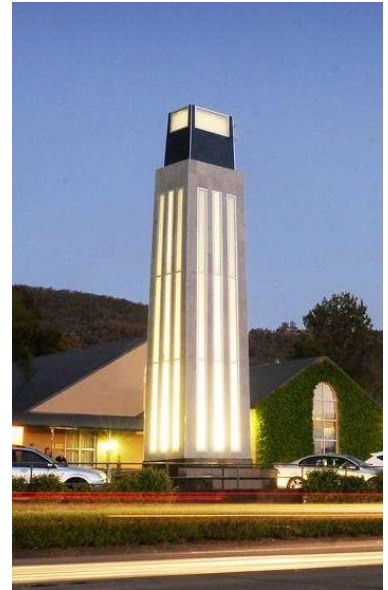




Rotary Club of Tamworth First Light

2017 2018

District Governor:	Bob Ryan	0409 457 705
President:	Michael Smith	0408 230 211
Secretary:	Michael O'Connor	0437 593 479
Treasurer:	Deb Barnes	0411 770 552



The greatest gift I ever had came from God

I call him DAD

Happy Fathers' Day

Diary Notes and Dates

Post Office Hotel Social Friday 15 September 2017

Annual General Meeting 6 December 2017

Change over Dinner 16 June 2018

A Big Thank you to Robyn and Phil Penman

_for giving us such a wonderful evening of Pizza and Bonfires.

This was a friendly Family time with Kaisa, Julian and Michael and Oliver Maughan.

There was starlight, long stories, laughter and peace.

More exciting news: In February we will welcome a little Camilla/Adam Penman

Lisa and James Treloar have welcomed a new little bloke to their home with the arrival of Duncan, a little boy for William and Elisa.

A young couple bring their new baby home and the wife suggests that her husband tries his hand at changing a nappy. "I'll do the next one. I'm busy." He said

Next time the baby's nappy needs changing she asks him again. The husband says, "I didn't mean the next nappy. I meant the next baby."

ARRIVALS: Lesley Hood

DEPARTURES Max Cathcart; Anne Jacob; Steve Hawkins, Marina Lawrence; Phil Penman; John Worldon; Rob Sharp; Christine Shewry; Jane Bradford & Elizabeth Gill, Steve Massey; Richard Walker Peter Hyde. John Fogarty

Congratulations

Barry Rassin of the Bahamas is the World President Elect for 2018/2019

Mark Daniel Maloney of Alabama USA is World President Nominee for 2019/2020

It's better to look back on life and say: "I can't believe I did that"

Than to look back and say: "I wish I did that."

Wednesday 30 August 2017

Meeting # 13632

Quote: “ If you really want to do something, you will find a way, if you don't, you will find an excuse”.

Well most of us were on our best behaviour for the DG's visit, maybe except for the sergeant !!

It was great to have **DG Bob Ryan and his wife Margaret** visit us early in the Rotary year to outline his thoughts for our district. Bob is a long time Rotary person who believes fully in the Rotary way .It was great to hear him talk and we look forward to the District conference in Armidale next March,

Being so close to home there is really no excuse to not go to the conference.

Bob asked us to keep track of our **volunteer hours**, something we will all need to do and report back to the Club.

The DG also asked that we **plant a tree** as part of the international Presidents wishes Your Board is currently looking at a tree planting project for Chauvel Park in South Tamworth/Hillvue as a project to meet this target.

Bob also encouraged us all as Rotarians, to **promote Rotary**.

Whether that be through Facebook or the media or just word of mouth at the pub or club or at work.

If you think Rotary is doing good then let's **spread the word**.

It was also great to hear about **Margaret's project** for this year. **Heart research** work is a vital step forward for our community and the world so we wish her all the best in her endeavours to fund a scholarship for a medical student.

I am sure the board will see fit to support her project as we have other partner projects over the years.

Last week I put a list of the **Club committees** and project team members on each table at our meeting. This list has been made up by myself, with some input from members who have volunteered for various projects. If you would like to change your roll in any of these areas please contact me asap and I will endeavour to accommodate you. If I have left you off a particular roll, then please contact me.

Next week is our first **club assembly** for the year so these committees need to be sorted by then. If you are on a particular committee please think about what you can do in the year ahead and bring your ideas to next Wednesday's assembly.

I know you all can't wait for that meeting!!

Thanks for being part of a great club. The DG was impressed by how organised we are as a club, our great projects and fundraising and our fun atmosphere at our meetings.

See you Wednesday Michael





Bob Ryan-District Governor and his wife Margaret

Margaret is taking on a very interesting partner's project this year to raise funds for a PhD student to study at Newcastle University on the regeneration of heart tissue. The student will be funded for 1 year. Heart disease is the biggest killer in Australia and heart tissue cannot regenerate itself so is permanently damaged after acute and chronic heart conditions such as heart attack. Previous studies on the regeneration of cardiac tissue using stem cells have mostly failed due to the differences between experimental subjects (mice) and human patients who are usually old or aging. This study will be supervised by Professor Andrew Boyle and alongside Dr Suku Thambar from the Hunter Medical Research Institute. Margaret has been so far very pleased with the amount of support she has received from the clubs in the district and also individual members and has asked we all support her project.

Bob originally joined Rotary as a member of Dubbo West club in 1973. Since then he and Margaret have moved around and he has been a member of several clubs including Tamworth West. Bob is now a member of Armidale North and is the District Governor (DG) for District 9650 for 2017/18. Bob opened with an excerpt from a video of International President Ian Riesley's vision for 'making a difference'. Bob spoke about Ian's vision for every Rotarian to count their hours dedicated to Rotary so that it can be acknowledged alongside the dollars raised and spent by Rotarians; of his vision for every Rotarian to plant a tree by Earth Day; and for every Rotarian to consider becoming a Centurion. Bob then presented his vision for his year as DG which included:

- Not only plant a tree but take 3 people with you to also plant a tree at the same time,
- Consider applying for a district or global grant. He encouraged our club to speak to Ken Hall,
- Membership increases for many of the clubs in our district. He commented that our club was going well as far as membership goes but many clubs are struggling. Uralla

and Taree were mentioned among clubs that are using creative ways to increase membership,

- Youth projects: one of his 'pets'. He spoke about the recovery of YEP and congratulated our club on having a YEP student; he encouraged us to always get involved with the National Youth Science forum and public speaking program; he spoke about his love of and involvement in RYLA and in particular mentioned a student from Backtrack who has gone in leaps and bounds since RYLA, now being accepted into UNE, where previously he wanted to drop out of school,
- District news-clubs want to know what other clubs are doing-please send in your pieces,

Bob would like all of us to consider attending the district conference March 9-11th next year. It will be held at Lazenby Hall in Armidale with several friendship nights, excellent guest speakers and the gala night on the Saturday.

Bob closed with a quote from Socrates:

"The secret of change is to focus all of your energy, not on fighting the old, but on building the new".

Bob and Margaret were introduced by Dimity Betts who wrote this report and supplied the photo. Thanks

. Bruce is looking for your assistance;
Working with Children Check -WWCC
He needs : WWCC number and WWCC Expiry date.



Farming thoughts:

"One day you realize how lucky you are. Your stress level has reduced and you start making better decisions. You start looking at all your options and realize you have control of your destiny instead of being affected by the vagaries of nature." An ex farmer.



People are more inclined to employ a farmer because they know they are "hard working" and reliable and prepared to put in the hours."

To be a farmer you've got to be able to do everything. People who have been brought up on the land seem to be able to cope with the unexpected and are self reliant.

Legacy is an [Australian organisation](#), established in 1923 by [ex-servicemen](#).^[1] The organisation has the aim of caring for the dependents of deceased Australian [service men and women](#). The dependants of [World War I](#), [World War II](#), the [Korean War](#), [Malayan emergency](#) and [Vietnam War](#) deceased are cared for. In addition the peacekeeping operations in [East Timor](#), the wars in [Iraq](#) and [Afghanistan](#) have provided ongoing work for Legacy. Finally, any death which is deemed service-related is attended to by Legacy.

Volunteer members are called "Legatees" because they accept the 'legacy of care' for their comrades' families; this title has continued to the present day. Some 5,500 legatees assist more than 90,000 [widows](#) and 1,900 children (referred to by Legacy as "Junior Legatees") and disabled dependents across Australia providing assistance, accommodation, medical and social support. Legacy's assistance depends on the individual situation of the person supported. With the help of Legatees, who stay in touch with all families, Legacy ensures families receive their Legacy entitlements and access to government benefits.

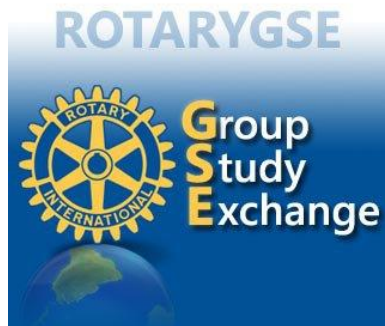
As well as financial help, Legacy provides companionship and assistance with the education of children. Assistance in dealing with the [Army](#), [Navy](#) or [Air Force](#), or the government is provided. In particular, specialist assistance is provided in submitting applications for Compensation for Dependents of Deceased Members and Former Members, including for War [Widow's pensions](#) and Income Support pensions. If initial claims are unsuccessful, when appropriate, Legacy will arrange for advocates before review tribunals. These services are provided at no cost to claimants.

A road tunnel under construction in [Brisbane](#) is named [Legacy Way](#) in honour of the men and women serving in the [Austalian Defence Force](#).^[2]

“For every serving Australian who risks everything, a family risks everything (This week is Legacy week.)



Rotary Club seeks young professionals for goodwill exchange to Uganda



Rotary Club members of Tamworth & District are seeking young professionals to be part of a Group Study Exchange Team to visit Uganda in April/May 2018. The program in 2018 will be centered in the Republic of Uganda.

It is a program that is a unique cultural and vocational exchange opportunity for young business and professional men and women in their early years of professional life. The program is designed to develop professional and leadership skills among young adults.

It offers vocational visits to observe vocations as practiced in another country as well as impacting on team members' long term careers through exchange of ideas, cultural experiences [people, languages, diversity and institutions] and fellowship opportunities.

While abroad, team members stay in Rotarians' homes and have the opportunity to meet their professional counterparts. They also gain experience in public speaking through presentations to local Rotary Clubs and other groups about their experiences and home country.

The cost of the exchange is approximately AUD\$2,000 depending on the cost of the airfares and other essentials and is paid by the successful applicants while their nominating Rotary club covers the cost of a team blazer and the balance of the economy airfares as advised. The host country provides meals, lodging and group travel whilst the team members are in their district. Team members would pay for personal and incidental expenses.

Young adults [both male and female] between the ages of 25 and 40 who are interested in applying should be employed full time in a business or profession. Applicants must live or be employed in our district.

Rotary is an organisation of business and professional leaders united worldwide who provide humanitarian service and help to build goodwill and peace in the world. There are more than 1.231 million Rotary members in some 35,500 Rotary clubs in 540 Districts in 220 countries/geographic areas.

For an application, please contact Philip Lyon on 0407844561. Applications are due by 13 October 2017.

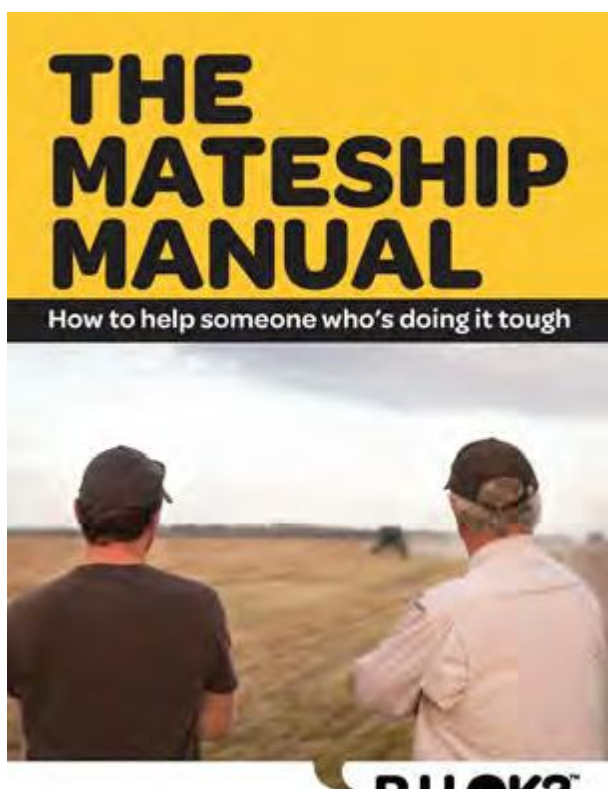
Rotary 
International District 9650



CONVERSATION CONVOY.

6 September 2017 carpark meeting 4pm to 5.

“OUT OF THE BLUE” is a play by Stig Wemyss hosted by R U OK? in collaboration with Health Play. The play set in a hotel bar, where locals have gathered to pay tribute to a mate they have lost to suicide. It offers a powerful pathway to sharing, conversation, action and, hopefully, change.



The play will be followed by a community forum and light supper - including a Q&A session with leaders from the mental health and suicide prevention sector. R U OK? will also be officially launching 'The Mateship Manual' a practical resource to help you start a conversation with a mate or loved one who might be struggling with life.

When: Wednesday 06 September Time: 7pm - for 7.30pm start
Where: West Tamworth League Club
Cost: \$10.00 (includes supper)
Tickets available at The Club or via <https://ruokevent.eventbrite.com.au>

Meeting Roster	Wednesday 30 August	Wednesday 7 September	Wednesday 14 September
Venue	West Diggers 6.30 for 7am	West Diggers 6.30 for 7am	West Diggers 6.30 for 7am
Topic	Club Assembly	Paul Sullivan & Col Pearce Tam Chapter Microlend .Aust	Barry Biffin RYLA Equine
Door Team	James Treloar Paul Stevenson	Les Jacob Brian Thompson	Dwone Jones Louise Matthews
Meeter & Greeter	Peter Ryan	Dimity Betts	Phil Lyons
Welcome	John Treloar	Tom Hellmann	Chris Watson
President Assist	Ian Howle	Bruce Hemmett	Peter Pulley
Visitor Assist	Julian Smith	Andrew Maughan	Max Cathcart
Corporal Assist	Richard Hardwick	Barry Biffin	Brodie Shields
Bulletin Notes	Helen Tickle	David Hinwood	Maureen Thornton
Introduction	Helen Tickle	David Hinwood	Maureen Thornton
Vote of Thanks	Val Hellmann	Ron Allen	Richard Walker
60 seconds	Richard Walker		Lesley Hood
PO Raffle	25 August	1 September	8 September
	Louise Matthews Sue O'Connor	Sue O'Connor James Treloar	James Treloar Jim Raymond
15 September	22 September	29 September	6 October
Richard Walker Jim Raymon	Richard Walker Terry Robinson	Terry Robinson Dwone Jones	Dwone Jones
Corporals for September		Corporals for October	
Steve Hawkins & Peter Bell		Bret White & Simone Church	
Birthdays, Anniversaries and Inductions			
Members Birthdays	James Treloar 4/9		
Partners Birthdays	nil		
Anniversaries	nil		
Club Induction			
Attendance	77%		
Make-Ups	nil		
Visiting Rotarians	Bob Ryan DG		
Visitors	, Kaisa Kosunen; Mitch Soree; Margaret Ryan; Mick Goman		
Heads & Tails			
Raffle	Maureen Thornton		

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: 02 6766 4661

Club Officers and contact details

President—Michael Smith

president@tamworthfirstlight.org.au

Secretary—Michael O'Connor

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