

# 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 30<sup>th</sup> 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, 20 April 2016

## Meeting # 1306

### Quote of the Week

**“Drink Russian, Drive German, Wear Italian, Kiss French”**

Nicht die Schönheit bestimmt,  
wen wir lieben,  
sondern die Liebe,  
wen wir schön finden.

It's not beauty which determines whom we love  
but love determines whom we find beautiful.

### From the Desk....

We were reminded about the wonderful international face of Rotary as we were addressed by the incoming GSE team from District 1890, Hamburg. The team of five led by Heinz-Horst Meyer, retired banking director and team members; Nina Siebert (high school teacher), Levke Nissen (Insurance Industry and studied chemistry), Carsten Sievers (North German Bank) and Fernando Kabisch (Industrial Engineer). They gave us an overview of the region in Northern Germany where they come from and also sang the German National Anthem at the end of the meeting. It was a great presentation that was enjoyed by the members.

### Reminders:

- May is Bowscan month – don't just sit on it, get yourself checked.
- Partners Badges - Please let Brodie know if your partner does not have a badge or if it is at home. We will be ordering new ones.
- Guess Who's Coming to Dinner – 28 May – This is a great social event for our club. Get involved and contact Peter Ryan for more info.
- Changeover – Save the date, Saturday 18 June. It replaces our weekly meeting so you have no excuses. Details will follow in due course.
- RYAG – Barry Biffin is looking for assistance 24 – 26 June, – please contact him on 0439 449 888.

Please note that I will be in New Zealand for two weeks attending my son's graduation and having a small break with family. I have mum and mum in law so it should be fun 😊 Have a great week.

Yours in Rotary

**Graeme Kruger**

# 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)**
- **Congratulations to Tamworth Sunrise – they won the Bulletin Award at the District Conference – hope to be able to provide an overall list of Tamworth Club winners for the next Bulletin as well.**
- **GUESS WHO IS COMING TO DINNER will be held on Saturday, 28 May 2016 – Please note in your diaries – more information to follow....**

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

**Essential to book tickets please contact [www.spiritofanzac.gov.au](http://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.**

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### **Men's Rules**

- **Ask for what you want!** Subtle hints don't work. Strong hints don't work.
- **Learn to work the toilet seat!** You're a big girl. If it's up, put it down. We need it up – you need it down. You don't hear us complaining about you leaving it down.
- **Crying is blackmail**
- **Come to us with a problem only if you want us to solve it!** That's what we do. Sympathy is what your girlfriends do.
- **Anything we said in an argument some months ago is now null and void!**
- **If you think you are fat – your probably are so don't ask us**
- **If something we said can be interpreted two ways – one makes you sad or angry.**



# APRIL IS MATERNAL AND CHILD HEALTH MONTH

**Project Dignity** – a program organised by the Rotary Club of Armidale Central and promoted at the Taree Conference last weekend – It also ties in with **Days for Girls** – same concept.

## Recipients: Girls & Women



KgotsoMeet 12 yr old Kgotso (Second from the left. Pronounced Gotsotso). She doesn't define herself as an orphan, she sees herself as an advocate for DFG and since she heard about it has been helping others to make their own kits. She learned about DFG when Ambassadors of Women's Health travelled to Nzilikazi to teach a girls' club of 200. Kgotso is an innovator too. She used her PUL scraps to make a tiny bag for a single liner to take to the latrine during school. Others started making them too. Today she continues to hold DFG meetings at her school. Now THAT's empowering a leader.



### Exploited No More

The girls were radiant when we shared what we had come with. 500 young women in the slums near Kibera, Kenya received DFGI kits and learned about health, hygiene and safety. According to one report from the World Health Organization 74% of African girls are sexually exploited before age 12, so we discussed not only hygiene and how to use kits, but also about their worth and encouragement to stand up for each other and against abuse. Nicole\* (Not her real name to protect her identity) was one who came forward with huge gratitude. She explained that many of the girls were exploited in exchange for hygiene before we came. She said if they wanted to leave their rooms or attend class, they had to agree to have "relations" with the director of their school who would only offer them funds for hygiene if they did. Her testimony was not alone. Many others confirmed her story. When we realized how great the ramifications are for those that go without - and the power a simple solution has, we knew we had to help more. That was the day our program was born.



### Corn Husks

The doctor's photo made us literally gasp. Victoria\* (Not her real name) came a few days after DFGI kits were distributed in Zimbabwe. The kits were all distributed. She wept. She is a bright girl and all she wanted was to stay in school. So she had been using what she had access to - corn husks. The resulting untreated infections were so severe that scarring created crippling adhesions. She is 16 years old. Today she has a safe and healthy solution, thanks to Days for Girls International volunteers. As weeks progressed the distribution was featured in the national newspaper. More and more women requested DFGI kits. We answered the call by traveling there to train women so they can train women to make kits - a project that resulted in thousands of Zimbabwe women regaining days of dignity, education, safety, and health within 6 months.. All thanks to the many generous partners and supporters of Days for Girls



**The Biggest Cheer** Perhaps the most demonstration of gratitude we have ever "heard" was at a deaf school in Kisii, Kenya. The girls there watched the signing translator introduce each of the team and at each introduction they signed "hello" and then raised their hands with polite finger wiggling "Spirit fingers", a sign we were told represented a cheer. But when they were told that what the team brought were washable feminine hygiene, their eyes widened and eyebrows raised as in an orchestrated union. Then their arms shot as high as they could wave them and their fingers wiggled with wild enthusiasm. The only sound were groans of excitement. It was the most powerful evidence of the joy these kits bring that our teams had ever witnessed. Supporters made it all possible.

## **GROUP STUDY EXCHANGE**

*The German team just loved Tamworth and the friendliness of all Australians – they enjoyed everything in Tamworth and were just stunned about the BBQ breakfast at the lookout – they all thought they were being “conned” and enjoyed the smoking ceremony as well.*

*Thought you might enjoy the letter from Alan St Clair (GSE Chairman for D9650)*

Dear Wayne, Graeme, Kevin, Ruythe, Dr Les & Judy, Angie & Ian, Phil & Robyn, John & Jacque, Liz & Kate Gill and Jane,

A short note to thank the Tamworth Rotary Clubs for the very warm hospitality provided to the German GSE team for their stay in Tamworth. I know from my conversations with Team Leader Heinz that they all were blown away by the very kind and friendly home hosting, the variety of vocational visits afforded to them and particularly the “excursions” to many localities. They specifically commented on the use of the bus and how this afforded them with the opportunity to chat together and compare notes on what they were seeing. They did very much enjoy the day out to Nundle and environs.

In fact, Heinz cannot get over how open and friendly Australians are and he quietly commented to me that our outgoing team will not find his countrymen quite in the same league as us. The Gunnedah exchange location was fascinating to them and I’m sure the lunch at Nowendoc was something that is incomparable in Germany. We are a land of many different experiences.

So thank you all again for giving them the opportunity to further gain an understanding of Australian culture & hospitality and also for allowing Levke to take a ride on a horse. She was really looking forward to this prior to coming to Australia!

Warmest regards

Alan St Clair

Rotary District 9650 GSE Chair

[alanstclair@bigpond.com](mailto:alanstclair@bigpond.com)

0410 437 915

### **Please note**

Brett White sent some great photos for this week’s Bulletin – unfortunately my computer had a melt-down today and all my emails have disappeared again. When Brett sends them to me again – the photos will be included in next week’s Bulletin. Apologies from the Editor.

### **IF I HAD MY LIFE TO LIVE OVER - by Belinda Emmet - worth a read....**

(written after she found out she was dying from cancer).

I would have gone to bed when I was sick instead of pretending the earth would go into a holding pattern if I weren't there for the day.

I would have burned the pink candle sculpted like a rose before it melted in storage.

I would have talked less and listened more.

I would have invited friends over to dinner even if the carpet was stained, or the sofa faded.

I would have eaten the popcorn in the 'good' living room and worried much less about the dirt when someone wanted to light a fire in the fireplace.

I would have taken the time to listen to my grandfather ramble about his youth.

I would have shared more of the responsibility carried by my husband.

I would never have insisted the car windows be rolled up on a summer day because my hair had just been teased and sprayed.

I would have sat on the lawn with my grass stains.

I would have cried and laughed less while watching television and more while watching life.

I would never have bought anything just because it was practical, wouldn't show soil, or was guaranteed to last a lifetime.

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Meeting Roster	Wednesday, 20 April	Wednesday, 27 April	
Venue	<b>Diggers – 6:30am</b>	<b>Diggers – 6:30am</b>	
Topic	<b>Lucy Haslam &amp; Troy Langman</b>	<b>George Mills - RAMS</b>	
Door Team	Michael O'Connor Steve Massey	Laurence Hearne Tom Hellmann	
Meeter & Greeter	Simone Church	Barry Biffin	
Welcome	Steve Hawkins	Julian Smith	
President Assist	Phil Penman	Richard Walker	
Visitor Assist	Louise Matthews	Graham Dooley	
Corporal Assist	Peter Pulley	Dennis Maunder	
Introduction	Peter Hyde	Terry Robinson	
Vote of Thanks	Peter Bell	Peter Ryan	
Post Office Raffle Roster			
22 April	29 April	6 May	13 May
Christine Shewry Graham Dooley	Graham Dooley Lesley Hood	Lesley Hood Brett White	Brett White Brian Logan
20 May	27 May	3 June	10 June
Brian Logan Bruce Hemmett	Bruce Hemmett 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	Ashleigh Dallas <b>(20/04)</b> ; Graham Nuttall <b>(25/04)</b>		
Partners Birthdays	Roslyn Maunder <b>(21/04)</b>		
Anniversaries	Laurence & Elizabeth Hearne <b>(21/04 – 37 years)</b> ; Terry & Sue Robinson <b>(21/04 – 32 years)</b>		
Club Induction	Tim Coates <b>(23/04 – 13 years)</b>		
<b>Attendance</b>	<b>63%</b>		
Make-Ups	AG Phil Lyon		
Visiting Rotarians	Liz Gill (Walcha)		
Visitors	Simone Church; German Rotary Exchange Team (5) D1890		
Heads & Tails	Nina		
Raffle	Brodie Shields		

## 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