



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: Deb Barnes (sunrise on arrival at 360 Gym)

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



NOTES & DIARY DATES 2016



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

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: October 21st @ 6pm

MND Ball-raised \$115,000! Deb and Daryl Bath were very grateful to the Tamworth community and thanks to the club for helping. Money will go towards research and some towards equipment for the families.

Westpac Ball- was a great success; Chris Watson thanked everyone for their assistance.

Club welfare- Phil Heffernan has had some setbacks since his double knee replacement and Maureen Thornton has cut her foot. Both would appreciate a call I'm sure.

East Timor Water project- President Terry has recently been speaking to Bill Forrest about an international project.

Foundation's 100th Birthday- an international project will involve installing water purification systems in India. See this week's e-News for more details.

Tallwoods golf trip- next meeting in John Treloar's office will be held at 5pm October 18th to finalise the next Tallwoods trip.

Tamworth Queen of Country Music Quest- nominations are now open for the 2017 Queen of Country Music Quest. Zonta is running the quest from 2017 and as in the past it is open from women aged between 18-35 who live or work in Tamworth region. For the first time it will also include a personal and professional development aspect in the lead up to the start of the festival that will cover things such as speaking to VIPs, addressing the media, and public speaking. Registrations are open until the end of September by going to <http://tcmf.com.au/What-s-On/Queen-of-Country-Music-Quest/2017-Quest/> . If you have ideas for how we can make this a rich development opportunity please contact us. If you would like to support by sponsorship...monetary or in kind...please contact Zonta. If you know young women that can benefit...please nominate by Friday.

60 seconds-Ian Howle spoke about Bowel screening. 2017 will be the last year Rotary district 9650 will sell bowel kits as numbers sold have been decreasing in recent years. Combined clubs of Tamworth will sell the kits for the first week of May at Shopping World and Tamworth Square.



Wednesday, 5th October 2016

Meeting # 1330

Quote of the week: "In my life, I have lived, I have loved, I have lost, I have missed out, I have hurt, I have trusted, I have made mistakes, but most of all I have learnt that Shit just happens!!"

ROBBOS RAMBLINGS

Another great meeting on Wednesday morning. It was fun and relaxed and Dr Jenny May delivered a great presentation of her working holiday in Canada.

Jenny presented Canada from the perspective of a tourist as well as someone working and living there and it was an interesting perspective.

When you live at the bottom of an extremely steep hill which is covered in ice for six months of the year where temperatures drop to minus 32 then you must expect there to be significant differences in the way the life is lived.

For example, sitting on the toilet seat fully clothed for five minutes before baring your skin to the seat to avoid injury was a clear example. Plugging your motor vehicle into a heater whilst it is not being used or alternatively it leaving it running 24/7 was another.

Next week is Rotary Hat Day. This is an initiative of Australian Rotary Health supporting mental health.

Please dig out your hat with a "difference" and wear it next Wednesday.

Congratulations go to Helen Tickle on being appointed Deputy Mayor of Tamworth Regional Council. Helen, you know that Rotary is still your first priority!

Phil Heffernan has recently undergone two replacement of knees and has had a few complications. If you have time, please give Phil a ring and let him know that we care.

We received a letter from Deb and Darrell Barth and Graham Yeo advising that the Motor Neuron Disease Ball raised \$115,000.00 and all of the funding would go into research and equipment to find a cure and provide better services to those who are suffering. An unbelievably good result.

I spoke regarding District 9650 proposed Rotary Foundation Centenary Project. As you know, it is the Rotary Foundation's 100th year this year and accordingly it is fitting that the District take on a project utilising foundation funds for a great purpose.

The idea is to install water purification units in approximately 80 schools in District 3090 in India.

This is the same district that the Rotary Club of Tamworth built approximately 100 toilets. There is a strong relationship with that Rotary District who has demonstrated an ability to see a project through quickly and successfully.

And education program teaching about the importance of clean water will also be part of the project. It is estimated that the number of children reached will be approximately 40,000. The Indian government has confirmed that it will maintain the water purification units once they have been installed.

I think this a great project and I seek your support so that I can confirm to the District that we will assist with the project.

I am also in talks with Tamworth Rotary regarding a potential hands-on overseas aid project in the hills of East Timor for number of small villages. This would also involve water purification and solar energy.

The District Muster is being held in Tamworth this year on November 5 and 6. It is open to all Rotarians and is an ideal opportunity to mix with other clubs and see what they are doing and how they do it. The Muster commences at 12 noon on Saturday 5 November at the Job Link Plus building and concludes at 1:30 PM on Sunday 6 November.

Finally, please let me know if you intend upon attending the District Convention in Laurieton during 24-26 March next year.

Have a great week, see you on Wednesday.

Cheers

Robbo



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.

GUEST SPEAKER

Dr. Jenny May AM- Canada

Introduction: Steve Hawkins

Vote of Thanks: Val Hellmann

Notes: Jim Raymond

Jenny is the Director of Rural Health at the University of Newcastle Tamworth Health campus and is also a GP at Peel Health Care. She spoke of her time working in the town of Hope, British Columbia, Canada 2015/16 with the husband (Dr Peter May) and their three teenage children.

On arrival in Vancouver they did the inside passage trip to Alaska and saw some beautiful scenery. They then settled in Hope, a town 200km from Vancouver and home of the TV show Highway from Hell! Both Jenny and Peter worked in a GP and hospital practice. They saw lots of road traumas, exposure and frost bite injuries.

During winter the days were short and only low light, temperature around minus 30. Summer days were long, and were fantastic for hiking, sailing, rafting and bears!

Other experiences included ice hockey, curling, and a festival of logging and chainsaw sculpting.

Jenny showed many photos demonstrating how different Canada is to Australia: warming up cars by keeping them running or plugged in 24/7, transport problems during snowy weather, bananas for less than a dollar a pound!



OCTOBER IS ECONOMIC AND COMMUNITY DEVELOPMENT MONTH

Rise of the female Honduran entrepreneur



Marta Lopez bakes up to 100 items a day in a small clay oven. Higinia Reyes owns a corn mill. Remigia Dominguez is the head of a weaving co-op. All of these women live in rural Honduras and run their own businesses with the support of loans provided by the Adelante Foundation and Rotary International.

The rural villages of the Lenca Corridor in the western highlands of Honduras are home to some of the poorest indigenous people in the country. This is where the Adelante Foundation, a microlender, finds poor women who want to become self-sufficient business owners.

Adelante collaborates, through Rotary's global grants, with the Rotary Club of Real de Minas-Tegucigalpa (Honduras), the Rotary Club of Poway-Scripps (California, USA), and several other clubs from District 5340 (California, USA). With the help of Rotary, Adelante has been able to provide business training and 600 loans to its clients. The partnership continues to grow in the departments of Intibucá and La Paz.

"Not only did [Rotary's] support enable us to provide loans, [it] also went towards the development of educational materials and other costs associated with the biweekly education program that we provide to our clients," says Gina Cappuccitti, a social impact analyst at Adelante.

Adelante takes a unique approach to microcredit loans. Rather than lending to individuals, it offers noncollateralized group loans. Four to six women take out a loan together, and if one member cannot make a payment, the others in her group cover the shortfall. Group meetings and assemblies led by credit officers foster a tightknit community that provides mutual support and encouragement. The credit officers, who also provide business advice and training, are often from the same region as their clients, and they work to build good relationships with the borrowers.

"The community now has access to badly needed products these new businesses provide, plus employment opportunities when the businesses grow," says Win Cox, international service chair of the Rotary Club of Poway-Scripps. "And as repaid loans continue to be reissued, the money Rotary invested in this region will have a transformative impact in these communities and women's lives for years to come."

An excerpt from Rotary News June 2014 by Daniela Garcia. See full article here: <https://www.rotary.org/myrotary/en/rise-female-honduran-entrepreneur>

Pasquale died. His will provided \$40,000 for an elaborate funeral.

As the last guests departed the affair, his wife Angelina turned to her oldest and dearest friend. "Ah, well, Pasquale would be pleased," she said. "You're right," replied Maria, who lowered her voice and leaned in close. "So, go on, how much did this really cost?"

"All of it," said Angelina. "Forty thousand dollars."

"Aw, No!", Maria exclaimed, "I mean, it was a very grand affair, but \$40,000?"

Angelina answered, "The funeral was \$6,500. I donated \$500 to the church. The whiskey, wine and snacks were another \$500. The rest went for the Memorial Stone."

Maria computed quickly.

Mama Mia! For the love of God Angelina, \$32,500 for a Memorial Stone? How big is it?"

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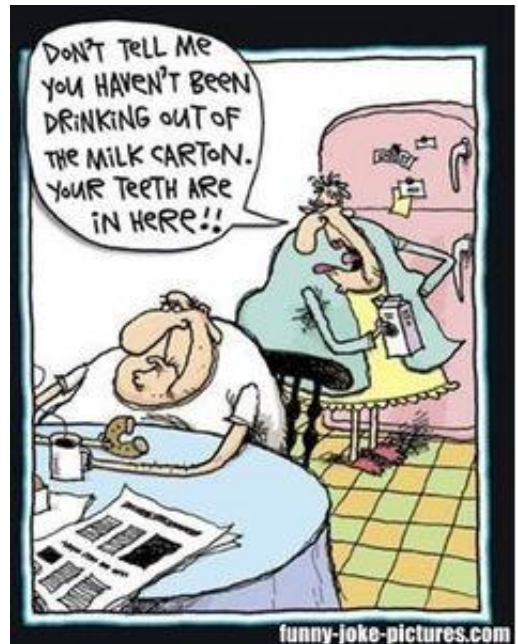
SEE HEAR SPEAK
NO NO NO
EVIL... EVIL... EVIL...



BECAUSE
YOU FORGOT
YOUR GLASSES,
AGAIN...

BECAUSE
YOU FORGOT
YOUR HEARING
AIDS, AGAIN...

BECAUSE
YOU FORGOT
TO PUT YOUR
TEETH IN,
AGAIN...



Special event! Join us

LET'S TALK: WOMEN & HEART DISEASE



Heart disease is the leading cause of death in Australian women yet it can be prevented. Have your questions answered at this interesting and memorable forum being convened to help save #womenshearts

Thursday 3 November 2016, 9:15am–1:00pm
Tamworth Community Centre, Darling St, Tamworth

This is a FREE community event.

- Hear real womens stories
- Have your questions answered by health professionals
- Free lunch and time to chat

RSVP (encouraged for catering purposes)

Penny Milson

Penny.milson@heartfoundation.org.au

(02) 6766 1394



Health
Hunter New England
Local Health District



Rotary



ROTARY
SERVING
HUMANITY

Meeting Roster	Wednesday 5 th October	Wednesday 12 th October	
Venue	Diggers 6:30am	Diggers 6:30am	
Topic	Peter Ryan-TED talks (& Hat day)	Steve Hawkins-personal profile	
Door Team	John Toulmin Dean Clutterbuck	Rob Sharp Brian Thompson	
Meeter & Greeter	Natalie Conn	Michael O'Connor	
Welcome	Laurence Hearne	Phil Penman	
President Assist	Rob Clifton	Peter Ryan	
Visitor Assist	Tom Hellmann	James Treloar	
Corporal Assist	Peter Hyde	Bruce Hemmett	
Bulletin Notes	Stephen Massey	Deb Barnes	
Introduction	Stephen Hawkins	Anne Jacob	
Vote of Thanks	Phil Lyon	Ron Allen	
Post Office Raffle Roster			
7 October	14 October	21 October	28 October
Val Hellmann Dwone Jones	Val Hellmann Marina Lawrence	Bruce Hemmett Rob Clifton	Bruce Hemmett Brian Logan
4 November	11 November	18 November	25 November
Brian Logan Phil Lyon	Phil Lyon Steve Massey	Steve Massey Lesley Hood	Lesley Hood Louise Matthews
Corporals for October		Corporals for November	
Dennis Johnson & Paul Stevenson		Liz Gill & Jane Bradford	
Birthdays, Anniversaries and Inductions			
Members Birthdays	John Treloar (6/10)		
Partners Birthdays	NIL		
Anniversaries	Judy & Barry Biffin (6/10-37 years), Graham & Tracey Nutall (10/10-7 years), Jill & John Toulmin (6/10-37 years)		
Club Induction	NIL		
Attendance	58%		
Make-Ups	NIL		
Visiting Rotarians	NIL		
Visitors	Les & Wendy Dowe, Dr Jenny May		
Heads & Tails	Ron Allen		
Raffle	Michael O'Connor		

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 |