



Rotary Opens Opportunities

Rotary Club of Tamworth First Light



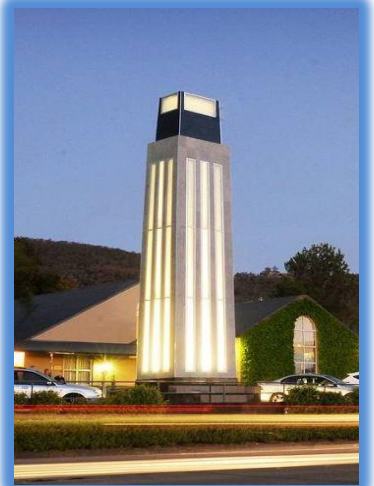
2020 - 2021

District Governor - [Debbie Loveday](#)

President: [Deb Barnes](#)

Secretary: [Sue O'Connor](#)

Treasurer: [Michael Smith](#)



MEETING 1527

ISSUE 19

WEDNESDAY 4 NOVEMBER 2020



Sunrise at Yamba - David Hinwood

IMPORTANT DIARY DATES FOR 2020 - 2021

WEDNESDAY, 25 NOVEMBER 2020 AT 07:00 PM – POLIO MOVIE – I AM WOMAN – Helen Reddy
Tickets \$20.00 per person – Funds to the END POLIO Campaign with the Rotary Foundation

D9650 ROTARY SHOWCASE – West Tamworth League Club – 10:45AM – Registrations

Saturday, 28.11.2020 – Registration Form in ENEWS 18.10.2020 Issue - Dinner at Wests

Sunday 29.11.2020 – 8:45 – 1:30PM

Closing date for Registrations – Wednesday, 11 November 2020

Wed, 2 December 2020 – AGM – only four weeks away!



Christmas Party Barefoot Bowls & Dinner

**Thursday, 3 December 2020
at 6.00PM**

Tamworth City Bowling Club



*This is a fun way to celebrate Xmas and the first SIX months of President Deb's year.
Dinner will be after the bowls and be an "Asian Banquet"
for the very reasonable cost of \$22 per head.
Drinks are at your own expense.*

*For catering purposes, I need to know numbers beforehand –
we are limited to 64 under current restrictions.*

*Please feel free to invite a friend or prospective member along
or indeed any past members who may wish to catch up.*

**RSVP: pfpenman@gmail.com or text on 0407 662 438
by Wednesday, 25 November 2020.**

**Philip Penman
Club Admin Director 2020-21**

MAY 2021 RYLA CAMP AT KEEPIT DAM - start looking for applicants NOW please!!

Saturday, 19 June 2021 – **First Light Changeover** – The Event Centre – Hotel Mercure

Pun or Groaner

Two silk worms had a race. They ended up in a tie.



Quote of the Week

“Carry out a random act of kindness,
with no expectation of reward,
safe in the knowledge that one day
someone might do the same for you.”



Dear Members and Friends

Thank you to everyone who was able to make it to our Club's social night on Friday night. It was lovely to see so many there, to chat and enjoy our meal, and to have live music.

I am extremely excited that the Queensland border is open again. I am looking forward to heading north to see my family and am sure many of you are feeling the same, particularly with Christmas not far away.

Last week was our “Lift the Lid” on mental illness meeting. We were thrilled to hear Kate's significant information but Mick certainly took our breath away, what a brave young man.

Lift the Lid on mental illness is Australian Rotary Health's National Fund-raising campaign to raise money for mental health research. 100% of proceeds go to funding research into helping those affected by depression anxiety schizophrenia and many other illnesses. Australian Rotary Health was established as a charitable fundraiser in 1981 to research AIDS by the Rotary Club of Mornington. Each Australian district accepted the concept. With the generous support of Rotary, Australian Rotary Health has funded over \$48M in research.

The 2020 funding allocation has provided:

- 27 research projects \$1.7M, mental health of young Australians
- 9 Ian Scott scholarships \$120,000, Research into mental health
- 4 post doctorate fellowships \$270,000, mental illness prevention
- 53 partner scholarships \$642,000
- 1 rural medical scholarship \$5000, incentive for one-year placement in a rural area
- 7 rural nursing scholarships \$50,000, incentive for students to complete their third-year major clinical placement in a rural or remote area; and
- 80 indigenous health scholarships \$400,000.

I hope we can think of some ways to assist some more in this area or even to nominate a recipient for funding.

Mental Health Winner of Best Hat – Richard Hardwick – worth the effort – won a bottle of wine!

I look forward to seeing you on Wednesday

Thanks

DEB BARNES



MYSTERY MINUTE – DELETING SOCIAL MEDIA – Peter Leonard

When President Deb came to me last week and asked if I'd do the Mystery Minute, I had trouble trying to think of something to talk about for that one minute. Working in the Insurance industry, I was initially going to talk about some of the funny claims and claim descriptions we have encountered over the years, however that ended up being more of a '*you had to have been there*' thing.

Then, sitting at home the other night, I thought about something that I had recently removed from my life that had been consuming a fair portion of my spare time. That '*thing*' is Facebook (FB). Initially I joined Facebook (back in 2007) to find an overseas cousin who I'd lost contact with. For that purpose, Facebook worked very well and not only did I reconnect with my cousin, but I also reconnected with a lot of people from my past.

I would check my account every few days to see if there had been any new posts or any new friend requests. Over time I found I was checking my account at least once or twice every day. Then when FB became available on my smart phone, I became the dummy who checked it almost hourly. Then as more and more people joined, posting more and more useless information, I, of course, had to view it.

Then, a few weeks ago, a good friend (who by the way has never been on FB) suggested I watch a Netflix documentary titled '*The Social Dilemma*', a show that talks about the various methods the tech giants use to manipulate human psychology and what that ultimately means for society in general. So I watched it, and after that I decided to deactivate my FB account. Lo and behold I discovered some important things about myself:

I don't need to see photographs of someone's 'pub-grub' or 'home cooking'.....who cares if it's Nonna Caterina's secret recipe.....cause you're not going to give me the recipe anywayignoring the fact that you've slipped in a plug for your Italian heritage, something you secretly want to broadcast to the world.....despite the fact that you've already divulged this to your 973 closest Facebook friends on several occasions.

I don't need to see your self-gratifying posts claiming you are not boasting about your good deed, but rather to highlight the plight of some poor beggar who thinks they're wonderful. You were definitely not looking for those 135 written pats on the back or the 239 likes and reactions. Yes, that's right, it's not good enough anymore just to like something... - you've got to show more love or caring in your reactions.

I don't need to know who you support in the US election or that Trump is a misogynist or Biden has dementia. I'm pretty sure neither of us will be voting in the US election come Tuesday.

I also don't need to read any more of your meme's about setting something free just to see if it's mine or never was.....or finding out what my porn star name is.....or taking that quiz on how much I know about the movie Grease. I do know now, like I knew then, Grease is probably one of the worst movies ever made but that's not going to be one of the questions is it?

I also discovered that I didn't need to reconnect with most of those people from my past. The connection had obviously been lost before because we had little in common. Becoming FB friends didn't change that. So deactivating FB didn't fill me with a sense of loss, but rather gave me more time to connect with the people that matter in my life.

So that's my Mystery Minute for this morning.



Something a little different!

Illinois Bikers were riding west on I-74 when they saw a girl about to jump off the Murray Baker Bridge. So they stopped.

George, their leader, a big burly man of 53, gets off his Harley, walks through a group of gawkers, past the State Trooper who was trying to talk her down off the railing, and says,

"Hey Baby.....whatcha doin' up there on that railin'?"

She says tearfully, "I'm going to commit suicide!!"

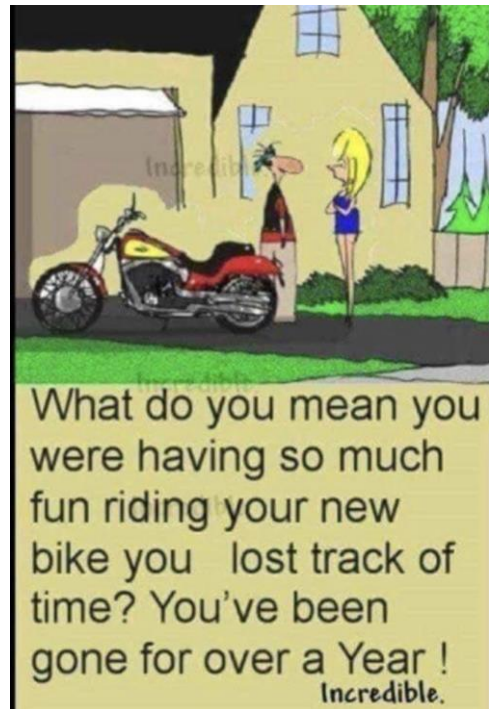
While he didn't want to appear "sensitive," George also didn't want to miss this "be-a-legend" opportunity either he asked ... "Well, before you jump, Honey-Babe...why don't you give ole George here your best last kiss?"

So, with no hesitation at all, she leaned back over the railing and did just that ... and it was a long, deep, lingering kiss followed immediately by another even better one.

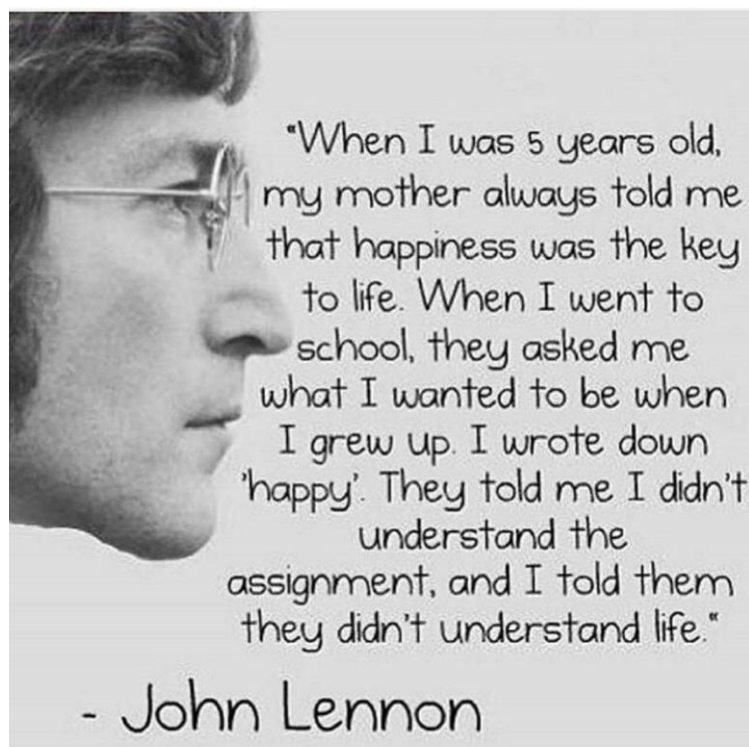
After they breathlessly finished, George gets a big thumbs-up approval from his biker-buddies, the onlookers, and even the State Trooper, and then says, "Wow! That was the best kiss I have ever had, Honey! That's a real talent you're wasting, Sugar Shorts. You could be famous if you rode with me. Why are you committing suicide?"

"My parents don't like me dressing like a girl."

It's still unclear whether she jumped or was pushed??



so



OCTOBER IS MENTAL HEALTH MONTH – WE HAD TWO GUEST SPEAKERS

Mick Cameron – suffers with mental health issues and Kate Arndell – Rural Adversity Mental Health Coordinator

Richard Walker introduced Mick Cameron - Mick grew up in Tamworth doing all of his schooling here. He found High School life one of the toughest times in his life. He was diagnosed with what was then called Manic Depression (now Bipolar Disorder) at only age 13, and growing up his dream job was to be a Chef. Family life was good, although it was tough at times. He finished Year 12 HSC at Peel High School in 1992. After school he found it extremely difficult to find employment. At the start of 1994 he lived in a community at Bourke, it was a Bible College (no occult thing) called Cornerstone where he would study for four hours a day and work on the local cotton farms for four hours. This didn't last long as he became extremely unwell with Bipolar and was asked to leave the community. In 1995 he got his first paid job at a delivery unit at Pizza Hut in Sydney, this job only lasted around nine months as again he became unwell and his employment was terminated. Throughout my entire teenage and adult life this was normal for him, both battling being well and unwell and he will speak more about this and also the constant hope of recovery.

Mick said from age 13 he would be running around school doing the stupidest things, hospitalised in what was then Bligh House (now Banksia) for about six months where he was diagnosed with Manic Depression (now Bipolar Disorder).

- He was bullied a lot at school, friends called him “psycho”
- For the years that followed he would be in hospital in a psych ward on average once or twice a year
- Darkest place in my life were School and the year 2019 with a suicide attempt that year
- He cycles through highs and lows - darkness and light
- He stated that you need to go through the lows in life to experience the good and appreciate just what you have in life
- After all these years he still thinks there is light at the end of the tunnel
- He tries to always “think positive”, even if only one positive thing in a day
- He tries to choose an attitude - How you're thinking?
- Thoughts are the biggest killer - Garbage in garbage Out
- Recovery is possible - longer stays out of hospital
- Mental illness is a journey - there's no quick fix
- Feel down – need to change your attitude – however on a high (Mania) you feel great so stop taking your pills and go down to depression again
- Mick closed with Support networks are extremely important – could be family, doctors, nurses
- Billabong Club House has been a saviour for me for over 21 years.
- 2020 – has paid work in Community Service – as you recover – give yourself a treat – reward yourself for your healthy progress.

Richard Walker introduced **Kate Arndell as a Rural Adversity Mental Health Coordinator** with an interesting PowerPoint presentation.

Kate thanked Mick for his excellent presentation and hoped that her talk would help people to understand that there is “help out there” – you just have to ask!”

This has been an extra-ordinary year with the Global Pandemic or Corona Virus. / Covid-19 which has created huge changes in the way we live, we have economic shut-down with enormous job losses. We have people working from home and teaching their children as schools have closed.



We have social distancing – something most would not have experienced and we have new Rules and Regulations with Cancellations of many events around Australia.

It is normal to have strong reactions to unusual circumstances. It is normal to have a broader range of emotions / reactions. Each of us will experience what has happened over the past year – differently – that is quite OK.

We now have to think about how we manage our stress. What strategies have worked in the past? What has not worked for us? How do others in your life seem to be managing this difficult situation? Possible signs to look for – mood changes – suddenly simple tasks become more difficult – feelings of hopelessness – disinterest in the future – changes in sleeping and eating habits – changes in drug or alcohol use or uncharacteristic behaviours patterns developing – relationship issues, social withdrawal, loss of interest or energy.

Some practical strategies to stay resilient. Keep a routine – Limit media exposure – use reliable sources only – maintain social connectedness through technology – Be aware of our relationship with drugs or alcohol – maintain exercise in fresh air – reach out and ask for help!



Mick Cameron & Kate Arndell being thanked by John Treloar (middle)

Be good to your spouse, Remember, right now they could poison you and it would be counted as a covid death.

Had I known in March that it was the last time I would be in a restaurant, I would have ordered the dessert





MEETING PROCEDURE WORKSHOP

Don't be left in the dark when it comes to meetings ... find out what it all means, how it all works and how you can be more effectively involved as a meeting chair or participant

Presented by Toastmasters
WEDNESDAY NOVEMBER 4
Ring 0419 998 386 to book in



‘MEMBER ENGAGEMENT AND RETENTION’

Article by ARC PDG Peter Frueh

The Current Situation

If we look at our District 9800, we have 65 Rotary clubs. This is down from the 67 of five years ago, and our membership has also declined from around 2,400 to 2,100 in that time, an average of about five members a club, or one per club per year. This is a long-term trend across all Districts in Australia and much of the developed world, but what would it take for us to have a net increase of two each year per club, rather than a decline of one?

Reasons for Leaving

Rotary International survey data shows that the main reasons people leave are:

- For members under 40 - life changing event (work, move, relationships, children), club environment, cost or time constraint
- For members 40 to 60 - cost or time constraints, club environment, unmet expectations
- For members 60+ - life changing event (relocation, health), club environment, cost or time constraint.

Of course, every individual has their own reasons for leaving and by the time they leave, some may not wish to share it. It is therefore up to club leaders and fellow members to observe those members who are perhaps not as engaged or are not attending meetings, and ask them how they are feeling about their Rotary club...is it meeting their needs? If not, can something be done about it.

Timing

Some people will be familiar with the U-shape of faults in manufactured goods. Problems show up either early in use, or much later on, as things wear out or age. Membership in Rotary has the same U-shape. In our District, 38% of members who leave do so in the first two years. Then the rate drops to 4% p.a. over the next eight years, before rising again for long term members.

Solutions

This shows the importance of “onboarding” new members so they feel part of the club, how the club can meet their expectations, and provide learning about the broader aspects of Rotary International. Clubs need to have formal or informal mentoring in place and ensure this is happening. Ask and listen to what your newer club members say about their experience, help them find where their passion might be within Rotary, and then work with them to ensure they are able to initiate or participate in their first project or event. Recognise them publicly and make them part of the Rotary family.

The pandemic has hit all our members in some way or another (work, family, stress, financial). We need to show that we care for one another and allow people to share their issues—as the adage goes, a problem shared is a problem halved. Formal Zoom meetings may not provide the right platform for this to happen, and smaller breakout groups can help for larger clubs. However, nothing beats a phone call at a suitable time from a Rotary friend! You can prepare to make this call by checking out the RUOK website for tips: <https://www.ruok.org.au/> Also, why not consider reaching out to past members, friends of the club, volunteers and others in the broader Rotary community. We all appreciate this type of support.

Renewing Clubs

Finally, use this time to reimagine your club and get back to grass roots community-based projects in which members can get personally involved. Examples are assisting with food sharing organisations, phone support for isolated elderly people, mentoring of people who have lost their job or are undergoing work transitions, etc. Reach out to local businesses to get their support for your new initiatives or ask them how you could help. Ask the local council about emerging issues in which your members can assist.

A healthy club focuses equally on membership growth and membership retention, and now is an ideal time to look at your club’s approach to both areas.

Article from Rotary on the Move – November 2020



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

Tamworth—First Light

Meets Wednesday morning,
6:30 for 7:00 am at
The Events Centre
Hotel Mercure
TAMWORTH NSW 2340

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?

Other Clubs meet

Monday PM – Tamworth West
Tuesday PM - Tamworth
Wednesday PM - Calala
Friday AM – Sunrise

Club Officers and contact details

President—Deb Barnes

president@tamworthfirstlight.org.au

Secretary—Sue O'Connor

secretary@tamworthfirstlight.org.au

Treasurer – Michael Smith



WEEKLY ROSTER FOR BOTH CLUB AND POST OFFICE RAFFLES

	4 November 2020	11 November 2020	18 November 2020
Topic	Robbie Sefton “A True Story” Hotel Mercure	Hotel Mercure	Susan Goodwin Nearly local 37 years Hotel Mercure
Sergeants	Mandy Fisher Steve Martin	Mandy Fisher Steve Martin	Mandy Fisher Steve Martin
Corporals	Bruce Hemmett Peter Bell	Anne Jacob Richard Walker	Louise Matthews Laurie Hearne
Meeter & Greeter	Brodie Shields	John Rouvray	Peter Leonard
Door Team	Graham Dooley Naomi Dooley	Brian Logan Glenn McIntosh	Marina Hearne Mitch Soree
President Assist	Dennis Johnson	Ian Howle	Barry Biffin
Visitor Assist	Chris Watson	Phil Knight	Terry Robinson
Welcome	Paul Stevenson	Michael O'Connor	Phil Lyon
Bulletin Notes	Richard Hardwick	Brian Thompson	Phil Penman
Introduction	Richard Hardwick	Brian Thompson	Phil Penman
Vote of Thanks	Steve Hawkins	James Treloar	Steve Massey

POST OFFICE RAFFLE – FRIDAYS - 6:30 – 7:30PM

6 November 2020	13 November	20 November 2020	27 November 2020
David Hinwood Phil Lyon	Phil Lyon Mitch Soree	Mitch Soree James Treloar	James Treloar Brett White

BIRTHDAYS, ANNIVERSARIES AND INDUCTIONS

Members Birthdays	Dimity Betts (08/11); Peter Leonard (10/11)
Partners Birthdays	NIL
Anniversaries	NIL
Club Induction	NIL

Attendance	80%
Make-ups	
Visiting Rotarians	
Visitors	Bev Fletcher; Helen Tickle; Maryanne Parsons;
Heads & Tails	Skinner
Raffle	Phil Knight

