



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



**President  
Diane Ford**

## Wednesday, 12<sup>th</sup> November, 2014 Meeting # 1236

Quote of the Week: "Patience is something you admire in the driver behind you, but not in the one ahead." – Bill Mc Glashen

### **Di's Diary**

This week we had Penny Milson from the Heart Foundation talk to us about caring for our heart. She went through risk factors (sorry guys but at least we ladies have one up on you), and what we can change to minimise our risk. She also talked about the importance of having not only a heart check, but also a general health check as people can be walking around with some diseases that can cause heart attacks without even knowing it.

So the take home message is go see your GP if you haven't in the past 12 months, eat sensibly, exercise regularly and blame your parents for your bad genes.

Don't forget Futures Restaurant on Monday night - should be a great night.

Sunrise are having their Battle of the Brains trivia night next Saturday 15<sup>th</sup> November. If anyone is interested in going please contact Sunrise.

Just another reminder that Lucy Haslam needs ushers and drivers for the Medical Cannabis Forum. Please see Lesley Hood if you are able to help

If you have any skills at gift wrapping and would like to help Ronald MacDonald House in the 2 weeks before Christmas, please see Chris Watson.

The past few weeks have had some people who are rostered for duty on Wednesday morning not show up and also have not organized a replacement for themselves. Please, if you can't come and you have a job, let someone know or organise a swap.

Have a great week everyone and I'll see you next week.

Cheers,

Diane.



## MEETING NOTES

**Wrapping presents for Ronald McDonald House:** See Chris Watson.

**Marshalling for Country Music Parade:** See Brian Yeo if you could take this job on.

**Working With Children Check:** Reminder to forward these to Maureen.



**Thanks to Penny Milson for her talk on heart health.**



## DATES TO REMEMBER....

**Saturday, 15<sup>th</sup> November** – An evening with Bill Gleeson’s Choir, Tamworth Community Centre, Darling St, 7pm for 7.30pm start, \$20, light supper served. Contact Lesley 6766 2012 or 0402 470 572.

**Friday, 21<sup>st</sup> & Saturday, 22<sup>nd</sup> November** – Inaugural Australian Symposium on Medicinal Cannabis at TRECC. Lesley will be taking names for anyone who can help by being an usher or a driver.

**Friday 5<sup>th</sup> December** - Christmas Drinks / Dinner at Post Office Hotel, from 5.30pm.

**New Years Eve:** more info from Chris next week.

**Joke of the Week:** A romantic joke.

An older couple were lying in bed one night. The husband was falling asleep but the wife was in a romantic mood and wanted to talk.

She said, "You used to hold my hand when we were courting."

Wearily he reached across, held her hand for a moment and tried to get back to sleep.

A few moments later she said, "Then you used to kiss me."

Mildly irritated, he reached across, gave her a peck on the cheek and settled down to sleep.

Thirty seconds later she said, "Then you used to bite my neck."

Angrily, he threw back the bed clothes and got out of bed.

"Where are you going?" she asked.

"To get my teeth!"

<b>Meeting Roster</b>	<b>Wednesday 12<sup>th</sup> November</b>	<b>Wednesday 19<sup>th</sup> November</b>	
Guest Speaker	<b>Club Members</b>	<b>Terry Robinson</b>	
Topic	<b>The South African Tapestry Tour</b>	<b>Pedal the Peel</b>	
Door Team	Terry Burgess Peter Ryan	Max Cathcart Bruce Hemmett	
Meeter & Greeter	Laurence Hearne	Peter Bell	
Welcome	DJ Jones	Chris Watson	
President Assist	Helen Tickle	Graham Dooley	
Visitor Assist	Deb Barnes	Genevieve Gittoes	
Corporal Assist	Rob Clifton	Rob Sharp	
Introduction	Brian Thompson	David Baddams	
Vote of Thanks	John Fogarty	Adam Bennett	
<b>Post Office Raffle Roster</b>			
<b>14 November</b>	<b>21 November</b>	<b>28 November</b>	<b>5 December</b>
John Glynn Helen Tickle	Helen Tickle Barry Murphy	Barry Murphy Brian Thompson	Brian Thompson Phil Penman
<b>12 December</b>	<b>19 December</b>	<b>2 January</b>	<b>9 January</b>
Phil Penman Ian Howle	Ian Howle David Hinwood	David Hinwood Laurence Hearne	Laurence Hearne Deb Barnes
<b>Corporals for November</b>		<b>Corporals for December</b>	
Paul Stevenson and Brodie Shields		John Treloar and Barry Biffin	
<b>Birthdays, Anniversaries and Inductions</b>			
Members Birthdays	17/11: Steve Massey, 18/11: DJ Jones		
Partners Birthdays			
Anniversaries	12/11: Bruce and Julie Hemmett		
Club Induction	14/11: John Worldon (7 years)		
<b>Stats for last meeting</b>			
Attendance	58%		
Make-Ups			
Visiting Rotarians	Val Hellmann		
Visitors			
Heads & tails			
Raffle	Max Cathcart		



# Charity Golf Day 2014

Money raised to support the  
Salvation Army's Hope Centre in Tamworth

**You are cordially invited to**  
A Charity Golf Day in aid of the Salvation Army's Hope Centre

To be held at the Tamworth Golf Club  
on Friday November 21 at 10:30 for an 11am shotgun start  
with a two-man ambrose format

Cost is \$50 per person  
which includes a barbeque meal and a great day out!

**Friday November 21**

**RSVP and payment to Robert Chase  
on [rchase@westpac.com.au](mailto:rchase@westpac.com.au)  
by November 14.**



This Movember, I've committed my upper lip to help change the face of men's health by growing moustache, now I need your support at <http://mobro.co/jimraymond>.

I'm passionate about this cause because one million Australian men live with depression or anxiety. Many men find the stigmas associated with mental health lead to feelings of shame and embarrassment, which often prevents them from seeking help and taking action. We must change this.

The Movember Foundation is working tirelessly every day to rid the world of this discrimination and ensure men and boys experiencing mental health problems know the signs and take action early.

I need your support to fund this important work. Together, we can do it. You can donate by:

- Donating online at <http://mobro.co/jimraymond>
- Writing a cheque to 'Movember', referencing my registration ID: 10879585 and mailing it to: BMovember, PO Box 60, East Melbourne, VIC 8002, Australia

You can learn more about the important work and impact Movember is having at: <http://au.movember.com/programs>

Thank you in advance for supporting my efforts to change the face of men's health. All donations over \$2 are tax deductible, with receipts issued.

Together we can change the face of men's health.

Mo Bro Jim Raymond  
<http://mobro.co/jimraymond>

## 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