



SERVE TO CHANGE LIVES

Rotary



Club of Tamworth First Light

MEETING 1601 ISSUE 40 WEDNESDAY 18th May 2022



Rotary Year 2021 - 2022

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



World Naked Gardening Day is an annual international event generally celebrated on the first Saturday of May by gardeners and non-gardeners alike.

Please sent me photos and experience of your 'World Naked Gardening Day'

The Below link is for members to RSVP their attendance next week by Monday morning the latest.

<https://forms.gle/CE6JaA7bcvAnH6CfA>

Marina's 2 cents worth

Quote of the week:

Don't judge each day by the harvest you reap but by the seeds that you plant.
-Robert Louis Stevenson

Joke of the Week:

I asked the corporate wellness officer, "Can you teach me yoga?" He said, "How flexible are you?" I said, "I can't make Tuesdays."

Next week breakfast is at TRECC for the Careers Expo. The board agreed that for Vocational visits, we would request members to RSVP. This will help us with costs and catering. As you know, covid has played havoc on numbers and things change very quickly. A link has been provided, if you click yes and input your name by Monday morning, we would be very grateful.

Volunteers required: Setup Tuesday 17th from 9am and pack up from 2pm – if you're available, please come and help at TRECC.

At present I have around 75 exhibitors, some late ones registering. We have revamped the layout, so please come along and check it out. Our parents evening is going ahead again, so if you know anyone looking for a career change and parents of students who can't make it during the day, they are welcome to come along

As changeover is nearing, positions will need to be filled to assist with the continued running of our club. If you haven't got something to do yet, please contact Richard Hardwick and ask how you can help him out with his Rotary year. Don't forget, you can do a role more than once. Please and thanks!

The board have approved to donate \$2,000 to the Rotary Club of Lismore to assist with the floods. A voucher will be provided to farmers in need, similar to our Drought Appeal.

Sounds like the Golf team had a cracker few days, might need to add wellies to the luggage next time, just in case – or floating balls. Thank you to the Golf Committee for running this event, it's a lot of work and we greatly appreciate it.

Naomi is after some committee members for the Community Gardens. If you think this is something you'd be interested in or would like more info, please contact Naomi.

Happy birthday to my fellow 13th of May babies – Brian Logan and Judy Biffin. I hope you have plenty of cake like me!!!

Marina



Tamworth Community Garden

We are on the lookout for volunteers who would like to be a part of the Tamworth Community Garden Committee.

Funding from Tamworth Landcare has enabled the starting point for Tamworth's first Community Garden in Victoria Park next to the Men's Shed.

If you are interested in gardening, programs for the public or great community initiatives please get in touch with Naomi Blakey - 0424973714 or naomi.blakey@gmail.com

The money and site is there now we just need to get it out of the ground!

Thanks,

Naomi

Our Guest Speaker Kate Arndell discussing the Mental Health First Aid program.

What is mental health first aid?

Mental health first aid is the help you give to someone developing a mental health problem, experiencing a worsening of a mental health problem or in a mental health crisis. You can give this first aid until the person has received appropriate professional treatment or the crisis is resolved.

Mental health first aid can help people experiencing:

- depression
- anxiety problems
- psychosis
- substance
- use problems
- eating disorders
- gambling problems.

It can also help if a person is experiencing a mental health crisis, such as:

- suicidal thoughts and behaviours
- non-suicidal self-injury (sometimes called deliberate self-harm)
- panic attacks
- traumatic events
- severe psychotic states
- severe effects from alcohol or other drug use
- aggressive behaviours.

One in five Australian adults experiences a mental health problem in any given year, and early care can lead to better mental health outcomes.





Being thanked by Member Brian Logan

Rotary District 9660 Youth Exchange Program for year 2023. Please keep this in your thoughts for appropriate candidates



Golf trip to Bonville



Result after driving 100 km after hitting one of the 100s of pot hole on the way to Bonville Golf Trip on Sunday. Dennis Maunder's BM

Who said golfing was a hazard

The trip raise \$4,500 which was a fantastic effort, **and a very special thank you to those who could not make the tour.**

Peter Ryan (inland technology) Michael Smith (Malvern Mathews and Smith) Helen Tickle, Steve Martin, Liz Gill and John Worldon.

Those member who travelled to Bonville thank you.

Vicki Cooper and Brett White (Tamworth Property Co) Terry Robinson, James Treloar, Bev Fletcher, Dennis Maunder, Bruce Hemmett and Mal Turnbull.

RYLA WEEK

Another RYLA week, it looks like a lot of fun, we are all looking forward to hearing of their experiences.





Peter Ryan's NSW Variety Bash fundraising for Regional Kids

https://fundraise.varietynswact.org.au/s/3562/5077?fbclid=IwAR2gk9dxtg_7lzYw6KjlyeGwKhZRes_aLXujDWRPIS6adMW8MvoU8m9G82M

After 2 weeks at the mechanics, 2 trips on a tilt tray after breaking down, Car 12 passed scrutineering in Muswellbrook. Stickers are on, external speakers are connected, and we are ready to take off in the NSW Variety Bash this Sunday. Thank you to those who have donated. For those that have not had a chance to donate yet, it is not too late. If you could spare a few dollars for a great cause, the kids of the region would really appreciate it. Looking forward to a drive in the country with a couple of mates in a 53-year-old car for a week. What could go wrong? 😊😊



Combined NSWPSA Hockey Tournament Tuesday 31st May - Friday 3 June 2022

Volunteers to run a BBQ for the tournament.

As the event is quite a large event, the combined Presidents of Tamworth believed that it would be too much for one club to take on alone. Please see the below email for further information.

If any first Light members are able to assist over this week, please email/ text/ ring me asap. We are also considering whether we can split the shift as well - Morning and Lunch. As AG Simon has stated, if a donation is made to Rotary for our contribution to this event, our first consideration would be to donate these funds to the Rotary Foundation.



Buy a kit today

Bowelscan testing kits are affordable, easy to use and include testing by approved pathologists as well as notification of results. They are simple and non-invasive and require no food or medication restrictions. Simply collect a brushing of the sample, return the kit in the reply paid envelope included with the kit, and a letter of results will be sent to you and your GP. **Go online and purchase yours today. \$22.00**

Dear Ian,

You have been pro-active with your health and participated in the **Rotary Bowelscan** program previously.

The kits are also available through the internet at: www.rotarybowelscan.com.au.

As you are aware, the test kit is a simple and convenient way to check for hidden blood in your stool and the cost of the kit includes testing and the result letters being sent to participants and their nominated doctors.

Yours sincerely

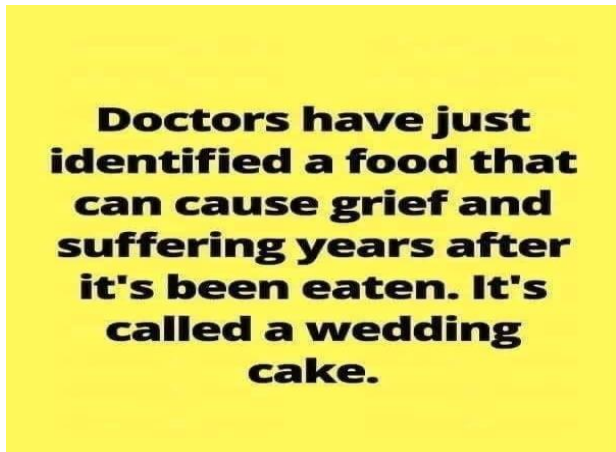
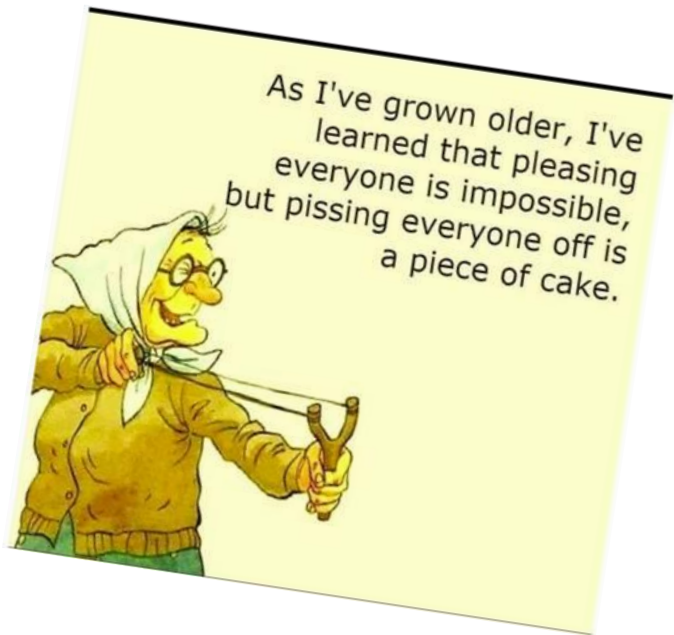
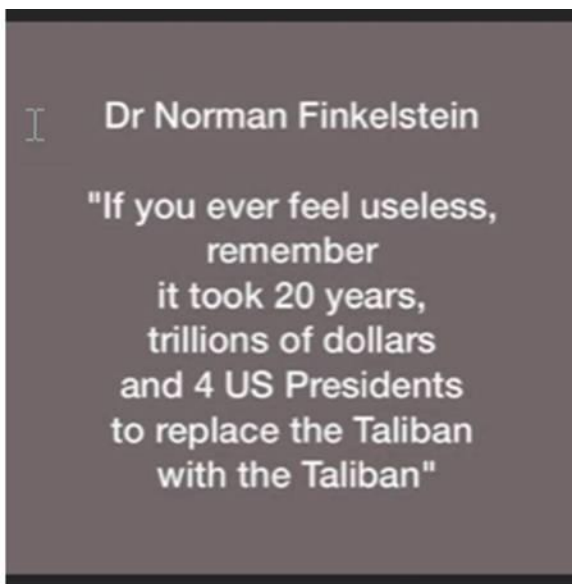
Barry Stokes,

Chairman,

Rotary Bowelscan Committee Inc.



Fun Stuff



WIFE: I HAVE BLISTERS ON MY HANDS FROM THE BROOM.

HUSBAND: NEXT TIME TAKE THE CAR, SILLY.



 **Kristin**
@FeralCrone

When I told my parents over the phone that my husband has the flu, my dad said "Have you tried euthanasia?" and in the background my mom yelled "For the last time, it's echinacea!"

8:10 PM · 30 Dec 17

31.4K Retweets **137K** Likes

Babe... show me what you can do with your hands



Just helped my neighbor bury a rolled up carpet in the woods. Her boyfriend would've done it, but he's out of town.

AMERICANBESTPICS.COM

When I go to someone's house & they tell me to make myself at home, the first thing I do is throw them out because I don't like visitors.





A REMINDER TO BOTH OLD AND NEW MEMBERS ABOUT THE DUTIES OF THE WEEKLY ROSTER

SERGEANT/S

Responsible for putting out all Club Property and putting away at the conclusion of the meeting with two Corporals each week to assist - **includes setting up and putting away the laptop and projector for presentations**
Need to be in attendance by 6:30AM

CORPORALS

To assist the Sergeant by putting out all Club Property, collecting fine monies, and putting away at the conclusion of the meeting - **includes setting up and putting away the laptop and projector for presentations**
One Needs to be in attendance by 6:30AM.

DOOR TEAM

To record the attendance of our members and guests, collect meeting dues, and if possible, balance the cash float - monies paid = monies received.
Need to be in attendance at 6.30AM

MEETER AND GREETER

To meet and greet our members and welcome guests to our Club at the top of the stairs and to hand name badges to members. Also ensure any guests of members or visiting Rotarians are introduced to the Visitor Assist to ensure they are made feel welcome.
Need to be in attendance at 6.30 am

WELCOME

To publicly welcome our Members and Guests (following the introduction) to our meeting when called upon by the President or his / her substitute.
Need to be in attendance by 6.40 am (or earlier)

PRESIDENT ASSIST

To ensure members who are rostered for the duties of, Meeter and Greeter, Door, Visitor Assist, Welcome to our Members and Guests, Introduction of the Guest Speaker(s) and Vote of Thanks are present and if they are not to find a replacement and ensure those people's names are updated on the President's Running Sheet. Select the Table Order (after the head table).
Need to be in attendance by 6.30AM

VISITOR ASSIST

To ensure any visitors to the Club are made welcome by introducing yourself to them and other members and guests of our Club. **To also include them in fellowship before and, where possible, introduce them to the President**, make sure they are included with several members for breakfast and are not left on their own.
Need to be in attendance from 6.30 am

INTRODUCTION

To make yourself known to our Guest Speaker/s, assist them to the head table and sit with them. During breakfast find out some information about the guest speaker which will assist you in your introduction. Assist with PowerPoint set-up etc

Rotary Events Calendar	Date
Career expo Changeover	18 th May 18 th June

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.



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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?

	18 th May	25 th May	1 st June
Topic Location	TREC	COVID and Mental Health West Leagues	RYLA Part 2 West Leagues
Guest speaker	Careers Expo	Paul Riley	RYLA Students
Sergeant	Barry Biffin	Barry Biffin	Barry Biffin
Corporals (fortnightly)	Philip Lyon Steve Martin	Philip Lyon Steve Martin	Richard Walker Chris Watson
Meeter & Greeter	Steve Massey	Brodie Shields	Brett White
Door Team	Louise Mathews Dennis Maunder	Mitchell Soree Paul Stevenson	Peter Bell Naomi Blakey
President Assist	Michael O'Connor	Helen Tickle	Ron Allen
Visitor Assist	Terry Robinson	Malcolm Turnbull	Graham Dooley
Welcome	Philip Penman	John Treloar	Vickie Cooper
Bulletin Notes & Introduction	John Rouvray	Brian Thompson	Mandy Fisher
Vote of Thanks	Peter Ryan	James Treloar	Bev Fletcher
POST OFFICE RAFFLE – FRIDAYS - 6:00 – 7:00PM			
20THMay	27TH May	3RD June	10th June
Philip Knight Philip Penman	Philip Penman Brian Logan	Brian Logan Steve Martin	Steve Martin Stephen Massey
BIRTHDAYS, ANNIVERSARIES AND INDUCTIONS			
Members Birthdays	Laurence Hearne 18 th May		
Partners Birthdays			
Anniversaries			
Club Induction			
Attendance	68%		
Make-Ups			
Visiting Rotarians			
Visitors	Jeanette Mouatt (past member), Courtney Priestly		
Heads & Tails	Terry Robinson		
Raffle	Nil		