

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, 27 April 2016

Meeting # 1307

Quote of the Week

"There isn't a person anywhere who isn't capable of doing more than he thinks he can"

– Henry Ford –.

From the Desk....

Thank you for putting up with me as your stand in President, it is a pleasure to Chair any meeting with this wonderful Club with its many interesting members, visitors and guest speakers.

By the time you read this our blushing Bride, Dimity will have married her fiancé Robbie Betts, we wish them a long and happy life together and look forward to catching up with them in the future.

Please start to give some thought to the commitment our Club has with the Tamworth Magpies, your assistance on the gate, the canteen or the bar is appreciated, if everyone in the Club helped just three times during the season the pressure would be off for those who seem to help at most home games.

What a great talk we had from Lucy Haslam, assisted by Troy Langman.

The journey Lucy has been on is incredible and one which I think has a little way to go before it starts to level out for her. I congratulate her on the way she has changed the way people, and now the law makers, view the benefits of cannabis and we look forward to those in the community who will soon have access to legally grown cannabis to make their lives a little more bearable.

A quote for us to think about, "Don't assume that those who are running this country know what they are doing", - Lucy Haslam -.

So until next week, when PP Louise Matthews or PP Phil Penman will be Chairing the meeting.

Cheers

PP John Treloar



Lucy Haslam assisted by Troy Langman – bringing us up to date with progress – one step forward, two steps back – three steps forward – one step back – it will happen with continued persistence and support from so many.

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)
- **GUESS WHO IS COMING TO DINNER will be held on Saturday, 28 May 2016 – Please note in your diaries – more information to follow....**
- Our thanks to both Michael O'Connor and Val Hellmann for reminding us, with the Ode and poem, why we celebrate and remember Anzac Day

Terry Robinson spoke briefly last week about how good the Taree Conference was and how important it is to go to these Conferences to learn more about what our District Clubs are achieving plus what Rotary is doing all over the world.... As Editor I have attached this letter from a first time attendee – it gives such an enthusiastic look at what a Conference is all about – hope you enjoy and will consider attending next year's Conference in Laurieton

ROTARY DISTRICT 9650 CONFERENCE-TAREE - 15-17 APRIL 2016

What a hoot!!!! My goodness, such a great event, great venue, fantastic people, fantastic keynote speakers and inspirational. Perhaps you can tell this was my first District Conference. So perhaps we should start from the beginning.

Technically it started on the Thursday for early people to Taree, but it was really Friday where things warmed up and Saturday was the main day. Drinks on the banks of the Manning River, with the Rotary International representative – Patrick D Chisanga and wife Petronella. Patrick is a Zambian international, with 31 years in Rotary, government official, extremely good orator and praised the hospitality that he had received in his short time in Australia. A theme that was to be repeated throughout the weekend! From there to dinner, and a beautiful marquee on the river. If we're a beef and lamb area, they are definitely seafood. Prawns, salmon were plentiful in what was a beautiful and delicious dinner. We also got to see the German GSE team again who were presented with trophies for their visit. Saturday - Big day, big day! A sore bum was gained for sitting on seats for hours but I wouldn't have missed it for the world. Some of the most inspiring people you could ever hope to meet!

After an opening ceremony from the Aboriginal Waang-djarii dance group and "Welcome to Country" by Aboriginal Elder, Russell Saunders, who doubles as a pastor and renowned artist, didgeridoo player and all round special person.....

We were welcomed by the Taree Mayor, Paul Hogan. (No, not that Paul Hogan), who also introduced Rotary International Patrick D Chisonga. What a speaker, what a diplomat, what a beautiful voice!.....

From there the first keynote speaker Daniel Street. A young lad who after travelling and who had been very affected by peoples' hardship, founded a 'food van' for homeless people. Awarded an, Order of Australia, as a teenager, (fast forward), advisor for the Australian Government, World Bank and Gates Foundation. An incredibly dedicated, intelligent, humble human being.

It was then the turn of District Directors to explain their portfolios. Eg. NYSF, MUNA, RYLA) This was both entertaining and informative.

After breaks and music from a talented gang of musicians, the next keynote speaker was from the Australian Children's Music Foundation which provides music in schools for ostensibly troubled kids. What an eye opener, what a passionate lady. She had stories that would make you laugh, and the next minute make you cry and then cry again and again. Some kids don't have a very nice life!

Talks on Rotary Foundation, and Australian Rotary Health followed, again, with inspirational messages. Presentations from Rotary Australia World Community Service, Rotary Rewards Program, Rotary Alumni – then lunch.

The day continued with the German GSE team being presented to the conference officially. (How many times can you sing Waltzing Matilda!)

But then.....The Youth Public Speaking Finals. Four talented young girls from, South West Rocks, Port Macquarie, Quirindi and Armidale. "And the winner is, BREANNA ROBERTSON, from Armidale". Wow!! Armidale, PLC and Armidale North Rotary Club should be very proud. A remarkable young lady!

The next part of the conference was a presentation about Youth Insearch. A program devoted to troubled and disadvantaged youths. It was perhaps the most moved I can remember being for a long, long time. It is perhaps too

hard for me to put into words and convey the anguish, terror, helplessness and sheer unfairness as two beautiful young people told us their stories.

Abuse, neglect, violence, anger suicided thoughts (and that at ten years of age) the sheer hopelessness of their (former) lives. Yet, here they were, talking in front of three hundred people sharing their experiences. Articulate, bright, and for all purposes normal, well-adjusted people. Life certainly 'is not loving' for a lot of kids out there. In fact the young male in his final wrap up said "One day I would like to finish my HSC, become a Policeman, and hopefully get married and have a family that I COULD LOVE, because I've never been loved". (At this stage the tears were freely flowing). Then this lovely young lady who had a similar traumatic story and who has finished and 'aced' high school, as she proudly told us, got very emotional near the end of her talk, and finally got out, "I've got nothing else" and exited the stage. (Tears flowing again). YOUTH INSEARCH – everybody remember the name, a fantastic program, in fact lifesaving and changing.

More presentations and awards. None better than from, Linus Faustin, on behalf of the Rotary Australian Benevolent Society. Linus is from Tanzania, and is a great example of the immigration system gone right. An energetic, well spoken, beautiful human being.

Westpac Helicopter Service presented and Rotary should be proud of their involvement.

Saturday night, pre-dinner drinks and dinner which was on the banks of the beautiful Manning! Great food, great fellowship, and great entertainment. 'The Three Tenors'! Three Australian opera singers pretending to be Italian with limited English. Extremely funny, extremely talented "Magnifico".

Sunday Morning Breakfast. An early start, BBQ style, Aussie breakfast which tickled the fancy of the Rotary International representative Patrick! Don't think he had seen a BBQ before! This was followed by an Ecumenical Service and musical memorial service by the great Dr Jonathon Welch AM and Russel Saunders. The morning rolled into the presentation of major district trophies and a presentation by ROMAC. Laughter Yoga by Jackie Curran was enlightening, and Gerry is thinking to introduce it to our Club!!

Speaking of Gerry, there were Club highlights by four clubs about special projects. Gerry spoke about Project Dignity and ran that into Day for Girls. He mentioned their history and members involved from the outset. It was a very well-spoken speech from an accomplished speaker. Well done!

Keynote speaker, Dr Johnathon Welch AM, spoke about his journey with music and his formation of the 'School of Hard Knocks'. It was both inspirational and confronting, a truly remarkable individual.

NB. Mary de Gabrielle starred in "Singing for Everyone Choir" put together by Jonathon Welch AM.

Patrick D Chisanga closed the conference with a heartfelt speech on Australian hospitality, the importance of Rotary and the remarkable people he has seen and met over the weekend.

District Governor, Maurice Stack, Deidre, and their lovely family were a pleasure to be around. The organising team/committee did a tremendous job. All in all, a fabulous experience. An experience epitomized by the MC Jeremy. A truly gifted individual, who made you laugh, made you feel comfortable, filled in the pauses, was genuine and you felt like he was you best friend.

TO SUM UP. You must go to the next District Conference!! New members and old alike. You really see the benefits of what Rotary does both here and abroad. Most of those organisations are backed by Rotary. There are so many organisations, that do so much good work and you get the chance to experience that. All the hard work we do as Rotarians is on display here!

I've been humbled. **Brett Campbell**

When insults had class

"I am enclosing two tickets to the first night of my new play; bring a friend if you have one" George Bernard Shaw to Winston Churchill

"Cannot possibly attend first night, will attend second... If there is one." Winston Churchill in reply

"I have never killed a man but I have read many obituaries with great pleasure." Clarence Darrow

"I didn't attend the funeral but I sent a nice letter saying I approved of it." Mark Twain

"He has no enemies but is intensely disliked by his friends." Oscar Wilde



Be a gift
to the world

Peter Hyde introduced our Guest Speakers today – Lucy Haslam and Troy Langman

Medicinal Cannabis

Lucy Haslam gave a brief overview of Dan's story – he was diagnosed with Stage IV bowel cancer at the age of 20 in 2013. A devastating blow to Dan and family. He found chemo particularly difficult and had difficulty keeping food down and re-building strength to face the next dose of chemo. He tried a cannabis joint and the relief was so dramatic – no more vomiting after chemo treatment. Medicinal cannabis was again put on the back-burner – it has really been demonised – slow turnover, cannot die from an overdose and has been used medicinally for thousands of years.

Our journey has been based on the science of the drug – initially every health minister in Australia was against the drug with the exception of the Northern Territory health minister who basically said nothing – yet 97% of the public were in support of medical cannabis. The media has been incredibly supportive, hungry for new information, new angles to help take up the fight.

The Premier of NSW sensed that the people were for it so some funding from State government went into the Symposium held here in Tamworth and it was there that we heard of a grandfather who donated \$33.3M towards research to help his granddaughter and family with their fight to legalise medicinal cannabis to bring her much needed relief.

Lucy feels her role is changing to educating doctors and politicians. Since 1964 research is showing that medicinal cannabis can be used for epilepsy, pain relief with chemo, now looking at stroke, diabetes and other areas where it is felt that cannabis can help. There is no other plant that can do so much to help humans. It has a high source of protein but is illegal in Australia and New Zealand – sounds crazy really.

Lucy's journey has taken her to State and Federal politics and to a Senate Committee hearing. A coalition bill was passed on 24 February last – now legal to grow in Australia – however regulations are not up to date and these should be ready by November this year. In cultivating medicinal cannabis, we have discovered that vaporisers are the best form of treatment and now creating a cream which is proving effective for pain relief as well.

A second Symposium will be held in Sydney this time – expect 800 plus people to attend and will be on the weekend of 14 / 15 May at Rosehill Gardens. Cost is \$15.00 for the two days – please consider travelling to Sydney for this.

A property has been purchased close to Tamworth and an application for a licence to grow medicinal cannabis has been made – called “DanEden” and currently in a secret location. We have led by “pushing and pushing” We receive hundreds of calls every week seeking help, advice, anything to relieve the pain and utter discomfort from chemo. We will continue to push and push our politicians and closed with the remark “Don't assume that those who are running this country know what they are doing.”

Q Cannabis – does it not need a humid atmosphere to grow?

A No – some types do, majority of types prefer a dry climate

Q. Is our current State Health Minister on side?

A No! However the premier keeps her away from me!

Peter Bell thanked our guest speakers – they have been on quite a journey and have lots of support from the public for the work they are doing and wished them ever success for the fight ahead.

Group Study Exchange Team from German District 1890 making their presentation to us



Carsten Sievers, Nina Siebert, Levke Nissen, Fernando Kabisch, Heinz-Horst Meyer – German D1890 Exchange Team
With Maureen Thornton in foreground



Kate Penman – D9650 Team member with Levke Nissen



Peter Ryan with Fernando Kabisch



James Treloar, Carsten Sievers and his host, John Fogarty



Nina Siebert with host – Angie Pearson



President Graeme Kruger with German Team Leader Heinz-Horst Meyer

APRIL is Maternal and Child Health Month

By Past District Governor Dr. Himansu Basu, Rotary Foundation Cadre Technical Coordinator in Maternal and Child Health

Three mothers and twenty babies die every five minutes; the majority of these deaths occur in Africa and the Indian subcontinent. I was always aware of the huge global burden of maternal and new born deaths, many of which are preventable.

When my Rotary district was chosen to be a part of the Future Vision Pilot in 2010, we saw an opportunity to support a project focused on maternal and child health. I realized that to make a meaningful and sustainable impact, the program would have to be strategic with measurable impact and evidence-based components. It became clear that such an innovative program would need to be tested as a pilot with close monitoring and evaluation.

Collaboration

Many of my friends and supporters in global professional organisations, governments, NGOs and of course Rotary at all levels helped develop the initial program. Through these collaborations, the Calmed (Collaborative Action in Lowering of Maternity Encountered Deaths) program was conceived.

It became obvious that although maternal and child health was a designated area of focus for Rotary International, the problems were not very visible to many Rotarians and non- Rotarians. Many didn't know about the high life time risk of woman dying at childbirth: 1 in 40 in Nigeria, 1 in 250 in India and 1 in 5900 in the United Kingdom. Even though these deaths were largely avoidable, they continued to occur in areas with limited resources.

Leveraging the Rotary Network



As part of the pilot, we also identified a need to mobilize and strengthen resources available within Rotary, including professionals (doctors, nurses, midwives, hospital workers and volunteers) who would support effective maternal and child mortality reduction programs.

As chairman of [International Fellowship of Rotarian Doctors](#), it was natural for me to promote the Calmed program to a global audience through Rotary International conventions, regional and district conferences, international institutes and other meetings. I accepted the Medical Directorship role with the

[Rotarian Action Group for Population and Development](#), a RI group of technical experts who advise on Rotarian-led maternal and child health programs.

As a [Rotary Foundation Cadre Technical Coordinator in Maternal and Child Health](#), I remain engaged and connected with Rotarians seeking assistance with programs and projects related to reproductive, sexual health and family planning.

What is the Calmed program?

The Calmed program utilizes the [train the trainer model](#) to build medical expertise in emergency obstetric and new born care. The program also raises awareness of pregnancy and child birth related issues in rural villages with limited access to larger health care facilities.

The third component of the program analyses all maternal deaths to identify avoidable causes and makes recommendations for corrective action ([Maternal Death Surveillance Response- MDSR](#)). As the state of the art program evolves, we continue to add new elements and technologies such as Kangaroo Mother Care (KMC), anti-shock garments (NASG), Golden Hour concept, etc. to address identified needs.



Calmed Vocational Training Teams:

There are three Rotary Global Grant funded Calmed programs that are currently taking place in:

- **Sikkim, India** | *Target population 0.7 million* – introduced in 2013, with repeat visits in 2014 and 2016.
- **Bhuj, Gujarat, India** | *Target population 2.5 million* – introduced in 2014 with a second visit in 2016.
- **Madhya Pradesh, India** | *Target population 3.5 million* – preparatory work is in place and the visit is planned for October, 2016.

So far, these teams have trained 39 approved Master Trainers (goal is 100). These Master Trainers have trained 264 doctors and nurses (goal is 500) in emergency obstetric and new born care, as well as 95 ASHA trainers.

Impact of Calmed Vocational Training Teams:

The primary aim of the program is to enhance trained workforce in the emergency care of pregnant women and babies and to improve participation of village women groups in raising awareness for health care issues during pregnancy and childbirth. Doctors and nurses in target areas have reported increased confidence in tackling emergencies since the inception of Calmed. A three year follow up from Sikkim shows progressive reduction of maternal deaths to a quarter of yearly deaths in the population since Calmed was introduced 3 years ago.

What can you do?

- Invest in women and children's health as it is vital for sustainable economic and social development.*
- Unleash the power of vocational expertise of Rotarians and professionals, the Calmed VTT program is a template for action.
- Share Calmed's success stories and consider introducing the program in areas with high rates of maternal and child mortality.

Maternal and Child Health

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

Our members improve 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. Our members provide education, immunizations, 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.

FOR WINE LOVERS – HOW COULD YOU RESIST.....

Dear alcohol,

We had a deal that you would make me prettier, funnier and a better dancer.

I saw the video, we need to talk.



There should be this little Champagne truck that drives around the neighborhood in the evening playing French music. And we would hear it and run out with our money and stand on the pavement waiting for it. Like an ice cream truck, you know, but with Champagne.

Meeting Roster	Wednesday, 27 April	Wednesday, 4 May	
Venue	Diggers – 6:30am	Diggers – 6:30am	
Topic	George Mills - RAMS	Fiona Simson - NRMA	
Door Team	Laurence Hearne Tom Hellmann	Brian Logan Deb Barnes	
Meeter & Greeter	Barry Biffin	Chris Watson	
Welcome	Julian Smith	John Worldon	
President Assist	Richard Walker	James Treloar	
Visitor Assist	Graham Dooley	Richard Hardwick	
Corporal Assist	Dennis Maunder	Maureen Thornton	
Introduction	Terry Robinson	Dianne Ford	
Vote of Thanks	Peter Ryan	David Hinwood	
Post Office Raffle Roster			
29 April	6 May	13 May	20 May
Graham Dooley Lesley Hood	Lesley Hood Brett White	Brett White Brian Logan	Brian Logan Bruce Hemmett
27 May	3 June	10 June	17 June
Bruce Hemmett DJ Jones	DJ Jones Jane Bradford	Jane Bradford Phil Heffernan	Phil Heffernan Peter Pulley
Corporals for April		Corporals for May	
John Glynn & Deb Barnes		Brian Thompson & Joe Townsend	
Birthdays, Anniversaries and Inductions			
Members Birthdays	Phil Penman (28/04)		
Partners Birthdays	Nil		
Anniversaries	Paul & Susie Stevenson (29/04 – 37 years)		
Club Induction	Nil		
Attendance	70%		
Make-Ups	AG Phil Lyon		
Visiting Rotarians	Liz Gill (Walcha)		
Visitors	Lucy Haslam, Troy Langman, Michelle Shanahan, Ross Bingham		
Heads & Tails	Skinner		
Raffle	Steve Hawkins		

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