

From the desk



Rotary  Club of Tamworth
First Light **Bulletin**



DATES TO REMEMBER **IN YOUR DIARIES**



2016

- **Weekend 4 – 6 March 2016 - GOLFERS - The 2016 Coastal Golf Trip to Tallwoods and Tuncurry is ON!!**
- **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. Contact Louise Matthews – 02 6765 7181 or 0420 743 083 for further information**
- **Sun 10 – Wed13 April – German Group Study Exchange arrives in Tamworth – home hosting for three nights plus volunteers to assist with each day's activities.**

Weekend 15 – 17 April – District Conference – Taree

Wednesday, 18 May 2016 – Careers Expo – further details to follow...

Saturday, 18 June First Light Changeover – Wests Diggers

Saturday, 25 June - District Changeover – Taree

Six Best Doctors in the World

1. Sunlight
2. Rest
3. Exercise
4. Diet
5. Self Confidence
6. Friends

Maintain them in all stages of Life and enjoy a healthy life.

As we grow older, and hence wiser, we slowly realize that wearing a \$300 or \$30 watch, they both tell the same time...

Whether we carry a \$300 or \$30 wallet / handbag, the amount of money inside is the same;

Whether we drink a bottle of \$30 or \$3 wine, the effect is the same;

Whether you fly first or economy class, if the plane goes down, you go down with it....

Wednesday, 03 February 2016

Meeting # 1295

Quote of the Week

"It would be ironic if tennis players were quiet in the bedroom"

Anon

From The Desk

It's back to normal again!

We were given a chilling insight into the "ICE" issues facing our community. Inspector Phil O'Reilly outlined some statistics and challenges the police have to deal with. It is clear that this will take a whole of community response to resolve in the long term.

Thanks to all who assisted with the Cavalcade and in particular Ron for organising things again. Even the rain at the end did not dampen the spirits.

I would like all members to consider attending the District Conference in Taree this year. DG Stack has promised that it will be worthwhile. I attended last year's conference and really enjoyed it but was disappointed in the poor turnout from our club. By comparison the Walcha Rotary Club which only has 25 members had 20 people in attendance last year.

To register visit the District website or email Conference Secretary, David Fisher at dhjfisher@gmail.com

DISTRICT 9650 CELEBRATION PROGRAM SUMMARY – DRAFT 12/12/15

15/17 April 2016 Manning Valley

Thursday, April 14

Dinner at Waterfront Room Exchange Hotel for those arriving early

Friday, April 15

Registration in Centrepoint Arcade, Victoria Street Taree: 9 AM – 5 PM

Optional master painting workshop with acclaimed Biripi artist Russell Saunders: 10 AM – 1 PM (limited numbers)

Optional lunch cruise on the Manning River (limited numbers)

Optional 18 hole golf tournament

2:30 PM – 4 PM – AGM and Business Session Waterfront Room Exchange Hotel

5.30 -6.30: DG/DGE drinks for Club Presidents and Presidents Elect and partners at Harry Bennett Park

7 PM – 10 PM: Welcome Dinner under Marquee on the Manning riverbank

Saturday 16 April

Business Session at **Manning Entertainment Centre**, 33 Manning River Drive Taree

10 AM – 5 PM Optional Singing for Non-Singers Choir Workshop for partners and the general community (100 maximum) with **Jonathan Welch** Founder of the Choir of Hard Knocks

Note that business session will be interspersed with musical interludes and short presentations by clubs of the selected champion programs from across the district

8:45 AM – Indigenous dance group Waang-djarii with Jeremy Saunders on didgeridoo

9 AM – **1st session** including entrance ceremony, Welcome to Country by Biripi Elder Russell Saunders, Welcome by Greater Taree City Council Mayor Paul Hogan, and address by Rotary International Presidents Representative PDG Basker Chockalingam



Be a gift
to the world

9.45 AM - **2nd Session** including address by keynote speaker **Daniel Street** World Bank Strategist and former adviser to the Gates Foundation and youth program

10:50 AM – morning tea

11:15 AM – **3rd session** including address by keynote speaker **Don Spencer founder of the Australian Children's Music Foundation**, Rotary Foundation Presentation, Australian Rotary Health partners program presentation with Anna Francis Researcher and Jack Wilson

12:55 PM – lunch

1:55 PM – **4th session** including presentation by incoming GSE team from Germany, public speaking finals, address by keynote speaker **Belinda Moore** Membership Author Extraordinaire, RAWCS presentation, Youth Insearch presentation, Rotary Foundation Presentation,

4 PM – close

6 PM – 7 PM – pre-dinner drinks and entertainment at Harry Bennett Park

7 PM – 11 PM – gala dinner including **special entertainment** and followed by dancing under the stars to the **Sally Anne Whitten band** from Tamworth

Sunday 17 April

7 AM – 8 AM – Rotary Foundation Breakfast (all invited) hosted by local rotary clubs outside Manning Entertainment Centre

8 AM – 8:40 AM – Ecumenical service featuring **Jonathan Welch** and musical memorial service

9 AM – **5th session** including address by keynote speaker **Jackie Curran**, Laughter Yoga Therapy presenter, presentation of district trophies, Friendship Exchange Presentation, conference 2017 presentation

10.30am – **6th session** address by keynote speaker **Jonathan Welsh**, farewell remarks by DG Maurie and RIPR PDG Basker Chockalingam and performance by the **Jonathan Welsh choir** concluding with full audience singalong

11:30 AM – conference closes and farewell morning tea

Have a great week.

Yours in Rotary

Graeme Kruger

Five Undeniable Facts of Life:

1. Don't educate your children to be rich. Educate them to be Happy.
So when they grow up they will know the value of things not the price
2. Best awarded words in London
"Eat your food as your medicines - Otherwise you have to eat medicines as your food"
3. The One who loves you will never leave you because even if there are 100 reasons to give up they will find one reason to hold on.
4. There is a big difference between a human being and being human.
Only a few really understand it.
5. You are loved when you are born. You will be loved when you die.
In between - You have to manage!
If you just want to Walk Fast, Walk Alone -
But if you want to Walk Far, Walk Together.!!

NOTES....

- **Shelterbox.** – The Combined Rotary Clubs of Tamworth have purchased a Shelterbox so that we can all utilise it for all future promotions – maybe its first outing could be at the above concert??
- **Driver Mentoring will begin again in the New Year** – if able to assist, please speak to Christine Shewry – 0408 863 420 or christine.shewry@joblinkplus.com.au or Paul Stevenson on 0458 835 000 or stevo@bigpond.com
- **MEMBERS – PLEASE NOTE –Breakfast fees are now \$23.00 per week – please assist the Treasurer by having exact change....**

FREE SEMINAR “PARKINSON’S UNVEILED” 14 MARCH

On the 14 March a free seminar “Parkinson’s Unveiled” will be held at Tamworth West Leagues Club from 9.30am to 3.30pm. Major sponsors are the Rotary Clubs of Tamworth West and Tamworth on Peel (Calala).

Professor Peter Silburn, OAM, consultant neurologist and Honorary Rotarian will be the keynote speaker. He is a world authority on Deep Brain Probe surgery.

The seminar will be opened by District Governor Maurie Stack. Although free, registration is desirable to ensure a seat and can be emailed to ptsg2340@gmail.com or phone 0408 901 167.

This seminar is being conducted by the Tamworth Parkinson’s Support Group and is especially of interest to patients, carers and allied health workers.

All clubs secretaries have been sent an information brochure and registration forms to send out to club members for those wishing to attend.



Public Speaking Semi Finals 13 February Walcha Central School

Best of luck to the following Cluster finalists who will be battling it out for the final four places to proceed to the last round at the District Celebration in April. Lunch is available from 12 noon (always excellent from the Rotary Club of Walcha), with the competition commencing at 1.00pm.

Elizabeth Argue South West Rocks (Cluster 2)
Ellen Hayne Great Lakes (Cluster 4)
Hanna Davis Quirindi (Cluster 6)
Andjela Stanojevic Moree (Cluster 8)

Stephanie Clark Port Macquarie (Cluster 3)
Brianna Robertson Armidale North (Cluster 5)
Kustiani Tuckerman Gunnedah West (Cluster 7)
Samuel Bartlett Narrabri (Cluster 9)



GUEST SPEAKER Chief Inspector Phil O'Reilly

Introduced by Laurence Hearne

Thanked by Bruce Hemmett

Chief Inspector Phil O'Reilly provided a slide presentation and opened with ICE is a scourge everywhere and getting worse. The ICE Forum held in Tamworth on 13 January last included all appropriate personnel including Troy Grant (State Police Minister) and proved very successful. Kevin Anderson is forming a specific working group which should be in place within six weeks of this meeting.

Demonstrating the increase in ICE usage – in 2014 29 people were charged for possession – however in 2015 43 were charged for possession and 24 with both supply and possession.

Strikeforce Mulholland Target Action Group (TAG) covered a period of months and resulted in discovery of firearms as well. These were being used to protect the suppliers against other suppliers. An increase in stolen goods by users to “pay” for their drugs – ICE specifically.

Strikeforce Mewburn covered a period from July 2014 through to August 2015

Strikeforce Codes covered Gunnedah concluding in February 2015

Strikeforce Rutter covered Tamworth and many of these cases are either currently in court or about to be brought to court so unable to discuss specific details.

The police are becoming more aware of Mental Health episodes – an 18% increase from 2014 to 2015 and increasing. They are having to attend more domestic disputes, which are drug and alcohol related incidences, shoplifting mentioned earlier but increasing at a faster rate to feed their habit.

From September to December 2015 some 580 drivers tested – 128 were positive – 43 with ICE. 15 for both cannabis and ICE – 45% for ICE.

Police are facing additional danger with used syringes, ICE is initially smoked in an ICE pipe but as they get used to the hit, they then inject for a stronger hit.

Our Target Action Group consists of four (4) police so unable to follow every lead via Crime Stoppers or feedback from other police but try to join leads where possible to have a strong lead to follow. Strangely motor vehicle theft and break and enter crime statistics are actually down.

Most successful results are through long term surveillance as above. ICE is easy to obtain – mostly 0.1pt for \$100 and long standing local addicts say that ICE is the best hit ever.

1. **Ice Forum** - Tamworth 13 January 2016. Working party being established. Supt Pheeny leading subgroup involving youth.
2. **The Alcohol and Drug Information Service (ADIS)** is a state based information Centre providing information, advice referral, intake, assessment and support 24 hours per day, and can be contacted on 02 93618000 or 1800 422599. The Alcohol and Drug Information Centres offer services for individuals, their family and friends, general practitioners, other health professionals and business and community groups. <http://yourroom.com.au/>
3. **HEADSPACE** The service is designed to make it easy as possible for a young person and their family to get the help they need for problems affecting their wellbeing. This covers four core areas: mental health, physical health, work and study support and alcohol and other drug services. <http://headspace.org.au/about-us/>

4. **Family Drug Support Australia** may also be able to help. Ph: 1800 368 186 <http://www.fds.org.au/>
5. Ease of obtaining the drug – easy to make from readily available ingredients, can be made in the home or in a shed, by cooking in a saucepan.
6. **Type of Drug** – users love the feeling they get from the drug. A well-known Tamworth User of all types of drugs recently told a GD's Officer that ICE is the greatest drug he has ever taken.
7. **Pyramid selling techniques used by major dealers** – happy to sell more drugs to a user and encourage them to on-sell drugs to their friends – Exponential increase in the amount of suppliers and increases their user base.
8. **Lack of Rehabilitation Centres in Tamworth**– need to get users off the drug. Reduced demand will reduce the flow.
9. **Need for more education in Schools** – need to target all children in Year 7 high schools or earlier– ICE specific education about the dangers. Need to ensure Children at Risk are targeted for education.
10. **Need for Juvenile Justice Programs** for all Young Offenders to be placed on Drug Education programs to reduce the risk of them becoming involved in Drug Crime.
11. **Ease of Concealment** – Difficult to locate during Person & Vehicle searches – Drug Dog in Tamworth is imperative to assist in this regard – hopeful that the current dog handler will be selected for Drug Dog training in foreseeable future.

Finally there is a lack of local support for families and users in **Tamworth – Family Drug Support number is 1800 368 186** and they can refer a person or family member to other support in Tamworth.

- Q Gaols are full – does this mean that magistrates are giving lighter sentences?
 A Gaols are full – often have to keep a prisoner in the cells here until a bed can be found
 Q Do you think that we will ever get on top of the ICE / drug addiction?
 A Apparently additional funds are coming to try to increase services to assist families and addicts and for the police as well.
 Q Do you feel anything positive actually came out of the ICE Forum?
 A Working Party being formed to generate an Action Plan through Kevin Anderson plus increased reporting through Crime Stoppers.



Chief Inspector Phil O'Reilly



being thanked by Bruce Hemmett



Members catching up on news from returning travellers prior to listening to our guest speaker





NEW AID PRODUCTS We now use two new products **Sawyer Filters** for small family groupings, easily assembled to a small container (pictured). These were used in Nepal and are about to be sent to Vanuatu. That was from a Rotary Foundation Grant to **RC Wynyard**, Tasmania (D9830). And **Greenco Pak Flat** water tanks (<https://greencowater.com/>) recently deployed to Vanuatu by DAA complement the SkyHydrant™ systems.

We have attended many clubs recently, including in NSW for a 'road show', **Wollongong South**, **Milton Ulladulla** and **Liverpool West** where we were surprised and delighted with a donation of \$60,000 by members of the Vietnamese community (through that Rotary club and others), specifically aimed at assisting our continuing work in Nepal.

Liverpool West President Alvan Freeman with DAA director, John O'Reilly and a SkyHydrant™ water filter.



NEWS SNIPPETS

- The **DAA Executive** and **DARTs** held a discussion day on Sunday 8 November that included ideas exchange, direction focus and goal setting. It was seen by all as a positive exercise in communication as well as understanding the development of the organisation.
- DAA is excited to be attending two **Western Australian Rotary District Conferences** early next year and to be given the opportunity to share information about our project with our Rotary colleagues in the west.
- Disaster Aid is currently in discussions following enquiries from within **Rotary District 3460 (Taiwan)** about the possibility of forming **Disaster Aid Taiwan** and becoming an associate of Disaster Aid International. Those discussions have been very encouraging.
- In May 2016 DAA and DAI directors will meet to strengthen relationships with Rotarians in **Colombia, South America** and pursue a Rotary Foundation grant aimed at providing Australian SkyHydrant™ water filters to some eighty (80) Colombian schools.
- Disaster Aid International looks to investigate areas for possible aid in **Myanmar** as well as revisit **Vanuatu** and **Nepal** in 2016. Future News Updates and our website will provide information as it is processed.

**Will you please help support the work of Disaster Aid Australia?
It is a Rotary Club project that really is ... *making a difference.***

Meeting Roster	Wednesday, 3 February	Wednesday, 10 February	
Venue	Diggers	Diggers	
Topic	Rod Laing (CEO) – West Group Future	TED Talk & Reiko Izumi	
Door Team	John Worldon Brett White	John Toulmin Lesley Hood	
Meeter & Greeter	Anne Jacob	Paul Stevenson	
Welcome	Barry Biffin	Deb Barnes	
President Assist	Graham Nuttall	Christine Shewry	
Visitor Assist	Maureen Thornton	Brian Thompson	
Corporal Assist	Tom Hellmann	David Hinwood	
Introduction	Graham Dooley	Graeme Kruger	
Vote of Thanks	John Treloar	Richard Hardwick	
Post Office Raffle Roster			
5 February	12 February	19 February	26 February
Phil Heffernan Graham Dooley	Graham Dooley Paul Stevenson	Paul Stevenson Dave Baddams	Dave Baddams Peter Ryan
4 March	11 March	18 March	25 March
Peter Ryan James Treloar	James Treloar Maureen Thornton	Maureen Thornton Brett White	Brett White Terry Robinson
Corporals for February		Corporals for March	
John Fogarty & Ian Howle		David Baddams & Andrew Beer	
Birthdays, Anniversaries and Inductions			
Members Birthdays	Diane Ford (16/02)		
Partners Birthdays	Helen Hinwood (11/02): Robert Betts (13/02) Partner of Dimity Chaseling:		
Anniversaries	Nil		
Club Induction	Nil		
Stats for last meeting			
Attendance	66%		
Make-Ups	AG Phil Lyon		
Visiting Rotarians	Nil		
Visitors	Pam Shields, Reiko Izumi (YEP)		
Heads & Tails	John Fogarty		
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

**West's 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