



**Rotary**

**CLUB OF TAMWORTH FIRST LIGHT  
BULLETIN**

**2016-2017**

**District Governor: Ian Jackson**

**President: Terry Robinson** 0427 661 066

**Secretary: Helen Tickle** 0417 684 583

**Treasurer: PDG Jane Bradford** 0429 666 100

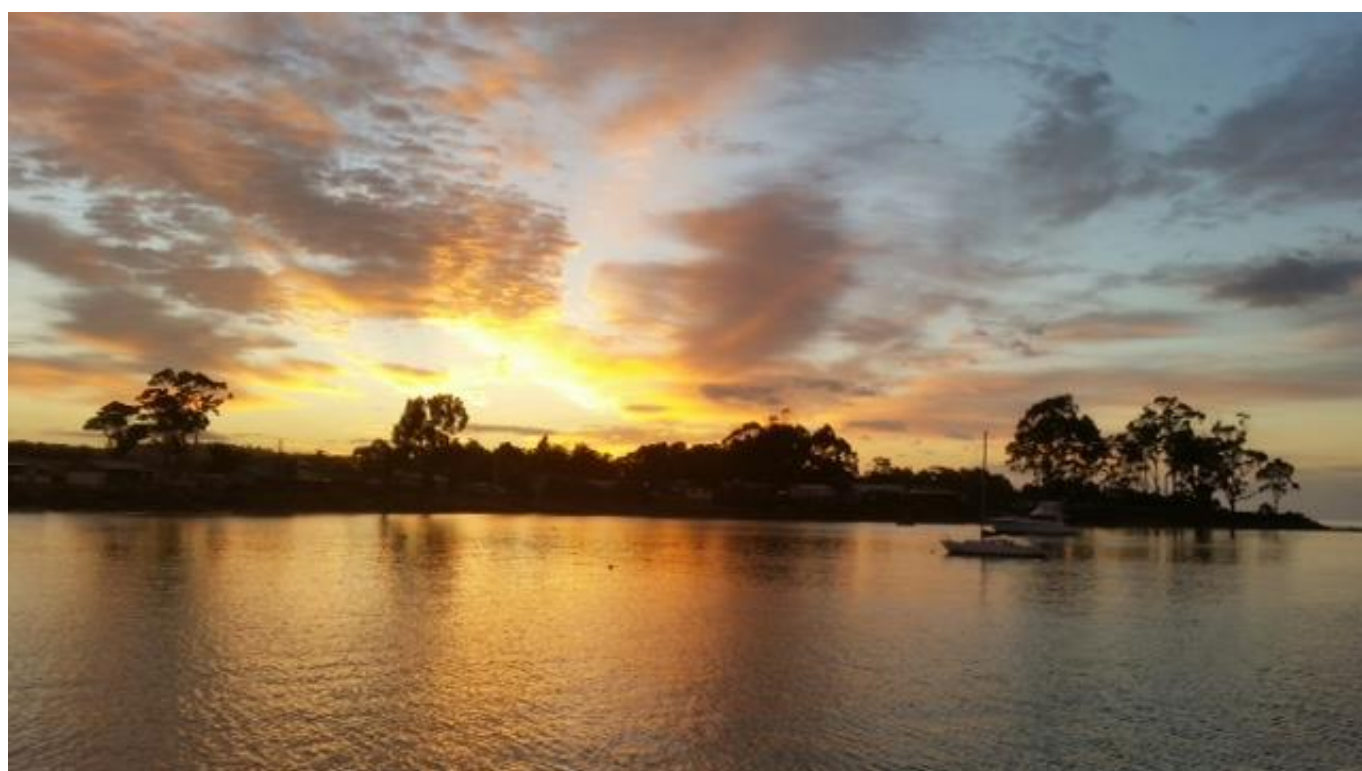


Photo courtesy of: Helen Tickle, first light at Southport Tasmania!

To submit your favourite 'first light' photo, please send to [dimity.betts@nswcc.org.au](mailto:dimity.betts@nswcc.org.au)



## NOTES & DIARY DATES 2016



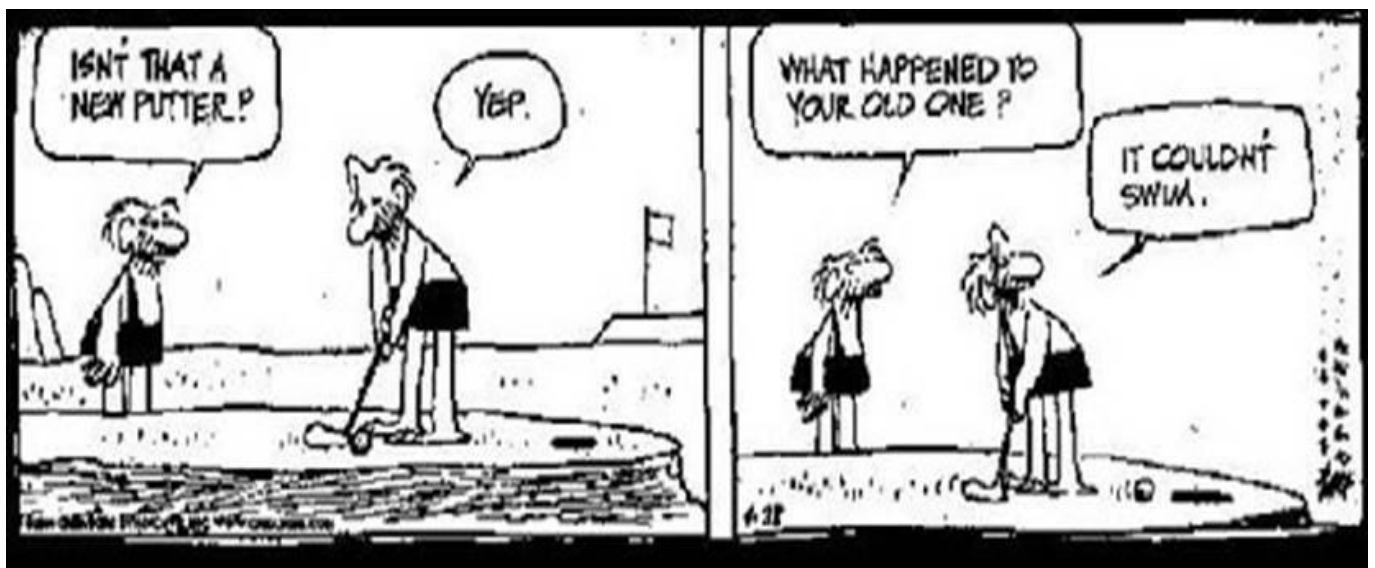
**Paul Harris Fellow-** congratulations to Andrew Cootes who was awarded a Paul Harris Fellow for his ongoing support of our raffles. Andrew has always gone above and beyond to make us welcome at his hotel and offered us much support.

**The Post Office raffles-**a list has gone around to nominate if you'd like to be on the roster. This will be used to do the roster in the bulletin. Thank you.

**Photography exhibition-** brought to you by Tamworth Camera Club. It will open on Friday 22<sup>nd</sup> to Saturday 30<sup>th</sup> July at Inspirations Gift & Patchwork Gallery. Opening night 6:30pm \$20 entry includes wine, soft drink and finger food. All proceeds to Blue Angel Foundation.

**Rugby-** last home game 30<sup>th</sup> July. Roster went around on Wednesday, or contact Jim if you are available. the people who run the bar for Pirates home games have offered to do the same for Magpies home games including the ordering, changing kegs etc. Magpies are keen to accept this offer. Jim Raymond has asked 'Do you wish to continue our Club's involvement with the Magpies Rugby Club, in particular our running of the gate and canteen for Magpies home games? Our fee would be \$300/home game'.

**Graeme Kruger** has handed in his resignation and will be moving to Leeton to be with his wife. His last meeting will be 20<sup>th</sup> July. A farewell is being held Saturday 23<sup>rd</sup> from 6:30pm at The Post Office Hotel.



Wednesday, 20<sup>th</sup> July 2016

## Meeting # 1319

**Quote of the week:** To acknowledge Graeme Kruger's move and our guest speaker's theme of Men's Health "Life is like riding a bicycle. To keep your balance you need to keep moving." – Albert Einstein

### ROBBOS RAMBLINGS (Dave's Ditties)

It was a pleasure to take the chair for Terry who is on a junket Law Conference in Fiji.

A big welcome to our guests, Shane, Andrew and Natalie who visited our club for the first time this morning, we hope that you enjoyed your fellowship.

Andrew Coutts received a Paul Harris Fellowship award from PP Graeme Kruger to recognise his efforts over the past 4 years of supporting our weekly "pub raffles". Congratulations Andrew.

In the 4 years that Graeme Kruger has been a member of our club he has made his mark in many ways and we wish him well on his next venture as CEO of the Ricegrowers' Association of Australia based in Leeton. Terry & Brett will have more on our farewell next week at our meeting.

Jim Raymond has announced that we need to voice our thoughts on the fundraising that we do each rugby season for the Tamworth Rugby Club. If we continue we will provide gate keeping, canteen and barbeque manpower over the 2017 season. More information will be in an email in the near future.

Peter Annis-Brown gave us a stirring talk and food for thought on Men's Health. He has introduced an App that will assist in keeping track of the things that we should be doing.

I enjoyed my time at the top table and again thank you.

Enjoy your time.

David.



## GUEST SPEAKER

### Peter Annis-Brown-Men's Health

**Introduction-** John Worldon

**Thanks-** Andrew Beer

**Notes-** Dimity Betts

Peter ran NIAS in Tamworth for 15 years before joining Rural Fit.

He lost both his parents 15 years ago from lifestyle factors and ever since has had an idea brewing that makes people take an accountable and pro-active approach for their health. Earlier this year he lost a mate to suicide and he decided to take action on his idea, which was launched in men's Health week this year.

'The Healthy Mate' is a platform to keep men honest and outcome driven with the health and wellbeing.

A series of apps have been developed including:

- Prompt Mate that alerts men to have the annual 'grease and oil' health check-up,
- Have a go Mate which helps men to keep active and moving, and
- Nudge mate which acts as an activity tracker that links to over 100 wearables including Fitbit and Garmin.

It is known that 66% of men are overweight or obese and 1/3 of men aged 15-75 do little or no exercise, plus men's suicide is at its highest since 1997.

The take away message is 'do what you can do not what you can't do', any increase is good.

Q-What does a lifestyle checkup entail?

A- It is dependent on age. The app works by plugging in all your details, dates of appointments etc and it will prompt you as a reminder.

Q- What role does stress play in these apps?

A- It's about being aware of stress triggers, and knowing the role that exercise plays as part of health and wellbeing.

## Good feedback! RYAG Equine.

Good Morning Barry, I write to thank you and your team for the recent RYAG Equine event you hosted.

John Ingram who drove our two girls up to the event was singing your praise for the way the event was run and for the welcoming and general acceptance of your team.

When mentioning Rotary at his motel they immediately upgraded him.

So please pass on to all our thanks for hosting and organising this event.

Great Job

Regards

Will

Youth Director

Wauchope Rotary Club

## MEET YOUR NEW BOARD AND COMMITTEE CHAIRS

### Board:

**President** Terry Robinson

**PE** Michael Smith

**Secretary** Helen Tickle

**Treasurer** Jane Bradford

**Club Admin** Peter Ryan

**Service** Brett White

**Foundation** Steve Massey

**Public Relations**

**Membership** Brodie Shields

### Committee Chairs:

**Sergeant** Lesley Hood

**Bulletin** Dimity Betts

**Programs** John Fogarty

**Welfare** Paul Stevenson

**Youth** Andrew Beer

**Community Service** Jim Raymond

**Web & IT** Bruce Hemmett

**Catering** Brian Logan

**RYLA** Louise Matthews

**RYAG Equine** Barry Biffin

**Vocational** Marina Lawrence

**Science & Engineering** Steve Hawkins

**PNG Project/International** Di Ford

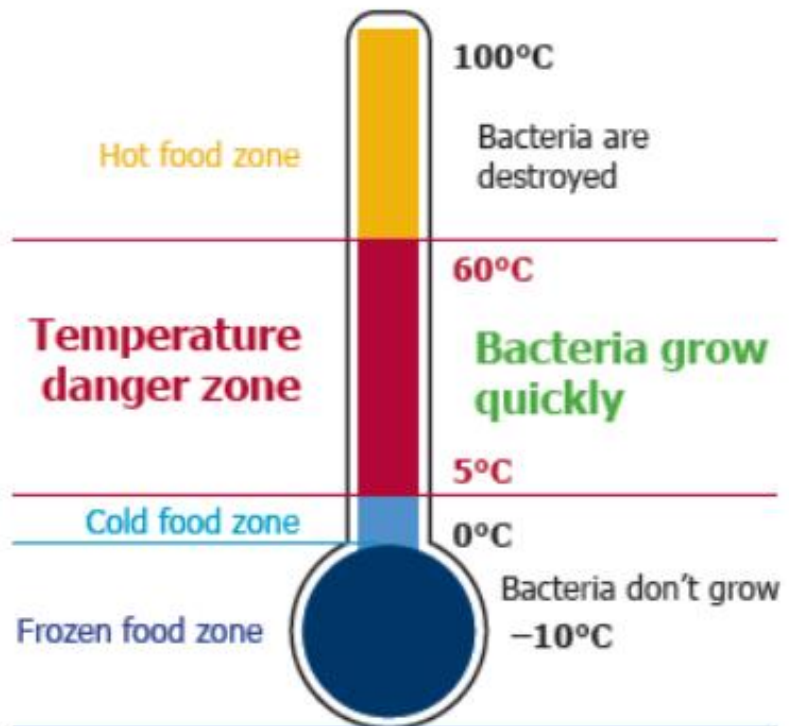
**Careers Expo** David Hinwood/Helen Tickle

**Minister for Woman's Affairs** Brett White

# Temperature danger zone



- The temperature danger zone is between 5°C and 60°C, when it is easiest for harmful bacteria to grow in food
- Minimise the time that food spends at these temperatures in order to keep food safe
- Refrigerated food needs to be kept at 5°C or below
- Hot food needs to be kept at 60°C or above



## 4-hour/2-hour rule

If a refrigerated food (eg dairy, cut fruit, sandwiches, salad) or a hot food (eg casserole, pie, lasagne, meatballs) has been in the temperature danger zone for a total time of:

### 0 to 2 hours

Use immediately, or keep at or below 5°C, or at or above 60°C

### 2 to 4 hours

Use immediately

### More than 4 hours

Throw away

If you intend to use the 4-hour/2-hour rule you will need to demonstrate that the food is safe. See the guideline on the 4-hour/2-hour rule on the Authority's website.

Meeting Roster	Wednesday 20 <sup>th</sup> July	Wednesday 27 <sup>th</sup> July	
Venue	Diggers 6:30am	Diggers 6:30am	
Topic	Kristy Reading-Post GSE	Deb Barnes-personal profile	
Door Team	Maureen Thornton Jim Raymond	Phil Lyon John Fogarty	
Meeter & Greeter	Peter Bell	Phil Penman	
Welcome	John Toulmin	John Treloar	
President Assist	Ron Allen	Anne Jacob	
Visitor Assist	David Baddams	Simone Church	
Corporal Assist	Barry Biffin	Michael O'Connor	
Bulletin Notes	Tim Coates	Stephen Hawkins	
Introduction	Louise Matthews	Laurence Hearne	
Vote of Thanks	Graham Dooley	Stephen Massey	
Post Office Raffle Roster			
22 July	29 July	5 August	12 August
Brian Logan Michael O'Connor	Michael O'Connor Liz Gill	Marina Lawrence Dimity Betts	Dimity Betts Marina Lawrence
19 August	26 August	2 September	9 September
Dwone Jones David Baddams	David Baddams Barry Biffin	Barry Biffin Jane Bradford	Jane Bradford Simone Church
Corporals for July		Corporals for August	
Brian Logan & David Hinwood		Deb Barnes & Max Cathcart	
Birthdays, Anniversaries and Inductions			
Members Birthdays	NIL		
Partners Birthdays	Phillip (partner of Lesley Hood)-22/7, Jo (partner of Dave Baddams)-26/7		
Anniversaries	Stephen and Sarah Massey (32 years)-21/7		
Club Induction	Grahame Dooley- 24/7 (20 years), Tom Hellmann- 24/7 (3 years)		
Attendance	68%		
Make-Ups	NIL		
Visiting Rotarians	NIL		
Visitors	Shane Moran, Natalie Conn, Andrew Coote, Peter Annis-Brown		
Heads & Tails	John Fogarty		
Raffle	Jim Raymond		

## 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  
 Wests Diggers  
 Kable Avenue  
 TAMWORTH NSW 2340  
 Phone: 6766 4661

Club Officers and contact details

**President—Terry Robinson**  
 president@tamworthfirstlight.org.au  
**Secretary—Helen Tickle**  
 secretary@tamworthfirstlight.org.au

### Other Clubs meet:

<b>Monday</b>	Tamworth West, West Tamworth Bowling Club, 6:30pm
<b>Tuesday</b>	Tamworth Rotary Club, Service Club, 6:15pm
<b>Wednesday</b>	Tamworth on Peel – (Calala Rotary), Calala Inn, 6:30pm
<b>Friday</b>	Tamworth Sunrise, Sanctuary Inn, 7:00am