



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: Richard Walker (Forest Hills)

To submit your favourite 'first light' photo, please send to dimity.betts@nswcc.org.au



NOTES & DIARY DATES 2016



Dan Haslam's doco "A Life of its Own" debuts this Friday night, the 16th of September at the Forum 6 at 7.00 pm which a number of Rotary members will be attending. *"A Life of its Own"*, probes the social, political and legal consequences of the debate and turns a scientific investigation into a compelling human narrative and a clarion call for change. Ms Kapalos has maintained a relationship with the Haslams since she first reported their story for current affairs program *Sunday Night*. New England MP and deputy prime minister Barnaby Joyce is expected to be in attendance, along with several patients. The one-off screening will be followed by a Q&A session with Lucy Haslam and medicinal cannabis researcher and academic Justin Sinclair from United in Compassion. Tickets can be purchased through Forum 6 cinemas for \$20 a piece, with proceeds set to be donated to the Haslam's organisation, United in Compassion. The session starts at 7pm sharp on Friday, September 16 and organisers say there is limited seating available."

District conference- 24th-26th March 2017 at Laurieton

Membership- Brodie Shields, Membership Director advised that he is reviewing our membership policy and procedures. This will include recruitment, induction, retention and mentoring of new members. His aim is to develop a system that will suit our club and is interested in any views and ideas. Good mentors seems to be a reason for successful retention of members and he wants to develop mentoring further.

Dungowan Camp Draft- Ron Alan is looking for RSA holders to assist at the Dungowan Camp draft on Saturday 24SEP16. Please contact Ron if you can assist. A roster will be passed around the next few meetings.

Review of By-Laws- Phil Lyon is reviewing our By-Laws, policies and procedures with Michael O'Connor, and invites any views or suggestions. The review is to be completed by the end of September and will then be presented to the board and our club AGM for approval.

Motor Neurone Ball-17SEP16. Thanks to all members and partners who have volunteered to assist at the ball. A roster is attached and we are still looking for volunteers especially RSA holders and helpers between 9.00pm and midnight. Any assistance would be appreciated, even an hour.

Social nights- This will be a regular occurrence on the 3rd Friday of the month, join us for drinks and dinner at the Post Office Hotel. Put these dates in your diary: September 16th @ 6pm and October 21st @ 6pm

Westpac Ball- Westpac has called on us to help at Rio! Ball at William Cowper. It will be held on Saturday September 24th. Assistance required 530-730pm for their ball, to help with car parking. See Chris Watson

Wednesday, 14th September 2016

Meeting # 1327

Quote of the week: "God gave us mouths that close and ears that don't, that must tell us something"
.....Something to think about.

ROBBOS RAMBLINGS

Yes, another great meeting, plenty of friendship, frivolity, disorder and chaos.

John Fogarty yet again provided a fabulous guest speaker on a topic which few of us know much about. Rebecca Linich and companion Dog Tucker provided a passionate and an emotional presentation regarding post-traumatic stress syndrome.

Her presentation was personal, emotional, traumatic and compelling.

As a Club, I think we should investigate how we can assist.

I have invited Rebecca to write to us in this regard and I will keep you informed.

Our Legacy Fundraiser raised about \$750.00. Thank you James Treloar for the concept and making sure that it was successful.

Just a reminder if you have not paid your subs please do so as the Club has already paid the dues to Rotary International and to the District.

Our next social for members, partners and friends is at the Post Office Hotel on Friday, 16 September at 6:00 pm.

Do not forget your obligations if you have volunteered for the Motor Neuron Disease Ball on 17 September and the Westpac Rio Ball on 24 September.

Ron Alan is seeking assistance to run the bar at the Dungowan Campdraft on 24 September.

We are holding a board meeting on Monday morning at my office commencing at 6:45 am for coffee with 7:00 am start.

A little bit of advance notice that we have a Canadian Friendship Exchange team arriving in Tamworth who will require billeting for three nights from the 9th to 12 November. This is a fabulous opportunity to host fellow Rotarians from another country.

Di Ford has indicated that she will be making application for a global grant from the Rotary Foundation to help with our Kokopo Hospital project. This will be lodged within the next month.



If you have any projects which might benefit from a District Grant from the Foundation, these need to be lodged by 31 October with Ken Hall.

Congratulations to Graham and Marion Dolley on the arrival of a new grandson.

If you are considering going to the District Convention at Laurieton on 24 March to 26 March 2017, can you please contact me.

Would you please take note that the West Leagues club at Diggers specially opens the electronic doors for us each Wednesday morning (as they are not normally open at that time) and at about 7:05 AM, they locked the doors so that the staff member can do other things. The electronic doors are then reactivated and placed on automatic just before 8 AM. If you need to leave the meeting before that time you physically need to ask a staff member to open the doors for you.

A week or so ago, someone physically forced the doors and pushed them off their tracks.

Have a great week and I look forward to seeing you at the next meeting if not before.

Cheers

Robbo

GUEST SPEAKER

Rebecca Linich-PTSD

Introduction: Brian Thompson

Vote of thanks: John Worlton

Notes: John Fogarty (thank you)

Rebecca gave us an emotional talk on her journey through Post Traumatic Stress Disorder. Accompanied by her Companion Dog Tucker, she spoke of her struggle with working her job as an RN at Bupa and looking after her husband who also suffers from PTSD. Both are returned active service personnel; she is a navy nurse and her husband an army infantry soldier. She recalled the instance when he was engaged in a bombing attack in Afghanistan, when he ran the wrong way and a bomb landed beside him which did not explode, thus saving his life, but having an emotional effect on him for the rest of his life. Rebecca recalls the day she could not contact her husband who was at home on their acreage at Dungowan, and upon her arrival home she opened the door to what looked like crime scene, blood all over the room leading to the bedroom where he was lying on the bed covered in blood. Due to her training she was able to revive him from certain death.

During her presentation, Tucker roamed around the room as she told us how her companion dog gives her the confidence to tackle the daily challenges. How he goes to work with her at Bupa and the residents there take great care of him during the day.



SEPTEMBER IS BASIC EDUCATION AND LITERACY MONTH

Thanks to Christine Shewry for the following contribution.



EdConnect is a not-for-profit, registered charity that connects volunteers who want to make a difference with young people in schools who need extra help and guidance. The organisation aims to raise literacy and numeracy standards, while equipping young people with the life skills they need.



“We’re harnessing the wisdom and skills of older generations to enrich the learning experience of young people who are at risk of falling by the wayside in an often over-burdened school system.” Underpinning everything that EdConnect does is a commitment to see evidence of change for young people, schools and volunteers because of their work.





93% of schools reported that they had seen improvement in self-esteem in students as a result of their participation in EdConnect programs and activities.



supports over 6,000 students



79% of schools reported an improvement in students' social skills.



has a network of over 1,300 mentors and volunteers



69% of schools reported improvements in student literacy.



provides 2,300 support hours



96% of schools say the biggest benefit is being able to offer one on one support to those who need it most.



Works in 260 schools nationally



92% of schools say having a positive role model for the child to interact with is having a big impact.



Over 970 at-risk young people were involved in a structured mentoring program



43% of schools say that it would be difficult to implement a program of this kind without EdConnect.



89% of volunteers say that EdConnect is enhancing their mental health and wellbeing.



53% of volunteers say that EdConnect is enhancing their physical health.

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



WALCHA ROTARY

CLUB

1956 TO 2016

60 YEARS OF ROTARY SERVICE

President Stuart Bayley

and the members of Walcha Rotary Club

wish to extend an invitation to

The members and partners of Tamworth First Light

to attend the Club's

60th ANNIVERSARY CELEBRATIONS

6.00pm for 6.30pm

WALCHA BOWLING CLUB

Croudace Street, Walcha

Tuesday 20th September 2016

Dress Smart Casual

Charge \$25.00 per head

RSVP 14th September

Contact - PO Box 123

Secretary James Levingston

james.levingston@bigpond.com



Meeting Roster	Wednesday 14 th September	Wednesday 21 st September	
Venue	Diggers 6:30am	Diggers 6:30am	
Topic	Dimity Betts-personal profile	Club assembly- committee reports	
Door Team	Joe Townsend Ron Allen	Dwone Jones Brian Logan	
Meeter & Greeter	Peter Pulley	Marina Lawrence	
Welcome	John Glynn	Graham Nuttall	
President Assist	Richard Hardwick	Dennis Maunder	
Visitor Assist	Leslie Jacob	Michelle Shanahan	
Corporal Assist	Ian Howle	Brodie Shields	
Bulletin Notes	Di Ford	Julian Smith	
Introduction	Val Hellmann	Michael Smith	
Vote of Thanks	David Hinwood	Chris Watson	
Post Office Raffle Roster			
16 September	23 September	30 September	7 October
Rob Clifton Simone Church	Graham Dooley Laurence Hearne	Laurence Hearne Dwone Jones	Val Hellmann Dwone Jones
14 October	21 October	28 October	4 November
Val Hellmann Marina Lawrence	Bruce Hemmett Lesley Hood	Bruce Hemmett Brian Logan	Brian Logan Phil Lyon
Corporals for September		Corporals for October	
Richard Walker & Andrew Beer		Dennis Johnson & Paul Stevenson	
Birthdays, Anniversaries and Inductions			
Members Birthdays	PDG Jane Bradford (14/9), Natalie Conn (15/9), Richard Hardwick (14/9)		
Partners Birthdays	Patricia Burgess (16/9)		
Anniversaries	Dick and Pauline Davison (59 years-14/9), Peter and Annette Ryan (20 years-17/9)		
Club Induction	NIL		
Attendance	61%		
Make-Ups			
Visiting Rotarians			
Visitors	Rebecca Linich, Libby Ryman		
Heads & Tails			
Raffle			

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:

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