



**ROTARY CLUB OF TAMWORTH  
FIRST LIGHT 2014-2015**



**President  
Diane Ford**

## Wednesday, 24th September, 2014 Meeting # 1229

Quote of the Week:

“If ignorance is bliss, why aren’t there more happy people in the world?” – Victor Cousins

### **Di’s Diary**

Well, spring is well and truly in the air as the year continues to race towards Christmas. There are a few events coming up that we need volunteers for. The first being the Dungowan Campdraft on Sat 27<sup>th</sup> September. It is a good little money spinner for the club and we need some more volunteers for the bar. Last year it was a great bit of fun so if you do have your RSA and can spare a couple of hours on Saturday, please let Brian Yeo know.

This week we had Smriti Nepal from the Stroke Care organization give us a talk about Stroke. She had some interesting information for us on causes and prevention of Stroke as well as the F.A.S.T system of Stroke recognition. She reinforced the fact that it is important that stroke be recognised and dealt with promptly to achieve a good outcome and that it is important that we get regular health checks to not only prevent heart disease but to control symptoms that could ultimately lead to having a Stroke. We know that not all Strokes are preventable but we should prevent those that we can as Stroke can be a very debilitating and life changing event.

Often think of Stroke as an “old person’s” illness but we should note that Stroke can affect anyone at any age including babies.

Well that’s it from me for another week. Everyone have a great week, enjoy the sunshine and hopefully see you on Wednesday.

Cheers

Diane.

PS Don’t forget Pedal the Peel!



## MEETING NOTES

The **Dungowan CAMPDRAFT** is on again on **THIS SATURDAY** 27<sup>th</sup> September. Brian Yeo will be running a roster for helpers on the bar. Please remember you must have a current RSA Certificate.

**Pedal the Peel:** Jim is gathering a list for volunteers, including phone numbers and email addresses. We need 150 volunteers so please ask your family and friends to help too.

**Steve Massey:** Advised the Futures restaurant has been booked for 10 November. These are always a fun night, so set it into your diary now..

**RSL calendars, books, port:** Order forms now available, see Vicki Cooper.



## DATES TO REMEMBER....

**27<sup>th</sup> September: Dungowan Campdraft, 11.00am.** Brian Yeo will be calling for volunteers for the bar.

**October Long Weekend: Cobar Rotary “Billycan Bash”**

**Sun 12<sup>th</sup> October: Pedal the Peel**

**25<sup>th</sup> – 26<sup>th</sup> October: District Muster, Tamworth**

**26<sup>th</sup> October – Graffiti Day**

**Sat 15<sup>th</sup> November, 4.00pm: Rotary Adult Game Afternoon** at Tamworth Rugby Club. Come dressed as a sports person.



**Blue Angel**  
FOUNDATION  
Supporting those affected by cancer

**The Blue Angel Foundation**  
presents the

**13th Annual  
Quilt Show**

27 & 28 September  
10am to 4pm

Calrossy Anglican School  
Bishop Peter Chiswell Hall  
242 Moore Creek Rd Tamworth

\$8 adult and \$6 concession

Contact Inspirations on  
6766 6800 for more information

Proudly sponsored by Calrossy Anglican School

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Figure 1

<b>Meeting Roster</b>	<b>Wed 24<sup>th</sup> September</b>	<b>Wed 1<sup>st</sup> October</b>	
Guest Speaker	<b>DG Visit</b>	<b>Ray Tait</b>	
Topic		<b>Pre Hospital Thrombolysis</b>	
Door Team	Bob Baddams Steve Massey	Helen Tickle Brian Thompson	
Meeter & Greeter	Barry Murphy	DJ	
Welcome	Louise Mathews	Peter Ryon	
President Assist	Jim Raymond	Rob Clifton	
Visitor Assist	Peter Pulley	John Treloar	
Corporal Assist	Brodie Shields	John Fogarty	
Introduction	Jane Bradford	Terry Burgess	
Vote of Thanks	Les Jacob	Deb Barnes	
<b>Post Office Raffle Roster</b>			
<b>3 October</b>	<b>10 October</b>	<b>17 October</b>	<b>24<sup>th</sup> October</b>
DJ Jones Louise Matthews	Louise Matthews Phil Heffernan	Phil Heffernan Chris Watson	Chris Watson Brett White
<b>31 October</b>	<b>7 November</b>	<b>14 November</b>	<b>21 November</b>
Brett White Terry Robinson	Terry Robinson John Glynn	John Glynn Mike O'Connor	Mike O'Connor Helen Tickle
<b>Corporals for September</b>		<b>Corporals for October</b>	
Peter Bell, Adam Bennett			
<b>Birthdays, Anniversaries and Inductions</b>			
Members Birthdays	Vicki Cooper (09-30), Ian Howle (09-26)		
Partners Birthdays	Pam Shields (09-29)		
Anniversaries	Tim & Judy Coates (10), Phil & Margaret Lyon (44), James & Lisa Treloar (6)		
Club Induction	Ron Allen (23), John Glynn (6)		
<b>Stats for last meeting</b>			
Attendance	56%		
Make-Ups	Nil		
Visiting Rotarians	Nil		
Visitors	Nil		
Heads & tails	Phil Penman		
Raffle	Steve Massey		

## The Object of Rotary

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

- **FIRST.** The development of acquaintance as an opportunity for service;
- **SECOND.** High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society;
- **THIRD.** The application of the ideal of service in each Rotarian's personal, business, and community life;
- **FOURTH.** The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

### Rotary Grace

O Lord and giver of all good  
We thank Thee for our daily food  
May Rotary Friends and Rotary ways  
Help us to serve Thee all our days

### The Four-Way Test

Of the things we think, say or do

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?

### Tamworth—First Light

Meets Wednesday morning,  
6:30 for 7:00 am at  
Frog & Toad Function Centre  
236 Goonoo Goonoo Rd  
TAMWORTH NSW 2340

Phone: 6765 7022

### Club Officers and contact details

#### President—Diane Ford

[president@tamworthfirstlight.org.au](mailto:president@tamworthfirstlight.org.au)

#### Secretary—Vicki Cooper

[secretary@tamworthfirstlight.org.au](mailto:secretary@tamworthfirstlight.org.au)

### Other Clubs meet:

Monday

Tuesday

Wednesday

Friday

Tamworth West, West Tamworth Bowling Club, 6:30pm

Tamworth Rotary Club, Service Club, 6:15pm

Tamworth on Peel, Calala Inn, 6:30pm

Tamworth Sunrise, Sanctuary Inn, 7:am