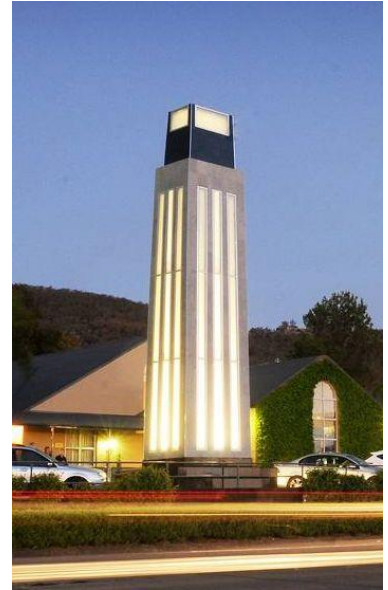




Rotary Club of Tamworth First Light

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



Meeting 1394

Wednesday 28 February 2018

Quote; The difference between stupidity and genius is that genius has its limits - Einstein

Well an interesting talk and slide show today from Ray McLaren !!Apologies to all the ladies and younger folk in the room. Ray spoke about energy, the good, the bad and the ugly, or not so ugly on a couple of occasions!! A bit of a refresher of school physics for us all but a reminder of what energy does and is doing to our world.

Phil Penman has generously put his hand up to oversee the MHERV project for our club. The event will be conducted in **Tamworth on 5th and 6th of March**. We will soon be calling for some volunteers to assist with “reception” type duties on those days. The event involves a travelling van coming to town complete with a registered nurse (male) who will check out any male wishing to have a basic health check. Our club is assigned the task of finding a location for the van complete with power to the van and a toilet facility so samples can be obtained in privacy, Accommodation and food for the nurse, to which Phil and Robyn have put up their hand for also. Some fuel for the van if needed, and advertising and publicity to promote the event. The event was almost on the verge of cancelling the Tamworth leg of the trip until I called Adrian Payne, the organiser this week, so **thanks Phil**.

Liz spoke about the **RYAG sheep** event to be held around Walcha next week. Good luck with that Liz, if any of you dags wish to go along please see Liz.

Don't forget the **district conference on 9-11 March** in Armidale Particularly relevant for incoming board members!!!

Two very nervous RYLA candidates in this morning It will be interesting to see how they develop during their week at RYLA If anyone can get them out of their shell then mum Louise can!!

That's about it, have a great week

Kind Regards

Michael Smith

“Sometimes I think of stress as a product of your own hot air, like a mirage. You can get worked up over nothing, whether that's sitting in traffic or running late for the hairdresser. It's good to remember it's not that important.” Vance Joy (aka James Keogh) singer.



Man who does not smile

should not open a coffee shop.

WHAT'S ON*

FEBRUARY	28 Mitch Soree and special guest Ashleigh Dallas
Feb 27/March	3 RYAG Sheep at Walcha
	4 Goonoo Goonoo station
	7 Judy Biffin- international Tent Pegging – Tamworth to Khasab on horse back
	5&6 MHERV
	9 Post Office Hotel
MARCH	8 to 11 District Conference
	14 Peter Leonard profile
	17-24 RYLA at Yarrahapinni
APRIL	6-22 NZ tour
MAY	26 District Assembly at Gunnedah
JUNE	16 Change over Dinner

Hi all,

As Club Historian, I am about to embark on a project to digitise all past documents, and incorporate them into a searchable database. These will include Minutes, Reports, official documents, and anything else like newspaper clippings etc.

Our late Terry Burgess did a wonderful job of keeping history for the first 25 years. His records will form the basis of this project, and will be expanded from there.

So I am appealing to all Presidents, Secretaries, Committee Chairs etc., both past and present, to gather up any documents or folders, both paper or electronic, you may have gathering dust somewhere, and forward to me for scanning. Looking forward to being inundated with dusty paperwork.

Cheers,

Brodie Shields

Hi Members

I am looking for a signed copy of our constitution or same

If you have a copy or know where I can find one please, let me know or send a copy

Kind Regards

Michael Smith

Men's Health Education Rural Van.

In this van the following tests are undertaken:

1. Blood pressure reading
2. Blood sugar levels
3. Blood cholesterol reading
4. Body Mass Indexation-height, weight, girth measurement
5. Urine analysis

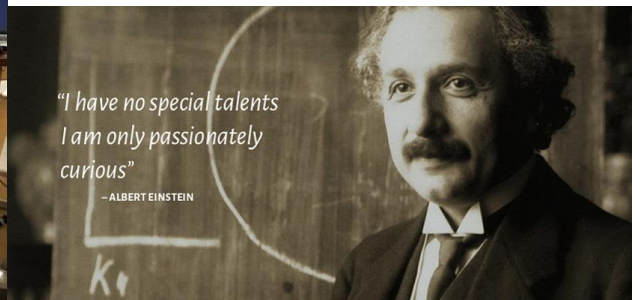
This is serious as many men, especially rural blokes, do not have regular checks and unfortunately this "she'll be right " attitude can be suddenly fatal.

Some results of 969 people examined:

256 required a visit to their GP for a routine examination

697 needed to see their GP asap for treatment

16 needed to see their GP immediately.



Materials, Madonna, Energy – A presentation by Raymond McLaren

What can I say. Raymond is a man of many talents, some may say a genius of mechanical engineering, na artist, a conservationist, a philanthropist and now I find out a voyeur.

I will leave the Madonna bits out of this summary

Raymond's presentation sure was an eye opener, the most risqué guest speaker we have ever had in my 29 years as a member of this club.

The purpose of his talk was to:

Explain energy conservation and the material world - Explain effects of thermodynamics and some materials - Explain the first and second laws of thermodynamics.

Energy – what is it. The best forms of energy are: Potential, Kinetic, Thermal, Chemical, Nuclear

Potential Energy – The energy available is roughly equivalent to the mass of the body times its altitude. Gravitational potential energy exists in a body at height in a state of equilibrium.

PE = MASS x HEIGHT [Naughty image removed – Sorry]

The First Law – The first law is simple but inexorable [It cannot be violated]: energy cannot be created, Energy cannot be destroyed, It has always existed and it will always exist.

The Second Law – This law is essentially about entropy, the downward progression of organised matter or energy to a lower organisational state. In the process, energy is usually released. Increasing disorder = higher entropy. Increase disorder = higher entropy. High entropy = increasing disorder.

Some well known processes that convert energy

- Your campfire converts sequestered sunlight into water and C

O₂, releasing heat

- Photovoltaic cells convert real time electromagnetic radiation on several frequency levels into electric energy.

- Your car converts the latent energy in hydrocarbon fuel into mechanical energy at the wheels

- Plants use the energy in sunlight to activate chlorophyll to produce complex chemical structures, leading to food and earlier times coal

- Your body converts chemical energy in food into mechanical energy in your muscles and electrical energy in your nerves
- Water descending in big pipes is used to convert its potential energy due to altitude into electrical energy in hydro power stations.
- None of these processes create any energy – they convert it from one form to another

How can we use these laws to help explain the world around us?

They can help demystify the processes of the:

- Campfire
- Motor car
- Thermal power station
- Nuclear power

How can we relate these laws to climate change?

Regarding the Earth as a live body in thermal balance, the incoming heat energy must equal the outgoing energy.

If there is more heat coming in than going out the temperature will rise.

From a global perspective, the albedo of the Arctic ice cap has a large effect on the insolation in far northern regions.

At present the Arctic is retreating, and this causes a reduction in albedo. This then permits more insolation to warm the oceans, which decreases the albedo.

DECREASED ALBEDO = INCREASE INSOLATION

INCREASED INSULATION = DECREASED ALBEDO.

This is known as a positive feedback loop.

These loops can lead to instability in any system

In the game of life involving materials and energy:

- There is no free lunch – first law
- You cannot make a profit – second law

And worst of all:

- You cannot get out of the game because it is all around you all the time

Notes by Bruce Hemmett



2017 Australian Army Light Horse Contingent to Beersheba, Israel
 L to R - (2 Cav) CPL Samuel Cutts, Tpr Paul Arguel - (4/19 PWLH) SGT Mick Dwyer, WO2 Lindsay Black CSM, SGT
 Danny Alakus, LTCOL John Molnar (CO), WO1 Jamie Adams (RSM) - (12/16 HRL) SGT Richard Hardwick, WO2 Luke
 Robinson, SGT Darrell Byron - (2/14 QMI) TPR Harrison Dietrich, CPL Warwick Naggs.
 (not in picture, Chaplain Rabbi CAPT David Gutnick)



2017 Australian Army Light Horse Contingent to Beersheba, Israel



	Wednesday 28 February West Diggers 6.30 for 7am	Wednesday 7 March West Diggers 6.30 for 7am	Wednesday 14 March West Diggers 6.30 for 7am
Topic	Mitch Soree profile	Judy Biffin International Ten Pegging. Tamworth to Khasab on horseback	Peter Leonard profile
Door Team	Ron Allen Barry Biffin	Elizabeth Gill Laurence Hearne	Dwone Jones Jim Raymond
Meeter & Greeter	Helen Tickle	Peter Bell	Peter Ryan
Welcome	Brett White	John Fogarty	Michelle Shanahan
President Assist	Louise Matthews	Peter Hyde	Richard Walker
Visitor Assist	Brodie Shields	Graham Dooley	John Treloar
Corporal Assist	Ian Howle	Peter Leonard	David Hinwood
Bulletin Notes	Julian Smith	Phillip Heffernan	Andrew Maughan
Introduction	Julian Smith	Phillip Heffernan	Andrew Maughan
Vote of Thanks	James Treloar	Lesley Hood	Brian Logan
60 seconds			
PO Raffle	2 March	9 March	16 March
NOW @6.30	Graham Dooley Michael O'Connor	Graham Dooley Phil Heffernan	Phil Heffernan Paul Stevenson
23 March	30 March	6 April	13 April
Paul Stevenson Jane Bradford	Jane Bradford		
Corporals for February		Corporals for March	
Mitchell Soree & Brian Thompson		Phil Penman & Steve Massey	
Birthdays, Anniversaries and Inductions			
Members Birthdays	Brian Thompson 4/3		
Partners Birthdays			
Anniversaries	Graham & Marion Dooley 5/3 (35 yrs); Michael & Gloria O'Connor 4/3 (41 yrs)		
Club Induction	Elizabeth Gill; Jane Bradford(11years) 28/2; John Fogarty (10years) 27/2; Marina Lawrence (2years) 2/3; Terry Robinson 9(14years) 25/2		
Attendance	75%		
Make-Ups	nil		
Visiting Rotarians	Ray McLaren		
Visitors	Danielle Wallace RYLA; Carissa Lyons-Cain RYLA; John Rouvray; Naomi Blakely; Paul Crosby; Kaylene Gills		
Heads & Tails	Dennis Maunder		
Raffle	Michael O'Connor		

Graham Dooley
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 |