

From the desk



Rotary  Club of Tamworth
First Light **Bulletin**



Rotary   Be a gift
to the world

DATES TO REMEMBER **IN YOUR DIARIES**



2015

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

2016

March – Tuesday 22, Wednesday 23, Thursday 24 – Science & Engineering Challenge

- **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

For the golfers.....

It was a sunny Saturday morning on the course and I was beginning my pre-shot routine, visualising my upcoming shot, when a voice came over the clubhouse loud speaker

“Would the gentleman on the women’s tee back up to the men’s tee please?”

I was still deep in my routine, seemingly impervious to the interruption. Again the announcement “Would the **man** on the **women’s tee** kindly back up to the men’s tee.”

I simply ignored the guy and kept concentrating, when once more the man yelled **‘Would the man on the woman’s tee back up to the men’s tee PLEASE.’** I finally stopped, turned, looked through the clubhouse window directly at the man with the mike and shouted back:

“Would the person in the clubhouse kindly be quiet and let me play my SECOND shot!!”

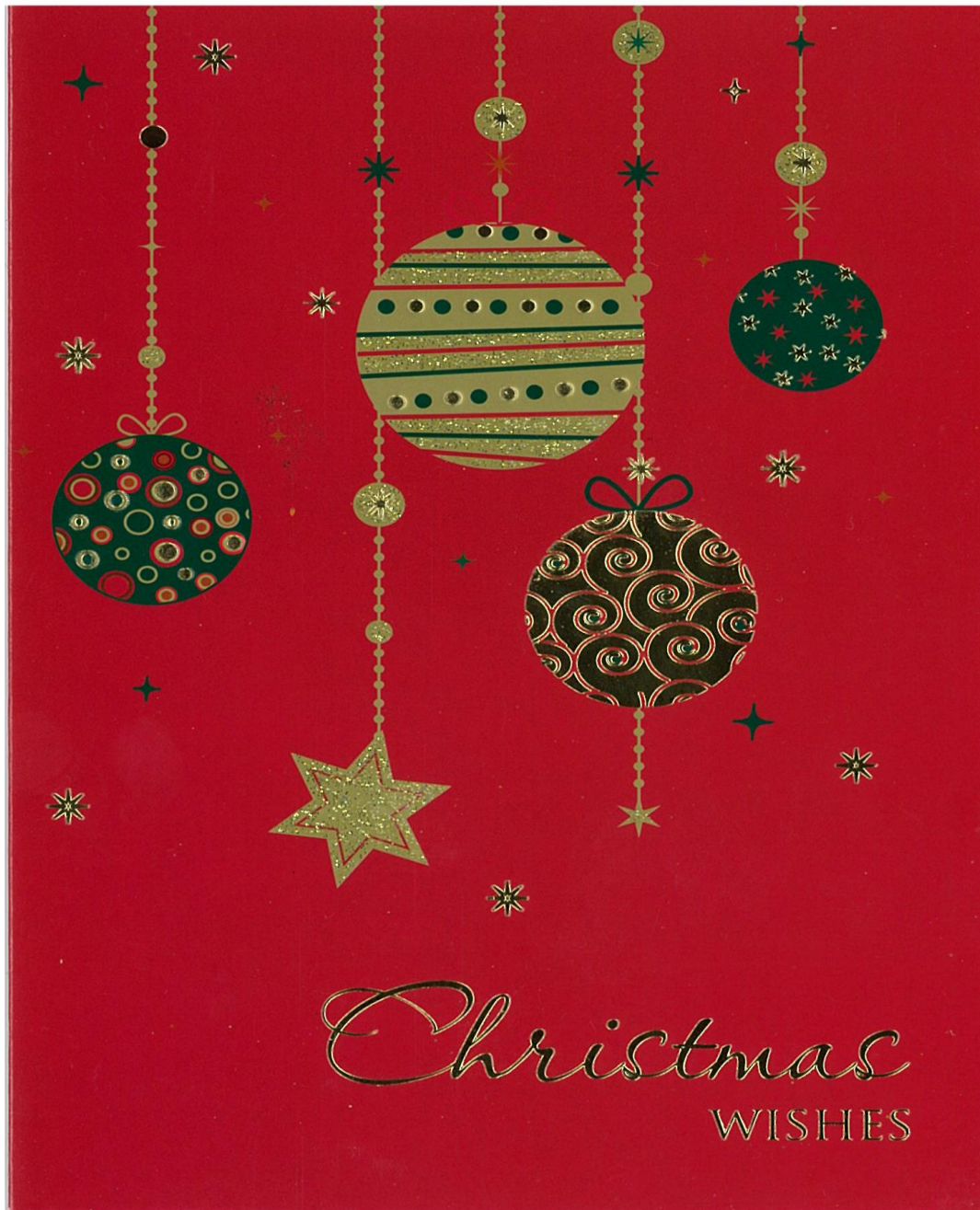
Sound familiar or could only happen to beginners???

Wednesday, 9 December 2015

Meeting # 1289

Quote of the Week

From The Desk



Graeme Kruger

ROTARY has a challenge for December – Disease prevention and treatment month

Family health days help 250,000 in Africa

In 1994, Marion Bunch lost her son to AIDS. It was early on in the US. AIDS epidemic, and the stigma surrounding the disease kept her from talking about her son's illness with anyone but family members.

"I never thought I'd do anything about it until one day, three years after his death, I felt a tap on the shoulder, and a voice in my ear said, 'Mom, get up and get going; you haven't done anything, and it's been three years,'" she recalls.

Within a year, Bunch, a member of the Rotary Club of Dunwoody, Georgia, USA, proposed an idea to her Club, and through Rotary began connecting community and professional leaders who shared a passion for disease prevention. This was the start of Rotarians for Family Health and AIDS Prevention (RFHA), a Rotarian Action Group.

In May, the group held its annual Family Health Days in Africa. Rotarians from 365 clubs fanned out across Uganda, Nigeria, and South Africa to help medical professionals and government workers provide free health services to 250,000 people. The event included polio and measles immunizations, dental and eye clinics, and family counseling and screening for HIV, diabetes, hypertension, breast cancer, and cervical cancer.

"The reach of this is so phenomenal because of the presence of Rotarians all across these countries who felt emotionally connected by working together as one force on one project," Bunch says.

In South Africa, 225 Rotary clubs participated at 160 sites; in Uganda, 65 clubs supported 120 sites; and across Lagos and Ogun states in southern Nigeria, 62 clubs supported 70 sites. Two Rotary Foundation Global Grants provided funding to send vocational training teams to Uganda and to pay for bed nets that will help prevent malaria in Nigeria.

"The heartbeat of the health care system must be prevention of disease and the promotion of health rather than [trying] to cure disease, to fix it after," says Dr. Aaron Motsoaledi, South Africa's minister of health.

Chris Pretorius, a member of the Rotary Club of Pretoria Sunrise, South Africa, was amazed by the turnout for the event. "One of the members of the health department said they had never been able to get so many children here on a day like this," he says. "That in itself is success."

The campaign illustrates how Rotary teams up with other organizations to expand its impact. Since 2011, RFHA has partnered with the Coca-Cola Africa Foundation, which contributed \$450,000 for this year's three-country event. Other partners were South Africa's Department of Health, the South African Broadcasting Corporation, the US. Centers for Disease Control and Prevention, USAID, Delta Airlines, and Nampak.

"We are proud to have partnered with RFHA and the Department of Health in promoting access to health screening services," says Therese Gearhart, president of Coca-Cola South Africa. "At Coca-Cola, we invest in these initiatives because, together with our partners, we have a common vision of a South Africa that comprises healthy, strong, and thriving communities."

Leaders of the Rotarian Action Group hope to reach more African countries through the event each year.

"Rotary is the catalyst organization in this event because of the power and [political] neutrality of our brand and the respect we receive worldwide for our ability to mobilize communities into action," Bunch says. "This event represents the power of public/private partnerships. No one organization can do a massive event like this alone. Each partner has a defined role and set of responsibilities, and that's why it works."

By Arnold R. Grahl



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NOTES....

- **The Academy of Country Music's** Musical Event during the upcoming Country Music Festival will be at West's Blazes. The tickets will be \$15 per person and we 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 – certainly looking at the Country Music Festival to promote and raise funds from the public at the same time
- **Brian and Di Yeo need our help** – for the keen gardeners – mowing lawns, doing edges and weeding – possibly a roster to suit those who are able to help a long standing Rotarian and good Club member. **Please speak to Phil Heffernan – 02 6766 6650 or 0415 667 130** to see how we can possibly help in other areas as well.

If you can start the day without caffeine,
If you can always be cheerful, ignoring aches and pains,
If you can resist complaining and boring people with your troubles,
If you can eat the same food every day and be grateful for it,
If you can understand when your loved ones are
too busy to give you any time,
If you can take criticism and blame without resentment,
If you can conquer tension without medical help,
If you can relax without alcohol,
If you can sleep without the aid of drugs then..
You Are Probably the Family Dog!



**Handle every stressful situation like a dog.
If you can't eat it or play with "it" then
pee on it and walk away.**

Rotary



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ROTARY has a challenge for December – Disease prevention and treatment month

Giving voice to children who might otherwise live in a silent world



The Rotary Club of Ulaanbaatar Peace Avenue, Mongolia, has raised more than \$10,000 to outfit two Mongolian hospitals with screening devices to test newborns' hearing. Courtesy of Enkhtur Sodnomtseren

Misheelt Batjargal and her fellow club members are giving a voice to infants and toddlers in Mongolia who would otherwise live in a silent world.

As part of a large-scale community project, the Rotary Club of Ulaanbaatar Peace Avenue, Mongolia, is equipping hospitals with screening devices to test newborns' hearing. Batjargal, an ear, nose, and throat physician, says screening to detect hearing loss is not routine nationwide in Mongolia. She estimates that more than 200 hundred children in the country lose their hearing each year.

But Batjargal believes this is preventable. Early screenings are crucial for infants because, left undiagnosed, hearing impairment can impede children's development in speech, language, and cognition.

"If we can detect hearing loss before babies turn six months old, we can fit them with hearing aids or cochlear implants and give them good early intervention programs that will allow them to communicate normally at school and with friends," says Batjargal, who noted that only one hospital in Mongolia conducted screenings before club members launched the project in 2013. "Our club is helping prevent hearing-impaired babies from growing up in a world of isolation."

The club has held two fundraisers since January, including a performance of the ballet "Swan Lake." They raised more than \$10,000 -- enough to outfit two hospitals with screening devices. The Ministry of Health worked with the club on both events, which indicates the issue's importance for Mongolia, says Enkhtur Sodnomtseren, chair of the club's service committee.

"Hearing disability has been largely ignored by the government, as it is seen as low-priority in the overall list of pressing health issues," says Sodnomtseren. "It's also been under the radar of most charity and grant organizations. We as a club want to fill this gap. We can see that with a little extra effort and time, we can dramatically improve the quality of life, for not only the affected babies, but their families as well."

Sodnomtseren says that the club, with the cooperation of the Ministry of Health, can expand the project. It hopes to raise enough funds to supply every maternity ward with screening devices and training over the next few years. More than 78,000 infants will be tested each year, he estimates.

Batjargal, who plans to train other medical practitioners in how to use the screening devices, says this project exemplifies the positive change Rotary can make.

"Instead of waiting for the government to address this problem, our Rotary club has decided to solve it," says Batjargal. "We're making a major contribution to society. This is simply what we do." By Ryan Hyland

Meeting Roster	Wednesday, 9 December	Wednesday, 16 December	
Guest Speaker	Kylie Boyraz	Santa & Ashley Dallas	
Topic	Domestic Violence		
Door Team	Tom Hellmann Rob Sharp	Peter Pulley Dimity Chaseling	
Meeter & Greeter	Christine Shewry	Andrew Beer	
Welcome	Lesley Hood	Rob Clifton	
President Assist	Brian Thompson	Tim Coates	
Visitor Assist	David Hinwood	Dennis Johnson	
Corporal Assist	Richard Hardwick	Sue O'Connor	
Introduction	Paul Stevenson	David Baddams	
Vote of Thanks	Graham Dooley	John Glynn	
Post Office Raffle Roster			
11 December	5 February 2016	12 February	19 February
Rob Clifton John Glynn			
26 February	4 March	11 March	18 March
Corporals for December & January		Corporals for February	
John Toulmin & Jane Bradford		John Fogarty & Ian Howle	
Birthdays, Anniversaries and Inductions			
Members Birthdays	David Rogerson (16/12)		
Partners Birthdays	Nil		
Anniversaries	Brian & Sue Thompson (16/12) 37 years : Peter & Bernadette Hyde (17/12) 32 Years		
Club Induction	Dwone (DJ) Jones (17/12) 7 years : Deb Barnes (19/12) 3 years		
Stats for last meeting			
Attendance	72%		
Make-Ups	AG Phil Lyon		
Visiting Rotarians	Nil		
Visitors	Christine Newman, Reiko Izumi (YEP)		
Heads & Tails	Christine Newman		
Raffle	Ron Allan		

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