



# 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: Phil Penman (morning mist on One Mile Beach, Forster)

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



## SANTA IS COMING TO "DIGGERS"

Wednesday 14<sup>th</sup> December, 2016

Santa and his Helper will shower all members  
with gifts and best wishes  
and celebrate our LAST Meeting for 2016

To help Santa and his friend  
to grant wishes for  
The Salvos,  
please bring your gifts of either non-perishable tucker  
and/or children's toys.



No Wrapping Please

**Sunrise photos-** Dimity needs more sunrise photos! Please send them through!

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

**Social nights-** This will be a regular occurrence on the 3<sup>rd</sup> Friday of the month, join us for drinks and dinner at the Post Office Hotel.

**Westpac bike ride-** If you are interested in the bike ride from Tamworth to Nambucca Heads, see President Terry to express your interest.

**Facebook page-** have you 'liked' our page yet? Also, remember to 'like' and 'share' posts to spread the word!

**Santa Crawl-** save the date for 16<sup>th</sup> December

**Christmas Break-** last meeting for the year is December 14<sup>th</sup>-NO MEETING 21<sup>st</sup> or 28<sup>th</sup> December.

**The Coastal Golf trip** is on from 3-5 March, we welcome all male golfers to join us for a weekend of golf & fun. Depart Tamworth Friday morning, return Sunday night.

### Northwest Regional Careers Expo

Save the date: 17 May 2017

Please encourage businesses to find us on Facebook to keep up to date. Registration will open in November.

<https://www.facebook.com/NWRCE/>



Wednesday, 7<sup>th</sup> December 2016

Meeting # 1339

**Quote of the week:** *"I owe my success to having listened respectfully to the very best advice..... and then going away and doing the exact opposite."* G K Chesterton

#### ROBBO'S BABBLING RAMBLES!

The meeting on 30 November was another lively and enjoyable meeting.

In my opinion, the Club has a good "vibe" and I am impressed with the Club's willingness to be involved in activities and to simply get things done.

My Board is exceptional and I am ever grateful for the fact that they get in and get things done with a minimum of fuss which makes my job much easier and makes me look good. Thank you to my hardworking Board.

I was extremely honoured to receive a cheque from our Golf Committee being \$20,000 being the proceeds of several golf trips.

\$5,000 of this money will go to Youth Insearch who will conduct a camp with 70 participants this next week. Mal McPherson will attend our meeting next week.

A further \$5,000 is to be provided to the support group for families whose partners are in jail. You will recall that we had a presentation from this group earlier this year.

If you have suggestions for how the balance of the monies might be donated, please let me or my Board know.

60 seconds from John Toulman was predictably hilarious, obtuse and irrelevant and well over the 60 second time limit. John perhaps you should have become a performer rather than an accountant!

Marina Lawrence presented her life story. It was heartfelt and emotional. She spoke about her constant battle with arthritis, the loss of her mother and her many community and vocational achievements in her short 32 years. Marina is already a leader in our community and I look forward to being involved in her further developments and community service.

Our next meeting is our Annual General Meeting. We will elect our next Board as well as vote on the new Constitution and by-laws.

Our Directors will also give a short report to keep the Club informed.

Our final meeting for the year is on 14<sup>th</sup> December and it will be our Christmas meeting. Santa Claus and Helper will be in attendance and will be administering punishment to our many naughty members.



Can you please bring a **secret Santa gift of no more than \$5**, preferably wrapped and leave that at the door as you come into the meeting.

Could you also please bring with you a donation of non-perishable goods to be **donated to the Salvation Army**.

There will be no meeting on 21<sup>st</sup> and 28<sup>th</sup> December 2016.

Our first meeting back in 2017 will be on 11<sup>th</sup> January at Anzac Park for a BBQ breakfast.

Please do not forget the Santa Crawl to be held on the evening of 16<sup>th</sup> December. Chris Watson will be circulating a list for volunteers. Last year approximately \$15,000 was raised and well over 500 Santa Clauses were roaming the streets. Your assistance is needed with such a large event.

I hope you have a great week and until next time.

Cheers

Robbo

## GUEST SPEAKER

### Marina Lawrence-personal profile

**Introduction and Notes:** Rob Clifton

**Vote of Thanks:** John Treloar

Marina Lawrence was born on Mother's Day 1984 in Rockhampton. Describing herself as the "everywhere girl", she spent the first 12 years of her life at Comet near Emerald, Walgett, Coonamble and Bellata. She spent an idyllic childhood there learning amongst other things that "that snakes can swim" and "stinging nettles really do sting."

She stayed at Bellata until the middle of year 5 enjoying all things rural and sporting and developed a passion for dancing. Life was very busy and enjoyable. In 1995, the family moved to Pine Ridge to Windy Station. In October 1996, Marina was diagnosed with Juvenile Idiopathic Arthritis which is now called Rheumatoid Arthritis. As debilitating as it is, Marina classes herself as one of the lucky ones in that she can still walk, has not had a joint replacement and can work full time.





It was now time for High School. She attended Arthritis NSW Camp Footloose on several occasions becoming a group leader (of course!) and found time to be a finalist in the Ministers Young Designer Awards. This was the start of Marina's participation in community events.

In 2001, she travelled to Scotland with her Mum to bury her Granddad's ashes. Unfortunately this trip did not turn out as expected and Marina's Mum was diagnosed with bowel cancer and sadly died a few months later. Refusing to complete Year 12 part time, she finished the year with her friends.

It was then on to Fine Arts and Photography courses and a stint as an Eagle Boys driver. This was followed by a child care certificate and volunteering at Lifeline followed by employment there. She participated in the Queen of Country Music 3 times where she was given great encouragement from Lynn Windsor. Besides not liking public speaking (who does!) she became a lot more confident in herself as a result of all this.

Travel and obtaining more qualifications now took over. On one of these trips she discovered that she had 4 half brothers and sisters, an adopted brother and a nephew. An instant family!!

Having completed a Diploma in Financial Planning, Marina now works with Bridges and is completing a Graduate Diploma in Financial Planning. On top of all this, she manages to spend time with Jordan at their solar powered house at Moonbi. She also runs the local Arthritis support group and is Treasurer of Tamworth's Financial Planning Association.

Marina loves art, photography, reading, gardening, music, movies, a good laugh at oneself and travelling. She has overcome a lot of hurdles in her life but would not change one thing because these things have defined her.

An amazing and sometimes emotional story from an amazing person.

# DECEMBER IS DISEASE PREVENTION AND TREATMENT MONTH

## Going Overseas – Malaria she'll be right?

With thanks to Christine Shewry for contributing the below.

Did you know that the medication you take when travelling overseas won't prevent you getting Malaria?

If you get bitten by an infected mosquito you have Malaria. There is no vaccine available to prevent infection. Current medication slows the virus multiplying in your system and gives your body's natural defence time to build up and kill the parasite.

This could take up to four weeks after you return home.

It's easy to forget the need to continue with your medication when you return home, but it is essential that you continue as directed.

**"She'll be right? Around 800 cases of Malaria are treated in Australia annually.**

For more information check the RAM website [www.ramaustralia.org](http://www.ramaustralia.org)



A good spotting by Rob Clifton in Hawks Nest!

Meeting Roster	Wednesday 7 <sup>th</sup> December	Wednesday 14 <sup>th</sup> December	
Venue	Diggers 6:30am	Diggers 6:30am	
Topic	AGM-annual reports and elections	Santa Claus	
Door Team	Dennis Maunder Peter Pulley	Michelle Shanahan Peter Bell	
Meeter & Greeter	Brain Logan	Glen McIntosh	
Welcome	John Worldon	John Fogarty	
President Assist	Graham Nuttall	Louise Matthews	
Visitor Assist	Tim Coates	Jim Raymond	
Corporal Assist	Julian Smith	Simone Church	
Bulletin Notes	Marina Lawrence	Christine Shewry	
Introduction	Marina Lawrence	Christine Shewry	
Vote of Thanks	Barry Biffin	Maureen Thornton	
Post Office Raffle Roster			
9 December	16 December	23 December	30 December
Sue O'Connor Robert Clifton	Santa Crawl	No Raffles	No Raffles
6 January	13 January	20 January	27 January
Peter Ryan Jim Raymond	Brodie Shields Phil Penman	Phil Penman Christine Shewry	Christine Shewry Brodie Shields
Corporals for December		Corporals for January	
Dean Clutterbuck & Laurence Hearne		Tim Coates & Ander Beer	
Birthdays, Anniversaries and Inductions			
Members Birthdays	Peter Bell (10/12), Stephen Hawkins (8/12)		
Partners Birthdays	NIL		
Anniversaries	Diane and Simon Ford (11/12-34 years)		
Club Induction	Val Hellmann (10/12-2 years)		
Attendance	70%		
Make-Ups	NIL		
Visiting Rotarians	NIL		
Visitors	NIL		
Heads & Tails	Tim Coates		
Raffle	Steve Hawkins		

## 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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|------------------|--|
| <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                |