



**IMAGINE  
ROTARY**

**Rotary**



Club of Tamworth First Light

**MEETING 1630 ISSUE 25 WEDNESDAY 7<sup>th</sup> Dec 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>



**Showcase Weekend**

# Richard's Notes

## Quote of the Week:

No one can tell us what Rotary will be tomorrow, but one thing is certain: what Rotary will be tomorrow depends on what Rotarians do today.

Arch C. Klumph, Founder of the Rotary Foundation

## Joke of the Week

Recently an old Japanese gardener asked me what I knew about bonsai trees.

I said... "Very little".

It was great to see five full tables of Rotarians at our meeting on Wednesday morning and it was especially pleasing to see Treasurer Dennis smile after he had completed what would have been at least 6 audits on the head count to determine we exceeded our break-even point.

The End Polio Movie Night, thank you to the members, partners and friends who supported the evening, and I am pleased to say that our Club raised \$300 to go the End Polio Fund.

Our guest speaker this week was a familiar face to me at least, Dentist, Dr Michael Jonas who gave an insight into his life and his experiences as a country dentist. Michael also provided a few tips on how to avoid the dreaded chair and there is more on Michael's presentation further down in the bulletin.



## Announcements:

- **First Light Christmas Party**

Saturday, 10 Dec 2022 for of Christmas Lunch. RSVP is now closed.

- **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.

- **Ben Gunn Concert 15 Jan 2023**

We have the opportunity to support the Ben Gunn Concert during the Country Music Festival at West Leagues Club on 15 Jan 2023. All proceeds raised will go to the Dolly Parton Imagination Library. As the date comes closer, we will be looking for volunteers to assist at the event.

# Rotary News



Just a few of the members who supported the End Polio movie fundraiser on Thursday night.





Rotary Club of Tamworth - NSW Australia

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Great night tonight celebrating the 90th anniversary of the Rotary Club of Tamworth. Thank you to everyone who attended tonight. It was wonderful to have District Governor Neville Parsons and wife Pattie in attendance. Also in attendance was District Governor Elect Alyn Miranda, Past District Governors Ken Hall and Rob Anderson and Assistant Governor Simon Guest.

90 years of service to the community, projects, gatherings, fundraisings, laughter, friendship and much more.

We are looking forward to more projects, more fun, and more community interaction.





Rotary club of Surat Tapi ▶ Rotary Club of Surat Tapi

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Rotary club of Surat Tapi

Project : Addressing Mal Nourishment in kids of village Khoba , Dang

Thank you R.Anne. Samarth Tushar Shah for sponsoring lunch with sweets at Khoba on 27 Nov 22

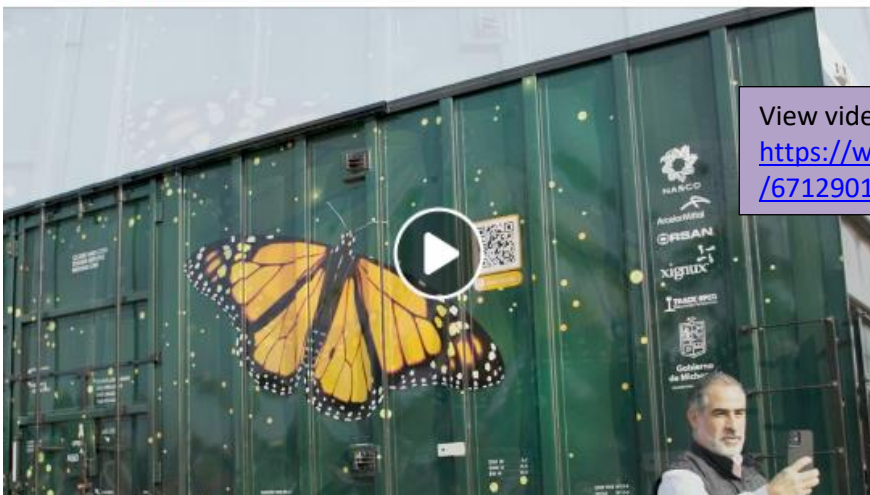
Beneficiaries : 180... See more



Rotary International posted an episode of Monarch Mondays.

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Patrick Ottensmeyer, president CEO of Kansas City Southern Railway, and Rotary International President Jennifer Jones discuss the importance of working together with cooperation's to take action and help save the environment.



View video here:  
<https://www.facebook.com/rotary/videos/671290101015779>



# Guest Speaker Notes – Michael Jonas

## Australian Dental Association

### Oral Health and How it All Fits

Michael's parents originate from Germany. His dad became a GP in Australia. Michael was educated in Singleton, was a Science teacher for all of 5 minutes through Newcastle Uni, then moved into his Dentistry Degree in Sydney. He worked at Chesterhill, then North Rocks. Eventually he bought a practice in Gunnedah in 1986, working until 2017 when he retired for a short period and now has a practice here in Tamworth. In 2002 he became a member of the Dental Association and last year was the President. His hobbies include motorcycling, flying, refereeing and coaching rugby union and travelling.

- Bad Oral Health: Decay, Gum Disease, Soft Tissue Disease.
- Dentistry spends most of their time preventing diseases
- The mouth is a horrible place to work – full of bacteria, humid, wet
- Life expectancy drops if mouth health is poor
- Significant causes of poor mouth health: Sugar, Tobacco, Polypharmacy (medication)
- The bacteria in your mouth can cause medical issues
- GOOD TEETH = GOOD HEALTH
- To help with good mouth hygiene: reduce sugar consumption, education



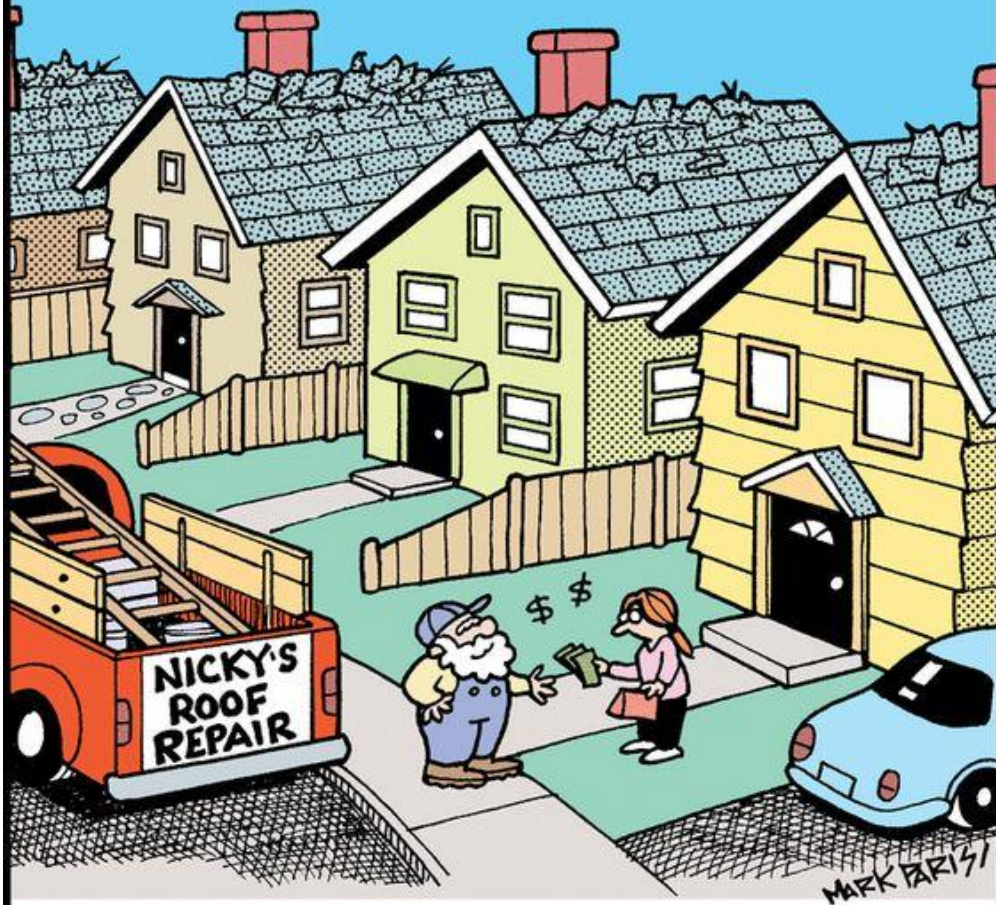
Vote of thanks  
provided by Peter  
Leonard



# Funny Corner

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12-26 offthemark.com



SANTA, AFTER THE HOLIDAYS









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>• Jamaica Blue Coffee</li> </ul>	<ul style="list-style-type: none"> <li>• 3<sup>rd</sup> Friday of the Month</li> <li>• Wednesdays, 8:15am</li> </ul>
<ul style="list-style-type: none"> <li>• Christmas Party</li> <li>• Ben Gun Charity Show – Fundraiser for Dolly Parton Imagination Library</li> </ul>	<ul style="list-style-type: none"> <li>• 10<sup>th</sup> December</li> <li>• 15 January 2023</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



### 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?

	7 <sup>th</sup> December	14 <sup>th</sup> December	21 <sup>st</sup> December
<b>Topic</b>	<b>AGM</b>	<b>Salvation Army (Salvo's Xmas Drive)</b>	<b>Last meeting of the year!</b>
<b>Location</b>	<b>Wests</b>	<b>Wests</b>	<b>Wests</b>
<b>Guest speaker</b>	Richard Hardwick	Army Chaplain	???
<b>Sergeant</b>	Malcolm Turnbull	Malcolm Turnbull	Malcolm Turnbull
<b>Corporals (fortnightly)</b>	Barry Biffin Courtney Priestley	Barry Biffin Courtney Priestley	Bev Fletcher Laurence Hearne
<b>Meeter &amp; Greeter</b>	Nina Wrathall	Alice Elsley	Terry Robinson
<b>Door Team</b>	Bruce Hemmett Izaak Ewin	Steve Hawkins Peter Bell	Val Hellmann Alice Elsley
<b>President Assist</b>	Louise Matthews	Izaak Ewin	Michael Smith
<b>Visitor Assist</b>	Terry Robinson	Bev Fletcher	Mitch Soree
<b>Welcome</b>	Ian Howle	Steve Massey	Richard Walker
<b>Bulletin Notes &amp; Introduction</b>	n/a	Brett White	Stephen Hawkins
<b>Vote of Thanks</b>	n/a	Glenn McIntosh	Phil Lyon
<b>POST OFFICE RAFFLE – FRIDAYS - 6:00 – 7:00PM</b>			
<b>9<sup>th</sup> December</b>	<b>16<sup>th</sup> December</b>	<b>23<sup>rd</sup> December</b>	<b>27<sup>th</sup> January 2023</b>
Deb Barnes Peter Leonard	Peter Leonard Val Hellmann	Marina Hearne Hannah Woods	Hannah Woods Alice Elsley
<b>BIRTHDAYS, ANNIVERSARIES, AND INDUCTIONS</b>			
<b>Members Birthdays</b>	Stephen Hawkins, 8 Dec & Peter Bell, 10 Dec		
<b>Partners Birthdays</b>	Nil		
<b>Anniversaries</b>	Nil		
<b>Club Induction</b>	Nil		
<b>Attendance</b>	81%		
<b>Make-Ups</b>	Nil		
<b>Visiting Rotarians</b>	Jane Bradford (Honorary)		
<b>Visitors</b>	Aurelie Quade		
<b>Heads &amp; Tails</b>	Marina Heame		
<b>Raffle</b>	Skinner		

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