



SERVE TO CHANGE LIVES

Rotary



Club of Tamworth First Light

MEETING 1595 issue 34 WEDNESDAY 6th April
2022



Rotary Year 2021 - 2022

District Governor	David Mayne
President:	Marina Hearne
Secretary:	Sue O'Connor
Treasurer:	Michael Smith



Nearly 6 million children under the age of five die each year because of malnutrition, poor health care, and inadequate sanitation. We expand access to quality care, so mothers and their children can live and grow stronger.

[Read more on the Rotary website](#)

*Rotary International is focussing its efforts in six areas to enhance our local and global impact. Rotary's most successful and sustainable projects and activities tend to fall within the following areas:

- Promoting peace
- Fighting disease
- Providing clean water
- Saving mothers and children
- Supporting education
- Growing local economies

Marina's 2 cents worth

Quote of the week:

Not every day is good, but there is good in every day.

Alice Morse Earl

Joke of the Week:

Why was the man running around his bed?

Because he needed to catch up on his sleep!!

RYPEN is on this weekend. Wishing all the best to the Rotarians and participants involved for a successful weekend!

Club Assembly is next week, this is your chance to hear from your board on what's been happening in the club.

Waste Warriors – a successful day. Jo and Veena are blown away by the work we do in our Club. It was great to see so many people from the public with an interest in sustainability and waste attend the event. Thank you, Richard, and Liz, for chauffeuring our guests about, they were very grateful for this and to the Rotarians who assisted Richard with the event set up. It was a lovely dinner and lots of connections were made during the evening. Louise even got a photo with her girl crush, Veena.

John Treloar and the Golfing Committee are requesting donations for their upcoming Bonville trip. If you have any products/ promotional items or prizes for golfers, please contact John. He will be very happy to hear from you.

See you all Sunday for our last
Centenary Tree Planting
Marina

A poster for Youth InSearch with a teal background and a white central box. The text is in blue and black. The top part says 'YOUTH REBUILDING YOUNG LIVES INSEARCH'. Below that, it says 'YOUTH INSEARCH SUPPORT ADULTS ARE COMMUNITY MEMBERS FROM ALL WALKS OF LIFE WHO WANT TO DO ALL THEY CAN TO SUPPORT YOUNG PEOPLE.' Then, a paragraph describes the role of Support Adults. At the bottom, it provides contact information for Meg Hanlon, Regional Coordinator New England.

YOUTH REBUILDING
YOUNG LIVES
INSEARCH

**YOUTH INSEARCH SUPPORT ADULTS
ARE COMMUNITY MEMBERS FROM ALL
WALKS OF LIFE WHO WANT TO DO ALL
THEY CAN TO SUPPORT YOUNG PEOPLE.**

Supports Adult bring young people to programs and organise after care help. They maintain contact with participants and provide necessary resources for support and referrals. They bring their heart, their passion, and hope to the young people.

**FOR MORE INFORMATION CONTACT:
MEG HANLON - 0497 400 002
REGIONAL COORDINATOR NEW ENGLAND**

Guest speaker **Dr Carissa Alderton** on the Science of sleep, being thanked by Peter Ryan and attended by President Marina.



Why we sleep

Looking at creatures from across the animal kingdom as well as major human studies, *Why We Sleep* delves into everything from what really happens in our brains and bodies when we dream to how caffeine and alcohol affect sleep and why our sleep patterns change across a lifetime.

What is the science of sleep

Throughout your time asleep, **your brain will cycle repeatedly through two different types of sleep: REM (rapid-eye movement) sleep and non-REM sleep.** The first part of the cycle is non-REM sleep, which is composed of four stages. The first stage comes between being awake and falling asleep.

How long should a human sleep

Most adults need **7 to 9 hours**, although some people may need as few as 6 hours or as many as 10 hours of sleep each day. Older adults (ages 65 and older) need 7-8 hours of sleep each day. Women in the first 3 months of pregnancy often need several more hours of sleep than usual.

Why do we sleep

Charting the most cutting-edge scientific breakthroughs, and marshalling decades of research and clinical practice, we can harness sleep to **improve learning, mood, and energy levels**, regulate hormones, prevent cancer, Alzheimer's and diabetes, slow the effects of aging, and increase longevity.

What is sleep

Sleep is a state that is characterized by changes in brain wave activity, breathing, heart rate, body temperature, and other physiological functions.

Tree Planting is on again, 3rd April, meeting on the Werris Creek Rd between Hillvue Road and Kent St, please meet at 8.30, we only have 380 Trees to plant.

Don't forget a Hat, Sunscreen, Shovel, hammer, and cordless drill if you have one. Peter is after 3 team leaders, as the group will be divided to do different tasks. If you are a leader, please phone Peter on **0409458065**



RYLA

RYLA is an awe-inspiring program aimed at empowering Australia's next generation of superstars. Meet life changing people, be enthralled by inspiring stories, and develop skills through challenges and activities designed to put your leadership into practice, in a supportive and encouraging environment.

I would encourage you all if you know a person that this would suit please contact Louise Mathews

RYLA
Rotary Youth Leadership Awards

SAT 30th APRIL - SAT 7th MAY 2022
LAKE KEEPIT SPORT & REC CENTRE

DISCOVER
Ways to become a better role model and face important personal work and social issues

EXCHANGE
Ideas and opinions with talented, energetic people in a supportive atmosphere free from distraction

DEVELOP
Close rapport with your Rotary club, organisations and decision makers in your community

RYLA IS A POWERFUL AND VALUABLE LEADERSHIP PROGRAM DESIGNED TO ENCOURAGE AND DEVELOP SKILLS THAT PARTICIPANTS CAN POSITIVELY CONTRIBUTE TO THEIR COMMUNITIES.

The objective of RYLA is to empower participants with self-awareness, confidence and leadership skills to assist them in becoming more effective leaders. Many former RYLA Awardees have benefited in ways far beyond the course objective. Past RYLAians are part of the Leadership team and many go on to become more involved in community activities.

The program provides skills in many areas including understanding human behaviour, social interaction skills, committee functions, human values, leadership, presentation skills & public speaking, lifestyle issues, communication and

Participants must be 19 - 27 years of age and ideally involved in some form of leadership within their communities, or have shown leadership potential in the workplace. Other relevant information is in the application form found on the website. Potential candidates will be formally interviewed as part of the selection process and must undergo a formal screening process, which will include reference checks.

Rotary
District 9650

QUERIES: Louise Mathews 0420 743 083 | DG David Mayne 0434 860 680
APPLICATIONS: www.rotary9650.org.au/RYLA
Program cost: \$1295 (all inclusive) - Formal dinner Wed 4th May, Tamworth
Applications found on website: www.rotary9650.org.au/RYLA



SERVE TO CHANGE LIVES



Our next Northwest Regional Careers Expo will be held Wednesday 18th May 2022 with a Parents Information Evening Tuesday 17th May 2022. Venue is the **TRECC, Greg Norman Drive, Tamworth**

Registrations and more information for our 2022 Careers Expo can be found for [Exhibitors](#) [Parents Evening](#) and [Schools](#)

Our Careers Expo was started in 1992 by [Rotary Club of Tamworth First Light](#). Attendees benefited from a wide range of exhibitors from a large variety of industries providing valuable advice and information to help further their career and business development. The event continues to provide valuable access to local and interstate exhibitors for the community and schools from Tamworth and the surrounding region.

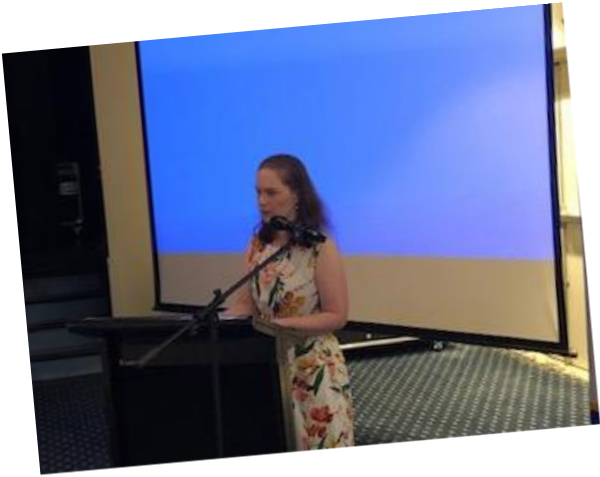
2nd, 3rd and 4th May Our Golf trip

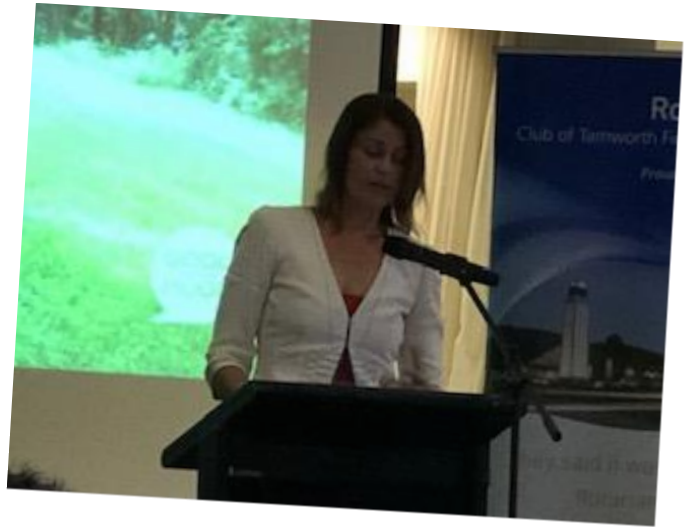


John Treloar and the Golfing Committee are requesting donations for their upcoming Bonville trip. If you have any products/ promotional items or prizes for golfers, please contact John. He will be very happy to hear from you.



Highlights from the Waste Warriors Dinner, with special Guest speakers Jo Taranto and Professor Veena Sahajwalla

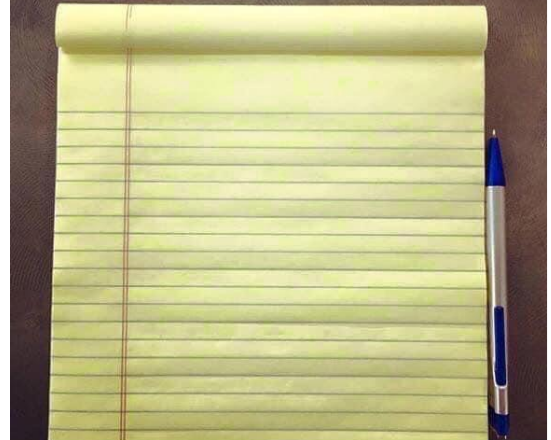




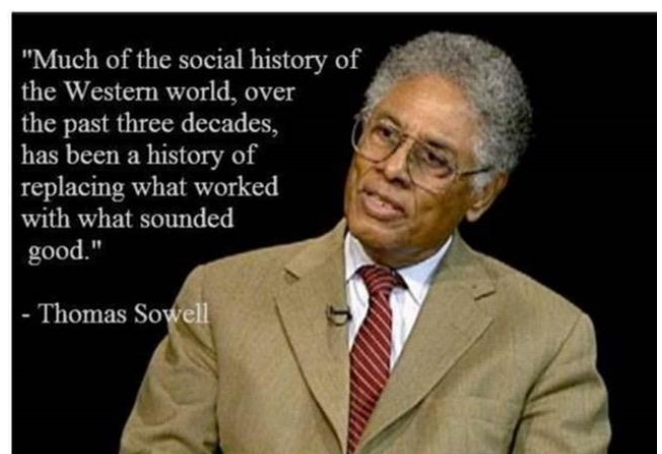
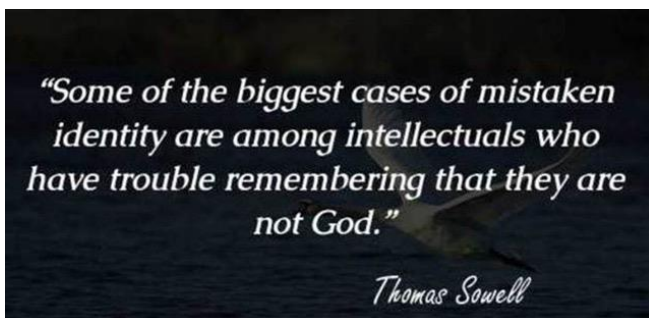
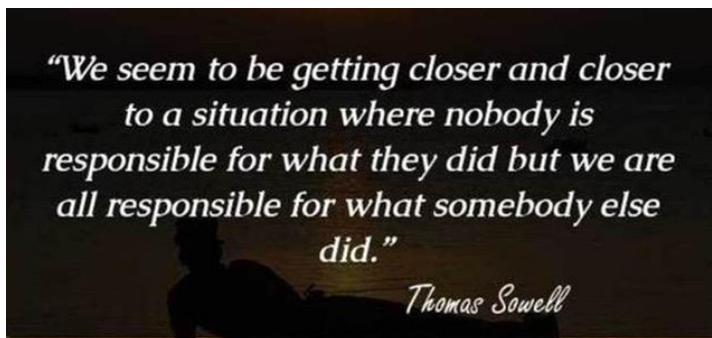
Fun Stuff

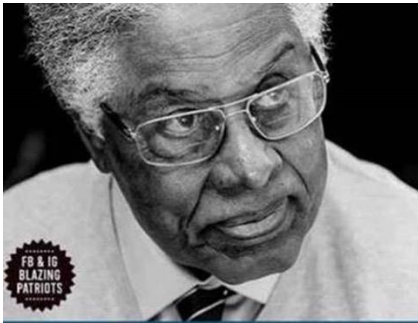


Here is a comprehensive list of everything you're entitled to and what the world owes you.



A little late





FB & IG
BLAZING
PATRIOTS


“Civil rights used to be about treating everyone the same. But today some people are so used to special treatment that equal treatment is considered to be discrimination.” — Thomas Sowell

My wife asked me to take her out to one of those restaurants that make the food right in front of you. So I took her to Subway and that's how the fight started !!

IF I WANTED TO KILL MYSELF I WOULD CLIMB YOUR EGO AND JUMP TO YOUR IQ.

It's so nice when toxic people stop talking to you. It's like the trash took itself out.

I hate it when TV shows say they contain "adult situations" but then don't show anyone going to work, paying their bills or cleaning up after their kids.

Don't be racist!
Be like Mario.
He's an Italian plumber created by Japanese people, who speaks English and looks like a Mexican.

... jumps like a black man and grabs coins like a jew.



Rotary Events Calendar	Date
RYLA Golf Trip Careers expo	29th April 2022 – 7th May 2022 2nd, 3rd and 4th May 18th May

Social Calendar	Date
<ul style="list-style-type: none"> • Post Office Raffles Social Night 	3 rd Friday of the Month

Tamworth First Light Website - <https://www.tamworthfirstlight.org.au/>
 Our Club Facebook - <https://www.facebook.com/tamworthfirstlightrotary/>
 District and Club Database - <https://www.dacdb.com/>
 District 9650 Facebook - <https://www.facebook.com/RotaryDistrict9650>

Rotary District 9650 - Technology Committee Chairman and Webmaster
 Ph 0413777114

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?

	6 th April 2022	13 th April 2022	20 th April 2022
Topic	Club Assembly	RYLA Candidates	Billabong Clubhouse
Location			
Guest speaker			Jeff Faint
Sergeant	Barry Biffin	Barry Biffin	Barry Biffin
Corporals (fortnightly)	Bev Fletcher Val Hellmann	Bev Fletcher Val Hellmann	Terry Robinson Peter Ryan
Meeter & Greeter	Tom Hellmann	Philip Lyon	Mitchell Soree
Door Team	Liz Gill Steve Hawkins	Steve Martin Stephen Massey	John Rouvray Brodie Shields
President Assist	Bruce Hemmett	Louise Mathews	James Treloar
Visitor Assist	Ian Howle	Michael O'Conner	John Treloar
Welcome	Philip Knight	Denis Maunder	Paul Stevenson
Bulletin Notes & Introduction	Peter Leonard	Terry Robinson	Brian Thompson
Vote of Thanks	Brian Logan	Phil Penman	Helen Tickle
POST OFFICE RAFFLE – FRIDAYS - 6:00 – 7:00PM			
8th April	15th April	22nd April	29th April
Mandy Fisher Richard Hardwick	Richard Hardwick Steve Hawkins	Steve Hawkins Val Hellmann	Val Hellmann Ian Howle
BIRTHDAYS, ANNIVERSARIES AND INDUCTIONS			
Members Birthdays	Chris Watson 9 th April.		
Partners Birthdays	Robyn Penman 12 th April		
Anniversaries	Marina Hearne 7 th April 4 years, John Treloar 9 th April 46 Years.		
Club Induction	Brian Logan 22 years		
Attendance	77%		
Make-Ups			
Visiting Rotarians	Sam Peacocke Dubbo South		
Visitors	Jill Hawkins		
Heads & Tails	Richard Hardwick		
Raffle	Philip Penman		

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