



SERVE TO CHANGE LIVES

Rotary



Club of Tamworth First Light

MEETING 1575 ISSUE 18 WEDNESDAY 27th October 2021



Rotary Year 2021 - 2022

District Governor [David Mayne](#)
President: [Marina Hearne](#)
Secretary: [Sue O'Connor](#)
Treasurer: [Michael Smith](#)



The Watson Family recent trip to Coffs

Incoming Board Positions

I am looking for interested parties from the club to take on a Board role with the 2022 – 23 Rotary Year. There is a small-time commitment for each position, but it is a great opportunity to participate in the direction of the Club.

At this point all positions are available and if you would like to contact me on 0438 623 429 to discuss the roles further.

Richard Hardwick

OCTOBER IS ECONOMIC AND COMMUNITY DEVELOPMENT MONTH



Rotary supports investments in people to create measurable and enduring economic improvement in their lives and communities.

The Rotary Foundation enables Rotarians to invest in people by creating sustainable, measurable and long term economic improvements in their communities and livelihoods by :

1. Building the capacity of entrepreneurs, community leaders, local organizations, and community networks to support economic development in impoverished communities;
2. Developing opportunities for productive work;
3. Reducing poverty in under-served communities;
4. Supporting studies for career-minded professionals related to economic and community development.



Marina's 2 cents worth

Quote of the week:

"In every day, there are 1,440 minutes. That means we have 1,440 daily opportunities to make a positive impact."

Les Brown, Author

Joke of the week:

**And the Lord said unto John, "Come forth and you will receive eternal life."
But John came fifth, and won a toaster.**

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- **Our mental health fundraiser Be Fit For You is up to a whopping \$2,664. Well done and thank you so much to those who are participating and raising these funds for mental health! Still plenty of time to join the team!**
- **A reminder that this fundraiser is separate to Sunrise's Santa Challenge.** Your kilometres can still count for both fundraisers but the funds raised for Be Fit For You go directly to **OUR** Club for mental health charities. **\$5 entry fee only (your normal donation you give to mental health on hat day)**, get your kids, friends and the community to donate. **Link here <https://beneforyou.raisely.com/>**
- It was a fantastic sunny Sunday for planting trees, hardly any wind this time. Thanks to everyone who was able to join us!! We are in the process of organising signage for both sites.
- **A number of things coming up over the next couple of months:**
- Tree maintenance training on 31 Oct – talk to Peter Ryan for more info.
- Nov 10 is now a trivia night at the City Bowling Club, there will be no breakfast meeting that day. Email John Rouvray if you'd like to attend, should be a great night.
- **Christmas Party Saturday, 27 November out at Moore Creek Hall area**
- Friendship vouchers will be provided for the month of December to Tamworth Family Support Services.
- **December 2nd is the Polio fundraiser movie night. The movie is called Duke, with the fabulous Helen Mirren & Jim Broadbent. Tickets are \$25. I am organising to get tickets from Ken Hall to sell, please let me know if you're interested.**
- Public Speaking Finals have been moved to Feb 2022
- Next week's meeting will be at the City Bowling Club on Napier Street. Same cost as normal \$23.

Make sure you read the bulletin and check emails as things can change quickly! Stay safe, stay sane!

Marina



Zoom Guest speaker Dr Madeleine Hinwood

Career Summary

 Edit

Biography

Dr Madeleine Hinwood is a research academic in the School of Medicine and Public Health with the University of Newcastle. In this role, Madeleine provides external evaluation of submissions to the Pharmaceutical Benefits Advisory Committee, examining the effectiveness, safety, and cost-effectiveness of new pharmaceuticals for the Pharmaceutical Benefits Scheme. Her work directly informs health policy and clinical practice, helping to ensure drugs are safe, effective and accessible for the public. A promising early-career researcher, Madeleine is also involved in multiple traditional research projects that build on her early work as a preclinical neuroscientist, helping translate preclinical and early-phase neurological research into clinical approaches using epidemiological techniques.

Madeleine's curiosity for how the brain works began during her undergraduate years studying psychology, where she focused on neurobiology. In 2013, Madeleine completed her PhD in neuroscience at the University of Newcastle, supported by an Australian Postgraduate Award. Her PhD research focused on the relationship between central immune system activation, stress and mood disorder. Madeleine investigated neuroadaptations in response to chronic stress, examining how neurons and immune cells (microglia) in the brain change when exposed to chronic stress, and then targeted these adaptations with translational compounds, including medicines commonly used to treat infections or mood disorder.

Chronic stress is a known precursor to many disorders, such as depression, anxiety, and cardiovascular disease. By examining how chronic stress changes the brain, Madeleine's PhD work highlighted how stress-related neurological changes may be associated with depression. The project also measured how antidepressants and other compounds affected these processes.

Before stepping into her current role with the University, Madeleine spent three years working in public health and health planning for a federal government program, running projects in health planning, epidemiology, and mental health. Her love for applied research, especially clinical studies, brought her back to the University in 2015 as a research academic, where she also completed a Master of Clinical Epidemiology in 2017.

Madeleine's research interests include stress-related disorders (depression, anxiety, PTSD, and cardiovascular disorders); stress associated with chronic disease; health technology assessment; clinical epidemiology; systematic reviews; network meta-analysis; pharmaceutical evaluation; methodological research and cohort studies. Madeleine has published eight articles in peer-reviewed journals and 10 health technology assessment reports. Collectively she is cited over 700 times.

Qualifications

- Doctor of Philosophy, University of Newcastle
- Bachelor of Psychology (Honours), University of Newcastle



Next tree planting project

Our third project will be maintenance & training morning on tree maintenance at Chauvel Park in Waree Drive Tamworth on **Sunday 31st October at 8.30 am** for a couple of hours where Rob Chandler will show us how to prune, mulch and maintain young trees which we will be doing for the trees we plant for the first couple of years.

Please email Peter Ryan - pryan@inlandtechnology.com.au if you are able to assist at one or both mornings of the tree planting or maintenance mornings

Our Last Tree planting, Moore Creek Road



Forman Material





During a polio outbreak, children can become ill without warning, leaving parents to worry about how to keep their children safe from a virus spreading throughout their community. They may be hospitalized, develop muscle weakness, or paralysis. But a safe and effective polio vaccine has changed the outlook for billions of children around the world. And while there is no cure for polio, there is a vaccine that can prevent it.

Isaiku Musa Maaji was paralyzed as a child, leaving him with few ways to make a living. Today, he has his own business building hand-operated tricycles to give mobility for adults and children with physical disabilities. Rotary's Nigeria PolioPlus Committee recently ordered 150 tricycles from Maaji to distribute to polio survivors and others with mobility problems. The relationship he has built with local Rotarians has motivated him to take part in polio vaccination campaigns.

“It is not easy to be physically challenged. I go out to educate other people on the importance of polio vaccine because I don’t want any other person to fall victim to polio.”

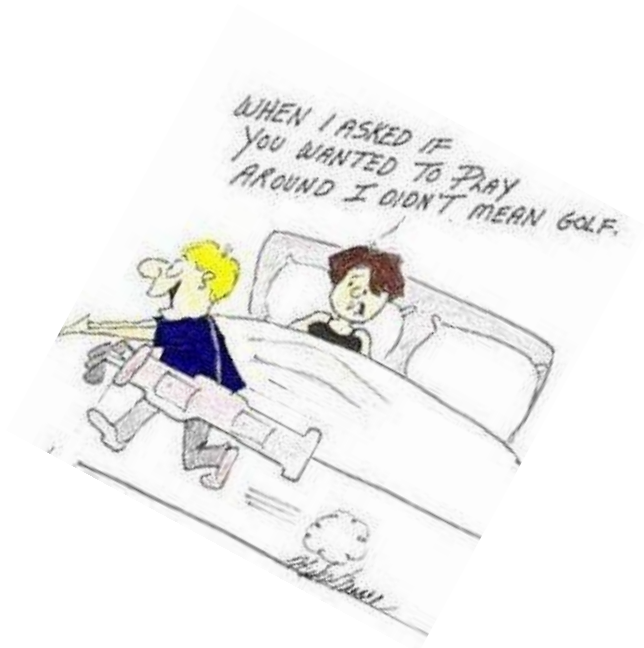
Working with our partners and with Rotary members just like you, we’ve reduced the number of polio cases worldwide by 99.9%. **But until we end polio forever, every child is at risk. We need your help to eradicate this paralyzing disease.**

This World Polio Day, take action with a gift to The Rotary Foundation to help ensure that no child suffers the effects of polio ever again.

Sincerely,
The Rotary Foundation



“The Rotary Open of Tamworth” is on again



- Be in the running to win the “STUNNING Gold & Blue Jacket”
- Friday 12th November 2021
- Tamworth Golf Club
- \$40 per person
- 11.00 am Shotgun Start
- Individual Stableford
- Book and pay at the Pro Shop with Brock Sampson, individually or as a 4 phone 6765 9980



- Sponsor a hole for \$100 or you may like to donate a prize
- Lots of prizes and fun, BBQ lunch included
- Presentation and drinks to follow the golf
- **PROCEEDS to LOCAL CHARITIES**

Further information:

John Worldon – 0412 374 371

John Treloar – 0418 659 052

Deb Barnes – 0411 770 552

Breast Cancer Brunch Box

Sunday 24th October as part of breast cancer awareness month Chris Watson is doing a special brunch box to support McGrath Foundation

Order one of our beautiful brunch boxes for delivery within the Tamworth Region on Sunday and know you are helping make a difference.

The perfect start to a Sunday, with all products locally sourced, baked fresh & delivered to your door.

- ✓ 2 Waffles
- ✓ 2 Muffins
- ✓ 2 Croissants
- ✓ Small tub of Yoghurt
- ✓ Small Tub of Cream
- ✓ Small tub of Toasted Museli
- ✓ Cheese
- ✓ Ham
- ✓ Fruit
- ✓ Juice
- ✓ 2 X Peel Valley Milk Iced Coffee
- ✓ Jam & Maple Syrup
- ✓ Handy Carry Bag

Order now - limited numbers

<https://www.giftandgrazecompany.com/brunch-in-a-box>

Please share on your pages and help us make an even bigger difference!

#mcgrathfoundation #showyoursupport #fornyrrie #giftandgrazecompany #tamworthnsw



Rotary International D9660 2022.2023 District Leadership Teams as at 16 Oct 2021

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The 2022.2023 Board Role	Name	Club
District Governor	Neville Parsons	Wauchope
District Governor Elect	Alyn Miranda	Wallsend-Maryland
District Governor Nom		Still to be elected
PDG D9650	David Mayne	Port Macquarie
PDG D9670	Ananda Roach	Rylstone-Kandos
District Secretary	Bev Bartlett	Wauchope
District Treasurer	Geoff Alderdice	Morisset
*Area Governor Rep 1		To be selected by the 8 Area Governors
*Area Governor Rep 2		To be selected by the 8 Area Governors
*District Rotaract Rep		To be selected by the Rotaract Clubs

Reports to the DG

Legal Officer	PDG Maurie Stack	Taree on Manning
Diversity, Equity Inclusion (DEI) Officer	DGE Alyn Miranda	Wallsend-Maryland
Youth Protection Officer	Diana Reynolds	Wauchope
Finance Committee Chair	Patrick Healey	Greenhills Maitland
Conference Committee Chair	PDG Gerard McMillan	Singleton Sunrise

Assistants to the Board Roles and Reports to DG

Role	Name	Club
Assistant Secretary	Glenda Kociszewski	Warners Bay
Assistant Treasurer	Deborah Barnes	Tamworth First Light
Assistant Rotaract Rep		To be selected by the Rotaract Clubs
Assistant to Legal Officer	PDG Brian Coffey	East Maitland
Assistant DEI Officer	PDG Amanda Roach	Rylstone-Kandos
Assistant Youth Protection	Belinda Charlton	Singleton Sunrise
Assistant Finance Chair	PDG Ian Jackson	Laurieton
Assistant Conference Cee Chair	Di Hall	E-Club 9650

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## Fun Stuff

### VACCINE RESEARCH



### ANTI-VAX RESEARCH



A woman with a salad walked past me in the restaurant and said you know a cow died so you could eat that beefburger. I said if you weren't eating its food it might have lived.

MY WIFE MADE ME  
COFFEE THIS MORNING AND  
WINKED AT ME WHEN SHE  
HANDED ME THE CUP.

I'VE NEVER BEEN MORE  
SCARED OF A DRINK IN ALL  
OF MY LIFE.

[boredpanda.com](http://boredpanda.com)

Paddy's struggling  
down the road with  
a wardrobe.

A friend says,  
"Hey paddy, why  
don't ya get mick to  
help?"

Paddy says,  
"He's inside, carrying  
the clothes"



When you're about to eat Mexican food and you know somebody else will clean your ass



**I Finally Did It!**  
**I bought a new pair of shoes with memory foam insoles. No more forgetting why I walked into the kitchen.**



| Rotary Events Calendar                                                                                                                                                                                                                                                                                                                                                                     | Date                                                                                                                                                                                                                                                                                                   |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Be Fit for you. Mental Health Fundraiser</li> <li>• Rotary spring Golf Day, Tamworth Golf Club, Mixed Stableford, shotgun start, \$40 includes lunch, Book at the pro shop.</li> <li>• Christmas Party</li> <li>• AGM</li> <li>• Science and Engineering</li> <li>• District Conference</li> <li>• Waste Warriors Expo</li> <li>• RYLA</li> </ul> | <ul style="list-style-type: none"> <li>• All of October</li> <li>• 11am Friday 12th November 2021</li> <li>• 27th November 2021</li> <li>• 8th December 2021</li> <li>• 14- 18 March 2022</li> <li>• 18- 20 March 2022</li> <li>• 25th March 2022</li> <li>• 29th April 2022 – 7th May 2022</li> </ul> |

| Social Calendar                                                                                                              | Date                                             |
|------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Post Office Raffles Social Night</li> <li>• Guess Who's Coming to Dinner</li> </ul> | <p><b>3<sup>rd</sup> Friday of the Month</b></p> |

## 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>27<sup>th</sup> October</b>                                                                                      | <b>3<sup>rd</sup> November</b>                                     | <b>10<sup>th</sup> November</b>                   |
|-----------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|---------------------------------------------------|
| <b>Topic</b>                                        |                                                                                                                     | Meeting                                                            | City Bowling Club Joint Meeting with Sunrise Club |
| <b>Location</b>                                     | City Bowling Club                                                                                                   | Chillingworth, Wests Leagues                                       |                                                   |
| <b>Guest speaker</b>                                | Personal profile<br>Malcolm Turnbull                                                                                | Smart Technologies<br>and Micro Factories<br>Prof Veena Sahajwalla | Rotary Charity Trivia evening                     |
| <b>Sergeant</b>                                     | Barry Biffin                                                                                                        | Barry Biffin                                                       | Barry Biffin                                      |
| <b>Corporals (fortnightly)</b>                      | Leonard<br>Brian Logan                                                                                              | John Rouvray<br>Peter Ryan                                         | John Rouvray<br>Peter Ryan                        |
| <b>Meeter &amp; Greeter</b>                         | Philip Lyon                                                                                                         | Michael O, Connor                                                  | Malcolm Turnbull                                  |
| <b>Door Team</b>                                    | Anne Jacob<br>Philip Knight                                                                                         | Brodie Shields<br>Mitchell Soree                                   | Brett White<br>John Worldon                       |
| <b>President Assist</b>                             | Steve Massey                                                                                                        | Paul Stevenson                                                     | Ron Allen                                         |
| <b>Visitor Assist</b>                               | Louise Mathews                                                                                                      | James Treloar                                                      | Peter Bell                                        |
| <b>Welcome</b>                                      | Denis Maunder                                                                                                       | Brian Thompson                                                     | Naomi Blakey                                      |
| <b>Bulletin Notes &amp; Introduction</b>            | Michael O,Connor                                                                                                    | Richard Walker                                                     | Vicki Cooper                                      |
| <b>Vote of Thanks</b>                               | Glen McIntosh                                                                                                       | Helen Tickle                                                       | Graham Dooley                                     |
| <b>POST OFFICE RAFFLE – FRIDAYS - 6:00 – 7:00PM</b> |                                                                                                                     |                                                                    |                                                   |
| <b>29<sup>nd</sup> October</b>                      | <b>5<sup>th</sup> November</b>                                                                                      | <b>12<sup>th</sup> November</b>                                    | <b>19<sup>TH</sup> November</b>                   |
| <b>Philip Penman<br/>Terry Robinson</b>             | <b>Terry Robinson<br/>Mandi Fisher</b>                                                                              | <b>Mandi Fisher<br/>Peter Leonard</b>                              | <b>Peter Leonard<br/>Steve Massey</b>             |
| <b>BIRTHDAYS, ANNIVERSARIES AND INDUCTIONS</b>      |                                                                                                                     |                                                                    |                                                   |
| <b>Members Birthdays</b>                            | John Rouvray 2 <sup>nd</sup> November                                                                               |                                                                    |                                                   |
| <b>Partners Birthdays</b>                           | Cheryl Hardwick 29 <sup>th</sup> October                                                                            |                                                                    |                                                   |
| <b>Anniversaries</b>                                | Anne Jacob 22 years on the 28 <sup>th</sup> of October, and Paul Stevenson 29 years on the 1 <sup>st</sup> November |                                                                    |                                                   |
| <b>Club Induction</b>                               |                                                                                                                     |                                                                    |                                                   |
| <b>Attendance</b>                                   |                                                                                                                     |                                                                    |                                                   |
| <b>Make-Ups</b>                                     |                                                                                                                     |                                                                    |                                                   |
| <b>Visiting Rotarians</b>                           |                                                                                                                     |                                                                    |                                                   |
| <b>Visitors</b>                                     |                                                                                                                     |                                                                    |                                                   |
| <b>Heads &amp; Tails</b>                            |                                                                                                                     |                                                                    |                                                   |
| <b>Raffle</b>                                       |                                                                                                                     |                                                                    |                                                   |

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

