



**IMAGINE  
ROTARY**

**Rotary**



Club of Tamworth First Light

**MEETING 1627    ISSUE 22    WEDNESDAY 16<sup>th</sup> Nov 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>

*Wishing our golfers all the best with their event tomorrow. May the ball fly true and you steer clear of any crows or sand traps!*

**REMEMBRANCE DAY**  
NOVEMBER 11



# Richard's Notes

## Quote of the Week:

### Remembrance Day Friday 11 November

Please take the opportunity to pause and reflect on the sacrifices made so long ago during World War 1.

They went with songs to the battle, they were young,  
Straight of limb, true of eye, steady and aglow.  
They were staunch to the end against odds uncounted,  
They fell with their faces to the foe.

They shall grow not old, as we that are left grow old;  
Age shall not weary them, nor the years condemn.  
At the going down of the sun and in the morning,  
We will remember them.

For the fallen (verses 3 and 4)  
Laurence Binyon

## Joke of the Week

A British man was killed by a shark while honeymooning on the Great Barrier Reef.  
Reports say that he didn't suffer for too long as he'd only been married for 5 days.

Happy Wednesday, well that's what I was saying to myself as I strolled into the Club for breakfast. I like to take the opportunity to think positive thoughts before something goes wrong in the meeting. After a quick technology fix with the microphone (I thought we were back in Deb's year for a minute) I was no longer talking to myself. From where I was standing I sounded pretty good.

Our guest speaker Damion Brown from the Tamworth Aboriginal Medical Service (TAMS) delivered a great presentation on the TAMS journey and how they have grown over the last 25 years. More about this further down in the bulletin.

## Announcements:

- **First Light Art Gala**

November 19, 6pm at Tomm's Bar in the Heights. Applications for Art submissions are to be in by Saturday 12 November. The actual art works can be delivered before Friday 18 November so get you applications into Dimity. Raffle tickets are out there so grab some to win some fantastic prizes and with Christmas just around the corner it may well be your only opportunity to pick up something nice for the better half. Tickets for the event are available through the QR code further down in the bulletin.

- **District 9660 Rotary Showcase**

Rotary Showcase will be on 26-27 November 2022 at West Leagues Club in Tamworth. Please check out the registration link in the latest "District Voice".

- **Recyclable Collections**

Reminder to get collecting and to donate funds through the Return and Earn Machines. A great way to raise community funds and let all your family and friends know about the opportunity. Runs from 17 Oct 22 to 23 Apr 23.

- **AGM**

**Notice to all Tamworth First Light members that the AGM will be held on 7 December 2022.**

Richard

## **Rotary News**

**David Hinwood**

**NBN News story**

**Tamworth family raise money for the Stroke Foundation**

[https://www.nbnnews.com.au/2022/11/10/tamworth-family-raise-money-for-the-stroke-foundation/?fbclid=IwAR3CZO8UzjfuriSrUrlzkGxME2fRO7pnQjUkkcHSDwTkjTEUUJO\\_Z7RMTZY](https://www.nbnnews.com.au/2022/11/10/tamworth-family-raise-money-for-the-stroke-foundation/?fbclid=IwAR3CZO8UzjfuriSrUrlzkGxME2fRO7pnQjUkkcHSDwTkjTEUUJO_Z7RMTZY)

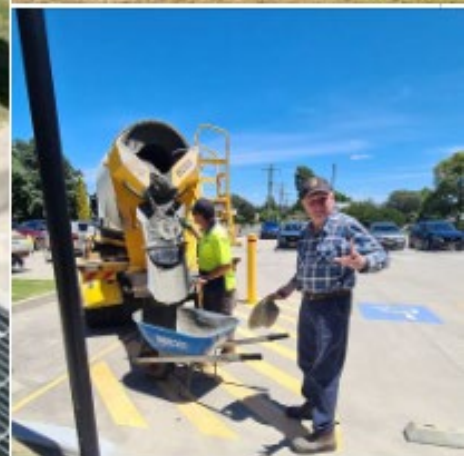


**You are very missed at First Light David**



Rotary Club of Singleton

3 h · 🌐



### Singleton Annual Community Challenge

3 h · 🌐

The Palliative Care ward project has started. 😊

Concreting of the slabs for the tables and chairs outside the Palliative Care wards at Singleton Hospital occurred today. The two slabs are now in place and the furniture should arrive in the next couple of weeks.

Stay tuned for further updates when the furniture is installed.



Rotary Club of Maitland Sunrise Inc

9 h · 🌐

...

Members of Maitland Sunrise volunteer on a regular basis at Maitland Neighbourhood Centre, preparing meals for those in need and for the homeless. These meals can be frozen and are very much appreciated by those less fortunate in our community. Credit also to the staff at Maitland Neighbourhood Centre who do an outstanding job of caring for our community from childhood to the aged.



# Guest Speaker Notes – TAMS, Damion Brown

## Tamworth Aboriginal Medical Service

- Started 25 years ago in caravan in Coledale
- Now they have almost outgrown their Marius St premises, Damion has 4 new staff coming on board son and isn't sure where they are going yet.
- They now have an office in Gunnedah and a clinic in Nundle
- TAMS has a huge range of services – multi-disciplinary; GPs', womens health, Chronic disease management, Vaccinations, Ears, Skin, they offer transport (so important to ensure people are able to attend appointments)
- 39 staff. 5 Fellows – a total of 10 GPs. In 2018, they only had one doctor.
- They are committed to education and training in Health Careers (don't worry, they will hopefully be at Careers Expo next year!).
- Going forward they hope to offer dental services, work in schools, have a purpose built building and community programs plus a whole lot more

Damion suggested that if you haven't yet, look up CAPO <https://alc.org.au/nsw-capo/>

There is so much amazing work going on at TAMS. As Michael Smith said, we all know about TAMS but we didn't really know about TAMS.



**A reminder that bulletin notes need to be emailed to Marina by 5pm Thursday.**

**And please submit any leave of absences to Louise Matthews. Thank you to everyone who has been very diligent in letting us know, it helps so much with the roster & welfare**

# Funny Corner



The biggest lie I tell myself is "I don't need to write that down, I'll remember it"



**I think the proper term for 'senior' women should be: Queen-agers.**

**That is all. Carry on.**

HOW TO FIND OUT  
IF YOU'RE OLD,  
FALL DOWN...

- IF PEOPLE LAUGH,  
YOU'RE YOUNG
- IF PEOPLE PANIC,  
YOU'RE OLD!



Threw out my back sleeping  
and tweaked my neck  
sneezing so I'm probably  
just one strong fart away  
from complete paralysis.

I have come  
to the  
conclusion  
that buying  
craft supplies  
and actually  
using them are  
two separate  
hobbies.

becoming  
minimalist

1. GOING TO BED EARLY
2. NOT LEAVING MY HOUSE
3. REQUIRED NAPS

MY CHILDHOOD  
PUNISHMENTS ARE NOW  
MY ADULT GOALS

One thing no one ever  
talks about when it  
comes to being an adult,  
is how much time we  
debate keeping a  
cardboard box because  
it's, you know.....  
a really good box.



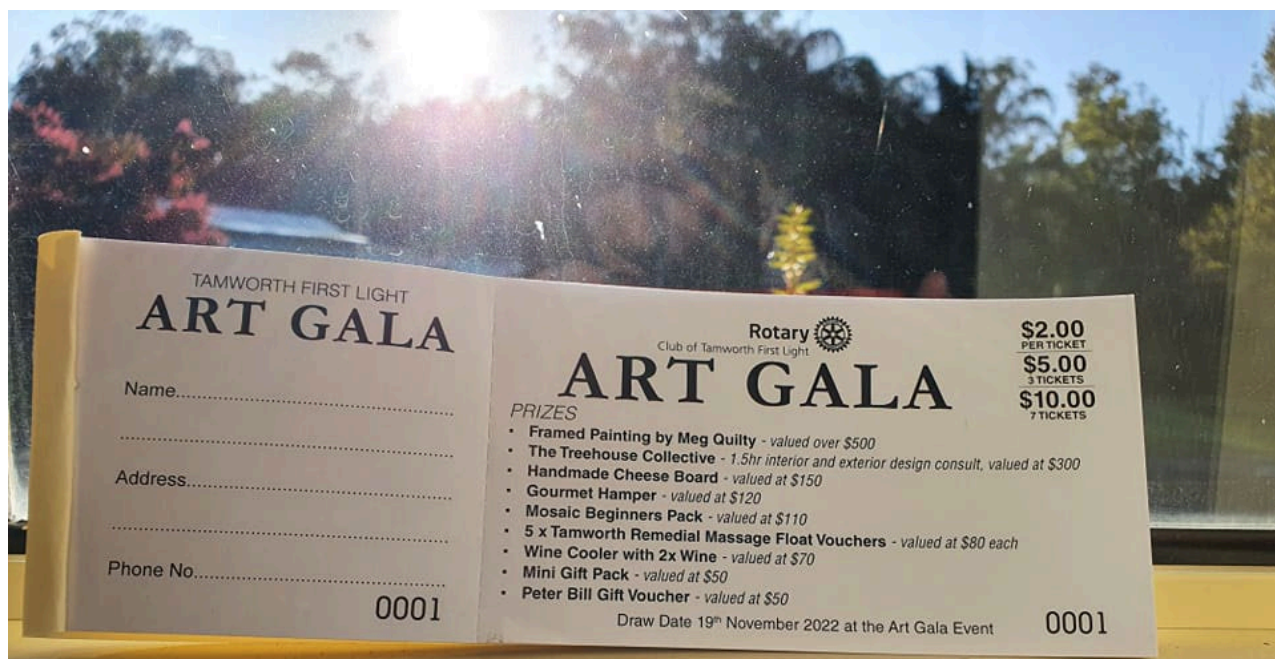
**I'M AT THAT AGE WHERE  
MY MIND STILL THINKS  
I'M 29, MY HUMOR  
SUGGESTS I'M 12 WHILE  
MY BODY MOSTLY KEEPS  
ASKING IF I'M SURE I'M  
NOT DEAD YET.**

Catnip may have been involved.....



## Notices: Raffle tickets available to purchase

– contact Marina 0403 759 148 - See prizes below



THE ROTARY CLUB OF  
TAMWORTH FIRST LIGHT PRESENTS

# FIRST LIGHT ART GALA

An exhibition showcasing outstanding artworks  
created by our members

NOVEMBER 19, 6 PM  
TOMM'S BAR  
THE HEIGHTS, TAMWORTH

\$65 per ticket (incl transaction fee)  
Includes complimentary drink  
with canapes throughout the evening  
Lucky Door Prize, Raffles, Silent Auction



TICKETS AT [HTTPS://WWW.EVENTBRITE.COM.AU/E/431528271677](https://www.eventbrite.com.au/e/431528271677)

ALL FUNDS RAISED ASSIST  
THE ROTARY CLUB OF TAMWORTH FIRST LIGHT  
ENVIRONMENTAL PROJECTS

Buy tickets here:

<https://www.eventbrite.com.au/e/431528271677>



# District Rotary Showcase – Register Now!

<https://registrations.dacdb.com/Register/index.cfm?EventID=77623913&NoCaptcha>



COLLECT YOUR 10C RECYCLABLES

## DONATE TO FIRST LIGHT

via the Return and Earn Machines  
Located in Calala, Robert St & Ten Tops  
or drop them to Marina (ph 0403 759 148)

Donation period 17 Oct 22 - 23 Apr 23



Rotary Events Calendar	Date
District Showcase & AGM – Tamworth	26 – 27 Nov 2022
First Light AGM	7 Dec 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>• Annual Golf Charity Day</li> <li>• First Light Art Gala</li> <li>• Polio Movie Night</li> <li>• Christmas Party</li> </ul>	<ul style="list-style-type: none"> <li>• 11<sup>th</sup> November</li> <li>• 19<sup>th</sup> November</li> <li>• 1<sup>st</sup> December</li> <li>• 10<sup>th</sup> December</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!!!)

Board 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



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?

	16 <sup>th</sup> November	23 <sup>rd</sup> November	30 <sup>th</sup> November
<b>Topic</b>	Clontarf Foundation	TBA	TBA
<b>Location</b>	Wests	Wests	Wests
<b>Guest speaker</b>	Dan Lewinski	TBA	TBA
<b>Sergeant</b>	Malcolm Turnbull	Malcolm Turnbull	Malcolm Turnbull
<b>Corporals (fortnightly)</b>	Izaak Ewin Steve Hawkins	Hugh Raadgever Brett White	Hugh Raadgever Brett White
<b>Meeter &amp; Greeter</b>	Bev Fletcher	John Rouvray	Izaak Ewin
<b>Door Team</b>	Glenn McIntosh Brian Logan	Barry Biffin Michael Smith	Deb Barnes Brian Thompson
<b>President Assist</b>	Val Hellmann	Brodie Shields	Hannah Woods
<b>Visitor Assist</b>	Nina Wrathall	Richard Walker	John Rouvray
<b>Welcome</b>	Sue O'Connor	Terry Robinson	Louise Matthews
<b>Bulletin Notes &amp; Introduction</b>	Deb Barnes	Liz Gill	Courtney Priestley
<b>Vote of Thanks</b>	Barry Biffin	Dimity Betts	Peter Leonard
<b>POST OFFICE RAFFLE – FRIDAYS - 6:00 – 7:00PM</b>			
<b>18<sup>th</sup> November</b>	<b>25<sup>th</sup> November</b>	<b>2<sup>nd</sup> December</b>	<b>9<sup>th</sup> December</b>
Mitch Soree Louise Matthews	Louise Matthews Izaak Ewin	Izaak Ewin Deb Barnes	Deb Barnes Peter Leonard
<b>BIRTHDAYS, ANNIVERSARIES, AND INDUCTIONS</b>			
<b>Members Birthdays</b>	Stephen Massey, 17 Nov & Paul Stevenson, 19 Nov		
<b>Partners Birthdays</b>	Nil		
<b>Anniversaries</b>	Nil		
<b>Club Induction</b>	Glenn McIntosh, 16 Nov (6yrs)		
<b>Attendance</b>	73%		
<b>Make-Ups</b>	Nil		
<b>Visiting Rotarians</b>	Alice Elsley (Quirindi)		
<b>Visitors</b>	Nil		
<b>Heads &amp; Tails</b>	Bev Fletcher		
<b>Raffle</b>	Skinner		

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