



Club of Tamworth First Light

MEETING 1613 ISSUE 8 FRIDAY 12th August 2022



Rotary Year 2022 - 2023

District Governor	Neville Parsons
President:	Richard Hardwick
Secretary:	Vicki Cooper
Treasurer:	Dennis Maunder

A mini DacDB user guide has been attached for those who are new members or have not got around to setting up their account yet. This allows you access to member info – including contact info FOR ROTARIANS! Fancy that. You can also download the mobile app.

Social Event 21 August – See page 6 for more details

RSVP REQUIRED FOR FRIDAY, 12 AUGUST

The first 40 people to RSVP get to come to breakfast on Friday, 12 August and hang out with DG Neville Parsons and the Sunrise Crew. Don't miss out!! RSVP required by Tuesday 9th August!

RSVP via this link: <https://www.surveymonkey.com/r/RXZFLN8>

Rotary Breakfast - Combined Sunrise/First Light Event

Our meeting for Wednesday 10 Aug 2022 will be moving to Friday 12 Aug 2022.

This will be a combined meeting with the Sunrise RC and will also host a visit from the new 9660 District Governor Neville Parsons and his wife Patti.

To assist with the catering we will be required to RSVP no later than 4.00pm Tuesday 9 Aug 2022 .

If there are any questions please contact Brian Logan on 0418 576 776.

Richard's Notes

Quote of the week:

"I sent the club a wire stating - Please accept my resignation. I don't want to belong to any club that will accept me as a member." **Groucho Marx**

Joke of the Week:

My wife accused me of stealing her thesaurus.

Not only was I shocked, but I was appalled, aghast and dismayed.

Another week down and we are still having fun, well at least I am. It was good to see full tables around the room and people enjoying fellowship. Our guest speaker, Fiona Snape, opened our eyes to the many projects being run in the community by the Local Aboriginal Land Council to support and engage youth in Tamworth.

I now have a different perspective of the age old adage "Two sure things in life, death and taxes" with Sergeant Mal it is now "Two sure things in life, no prize for Heads & tails and no Sergeants Dinner".

The MHERV Clinic roster is below, thank you to the members who have put down their support for a worthwhile activity.

Monday 8 August – Bunnings Carpark

Time	Name	
0930 – 1030	Peter Johnston	Richard Walker
1030 – 1130	Steve Hawkins	Deb Barnes
1130 – 1230	Steve Massey	Phil Penman

Pub Raffle Teams, please count and separate the Friday night sales each week and pass onto Dennis each week. Sheets have been provided to assist with this process and it helps us comply.

Final reminder that there will be no meeting on 10 August as it will be a combined meeting with Sunrise on 12 August at the City Bowling Club in Napier Street. The District Governor, Neville Parsons will be in attendance. This is an RSVP event for catering purposes. Please use the link below to confirm if you are coming.

Please use the link <https://www.surveymonkey.com/r/RXZFLN8> to confirm if you are coming.

Richard





Barry Biffin
23 h · 🌐



Sue Smith ▸ Queensland Tentpegging Association

2 d · 🌐

It's never too young to start Tentpegging. Our youngest rider at Championships was 6 year old Bronte who took home a swag of ribbons and winner of the rug for Champion Junior Rider.

Congratulations Bronte.

Bronte's father and Grandfather were riders in the Champion A Grade Team, Tamworth Tentpeggers. Its certainly a sport the whole family can compete in.

Rotary News Around the Globe



Rotary Club of West Perth

14 h · 🌐



Helping Perth's Homeless

We see them all the time walking through the city. People who, through various circumstances, have found themselves experiencing homelessness.

Well, what started out as simply collecting socks for the homeless this winter grew into something much more, due to the outstanding contributions and generous donations of local residents, as well as support from the Rotary Club of Karrinyup. Working closely with the Perth Homeless Support Group Public Page, the club's Homeless Working Group was able to provide, not only over 300 pairs of socks for distribution but also managed to put together 32 backpacks.

Each backpack carried a tag identifying that it was a donation from the [Rotary Club of Karrinyup](#). Recently these were delivered for distribution by the [Perth Homeless Support Group Public Page](#).

Rotary Club of West Perth would like to recognise the hard work and dedication that went into this project and to commend all Rotarians involved.

[#serviceaboveself](#)



Help for the Homeless



RIGHT: Madi Smith and her fellow members of the Rotaract Club of Perth have made and distributed more than 2,000 sandwiches in support of the Perth Homeless Support Group.

IN 2021, it was estimated more than 9,000 Western Australians were homeless. This is partly due to the end of the COVID-19 rent moratorium, and the numbers have continued to grow this year.

Rotary is well equipped to address the problem and many West Australian clubs have been working on a number of homelessness projects. One example is the Passages Youth Engagement Hub, a joint venture between the Rotary Club of Perth and the St Vincent de Paul Society. It was established in 1999 and helps marginalised homeless and troubled youth.

Sandwich making for Perth Homeless Support Group

Since August 2018, the Rotaract Club of Perth has been on a mission to make a positive difference to those experiencing homelessness and sleeping rough on the streets of Perth.

In one of the club's favourite volunteering activities, members come together to make sandwiches to donate to the Perth Homeless Support Group. Each Sunday, the amazing PHSG team, along with Rotaract volunteers, deliver fresh food, toiletries and support for the homeless people of Perth.

Members are asked to bring enough ingredients to make 25-30 sandwiches, with the tasty menu including tuna and mayo; curried egg; egg, baby spinach and aioli; sliced meat, cheese and pickles; polony and sauce; and sausage and sauce.

To date, the members have made and distributed more than 2,000 sandwiches to those in need of a feed.

Socks in the City

SOCKS in the City is a project of the Rotary Club of Heirisson. Homeless people often struggle to find clean dry socks to wear. As a result, they can develop both trench foot and warm water immersion foot. A homeless person with a history of these foot diseases is eight times more likely to die in the next five years compared to a person who has a home.

Healing of these foot diseases takes weeks and only happens when the feet are cleaned, dried and exposed to air. The best treatment is prevention, and the best means is wearing clean, dry socks.

Heirisson Rotary helps by encouraging people to donate socks – preferably new adult socks in natural fibres such as wool or cotton. Donated socks are collected by club members, or can be delivered to Homeless Healthcare at 8 Cambridge St, West Leederville.

Socks in the City has proven to be a popular project with WA schools as it's easy for students to collect socks.

Two pairs of socks can be purchased for \$5, so donating money to socksinthecity.org.au is another way to help this worthwhile project. ^{www}

Check out the latest Rotary Down Under for more info on what Western Australian Rotarians are up to.



Social Event:

An Afternoon of Records listening

Sunday, 21st August at 12pm

Hosted by Brian Logan

BYO Drinks & Records

RSVP to Marina

0403 759 148 or marina.lawrence4@gmail.com



'mherv' ... is coming to Tamworth

MEN'S FREE HEALTH CHECKS

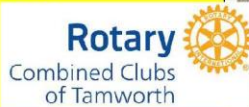
Bunnings, Lockheed Street, Tamworth

Saturday 6th August
12 noon – 3.30p.m.

Monday 8th August
9.30a.m. – 3.30p.m.

Tuesday 9th August
9.30a.m. – 3.30p.m.

Hosted by



Don't forget this service is available for all! Members and women can go along and get checked too!!

Come and check out 'mherv' for a

FREE

10minute health check-up.

Men, Blokes, Guys and Ladies too... *do your family and your mates a favour:*

✓ Blood Pressure

✓ Cholesterol

✓ Blood Sugar Levels

The "men's health education Rural Van" ... *working to save lives*



*Proudly sponsored by
Royal Freemasons' Benevolent Institution
Supporting the 'mherv' project since 2017
and caring for older community members*



Guest Speaker Notes

Fiona Snape: Local Aboriginal Lands Council – Youth Programs



Fiona Snape spoke with First Lighter's at breakfast on Wednesday morning about the growing role which the Tamworth Local Aboriginal Land Council (TLALC) is playing in communities across the region. For 23 years, Fiona worked with the Rural Lands Protection Board before taking on the role of Chief Executive Officer of TLALC which she has held for the past 13 years.

When she commenced work for the Lands Council in 2009, Fiona was one of just two employees and the sole focus of the Tamworth Local Aboriginal Lands Council was to make claims on Crown land under the *NSW Aboriginal Land Rights Act (1983)* and to oversee all aspect of managing any land acquired. The TLALC's 5-year strategic Community, Land & Business Plan (CLBP) addresses the strategy and implementation of land claims and management.

One of the properties owned by the TLALC is *Trelawney Station*, a 750 hectare property located on the Peel River 10 kilometres from Somerton. Whilst still operating as a working farm, it has been developed to include a 50 person conference facility with overnight bunk style accommodation and several campsites. Recently TLALC has taken on an ecologist led and indigenous ranger implemented *Banbai Healthy Country Plan* in the Tablelands area.



The Local Land Council has expanded its services and programs to support meeting more of the needs and aspirations of local Aboriginal people and communities more broadly. For example, TLALC is now a registered Aboriginal Housing Provider under the *NSW Aboriginal Housing Act (1998)* providing social and community housing.

In 2014, under the NSW Government's *Opportunity, Choice, Healing, Responsibility and Empowerment (OCHRE) Plan*, TLALC won the contract to deliver a *Regional Youth Opportunity Hub*. The Hub is funded by the NSW Dept of Industry, Skills and Regional development and works with school aged youth to keep the connection to mentoring, scholarships, internships, education, training, employment and career pathways through connection to dedicated case workers and mentoring. The Hub has worked with over 3,000 local students over the past 7 years and is one of only two successful Regional Opportunity Hubs in NSW.

Fiona also spoke about TLALC's partnerships with Careers Network, the Aboriginal Employment Strategy (AES), Centacare, Headspace, the Youthie, Tamworth Family Support Services and Tamworth Regional Council to deliver the Hub's activities and community programs such as *Bounce Back* (previously *Midnight Basketball*).

Bounce Back is a youth diversionary program for youth 12-20 years old focussed on reducing harmful and anti-social behaviour. This is achieved through weekly basketball and other sports, karaoke and movie nights, and



other activities as suggested by the young people interspersed with workshops directed at building self-confidence, and increasing the life skills, capabilities and capacities of local youth.

TLALC also operates the *Bumbira Arts & Culture Program* which recognises that art can change lives, build resilience and strengthen communities. *Bumbira* works with the local *Gomeroi* community to improve social and emotional wellbeing through art, culture, connection to country, connection to community and cultural identity.

Today TLALC has almost 1,000 members and employs 21 staff delivering services such as housing, transport, emergency funds, youth services, country management services and community & cultural programs.



It's been about 6 weeks since Richard was inducted as President. If you missed our changeover, we do have recordings uploaded to YouTube of the event. As you will see, we had an absolute blast. It was such a great night, well done again to our Changeover committee.

Rotary First Light 2022 Changeover Speeches - YouTube

<https://youtube.com/playlist?list=PLjRh3a-hcSf6jejk6EcMvCPyA7VBQnxOr>

First Light Club Shirts! Purchase & Embroidery from Monogram IT, Bridge St.

Contact Marina if you need assistance.

Formal: Ladies or Men's Ambassador

Short or Long Sleeve

Colour: Blue



PS32A WINNER POLO Ladies' Colour: Sky blue Navy or Navy Sky Blue



PS31 WINNER POLO Men's Colour: Sky blue Navy or Navy Sky Blue



Other items such as hats, umbrellas, generic Rotary shirts, golf balls and many more can be purchased from Rotary Down Under (RDU) Supplies: <https://rdusupplies.com.au/>



Rotary Large Umbrella

\$48.40



Rotary Bucket Hat

\$18.00



Rotary Cap

\$20.00

Rotary Lodge Update

Some minor rectifications are being undertaken and we await the installation of the solar panels but just about there. Hopefully a grand opening for later in August or September.
How fabulous does it look!!!





Funny Corner

If you have photos or funnies for the bulletin, send them to Marina! Don't blame me if you don't like the jokes!

marina.lawrence4@gmail.com

My inner 12-year-old will be giggling forever, now that I know the Norwegian phrase for speed bump is "Farts-humper"...



How do you milk sheep?

Bring out a new iPhone and charge \$1000 for it.

**I'M BORED.
I THINK I'LL GO TO THE MALL,
FIND A GREAT PARKING SPOT
AND SIT IN MY CAR WITH THE
REVERSE LIGHTS ON.**

@REBEL CIRCUS

To get rid of unwanted junk during the holidays ...

Put it in an Amazon box and leave it on the porch.

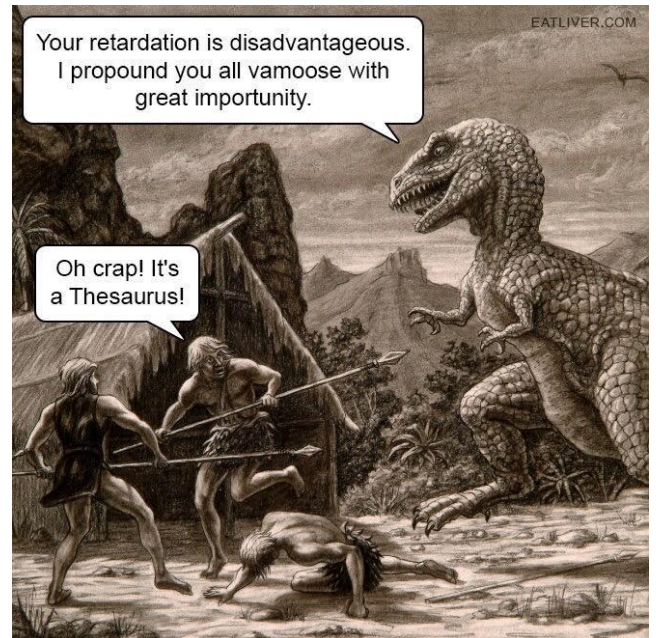
Wife: I thought you threw those shorts out.
Him: They're re my favorite pair, why would I throw them out?



If you encounter wine snobs, confuse them by using this move



Doctors have gone on strike but their demands are unclear



We just had a guy come into our auto parts store asking if we sold longer dipsticks, because his doesn't reach his oil anymore.



Rotary Events Calendar	Date
DG Club Visit	FRIDAY – 12 Aug 2022
Zone 8 Conference - Canberra	Friday 28 October to 30 October 2022
District Showcase & AGM – Tamworth	26 – 27 Nov 2022
District Conference – Tamworth	24 – 26 Mar 2023
Rotary International Convention – Melbourne	27 – 31 May 2023

Social Calendar	Date
<ul style="list-style-type: none"> • Post Office Raffles Social Night • Lunch Social Walk 	<ul style="list-style-type: none"> • 3rd Friday of the Month • Mondays 12.30pm, Bi Park Gates
<ul style="list-style-type: none"> • An Afternoon of Records Playback • Guess Who’s Coming to Dinner • Paint & Sip • First Light Art Gala 	<ul style="list-style-type: none"> • 21st August • 17th September • 8th October • 19th November

Tamworth First Light Website - <https://www.tamworthfirstlight.org.au/>

Our Club Facebook - <https://www.facebook.com/tamworthfirstlightrotary>

Member Portal Link: <https://www.dacdb.com/>

Board of Directors	
President - Richard Hardwick	Secretary - Vicki Cooper
Treasurer - Dennis Maunder	Executive Secretary - Brodie Shields
Club Admin - Liz Gill	Membership - Louise Mathews
Public Relations - Peter Bell	Community Service - Steve Martin
Youth - Dimity Betts	Rotary Foundation - Steve Hawkins

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 — Richard Hardwick](#)

[Secretary — Vicki Cooper](#)

[Treasurer – Dennis Maunder](#)

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?

	FRIDAY 12th Aug	17th Aug	24th Aug
Topic	DG Visit (NO WED MEETING)	Centrecare/ Headspace Clinical Mental Health	Sustainability & the Future of Regional NSW
Location	SUNRISE CLUB City Bowlo, Napier St	Wests	Wests
Guest speaker	DG Neville Parsons	Josie Hofman	Joanne Stead
Sergeant	n/a	Malcolm Turnbull	Malcolm Turnbull
Corporals (fortnightly)	n/a	Louise Matthews Bruce Hemmett	Louise Matthews Bruce Hemmett
Meeter & Greeter	n/a	Luke Massey	Mitch Soree
Door Team	Dennis Maunder Marina Hearne	Hannah Woods Bev Fletcher	Ian Howle Naomi Blakey
President Assist	n/a	Deb Barnes	Phil Lyon
Visitor Assist	n/a	Val Hellmann	James Treloar
Welcome	n/a	Paul Stevenson	Brett White
Bulletin Notes & Introduction	n/a	Michael Smith	Barry Biffin
Vote of Thanks	n/a	Terry Robinson	Val Hellmann
POST OFFICE RAFFLE – FRIDAYS - 6:00 – 7:00PM			
12th August	19th August	26th August	2nd September
Marina Hearne Courtney Priestley	Courtney Priestley Brian Thompson	Brian Thompson Hannah Woods	Hannah Woods Paul Stevenson
BIRTHDAYS, ANNIVERSARIES, AND INDUCTIONS			
Members Birthdays	Dennis Maunder -12 Aug		
Partners Birthdays	Lisa Treloar -10 Aug, Trudy White – 12 Aug		
Anniversaries	Nil		
Club Induction	James Treloar 10 years, 17 Aug		
Attendance	??%		
Make-Ups	Nil		
Visiting Rotarians	Nil		
Visitors	Nil		
Heads & Tails	Brian Thompson		
Raffle	Dennis Maunder		

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