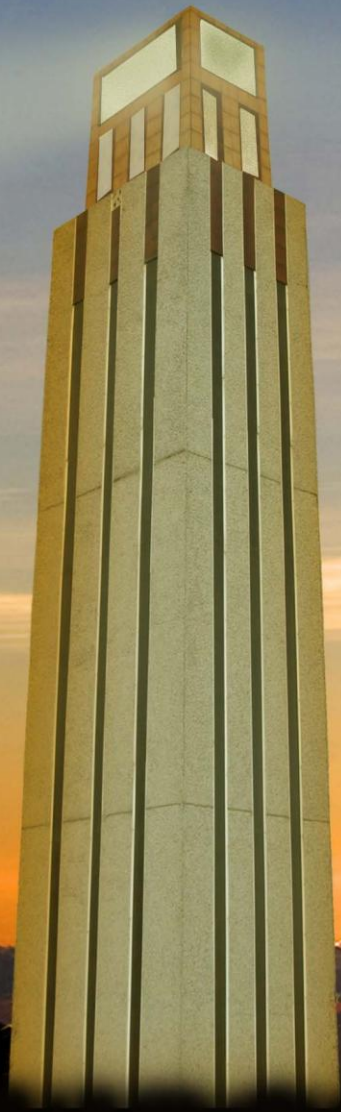




THE ROTARY CLUB OF TAMWORTH - FIRST LIGHT

2011-2012



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A Letter from Louise

www.tamworthfirstlight.org.au Wednesday 7th December 2011
Meeting 1090

Quote of the Week:

"If it's saggin', baggin' or draggin', have it nipped, tucked or sucked." –
Dolly Parton

Due to circumstances beyond our control we had a change of venue this morning & all went well. Thanks to Jim & Maureen who put a great deal of work into organizing our vocational visit, only for it to fall through at the last minute.

Apparently the Christmas Party was fabulous, sorry I missed it, but Rotary does come second to family. Thanks again to Jim Raymond for a tremendous effort, great time was had by all.

Christmas is scarily close, so please think of others & bring along non perishables, non wrapped gifts & anything else in the way of Christmas for the **Salvo's Appeal next week**. Stuart reminded us today anything will be gratefully received, especially things for teenagers who always seem to miss out.

Several important notices today, in particular a reminder from John Glynn about encouraging others to come to Rotary to boost membership. We will be losing Stuart due to a work transfer, having recently lost Simon & Jeanette in a similar circumstance. Nic Hinwood also reminded us to nominate a young person for RYLA, so put your thinking caps on.

Heff & I had the absolute privilege of meeting with & interviewing Martin Conroy-Jaeger, a year 9 student from Farrer High School. Martin has applied to go to RYAG Sheep next year & after meeting him today we are more than happy to put him forward. The sponsorship is \$250 & I'm sure we will get that back in spades from this young man.

Bryan Singh, President of our offspring – Sunrise Club, did a wonderful job as emergency guest speaker. In his role as President of the Friends of Nioka he gave us an insight into the way Nioka Palliative Care unit will be incorporated into the hospital redevelopment. We are very fortunate to have such a facility in our local area aiding patients & families with a different type of care & compassion during the latter stages of illness.

DON'T FORGET THE SALVO'S APPEAL NEXT WEEK!!!!

Have a great week,

Louise oxo



HO! HO! HO!

*Salvo's
Christmas Appeal*

- Non Perishable Items
- Gifts (not wrapped) especially for Teens

Please bring along next Wednesday, 7th Dec, so Stuart can start distributing to those in need.

UPDATES/ NEWS / DIARY DATES

- **Can I have some more recipes please (favourite Christmas fare) – Thank you to Barry Murphy this week**
- AGM will be held on 14 December, nominations to the Secretary, signed by the nominator, seconder and nominee.
- Salvation Army Christmas Appeal again this year. Please bring non-perishable food and toys from 7 December. Please make a really big effort this year so we can farewell Stuart and Paula on a big note.
- Chris Watson – 100 Club raffle – thanked the Club and advised that he raised \$3,000.00 for Ronald McDonald House, but unfortunately was won by a line dancer.
- Louise congratulated and thanked Jim Raymond for the great Christmas Party
- A big thanks also to Jim and Maureen for locating the alternate venue for our last meeting and to Cascada for opening their restaurant for the morning and providing a great breakfast.
- Brian Yeo is seeking a band of Marshalls for next years Country Music Cavalcade.
- Santa Crawl – Chris Watson requesting those interested to contact him. He has good numbers but happy to take more for the event on 16 December.
- The Longest Line Dance held during the Country Music Festival has been approved by Council. Chris requires 6 helpers prior to the Cavalcade.
- John Glynn reminds the members that inviting new members to our Club should always be in the back of our minds. Please consider business acquaintances. New members is a way of refreshing a club and purging of old smells.
- Phil Heffernan advised that the Mental First Aid course was absolutely excellent and strongly recommended more of our members attend next time for the February/March 2012 course.
- Nic Hinwood from Tamworth Sunrise was a visitor this morning with a message. RYLA – need 40 people to break even and so far they have 19. Members please consider not necessarily your brightest staff member, but look at those who need to gain a little additional confidence. They will gain so much from the program. RYLA is being held next year between 23 – 31 March. Consider nominating someone now for this brilliant opportunity.

Guest Speaker – Bryan Singh – Friends of Nioka & New England Palliative Care Inc.

Introduced by Barry Biffin

Bryan advised the Club that the Friends of Nioka have been going for 12 years and keen to keep the Palliative Care open. Brian is the current President – his experience obviously arose with the time his father spent at Nioka prior to his death – he found this a very positive experience with family and friends able to visit and he also had time to talk to and with his father – very important.

After discussion with the proposed new hospital committee etc etc it has been agreed that Nioka will be on the top floor of the hospital with six extra large rooms with ensuites – an enormous amount of thought has gone into this. Over the years the Friends of Nioka have raised considerable funds – these funds are now being spent on items that will be moved to the new facility in due course (these are in his report).

The Cancer Care Unit with Linear Accelerator Unit is now on line but too far from Nioka as is the Emergency department – with the move to the top floor of the hospital a lift will go to and from the emergency department – all air-conditioned comfort etc. Top Floor has the best view of the city, easy for doctors to come and go (against the present difficulties) – special lift for family and friends to go straight up to Nioka. – overall a huge improvement on present facilities.

Q Only 6 beds? A Yes, will go to nine at some future time – surgical ward will also be on this floor. Comment - Dr John Trollor was one of the people involved in setting up palliative care at the hospital and at that time a syringe cost \$2,000.

Q Palliative care – if patient stabilised can they go home? A Yes, some patients go in and out of palliative care – keep them at home as long as possible – sometimes Nioka seems like a revolving door with patients going in and out....

Q The fit-out of the new Nioka – will there be accommodation for close family as needed? A Yes, the new larger rooms will have a sofa lounge in each room and a recliner chair for families.



Phil Heffernan thanks guest speaker Brian Singh for his talk about Friends of Nioka

Friends Of Nioka & New England Palliative Care Inc.

Friends of Nioka have accepted a proposal to relocate the Nioka Palliative care ward into the new multi storey Hospital recently announced by the State & Federal Governments. In accepting this proposal Friends of Nioka has decided not to proceed with the major renovation and enlargement of the exiting Nioka facility, but rather to spend money on improving the existing facility and purchasing new equipment which can be transferred and utilised once the new Hospital is finished.

Friends of Nioka is fortunate to receive terrific support from the community, both in volunteer time and in donations. We feel it is important to report back to the community on how funds have been utilised, and plan to be utilised, to the benefit of the Nioka patients, families and staff.

In the last two calendar years we have

- Renovated the bathroom at the Ward and provided an additional showering room with the kind assistance of M&L Single Builders.
- Provided 6 Syringe Drivers for the efficient delivery of pain management medication at a cost of \$14210. These units can be used by patients in their own home as well as in the ward.
- Purchased 2 portable Oxygen concentrators. These allow patients to go home, and have mobility while on Oxygen therapy. This allows great flexibility for patients and their families. The cost of these units was \$9344.
- Provided 6 additional car park spaces adjacent to the ward for patients and their families at a cost of \$7687.
- Provided new blinds for the patient room and had the carpets & curtains cleaned at a total cost of \$2800.
- The gardens have been extensively renovated with the assistance of South Tamworth Lions Club.
- Provided a new handrail and ramp to help enable the ward to gain additional space. Total cost of this work was \$12538. Part of this work was generously supported by Joblink Plus.
- We receive donations of quilts, chairs and lounges from the public, all of which are utilised in the ward.
- We contribute financially to the training of volunteers who work in the ward and to outings for carers & hospital volunteers

Friends of Nioka has committed to assist with the furnishing of the new ward and the construction of a rooftop garden in the new Hospital. We are delighted that the new facility will contain 6 large ensuite equipped rooms.

Friends of Nioka is committed to ensuring the best possible facilities are provided in the existing ward while the new hospital is being constructed.

We thank the community for their continuing and generous support. We thank the Doctor and Nurses in the ward for their exceptional care of terminally ill patients. We are dedicated to spending money prudently to maximise benefits to patients, families and staff at Nioka ensuring continuing excellence in Palliative care for the region.

Never Argue with a Woman.

One morning, the husband returns the boat to their lakeside cottage after several hours of fishing and decides to take a nap.

Although not familiar with the lake, the wife decides to take the boat out. She motors out a short distance, anchors, puts her feet up, and begins to read her book.

The peace and solitude are magnificent.

Along comes a Fish and Game Warden in his boat. He pulls up alongside the woman and says, 'Good morning, Ma'am.. What are you doing?'

'Reading a book,' she replies, (thinking, 'Isn't that obvious?')

'You're in a Restricted Fishing Area,' he informs her.

'I'm sorry, officer, but I'm not fishing. I'm reading.'

'Yes, but I see you have all the equipment. For all I know you could start at any moment. I'll have to take you in and write you up.'

'If you do that, I'll have to charge you with sexual assault,' says the woman.

'But I haven't even touched you,' says the Game Warden.

'That's true, but you have all the equipment. For all I know you could start at any moment.'

'Have a nice day ma'am,' and he left.

MORAL:

Never argue with a woman who reads.

Now I understand what went wrong with the US economy

Helga is the proprietor of a bar.

She realizes that virtually all of her customers are unemployed alcoholics and, as such, can no longer afford to patronize her bar. To solve this problem she comes up with a new marketing plan which allows her customers to drink now and pay later. Helga keeps track of the drinks consumed on a ledger (thereby granting the customers loans).

Word gets around about Helga's 'drink now, pay later' marketing strategy and, as a result, increasing numbers of customers flood into Helga's bar. Soon she has the largest sales volume of any bar in town.

By providing her customers freedom from immediate payment demands, Helga gets no resistance when, at regular intervals, she substantially increases her prices for wine and beer, the most consumed beverages. Consequently, Helga's gross sales volume increases massively.

A young and dynamic vice-president at the local bank recognizes that these customer debts constitute valuable future assets and increases Helga's borrowing limit. He sees no reason for any undue concern, since he has the debts of the unemployed alcoholics as collateral!

At the bank's corporate headquarters, expert traders figure a way to make huge commissions, and transform these customer loans into DRINKBONDS. These 'securities' are then bundled and traded on international securities markets.

Naive investors don't really understand that the securities being sold to them as 'AA' 'Secured Bonds' are really the debts of unemployed alcoholics. Nevertheless, the bond prices continue to climb, and the securities soon become the hottest-selling items for some of the nation's leading brokerage houses.

One day, even though the bond prices still are climbing, a risk manager at the original local bank decides that the time has come to demand payment on the debts incurred by the drinkers at Helga's bar. He informs Helga.

Helga then demands payment from her alcoholic patrons, but being unemployed alcoholics they cannot pay back their drinking debts. Since Helga cannot fulfil her loan obligations she is forced into bankruptcy. The bar closes and Helga's 11 employees lose their jobs.

Overnight, DRINKBOND prices drop by 90%. The collapsed bond asset value destroys the bank's liquidity and prevents it from issuing new loans, thus freezing credit and economic activity in the community.

The suppliers of Helga's bar had granted her generous payment extensions and had invested their firm's pension funds in the BOND securities. They find they are now faced with having to write off her bad debt and losing over 90 per cent of the presumed value of the bonds.

Her wine supplier also claims bankruptcy, closing the doors on a family business that had endured for three generations, her beer supplier is taken over by a competitor, who immediately closes the local plant and lays off 150 workers. Fortunately though, the bank, the brokerage houses and their respective executives are saved and bailed out by a multibillion dollar no-strings attached cash infusion from the government.

The funds required for this bailout are obtained by new taxes levied on employed, middle-class, non-drinkers who have never been in Helga's bar.

Now do you understand?

What took so long?



Finally - A wine glass that makes sense



Rotary Club of Tamworth First Light

Masterchef page

This week our guest Chef is Barry Murphy

Brett, found this in my boating mag. Sounds just right for Xmas and this is the time when you have an excuse to put on a few kilos.

Christmas Fruit Mince Brownies



Ingredients

- 200g good-quality dark chocolate (70% cocoa solids), chopped
- 300g brown sugar
- 250g unsalted butter, chopped

- 4 eggs, lightly beaten
- 1 1/3 cups (200g) plain flour
- 1/4 tsp baking powder
- 1/3 cup (35g) cocoa, plus extra to dust
- 1/3 cup (85g) fruit mince
- 1 tsp mixed spice
- 1 cup (100g) toasted walnuts, chopped

Method

1. Preheat the oven to 180°C. Grease a 22cm square cake or brownie pan and line the base with baking paper.
2. Place chocolate, sugar and butter in a saucepan over low heat, stirring until melted and well combined. Remove from heat, cool slightly, then stir in eggs until well combined. Add flour, baking powder, cocoa, fruit mince, mixed spice and nuts, stirring to combine. Spread into the pan and bake for 25 minutes or until just set.
3. Cool in pan, then dust with cocoa. Cut into 12 squares and serve. Brownies will keep in an airtight container for 2-3 days.

ROSTER	7 December 2011	14 December 2011
Guest Speaker	Mick Daniels	AGM
Topic	Petrol Pricing	
Door Team	Barry Biffin & Tim Coates	Helen Tickle & Terry Burgess
Meeter & Greeter	Dennis Johnson	Mark O'Connor
Welcome	David Hinwood	Paul Stevenson
President Assist	Steve Massey	Michael Smith
Visitor Assist	Max May	Garnet Wood
Corporal Assist	Michael O'Connor	Terry Robinson
Introduction	Peter Hyde	
Vote of Thanks	Ross Lobsey	

CORPORALS for **December: Julian Smith & Brian Thompson**
January: Michael Smith & Paul Stevenson

BIRTHDAYS, ANNIVERSARIES AND INDUCTIONS	
Members Birthdays	Peter Bell 10/12, John Fogarty & Jeanette Mouat 14/12
Partners Birthdays	Carolyn Murphy (partner of Barry) 8/12
Anniversaries	Diane & Simon Ford 11/12 – 29 years
Induction into Club	Annette Arthur 11/12 – 9 years
Attendance	68%
Make Ups	Phil Lyon & Paul Stevenson - Sunrise
Visiting Rotarians	Bryan Singh & Nic Hinwood - Sunrise
Visitors	Nil
Head and Tails	Phil Penman
Raffle	Nil

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