

# From the desk



**Rotary**  Club of Tamworth  
First Light **Bulletin**



# DATES TO REMEMBER **IN YOUR DIARIES**



**2016**

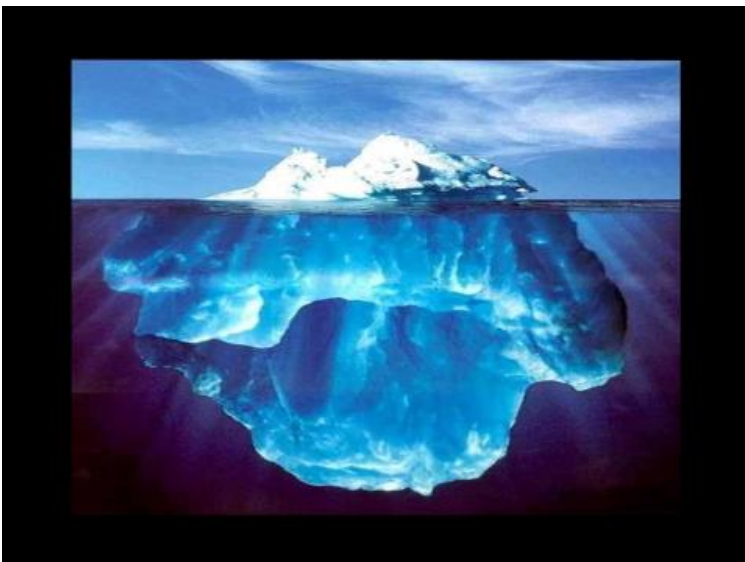
- **Weekend 4 – 6 March 2016 - GOLFERS - The 2016 Coastal Golf Trip to Tallwoods and Tuncurry **HAS !!ONE VACANCY!!** Please contact **John Treloar asap – 0418 659 052 or john@treloars.com.au****
- **March – Tuesday 22, Wednesday 23, Thursday 24 – Science & Engineering Challenge plus dinner meeting at Diggers on Wednesday, 23 March**
- **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



A block of ice (small iceberg) seemed appropriate for this week with the temperature sitting at 40° on Friday afternoon

# Wednesday, 2 March 2016

## Meeting # 1299

### Quote of the Week

**“There are two excellent theories for arguing with women, neither one works.” – Barry Murphy**

### From The Desk

Great to be back in the chair again as acting President in Graeme’s absence.

We certainly learnt a few things today about Interplast. Congratulations to IPP Di Ford for a wonderful presentation. We are very fortunate to have Dr Di as D9650 Chair of Interplast since 2014. Supported by many organisations, including the Royal College of Australasian Surgeons, Interplast is certainly a cause to be put forward each year when we are making disbursements.

It was a great representation by our members on Sunday at the first Sunday Sessions in the park. Although we were not run off our feet, this initiative is going to certainly grow in time. Congratulations to DJ and Jay and the other business houses in town for offering something different in our wonderful city. Huge thank you to DJ and Jay for their fantastic donation to the Rotary Club of Tamworth First Light.

Brett is asking again if any members wish to order Club shirts, please contact him, he may even iron it for you.

David Hinwood is also wanting to fill the Science & Engineering roster – 22,23,24<sup>th</sup> March.

I would, again, like to say what an outstanding job Helen & Val are doing in their roles during Graeme’s year – well done girls!!

That’s it from me,  
**PP LOUISE MATTHEWS**

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**Louise Matthews slipped back into the President’s position very easily last Wednesday – made for the part!**



# 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](mailto:christine.shewry@joblinkplus.com.au) or Paul Stevenson on 0458 835 000 or [stevo@bigpond.com](mailto:stevo@bigpond.com)
- **Working with Children forms** – only a few still need to be returned to Maureen Thornton – now becoming an urgent issue
- **Saturday, 19 March - Opera by the Lake** – tickets still available from the Forster Visitor Information Centre – Gates open at 1:00pm and the main concert commences at 3:00pm – no tickets sold at the gate. **Brian Bruton, President of Rotary Great Lakes – 0408 180 866 for further information.**

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## 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](mailto: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 Club secretaries have been sent an information brochure and registration forms to send out to club members for those wishing to attend.

Do you sometimes feel like this at work?



If yes – forward this to your friends so they don’t feel they are on their own!!!

# D9650 & CLUB SPEAKER – PP Di Ford

Introduced by Peter Pulley

Thanked by Steve Massey



**Di Ford** opened by saying that Interplast is a “Not for Profit” organisation working to improve the lives of people in developing countries who are disabled as a result of congenital or acquired medical conditions.

Interplast Australia and New Zealand was established in 1983 through a partnership between Rotary and the Royal Australasian College of Surgeons and Rotary continues to be integral to the operations of Interplast and welcoming Interplast teams to their Rotary meetings.

Two essential areas of support include subsidising the cost of patients travelling from remote locations and transporting our teams and equipment to and from the chosen site.

The World Health Organisation estimates that there are two (2) **billion** people with no access to basic surgical care. An example is in Papua New Guinea there is currently one (1) qualified plastic and reconstructive surgeon for a population of 7.5 **million** people.

Since 1983 Interplast has conducted

- Over 750 programs
- More than 40,000 consultations
- More than 23,000 surgeries
- Trained countless medical staff

In the 2013 – 2014 year Interplast conducted 58 programs with plans to cover over 70 programs for this 2015 – 2016 year.

## HOW YOU CAN HELP

- District support for full program funding, \$45,000
- Club/cluster funding \$10-12,000
- Request a speaker for presentations
- Individual tax deductible donations are attributable to your club
- Support your Interplast District Chair
- Share the Interplast-Rotary success story with networks and contacts



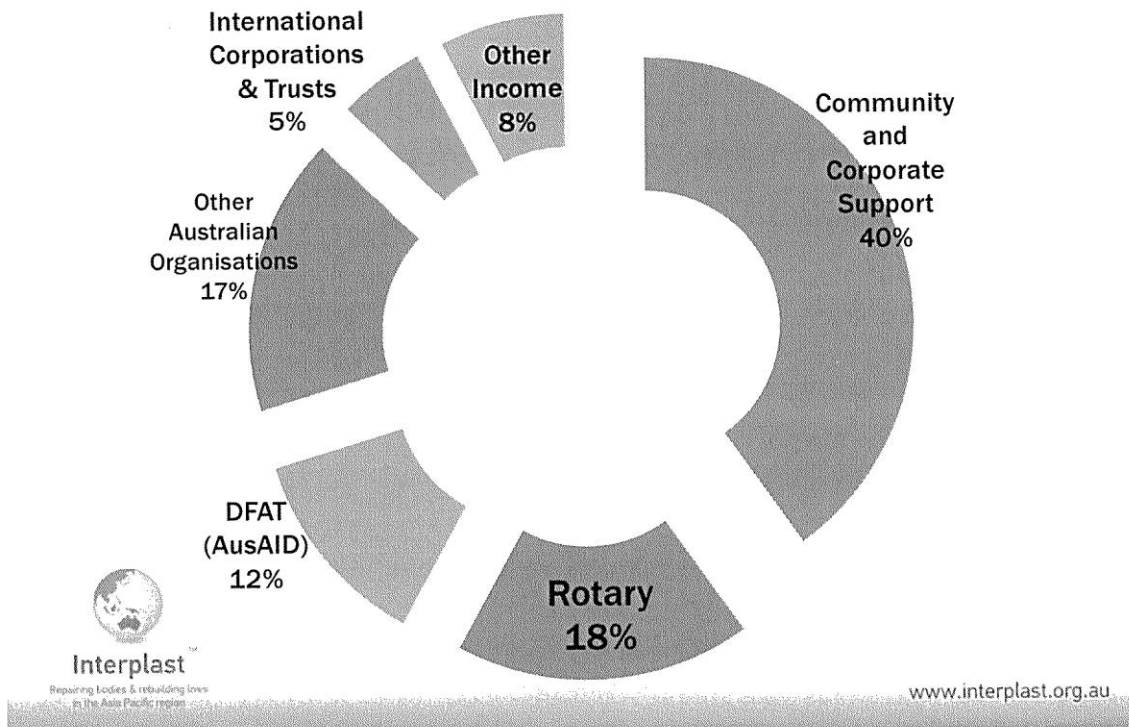
Interplast™

Repairing bodies & rebuilding lives  
in the Asia Pacific region

[www.interplast.org.au](http://www.interplast.org.au)

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# WHERE THE MONEY COMES FROM...



**Steve Massey thanking Di Ford for a very informative explanation about Interplast**

**Julien Smith always keen to ask a question or two....**



Q How does Interplast jump through all the hoops to get to these destinations?

A Through the Royal Australasian College of Surgeons who do have some clout but **must have local support**

Q How do these people cope with pain management both before and after surgery?

A Not well – however people in third world countries do manage pain better than us – they are tougher because they have nothing to compare against it. They will have the basics – Panadol etc. However, all Interplast teams carry all products that are well within their use-by dates and these are left behind for the patients.

Q How long does each Interplast team go for?

A Usually two weeks, occasionally longer. All patients seen on the previous visit will be re-checked to ensure that both the operation and healing were effective

Q Three (3) children in one family with a similar condition – genetic or diet?

A Probably a combination of both – chance of survival can be limited as there is no palate to the roof of the mouth so the children are unable to chew or swallow or talk properly

Q ROMAC – what is the difference between the two?

A Interplast can treat a larger number of people each trip – ROMAC can usually only treat the most difficult cases and the person can be in Australia (Brisbane, Sydney, Melbourne) being supported by Rotarians for up to two years.

Q Is our Papua New Guinea project still continuing?

A Definitely.

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# THE GETTING OF WISDOM...



A police officer called the station on his radio.  
"I have an interesting case here. An old lady  
shot her husband for stepping on the floor she  
just mopped."  
"Have you arrested the woman?"  
"Not yet. The floor's still wet."



Casual Friday for the  
Telecommuter



## Each Rotary month has a different Theme – the month of March is **WATER AND SANITATION**

Clean water is a basic need for human beings. When people, especially children, have access to clean water, they live healthier and more productive lives. However, at least 3,000 children die each day from diseases caused by unsafe water, which is what motivates our members to build wells, install rainwater harvesting systems, and teach community members how to maintain new infrastructure.

While very few people die of thirst, millions die from preventable waterborne diseases, providing the impetus for our members to also improve sanitation facilities in undeveloped countries. Members start by providing toilets and latrines that flush into a sewer or safe enclosure and then add education programs to promote hand-washing and other good hygiene habits.

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### India's water supply to drop by 50%

"Groundwater levels are falling as India's farmers, city residents and industries drain wells and aquifers. What water is available is often severely polluted. The future may be worse, with the national supply predicted to fall 50% below demand by 2030. Enter the India Water Tool 2.0, a new web platform. It's the most comprehensive, publicly

available online tool yet to evaluate India's water risks.

Created by a group of companies, research organizations, and industry associations-including WRI and coordinated by the World Business Council for Sustainable Development (WBCSD)-the tool can help companies, government agencies, and other water users identify their most pressing challenges and carefully target water-risk management efforts.

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### Bench Terracing Works!

The Rotary Club of Poona, Rotary District 3131, India has undertaken a major Watershed Management Global Grant Project. The project is for US \$155,000 and is located in the Village of Masobawadi, Dist. Sangamner, an area of around 50 hectares which has scanty rainfall. To manage & utilize runoff water for useful purposes, protect, conserve and improve the land for efficient & sustained production, rainwater is captured as it runs downhill. The Project, expected to be completed by 2016, will reduce soil

erosion, increase infiltration of rain water and provide livelihood to the villagers. Bench Terracing brings sloping land into different level strips to enable conservation of water & cultivation. It consists of construction of step like fields along contours by half cutting and half filling. The original slope is converted into level fields.

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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, 2 March	Wednesday, 9 March	
Venue	Diggers	Diggers	
Topic	Trevor Khan MLC	PDG Greg Moran – Shelter Box	
Door Team	Richard Walker Steve Walker	Dennis Maunder Graham Dooley	
Meeter & Greeter	Terry Robinson	Julian Smith	
Welcome	Peter Ryan	James Treloar	
President Assist	Jim Raymond	Diane Ford	
Visitor Assist	Peter Bell	Chris Watson	
Corporal Assist	Jane Bradford	Brian Logan	
Introduction	Max Cathcart	Barry Biffen	
Vote of Thanks	Rob Clifton	Laurence Hearne	
Post Office Raffle Roster			
4 March	11 March	18 March	25 March
Peter Ryan David Baddams	James Treloar Maureen Thornton	Maureen Thornton James Treloar	Good Friday
1 April	8 April	15 April	
Dave Baddams Terry Robinson	Terry Robinson Christine Shewry	Christine Shewry	
Corporals for February		Corporals for March	
John Fogarty & Ian Howle		David Baddams & Andrew Beer	
Birthdays, Anniversaries and Inductions			
Members Birthdays	Brian Thompson (04/03)		
Partners Birthdays	Jackie Kruger (08/03)		
Anniversaries	Gloria & Michael O'Connor (04/03) 39 years: Marion & Graham Dooley (05/03) 33 years		
Club Induction	Narelle Langfield (05/03) 13 years: Maureen Thornton (08/03) 16 years		
Stats for last meeting			
Attendance	72%		
Make-Ups	AG Phil Lyon		
Visiting Rotarians	N/A		
Visitors	Simone Church, Reiko Izumi (YEP)		
Heads & Tails	Ron Allen		
Raffle	Val Hellmann		

## 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