



# 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

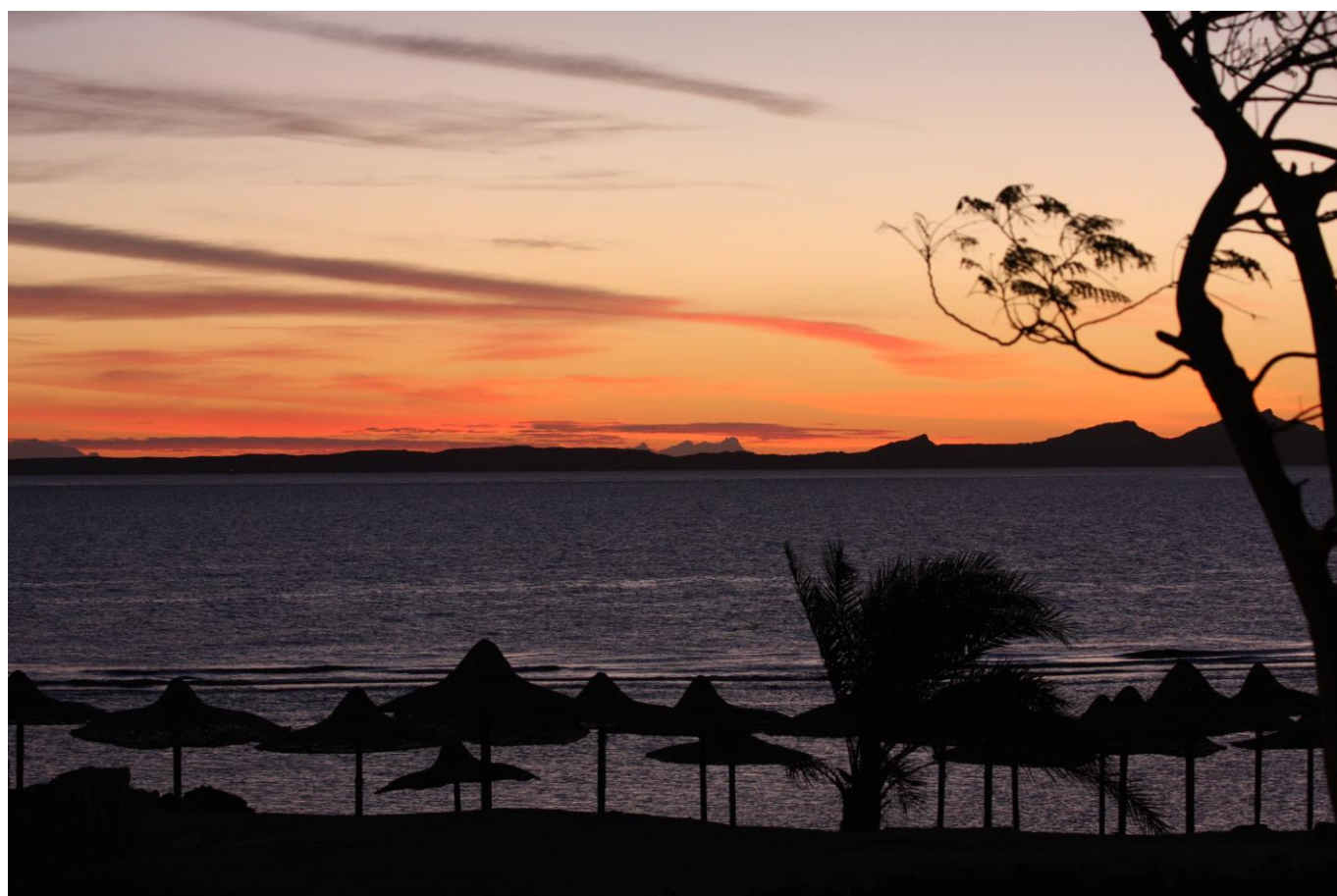


Photo courtesy of: David Hinwood (Sharm El-Sheikh over the Red Sea at a stopover, on a flight with David Baddams back in 2008).

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



**District conference-** 24<sup>th</sup>-26<sup>th</sup> March 2017 at Laurieton

**Social nights- HOPE TO SEE YOU TONIGHT FOR FUN AND FELLOWSHIP AT THE POST OFFICE HOTEL FROM 6PM.**  
This will be a regular occurrence on the 3<sup>rd</sup> Friday of the month.

**Golf Trip-** Well done to our golfers for raising a massive \$16500! Plans are already underway for next year and the first planning meeting will be held at 5pm September 13<sup>th</sup> in John Treloar's office.

**MND fundraiser-** being held at the Town Hall on 17<sup>th</sup> September and organised largely by Debra and Darryl Bath who have asked for assistance. Set up would be 4pm-6pm then those with RSA for the bar at the event.

**Westpac Ball-** Westpac has called on us to help with bump in, on the day and bump out setup for Rio! Ball at William Cowper. It will be held on Saturday September 24<sup>th</sup>.

**TCMF 2017 Cavalcade-** we will again help with marshalling the cavalcade which will be on Saturday 28<sup>th</sup> January.

**Opera by the Lake-** a project of Rotary Clubs of Great Lakes, will be held in March 2017. Please forward expressions of interest to run a bus over to attend to Dimity Betts. See flyer below. TICKETS ARE NOW ON SALE!

## YOUR 16/17 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** Deb Barnes

**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** Brett  
White/Marina Lawrence

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

**Wednesday, 24th August 2016**

**Meeting # 1324**

**Quote of the week:** "It is not in the stars that holds our destiny but within ourselves". William Shakespeare

### ROBBOS RAMBLINGS

Our newest member Natalie Conn and our guest speaker Kylie Steel truly encapsulate our quote of the week. That is, our destiny is within our own hands.

One of the greatest privileges a President of a Rotary Club has is inducting a new member into the Rotary family. It was my great pleasure to induct Natalie and I encourage you to get to know her, mentor her and help her flourish as a Rotarian.

To be a member of the Rotary family is to be part of something much bigger than yourself. It means you are a member of a diverse, worldwide team providing extraordinary service to humanity.

I believe there are many people in our community who are potential Rotarians.

Think about it, anyone who cares about their community and making the world a better place, is a potential Rotarian.

Rotary is a place where like-minded people get together and turn conversations and ideas into actions that help others locally and across the world.

Congratulations must go again to John Fogarty who continues to produce excellent and different guest speakers.

Kylie Steel's presentation on fitness modelling was unique and displayed her dedication to her sport and creating her own destiny.

Help is needed for the Motor Neurone Disease Ball to be held on 17 September. Help can be provided by way of setting up for the ball prior to the ball and/or serving at the bar during the evening.

We had a great turn up at the Post Office Hotel for our first social evening and judging by the comments, it should become a permanent fixture.

Please do not forget to book your accommodation for the District Convention in Laurieton on 24 March to 26 March. Sue and I are taking a few extra days for sightseeing. Laurieton is not that big a place, so book your accommodation early.

John Treloar reported that on initial estimates the golf trip raised about \$16,500.00. What a tremendous effort and what a great



fundraising concept that keeps on keeping on. Many thanks to Graeme Kruger for donating a weeks holiday in his apartment in Queenstown NZ.

If you have not paid your club subs, please do so as quickly as possible.

Have a great week and see you on Wednesday morning.

Robbo



## GUEST SPEAKER

### Kylie Steel- Fitness Modelling

**Introduction: Tim Coates**

**Vote of thanks: Louise Matthews**

**Notes: Val Hellmann**

Originally from Bendemeer, our guest speaker was Kylie Steele. She was raised by her father and enjoyed Rodeo competitions in Australia and the United States of America, where she lived for 6 years.

Back in Australia Kylie decided that her rodeo and marathon running days were over.

She investigated MMA fighting and fitness modelling. The modelling was chosen and now the big changes came. No more running and lots of changes to diet and lots of time in the weights room

The special supplements and training program have helped Kylie to gain muscle and sculpture her sleek body. She has chosen the INBA program, which is drug free.

Calculating the cost of special foods (chicken, fish, steak and 'buckets' of green vegetables), the bikini at \$400, shoes and makeup (for competitions), and coaching at \$120 per week, Kylie estimates that the cost of her life style activity is \$12,000 per year. This she manages with employment in the legal profession, teaching and sponsorship with DJ and 360.

Kylie competes in the 40+ and open competition for girls 18 to 50.

For 12 weeks before the competition she has a very clean eating program with supplements, reduced calories, 6 meals per day, phases out carbs and increases her protein intake.

Her great success is being National champion -1st in the 40+, 1st in the 30+ and 2nd in the All Round.

Unfortunately Kylie is relocating to Sydney.



## Participants needed for Australian Breakthrough Cancer (ABC) study

The ABC Study needs 50,000 Australians to help us to investigate how our genes, lifestyle and environment affect the development and treatment of cancer and other diseases. We will build a large set of health related information essential for making breakthroughs in disease prevention and treatment.

Any Australian resident, aged 40 – 74 years, who has never been diagnosed with cancer is eligible to participate. Those who have had only non- melanoma skin cancer can also participate.

To register your interest: contact us on 1800 688 419 or [info@abcstudy.com.au](mailto:info@abcstudy.com.au)

## AUGUST IS MEMBERSHIP AND EXTENSION MONTH

### Membership Discussion Groups

*Nick Wright, Chairman of the 9650 Membership Development Committee writes:*

Assistant District Governors are being asked to organise "membership development discussion groups" in their clusters from about October on. It is intended that the President and one or two members of each club in the Cluster get together with the AG plus someone from the District Membership Development Committee to sit down one evening or afternoon and have thorough discussions about membership matters.

It is also intended to conduct these discussion groups on a cluster basis as conditions, problems and opportunities differ from one part of the District to another. We want to heighten membership consciousness and to develop new approaches to our common problem - membership!

We want to get club managements thinking, if they are not already, or if they are, perhaps thinking in different ways. We would like to give them opportunities to discuss techniques, to air their problems and brains-trust with fellow office bearers about how to handle them and to promote support for each other when difficulties arise.


Changes to the standard constitution will give us more flexibility: how do we use it; should we use it? There will be room for arguing a case against change but attendees will be expected to know what the new parameters are.

There will also be opportunities to discuss what sort of people are suitable as members of our clubs. Is having a club membership committee a good idea? What about how club meetings are managed.?

**Please make sure your club is represented.**



A PROJECT OF ROTARY CLUB OF GREAT LAKES INC




# Opera by the Lake

March 4th 2017  
John Wright Park  
Tuncurry NSW


For event information, travel packages and ticketing information visit our website or contact us at [info@operabythelake.com](mailto:info@operabythelake.com)

Presenting performances by



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STUPENDE

[www.operabythelake.com](http://www.operabythelake.com) [vocistupende.com](http://vocistupende.com)

supported by the Great Lakes Creative Network  find us on Facebook

Tamworth Tile House 2 Floor (5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100)

pulse KITCHENS-INTERIORS  

# RIO



Saturday 24<sup>th</sup> September 2016 | Entertainment by Jellybean Jam

Time: 6.30pm-12am Midnight | Venue: Bishop Peter Chiswell Hall, Calrossy Anglican School | Dress: Formal | 18 years & over only  
Tickets \$150ea (or table of ten for \$1400) Incl. 3 course dinner, wine & beer - Available July 4 from [www.rescuehelicopter.com.au](http://www.rescuehelicopter.com.au)

GODWIN KENNY TAMWORTH & GUNNEDAH & ARMIDALE Starting Apprentices Since 1962 

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A Walrus becomes embarrassed when it's given a cake made of fish for its birthday, Norway!  
Priceless!



Meeting Roster	Wednesday 24 <sup>th</sup> August	Wednesday 31 <sup>st</sup> August	
Venue	Diggers 6:30am	Diggers 6:30am	
Topic	Allan Orchard-Legacy	Di Haire- Kairos Outside	
Door Team	Peter Bell Barry Biffin	Simone Church Rob Clifton	
Meeter & Greeter	Graham Dooley	Stephen Hawkins	
Welcome	Christine Shewry	Laurence Hearne	
President Assist	Louise Matthews	Stephen Massey	
Visitor Assist	Maureen Thornton	Phil Lyon	
Corporal Assist	John Toulmin	Phil Penman	
Bulletin Notes	Jim Raymond	Michael O'Connor	
Introduction	John Fogarty	Bruce Hemmett	
Vote of Thanks	Tim Coates	John Treloar	
Post Office Raffle Roster			
26 August	2 September	9 September	16 September
David Baddams Barry Biffin	Barry Biffin Dimity Betts	Simone Church Graham Dooley	Rob Clifton Simone Church
23 September	30 September	7 October	14 October
Graham Dooley Laurence Hearne	Laurence Hearne Phil Heffernan	Phil Heffernan Val Hellmann	Val Hellmann Bruce Hemmett
Corporals for August		Corporals for September	
Deb Barnes & Max Cathcart		Richard Walker & Andrew Beer	
Birthdays, Anniversaries and Inductions			
Members Birthdays	Peter Hyde (25/8)		
Partners Birthdays	NIL		
Anniversaries	NIL		
Club Induction	Max Cathcart (13 years-27/8), Michael Smith (10 years-30/8)		
Attendance	68%		
Make-Ups	Helen Tickle (Tamworth)		
Visiting Rotarians	NIL		
Visitors	Kylie Steel, Natalie Conn		
Heads & Tails	Brett White		
Raffle	Skinner		



## 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.

<p><b>Rotary Grace</b></p> <p>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</p>	<p><b>The Four-Way Test</b>  <b>Of the things we think, say or do</b></p> <ol style="list-style-type: none"> <li>1. Is it the TRUTH?</li> <li>2. Is it FAIR to all concerned?</li> <li>3. Will it build GOODWILL and BETTER FRIENDSHIPS?</li> <li>4. Will it be BENEFICIAL to all concerned?</li> </ol>								
<p>Tamworth—First Light          Meets Wednesday morning,          6:30 for 7:00 am at          Wests Diggers          Kable Avenue          TAMWORTH NSW 2340          Phone: 6766 4661</p>	<p>Club Officers and contact details</p> <p><b>President—Terry Robinson</b>          president@tamworthfirstlight.org.au</p> <p><b>Secretary—Helen Tickle</b>          secretary@tamworthfirstlight.org.au</p>								
<p><b>Other Clubs meet:</b></p>	<table style="width: 100%; border: none;"> <tr> <td style="text-align: right; padding-right: 10px;"><b>Monday</b></td> <td>Tamworth West, West Tamworth Bowling Club, 6:30pm</td> </tr> <tr> <td style="text-align: right; padding-right: 10px;"><b>Tuesday</b></td> <td>Tamworth Rotary Club, Service Club, 6:15pm</td> </tr> <tr> <td style="text-align: right; padding-right: 10px;"><b>Wednesday</b></td> <td>Tamworth on Peel – (Calala Rotary), Calala Inn, 6:30pm</td> </tr> <tr> <td style="text-align: right; padding-right: 10px;"><b>Friday</b></td> <td>Tamworth Sunrise, Sanctuary Inn, 7:00am</td> </tr> </table>	<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
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