

From the desk



Rotary  Club of Tamworth
First Light **Bulletin**



Rotary   Be a gift
to the world

Wednesday, 29 July, 2015

Meeting # 1270

Quote of the Week

*The richest man is not he who has the most,
but he who needs the least.*

Unknown Author

From The Desk

Bryan Singh gave a very down to earth talk on Nioka, its background, the "Old Nioka" and now the "New Nioka". A visit to the new Hospital a few weeks ago was very interesting and the new Nioka facilities are as fantastic as Bryan mentioned today.

Talking of the new Hospital, the new Emergency Department opened their doors for patients today at 8.00am. I'm sorry to report that Terry Burgess had a fall leaving Rotary on Wednesday and was taken by ambulance for a precautionary visit. Terry was the first patient in the new Emergency Department in the new Hospital and is now known as the "charter" patient. I visited Terry this morning, other than being sore and bruised, he is recovering well.

I had great pleasure in presenting Past President Louise Matthews with a Sponsors Pin and blue disc in recognition of the number of new members she has sponsored into our Club.

I'm sure President Graeme would be equally delighted to present more Sponsors Pins to our members. When was the last time you invited a friend or business acquaintance to come to a Rotary meeting? I will leave that challenge with you.

The Board will be making the decision re our next venue. The decision will be made with all members interests in mind and the long term future of our Club. A full update will be given to members on Wednesday

Until next week, keep well

Cheers
PP John Treloar



NOTES

CHANGE OF VENUE FOR OUR WEEKLY BREAKFASTS EFFECTIVE FROM WEDNESDAY, 5 AUGUST 2015

In case you have not heard, we will be moving our meeting place to Wests Diggers, in Kable Ave. The cost will be \$22, and we toss in for two-up. The first meeting will be Wednesday, 5 August.

This Wednesday, 29 July, will be our last at the Frog & Toad, and please note we will be charging \$25 for this one meeting.

Our change over dinner will be the same date (18 June 2016), but now at Wests Diggers.

Any questions, please don't hesitate to contact Brodie, or any of the board members.

*Westpac Rescue Helicopter Charity Ball will be held at the Newcastle Entertainment Centre on Friday, 11 September – 6:30pm to midnight – dress - formal and cost is \$160 per ticket – can arrange a table of ten if required – celebrating their 40th anniversary.
Further information contact 4952 0000 or ball@rescuehelicopter.com.au*

Helen Tickle brought us up-to-date with the following

Football Roster is completed for this Saturday, 25 July – thank you to members

Careers Market – have had first meeting of new Committee and our Club will be more involved this year

Terry Robinson – Pedal the Peel

The Northern Daily Leader now a major sponsor – offering \$20,000 worth of advertising in the lead-up to Pedal the Peel on Sunday, 11 October 2015. A further reminder that **volunteers** will be needed – every member plus partners plus friends, relatives and anyone else members can muster – the more volunteers, the easier the event is to organise.

Note that the date for Pedal the Peel is now in E-news.

WHAT A LITTLE GEM THE CUCUMBER IS!!

1. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.
2. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explorers for quick meals to thwart off starvation.
3. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminium to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.

DATES TO REMEMBER **IN YOUR DIARIES**



2015

Tuesday 28 July to Sunday 2 August - Tamworth Children's Adventure Playground Build Dates

Sunday, 2 – Friday, 7 August - celebrating 25 years - Gold Coast Golf Classic

Wednesday, 2 September – DG Maurie & De Stack's visit

Monday, 5 October – Public Holiday

Wednesday, 7 October – Australian Rotary Health **Hat Day**

Saturday, 10 October – Westpac Rescue Helicopter Service Altitude 40 Fundraiser – see Helen Tickle

Sunday, 11 October - Pedal the Peel – volunteers needed, see Terry Robinson.

Weekend 17 / 18 October – Rotary Muster

Wednesday, 25 November – TAFE "Futures" – Christmas Party

2016

Saturday, 18 June First Light Changeover – West Diggers, Kable Avenue

15 – 17 April – District Conference

Answers to the quiz below will be asked by our Sergeant after our move to Diggers and can continue over a period of weeks – don't forget your homework!!!

A ROTARY QUIZ which the Sergeant will appreciate – When you joined Rotary

1. Who was the International President?
2. Who was the District Governor for that year?
3. What was the theme for that year – could be two?
4. Who invited you to join?
5. Why did you accept?

Not in the quiz – just curious

6. How many friends / business acquaintances have you invited to join Rotary?

GUEST SPEAKER – BRYAN SINGH

Bryan spoke briefly about his first experience with Nioka during his father's illness and how impressed they became with the service and help provided by the nurses to enable each patient to "die with dignity".

Bryan went to his first "Friends of Nioka" meeting and left as President at almost the same time he became the first President of Tamworth Sunrise – quite a feat.

Note: However the saying "Give a busy person a job (or two) and he / she will handle both effectively and efficiently" still holds true... (Editor)

Palliative care is seen as being about dying yet I see it as “about living the last days of your life as well as you can and as comfortably as you can with your family being supported”.

While everyone wants to die at home, this only happens in about 16% of cases, the rest are in hospitals or palliative care situations.

Nioka opened in 1991, Friends of Nioka started in June 2002 when the Ward was threatened with closure, to lobby for its continuation and improvement.

Nioka treats about **120 patients per year**, six beds and a staff ratio of three beds per staff member. It's about quality of life, which means it is about quality of pain control. Its objective is to support the dying and their families.

The new Nioka ward has been constructed on the ground floor of the new Tamworth Rural Referral Hospital. The Ward has six rooms, each with an ensuite and the rooms are the largest single patient size that can be constructed in a Public Hospital in NSW. The Ward is part of Ward One. This means that if more than six beds are required for Palliative patients, they can be accommodated in nearby rooms in Ward One but still be treated by specialist nurses and doctors.

Friends of Nioka has contributed \$180,000 to furnish the ward.... Sue Haylock left \$200,000 in her will for a room. This equipment could have been provided by Government, however the Funding Friends of Nioka have ensured the best possible equipment be purchased for the patients and their families.

Equipment purchased - Beds, Chairs (over \$6000 each), Cabinets

Telecommunications Equipment

Each year the Friends of Nioka spend about \$50,000 buying blankets, spring water, newspapers, coffee, bedding, medical manuals. syringe drivers and portable oxygen concentrators.

I am continually amazed by the amount of work Friends of Nioka achieve, and the passion and commitment of those involved.

- Remembrance service
- Guest Speakers.
- Donations from Fishing Clubs, Service Clubs, Businesses and, of course, Bequests and collections at Funerals.
- Friends of Nioka do sausage sizzles at Bunnings on allocated dates
- Grief Workshops.
- Volunteers in the Ward.

Our focus now is purchasing equipment that can be loaned to patients for use in their own home, allowing them to be cared for at home for a much longer period of time.

In closing, the most important things that you can do for an end of life patient are listen, alleviate their symptoms, support them and their family and give them dignity. “You matter because you are you and you matter all the days of your life”.



Bryan Singh telling us about “Friends of Nioka”



Bryan introduced by Terry Burgess and thanked by Bruce Hemmett



Above: The yellow line indicates the way to the new Tamworth Hospital Emergency Department.

Emergency Department - Opens 8am, 22 July 2015

The new Tamworth Hospital Emergency Department will be open to patients from 8am on Wednesday, 22 July 2015.

In an emergency please call '000' for an ambulance.

If you choose to drive to the Emergency Department, please drive to the top of Dean St and turn right at the roundabout. The road will take you directly to the Emergency Department entrance. There are a number of signs on Dean St to show the way.

There is a turning circle in front of the Emergency Department where drivers can set down patients before parking in Car Park B – the closest car park to the Emergency Department.

Please turn this fact sheet over for an up-to-date map of Tamworth Health Service.

For more information visit the Hunter New England Health website - www.hnehealth.nsw.gov.au



The new emergency department entrance and drop-off bay.



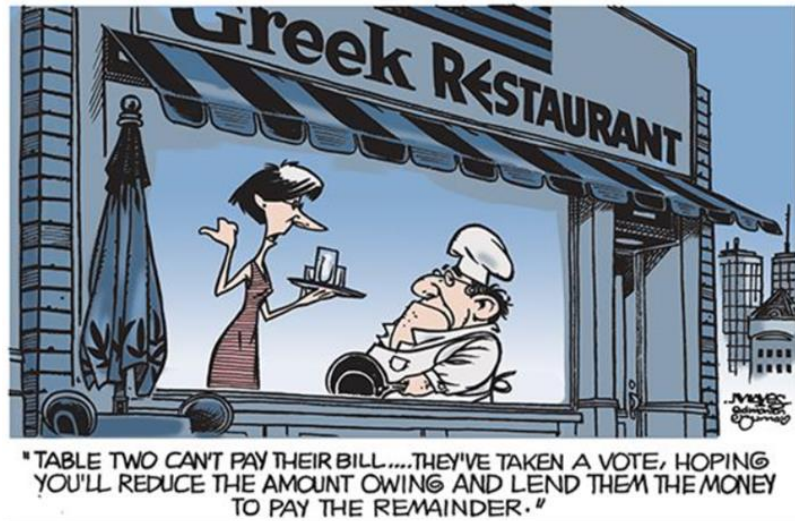
Inside the new emergency department.

THE TAMWORTH HEALTH SERVICE REDEVELOPMENT IS JOINTLY FUNDED, WITH CONTRIBUTIONS OF \$120 MILLION FROM THE AUSTRALIAN GOVERNMENT'S HEALTH AND HOSPITALS FUND AND \$91 MILLION FROM THE NSW GOVERNMENT.

THIS REDEVELOPMENT IS BEING BUILT ON THE TRADITIONAL LANDS OF THE GOMEROI / KAMILAROI / GAMILARAAY PEOPLE



Health
Hunter New England
Local Health District



For those who like speeding – be careful – be very careful!!

Two California Highway Patrol Officers were conducting speeding enforcement on I-15, just north of the Marine Corps Air Station at Miramar, California. One of the officers was using a hand held radar device to check speeding vehicles approaching the crest of a hill.

The officers were suddenly surprised when the radar gun began reading 300 miles per hour. The officer attempted to reset the radar gun, but it would not reset, and then it turned off.

Just then a deafening roar over the treetops revealed that the radar had in fact locked on to a USMC F/A-18 Hornet which was engaged in a low flying exercise near the location.

Back at the CHP Headquarters the Patrol Captain fired off a complaint to the USMC Base Commander. The reply came back in true USMC style:

Thank you for your letter. We can now complete the file on this incident.

You may be interested to know that the tactical computer in the Hornet had detected the presence of, and subsequently locked on to, your hostile radar equipment and automatically sent a jamming signal back to it, which is why it shut down.

Furthermore, an Air-to-Ground missile aboard the fully armed aircraft had also automatically locked on to your equipment location.

Fortunately, the Marine Pilot flying the Hornet recognized the situation for what it was, quickly responded to the missile system alert status and was able to override the automated defense system before the missile was launched to destroy the hostile radar position.

The pilot also suggests you cover your mouths when cussing at them, since the video systems on these jets are very high tech. Sergeant Johnson, the officer holding the radar gun, should get his dentist to check his left rear molar. It appears the filling is loose. Also, the snap is broken on his holster.

*Thank you for your concern.
Semper Fi.*

ROTARY HAS A “CHALLENGE” FOR EACH MONTH – THIS IS “CLUB” MONTH

Our President felt we should look at different aspects of our Club’s “Policy and Practice” Manual as a reminder to longer standing members and ensuring that newer members are aware of this Manual. One of the most important items for any Club is “MEMBERSHIP”

Rotarians are business and professional leaders who take an active role in their communities while greatly enriching their personal and professional lives. A Rotary club contains a diverse group of leaders from the community that the Club serves.

Membership in a Rotary Club offers a number of benefits

- Become connected to your community
- Work with others in addressing community needs
- Interact with other professionals in your community
- Assist with Rotary International’s international humanitarian service efforts
- Establish contacts with an international network of professionals
- Develop leadership skills
- Involve family in promoting service efforts
- Fellowship and Friendship
- Enjoyable times

Becoming a Rotarian

An important distinction between Rotary and other organisations is that membership in Rotary is by invitation. Rotary Clubs invite individuals to join and become members. A primary goal of the club is to continually expand the club with committed members who have the interest and ability to become involved in service and humanitarian projects.

Prospective members must

- Hold – or be retired – from a professional, proprietary, executive or managerial position
- Have the capacity to meet the club’s weekly attendance or community project anticipation requirements
- Live or work within the locality of the club or the surrounding area.

The Membership Process

A person being considered for membership is invited by a member / sponsor to attend one or more club meetings to learn more about Rotary. The sponsor may then submit the name of the candidate to the club’s membership committee.

Classifications: Professional representation

Rotary uses a classification system to establish and maintain a vibrant cross-section of the community’s business, vocational and professional interests being among its members to develop a pool of resources and expertise to successfully implement service projects.

A classification describes either the principal business or the professional service of the organisation that the Rotarian works for or the Rotarian’s own activity within the organisation.

Responsibilities of Membership

- Members are expected to attend weekly meetings of the club. Opportunities to make up attendances include attending the regular meetings of another Rotary club, attending various other Rotary activities or participating in a club service project authorised as a makeup by the Club Board of Directors.
- Members are required to pay annual dues to their clubs, their districts and to Rotary International
- Members are expected to participate in local and / or international projects or activities of the Rotary Club
- Clubs encourage members to aspire to leadership or committee roles within their Clubs.

The Rotary Club of Tamworth First Light is a happy, dynamic and growing Club with its own unique culture.

SERENDIPITY COMMITTEE TAMWORTH

Invite you to support our

WELLNESS DAY

Saturday 10th October 2015

10.00 - 3.00 Community Centre Tamworth - FREE ENTRY



YARN BOMBING

Join
in the
FUN!

Donations of knitting or crocheting warmly received.

Any stitch, any shade of pink, any texture, any ply.

40 stitches thick wool, 60 stitches thin wool. Knit 1 ball or as long as you like.



For further information contact Serendipity President Sandra Brooks: 0438 668 277

www.serendipitytamworth.com.au

A challenge to all members, partners, wives, girlfriends, friends, male / female to participate in changing the face of Peel Street.... For further information please contact Helen Tickle on either

helen.tickle@bigpond.com <<mailto:helen.tickle@bigpond.com>>

<h.tickle@tamworth.nsw.gov.au> <<mailto:h.tickle@tamworth.nsw.gov.au>>



Be a gift
to the world

PRESIDENT ASSIST

To ensure members who are rostered for the duties of, Meeter and Greeter, Door, Visitor Assist, Welcome to our Members & Guests, Introduction of the Guest Speaker(s) and Vote of Thanks are present and if they are not to find a replacement and ensure those people's names are updated on the President's Running Sheet. Select the Table Order (after the head table).

Need to be in attendance by 6.30 am

DOOR TEAM

To record the attendance of our members and guests, collect meeting dues, and if possible balance the cash float i.e. monies paid = money received.

Need to be in attendance at 6.30 am

MEETER & GREETER

To meet & greet our members & welcome guests to our Club at the top of the stairs and to hand name badges to members. Also ensure any guests of members or visiting Rotarians are introduced to the Visitor Assist to ensure they are made feel welcome.

Need to be in attendance at 6.30 am

VISITOR ASSIST

To ensure any visitors to the Club are felt welcome by introducing yourself to them and other members and guests of our Club. To also include them in fellowship before and if necessary make sure they are included with several members for breakfast and are not left on their own.

Need to be in attendance from 6.30 am

WELCOME

To publicly welcome our Members & Guests (following the introduction) to our meeting when called upon by the President or his/her substitute.

Need to be in attendance by 6.50 am (or earlier)

INTRODUCTION

To make yourself known to our Guest Speaker/s, assist them to the head table and sit with them. During breakfast find out some information about the guest speaker which will assist you in your introduction.

VOTE OF THANKS

To move a vote of thanks to our guest speaker, and present a little thank you gift (ensure you have it before the meeting commences and take notes during their presentation to ensure your thank you is informed).

CORPORALS

To assist the Sergeant by putting out all Club Property and putting away at the conclusion of the meeting. Need to be in attendance by 6:30 am.

CORPORAL ASSIST

To assist the Sergeant, by putting away all Club Property at the conclusion of the meeting if the Corporals are unable to do so.

Meeting Roster	Wednesday, 29 July – Frog & Toad	Wednesday, 5 August – West Diggers	
Guest Speaker	Dead Rock & Jim Raymond	Dr Chris Trethewey	
Topic	Back From The Corner	Westpac Chopper Doctor	
Door Team	Brian Thompson Paul Stevenson	Steve Massey Rob Sharp	
Meeter & Greeter	Peter Bell	Peter Ryan	
Welcome	Max Cathcart	Tim Coates	
President Assist	Dennis Johnson	Richard Hardwick	
Visitor Assist	Peter Pulley	Richard Walker	
Corporal Assist	John Glynn	Brett White	
Introduction	John Fogarty	Louise Matthews	
Vote of Thanks	Michael O'Connor	Ian Howle	
Post Office Raffle Roster			
31 July	7 August	14 August	21 August
Helen Tickle Phil Penman	Phil Penman Brian Thompson	Brian Thompson Sue O'Connor	Sue O'Connor Peter Pulley
28 August	4 September	11 September	18 September
Peter Pulley Maureen Thornton	Maureen Thornton Graham Dooley	Graham Dooley David Hinwood	David Hinwood Jane Bradford
Corporals for July		Corporals for August	
Steve Massey and Peter Ryan		Terry Robinson and Brett White	
Birthdays, Anniversaries and Inductions			
Members Birthdays	Jim Raymond (29/07), Alan Coates (31/07), Brian Yeo (01/08), Lesley Hood (03/08)		
Partners Birthdays	Janet Treloar (30/07)		
Anniversaries	Nil		
Club Induction	Phil Lyon (10 years)		
Stats for last meeting			
Attendance	71%		
Make-Ups	Nil		
Visiting Rotarians	Bryan Singh – Guest Speaker!		
Visitors	Nil		
Heads & Tails	Brett White		
Raffle	Skinner		

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—Graeme Kruger

president@tamworthfirstlight.org.au

Secretary—Brodie Shields

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 Rotary), Calala Inn, 6:30pm
Tamworth Sunrise, Sanctuary Inn, 7:am