



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: Peter Bell (Pebbly Beach)

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



NOTES & DIARY DATES 2016



Hidden Figures- thank you to everyone who attended and helped. The evening raised \$1088 for Polio eradication. Special thanks to West Rotary who took 43 tickets, to Tamworth club who took 18 and to Deb, Liz and Helen who all brought along many guests.

Rotary Flags- thanks to Maureen Thornton who has photographed and compiled gifted Rotary flags onto powerpoint.

Raffle tickets- have you got unused tickets from Pedal the Peel?? Please return them ASAP to Lesley Hood as other people are wanting to sell tickets and we have none left to give out.

Pedal the Peel-2nd April. Volunteers wanted!

Be available on Sunday, 2 April to assist with setting up, marshalling the cyclist, becoming a Route Marshall, cooking the barbeque, driving a support vehicle etcetera. See Brett White or Jim Raymond if you can help. Family and friends also welcome to help!

Science and engineering challenge is on March 14th, 15th, and 16th. Helpers needed Tuesday afternoon, Wednesday and Thursday. See David Hinwood if you can help.

Cavalcade- Tamworth Regional Council presented our club with \$100 cheque for helping with the cavalcade.

60 seconds- Rob Clifton spoke about changing challenges faced by those in his profession over the years. He has been a pilot for 33 years and when he first started with Qantas they would often have a few days off in a location where they had time to play tennis, go out etc. etc. the biggest challenge was depression. Now the biggest challenge seems to be marriage break ups.

RYLA- thank you to the 3 upcoming Rylarians for giving us their introductions. Jack- a 17 year old apprentice chef who aspires to own his own business, Candice- a support worker from Challenge who would like to set some long term goals and Julia-also from Challenge who is very much looking forward to the experience. We hope you all enjoy your RYLA experience!

Wednesday, 8th March 2017

Meeting # 1348

Quote of the week: *"To make a difference in someone's life, you don't have to be brilliant, rich, beautiful or perfect, you just have to care."*

ROBBO'S RAMBLINGS

What a full meeting we had on Wednesday.

Lots of announcements, three Rylans spoke to us, Simone's very personal story, 60 seconds from Rob Clifton, breakfast, a fine session, heads and tails, some socialising and some very poor singing, all in an hour.

When you think about it, we are really very efficient when it comes to running meetings.

Simone told us her very personal story including the highs and lows. It was revealing, heartfelt, emotional, raw and honest. We heard that Simone is an animal lover, an academic, a perfectionist, has been a chef, a fitness instructor, cotton module production manager, horse wrangler, she is a mother, carer and a real estate professional.....wow!

In her spare time she runs, rides bikes, rides horses, plays the guitar, builds things out of wood and loves exploring the outdoors. Simone's story serves to remind us that outward appearances are usually deceiving and you cannot get to truly know someone until you make the effort to sit down and spend real one on one time with them.

Irrespective of what someone's outward appearance may seem to reveal, most people are fighting their own battles and demons and we have to constantly ask and think about making sure that our friends, colleagues and contacts are OK.

It was great to have a short resume from our three Rylans, Julie Scanki, Jack Dawson and Candice Skelton. I am sure they will have the week of their lives and become advocates for the RYLA program.

Peter Bell brought along a guest to our meeting. Rhiannon is a former Rotaract member and has now agreed to attend RYLA as one of the club's sponsored Rylans..

Our next big service event is Pedal the Peel Cycling Challenge to be held on Sunday, 2 April 2017.

If you have raffle tickets, can you please attempt to sell them as soon as possible. It would be great if sold raffle tickets books could be returned at the next meeting so as we can determine whether we need to print more tickets. If you believe you can sell the tickets please keep them, otherwise return them to Lesley.

Jim Raymond also sent around a volunteers list the Pedal the Peel event. This is logistically a huge event and I need everybody and their partners to assist.

At this stage we have Deb Barnes, Simone Church and Phil Penman entering as our very own professional cycling team for our Club. Are there any other potential riders? If so please register online at www.pedalthepeel.org.au.

David Hinwood is looking for volunteers to assist at the Science & Engineering Challenge between 14 and 16 March. We need more volunteers from about 9.00 am to 2.30 pm during those days. If you have the time or can take the time off, I can guarantee that you will enjoy it and you will do it again.

Don't forget that our meeting on 15 March is at TREC and our breakfast meeting on 22 March is at the Rural Health Campus at the Tamworth Base Hospital.

Many thanks to Jane Bradford for organising the polio fund raiser movie night which raised \$1,088.00 for that cause. It was a great event not only because we raised funds but it was also a great social event....a win win .

Thanks also to Peter Ryan for organising the Glasshouse Restaurant last Sunday. It was a fabulous meal, great décor and great company. We must do it again !

There was a good article in our Bulletin last week from Rotary International President John Germ as to what difference Rotary has made in the world since it first commenced 112 years ago. Have a read.

Have a great week and cheers for now.

Robbo



GUEST SPEAKER

Personal Profile- Simone Church

Introduction and notes by: John Treloar

Thanked by: Brett White

- Born in Katoomba in July 1975 to conservative parents, a nurse and a school principal with an older brother and sister.
- Strong love of all animals, especially horses.
- Very high achiever in primary school (second to the Dux) and great School Certificate result.
- Due to health issues (eating disorder) didn't achieve the results she needed to do vet at university, so followed her brother into hospitality.
- During her apprenticeship she met another apprentice who later became her husband when she was 19.
- On becoming a chef she realised this wasn't for her so became involved in the fitness industry.
- 1998 first child Olivia was born.
- Bought their own business.
- Purchased 3rd home in Kenthurst, 5 acres, complete with pool, granny flat and tennis court.
- 2000 Jacob was born.
- Predominately a stay at home mum and in 2003 Gemma was born.
- Life was good, business was good so began investing in the stock market, an investment painting and trusted a great deal of money with our solicitor who promised us a 10% return.
- When "The GFC" hit they had no chance lost all their invested money. To top it off the painting had been taken to the art dealer, on consignment, and he skipped town as did the solicitor their money. The business soon followed.
- In December 2003 Olivia was diagnosed with a brain tumour.
- Not long after Olivia returned home from hospital they were forced to sell their home.
- Weeks and months were spent at hospital at hospitals (especially during Olivia's chemotherapy).
- Forced to take Jacob & Gemma out of private schools and took on the task of home-schooling.
- March 2011 worked as a horse wrangler for a new channel seven TV series

- Simone & Paul tried to keep together but it all became too much and were divorced 2012.
- Life for a single mum was hectic and busy and exhausting, with 3 jobs, huge rent and nothing to show for all the effort.
- This led her to move to the country, originally Gunnedah, with a couple of horse jobs before scoring job as production manager at Carroll Cotton.
- Moved to 12 acres at Bective to focus on the next part of her journey training horses and at the same time studied Real Estate.
- In 2016 was offered a job at The Professionals in Tamworth where she remains today.
- 2017 Olivia and Jacob are both in year12 and are both planning to go to university in 2018 and Gemma is in year 9.

I quote from Simone, “What I have learnt over the last 40 years is that courage doesn’t mean you don’t fear, It means you keep moving forward despite your fears; and yes I still have my faith, it has got me to where I am today. I can’t wait to see where it takes me from here!!

To summarise Simone’s personal profile is almost impossible to make it brief for the bulletin and do it justice at the same time. I am feeling like Julian Smith when asked if he had any questions “I’m exhausted”. (JT)



MARCH IS WATER AND SANITATION MONTH

To learn about these Rotary projects and others, go to:

<https://www.rotary.org/en/our-causes/providing-clean-water>



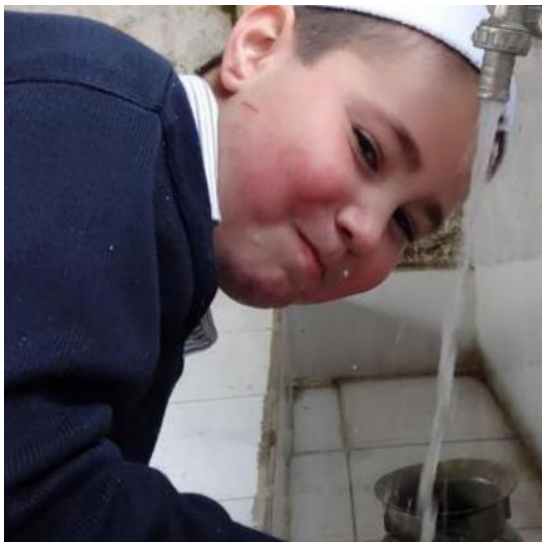
WASH IN SCHOOLS TARGET CHALLENGE

ROTARY'S TARGET CHALLENGE to develop sustainable water, sanitation, hygiene (WASH), and education projects is being piloted in five countries: Belize, Guatemala, Honduras, India, and Kenya.



PROFESSIONAL SCHOLARSHIPS

ROTARY AND THE UNESCO-IHE INSTITUTE FOR WATER EDUCATION HAVE TEAMED UP to tackle the world's water and sanitation crisis by training professionals to devise and implement solutions in developing and emerging countries.



MAKING SCHOOLS HEALTHY

ROTARY MEMBERS ARE PROVIDING CLEAN, FRESH WATER to every public school in Lebanon, so students can be healthier and get a better education.



INTERNATIONAL ALLIANCE

ROTARY HAS PARTNERED WITH THE U.S. AGENCY FOR INTERNATIONAL DEVELOPMENT to implement sustainable, long-term projects to improve water supply, sanitation, and hygiene in the Dominican Republic, Ghana, and the Philippines.

Are you interested in doing Mental Health First aid training?



A FREE 12 hour course is available to us through Rural Adversity Mental Health Program. Please contact Dimity to express your interest. At the moment the club consensus is to partake in 4-5 short sessions (making up to 12 hours) over the course of a few weeks. This will most likely be during April/May.

See below for more information or go to their website: <http://ramhp.com.au/>

RAMHP Education

RAMHP provides education and training to individuals, communities and service providers aimed at supporting and linking community members to the services they need.

In addition to a core set of presentations, we provide locally tailored mental health education and awareness in response to community need. We promote the use of evidence-based strategies to cope with mental health problems by increasing knowledge and understanding of:

- the signs and symptoms of common mental health problems (mental illness literacy)
- the services and treatments that are available to help with mental health problems
- the most effective ways of accessing treatments and services
- the self-care strategies that can be used to prevent and recover from mental health problems

Mental Health First Aid

- Mental Health First Aid (MHFA) is the help provided to a person who is showing signs of poor mental health, or who is in a mental health crisis, until appropriate professional treatment is received or the crisis resolves (MHFA Australia).
- Delivering targeted MHFA courses across rural NSW has previously been a major component of RAMHP. Last year the program exceeded its minimum target of 50 courses for the funding year, delivering 83 workshops for over 1,300 participants.

Meeting Roster	Wednesday 8 th March	Wednesday 15 th March	
Venue	West Diggers 6:30am	West Diggers 6:30am	
Topic	Joint meeting with Sunrise club	TRECC- Science and Engineering Challenge	
Door Team	Joe Townsend Glenn McIntosh	Christine Shewry Maureen Thornton	
Meeter & Greeter	Jim Raymond	John Fogarty	
Welcome	Louise Matthews	Andrew Beer	
President Assist	Peter Bell	Graham Dooley	
Visitor Assist	Simone Church	Liz Gill	
Corporal Assist	Michelle Shanahan	Juanita Greville	
Bulletin Notes	Tim Coates	Phil Penman	
Introduction	Tim Coates	Phil Penman	
Vote of Thanks	John Worldon	Juanita Greville	
Post Office Raffle Roster			
10 March	17 March	24 March	31 March
Paul Stevenson Christine Shewry	Brian Thompson Maureen Thornton	Maureen Thornton Christine Shewry	Brian Thompson Brodie Shields
7 April	14 April	21 April	28 April
Helen Tickle James Treloar	Good Friday	James Treloar John Treloar	John Treloar Richard Walker
Corporals for March		Corporals for April	
Jim Raymond & Peter Ryan		Phil Penman & Natalie Conn	
Birthdays, Anniversaries and Inductions			
Members Birthdays	NIL		
Partners Birthdays	NIL		
Anniversaries	Michael and Brenda Smith (11 years-11/3)		
Club Induction	Graham Nuttall (26 years-13/3), Maureen Thornton (17 years-8/3)		
Attendance	71%		
Make-Ups	NIL		
Visiting Rotarians	NIL		
Visitors	Jack Dawson (RYLA), Julia Csanki (RYLA), Candice Skelton (RYLA), Rhianna Smith		
Heads & Tails	Liz Gill		
Raffle	Jim Raymond		

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 |