



**IMAGINE  
ROTARY**



**Rotary**

Club of Tamworth First Light

**MEETING 1621    ISSUE 16    WEDNESDAY 5<sup>th</sup> Oct 2022**



### **Rotary Year 2022 - 2023**

<b>District Governor</b>	<b>Neville Parsons</b>
<b>President:</b>	<b>Richard Hardwick</b>
<b>Secretary:</b>	<b>Vicki Cooper</b>
<b>Treasurer:</b>	<b>Dennis Maunder</b>

Photo courtesy of Mitch Soree – Ballina



# Richard's Notes

## Quote of the Week:

Outside of a dog, a book is man's best friend. Inside of a dog it's too dark to read.  
Groucho Marx

## Joke of the Week

My wife is furious with me because she found a bunch of hidden letters that revealed I was cheating on her.  
Now she refuses to play Scrabble at all.

Our guest speaker was Ben Willis from Tamara Private Hospital and provided us with some information on some of the programs he has been involved in for cancer and Parkinson's patients and kids with autism.

The teams are still on the hunt for prizes for our Golf Day and the Art Gala events, if you know of anyone willing to assist please contact Vicki Cooper for the Golf Day or Dimity Betts for the Art Gala.

## Announcements:

- **Social Activity – Paint & Sip 8 Oct 2022**

Places are still available for this activity and more the merrier. If you have indicated your attendance please use the link provided by Dimity and pay to lock in the spot.

- **Rotary Book Shed**

I would like to thank everyone for their responses regarding the Rotary Book Shed opportunity offered to us by the Tamworth Rotary Club. The next steps will be to set up a small working committee to evaluate the opportunity and determine if it is a good fit for our club. We will be having a quick meeting this week to start the ball rolling and I have invited Bruce from Tamworth Rotary along to assist with any questions raised.

**Polio Movie this year. Stay tuned for more info!!**



# Rotary News

## This week's stories

### Why eradicating polio is so important

The recent detections of polio in Israel, the U.K., and, most recently, New York, USA, underscore the importance of Rotary's efforts to eradicate polio. As long as the polio virus exists anywhere, it remains a threat to children and adults everywhere. Learn what Rotary and our partners in the Global Polio Eradication Initiative are doing to [elevate awareness of the importance of vaccinations](#) and protect children from this disease.



### Rotary, Peace Corps support Ukrainian refugees

Partnering for Peace is a nonprofit that promotes and supports the collaboration between Rotary members and Returned Peace Corps Volunteers. Through the organization, Kim Dixon, a member of the Rotary Club of Midtown, North Carolina, USA, learned about Friends of Moldova, a group of Returned Peace Corps Volunteers who had opened emergency centers to provide food and basic hygiene supplies to Ukrainian refugees. Dixon worked with both organizations to secure a disaster response grant from The Rotary Foundation which purchased food and supplies for an estimated 2,400 refugees. [Learn more about this effort for Rotary-Peace Corps week.](#)



## Needing a Rotary hat?? Options below

Let Marina know asap so an order can be placed through RDU Supplies.

Payment can be made to RCTFL bank account

– just make sure you tell Marina

0403 759 148



Rotary Bucket Hat

\$18.00



Rotary Cap

\$20.00

## Guest Speaker Notes – Ben Willis Occ Therapy, Parkinson's Program & Sense Rugby

Tamara Private Hospital which is part of the Ramsay Health Care. The Ramsay Health Care is one of the biggest private health care groups in the world

Tamara was recently the beneficiary of a multi-million dollar grant from Ramsay to upgrade the operation theatres and day surgery waiting rooms. The theatres are up and running now This is very exciting for Tamara and Tamworth as the upgraded facilities will encourage health care professionals and specialist doctors to Tamworth which is what Tamworth really needs.

Ben is an Occupational Therapist, and he did his training at Newcastle University He worked in Newcastle after graduating for a few years. Ben got the travel bun and flew over to London with his now wife who is also an Occupational Therapist. Ben worked for the NHS (National Health Service) and also for some private health care companies.

Ben Came back about a year ago. After the Covid pandemic Tamworth was one of the only towns with 2 jobs going for OT's. They chose Tamworth. It was obvious that country cities lack the range of health car professionals those larger cities take for granted. Tamara is working to bridge that gap with some of the exciting new programs.

Ben spoke about 3 key areas of improvements

First the improvement of the Day Rehabilitation program. This service if for those who are safe to be at home and are below their base line. This service it twice a week session to help them improve their health. A big thing is that patients mostly need to have private health care or able to self-fund funding. Though there are some exceptions.

Second is the Activate Program – This is a program for people who have had a diagnosis of cancer as well as those suffering with Parkinson's. After treatment and chemo people lose a certain degree of independence. Patience are 'cruelly' subjected to intensive exercise over a 10 week program to help them get back to where they were.

The Parkinson program has started at Tamara. Ben is passionate about this condition this was part of his final year project at Uni. Since leaving Uni Ben has worked with a lot of Parkinson patients. Parkinson's is a progressive neurological disease. The program works to get patients back as far as possible to their base line. To prolong their disease and help them to be as safe as possible.

A lot of those with Parkinson suffer from freezing. They find it sometimes hard to start movement and literally freeze. This 10 week program provides intense physiotherapy works on strategies to combat this freezing and get patients going. Each session includes an hour of education. The education session goes into all aspects of the disease – Depression, Anxiety comes hand in hand with Parkinson. The 3<sup>rd</sup> hour of the sessions take in whatever allied health care they may need. The first rotation has proved a huge success.

The Third program is Sense Rugby. This is an Occupational Therapy Rugby themed program for children with disabilities with a NDIS funding package for therapy sessions. Sense Rugby happens on a normal rugby field and are run like a normal rugby training session. Tackle bags, pushing, kicking, lining up but there is a lot of focus on the occupational therapy components. Squeezing, rolling, stop, go etc. Tamar has teamed up Tamworth Magpies to create this for the community.

This package is of particular advantage for families with children who have autism. They train every week with qualified child Occupational Therapist's. The sessions are unlike a normal therapy session where some children may resist or may not like to go to. The sessions are fun and majority of children look forward each week to go. They are unaware that this is indeed a therapy session.

Ben relates to one particular boy who came along with his quite burley dad. The boy just sat on the sideline, not getting involved. On week 3 Ben spoke to the dad. He had been playing many years with the Tamworth Magpies. The day had always dreamt that when he had a son, his son would also play with the Tamworth Magpies. His son was diagnosed with autism. Each year dad would buy rugby balls and wany to play with his son. His son is now 10 and was just not interested or responsive to play. His son now pesters dad to go to the park and play ball. The son now looks forward to the rugby sessions.

Maybe you know someone who is floundering at home after cancer treatment or with onset Parkinson's or a family with a child with disability such as autism. These and other programs offered by Tamara may be of benefit to them.

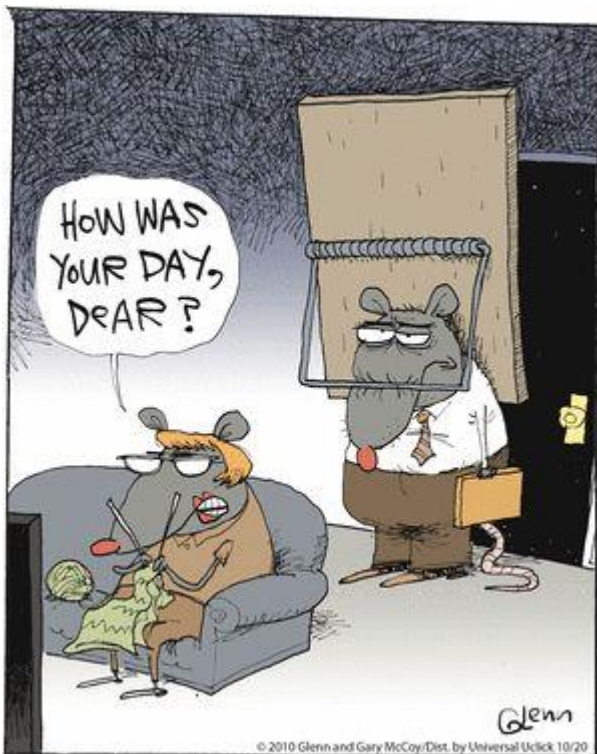
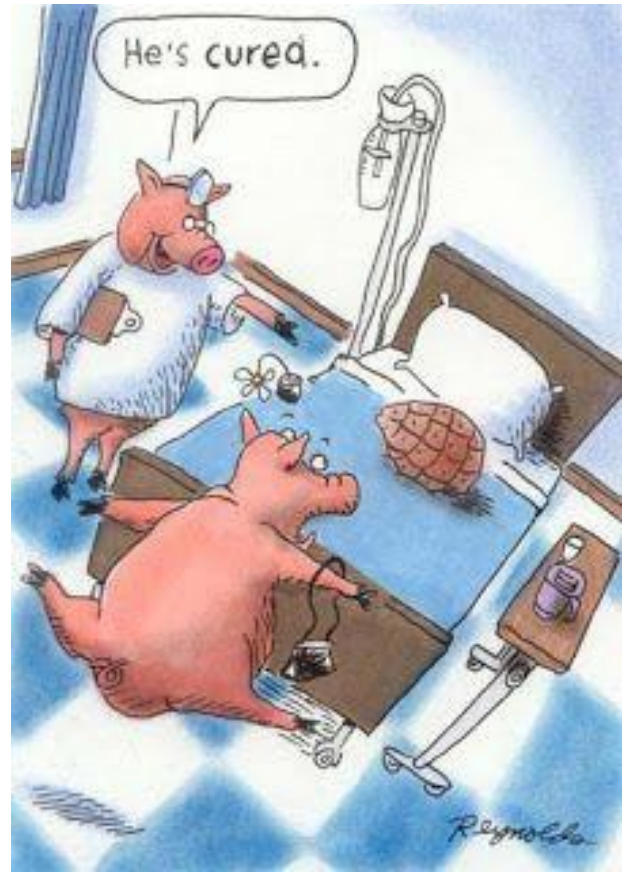
Contact Ben Willis 6764 5676 [willisb@ramsayhealth.com.au](mailto:willisb@ramsayhealth.com.au) for more information

**Paul Stevenson gave the vote of thanks Notes by Bruce Hemmett**



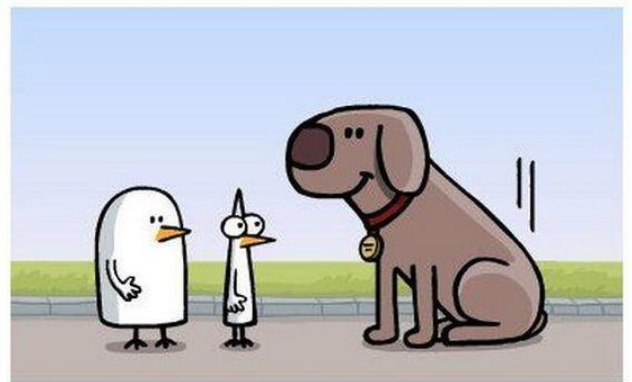
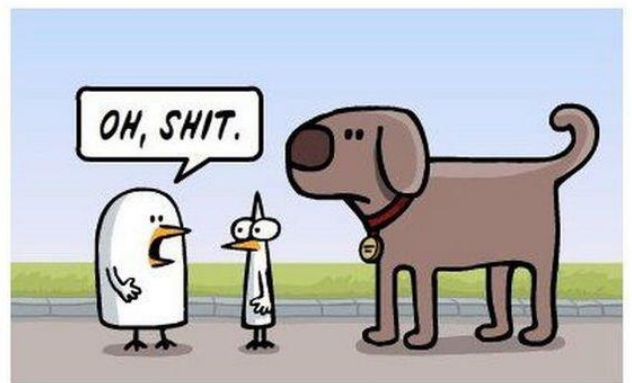
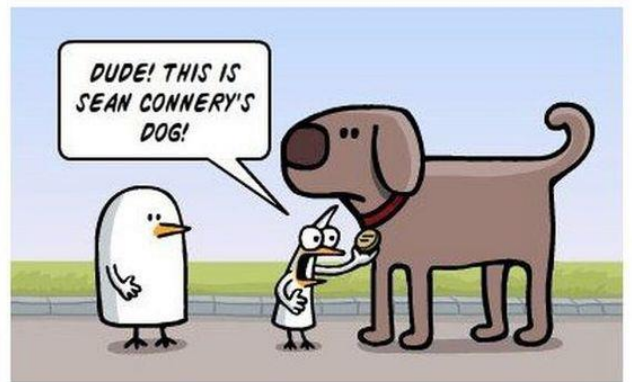
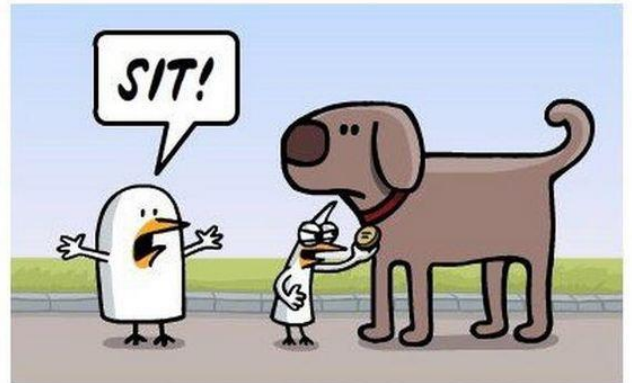
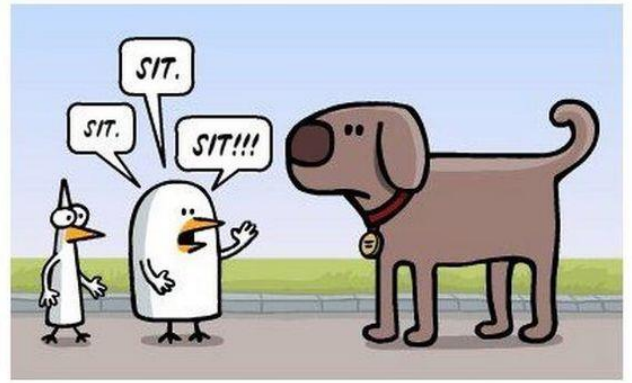
# Funny Corner

**\*LOGS IN FROM A NEW DEVICE\***  
**EMAIL SECURITY:**





Hero bird saves guy from \$300 fine










## Notices:



### StandTall Event:

Requires volunteers - please assist register via QR Coded

 **WHEN:** Bump in/Rehearsal Day 26 October 2022  
and/or Event Day 27 October 2022

 **WHERE: TRECC Tamworth**  
Greg Norman Dr, Hillvue, NSW

 **FOR MORE INFO AND TO REGISTER:**  
Scan the QR code here



### Click this Link to follow our Community Garden Project:

<https://www.facebook.com/profile.php?id=100086203336334>

Council are levelling the land and the fab Rob Betts will build our garden beds soon!!

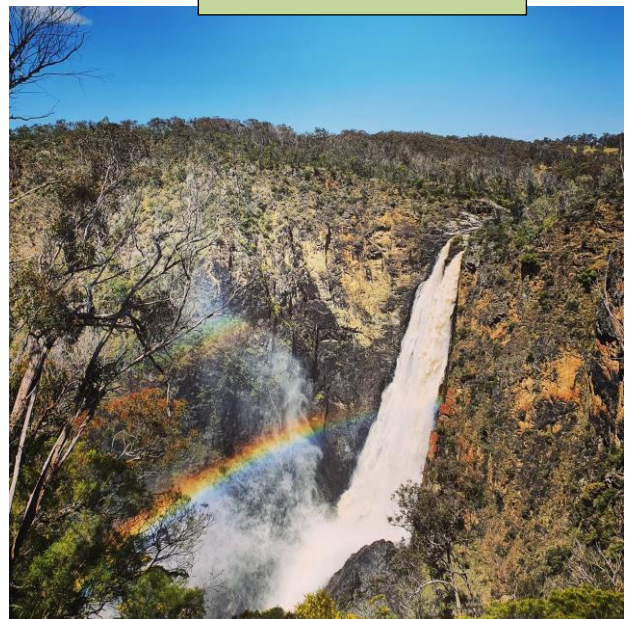
### Book Shed:

We have been approached by The Rotary Club of Tamworth to assist with volunteers at the Book Shed in return for funding. If you have any feedback or questions you'd like to ask regarding this potential project, please email/ text Richard. As with any project due consideration needs to be given by the board before accepting a project.

Photo Courtesy of  
Dimity Betts  
Government House  
in Adelaide



Photo Courtesy of  
Marina Hearne  
Dangar Waterfalls  
Armidale – go visit!!



**The Rotary Club of Tamworth First Light**  
invite you to their

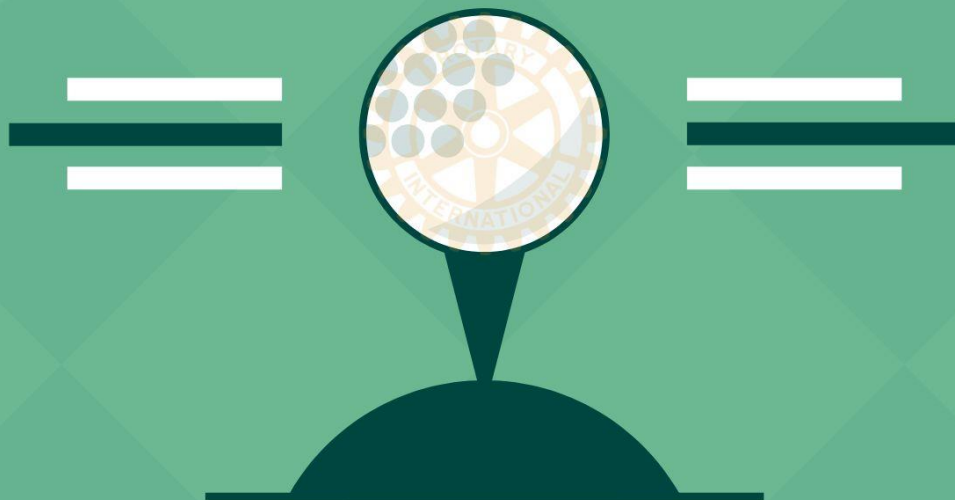
# ANNUAL CHARITY GOLF DAY

**Multiple prizes!**

Tamworth Golf Course

11.11.2022

Shot gun start 11:05am



\$40PP

LUNCH INCLUDED

Bookings via Tamworth Golf Pro Shop 6765 9980

\*golf link number must be supplied

Enquiries: Vicki Cooper 0412 802 215

All funds raised go The Rotary Club of Tamworth First Light to be distributed to local charities

Rotary Events Calendar	Date
Zone 8 Conference - Canberra	28 - 30 Oct 2022
District Showcase & AGM – Tamworth	26 – 27 Nov 2022
District Conference – Tamworth	24 – 26 Mar 2023
Rotary International Convention – Melbourne	27 – 31 May 2023 (register now)

Social Calendar	Date
<ul style="list-style-type: none"> <li>• Post Office Raffles Social Night</li> <li>• Lunch Social Walk</li> </ul>	<ul style="list-style-type: none"> <li>• 3<sup>rd</sup> Friday of the Month</li> <li>• Mondays 12.30pm, Bi Park Gates</li> </ul>
<ul style="list-style-type: none"> <li>• Paint &amp; Sip</li> <li>• Annual Golf Charity Day</li> <li>• First Light Art Gala</li> </ul>	<ul style="list-style-type: none"> <li>• 8<sup>th</sup> October - RSVP now</li> <li>• 11<sup>th</sup> November</li> <li>• 19<sup>th</sup> November</li> </ul>

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

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

Member Portal Link: <https://www.dacdb.com/> (This one lets you find phone numbers for other members!!!)

<b>President</b> - Richard Hardwick	<b>Secretary</b> - Vicki Cooper
<b>Treasurer</b> - Dennis Maunder	<b>Executive Secretary</b> - Brodie Shields
<b>Club Admin</b> - Liz Gill	<b>Membership</b> - Louise Mathews
<b>Public Relations</b> - Peter Bell	<b>Community Service</b> - Steve Martin
<b>Youth</b> - Dimity Betts	<b>Rotary Foundation</b> - 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?

	5 <sup>th</sup> October	12 <sup>th</sup> October	19 <sup>th</sup> October
<b>Topic</b>	<b>Tamworth Regional Council update</b>	<b>TRC Sustainability Plan</b>	<b>Youth Protection (District Requirements)</b>
<b>Location</b>	<b>Wests</b>	<b>Wests</b>	<b>Wests</b>
<b>Guest speaker</b>	Mayor Russell Webb	Ashley Smith	Bruce Hemmett & Steve Martin
<b>Sergeant</b>	Malcolm Turnbull	Malcolm Turnbull	Malcolm Turnbull
<b>Corporals (fortnightly)</b>	Ian Howle Steve Massey	Val Hellmann Brian Logan	Val Hellmann Brian Logan
<b>Meeter &amp; Greeter</b>	Graham Dooley	Phil Penman	Liz Gill
<b>Door Team</b>	Peter Ryan Courtney Priestley	Steve Martin Laurence Heame	Brodie Shields Steve Massey
<b>President Assist</b>	Luke Massey	Terry Robinson	Bev Fletcher
<b>Visitor Assist</b>	Helen Tickle	Mitch Soree	Tom Hellmann
<b>Welcome</b>	Liz Gill	Brian Thompson	Ian Howle
<b>Bulletin Notes &amp; Introduction</b>	James Treloar	Naomi Blakey	Anne Jacob
<b>Vote of Thanks</b>	Hannah Woods	John Rouvray	Phil Lyon
<b>POST OFFICE RAFFLE – FRIDAYS - 6:00 – 7:00PM</b>			
<b>7<sup>th</sup> October</b>	<b>14<sup>th</sup> October</b>	<b>21<sup>st</sup> October</b>	<b>28<sup>th</sup> October</b>
Naomi Blakey Glenn McIntosh	Glenn McIntosh Bev Fletcher	Bev Fletcher Peter Ryan	Peter Ryan Peter Bell
<b>BIRTHDAYS, ANNIVERSARIES, AND INDUCTIONS</b>			
<b>Members Birthdays</b>	John Treloar, 6 Oct		
<b>Partners Birthdays</b>	Nil		
<b>Anniversaries</b>	Barry & Judy Biffin – 43 years on 6 Oct		
<b>Club Induction</b>	Nil (though there could be someone, just dacdb doesn't want to show it)		
<b>Attendance</b>	83%		
<b>Make-Ups</b>	Nil		
<b>Visiting Rotarians</b>	Jane Bradford (Honorary)		
<b>Visitors</b>	Nil		
<b>Heads &amp; Tails</b>	Peter Leonard		
<b>Raffle</b>	Brian Thompson		

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