

From the desk



Rotary  Club of Tamworth
First Light **Bulletin**



Rotary   Be a gift
to the world

DATES TO REMEMBER **IN YOUR DIARIES**



2015

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 or Brett White**

Weekend 17 / 18 October – Rotary District Muster

Sunday, 18 October – Graffiti Removal Day

Wednesday, 21 October – **Bridge of Spies Movie – Combined Rotary Clubs – End Polio Fund Raiser**

Wednesday, 25 November – TAFE “Futures” – **Christmas Party**


2016

Sat 2nd April – Sat 9th April 2016 - D9650 RYLA 2016 – see Louise Matthews

Weekend 15 – 17 April – **District Conference – Taree**

Saturday, 18 June First Light Changeover – Wests Diggers

A STUNNING SENIOR MOMENT



*A self-important college freshman walking along the beach took it upon himself to explain to a senior citizen resting on the steps why it was impossible for the older generation to understand his generation. "You grew up in a different world, actually an almost primitive one" the student said loud enough for others to hear. "The young people of today grew up with television, jet planes, space travel, man walking on the moon. We have nuclear energy, ships and cell phones, computers with light speed....and many more." After a brief silence, the senior citizen responded as follows. "You're right son. We didn't have those things when we were young....so we invented them. Now, you arrogant little sh*t what are you doing for the next generation? The applause was amazing!*

Wednesday, 7 October, 2015

Meeting # 1280

Quote of the Week

"The greatest obstacle to progress is prejudice". Bavee

From The Desk

Our guest speaker Anna Rose shared some of stories about her travels to USA and her interest in country music.

Feedback regarding the foundation has been great. The next step is to task a panel of members to consider the feedback and make a recommendation to the board and club. My suggestion about the makeup of the panel is as follows:

- Club Treasurer
- Foundation Trustee x 2
- Dennis Maunder
- Val Hellmann

We have a **huge weekend** ahead of us with the Westpac Altitude Ball on Saturday and **Pedal the Peel on Sunday**. Thanks to all those who have been working behind the scenes on these events in particular Pedal the Peel.

We are planning to have inductions of some new members next week so come along and show your support.

Don't forget to wear a hat to this Wednesday's meeting to mark Hat Day.

Phil Lyon gave us a brief intro into the history of this last Wednesday and we are looking forward hearing from David Hinwood this week.

Graeme Kruger Club President

Joblink plus CEO Christine Shewry receiving a cheque for \$2,700.00 from Careers Expo Committee member, Helen Tickle with President Graeme Kruger.

Christine confirmed that the money would go into the "kitty" towards making next year's event bigger and better.



NOTES

- **Rotary Youth Leadership Award (RYLA)** – 02 - 09 April 2016 – please consider and assess which member of your staff could benefit from such an opportunity and contact Louise Matthews for further information
- **Pedal the Peel** – Banners for smaller sponsorships available at \$100 each – speak with Brett White, Terry Robinson , Louise Mathews for further information
- ***Dobe Newton of the Academy of Country Music** has asked the Combined Clubs of Tamworth to support a Musical Event during the upcoming Country Music Festival at Blazes. The tickets will be \$15 per person and will be gauging interest during the next few meetings*
- **End Polio Fundraiser movie** will be held on Wednesday, 21 October at Forum 6 Cinemas – Phil Lyon will provide more information shortly – **Please note in your diaries....**
- **Dungowan Drafting** – Ron Allan thanked Brian and Sue Thompson, Maureen Thornton and Bruce Hemmett for their support and hard work and confirmed \$526 raised for the Club coffers
- **Careers Expo May 2016** – Presentation of cheque to CEO Christine Shewry – Joblink Plus - of \$2,700 to assist in hire costs at TRECC. Christine confirmed that this money would go towards next year's Careers Expo to make it a bigger and better event
- **Shelterbox.** – **The Combined Rotary Clubs of Tamworth have purchased a Shelterbox** so that we can all utilise it for all future promotions – at a cost of \$200 per Club - it will arrive too late for Pedal the Peel this year – certainly looking at the Country Music Festival to promote and raise funds from the public at the same time.

HAT DAY

- In May 1981, Professor Alan Williams, a well-known researcher and Chief Pathologist at Melbourne's Royal Children's Hospital, was interviewed on a late-night commercial radio station. He discussed the dreaded phenomenon of Sudden Infant Death Syndrome also known as "SIDS" or "Cot Death".
- A listener to that broadcast was Ian Scott, a member of the RC of Mornington, Victoria. At his Club's next meeting, Ian proposed the establishment of a national Rotary research foundation with an aim of raising \$2M for research into Cot Deaths.
- As a consequence of that action the **Australian Rotary Health Research Fund** was established in 1985. As Australian Rotary Health grew, so did its vision for a healthier Australia through research, awareness and education.
- Supported by Rotarians Australia-wide, Australian Rotary Health was soon in a position to sponsor research in a range of medical and health areas that do not readily attract funds from other sources. Another of the areas being funded with the assistance of Rotary is **Mental Health Research**
- To assist with fund raising and educating the public we now have an **Annual Hat Day**. Hat Day is the national fundraising and awareness day which shines a light on mental health research in Australia. Hat Day occurs each year on World Mental Health Day being the second Friday in October – this year it is the 9 October.
- However our Club's **Hat Day** is next Wednesday, 7 October. Members please locate your best, funniest, weirdest, craziest, whatever hat to wear next Wednesday and be prepared to make a contribution to mental health research.
- 100% of the money raised goes directly to funding mental health research in Australia. ARH grants are used to develop and trial preventions and treatments for depression, anxiety, bipolar disorder, schizophrenia and other mental illness including suicide prevention strategies.
- 45% of the population will experience a mental health illness so let's all get behind **HAT DAY**

GROUP STUDY EXCHANGE (GSE) TEAM MEMBERS FOR DISTRICT 1890 GERMANY

- **9 October: GSE Team member Applications close.**
- **31 October: GSE Team member initial interviews Tamworth.**

Four member team, aged between 25-40 years

GROUP STUDY EXCHANGE (GSE) INFORMATION

2015-2016 team member applications are still open until 9 October.

Team members should fit the following criteria:

- Aged between 25-40 at the time of application (male and female) **NOT** a current Rotarian nor a current Rotarian's spouse
- **CAN** be the child of a Rotarian or a grandchild (change from prior rules)
- **MUST** be employed for two (2) years in any recognised business or profession – full time preferred
- **MUST** work and live in District 9650 and be an Australian citizen

Application forms and further details are available on the District website in the Documents Library, under International Service or speak to **either AG Phil Lyon or Jane Bradford**

- **2 April 2016: GSE Team from German District 1890 arrive**
- **3-29 April 2016: District 1890 Team tour District 9650**
- **30 April 2016: GSE District 1890 Team depart**
- **19 May 2016: GSE team from District 9650 depart for District 1890 Hamburg Germany**
- **17 June 2016: GSE team returns from Hamburg to Australia**

In a Club our size, we must have an employee or two who would really benefit from such an opportunity – Members please consider!!

The sooner we have an applicant or more, the sooner we can begin to assist them with information about Rotary, about what to expect from the experience, the minimal costs involved (airfares), what being a team members is all about so they feel confident and comfortable when they are interviewed on the weekend of 31 October in Tamworth.

Our Team Leader for District 1890 Hamburg, Germany is Robin Norton from the RC of West Kempsey – congratulations Robin.



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Serendipity

TAMWORTH

WELCOMES YOU TO A



“Wellness Day”

SATURDAY 10TH OCTOBER, 2015

10AM - 3PM COMMUNITY CENTRE, DARLING ST, TAMWORTH

Taking steps towards improving your Health & Wellbeing

SPEAKERS:

- 10.30am Look Good, Feel Better**
Margaret Rock
- 11am Healthy Mental Wellbeing**
Fiona Little
- 11.30am Importance of Exercise**
Andrew Mahony
- 12 noon Healthy Hearts**
Penny Milson
- 12.30pm General Financial Advice**
Ray Griffin
- 1.30pm University of Third Age**
John Sharkey
- 2pm Breast Cancer & Family History**
Melissa Buckman

INFORMATION STANDS:

- Look Good, Feel Better Workshop.
- Lioness Wig Library
- Breastscreen
- Cancer Council
- Sweet Secrets
- Tamworth Podiatry Centre
- Tamworth Conservatorium of Music
- De-Berns Mastectomy Collection
- 360 Fitness Club
- Healthwise
- Heart Foundation
- Tamworth Remedial Massage
- Urban Vogue Organic Day Spa
- Curves
- Commonwealth Carer Respite
- Bupa



For further information contact: Sandy Brooks 0438 668 277 or Adele Holtsbaum 0447 662 520

www.serendipitytamworth.com.au

Promoting breast health awareness



Local money for local people

For further information please speak with Helen Tickle – 6766 7634 or 0407 068 020
Email – h.tickle@tamworth.nsw.gov.au



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GUEST SPEAKER -

NOTES FROM ANNA ROSE' TALK TO RC OF TAMWORTH FIRST LIGHT

Anna was born at Bingara and moved to the big city of Tamworth. Once Anna discovered the joys of travel, Tamworth became too small for her. Her first trip to America with friends landed at Dallas – arrived with one suitcase, had a simply marvellous time and came home with three very full suitcases. The Customs Officer felt she had helped the USA economy so much he did not slap overweight charges against her so it left a very nice feeling about American overall hospitality!

Next trip over was with the same group of friends. However this time Anna became the dedicated driver – no alcohol – wondered how she would survive but found instead that American drivers were very understanding about foreigners adjusting to driving on the wrong side of the road so survived without any major pileups on the motorways but this trio had quite a few unexpected adrenalin rushes instead.

Anna has found the south is much friendlier than the north and absolutely loves Memphis – has been back a number of times, particularly recommends a trip on a steamboat from Memphis to New Orleans – spectacular. New Orleans meant having brunch and listening to Jazz for three hours – was not convinced this was a good idea being a Country Music diehard fan – however it proved an excellent experience and the groups were also celebrating the arrival of a first grandchild plus a birthday so well worth the experience.

The most recent trip was to Nashville and there were a number of issues with the travel arrangements and the fact that they were billeted outside Nashville so had difficulties with transport arrangements getting to and from the Events. Sadly the travel agent did not follow up or check distances etc – this basically meant that, as team leader, Anna spent a lot of time on phones trying to sort out issues.

In spite of the various issues, the group still had a great time and were certainly much fitter at the end of the trip than at the start of the trip with all the walking and climbing of stairs such as at the Nashville Football Stadium which seats 70,000 people. Guess where our seats were – it was the Climb to Hell way at the top and everything way below was in miniature. When any of you decide to go, Anna **strongly recommended staying in the City** – may cost a little extra but well worth the freedom of being close to everything and being able to walk just about everywhere.

At the end of the tour some returned straight back to Australia, others moved on to see other parts of America. Anna returned to California and stayed with long standing friends for a week which made the whole trip worthwhile. Was taken everywhere including driving over the Golden Gate Bridge – stunning and exciting, explored the area including beach walks and going up the mountains looking back to the ocean – beautiful and exciting... Upon my return home, everything returned to normal until I received the news about six weeks later that my dear friend in California had died. She had an extremely aggressive brain tumour and an internal melanoma – extremely sad but I have such good memories of my week with them.

I want to end with a strong reminder to all of you – **Cease the Opportunity** – you never know what is around the corner – don't keep putting off that overseas or round Australia trip – **do it NOW**.

Q Many expatriates in Nashville?

A Anna knows of some 30 and was pleased to see *Matt Scullion* have his first show

Q Country Music here – still country and western in Nashville / America?

A Having similar problems as here – trying to keep Country Music as Country

Q Country Music is often considered a major inconvenience here – how is Tamworth viewed over there?

A We had a stand and did have a chat to Barry Harley and John Summerland – feel they are slowly changing attitudes over there. However a good news story – a group of Swiss tourists went to our stand at Nashville and actually came to our Festival last January – enjoyed it so much they are coming back for our Festival in January 2016.

Note – Suggest try Chris Watson’s travel agency for next year’s trip – should have a much better experience!!! Louise Matthews mentioned that Ashley Dallas was our Club’s protégé and what a great youngster she is proving to be. Anna agreed that Ashley is proving a great ambassador for Tamworth and Country Music generally – lovely bubbly personality.

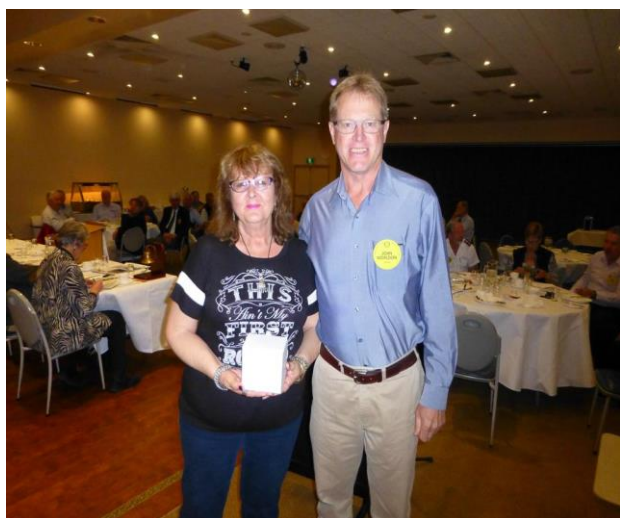
Louise received the first album called “Make Every Day a Winner” – Anna feels this your singer is also going places.....

Introduction by Ron Allen and thanked by John Worlton

Guest Speaker Anna Rose talking about her visits to the United States and her love of Country Music



Anna Rose being thanked by John Worlton



Stand-in Sergeant, PDG Jane Bradford “fleecing” money from members for the Rotary Foundation – “our charity of choice”....



ROTARY HAS A “CHALLENGE” FOR OCTOBER – ECONOMIC AND COMMUNITY DEVELOPMENT MONTH

With no relation to the above, this week’s item will be about **ROTARY “ALUMNI”**.

Who are Rotary “Alumni”?

You are an “alum” if you have participated in any of the following programs – Interact, Rotaract, Rotary Youth Exchange (YEP), New Generations Service Exchange, Rotary Youth Leadership Awards (RYLA), Rotary Peace Fellowships, Rotary Scholarships (funded by global grants or district grants), vocational training teams (members and leaders), Ambassadorial Scholarships, Grants for University Teachers, Group Study Exchange (GSE) (members and leaders) and Rotary Volunteers.

Why become part of our Community?

Rotary wants to stay in touch with you and there are lots of reasons you should stay in touch with us – 1.2M reasons to be exact! Rotary members are found in almost every corner of the world and in almost every profession. You are bound to find a Rotarian somewhere, doing something you are interested in.

Connect with leaders from all continents, cultures and occupations

- Join an alumni association – we would like to form one in our District 9650
- Are you ready to join a Club?
- Apply for a Rotary Peace Scholarship
- Be a Rotary advocate and wear your Rotary alumni pin.

Expand your network and worldview

- Engage in a discussion group
- Subscribe to “Reconnect” our alumni newsletter
- Attend the Rotary International Convention – Take advantage of the special alumni registration rate.

**For further information please contact PDG Jane Bradford at
jbmail@monelu.com or 0429 666 100 or 02 6765 2266
or PO Box 194, Tamworth, NSW, 2340**



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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, 7 October	Wednesday, 14 October	
Guest Speaker	HAT DAY & David Hinwood	Ken Hall	
Topic	NDIS	Stop Hunger Now	
Door Team	John Glynn Terry Robinson	Laurence Hearne John Treloar	
Meeter & Greeter	Ian Howle	Diane Ford	
Welcome	Louise Matthews	Brett White	
President Assist	Peter Ryan	Stephen Hawkins	
Visitor Assist	James Treloar	Dennis Maunder	
Corporal Assist	Richard Walker	Peter Bell	
Introduction	David Baddams	Bruce Hemmett	
Vote of Thanks	Tim Coates	Les Jacob	
Post Office Raffle Roster			
9 October	16 October	23 October	30 October
David Baddams Brian Logan	Brian Logan James Treloar	James Treloar Phil Heffernan	Phil Heffernan Peter Ryan
6 November	13 November	20 November	27 November
Peter Ryan Louise Matthews	Louise Matthews Phil Heffernan	Phil Heffernan Michael O'Connor	Michael O'Connor Helen Tickle
Corporals for October		Corporals for November	
Anne Jacob and Julian Smith		Graham Dooley and Phil Heffernan	
Birthdays, Anniversaries and Inductions			
Members Birthdays	Nil		
Partners Birthdays	Nil		
Anniversaries	Graham & Tracey Nuttall (10/10) (6 years) : Lesley & Philip Hood (13/10) 36 years		
Club Induction	Graeme Kruger (10/10) 3 years		
Stats for last meeting			
Attendance	70%		
Make-Ups	Nil		
Visiting Rotarians	Sam Peacocke – Dubbo South		
Visitors	Anna Rose, Christine Shewry		
Heads & Tails	David Baddams		
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

Wests Diggers

Kable Avenue

TAMWORTH NSW 2340

Phone: 6766 4661

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