

From the desk



Rotary  Club of Tamworth
First Light **Bulletin**



DATES TO REMEMBER **IN YOUR DIARIES**



2016

May 2016 - Bowelscan Month

Wednesday, 18 May - Careers Expo at TRECC

Sunday, 22 May – District Assembly – Port Macquarie

Monday, 30 May – Manilla Changeover

Saturday, 4 June – Tamworth Sunrise Changeover

Saturday, 18 June First Light Changeover – Wests Diggers

Monday, 20 June – Quirindi Changeover

Thursday, 23 June – D9650 eClub Changeover

Saturday, 25 June - District Changeover – Taree

Tuesday, 28 June – Tamworth Changeover

Wednesday, 29 June – Calala Changeover

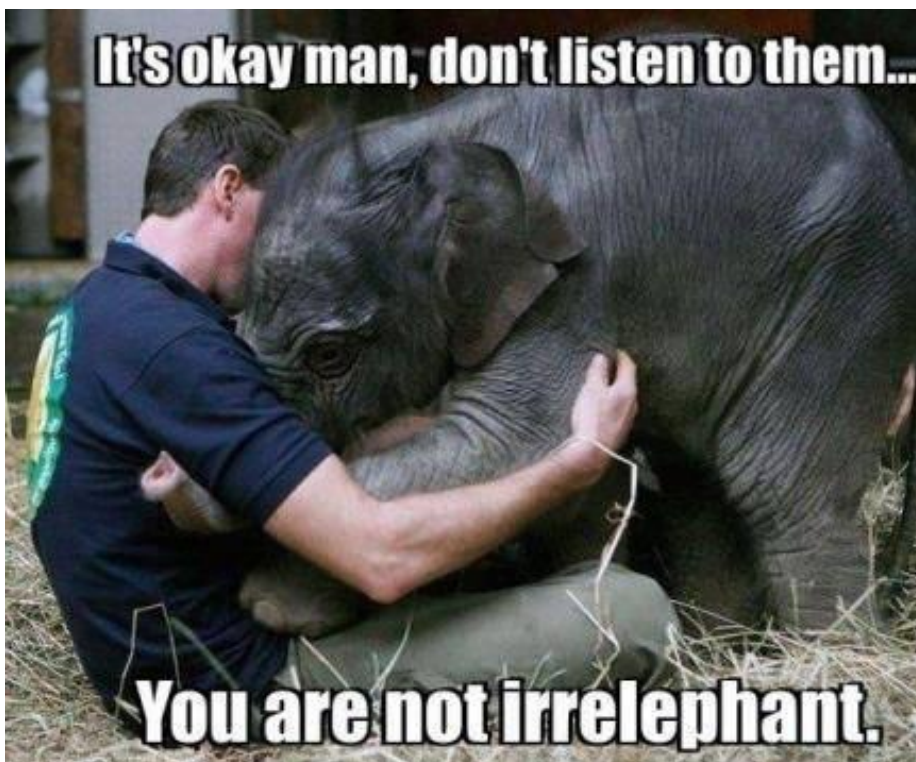
Sunday, 7 August – Friday, 12 August 2016 – 26th Gold Coast Golf Classic – book early to avoid disappointment – bookings already coming in.... Please send your details and deposit of \$750.00 to Gold Coast Golf Classic, Rotary Club of Tamworth First Light, C/- John Treloar, PO Box 533, TAMWORTH NSW 2340

Any queries please contact one of the following

John Treloar – 0518 659 052

Maureen Thornton – 0428 977 300

Dennis Maunder – 0428 456 017



Wednesday, 18 May 2016

Meeting # 1310

Quote of the Week:

“Youth is the gift of nature, but age is a work of art.”

Stanislaw Jerzy Lec

From the Desk....

Hearing the stories and experiences shared by a few of the 2016 RYLA attendees at our weekly meeting, is exactly why it's worth being a member of Rotary and our wonderful Club. I am also proud of our Club's involvement in this fantastic program especially the input of club members Louise Matthews, Christine Shewry and Dwone Jones (DJ).

I was also informed that the RYLA participants for 2016 of their own accord, have decided to collectively sponsor someone to attend the program in 2017. They said it was just one small way to say thank you and help make a difference to someone's life. It was also great to have family members and employees attend the meeting in support of the RYLA attendees. Our club sponsored Megan Apthorpe and Kate Alcock attended the program.

We also wish Katie Penman all the best as she prepares to leave for Germany on the Group Study Exchange (GSE) program this week.

There are just a few spots available on the upcoming golf trip – please see John Treloar and members of the golf committee if you are keen or know someone who might be interested.

Food for thought: We live in a wonderful democracy that allows freedom of speech and association, which through the diversity of opinion and bias can oft result in mixed and contrary outcomes to our own personal preferences. The best response that we can have as Rotarian is to apply the 4-way-test to all things. We also need to be mature enough to allow debate and respect opinions that are different to our own without having to feel vulnerable about holding on to our own principles and beliefs. Rotary is a non-political and secular organisation but it is made up of members who have diverse beliefs and political views at all levels of the organisation. We have an opportunity to show the world that it is possible to live and work in harmony despite our differences.

Yours in Rotary

GRAEME KRUGER



Be a gift
to the world

NOTES....

- **GUESS WHO IS COMING TO DINNER** will be held on **Saturday, 28 May 2016** – Please note in your diaries – sheet coming round – please put your names down whether you can host or be a guest – **GREAT FUN EVENING** – well worth doing.....

“LITTLE CLUB - GIANT DONATION”

By Tony Thomas, RC Central Melbourne-Sunrise

Inner-Melbourne’s Brunswick Rotary Club has only got about **eight active members** – but they’re masters at fund-raising. On March 16 they **handed over a cheque for \$60,000 to the Ballarat Specialist School.**

Its principal, Kim Yearwood, said she was ‘blown away’ by the big donation from a city club. “It will pay for fitting out our art room and trade and motor centres at our 9ha farm campus. We run 80 chickens, four pigs, sheep, alpacas, calves and a market garden there, plus a bakery and café for job training.” Many students don’t star in normal classroom work but are great at practical work and job learning, she says.

Brunswick RC President Andrew Horgan explains: “We raised \$45,000 and took \$15,000 from club reserves. We raffled ten bottles of Grange Hermitage, each from a consecutive vintage. We had 200 tickets at \$200 a ticket, and we sold 186 of them. We purchased the Grange from Treasury Wines, they were very helpful with insurance and even transported the wine to the winner. “That raffle was the main thing, we did some minor raffles too and we took 90 people by two buses for lunch at the Ballarat School last week and charged them \$40 each, so that was another fund-raiser.

“Our project leader Greg Sewell is our champion for fund-raising. He’s got a great network, he was a president of the Essendon Football Club in the 1980s and he ran an engineering forging business until retirement. “He’s had a long association with Brunswick Industries which is a commercial business that employs scores of people with a range of disabilities. Our club’s backed them since the 1970s and through them we got to know about the Ballarat Special School.”

Horgan has his own network as he is manager, industry engagement for a State funded not-for-profit group Inner Northern Local Learning and Employment Network Group. It mobilizes wide community support to help at-risk youngsters find vocational training.

Brunswick RC is 64 years old and has a philosophy of going for big-lick fundraisings and donations about each 3-4 years. It raised enough some years ago to help establish Brunswick Industries, and raised \$28,000 in partnership with Jeff Kennett’s Beyond Blue group to support local organization in the fight against depression. Another recipient was the Bone Marrow Foundation which helped established the Bone Marrow Donor Registry.

Andrew says Brunswick is being transformed with an influx of young families into old streets, but they are difficult to recruit into a service club. Currently the club hopes to influence some Rotary Youth Leadership Award (RYLA) youngsters into becoming members.

MAY IS YOUTH SERVICE MONTH

What could be more significant for May than the following speakers....

Thank you Christine Shewry for the notes - it was such a pleasure to just sit and listen to the speakers... Editor

Rotary Youth Leadership Award (RYLA) - a jewel in Rotary International's Crown

Bradley Wade – Tamworth Regional Council

Thank you for the opportunity to participate. My personal favourite day – Monday started with DJ and his inspirational speech, then went on to discuss perceptions and where we want to be in the future. I see myself as a shy quiet person but want to be a person who can stand up in front of people and talk like I am today. RYLA has given me the confidence to do that. I have come back and thought how can I add value to the community. I have come back wanting to help the community even if it is just donating blood which can help up to three people in the community. The afternoon was group activities like the flying fox and obstacle course. Everyone encouraged each other to get through it and we did.

What I took home from RLYA was confidence. Confidence to do public speaking, confidence to go back to my workplace and prove I am a leader and confidence in my sport of boxing. I now have self-belief more than ever before. **Thank you**

Harry Gulliford - Inland Technology

I was very apprehensive to begin with having no technology for a week - no mobile phone! I have never been out of my comfort zone before but definitely have more self-belief now. I always thought not being perfect, making mistakes, not having people agree with me and not being completely accepted were signs of failure. I now realise that while not great experiences - it all goes towards growing up and realising that these give you new ways to learn and grow. People are stronger than you think, more tolerant and capable of more discomfort than you realise. **Thank you to Peter Ryan and Rotary for sending me to RYLA.**

Ellie Field – Challenge

I hate public speaking but thank you Barry Murphy for letting me attend. Would still be stuck in my little bubble if I hadn't of attended. I was extremely negative. The first day was not a good day for me. I was completely out of my comfort zone. One of my pet hates is meeting new people and I had 42 new people to deal with. I wanted to get in my car and get back to where my life made sense.

The guest speakers were so inspiring and I learnt a lot - before RYLA I would have preferred to jump out of a plane than do public speaking.

Tuesday evening activity was talking activities. I wanted to crawl under my bed. The topic was what would you be if you were an animal and I just froze. With some encouragement I got on stage with the microphone in my hand and before I realised it I had burst into tears. Long story short by the end of the night I told myself to harden up and with the help of a few other Rylarians who got up there with me I got up on stage and spoke. I was on top of the world. I had conquered my fear.

Who would have thought one week could change your life? Since RYLA I now have a wedding to plan and am the happiest I've ever been. Thank you.

Ashleigh Lloyd - Joblink Plus

I thought it would be really exciting to go to RYLA. I had an awesome time on the flying fox, bungee and abseiling and conquered my fear of heights. Both abseiling and bungee jumping were terrifying experiences **but I did it.....YAY!!!!**

Since being back at work I now have the confidence to Chair meetings as well as discussing topics during meetings. I now have the confidence to do anything I set my mind too. I would also like to be a leader next year.

I met a Jess at RYLA and I have a sister Jess so I told her I would never forget her and I met a Natalie at RYLA and I work with a Natalie so will never forget her either. Thank you.

Emily Falvey - Tamworth Regional Council

Like Bradley I am nervous. I would like to thank Jamie Hunt for starting the fire, Daniel Coe for adding fuel to it and I would also like to thank Paul Bennett for supporting and saying we can have a fire. When I went to RYLA I had a pretty good idea of what I wanted to get out of the course. Or at least I thought I did. I wanted to be a better leader, take charge of situations and climb the corporate ladder but I had no idea what RYLA was all about.

I started off pretty confident with my leadership abilities but by day two things had started to change. It started with a quote "You can't lead others until you can lead yourself and you can't lead yourself until you know where you are going".

I had to ask myself some tough questions about what I wanted out of life, what my core values and principles are and how do I see myself. All of a sudden it became about me and not the people I was leading. I was given tools to evaluate myself and my current perceived personal identity. The group activities we did showed us all our inner strength and taught us all - if you put your mind to something you can and will accomplish it.

One of the challenges that stood out for me was the abseiling. I realised looking around I wasn't alone and more importantly for some of the other Rylarians it was a bigger thing to overcome than what mine was. So instead of being scared I decided to show them it was something they could do easy by keeping my cool and jumping off. I was up the top with another girl and she was terrified. White knuckles looking down she thought death had crept up on her. So I told her it was easy. I'll do it first then you can come down after me. Internally I was shaking but with a smile I said it was all good. So I went first and was called a natural and someone jokingly remarked if I had any more confidence I'd have an ego problem.

But honestly I did it for her and I got so much more out of it when she finished than when I did it. What I got out of that is doing things alone and trusting yourself is one thing but helping others and realising the times that you need to be strong for them is something else entirely. There are two things I want to leave you with - One will have to wait for later but the other one is 'Alas for those who never sing but die with all their music in them'. Before RYLA I was determined to let my music die within me whether that was literally music or other aspects of myself that I have to give to the community because I was too afraid of people looking at me and seeing what I saw but I'm working to change that. -Thank you for this opportunity.

After the RYLarians completed speaking Emily sang a song (no music) close to her heart - it was the song she sang at her Nan's funeral.

Megan Apthorpe – Sponsored by Rotary Club of Tamworth First Light

RYLA where do I start? When I was first asked to attend RYLA I wasn't sure if it was my type of thing. It was out of my comfort zone. RYLA has been the most life changing experience. Between motivational talks, emotional stories, team work activities and being woken by bagpipes. It's very hard to put into words **my RYLA experience** but my family has now become much larger. The support from each of our RYLA family has been overwhelming. RYLA has taught me to believe in myself that I can achieve anything I put my mind too. If everyone in the world got the opportunity to attend RYLA the world would be a better place. RYLA gave me the chance to face my fears – whether it be public speaking or abseiling I conquered them head on with the support of my RYLA family.

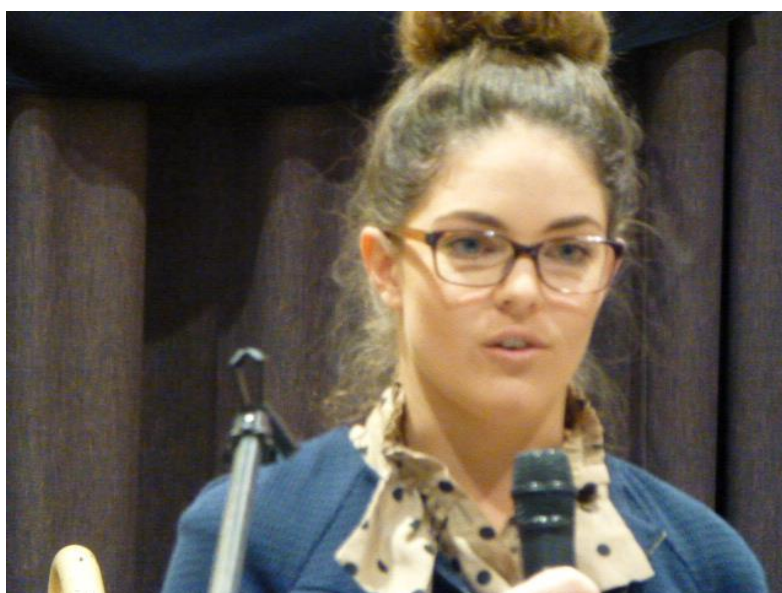
Being able to open up and listen to other people's stories has taught me to never judge anyone, you don't know their story. It has also taught me to set goals and achieve them, not just dream them. I'm grateful that RYLA has taught me to work with a team and support others around me and I hope I can use these skills in the work place to encourage colleagues and friends they also can achieve anything. I personally think there should be more support from workplaces to encourage their employees to attend a great opportunity like this. I believe it would help minimise bullying and judging others in society. It gives you an understanding of what life is really about.

I am so grateful to each and every one of you for helping make this life changing opportunity possible. Words cannot thank you enough for sponsoring me. A saying from RYLA I love is "We are not human beings having a spiritual experience we are spiritual beings having a human experience."

Louise Matthews introduced RYLA to us and noted an apology for Kate Alcock (Val and Tom Hellmann's granddaughter) who was called into work at 7:00am this morning so unable to attend today)

John Treloar thanked the RYLarians and Louise Matthews. It was a fantastic presentation. He also thanked the employers for supported this amazing program.

Collage of photos of our 2016 RYLarians







“DID YOU KNOW?”

Statistics from RI Resource Extra, MARCH 2016 VOL 10 No 9

Analysis of club sizes in Zones 7A (Philippines), 7B (New Zealand) and 8 (Australia),

- The average number of clubs in a District in New Zealand is 44 compared to 86 in Philippines, with Australia having 54 on average
- There are 99 very small clubs of 10 or less members in Australia (average 4.7 per district), 18 in NZ (3/district) and 37 in Philippines or 3.7 per district
- There are 4 clubs over 100 members in Australia, 2 in New Zealand and 5 in Philippines
- The largest club in our zones is Melbourne as the only club with more than 200 members
- The average club size for New Zealand is 32.2 members; Philippines is 28.2 members and Australia is 26.6.

PURPLE HATS

IF I HAD MY LIFE TO LIVE OVER -

by Belinda Emmet

(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.



Meeting Roster	Wednesday, 18 May	Wednesday, 25 May	
Venue	TRECC - 6:30AM	Diggers - 6:30am	
Topic	Bob Kirchner - Toastmasters	Sophie O'Neill - Lymphatic Massage	
Door Team	Jane Bradford Peter Bell	Ron Allan Phil Penman	
Meeter & Greeter	John Toulmin	John Fogarty	
Welcome	Jim Raymond	Anne Jacob	
President Assist	Simone Church	Barry Biffin	
Visitor Assist	Steve Hawkins	Peter Pulley	
Corporal Assist	Steve Massey	Graham Dooley	
Bulletin Notes	Bruce Hemmett	Dave Baddams	
Introduction	Brian Thompson	Tim Coates	
Vote of Thanks	Peter Hyde	Michael O'Connor	
Post Office Raffle Roster			
20 May	27 May	3 June	10 June
Brian Logan Bruce Hemmett	Bruce Hemmett		Phil Heffernan
17 June	24 June	1 July	8 July
Phil Heffernan Peter Pulley	Peter Pulley		
Corporals for May		Corporals for June	
Brian Thompson & Joe Townsend		Phil Heffernan & Michael O'Connor	
Birthdays, Anniversaries and Inductions			
Members Birthdays	Laurence Hearne (18.05); John Toulmin & Tim Coates (23.05)		
Partners Birthdays	Julie Hemmett (22.05)		
Anniversaries	Anne & Les Jacob (19/05 - 43 years); Tom & Val Hellmann (22.05 - 48 years)		
Club Induction	Barry Biffin (21/05 - 19 years); David Rogerson (23/05 - 4 years)		
Attendance			
Attendance	69%		
Make-Ups	AG Phil Lyon		
Visiting Rotarians	Sam Peacocke		
Visitors	Far too many to mention - lovely to see support for RYLA by employers		
Heads & Tails	Richard Hardwick		
Raffle	Julian Smith		

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