

From the desk



Rotary  Club of Tamworth
First Light **Bulletin**



DATES TO REMEMBER **IN YOUR DIARIES**



2015

Wednesday, 25 November – TAFE “Futures” – **Christmas Party** - \$30.00 per person plus drinks

2016

- **Sat 2nd April – Sat 9th April 2016 - Rotary Youth Leadership Award (RYLA)**– please consider and assess which member of your staff could benefit from such an opportunity and contact Louise Matthews for further information

Weekend 15 – 17 April – District Conference – Taree

May 2016 – Careers Expo – further details to follow...

Saturday, 18 June First Light Changeover – Wests Diggers

Breast Feeding Causes Traffic Jam in Ireland. A True Story....



SOMETIMES IT IS JUST NICE TO SMILE

Wednesday, 11 November 2015

Meeting # 1285

Quote of the Week

"The question isn't who's going to let me; it's who is going to stop me."
- Ayn Rand

From The Desk

Guest speaker John Boag gave us an overview of the Rotary Foundation and how it was started. Of particular interest is the that Rotary and the Foundation have had with the eradication of Polio. There are only two (2) countries left with confirmed cases and these have greatly reduced since last year – only 36 cases so far this year. All Rotarians around the world can feel extremely proud of this achievement.

I also attended the combined presidents meeting on Thursday - here is a summary of matters discussed that are applicable to our club:

- **Rotary Lodge** – Julian Smith provided me with a schedule of works that was drawn up in 2013 which was presented to the meeting. It is now envisaged that Julian together with Brian Logan will revisit this list following the work that has been done by the hospital to get an idea of what is still needed. Once this is done we will firstly determine what the hospital will do before we take anything on to complete the upgrade.
- **Rotary Road Signs** – these have now been updated.
- **Display Shelter Box** – the combined clubs have acquired a shelter box for the cluster that can be used by the clubs to promote and raise funds for the program. It is envisaged that it will be set up for events in the cluster such as Country Music Festival etc. Sunrise are going to be the lead club for this event and Phil Lyon has agreed to accept responsible for the Shelter Box for the cluster.
- **Lightning Ridge Rotary Club Drought Appeal** – some Rotarians from Calala Club visited Lightning Ridge in support of drought relief. The event raised \$25,000.
- **Academy of Country Music Graduation Concert**– We have been asked to support this by selling the 150 tickets with some of the money being made available for fund raising. The event will be held on 14 January at Wests Blazes. I would like feedback from members about the willingness to support this.
- **Public Speaking Competition** –Contestants from Quirindi, Sunrise and Manilla took part in this event recently. The Cluster final was held on 2nd November in Quirindi thanks to the Quirindi Rotary Club. The winner of the Cluster final was Hanna Davis of Quirindi – well done.
- **Rotary Film Night** – the film night was held on 21st October for the movie "Bridge of Spies". As a fundraiser this night was a failure with only 24 people attending from the Sunrise (5), Wests (8), eClub (4), Tamworth Club (5) and the AG (2). A profit of \$169.70 was made from the night and all funds go to the Rotary Foundation End Polio campaign. It was agreed that each club would donate an additional \$100 for this event to go to the Foundation.
- **Youth Exchange Proposal Tamworth to / from Sannohe Japan**– The cluster has received representations from PDG Bill Forrest regarding a 12 month youth exchange between Tamworth and Sannohe, Japan. Tamworth Regional Council has a long standing 'sister city' relationship with Sannohe. I will discuss this with the Regional Council to see if there are opportunities to do this jointly as part of YEP and Sister City initiatives.

I will be in New Zealand next week and John Treloar has agreed to fill in for me. Thanks John. Please also remember that on Wednesday, 18 November our meeting will be focussing on presentations to the charities following Pedal The Peel. We will have a number of visitors on that day so it will be nice to have a full house.

Yours in Rotary....
GRAEME KRUGER

NOTES

- *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*
- **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
- **Group Study Exchange** – **congratulations to Katie Penman** – a member of the.D9650 GSE Team going to D1890 in Germany in May 2016.

Someone has been going into smoke filled buildings with the respirator turned down a bit.



GUEST SPEAKER – PRID JOHN BOAG

Introduction – Phil Heffernan

Thanked by Richard Walker

John Boag opened with the Foundation Mission Statement and noted that Arch Klumph set up the Foundation way back in 1917 but it was not until after Paul Harris' death in 1947 that money started to flow into the Foundation – **Our Charity** of Choice.

The Permanent Fund has about US\$3/4B dollars in it – aiming for US\$1B target. Only the interest from this Fund is used. Donations are tax deductible for Rotarians and other contributors.

- In 1947 the Ambassadorial Scholarships began.
- In 1865 Group Study Exchange began
- In 1978 the 3H - Humanitarian programs commenced through Australian Sir Clem Renouf in his year as International President.
- In 1984 the elimination of Polio by a volunteer organisation began – only Afghanistan and Pakistan with 36 cases so far this year to go. Nigeria – now the whole of Africa – is free of Polio.

The Rotary Foundation Global Grants support larger international projects with sustainable high-impact outcomes in one of six areas of focus that correspond with the Foundation's mission

1. Peace and conflict prevention / resolution
2. Disease prevention and treatment
3. Water and sanitation
4. Maternal and child health
5. Basic education and literacy
6. Economic and community development.

- Global Grants must include an international District but can include a number of Districts Clubs to achieve a major target – must be overseas
- District Grants – used within the District
- End Polio Now – we are so close.

Q. Centurian - \$100 per year – is this US\$?

A. Every US\$1,000 raised can appoint a new Paul Harris Award

Q. District Grants Projects– do we have to apply?

A. Yes – must apply, once obtained, must keep accurate records and report back to the Board with full costings and report of result and must be local (within a District).

Q. What happens when a project is proposed in an unstable country – how does the Foundation get around this?

A. Fund checks thoroughly on all aspects of the project and keeps strict watch on the progress of the project.

Q. When an immunisation program against Polio happens in a county – Rotary never seems to be mentioned in dispatches – what do we need to do to ensure that the world knows what Rotary has achieved in the fight against polio?

A. Yes! This has been a problem right from the beginning. World Health always acknowledged and yet Rotary is still a key partner in this program. Always difficult to receive the acknowledgement we deserve through any form of media – we face this issue every day.

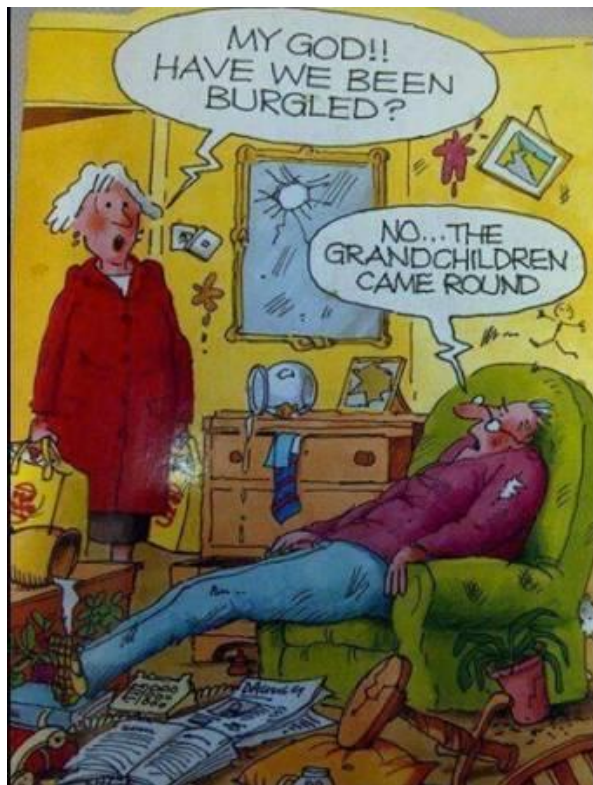
Q. Centurian funds raised here – do these funds go into the Foundation pool?

A. All funds raised in Australia and New Zealand are utilised in our area of the South Pacific.



PRID John Boag bringing us up to date with the changes in the Rotary Foundation and the latest information about the elimination of Polio in the world

Richard Walked thanking our guest speaker PRID John Boag



ROTARY CURRENT INFORMATION RELATING TO THE ELIMINATION OF POLIO

Post-Polio Syndrome

[Post-polio syndrome](#) is another term to be familiar about when studying [polio](#).

Like children who recover from measles and then have a risk of developing subacute sclerosing panencephalitis (SSPE), a post-polio syndrome is a late complication of paralytic polio.

About 25 to 40% of those who had paralytic polio can develop new symptoms 15 to 20 years later. Symptoms of post-polio syndrome can include new muscle pain, new muscle weakness, and even new paralysis. Or they may have worsening of previous muscle weakness.

Post-polio syndrome does not occur after getting the live polio vaccine.

What You Need to Know about Polio - Other things to know about polio include that:

- Improved hygiene and sanitation didn't cause polio to disappear, as some [anti-vaccine conspiracy theorists](#) argue. Instead, polio changed from an endemic form, infecting most children when they were infants and still had protection from maternal antibodies, to an epidemic form, as fewer people were exposed and developed immunity when they were younger.
- There are three different serotypes of wild poliovirus (WPV). Natural immunity provides life long immunity to the specific serotype of polio to which you were infected.
- [SV40](#) contamination in the original polio vaccines from 1955 to 1961 is not associated with an increased risk of cancer.
- The standard vaccination schedule includes four doses of a polio vaccine at 2 months, 4 months, 6 to 18 months, and a booster dose at 4 to 6 years of age.
- The [Cutter Incident](#) refers to a problem with polio vaccine manufactured by Cutter Laboratories which was not completely inactivated, causing paralytic polio in at least 200 children and 10 deaths in 1955.
- There have been at least 73 cases of immunodeficiency-related vaccine-derived poliovirus (iVDPV), in which a person with a rare immune disorder continues to shed polio virus after vaccination, typically for up to six months. Even though up to seven of these cases have been known to shed virus for more than five years, including one with common variable immunodeficiency (CVID) who has been shedding vaccine-derived poliovirus for 28 years, this is not thought to be a common way to spread the polio virus to others.
- Because of VAPP and VDPV, there will eventually be a worldwide phase out of the oral polio vaccine and a [switch to the inactivated polio vaccine](#) until polio is completely eradicated. Countries are usually not switched to an all IPV immunization schedule until they demonstrate high vaccination rates and the risk of importation of wild polio is low. And there will soon be a [switch to a bivalent oral polio vaccine](#) (bOPV), removing the type 2 component of the vaccine, decreasing the risk of VAPP and cVDPV. By May 2016, the trivalent oral polio vaccine (tOPV) will no longer be used, as we will have switched to using IPV and bOPV.
- There is no cure for polio.
- In addition to polio, other types of acute flaccid paralysis include nonpolio enterovirus infections, rabies, Guillain-Barre syndrome, West Nile virus infections, acute transverse myelitis, and myasthenia gravis, etc. Many other causes of flaccid paralysis also include sensory signs and symptoms though or can be differentiated from polio in other ways.

Most importantly, know that polio is close to being eradicated. Type 1 polio remains endemic in only three countries, Afghanistan, Nigeria and Pakistan, and [polio cases](#) are at and all time low. There were only 359 cases of wild polio virus infections in endemic and non-endemic countries in 2014. More importantly, year-to-date polio cases in 2015 are well below what they were at this time in 2014 and wild virus types 2 (last case was in 1999) and 3 (last case was in 2012) polio appear to have been eliminated.

A Poem about a Satnav from my mother in law.

I have a little Satnav,
It sits there in my car
A Satnav is a driver's friend,
It tells you where you are.

I have a little Satnav,
I've had it all my life
It's better than the normal ones,
My Satnav is my wife.

It gives me full instructions,
Especially how to drive
"It's sixty miles an hour", it says,
"You're doing sixty five".

It tells me when to stop and start,
And when to use the brake
And tells me that it's never ever,
Safe to overtake.

It tells me when a light is red,
And when it goes to green
It seems to know instinctively,
Just when to intervene.

It lists the vehicles just in front,
And all those to the rear
And taking this into account,
It specifies my gear.

I'm sure no other driver,
Has so helpful a device
For when we leave and lock the car,
It still gives its advice.

It fills me up with counselling,
Each journey's pretty fraught
So why don't I exchange it,
And get a quieter sort?

Ah well, you see, it cleans the house,
Makes sure I'm properly fed
It washes all my shirts and things,
And keeps me warm in bed!

Despite all these advantages,
And my tendency to scoff,
I only wish that now and then,
I could turn the bugger off.

Dr. Anita Mani, Clinical Director
Pathology North, New England
Tamworth Rural Referral Hospital
Johnston Street
Tamworth, NSW, 2340

24th October, 2015

Dear Secretary,

As the Clinical Director and Staff Specialist Pathologist at Pathology North, Tamworth I am writing to let you know about an exciting upcoming event, **International Pathology Day**. This annual event is occurring on Wednesday 18th November in association with the Royal College of Pathologists Australia.

On the day we will be having interactive displays, information and giveaways inside the entrance of the brand new Tamworth Rural Referral Hospital; we encourage you to join in on the day. In addition to this we would greatly appreciate the opportunity to present to your club about what pathology is, what we do and why it is such an important division of Australia's healthcare system. You may also like to hear about the latest in Diabetes research, updates about Prostate health, or about how Skin or Bowel cancer is diagnosed. There are many interesting topics in Pathology.

Pathology North is a division of NSW Health Pathology and provides pathology and laboratory medicine services across an area encompassing Royal North Shore Hospital in Northern Sydney to Tweed Heads at the State border. Locally, our Tamworth Laboratory is the main laboratory in the New England Region, employing around 70 local people including Blood Collectors, Scientists, Couriers and Pathologists. We are also a training facility for Pathology Registrars through the Royal College of Pathologists Australia. Our Tamworth Laboratory operates 24 hours a day, every day of the year, performs between 400-500 tests every day and services an area of over 100,000 square kilometres.

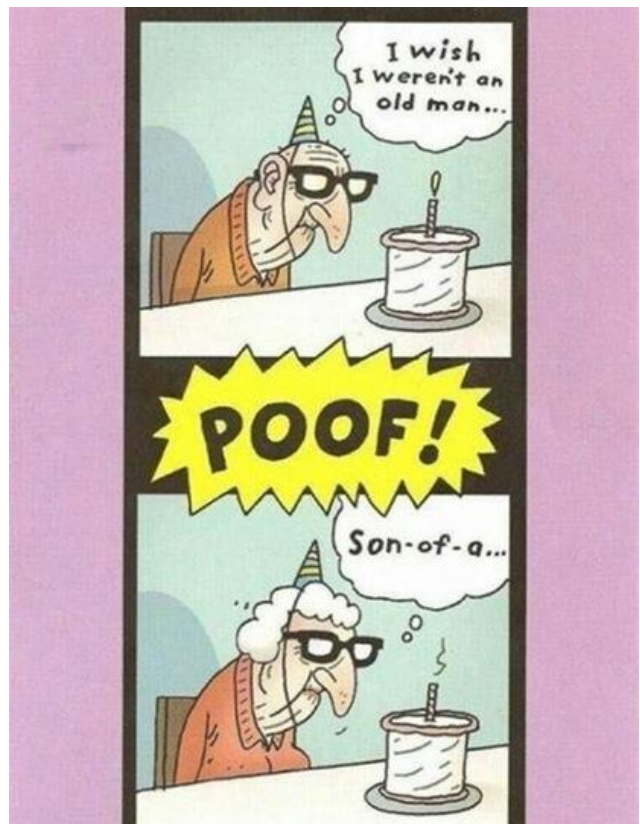
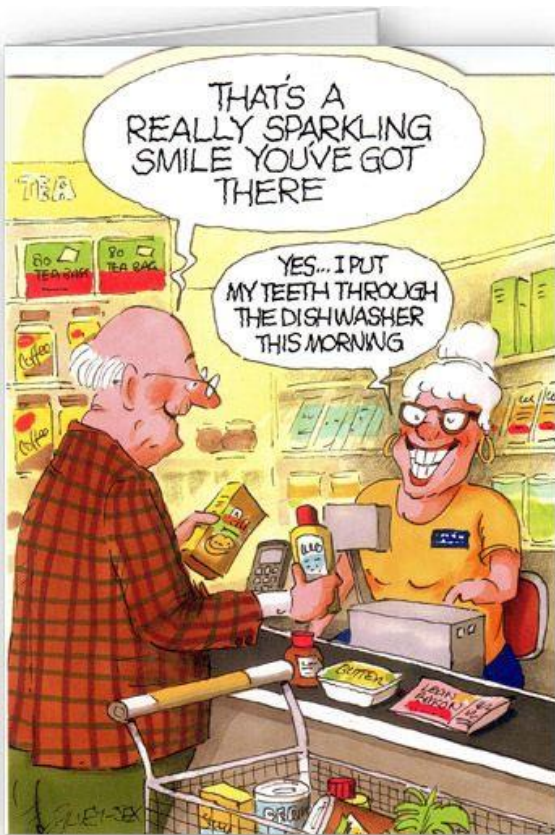
Although the work of Pathology often goes unnoticed, it is used to diagnose 100% of all cancers, 70% of all diseases and conditions and is used by approximately 12 million Australians every year from the time of birth right through to the end of life. Pathology is therefore vital to the health of the population, the diagnosis, monitoring and treatment of disease and is heavily involved in the day to day decisions of our General Practitioners, Specialists and Clinical Physicians.

We welcome an invitation to speak at your club at any time throughout the months of November and December, in conjunction with International Pathology Day. If an opportunity is available, please contact myself, on the contact details provided, to discuss this further.

Kindest regards,

Dr. Anita Mani
P: 1300 654 303
E: anita.mani@hnehealth.nsw.gov.au





Meeting Roster	Wednesday, 11 November	Wednesday, 18 November	
Guest Speaker	John Sommerlad	Pedal the Peel – Terry Robinson	
Topic	Tamworth Regional Council Future?	Presentations	
Door Team	Jane Bradford Peter Bell	Rob Clifton Phil Heffernan	
Meeter & Greeter	Peter Hyde	Stephen Hawkins	
Welcome	Chris Watson	Laurence Hearne	
President Assist	Anne Jacob	Les Jacob	
Visitor Assist	Julian Smith	Max Cathcart	
Corporal Assist	Di Ford	Bruce Hemmett	
Introduction	Rob Clifton	Dennis Maunder	
Vote of Thanks	James Treloar	Graeme Kruger	
Post Office Raffle Roster			
13 November	20 November	27 November	4 December
Louise Matthews Rob Clifton	Rob Clifton Michael O'Connor	Michael O'Connor Helen Tickle	Helen Tickle John Treloar
11 December	18 December		
John Treloar John Glynn	John Glynn Paul Stevenson		
Corporals for November		Corporals for December	
Graham Dooley & Phil Heffernan			
Birthdays, Anniversaries and Inductions			
Members Birthdays	Steve Massey (17/11)		
Partners Birthdays	Nil		
Anniversaries	Andrew & Batasha Beer (15/11) 7 years: Bruce & Julie Hemmett (12/11) 10 years		
Club Induction	John Worldon (14/11) 8 years		
Stats for last meeting			
Attendance	64%		
Make-Ups	Nil		
Visiting Rotarians	RIPD John Boag: Sam Peacocke – South Dubbo		
Visitors	Dimity Chaseling		
Heads & Tails	Lesley Hood		
Raffle	Lesley Hood		

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