



SERVE TO CHANGE LIVES

Rotary



Club of Tamworth First Light

MEETING 1596 ISSUE 35 WEDNESDAY 13th April 2022



Rotary Year 2021 - 2022

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



step away from my bunny!

Marina's 2 cents worth

Quote of the week:

Coming together is a beginning. Keeping together is progress. Working together is success. Henry Ford

Joke of the Week:

Math teacher: If I have three bottles in one hand and two in the other hand, what do I have?

Student: A drinking problem.

Congratulations! 1,000 trees have now been successfully planted in the Tamworth region. Well done team. Thank you again to Peter Ryan for all his hard work with this project. We will now move into the maintenance phase of the project, so please assist where you can and keep an eye on the trees and report any issues to Peter Ryan or Steve Hawkins.

On Sunday, we presented Rob Chandler a PHF. Rob has been instrumental in assisting our Club with the undertaking of this project, countless hours in planning and teaching the skills we needed to ensure the Centenary Tree Project was a success, not just at the initial planting but over our 2-year maintenance. Rob has so much passion for our community and making it a greener place to live.

Marina

Today, Thursday 7th April is 20 years since my mum passed away from Bowel Cancer. I thought I'd take this opportunity to promote the Bowel Screen programs available and remind you all to be watchful of the symptoms and please get regular testing.

Bowel Cancer Screening Program

<https://www.health.gov.au/initiatives-and-programs/national-bowel-cancer-screening-program>

<https://rotarybowelscan.com.au/>

Bowel Cancer Facts

- 2nd Biggest Cancer Killer
- Effects all age groups
- 1 in 12 people will develop bowel cancer in their lifetime
- If detected early can be successfully treated in 90% of cases
- Of those diagnosed: 55% male: 45% female
- 2016: 17,052 new cases; 4,094 deaths from bowel cancer in 2016

Bowel Cancer Symptoms

- Bleeding in the stool or on the toilet paper
- Change in bowel habit
- Unexplained abdominal pain
- Weight loss
- Loss of appetite
- Feeling more tired than normal
- Polyps:
 - Cause unknown and often there are no symptoms
 - Clump of cells less than ¼ inch to several inches in diameter
 - Arise from the lining of the bowel wall
 - Untreated – Can turn to Cancer
 - Regular Screening is Required. buy a kit today.



Nic Hinwood update on David

Just thought I could write a bit of an update on the journey:

It looks as if this week he will be coming back to the Tamworth Rehabilitation facility at the hospital, remaining as an inpatient as he continues to work on walking and moving again. This return is dependent on a few more acute concerns being cleared prior though.

It has been an incredible few months, a lot of downs but thankfully a lot more ups. There is a quite a long road ahead, with more uncertainty on what lies at the end, however Dad has been pretty determined through the whole process to just get better.

I would like to encourage anyone in the club who is interested to please reach out to mum (0438 618 263) and dad – your texts and phone calls have meant the world to them I they value them ever so much. While Dad can't answer his phone directly, mum or myself can pop him on or even organise a video call (might be great to zoom him into a Rotary meeting sometime soon)

The great thing is that dad will be able to have visitors in Tamworth – at the moment it is 2 per day, so we would ask you let mum know if you're planning a visit, just so we can manage the family visits.

I can't tell you how grateful our family is for the community we live in, and the love and support we've felt during what has been such a horrific time.

Stay well, donate blood, and look after your health!

P.S A small update, David - he won't be coming back this week.

Club Assembly This Week



Reports from

President Marina Hearne, **Treasure** Michael Smith, **Club Admin** Brian Logan, **Membership** Louise Mathews, **Public Relations** Peter Bell, **Community Service** Terry Robinson, **Youth** Dimity, and **Foundation** Steve Hawkins.



Paul Harris Fellowship award

Marina presenting Rob Chandler with his Paul Harris Fellowship award at the tree planting this weekend.

A big thank you to everyone who helped with the planting of 370 trees as part of the 1,000 trees for 100 years of Rotary on the weekend.

It was a huge effort as the number of Volunteers for the weekend was down due to Covid and a number of Rotary members were away. The people that were there on the weekend put a very big effort. I am sure everyone slept very well on Sunday night.

We got all the trees planted, watered and around half the trees mulched.

We are looking to mulch the rest of the trees next weekend and we will need 6 volunteers to help mulch from 3 trucks as we will spread the workload, so it is not too big job for a few people. Please text Peter Ryan on 0409458065 if you are able to help next weekend.

We have now completed the tree planting for the 1,000 trees. For the next 2 years we will now be focusing on watering, maintenance & replacement of the tree that don't make it.

A big thank you to all the club members, partners & friends for their help to complete the 1,000-tree planting for 100 years of Rotary in Australia



Please Keep the 4th May free as it is an evening Meeting for the RYLA dinner.



The poster features a white background with blue and pink wavy borders at the top. It includes the Rotary logo and RYLA logo at the top. A gold banner in the center contains the text 'DISTRICT 9650 CELEBRATES ROTARY'S MOST SUCCESSFUL YOUTH PROGRAM'. Below this, the date and time are listed: 'WEDNESDAY 4TH MAY 2022' and '6PM for a 6.30PM start'. The location is 'BLAZES AUDITORIUM, WEST TAMWORTH LEAGUE CLUB 58 PHILLIP ST, TAMWORTH'. The host club is 'RC TAMWORTH FIRST LIGHT'. The ticket price is '\$50 per person' and the dress code is 'Cocktail/Jacket & Tie'. A circular photo of a woman in a hat is shown. The guest speaker is 'SHANNA WHAN', Australian of the Year Local Hero for 2022, CEO & Founder of Sober in the Country. At the bottom, there is a dark blue section with white text for direct deposit details, an RSVP deadline of 'FRIDAY 22ND APRIL', and contact information for Dimity Betts. A gold banner at the bottom left says 'Please advise dietary requirements'. On the right side of the bottom section, there is an illustration of a diverse group of young people.

Rotary
District 9650

RYLA
Rotary Youth Leadership Awards

DISTRICT 9650 CELEBRATES ROTARY'S MOST SUCCESSFUL YOUTH PROGRAM

WEDNESDAY 4TH MAY 2022
6PM for a 6.30PM start

**BLAZES AUDITORIUM, WEST TAMWORTH LEAGUE CLUB
58 PHILLIP ST, TAMWORTH**

HOST CLUB: RC TAMWORTH FIRST LIGHT

\$50 per person
Dress: Cocktail/Jacket & Tie

Guest Speaker
Australian of the Year Local Hero for 2022
SHANNA WHAN
CEO & Founder of Sober in the Country

DIRECT DEPOSIT | ACCOUNT: ROTARY CLUB OF TAMWORTH FIRST LIGHT
Bank: NICU | BSB: 802 298 | Account: 100065212 | Reference: Your Name

RSVP: FRIDAY 22ND APRIL
Dimity Betts | dimity.betts@outlook.com
0422 268 863 | PO Box 271 Moonbi NSW 2353

Please advise dietary requirements

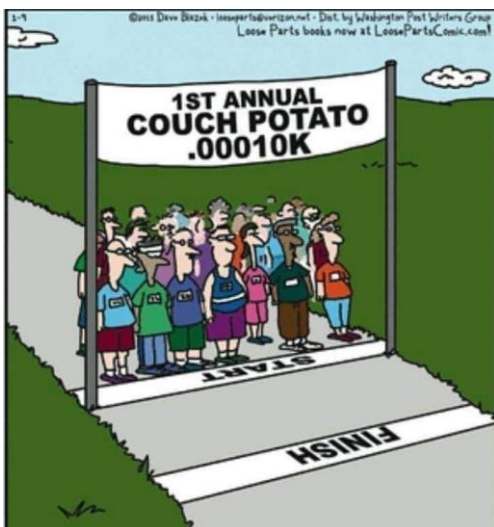


Our next Northwest Regional Careers Expo will be held Wednesday 18th May 2022 with a Parents Information Evening Tuesday 17th May 2022. Venue is the [TRECC, Greg Norman Drive, Tamworth](#)

Fun Stuff

Her: that smells expensive, what is it?

Him: Premium Unleaded 98



The barman said to me, "Why are you looking so sad?"

I said, "Me and my wife had a massive argument and she said she won't talk to me for a month."

He said, "What's wrong with that?"

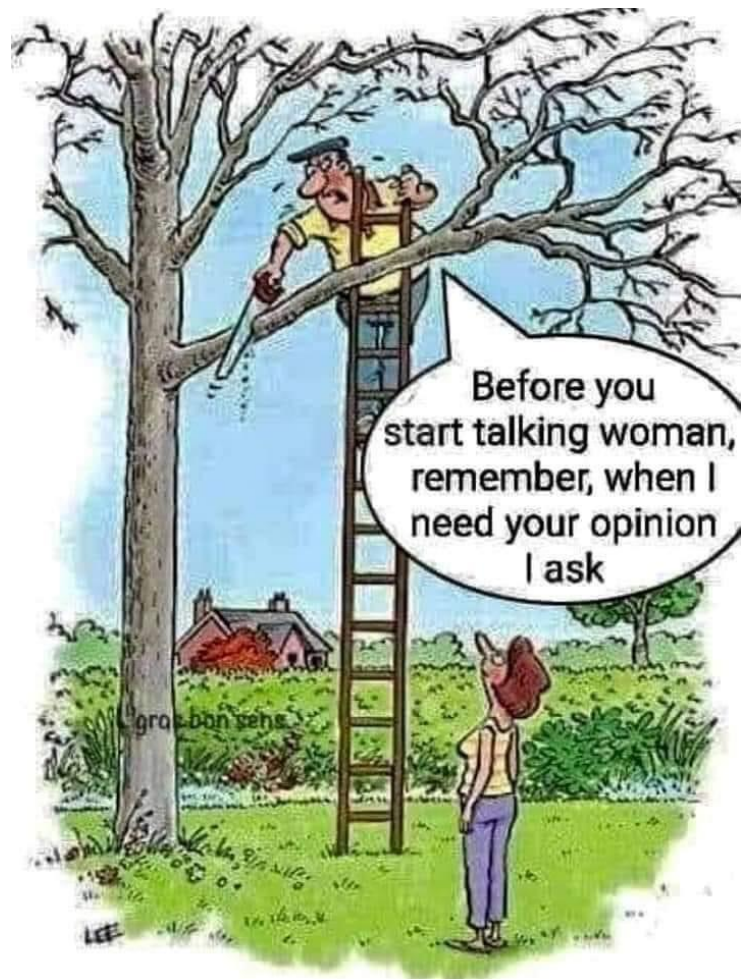
I said, "The month is up tomorrow!"

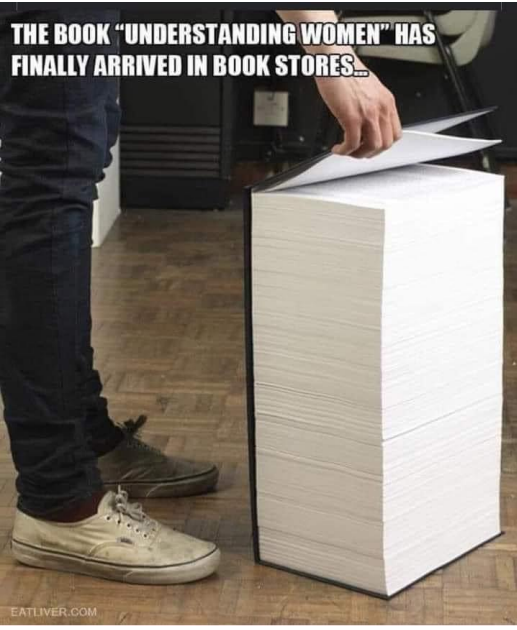
😓 A car has just fainted at the local petrol station after seeing the price of fuel 😓



Q: Why are married women heavier than single women?

A: Single women come home, see what's in the fridge and go to bed. Married women come home, see what's in bed and go to the fridge.







"You here again, Carole?!"



"Buttercup recognized your car coming and ran off."



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



PEACEBUILDING AND
CONFLICT PREVENTION



DISEASE PREVENTION
AND TREATMENT



WATER, SANITATION,
AND HYGIENE



MATERNAL AND
CHILD HEALTH



BASIC EDUCATION
AND LITERACY



COMMUNITY ECONOMIC
DEVELOPMENT



ENVIRONMENT

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?

	13th April 2022	20th April 2022	27th April 2022
Topic Location	RYLA Candidates	Billabong Clubhouse	TBA
Guest speaker	RYLA Candidates	Jeff Faint	
Sergeant	Barry Biffin	Barry Biffin	Barry Biffin
Corporals (fortnightly)	Bev Fletcher Val Hellmann	Terry Robinson Peter Ryan	Terry Robinson Peter Ryan
Meeter & Greeter	Philip Lyon	Mitchell Soree	James Treloar
Door Team	Steve Martin Stephen Massey	John Rouvray Brodie Shields	John Treloar Malcolm Turnbull
President Assist	Louise Mathews	James Treloar	Richard Walker
Visitor Assist	Michael O'Conner	John Treloar	Chris Watson
Welcome	Denis Maunder	Paul Stevenson	Brett White
Bulletin Notes & Introduction	Terry Robinson	Brian Thompson	John Worldon
Vote of Thanks	Phil Penman	Helen Tickle	Ron Allen
POST OFFICE RAFFLE – FRIDAYS - 6:00 – 7:00PM			
15th April	22nd April	29th April	6th May
Richard Hardwick Steve Hawkins	No Raffles country Music	Val Hellmann Ian Howle	Ian Howle Peter Johnston
Members Birthdays			
Partners Birthdays	Annette Ryan 14th April		
Anniversaries	Ashleigh Dallas and Chris 18th April 4 years, Chris Watson, and Gemma 16th April 11 Years		
Club Induction	Richard Hardwick 10 Years, John Rouvray 4 Years		
Attendance	70%		
Make-Ups			
Visiting Rotarians			
Visitors	No Visitors		
Heads & Tails			
Raffle			

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

