people at risk living in this area. The activities to be conducted will include, touch football, cricket, soccer, dance parties and movie nights and will be held every Friday afternoon/evening between the hours of 1600 and 2100.

Mission

To reduce youth crime and antisocial behaviour in Coledale:

1. To provide sporting and recreational activities for young people at peak offending times
2. To develop positive relations between Police, the community and young people
3. To provide training and advocacy in the conduct of sporting and recreation activities to selected community members.

Constable Kate Fletcher
Youth Case Manager
Gunnedah PCYC
02 – 67421586

Louise Matthews
Rotary Club of
Tamworth First Light
0420-743083

The Rotary Club of Tamworth First Light Masterchef page

Mango tart – now that Mangoes are available, good quality and reasonably priced

This is really easy – even Robbo could make it.



Ingredients (serves 6)

- 2 mangoes, peeled, cut into 2cm cubes
- 125g white marshmallows
- 1 sheet reduced-fat puff pastry
- low-fat sorbet, to serve

Method

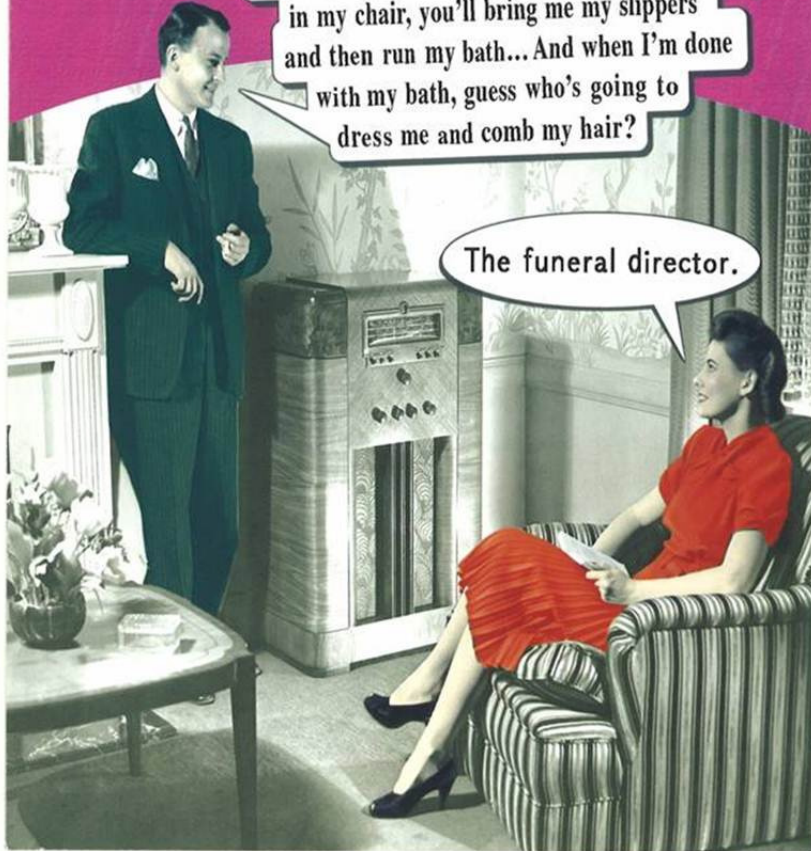
1. Preheat oven to 200°C. Grease and line a 22cm (base) cake pan.
2. Arrange mangoes over base of cake pan. Top with marshmallows.
3. Place pastry over marshmallows. Trim edges.
4. Bake for 25 to 30 minutes, or until golden. Stand for 5 minutes.
5. Turn out. Cut into wedges. Serve with sorbet

I've been thinking...

I'm the MAN of this house, so starting tomorrow I want you to have a hot, delicious meal ready for me the second I walk thru that door...

Afterwards, while watching ESPN and relaxing in my chair, you'll bring me my slippers and then run my bath... And when I'm done with my bath, guess who's going to dress me and comb my hair?

The funeral director.



MOSES, MEET STEVE. HE'S GONNA UPGRADE YOUR TABLETS...

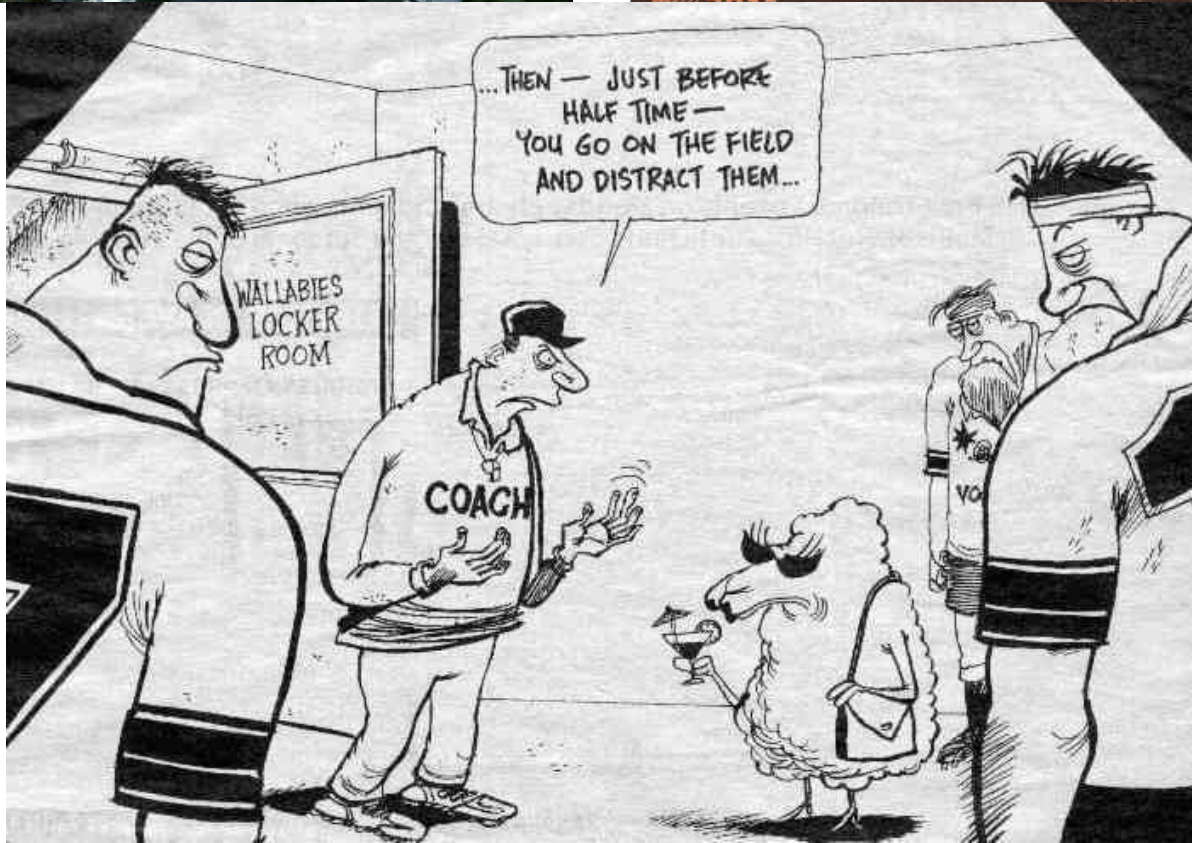




HOW TO SPEAK NEW ZILLUND AT THE RUGBY

Ruck	Abbrev. of Richard, a popular boys name
Bull	What you play the game with
Tickle	Bringing another player to the ground
Sickened Five	Positioned after the 1st 5
And Thumb	National song sung before match
Peck	The eight forwards involved in a scrum
Backs	Abbrev. of Rebecca, popular gills name
Pash Nut	Love of the game
Skulls	Ball handling ability
Maul	Where you go shopping
Gull	Points scored by kicking
Rough	Umpire
Troy	Worth 5 points
Ketch	Receiving the ball

mediaworks



10 years ago the USA had Steve Jobs, Bob Hope and Johnny Cash.
Now they have no Jobs, no Hope and no Cash.

The Willow Tree Hotel train and lunch trip



Rotarians around the globe are planning events to raise polio eradication awareness and funding for World Polio Day on 24 October.



Rotarians are getting ready to spread the word about World Polio Day, 24 October, and the need to finish the job of eradicating the disease. *Photo courtesy of Pakistan PolioPlus Committee.*

Australian club members are working with the [Global Poverty Project](#) on a petition drive aimed at persuading world leaders to fully fund the critical work of the [Global Polio Eradication Initiative](#). Supporters can sign the [petition online](#).

The Global Poverty Project has scheduled an End of Polio Concert on 28 October to coincide with the Commonwealth Heads of Government Meeting in Perth, Australia. Rotarians have joined with the group to lobby leaders to put polio eradication on the meeting agenda. Hugh Evans, cofounder and CEO of the Global Poverty Project, is a scheduled [speaker at the 2012 RI Convention](#) in Bangkok, Thailand, in May.

"Global collaboration has ensured that eradication is within reach," says Michael Sheldrick, the group's polio campaign manager and a member of the Rotary Club of Crawley, Western Australia. "Our generation has a chance to realize a historic opportunity and ensure that no one else ever has to fear this disease. That's why it's vital we commit to finish the job."

Among other events planned around World Polio Day are these:

- Rotarians in Addis Ababa, Ethiopia, are organizing a Walk to End Polio Now, aimed at drawing 4,000 participants and raising money for [Rotary's US\\$200 Million Challenge](#) to match \$355 million in grants from the Bill & Melinda Gates Foundation in support of polio eradication.
- The Rotary Club of Venezia-Riviera del Brenta, Italy, has organized a Run to End Polio fundraiser as part of the 23 October Venice Marathon.
- Rotary, Rotaract, and Interact clubs in Canada and the United States are coordinating a Wake Up Across the Continent polio awareness initiative during the week of 24-28 October. Each club is encouraged to participate and to publicize its activities, share ideas, and post images on [Facebook](#).
- Rotarians in Finland will conduct a "This Close" campaign with ads in print, on television, and online 24-28 October, and they plan a fundraiser on World Polio Day.
- Rotarians in Canada have arranged for the "This Close" TV public service announcement and other polio-related programming to air on CBC nationally throughout October.
- Rotarians in Africa have started a "This Close" page on [Facebook](#) for World Polio Day, encouraging fellow Rotarians to replace their Facebook profile photo that day with their "This Close" photo from www.thisclose.net.
- The Rotary Club of Linlithgow Grange, Lothian, Scotland, is sponsoring a Scotch Hop dance fundraiser on 29 October to benefit Rotary's challenge.
- Rotary clubs in Boston will present A Festival of Voices: Singing Out to End Polio Now on 23 October, with all proceeds to benefit the challenge.

- The Nepal PolioPlus Committee will host a one-day seminar on polio in conjunction with the local UNICEF office.

Inspired by these plans? Here are a few ways you and your club can help observe World Polio Day:

- Create your own ["This Close" ad](#) and make it your Facebook profile photo.
- Host a walk, run, or bikeathon. Be sure to send out a press release about the event. Download a [sample release](#).
- Download a [World Polio Day Proclamation](#) and ask your town to commemorate World Polio Day on 24 October.
- Place an op-ed about polio in your local newspaper. [See a sample](#).
- Use "This Close" resources from the [Rotary Media Center](#).
- Earn double recognition points by making a [contribution to help End Polio Now](#) online 24-28 October.
- Begin planning for an [End Polio Now lighting](#) to celebrate Rotary's anniversary on 23 February

After 25 years of hard work, Rotary and its partners are on the brink of eradicating this tenacious disease, but a strong push is needed now to root it out once and for all. It is a window of opportunity of historic proportions.



General Secretary and CEO of Rotary International John Hewko (right) met with Bill Gates, co-chair of the Bill & Melinda Gates Foundation, 7 September in Seattle, Washington, USA, to discuss moving forward together to eradicate polio.

ROSTER	26 October 2011	2 November 2011
Guest Speaker	Vocational Visit	Paul Bennett
Topic	Joblink Plus – rear entry	Personal Profile
Door Team	Greg Birtles & David Baddams	Brian Bailey & Anne Jacob
Meeter & Greeter	n/a	Brett White
Welcome	n/a	John Treloar
President Assist	n/a	Maureen Thornton
Visitor Assist	n/a	James Treloar
Corporal Assist	n/a	Brian Logan
Introduction	n/a	Rob Clifton
Vote of Thanks	n/a	Graham Nuttall

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

BIRTHDAYS, ANNIVERSARIES AND INDUCTIONS	
Members Birthdays	Nil
Partners Birthdays	Di Yeo 2/11 33 yrs
Anniversaries	John & Jacque Fogarty 39 yrs 28/10
Induction into Club	Nil
Attendance	84%
Make Ups	Nil
Visiting Rotarians	Bill Warburton – Tamworth
Visitors	Robyn Penman and John Gaffney
Head and Tails	Anne Jacob
Raffle	Greg Birtles

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