

From the desk



Rotary  Club of Tamworth
First Light **Bulletin**



DATES TO REMEMBER **IN YOUR DIARIES**



2016

Sunday, 1 May – District Assembly – Inverell

**May 2016 - Bowelscan Month – Rotary Bowelscan Week is Saturday, 14 –
Saturday, 21 May 2016**

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

BOWELSCAN MONTH – Dr Les Rae

May is Bowelscan month and this year will be the 30th occasion when this Rotary program has been conducted . Both this year and last the test kit used is one with many years of proven reliability .

A very interesting statistic from last year's program is the highest ever number of polyps found at follow-up colonoscopy .

Most if not all bowel cancers start as a polyp (a benign , non-malignant , growth on the lining of the bowel) and in particular a type of polyp called an adenoma . If such a polyp is left untreated for long enough , becomes large enough and especially if it undergoes dysplastic changes then it is on the way to becoming a cancer . The term dysplastic changes means that under the microscope the cells in the polyp are becoming more irregular in size and shape :

In the 2015 Rotary District 9650 Bowelscan program we currently have follow-up details of 600 people who had a positive result , 237 were found to have polyps and 85% of these were adenomas . The vast majority of these can be treated by simple removal in a non-invasive way by colonoscopy as a day only hospital stay .

Because of the possibility of further polyp formation 3 or 5 yearly follow-up colonoscopies for these people is indicated and this means that there is an excellent chance that they will never develop bowel cancer .

In other words these people have had their bowel cancer treated with a 100% cure rate even before it has occurred - a really important preventative medicine initiative .

Wednesday, 13 April 2016

Meeting # 1305

Quote of the Week

"Forget about teamwork, give me a team that works"

- Jonar Nadar

From the Desk....

Simon Santosha our guest speaker gave us an insight into his work, which is dealing with the complexities of depression in men and how this can impact on family violence. He challenged us to learn to talk about matters that cause stress and change our language to be more supportive and understanding.

We also welcomed Simone Church as a new member into our club. She has three teenage children, works at Professionals Tamworth Real Estate, rides horses, makes furniture and attends fitness boot camps. Please make her feel welcome.

The golf committee also presented the club with a cheque of \$25,000 with a request to consider allocation of at least \$10,000 specifically for local programmes and charities. This was well received by members and the board will take a considered approach when distributions are made.

The board will be considering the next round of distributions prior to changeover at its next meeting, and would like member's feedback about projects that you would like to support. Please let the Secretary, Brodie or myself know by dropping us a note or an email.

Have a great week. Yours in Rotary

Graeme Kruger



Rob Clifton had great pleasure in presenting a cheque for \$25,000 from the Golfing Committee (\$10,000 to be spent locally).

Congratulations also to Dennis Maunder – played a PAR round and won!!



Simone Church inducted by President Graeme Kruger – our newest Rotarian

NOTES....

- **Our trip to Eastview Estate, Kentucky has been changed to Sunday, 15 May 2016.** 24 people have shown interest – there is space for a further ten. **Please contact Val Hellmann on 02 6766 3462 (leave a message)**
- **Bowelscan – First Light will be at Centrepont Shopping Centre – Saturday, 14 May to Saturday, 21 May between the hours of 10:00am – noon and noon – 02:00pm – Kits will cost \$15.00 (same Kit as last year)** *****

ADVERTISEMENT

*We are looking for a **Bulletin editor** for next year.*

This is a good opportunity for new members to gain an understanding of the inner workings of the Club and fast track their knowledge of Rotary.

A great opportunity for retired members to fill in their day.

Please speak to Peter Ryan – 0428 499 771 - if you are interested in taking on the role next year.

SPIRIT OF THE ANZAC CENTENARY EXPERIENCE – 26 APRIL – 1 MAY 2016

Essential to book tickets please contact www.spiritofanzac.gov.au (easy to do – you can decide a suitable time for you / friends to go – sooner you book – more choice you have.

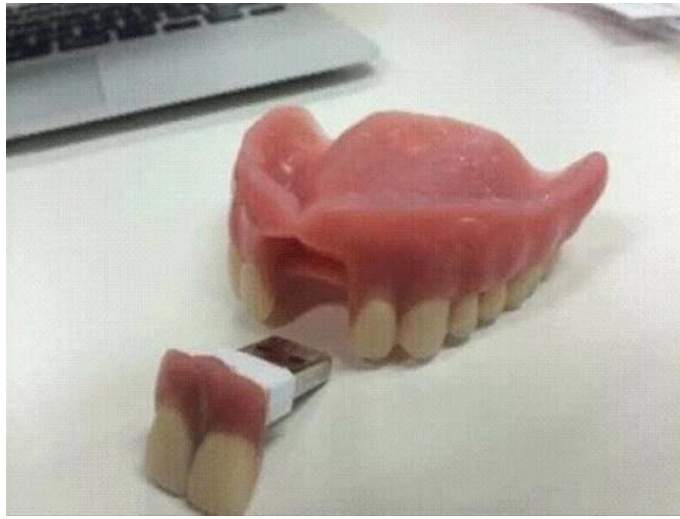


USB STICK

Shortly it will become compulsory for senior citizens to carry not only their ID, but also their insurance documents, their prescription list, a compact version of their medical file, the statement declaring if they want to be resuscitated after a heart attack, stroke and so on.

Consequently, a lot of paperwork will have to be carried when a senior citizen goes out the front door OR when they travel!

Specifically for this purpose, a special "Senior USB Stick" has been developed.



Wow! Two Bites of information. Blue Tooth technology to fit your lifestyle.
Expanded Memory can be arranged - Something to chew on.

NOTES continuing...

Andrew & Natasha Beer – congratulations – a baby girl to join your two young boys – Andrew was a little too late arriving – however all is well.

Terry Robinson is seeking someone to host Reiko Izumi (YEP) from Thursday, 21 to Monday, 25 April. Terry and Sue will be at a Conference in Sydney over this period.

GUESS WHO IS COMING TO DINNER? Saturday, 28 may 2016 – Please note in your diaries – more information to follow....

BREAKFAST FOR THE GROUP STUDY EXCHANGE TEAM will be held at the Tamworth Lookout – best views in Tamworth in the early morning and being organised by – **Tamworth Sunrise – no presentation – Smoking Ceremony - All welcome – please book with Tony Young on 0417 468 882 for catering.**



Brett White thanked our guest speaker - - Simon Santosha and managed to take the photo as PR Director as well!

BEST POSITIONS IN BED



GUEST SPEAKER – SIMON SANTOSHA – MEN AND DROUGHT

Simon opened with boys are taught that “Men don’t cry – it is a sign of weakness” so boys and men are taught to “bottle” their feelings. Women join groups and talk to each other and, by talking, solve lots of issues without major stressing or depression.

For the rural sector – floods and droughts bring on depression faster than anything else because they cannot control it. Fires strangely enough upset with loss of stock and fencing but men feel better because they can “fight” a fire and don’t feel so helpless. Drought brings on money issues faster than either flood or fire because it is a “constant cost” trying to keep stock alive.

Many families have to split during the week with the wife and children having to live in town so the children can attend school and, in many cases, the wives work to keep food on the table. This is where stress builds as the man is on his own at home, misses his family, has no-one to talk too and feels he is a failure and so the depression spiral begins.

Often men seem short-tempered or cranky and won’t discuss why because it hurts to have lost a loved aged dog – been with them for years through good times and bad – they can’t talk about – however a woman can.

In Simon’s case he wishes he had been able to know his father better. He came out from Germany after the war and would not talk about it to any member of the family. He was difficult to work with right through Simon’s child and young adulthood – Simon could talk to his mother no problem – his father died aged 80 and Simon was 48 and still could not talk with his father. His father could never understand that Simon wished to make a living from “talking” utterly ridiculous – could not explain to his father why or how this would work. His father was typical of so many men on the land.

We look back to our own families – we would have had disagreements, maybe sulked for a while but we were over it. Now-a-days children are influenced so much by social media, by peer pressure, by listening to parents arguing – they will often speak out without knowing all the facts and when parents react or separate – the child feels guilty and so blame themselves and again the downward spiral into deep depression begins.

Q What do you feel is a major issue with youth today?

A Drugs

A Farrer – good example how boarders become depressed and feel defeated because they could not go home – no matter how practical the explanation

A Women don’t always help women either through jealousy, anger within themselves, knowing that they may be in the same situation sooner rather than later

A Domestic violence is so much worse in the country than the city.

Comment People’ expectations are way too high these days – social media does not help and a lot of issues stem from “expectations” and strong disappointment if “expectations are not met”.

ARE YOU EXPERIENCING A HEART ATTACK? – THE FOLLOWING COULD SAVE YOUR LIFE

1. Let's say it's 7:25pm and you're going home (alone of course) after an unusually hard day on the job.
2. You're really tired, upset and frustrated.
3. Suddenly you start experiencing severe pain in your chest that starts to drag out into your arm and up in to your jaw. You are only about five km from the hospital nearest your home.
4. Unfortunately you don't know if you'll be able to make it that far.
5. You have been trained in CPR, but the guy that taught the course did not tell you how to perform it on yourself.

6. HOW TO SURVIVE A HEART ATTACK WHEN ALONE?

Since many people are alone when they suffer a heart attack without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness.

7. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest.

A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again.

8. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it to regain a normal rhythm.

In this way, heart attack victims can get help or to a hospital.

9. Tell as many other people as possible about this. It could save their lives!
10. A cardiologist says If everyone who gets this email, AND kindly sends it to 10 people, you can bet that we'll save at least one life.
11. Rather than sending jokes, please contribute by forwarding this email which can save a person's life....
12. If this message comes around to youmore than once - please don't get irritated. You need to be happy that you have many friends who care about you and you are being reminded of how to tackle....**Heart attacks**.... when you are alone.

Footnote: Maybe you could set yourself a goal to practice this technique on yourself for 2-3 minutes a week.

Just reading this only – the message will be forgotten. Practice it and it is yours for life – maybe saving your own life.

**Please forward this on as it is really important for everyone to know
and you will never know whose life you have saved.!**

APRIL IS MATERNAL AND CHILD HEALTH MONTH

ALL ABILITIES PLAY SPACE >

WHAT IS AN all abilities play space? It is a place to play - with a big difference!

The first difference is that it is designed for all age groups. This is because play isn't just for kids. Seniors, adults, teenagers as well as children need to play, so the play equipment is designed to work for people of all ages. Grandparents playing with their grandchildren, older people wanting a fun way to keep fit and teenagers are just some of the groups who will use it. The second difference is that it's been carefully designed to work for people with disability. In fact, people with disability have been involved in designing it. So 'all abilities' means it is for everyone, regardless of their age or ability. The All Abilities Play Space planned for the Nedlands foreshore will also be huge – over 10,000 square metres! That's a big play facility – and it's expected to be very popular.

One has to ask – do we need another Adventure Area?

The Rotary Foundation helps bring pre- and postnatal care to mothers in rural Haiti.

Rotary improves access to essential medical services for mothers and their children. These efforts are aimed at reducing the number of children under age five who die each year because of malnutrition, inadequate health care, and poor sanitation – a figure that is currently estimated at 7 million.

According to another estimate, more than 80 percent of maternal deaths can be prevented with access to reproductive health services and trained health care workers. Rotarians provide education, immunisations, birthing kits, and mobile health clinics to support these causes. Women are taught how to prevent mother-to-infant HIV transmission, how to breast-feed, and how to protect themselves and their children from disease.

ConocoPhillips Science Experience Year 9 & 10

The ConocoPhillips Science Experience is a fun 3 or 4 days of science activities for Year 9 and 10 students in 2016.



Each program is designed to provide students who have an interest in science with an opportunity to engage in a wide range of fascinating science activities under the guidance of scientists who love their work.

The program takes place in over thirty-five universities and tertiary institutions, within many different laboratories and lecture theatres. Participants perform experiments in the laboratories, meet and hear senior lecturers in the lecture theatres, attend site visits and walk around and experience what it is like to be on the campus of a university or tertiary institution. More than 65,000 students have taken this rare opportunity, up to date.

The program also provides information about further studies in science, technology and engineering. It highlights the wide range of careers that allow students to pursue their interest and abilities in the sciences.

One aspect of the program often commented on by participants is the opportunity to meet and share ideas with students from different schools. Each program includes a BBQ or other social activity. Any Year 9 and 10 students are welcome to attend any one of the programs. Applications: <https://www.scienceexperience.com.au/>

Just a few samples of Rotary working with mothers and children's health



Be a gift
to the world



I am not too old; I like to think!
I was working out at the gym when
I spotted a sweet young thing walking in.



I asked the trainer standing next to me
“What machine should I use to
Impress that lady over there?”
The Trainer looked me up and down and said
“I would recommend the ATM in the lobby, Sir.”

Meeting Roster	Wednesday, 13 April	Wednesday, 20 April	
Venue	Diggers – 6:30am	Diggers – 6:30am	
Topic	GSE – Germany Presentation	Lucy Haslam & Troy Langman	
Door Team	Jane Bradford Jim Raymond	Michael O'Connor Steve Massey	
Meeter & Greeter	Rob Sharp	Simone Church	
Welcome	Tim Coates	Steve Hawkins	
President Assist	Bruce Hemmett	Phil Penman	
Visitor Assist	Phil Heffernan	Louise Matthews	
Corporal Assist	Les Jacob	Peter Pulley	
Introduction	AG Phil Lyon	Peter Hyde	
Vote of Thanks	Graeme Kruger	Peter Bell	
Post Office Raffle Roster			
15 April	22 April	29 April	6 May
Paul Stevenson Christine Shewry	Christine Shewry Graham Dooley	Graham Dooley Lesley Hood	Lesley Hood Brett White
13 May	20 May	27 May	3 June
Brett White Brian Logan	Brian Logan DJ Jones	DJ Jones Jane Bradford	Jane Bradford Phil Heffernan
Corporals for April		Corporals for May	
John Glynn & Deb Barnes		Brian Thompson & Joe Townsend	
Birthdays, Anniversaries and Inductions			
Members Birthdays	Nil		
Partners Birthdays	Carmel Raymond & Annette Ryan (14/04) Jill Toulmin (15/04)		
Anniversaries	Robert & Jenny Clifton (16/04 – 33 years), Chris & Gemma Watson (16/04 – 5 years); David & Jo Baddams (18/04 – 35 years); Ash & Chris Dallas (18/04 – one year); Julian & Annette (19/04 – 24 years)		
Club Induction	Nil		
Attendance	63%		
Make-Ups	AG Phil Lyon		
Visiting Rotarians	Liz Gill (Walcha)		
Visitors	Simone Church		
Heads & Tails	Tim Coates		
Raffle	Jane Bradford (55) – thank you Dennis Maunder – a first!		

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