



SERVE TO CHANGE LIVES

Rotary



Club of Tamworth First Light

MEETING 1567 ISSUE 10 WEDNESDAY 1<sup>st</sup> September 2021



## Rotary Year 2021 - 2022

District Governor	<a href="#">David Mayne</a>
President:	<a href="#">Marina Hearne</a>
Secretary:	<a href="#">Sue O'Connor</a>
Treasurer:	<a href="#">Michael Smith</a>



Photo of my grandson Lachlan Butters enjoying himself at Tamworth Mountain Bike Park  
Richard Walker

Rotary Events Calendar	Date
<ul style="list-style-type: none"> <li>• October 'Lift the Lid'</li> <li>• Science and Engineering</li> <li>• District Conference</li> <li>• Waste Warriors Expo</li> <li>• RYLA</li> <li>• NWRCE (Careers Expo)</li> </ul>	<ul style="list-style-type: none"> <li>• 10 October 2021</li> <li>• 14- 18 March 2022</li> <li>• 18- 20 March 2022</li> <li>• 25<sup>th</sup> March 2022</li> <li>• 29th April 2022 – 7th May 2022</li> <li>• 18 May 2022</li> </ul>

Social Calendar	Date
<ul style="list-style-type: none"> <li>• Post Office Raffles Social Night</li> </ul>	<b>3<sup>rd</sup> Friday of the Month (when not in lockdown of course)</b>



**Priority Research Centre for Physical Activity and Nutrition**

5 Jul •

The University of Newcastle is researching ways to improve primary health care delivery for people living in rural areas, and we need your help!

We are looking for people who are:

- Aged 45-70 years
- Live in North West NSW.
- Live in a town with a population of 50,000 or less (Armidale and Tamworth are ok!)
- Feel their heart health may not be up to scratch. Examples of where this might be the case include if you have/have had any of the following:
  - Family members with heart problems
  - Personal heart problems
  - High blood pressure or blood cholesterol levels (may or may not require medication)
  - Diabetes
  - Currently smoking or recently quit

If this sounds like you, we would love to hear from you through either an online survey or a one-on-one interview or BOTH! If you are interested in being a part of this, or would like further information, please do one of the following:

1. I would like to do the online survey (and maybe the interviews later, not sure)
  - a. Follow this link <https://redcap.hmri.org.au/surveys/?s=WKRA4F7DX3>.
2. I would just like to do the interview:
  - a. Follow this link <https://redcap.hmri.org.au/surveys/?s=TEFD8CRFJL> and fill in your details and our Project manager Tracy Schumacher will be in touch OR
  - b. Contact our project manager, Tracy Schumacher, directly either by email [Tracy.Schumacher@newcastle.edu.au](mailto:Tracy.Schumacher@newcastle.edu.au) or phone 49216259

**Dimity is helping to look for volunteers for Research.**

**If you think you fit the criteria, please email her for more info or the links**

**[Dimity.betts@outlook.com](mailto:Dimity.betts@outlook.com)**



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# Marina's 2 cents worth

## Quote of the week:

**A sense of humour helps us to get through the dull times, cope with the difficult times, enjoy the good times and manage the scary times.” – Steve Goodier, Author.**

## Joke of the week:

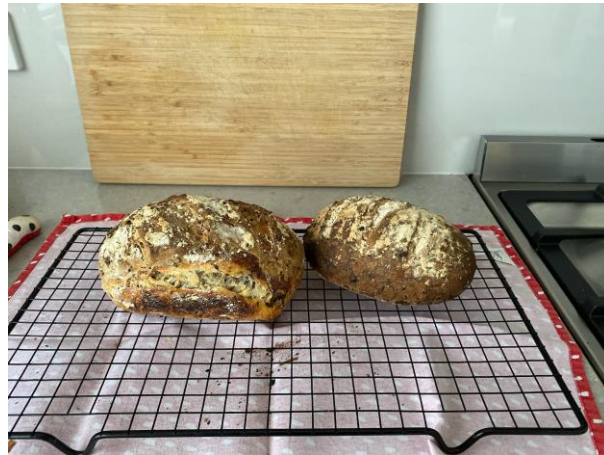
**Whoever said that the definition of insanity is doing the same thing over and over again and expecting different results has obviously never had to reboot a computer.**

- We are signing up to try and beat Sunrise to Santa, if you frequently walk/ bike/ run, let me know so we can add you to our group. Naomi might be nice enough to help with how we record our kilometres. This is the warmup to our club October Challenge, get yourself into prime form to smash out some kilometres!!!!
- Don't forget the lockdown challenge – send me some photos of new or old hobbies you have picked up during this lockdown! Most interesting or bizarre one wins a scratchy!
- With the bulletin this week will be a request to provide your interest, pending lockdown, to attend our tree planting day on Sept 12. If you can send the response to Peter Ryan at [pryan@inlandtechnology.com.au](mailto:pryan@inlandtechnology.com.au), that would be fabulous.

## Back to zooming again for another two weeks:

<https://us02web.zoom.us/j/87626163548?pwd=Y0RCL2hYeXEyWoxYVJkTHJJNUhpUT09>

**Naomi is on the sourdough  
lockdown two bandwagon**



## Delivering Covid-19 Vaccine into Dense Forest

Rotary members in Demerara, Guyana, are using their disease fighting experience to penetrate dense forests and bring COVID-19 vaccines to indigenous communities that would otherwise not have access to them. Club members and health officials used boats to reach and immunize villagers as well as distribute much needed food, clothing, medicine. It's just one way that Rotary clubs are using their experience in fighting disease to promote vaccinations and fight the pandemic.



Guest Speaker: Tim Coates



Five years ago Tim sold his business and retired (very overrated according to Tim). He was then approached to chair the local TEC group. TEC stands for The Executive Connection.

The TEC group is an international organisation, which started in the USA in 1957. It was brought to Australia by Dr Phil Meddings in 1986. The idea is to get like minded business leaders together so that their collective brain power can improve all their businesses and leadership qualities. TEC Australia currently has 1020 clients.

Tim chairs the local group which covers Northern NSW. They meet 11 times a year with up to 25 participants each meeting. The average member stays 4-5 years. The ideal TEC member has 5 or 6 employees with a business turnover in excess of \$1million. The joining fee is approximately \$1000 with ongoing monthly fees of \$1000. Some meetings have guest speakers covering topics such as how to think differently, succession planning, valuing a business, finance, HR issues. Members of the group decide on the topics and who they would like to hear speak.

Many thanks Tim for a very informative discussion.

An old photo Marina found from 2011 Queen Quest with Tim when the quest was run through The Business Chamber





I held the door open for a beautiful blonde in the pub last night. My wife said, "You've never held the door open for me." I said, "What about the frickin' time you threatened to leave."

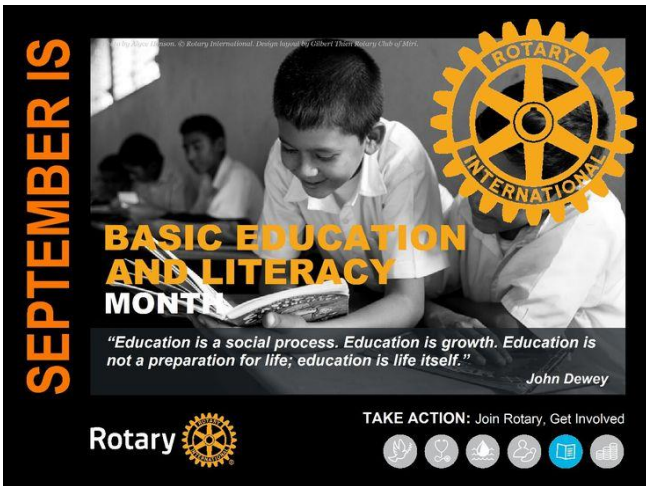


I LIKED HER MORE...



A guy had to move abroad and had to sell his dog. The new owner asks, "And does he like little kids?" "Sure, but it's cheaper to just buy him dog biscuits."





Rotary supports activities and training to improve education for all children and literacy for children and adults.

The Rotary Foundation enables Rotarians to ensure that all people have sustainable access to basic education and literacy by:

1. Involving the community to support programs that strengthen the capacity of communities to provide basic education and literacy to all;
2. Increasing adult literacy in communities;
3. Working to reduce gender disparity in education;
4. Supporting studies for career-minded professionals related to basic education and literacy.

## Supporting education & Literacy in the community



Recognition of our \$2,000 donation from 2020/ 2021



## 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.

### Tamworth - First Light

Meets each Wednesday  
6:30 for 7:00 am  
West League Club  
Chillingworth Room  
Phillip Street  
South Tamworth

### Club Officers and contact details

[President — Marina Hearne](#)

[Secretary — Sue O'Connor](#)

[Treasurer — Michael Smith](#)

### Other Clubs meet:

Monday PM – Tamworth West

Tuesday PM – Tamworth

Wednesday PM - Calala

Friday AM - Sunrise

### Seven Areas of Focus



### 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?

	<b>1<sup>st</sup> September</b>	<b>8<sup>th</sup> September</b>	<b>15<sup>th</sup> September</b>
<b>Topic</b>	Meeting	Meeting	Meeting
<b>Location</b>	Chillingworth, Wests	Chillingworth, Wests	Chillingworth, Wests
<b>Guest speaker</b>	Transition to work Josh Crelley	Centenary Tree Project Rob Chandler	My View of the Middle East Richard Hardwick
<b>Sergeant</b>	Barry Biffin	Barry Biffin	Barry Biffin
<b>Corporals (fortnightly)</b>	Paul Stevenson James Treloar	Val Hellman Brian Logan	Val Hellman Brian Logan
<b>Meeter &amp; Greeter</b>	Chris Watson	Bev Fletcher	Brodie shields
<b>Door Team</b>	Deb Barnes Naomi Blakey	John Rouvray Richard Hardwick	Anne Jacobs Mitchell Soree
<b>President Assist</b>	Peter Bell	Peter Ryan	James Treloar
<b>Visitor Assist</b>	Glen McIntosh	Steve Massey	Elizabeth Gill
<b>Welcome</b>	David Hinwood	Peter Leonard	Paul Stevenson
<b>Bulletin Notes &amp; Introduction</b>	Brian Thompson	Steven Hawkins	Naomi Blakey
<b>Vote of Thanks</b>	Brett White	Dennis Maunder	James Treloar
<b>POST OFFICE RAFFLE – FRIDAYS - 6:00 – 7:00PM</b>			
<b>3<sup>rd</sup> Sept</b>	<b>10th Sept</b>	<b>17<sup>th</sup> September</b>	<b>24<sup>th</sup> September</b>
Michael O'Connor Elizabeth Gill	Michael O'Connor Vicki Cooper	Vicki Cooper Glen Mcintosh	Glen Mcintosh John Rouvray
<b>BIRTHDAYS, ANNIVERSARIES AND INDUCTIONS</b>			
<b>Members Birthdays</b>	Bev Fletcher, 7 Sept and James Treloar 4 Sept		
<b>Partners Birthdays</b>	Nil		
<b>Anniversaries</b>	Nil		
<b>Club Induction</b>	Ron Allen (30 Years) and Dennis Maunder (31 years)		
<b>Attendance</b>	65%		
<b>Make-Ups</b>	Nil		
<b>Visiting Rotarians</b>	Nil		
<b>Visitors</b>	Tim Coates		
<b>Heads &amp; Tails</b>	Liz Gill		
<b>Raffle</b>	Skinner		

**Now you have read the roster, make sure you read the rest of the bulletin!! Marina 🇸🇦**