



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

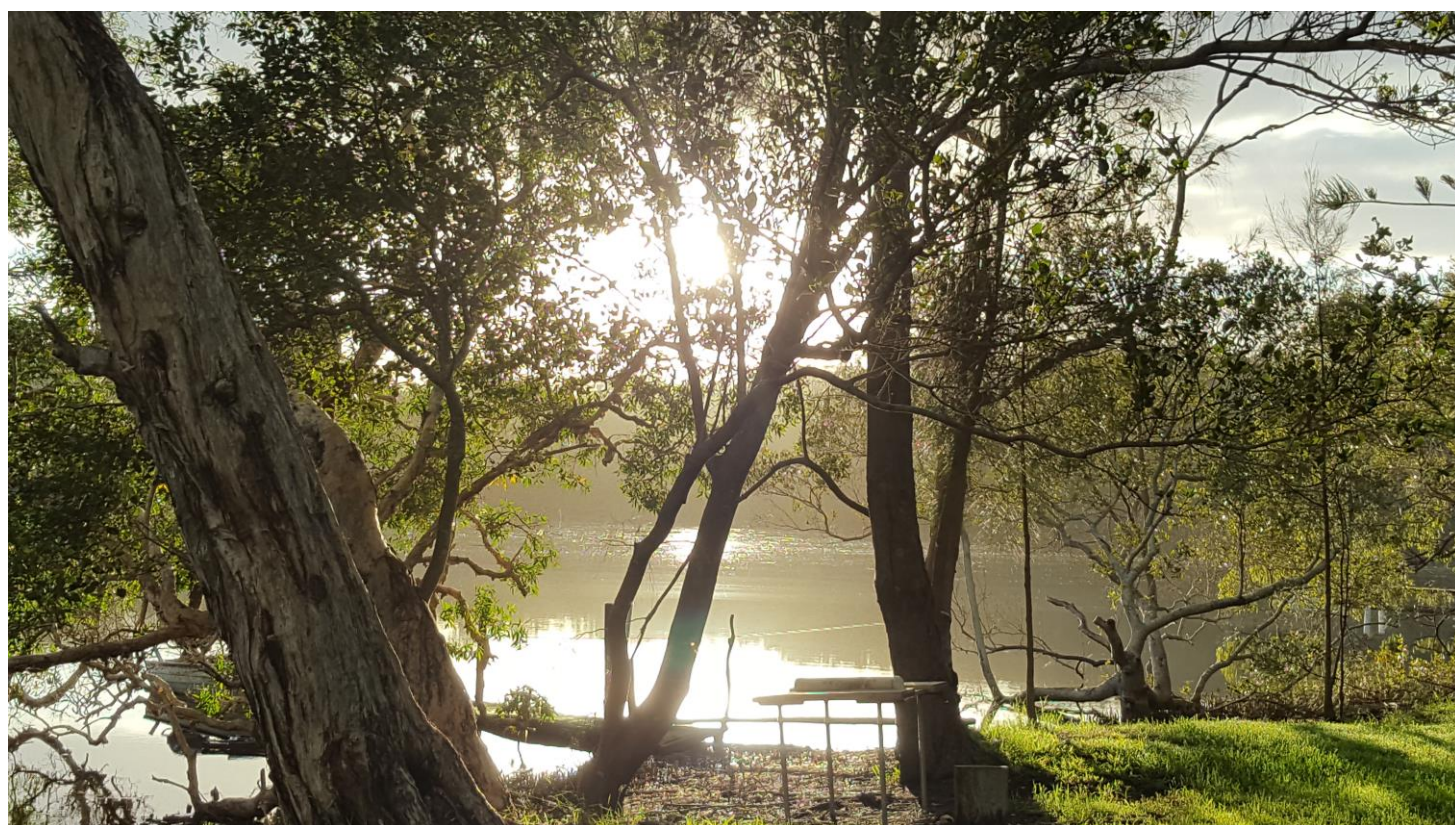


Photo courtesy of: Terry Robinson (Laurieton)

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



Rotary



ROTARY
SERVING
HUMANITY

NOTES & DIARY DATES 2016

Changeover dinner-Saturday night 17th June @ Diggers

Careers Expo- volunteers needed for bump in, bump out and on the day. The dates are May 16th, 17th and 18th. See Marina if you can help.

Bowel Scan Month- combined clubs of Tamworth will be selling kits April 29th to May 6th at Shopping world and Tamworth Square. If you're over 50 you should be screening for bowel cancer every 2 years-so tell your friends/family

Gold Coast golf trip- 6-11th August. See Dennis Maunder, Maureen Thornton, Deb Barnes or John Treloar to express interest.

If you would like to read more about Brad Anderson's talk on Fromelles from previous meeting, here are some links he has provided:

<http://www.army.gov.au/Our-work/Unrecovered-War-Casualties-Army/Fromelles/Remains-Identified-2016>

<http://www.9news.com.au/national/2016/07/20/20/24/australia-remembers-troops-killed-in-fromelles>

<https://www.aif.adfa.edu.au/showPerson?pid=39590>

<http://www.contactairlandandsea.com/2016/05/27/fromelles/>

<http://www.theaustralian.com.au/opinion/columnists/paul-kelly/fromelles-australias-forgotten-sacrifice-on-the-western-front/news-story/4b7dde761da9cd1e26748a10f3ac8e89>



Wednesday, 3rd May 2017

Meeting # 1356

President's report-brought to you by Brett White

Quote of the Week was provided with two versions this week:-

For the wonderful ladies....

THE WOMAN

Came out of a man's rib

Not from his feet to be walked on

And not from his head to be superior

But from his side to be equal

Under the arm to be protected

And next to the heart to be loved

And for our exceptional male membership...

"I haven't spoken to my wife in years

I didn't want to interrupt her"

Rodney Dangerfield

Firstly thanks to Phil Heffo for filling in at the last minute as President Assist and what a truly fantastic job he did. Got a cuddle as well, one sided mind you, but a cuddle it was.

We heard via Louise 'Mum' Matthews on the current status of Graham Dooley. Graham is recovering well and we look forward to him returning to be with us soon.

Marina gave the Club an update on the North West Region Careers Expo and advised that the roster was now being passed around for assistance before, during and after the event. Please check your diaries and assist if you can.



Ian Howle provided a brief update on the last Bowel Scan project involving Rotary and numbers requested to man or woman the stand.

The Hood or mini roast, hit us with an excessive amount of group fines. She really needs to make up stories like the Sergeants of old. If you have some stories about other members, please pass on to Lesley. Truth is optional. David Hinwood will be our fill-in Sergeant for the next two meetings, so look out.

President Terry wishes to remind all members to calendarise the 17 June for the Changeover. Full Club roll up would be nice.

Please consider any worthwhile community group or project that the Board should consider to allocate Distribution of Funds at our final board meeting next month. Talk to a board member soon.

Our guest speakers today were Nichola Cotter, Day Rehab Coordinator and Issac Woodbury, Occupational Therapist both attached to Ramsay Healthcare at Tamara Private Hospital.

Nichola spoke on ageing issues, vertigo, balance issues as well as chest infection relief via physiotherapy. She also touched on frailty, knee & hip replacement and general flexibility issues.

We were all asked to stand and stay standing on one leg up to a minute and then we were provided with details of how long we should be able to balance on one leg. Most of us showed stamina well beyond our age.

Issac discussed a range of therapy aids and demonstrated some interesting instruments that make performing normal daily tasks so much easy after injury or due to age.

Have a great week and be kind to someone less fortunate....like your partner.

PP Brett White

GUEST SPEAKER

Nichola Cotter-physio rehab

Introduction and notes: Val Hellmann

Thanks: Julian Smith

Our guests today were Nicola Cotter, senior Physiotherapist and Day Rehabilitation co-ordinator at Tamara Hospital and Isaac Woodbury, the occupational therapist and Day Rehab. Co-ordinator.

Nicola aims to maximise our body function, to encourage us to retain and improve our movement and remember that If we “don’t use it we will lose it” as we age and chose to be less active.

At Tamara there are 5 Physios, 1+ O.T., 1 Physical Therapist, 1 Social Worker and 1 Speech Therapist.

People visit a Physio because they have:

Lower back pain, torn ligaments, knee pain and to gain strength before knee or hip replacement surgery.

Dizziness can be treated by a Physio. It may be an inner ear problem, vertigo (which may be treated with Stemetil and rest) and if left untreated result in falls. Over balancing and falls can result in loss of confidence and a desire to reduce physical challenges. Strengthening exercises are given.

Medical conditions such as chest infections, COPD, emphysema or coughing up thick phlegm can be treated by a Physio.

Frailty (resulting in poor balance and poor flexibility occurring with advanced years) and Arthritis (which may necessitate a joint replacement or strengthening of the muscles).

Isaac aims to improve our day to day function by adapting our homes and surrounds and our mode of activity. He demonstrated a Leg lifter, a car lock lifter, a long handed lifter, a button hook, a tool to enable socks to be put on and a kettle tipper.

Nicola and Isaac presented a work place of hard work but with an atmosphere of friendship, kindness, helpfulness and fun.

MAY IS YOUTH SERVICE MONTH

Rotary Clubs across Australia sponsor young people in the development of skills in the areas of communication, leadership, road safety / driver awareness, resilience and self-esteem and in furthering their career aspirations in the areas of mathematics and science.

Youth Service recognizes the positive change implemented by youth and young adults through leadership development activities, service projects and exchange programs and aims to provide innovative and practical opportunities to assist and motivate young people in our communities to acquire learning and life skills. Youth Service is an investment in the future. A commitment to Youth Service within and through our clubs is a commitment to the next generation of potential Rotarians and the ongoing future and health of our clubs. Our club is involved in many youth service projects, including:

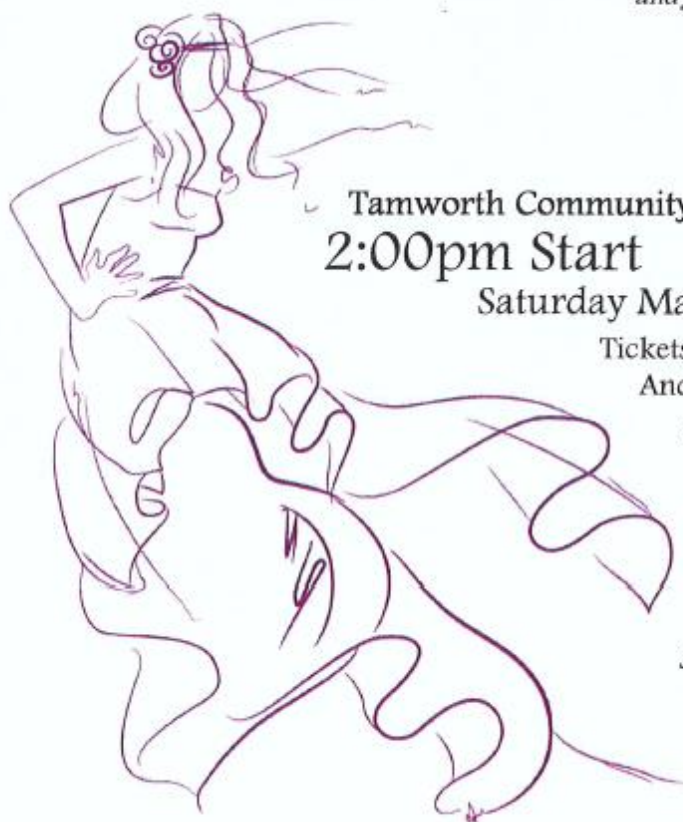
- RYLA
- MUNA
- Rotary youth exchange
- Science and Engineering Challenge
- Careers expo





Lioness Club of Tamworth Fashion Parade

*Fashions supplied by Ali's Boutique
and Just Irresistible*



Tamworth Community Centre, Darling St

2:00pm Start

Saturday May 6th 2017

Tickets available at Ali's Boutique

And Just Irresistible

\$20 each

Limited Tickets sold on the day

Lucky Door Prize

Ali's Boutique

301 Peel St, Tamworth

Just Irresistible

347 Peel St, Tamworth

Proceeds go to Royal Far West: Caring for Country Kids



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2017 CAN ASSIST

Masquerade Ball

SATURDAY, 13TH MAY
WEST TAMWORTH LEAGUE CLUB
6.30PM TO 12.30PM

TICKETS \$100 | INCLUDES CANAPES ON ARRIVAL, 2 COURSE
DINNER & WINE WITH MUSIC BY HEARTLAND

FORMAL ATTIRE AND MASK
PRIZE FOR BEST MALE & FEMALE MASKS

TICKETS AVAILABLE FROM JADE AT TAMWORTH COMMUNITY
COLLEGE FROM 10TH APRIL
OR PHONE ROBYN ON 0409 384 997



*Local volunteers supporting local families
affected by cancer*



Meeting Roster	Wednesday 3rd May	Wednesday 10th May	
Venue	West Diggers 6:30am	West Diggers 6:30am	
Topic	Ron Allen- solar energy	Louise Matthews- post RYLA	
Door Team	John Worldon John Treloar	Bruce Hemmett Phil Penman	
Meeter & Greeter	Laurence Hearne	Max Cathcart	
Welcome	John Fogarty	Phil Heffernan	
President Assist	Andrew Beer	Brodie Shields	
Visitor Assist	Dean Clutterbuck	Maureen Thornton	
Corporal Assist	Liz Gill	Richard Walker	
Bulletin Notes	Juanita Greville	Anne Jacob	
Introduction	Juanita Greville	Anne Jacob	
Vote of Thanks	Joe Townsend	Christine Shewry	
Post Office Raffle Roster			
5 May	12 May	19 May	26 May
Richard Walker Brett White	Helen Tickle Brett White	Helen Tickle Jane Bradford	Jane Bradford Simone Church
2 June	9 June	16 June	23 June
Simone Church Barry Biffin	Barry Biffin Graham Dooley	Graham Dooley Liz Gill	Liz Gill Laurence Hearne
Corporals for May		Corporals for June	
James Treloar & Richard Walker		Graham Dooley & Stephen Hawkins	
Birthdays, Anniversaries and Inductions			
Members Birthdays	John Worldon (09/05)		
Partners Birthdays	Gloria O'Connor (07/05)		
Anniversaries	NIL		
Club Induction	Brodie Shields (32 years-06/05), Jim Raymond (9 years-07/05), Peter Hyde (9 years-07/05), Richard Hardwick (5 years-09/05)		
Attendance	59%		
Make-Ups	NIL		
Visiting Rotarians	NIL		
Visitors	Nichola Cotter, Izaac Woodbury		
Heads & Tails	Skinner		
Raffle	Ron Allen		

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 |

CLUB ROSTERED DUTIES

PRESIDENT ASSIST

To ensure members who are rostered for the duties of, Meeter and Greeter, Door, Visitor Assist, Welcome to our Members & Guests, Introduction of the Guest Speaker(s) and Vote of Thanks are present and if they are not to find a replacement and ensure those people's names are updated on the President's Running Sheet. Select the Table Order (after the head table).

Need to be in attendance by 6.30 am

DOOR TEAM

To record the attendance of our members and guests, collect meeting dues, and if possible balance the cash float i.e. monies paid = money received.

Need to be in attendance at 6.30 am

MEETER & GREETER

To meet & greet our members & welcome guests to our Club at the top of the stairs and to hand name badges to members. Also ensure any guests of members or visiting Rotarians are introduced to the Visitor Assist to ensure they are made feel welcome.

Need to be in attendance at 6.30 am

VISITOR ASSIST

To ensure any visitors to the Club are felt welcome by introducing yourself to them and other members and guests of our Club. To also include them in fellowship before and if necessary make sure they are included with several members for breakfast and are not left on their own.

Need to be in attendance from 6.30 am

WELCOME

To publicly welcome our Members & Guests (following the introduction) to our meeting when called upon by the President or his/her substitute.

Need to be in attendance by 6.50 am (or earlier)

INTRODUCTION

To make yourself known to our Guest Speaker/s, assist them to the head table and sit with them. During breakfast find out some information about the guest speaker which will assist you in your introduction.

VOTE OF THANKS

To move a vote of thanks to our guest speaker, and present a little thank you gift (ensure you have it before the meeting commences and take notes during their presentation to ensure your thank you is informed).

CORPORALS

To assist the Sergeant by putting out all Club Property and putting away at the conclusion of the meeting. Need to be in attendance by 6:30 am.

CORPORAL ASSIST

To assist the Sergeant, by putting away all Club Property at the conclusion of the meeting if the Corporals are unable to do so.