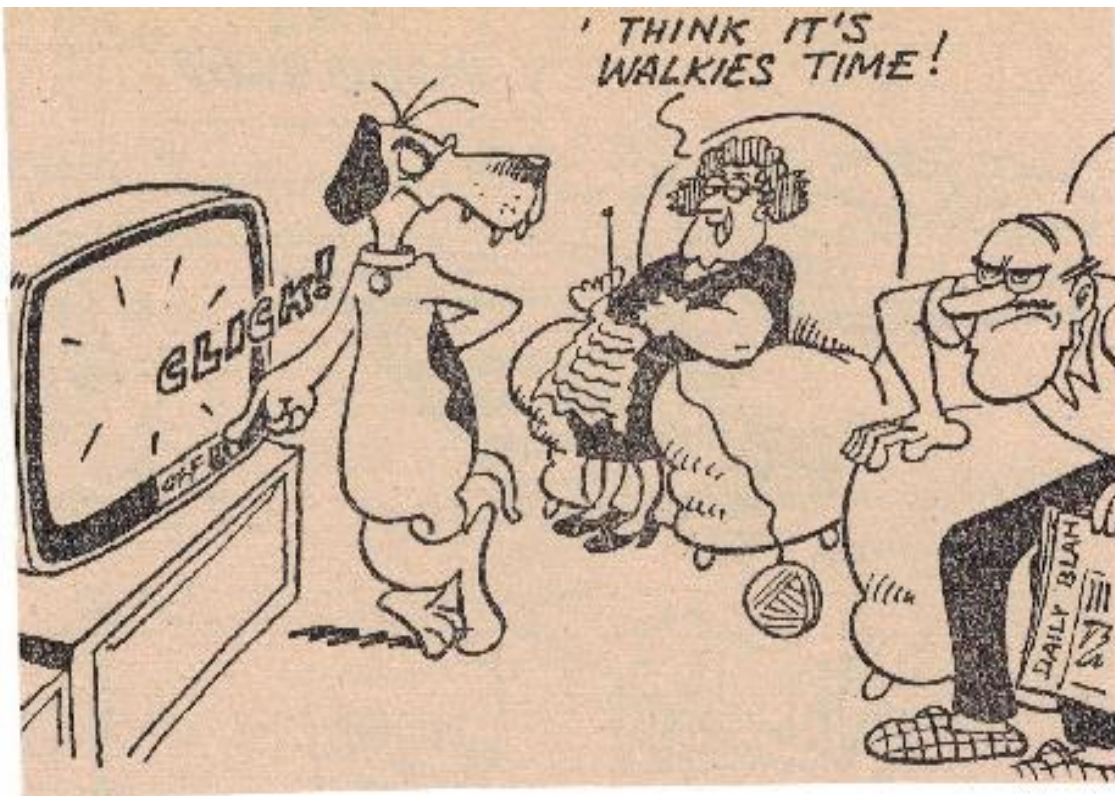
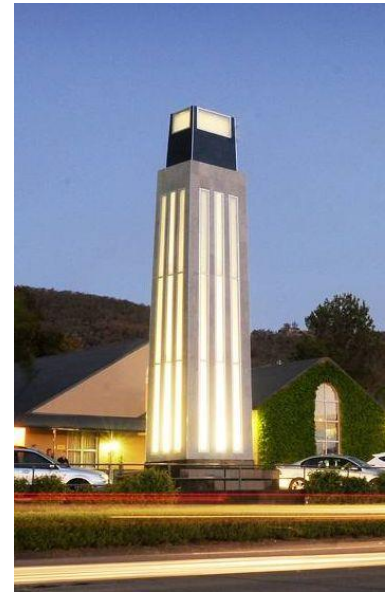




Rotary Club of Tamworth First Light

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



Diary Notes and Dates

November	18 Million Dollar Dinner
	22 No Meeting
	24 Combined meeting with Sunrise at Westpac Helicopter Base Tam Airport
	25 Hummingbird Ball (see DJ)
	25-26 Pre PETS (District Muster)
	30 Christmas Party with Bowls
December	6 Annual General Meeting
	15 Santa Crawl
Feb 27/March 3	RYAG Sheep at Walcha
March	17-24 RYLA at Yarrahapinni
April	6-22 NZ tour
June	16 Change over Dinner
	23-27 Convention in Toronto Chris Watson has tour information Ph: 1300 552 032
September	3-16 Nepal tour

Council on Legislation contact hallkr330@gmail.com

**Our next meeting will be held at West Diggers in Kable Avenue
Tamworth**

Wednesday 15 November 2017 6.30 am for 7am

**Our guests will be Penny Milson, Helen Orvad and Dr Tracey
Schumacher**

From Tamworth Cardiovascular Health Group

Reporters interviewing a 104-year-old woman: "And what do you think is the best thing about being 104?" the reporter asked.

She simply replied, "No peer pressure."

Question: What's the biggest advantage of going back to school as a retiree?

Answer: If you cut classes, no one calls your parents.

It's scary when you start making the same noises as your coffee maker.

Wednesday 15 November 2017

Meeting 1384

Well we had a great vocational visit this morning to the **Brain Injury unit and Inala House** both based at Tamworth Hospital. Firstly we saw how brain injured patients transition from rehab to home. The facility was enhanced via new carpet donated by our club and it was good to see where our donations go sometimes. Darren and Mandy were very grateful for our assistance and in turn we were grateful for breakfast **Thanks Guys**

We then ventured up to **Inala House** to see the facilities there for cancer patients. The facility is wonderful and modern and a home away from home, so to speak for all the patients from outlying areas of the north west. The sad news is the facility is very often full, with patients being turned away or “farmed” out to other accommodation around town.

Shane Fraser, the house manager, showed us the facilities and explained the desire and need for a larger house. We hope she can conjure up the funds over the next year or three, maybe she should have gone to the races and tackled Malcolm and Barnaby whilst they’re in election mode!!

Thanks to Shane for showing us around and thanks to Marina for organising the visit.

Speaking of **Marina**, one of our fantastic young members. **She is now host to Kaisa** for the next three months. Marina is taking Kaisa to South West Rocks this weekend for her first look at an aussie beach!

Remember if you are going somewhere interesting, take Kaisa along, it gives the hosts a break and provides Kaisa with an insight into Australia, Even if it’s something we consider “ordinary” or “usual” she may well find it very different and exciting.

Eg do you know someone shearing sheep or harvesting, a hit of golf or tennis, maybe you’re just going for a drive to Nundle or somewhere different, Sydney, Brisbane, Newcastle?

School holidays start for Kaisa on December 8, I think, so she will have plenty of time to fill in and it is very difficult for Marina given she works full time.

We are back at the club for next week’s meeting, then off to the Westpac helicopter site the week after, so update your diary. **Please note that meeting is on Friday the 24th**, as we are joining the Sunrise club. No meeting on the 22nd!!!

Our AGM is coming up on 6th December. John Worldon is looking for Board members so contact John if you would like to fill a role Speaking of which I need a new person to run the **Youth portfolio for the rest of the Rotary year**. If someone from that committee, see sheet in last week’s bulletin, would like to fill that role please let me know!! Otherwise I may have to tap someone on the shoulder.

Your Board meets next Tuesday so if there is anything you would like discussed please contact me.

Have a great week and we will see you next Wednesday. Cheers Michael.

Our planned visit to the Hospital.

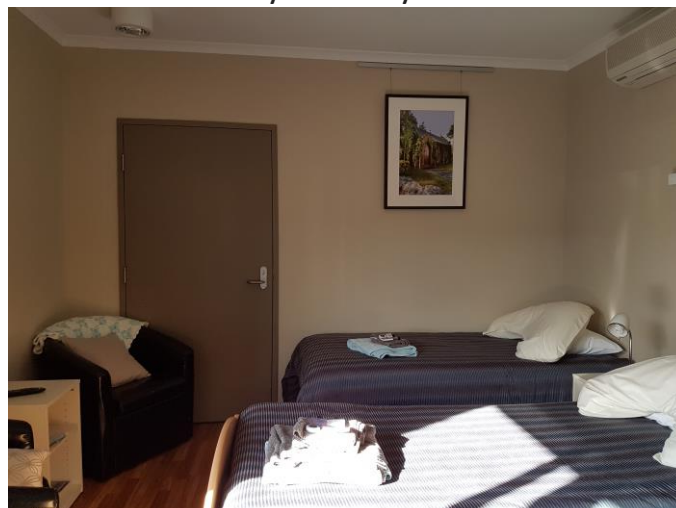
Kameruka means “wait for my return.” This is the residence for people recovering from and adapting to brain injury. This home was a doctor’s residence and has been adapted with elevated washing machine and dryer and changes to the bathroom and kitchen to enable residence to become self care and prepare to go home. Most are encouraged to go home for weekends. While in residence Physicians, Occupational Therapists, Physiotherapists, Speech Pathologists, Social Workers, Paediatric managers and nursing carers give assistance. A lot of rest is still needed. All this is in preparation for transition back to home, work or school and social life.

Most injuries were caused by stroke, assaults, horses, quadbikes and motor vehicle accidents. Funding is often through Green slip insurance, and assistance will be required for a life time.



**Live every moment – Laugh everyday-
Love beyond words.”**

Inala House is a cost neutral home for all when they are receiving Chemotherapy and radiation for cancer treatment. The home has been made friendly, comfortable and home like by the efforts of Seredipity, Relayfor Life and the Cancer Council. Residence are encouraged to go home for weekends where possible. During the week a family member, carer or friend may stay. When there isn’t enough accommodation hotels and caravan parks will be used for folk who live too far away for daily travel. 96% of cost is community funded.



**HIS IDEA
SAVE OUR PLANET**

**HER IDEA
SAVE OUR**

PLANET



**IT'S THE ONLY ONE
WITH BEER
CHOCOLATE**

**IT'S THE ONLY ONE
WITH**

**This is Dee Dee, a Belgium Shepherd
All black- Variety Groenendael
She now lives at Jane Bradford's home
.Her birthday is 19 December 2011.
Welcome DeeDee**



A blond man is in jail, the guard looks in his cell and sees him hanging by his feet
"Just what are you doing?" he asks.
"Hanging myself," the blond replies.
"The rope should be around your neck," says the guard.
"I tried that," he replies, " but then I couldn't breathe."

You don't stop laughing because you grow old, You grow old because you stop laughing..

Venue	Wednesday 15 November West Diggers 6.30for7am	Friday 24 November Westpac Helicopter Base	Wednesday29 November West Diggers 6.30 for 7am
Topic	P.Milson,H,Orvard, Dr Schumacher. Cardiovascular Health Group	Combined with Sunrise Club	
Door Team	Michelle Shanahan Anne Jacob	Jim Raymond Richard Walker	
Meeter & Greeter	Rob Clifton		
Welcome	Brodie Shields		
President Assist	Steve Massey		
Visitor Assist	Ian Howle		
Corporal Assist	Tom Hellmann		
Bulletin Notes	Louise Matthews	Val Hellmann	
Introduction	Louise Matthews		
Vote of Thanks	Marina Lawrence	John Worldon	
60 seconds			
PO Raffle	17 November	24 November	1 December
	Brodie Shields Peter Pulley	Maureen Thornton Peter Pulley	MaureenThornton Mitch Soree
8 December	15 December	22 December	
Mitch Soree			
David Hinwood	David Hinwood Peter Leonard	Peter Leonard Peter Ryan	
Corporals for November		Corporals for December	
Terry Robinson & Peter Ryan		Les Jacob & John Treloar	
Birthdays, Anniversaries and Inductions			
Members Birthdays	Dimity Betts 8/11; Peter Leonard 10/11		
Partners Birthdays	nil		
Anniversaries	Bruce & Julie Hemmett 12/11 (12years)		
Club Induction	John Worldon 14/11 (10years)		
Attendance			
Make-Ups			
Visiting Rotarians			

Visitors	
Heads & Tails	
Raffle	

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

