



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

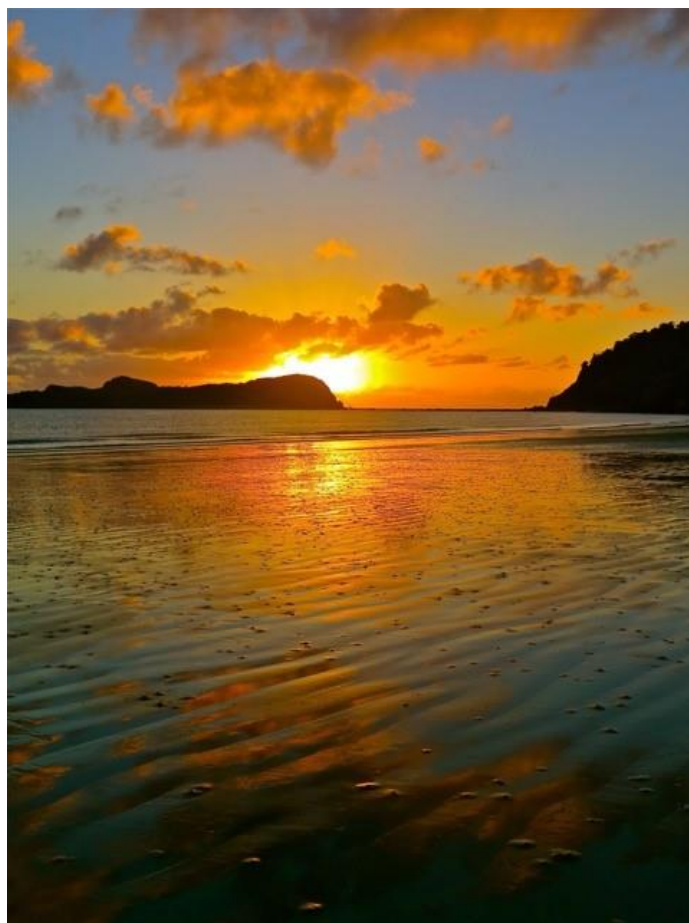


Photo courtesy of: Anne Jacobs

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

Swedish friendship exchange- visiting 31st Oct, 1st, 2nd Nov. Looking for 2 host families. See Jane Bradford.

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.

Santa Crawl- save the date for 16th December

60 seconds- Louise Matthew spoke on the importance of mental health and looking out for signs of mental illness. Mental health first aid training is available and an important skill to have. Perhaps the club should run a mental health first aid for anyone interested. Dimity and Louise to look into options.

A re-union of all former members and spouses/partners of the Tamworth, West Tamworth, Peel and Cockburn Valley- Kootingal clubs is to be held at the Longyard Hotel on Saturday 19th November 2016 commencing at 12 noon. Please contact Brian Thompson on 0427665635 or at suebrianthompson@gmail.com for further details and to advise if you will be attending

INTERNATIONAL "END POLIO NOW" DAY IS WEDNESDAY, 19 OCTOBER

Could members please wear something **PURPLE FOR BREAKFAST THAT DAY – could be purple socks, undies, shirts, pants – purple nails or just the little finger dyed purple**

The latest figures indicate that we are 0.1% away from the final eradication of this dreadful disease.

Please support – just for fun – our Sergeant will have a field day – and the funds raised will be our donation to this cause.

It is hoped that the International President who will announce the elimination of Polio to the world will be Australia's Ian Riseley in 2017/2018.



Wednesday, 12th October 2016

Meeting # 1331

Quote of the week: One for the ladies

“Menopause, menstrual cramps, mental illness, mental breakdowns.....ever noticed that all of your problems begin with men?”

ROBBOS RAMBLINGS

It was another lively and fun filled meeting on Wednesday.

The majority of members wore hats and we had some great varieties including a rare visit for Ivan Milat.

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

Peter Ryan presented a TED talk on mental health.

Louise Matthews recommended members consider attending a mental health course and plans are underway to see whether there is enough interest to support running another Mental Health First Aid Program.

Mental health is a major health cost to our society and more understanding, recognition and research is required.

Next year's Pedal the Peel proceeds will in a large part be donated towards mental health organisations in the Tamworth District.

Whilst talking about Pedal the Peel Cycling Challenge, the new date is the 2nd of April 2016.

We have just finished preparing sponsorship packages and we will be on the hunt for sponsors in the next few weeks. If your business would like to take up a sponsorship of this event, please let me know.

Last week, I spoke regarding the Rotary Foundation Centenary Project involving the District installing water purification units in approximately 80 schools in District 3090 in India.

There was overwhelming support for this project and the board has resolved to donate \$2000 to this international project. I will communicate the club's support to the District.

Discussions are also ongoing with respect to a proposed hands-on project in 3 remote villages in Timor Leste, also involving clean water and solar power.



At our board meeting on Monday, the Board resolved to purchase a Shelter Box in response to the devastating effects of hurricane Matthew in Haiti.

For all those old Apexians, there is an Apex Reunion to be held in Tamworth on 19 November. See Brian Thompson for details.

Please put the Santa Crawl in your diary to assist on 16 December.

Do not forget the District Muster to be held in Tamworth on 5 November and 6 November. Jane Bradford expounded the virtues of the muster and indicated that it was as must attend for all committed members.

Our next social at the Post Office Hotel is on 21 October.

Have a great week.

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

Peter Ryan-TED Talks

Introduction: Steve Hawkins

Vote of Thanks: Phil Lyon

TED is a nonpartisan nonprofit devoted to spreading ideas, usually in the form of short, powerful **talks**. **TED** began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics — from science to business to global issues — in more than 110 languages.

Peter showed a TED talk on mental health. A link to that and a second TED talk are below.

https://www.ted.com/talks/thomas_insel_toward_a_new_understanding_of_mental_illness

https://www.ted.com/talks/ruby_wax_what_s_so_funny_about_mental_illness



OCTOBER IS ECONOMIC AND COMMUNITY DEVELOPMENT MONTH

Did you know that over 750 million people — more than two-thirds of them women — are illiterate?

Improving access to education is a key to breaking the cycle of poverty, and Rotarians are working to make this possible.

Using grants from The Rotary Foundation, our members partner with communities to provide affordable textbooks, integrate technology into the classroom, and ensure that students have access to clean water. By addressing barriers to education, Rotarians are helping communities offer their children a brighter future. See for yourself how The Rotary Foundation is changing the world through education, and how you can help.

<https://vimeopro.com/rotary/trf>

This link has several videos worth watching.

FOUNDATION PROGRAMS

The Rotary Foundation is a not-for-profit corporation that supports the efforts of Rotary International to achieve world understanding and peace through international humanitarian, educational and cultural exchange programs. It is solely supported by voluntary contributions from Rotarians and other like-minded friends of the Foundation.

Current programs of the Foundation fall into three main categories:

1. **Polio eradication.** Since this program's inception in 1985 more than two billion children have received the oral polio vaccine. To date 209 countries are polio-free. India was declared polio-free in 2012 with the only remaining countries left with endemic polio being Pakistan, Nigeria and Afghanistan. Rotary has committed more than US\$850million towards polio eradication, partnered with the Bill and Melinda Gates Foundation which has also committed US\$555 million.
2. **Humanitarian grants programs.**
 - Disaster Recovery
 - District Simplified Grants. This program began in 2003 and currently supports programs in 44 countries at a cost of US\$5.2 million.
 - Health, Hunger and Humanity (3-H) Grants: Support for large scale 2-4 year projects that improve health, alleviate hunger or promote human development. Started in 1978 projects in the 74 countries have been funded at a cost of US\$74 million.
 - Matching grants: provide matching funds for international service projects of Rotary Clubs and Districts. Started in 1965 more than 20,000 Matching Grants have helped fund projects in 166 countries at a cost of more than US\$198 million.



3. Educational Programs

- Ambassadorial Scholarships: Funding for scholars to study in other countries and therefore become ambassadors of goodwill. Founded in 1947 over 37,000 scholars from 110 countries have received support at a cost of US\$446 million.
- Group Study Exchange (GSE): These annual awards are made to paired Rotary districts and provide travel expenses for a team of non-Rotarians from a variety of vocations. Since 1965 almost 48,000 individuals in more than 11,000 teams from more than 100 countries have participated at a cost of US\$85 million.
- Rotary Peace Fellowships: Up to 100 fellows are selected each year to earn a masters level degree or professional development certificate in peace and conflict studies at one of six Rotary peace Centres at leading universities in Australia, Sweden, Japan, US and Thailand.
- Rotary grants for University teachers: Awarded to teach in developing countries for three to ten months.

As this is the centenary year, I would encourage all members to consider a donation to this great cause. The best way to do this is to become a Centurion, the form is attached, even if only for this year. However if 10 yearly donations are sent, you become a Paul Harris Fellow, or better still can gift this award to a person of your choosing. Donations are fully tax deductible. 50% of money donated in this way goes to RI, and 50% comes back to our region via grants. A great way to support the centenary year!

Steve Massey

Foundation Director

The Winter Boots

(Anyone who has ever dressed a child will love this)

Did you hear about the teacher who was helping one of her pupils put on his boots?

He asked for help and she could see why.

Even with her pulling, and him pushing, the little boots still didn't want to go on.

By the time they got the second boot on, she had worked up a sweat.

She almost cried when the little boy said,

'Teacher, they're on the wrong feet.'

She looked, and sure enough, they were.

Unfortunately, it wasn't any easier pulling the boots off, than it was putting them on. She managed to keep her cool as, together, they worked to get the boots back on, this time on the correct feet.



He then announced,

'These aren't my boots.'

She bit her tongue, rather than get right in his face and scream,

'Why didn't you say so?' like she wanted to. Once again, she struggled to help him pull the ill-fitting boots off his little feet.

No sooner had they got the boots off when he said,

'They're my brother's boots. But my Mom made me wear 'em today.'

Now she didn't know if she should laugh or cry.

But she mustered up what grace and courage she had left to wrestle the boots BACK onto his feet again.

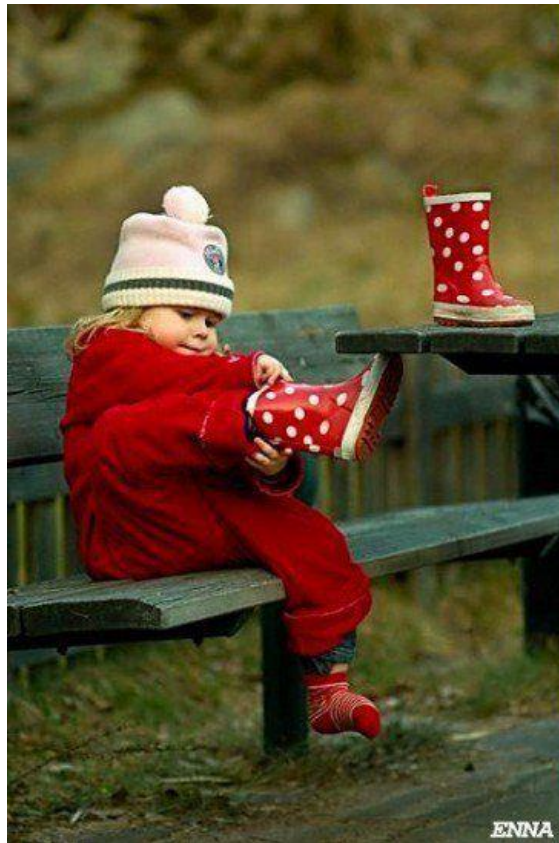
Helping him into his coat, she asked,

'Now, where are your mittens?'

He said,

'I stuffed 'em in the toes of my boots...'

She'll be eligible for parole in three years.



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

THE Compost Revolution

INVITE YOU TO OUR 3RD **FREE WORKSHOP**
BIO ENERGY / COMPOST

9AM - 2:30PM, 19TH OCTOBER 2016

TO BE HELD @ DPI TRAINING ROOMS TAMWORTH

4 Marsden Park Road, Calala NSW 2340
BBQ lunch provided by Steggles

RSVP

Monday 14th of October for catering purposes.
FOR FURTHER ENQUIRES CONTACT ANNE MICHIE: 0432 258 983
email: anne.m@eastwestonline.com.au

KEYNOTE SPEAKERS

• FIONA SIMSON

Introduction

• PETER Mc LEAN

Overview of compost industry, regulations
& economics in NSW.

• PETER WADEWITZ

Recycling organic waste, anaerobic digesting,
bio fuel, gas & composting, bio bin technologies.

• PETER COULSON

Recycling wastes, anaerobic digesting, bio gas,
& business planning.

• JOHANNES BIALA

On farm composting techniques & economics.

• STUART LARSSON

Using biochar in stock feeds, fertilizers
& composting.

• JOHN WINTER

Biochar & sustainable farming.

• Dr STEPHAN TAIT

Anaerobic Digesting & Purifying Waste Water.

• M.C JULIAN JOHNSTON

Regional Operation Manager for Proten.



Rotary



ROTARY
SERVING
HUMANITY

Meeting Roster	Wednesday 12 th October	Wednesday 19 th October	
Venue	Diggers 6:30am	Diggers 6:30am	
Topic	Steve Hawkins-personal profile	Ian Jackson-District Governor	
Door Team	Rob Sharp John Glynn	Elizabeth Gill Dennis Johnson	
Meeter & Greeter	Michael O'Connor	John Worldon	
Welcome	Phil Penman	Richard Hardwick	
President Assist	John Treloar	David Hinwood	
Visitor Assist	James Treloar	Ian Howle	
Corporal Assist	Di Ford	Val Hellmann	
Bulletin Notes	Deb Barnes	Leslie Jacob	
Introduction	Anne Jacob	John Treloar	
Vote of Thanks	Ron Allen	Paul Stevenson	
Post Office Raffle Roster			
14 October	21 October	28 October	4 November
Val Hellmann Marina Lawrence	Bruce Hemmett Rob Clifton	Bruce Hemmett Brian Logan	Brian Logan Phil Lyon
11 November	18 November	25 November	2 December
Phil Lyon Steve Massey	Steve Massey Lesley Hood	Lesley Hood Louise Matthews	Louise Matthews Sue O'Connor
Corporals for October		Corporals for November	
Dennis Johnson & Paul Stevenson		Liz Gill & Jane Bradford	
Birthdays, Anniversaries and Inductions			
Members Birthdays	Elizabeth Gill (17/10), Phil Lyon (14/10), Brett White (14/10)		
Partners Birthdays	Pauline Davison (15/10)		
Anniversaries	Lesley and Philip Hood (13/10-37 years)		
Club Induction	Andrew Beer (14/10-1 year), Christine Shewry (14/10-1 year). Chris Watson (14/10-6 years)		
Attendance	70%		
Make-Ups	NIL		
Visiting Rotarians	Sam Peacocke (Dubbo South)		
Visitors	NIL		
Heads & Tails	Peter Bell		
Raffle	Sue 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:

- | | |
|------------------|--|
| 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 |