

From the desk



Rotary  Club of Tamworth
First Light **Bulletin**



DATES TO REMEMBER **IN YOUR DIARIES**



2016

- **March – Tuesday 22, Wednesday 23, Thursday 24 – Science & Engineering Challenge plus dinner meeting at Diggers on Wednesday, 23 March**
- **Wednesday, 30 March** - Rotary has a fundraising dinner at Diggers on 30 March 2016 for School of St Jude. Gemma Sisia will be attending and speaking. - 6.30pm for 7.00pm cost \$50 pp.
- **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

Sunday, 1 May – District Assembly – Inverell

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

Sunday, 22 May – District Assembly – Port Macquarie

Saturday, 18 June First Light Changeover – Wests Diggers

Saturday, 25 June - District Changeover – Taree

BOOBS & WILLIES

A family is at the dinner table. The son asks his father, "Dad, how many kinds of boobs are there?"

The father, surprised, answers, "Well, son, there are three kinds of boobs. In her 20s, a woman's are like melons, round and firm. In her 30s to 40s, they are like pears, still nice but hanging a bit. After 50, they are like onions."

"Onions?"

"Yes, you see them and they make you cry."

This infuriated his wife and daughter so the daughter said, "Mum, how many kinds of "willies" are there?"

The mother smiles and answers, "Well, dear, a man goes through three phases. In his 20's, his willy is like an oak tree, mighty and hard. In his 30s and 40s, it is like a birch, flexible but reliable. After his 50s, it is like a Christmas tree."

"A Christmas tree?" "Yes. The tree is dead, and the balls are just for decoration."

Wednesday, 9 March 2016

Meeting # 1300

Quote of the Week

"Compost is proof that there is life after death"

From The Desk

Trevor Khan, MLC – our guest speaker shared a personal and moving experience to give us insight into the challenges that legislators have when dealing with controversial topics. Voluntary euthanasia and medicinal cannabis were touched on in a sensitive and caring manner by Trevor in his address. We are lucky to have politicians of this calibre in our state and country.

Marina Lawrence was inducted into the club at the meeting, another great addition to the family of Rotary. Please make yourself known to her and make her feel part of our great club.

Club Members Peter Pulley and Richard Walker who were on the organising committee for the Compost Revolution that took place on Wednesday, 2 March need to be congratulated for a very successful event. About 120 people attended and the quality of the speakers was outstanding. Well done guys.

I came across these five quirky facts of life worth repeating:

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!!

Please Support the District Conference: 15 to 17 April

Have a great week. Yours in Rotary

Graeme Kruger



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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
- **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.**

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

Committee Volunteers

As a member of any service club, it is being observed more and more often, the difficulties experienced in recruiting members to the various roles essential to the successful operation of a club – we have all read, or are aware, of organisations that have ceased in Tamworth because a President, Secretary, Treasurer or other positions could not be found

Is it because

- Our lives are so busy – we enjoy the “**break**” by attending the meetings – so we “**take**”
- We use the excuse that **we don’t know how to do the work** and there is no manual present – **a poor excuse**
- A Club does not have a **two / three minute segment** outlining what each position does – **just another excuse**
- The year end is approaching and the **current incumbent** does not train / show the new person what to do – **quite an issue**
- Is it just that we like “**others**” doing the work – have we just become “**lazy**”
Is this something that we, as a Club like other groups, should be thinking about??

NEW ENGLAND NORTH WEST WESTPAC RESCUE HELICOPTER SERVICE NEEDS HELP

From: Bill Warburton [mailto:bill_jan@bigpond.net.au]

Sent: Thursday, March 3, 2016 2:46 PM

To: Bill Warburton

New England North West Westpac Rescue Helicopter Service – Tamworth Volunteer Support Group

I have been a member of the Tamworth Volunteer Support Group for the Westpac Rescue Helicopter Service, which provides free aeromedical retrieval and transport throughout our region, for nearly ten years.

The Tamworth Support Group runs fundraising activities to assist in covering the cost of providing this essential service by running raffles throughout the year as well as running the successful Balladeers Concert at Kootingal during the Country Music Festival, supporting BBQ's and assisting at other events as and when presented.

During the period since the formation of the Tamworth Support Group, shortly after the first helicopter was based here in Tamworth in 2000, to the present date the Group has raised more than \$633,000 helping to ensure no one ever has to pay.

As with many local community organisations, the Tamworth Support Group numbers have been dropping off in recent times and this has greatly increased the involvement needed from the remaining members.

With the support of members of your club we can turn this around as the Rescue Helicopter Service moves into a new era over the next twelve months and the Westpac Rescue Helicopter Service bases in Tamworth, Lismore and Newcastle join together under a new contract with NSW Ambulance to cover the majority of NSW north of the Hawkesbury with four new, and larger helicopters.

If the Tamworth Support Group numbers can be increased to the numbers of five or six years ago the commitment needed from each member would be reduced to around four or five hours a month on average, with one session on the roster, plus attendance at the monthly meeting held on the third Wednesday of each month at 6.03pm, where the following months rosters are made.

The next meeting of the Tamworth Volunteer Support Group is to be held on

**Wednesday, 16 March 2016
at 6.30pm – Chillingworth Room
West Tamworth Leagues Club**

It would be great if some of your club's members, and/or someone they know, could come along to that meeting (or a third Wednesday in the future) to hear what we do.

Absolutely no obligation however I hope members may then see their way clear to joining the support group and benefiting the Westpac Rescue Helicopter Service.

See you there
Bill Warburton

PS: Please call me on 02 6766 6111 or 0408 465 355 if you have any questions



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GUEST SPEAKER – Trevor Khan MLC

Introduction by Tim Coates

Thanked by Rob Clifton

Trevor Khan is married to Libby and have two children aged 7 years and 3 years. Life was continuing in a relatively normal manner until Trevor's father had a massive stroke which left him severely incapacitated, incontinent and all that goes with this type of stroke but he did not die. After a period of time Trevor's father was moved to a Rehabilitation hospital for many weeks but he was unable to improve.

A family meeting was called and, on arriving, they found their father strapped and propped against a wall and the family was advised that Rehabilitation were unable to assist any further and he would need to be moved to a nursing home – he should not be moved back to his home – the diagnosis was not good.

The family looked at what would have to be changed within the home situation and also discovered the huge costs involved with home nursing – apart from the costs that changes to the home would occur.

After much family discussion they were thankfully able to transfer their father to a nursing home where he was treated with respect by the nursing staff and, yes – he managed to survive a further three years.

Trevor said this was an awful time for the family – his father had a private room – the awful stench on entering the room from his father's incontinence was overwhelming and yet his mother visited and stayed with him right through this period of time – missing four days only. It must have been the most dreadful experience for his mother and a massive sacrifice. The cancer finally went to his liver and mother was with him at the end. Trevor's father begged him and other family members to let him go and we all had to sit and watch him fade away – it was awful. Nursing homes are truly God's waiting room in any religion.

However one cannot live in the past and one of the benefits of Trevor's position is that “you can influence worthwhile discussion for change”. By working with others, we were able to change the standing of medical cannabis right across the political spectrum. We could make a unanimous decision. We discovered it was not just “old age” wanting this, it was women specifically, middle aged people who want the right to have this choice – to use or not to use if the occasion arose.

These discussions that began on the back bench has forced government to change and now look at the right for “assistance to die”. I will introduce the bill, it will probably be dismissed via the greenies the first time **but** the message is out there – it is time for change so if the bill fails the first time – chances are that it will pass the next time. It may be that there will be a restriction against “end of life” or even a restriction against “incapacity – whether physical or accidental” **but it will happen.**

Trevor ended by saying that he is facing a very interesting year ahead – being away from home for periods of time, a lack of privacy just disappears because **you** must feel you have not wasted **your time** on this earth.

Members listened to every word – questions showed their strong interest and concern for older members within their own families and for themselves and their future.

Q How can you insure that the children are not trying to speed up their parent/s demise to obtain their inheritance sooner.

A In Oregon the Act has been passed – very few people actually use it – many want the option of control – or their choice but go naturally.

Q. Is Andrew Denton proving a help or a hindrance?

A Somewhat resentful – his experience was three days – however his Facebook page is huge and publicity can only help the cause. It is interesting to note that 72% of his contacts are women aged 35 years and over. **It is also interesting to note that “youth gets it but adults need more education”.**

Comment to end -Thank you for your story, where you are heading because you care. Older folk just want to know “how to get out” – not necessarily actually doing this.



Trevor Khan talking about a very personal experience and how it has changed his thoughts relating to medical cannabis and people having the opportunity to die peacefully

Rob Clifton thanking **Trevor Khan** for a truly thought provoking talk today



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

Areas of focus

We have identified specific causes to target to maximize our local and global impact. At the same time, we understand that each community has its own unique needs and concerns.

Through [global grants](#) and other resources, we help clubs focus their service efforts in the following areas.

Promoting peace

Today, 60 million people are displaced by armed conflict or persecution. Through our partnerships with several leading universities, Rotary Peace Fellows develop the skills to strengthen peace efforts, train local leaders to prevent and mediate conflict, and support long-term peace building in areas affected by conflict. We provide up to 100 peace fellowships per year at Rotary Peace Centers.

[Learn how Rotary projects address the structural causes of conflict](#)

Fighting disease

More than 100 million people are pushed into poverty each year because of medical costs. We aim to improve and expand access to low-cost and free health care in underdeveloped areas. Our members educate and mobilize communities to help prevent the spread of major diseases such as polio, HIV/AIDS, and malaria. Many of our projects ensure that medical training facilities are located where the workforce lives. [See how Rotary projects provide low-cost health care](#)

Providing clean water

More than 2.5 billion people lack access to adequate sanitation facilities. At least 3,000 children die each day from diarrheal diseases caused by unsafe water. Our projects give communities the ability to develop and maintain sustainable water and sanitation systems and support studies related to water and sanitation. [See how Rotary is building sustainable clean water and sanitation facilities](#)

Saving mothers and children

At least 7 million children under the age of five die each year due to malnutrition, poor health care, and inadequate sanitation. To help reduce this rate, we provide immunizations and antibiotics to babies, improve access to essential medical services, and support trained health care providers for mothers and their children. Our projects ensure sustainability by empowering the local community to take ownership of health care training programs. [Watch how Rotary helps bring health care to mothers and newborns in rural Haiti](#)

Supporting education

Sixty-seven million children worldwide have no access to education and more than 775 million people over the age of 15 are illiterate. Our goal is to strengthen the capacity of communities to support basic education and literacy, reduce gender disparity in education, and increase adult literacy. [Watch how a Rotary grant helps bring tablet technology to students in Fiji](#)

Growing local economies

Nearly 1.4 billion employed people live on less than \$1.25 a day. We carry out service projects that enhance economic and community development and develop opportunities for decent and productive work for young and old. We also help strengthen local entrepreneurs and community leaders, particularly women, in impoverished communities. [See how Rotary helps workers achieve better wages and working conditions](#)

Resources & reference

- [Rotary's Areas of Focus guide](#)
- [Areas of focus statements of purpose and goals](#)
- [Global Grant Monitoring and Evaluation Plan Supplement](#)
- [Areas of Focus staff contact sheet](#)



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Marina Lawrence being introduced by her mentor, Lawrence Hearne as our newest Rotarian and member

A very proud President – Graeme Kruger, Marina Lawrence and Lawrence Hearne



ARAPROSDOKIANS are figures of speech in which the latter part of a sentence is unexpected.

Some examples:

1. Where there's a will, I want to be in it.
2. Since light travels faster than sound, some people appear bright until you hear them speak.
3. If I agreed with you, we'd both be wrong.
4. War does not determine who is right - only who is left.
5. Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
6. They begin the evening news with 'Good Evening,' then proceed to tell you why it isn't.
7. To steal ideas from someone is plagiarism. To steal from many is called research.
8. In filling in an application, where it says, 'In case of emergency', notify: I put 'DOCTOR.'
9. I didn't say it was your fault, I said I was blaming you
10. Women will never be equal to men until they can walk down the street with a bald head and a beer gut, and still think they look sexy.
11. Behind every successful man is his woman. Behind the fall of a successful man is usually another woman.
12. A clear conscience is the sign of a bad memory.
13. I used to be indecisive. Now I'm not so sure.
14. Nostalgia isn't what it used to be. Nor is there any future in it.
15. Change is inevitable, except from a vending machine.
16. Going to church doesn't make you a Christian any more than standing in your garage makes you a car.
17. Finally: I'm supposed to respect my elders, but it's getting harder and harder for me to find one now.

And my personal favourite:

18. I am not arguing with you; I am explaining why you are wrong.

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, 9 March	Wednesday, 16 March	
Venue	Diggers	Vocational Visit	
Topic	PDG Greg Moran – Shelter Box	North West Frames & Trusses 7 Beaufort Street, Taminda	
Door Team	Dennis Maunder Graham Dooley	Maureen Thornton John Fogarty	
Meeter & Greeter	Tom Hellmann		
Welcome	James Treloar		
President Assist	Diane Ford		
Visitor Assist	Chris Watson		
Corporal Assist	Brian Logan		
Introduction	Barry Biffen	David Hinwood	
Vote of Thanks	Laurence Hearne	John Worldon	
Post Office Raffle Roster			
11 March	18 March	25 March	1 April
James Treloar Maureen Thornton	Maureen Thornton James Treloar	Good Friday	Dave Baddams Terry Robinson
8 April	15 April	22 April	29 April
Terry Robinson Christine Shewry	Christine Shewry Paul Stevenson	Paul Stevenson Lesley Hood	Lesley Hood Graham Dooley
Corporals for March		Corporals for April	
David Baddams & Andrew Beer		Anne Jacob & Deb Barnes	
Birthdays, Anniversaries and Inductions			
Members Birthdays	Max Cathcart (15/03)		
Partners Birthdays	N/A		
Anniversaries	Michael & Brenda Smith (11/03) 10 years		
Club Induction	Graham Nuttall (13/03) 25 years		
Stats for last meeting			
Attendance	75%		
Make-Ups	AG Phil Lyon		
Visiting Rotarians	George Mills – Port Macquarie Sunrise		
Visitors	Allan Coates; Marina Lawrence; Simone Church; Reiko Izumi (YEP)		
Heads & Tails	Peter Bell		
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

Rotary



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