

From the desk



Rotary  Club of Tamworth
First Light **Bulletin**



DATES TO REMEMBER **IN YOUR DIARIES**



2015

Wednesday, 25 November – TAFE “Futures” – **Christmas Party - \$35.00 per person plus drinks**

Friday, 18 December – Santa Crawl – further information speak with Chris Watson – 02 6761 3944 or 0404 170 276

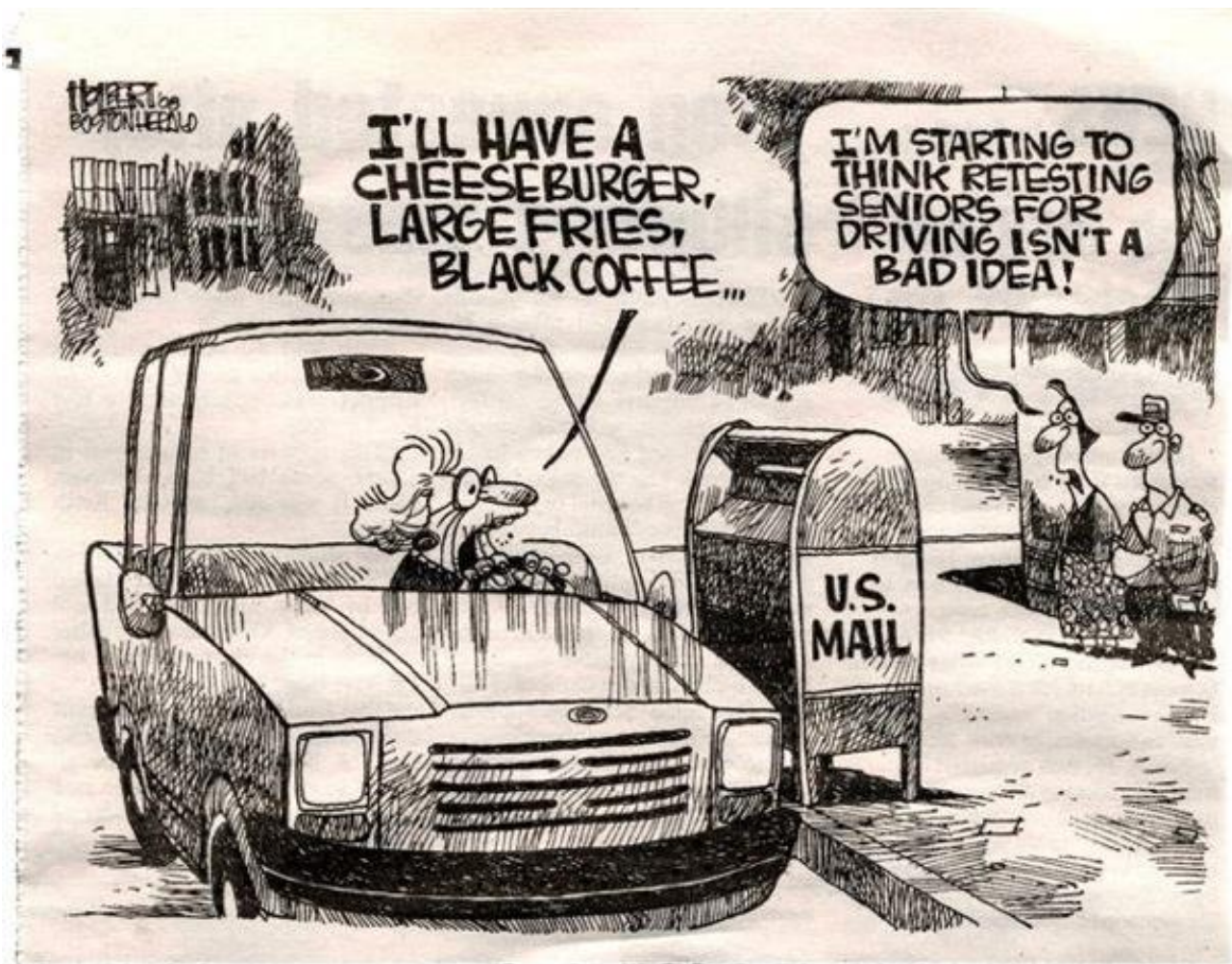
2016

➤ **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



Wednesday, 18 November 2015

Meeting # 1286

Quote of the Week

**“If not us, Who?
If not now, When”**
John F Kennedy

From The Desk

Again it was a privilege to Chair the meeting in Graeme's absence, the meeting was well attended, fun and informative.

I had the pleasure of exchanging Club Banners with Linda Pincock, from Edmonton Canada. Linda is in Tamworth with 11 other people on a Rotary Friendship exchange, from all accounts, she also enjoyed the banter and fun of our meeting.

John Sommerlad from the Tamworth Regional Council, gave a very informative talk on the economics of the Region, quoting some great figures: Gross Regional Development is \$2.71B, the largest single employer is the NSW government and the annual average growth for Tamworth from 2008-13 was 1.3% with the year 2012-13 being 1.47%. The Economic future for Tamworth is promising, especially with the international demand for food production in 2050 is expected to be 70% greater than it is currently.

Congratulations to Katie Penman who was selected in next year's Group Study Exchange (GSE) team to District 1890 Germany, we look forward to her presentations, both before and after her trip.

Next week will be the presentation to the Charities following the Pedal the Peel.

See you all then....

PP John Treloar

NOTES

- *At our last Board Meeting it was agreed that we would support **The Academy of Country Music's Musical Event** during the upcoming Country Music Festival at Blazes. The tickets will be \$15 per person and will start to seek numbers leading up to the Festival.*
- **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

STRESS – A NEW WAY TO LOOK AT IT.... Part I

A young lady confidently walked around the room while leading and explaining stress management to an audience with a raised glass of water. Everyone knew she was going to ask the ultimate question “half empty or half full”?

She fooled them all.... “How heavy is this glass of water?” she enquired with a smile. Answers called out a range from 8oz to 20oz....

She replied “The absolute weight doesn't matter.

It depends on how long I hold it.

If I hold it for a minute, that's not a problem.

If I hold it for an hour, I'll have an ache in my right arm.

If I hold it for a day, you'll have to call an ambulance.

In each case it's the same weight, but the longer I hold it, the heavier it becomes.”

She continued “and this's the way it is with stress.

If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on.”

“As with the glass of water, you have to put it down for a while and rest before holding it again.

When we're refreshed, we can carry on with the burden – holding stress longer and better each time practiced.”.....

GUEST SPEAKER – John Sommerlad

Introduced by Rob Clifton

Thanked by James Treloar

John Sommerlad provided a range of figures outlining Tamworth's economic growth as at October 2015. Tamworth is a vibrant and growing regional city. It is the largest inland NSW city west of the Great Divide. The Tamworth region is in a strong economic position with a Gross Regional Product (GRP) estimated at \$2.71B, representing 0.5% of the State's Gross State Product (GSP).

The annual Country Music Festival will be celebrating 43 years and brings in some 50,000 visitors every year who generate an estimated \$50M in economic benefit to the community. Add this to Tamworth's other annual events and the visitors increase to 1.1 million to the city and generate an additional \$239M to the economy.

Tamworth's Top Five employing industries are

Retail Trade	14.8%
Manufacturing	12.00%
Health Care	11.9%
Construction	8.7%
Education & Training	7.7%
Public Administration	6.7%

The Health Care Industry alone employs in excess of 3,300 local jobs.

Gross Regional Product is \$2.71B and has shown steady growth over the past decade.

Total exports exceed \$1.22B and imports \$1.65B.

Tamworth Regional Airport is one of the biggest regional airports in NSW with some 70,000 aircraft movements per year via Qantas, Virgin and JetGo.

Q Organic growth in population?

A Not doing a lot – retirees move to Tamworth

Q Business moves to areas of growth – Toowoomba privately funded a new airport. What is Tamworth doing?

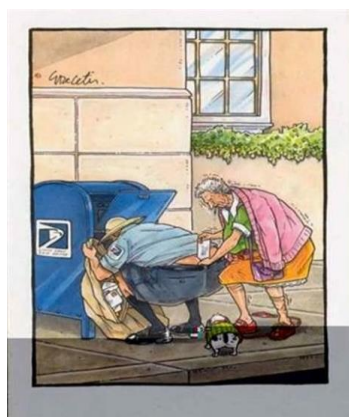
A Yes, we are able to extend the airport runway – however need to be aware that growth is happening – an example being milk to China from Victoria

Q Amalgamation – where does Tamworth stand re “Fit for the Future?”

A Tamworth is OK – if the situation arises we would support either Walcha or Liverpool Plains Shires or both

Q NBN – is it really 2017 before we receive it?

A It is coming! Armidale is doing very little with it so we are pushing to try to have it here sooner than the proposed 2017 start.





John Sommerlad very up-market about Tamworth Regional Council's progress



John being thanked by James Treloar



The Westpac Rescue Helicopter Service (the Service) has had an association with Rotary District 9650 for many years.

Recently new contracts were awarded by the NSW Ambulance Service and the Service that 9650 is aligned with will, from 2017, be responsible for most of the State of NSW north of the Hawkesbury River.

The costs of keeping the Service "in the air" are obviously significant and around 50% of the operating costs need to be funded from commercial support or local fundraising.

This is to ensure that nobody ever has to pay.

The past support from the Rotary clubs in District 9650 has meant that our District has the privilege of the District 9650 Rotary logo being displayed on the Service helicopters.

As the Service enters into the new contract our various local support groups will need to retain a positive identity. Rotary can be part of this in cash or kind.

Strengthening the Tamworth Support Group is high on the agenda.

The activities of the Tamworth Support Group, which involve supporting the Rescue Helicopter Service through raffles and other fundraising measures, will be fully explained at the next monthly meeting of the group to be held at

West's Leagues Club on 25th November 2015 commencing at 6.30pm in the Chillingworth Room.

The Tamworth Support Group would welcome any of your members and/or associates to that meeting.

As they say in the classics "the more the merrier" and/or "many hands make light work"

So come along to the meeting and join in on the support for a great service.

The Rescue Helicopter Service needs your support.

If you have any questions or concerns please contact Bill Warburton @ bill_ian@bigpond.net.au
mobile 0408465355 or landline 67666111

**Any queries, please speak with Brian Thompson – 02 6766 5635 or 0427 665 635
And email suebrianthompson@gmail.com**



Linda Pincock presenting her Rotary Club banner to PP John Treloar

Linda is part of a Canadian Friendship Exchange to D9650 and has been enjoying the friendship offered by all the Australians she has met so far on this month's tour.

Linda comes from a small town just outside Edmonton, Alberta so is used to the distances that have to be covered to see around our District – inland first then coastal.

The light turned yellow, just in front of him. He did the right thing, stopping at the crosswalk, even though he could have beaten the red light by accelerating through the intersection.

The tailgating woman was furious and honked her horn, screaming in frustration, as she missed her chance to get through the intersection, dropping her cell phone and her makeup.

As she was still in mid-rant, she heard a tap on her window and looked up into the face of a very serious police officer. The officer ordered her to exit her car with her hands up..

He took her to the police station where she was searched, fingerprinted, photographed, and placed in a holding cell.

After a couple of hours, a policeman approached the cell and opened the door. She was escorted back to the booking desk where the arresting officer was waiting with her personal effects.

He said, "I'm very sorry for this mistake. You see, I pulled up behind your car while you were blowing your horn, giving the bloke in front of you the finger, and cursing at him. I noticed the 'What Would Jesus Do' bumper sticker, the 'Choose Life' license plate holder, the 'Follow Me to Sunday-School' bumper sticker, and the chrome-plated Christian fish emblem on the trunk, so naturally... I assumed you had stolen the car."

Priceless

Below are a sample of the projects undertaken by Rotarians in District.9800 [Community Service](#)



Community Service covers exciting projects and activities that individual Clubs undertake to improve life in their communities through Rotary's third Avenue of Service. Projects are as varied as the Clubs that carry them out, but all address the needs of their own community.

Clubs have the central role in the determination, funding and execution of Community Service programs and projects. Effective Community Service projects: Are relevant to the community

- Anchor a Club to its community
- Identify and understand the key issues
- Involve other organisations and stakeholders for best outcomes
- Provide opportunities for promotion of Rotary and membership recruitment.

The Community Avenue of Service for District 9800 offers a range of District Endorsed and District Managed Programs, each led by an experienced program representative who are willing to assist Clubs.

[International Service](#)

International Service encompasses efforts to expand Rotary's humanitarian reach around the world and to promote world understanding and peace. It includes everything from contributing to PolioPlus to helping Rotary Youth Exchange students adjust to their host countries.

[Village Women and Children project](#)

The Rotary Club of Kew's soap-makers' training program, established in 2005, is a successful grass-roots micro-economic initiative. It has provided village women with the ability to feed and clothe their children (in a country where infant mortality and malnutrition are amongst the highest in the world), and has also bolstered their self esteem and dignity.



[Read More](#)

[More International Service projects..](#)

[Rotary Youth Leadership Awards \(RYLA\) - Leadership Training, Confidence, Realise your potential!](#)

[New Generations Service](#)

New Generations Service recognises the positive change implemented by youth and young adults through leadership development activities, service projects, and exchange programs.

The Rotary Youth Leadership Awards (RYLA) is a week long residential program conducted annually and is aimed at encouraging and developing leadership, personal development and social skills. [Read more](#)



[More New Generations Service projects..](#)

[Vocational Service](#)

Vocational Service involves club members serving others through their professions and aspiring to high ethical standards. Rotarians, as business leaders, share skills and expertise through their vocations, and they inspire others in the process.

["Shine On" Awards](#)

An Australia-wide Rotary award that recognises outstanding service by persons with disabilities who disregard their disabilities in reaching their goals to serve others. Clubs may nominate persons who meet the criteria. All nominees receive recognition with a Certificate of Commendation

STRESS – A NEW WAY TO LOOK AT IT.... Part II

So, as early in the evening as you can, put all your burdens down.

Don't carry them through the evening and into the night....

Pick them up tomorrow.

1. Accept the fact that some days you're the pigeon, and some days the statue!
2. Always keep your words soft and sweet, just in case you have to eat them
3. Always read stuff that will make you look good if you die in the middle of it
4. Drive carefully.... It's not only cars that can be recalled by their Maker
5. If you can't be kind, at least have the decency to be vague
6. If you lend someone \$20 and never see that person again, it was probably worth it
7. It may be that your sole purpose in life is simply to serve as a warning to others
8. Never buy a car that you can't push
9. Never put both feet in your mouth at the same time, because then you won't have a leg to stand on
10. Nobody cared if you can't dance well. Just get up and dance
11. Since it's the early worm that gets eaten by the bird, sleep late
12. The second mouse gets the cheese
13. When everything is coming your way, you're in the wrong lane
14. Birthdays are good for you. The more you have, the longer you live
15. Some mistakes are too much fun to make only once
16. We could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have weird names and all are different colours, but they all live in the same box
17. A truly happy person is one who can enjoy the scenery on a detour
18. Have an awesome day and know that someone has thought about you today
19. **AND MOST IMPORTANTLY**
20. **Save the earth – it's the only planet with chocolate!**

Meeting Roster	Wednesday, 18 November	Wednesday, 25 November	
Guest Speaker	Pedal the Peel – Terry Robinson	Tamworth TAFE “Futures”	
Topic	Presentations	CHRISTMAS PARTY – 6:00 for 6:30pm	
Door Team	Rob Clifton Phil Heffernan	Helen Tickle Val Hellmann	
Meeter & Greeter	Stephen Hawkins		
Welcome	Laurence Hearne		
President Assist	Brian Logan		
Visitor Assist	Max Cathcart		
Corporal Assist	Bruce Hemmett		
Introduction	Dennis Maunder		
Vote of Thanks	Graeme Kruger		
Post Office Raffle Roster			
20 November	27 November	4 December	11 December
John Treloar Michael O'Connor	Michael O'Connor Helen Tickle	Helen Tickle John Treloar	Rob Clifton John Glynn
18 December	5 February 2016	12 February	19 February
John Glynn Paul Stevenson			
Corporals for November		Corporals for December	
Graham Dooley & Phil Heffernan		David Rogerson & John Toulmin	
Birthdays, Anniversaries and Inductions			
Members Birthdays	DJ Jones (18/11): Julian Smith (19/11): Paul Stevenson (19/11)		
Partners Birthdays	Nil		
Anniversaries	Nil		
Club Induction	Nil		
Stats for last meeting			
Attendance	76%		
Make-Ups	AG Phil Lyon – Cluster Club meetings		
Visiting Rotarians	Linda Pincock (Canadian Friendship Exchange – Edmonton, Alberta)		
Visitors	John Sommerlad, Dimity Chaseling, Edith & Reiko Izumi (YEP)		
Heads & Tails	Di Ford		
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