




Rotary 
Club of Tamworth First Light
MEETING 1660, ISSUE 5
WEDNESDAY 19th July 2023



Rotary Year 2023 - 2024

| | |
|--------------------------|-----------------------------------|
| District Governor | ??? (IPDG Neville Parsons) |
| President: | Brian Logan |
| Secretary: | Liz Gill |
| Treasurer: | Dennis Maunder |

The Life of Brian

Quote of the week

Two roads diverged in a wood. I took the one less travelled and that made all the difference.
– Robert Frost.

Joke of the week

I found out I have an inferiority complex, but it's not a good one.

Notices:

Our thoughts today are for Terry Robinson. Terry's mother recently passed away.

Also, Nina Wrathall is unwell and in a Newcastle hospital. Peter Johnston is keeping tabs on her, and we wish her a speedy recovery.

Other notices

Our Treasurer Dennis Maunder advises us that our Rotary Subscriptions have been emailed out. Please keep an eye out for that.

The caterer is willing to provide coffee for us after the meeting. Perhaps a take away? A few of us stayed after the meeting for coffee and I can say it was a good cuppa.

This morning's guest speaker was Lucy Day. Lucy gave a few tips on how we can do some simple exercises to help us keep a little fitter. Perhaps we should consider a 5 minute warm-up before our meetings start!

Meeting End Words of Wisdom:

Since Light travels faster than sound, some people may appear bright until you hear them speak.

Announcements:

- **Recyclable Collections**

Reminder to get collecting and to donate funds through the Return and Earn Machines. This is a great way to raise community funds so please let all your family and friends know about the opportunity.

Our fundraising through the Return & Earn Machines ceased on 23 Apr 2023 for direct donations through the local machines (excluding the bulk sorter in MacIntosh Street). All is not lost, if you wish to still collect and donate to the Club you can still cash in the bottles and cans and transfer across to our bank account (Just let Dennis know with a quick email).

If anyone wants a collect and deposit solution (ie the dirty work), **reach out to Mitch Soree**- he can deposit these on your behalf via the bulk return facility and donate thru to the club on your behalf.

BEV HAS BEEN ON THE GREEN

Golf results for the week – reported by our golf reporter Bev:

Peter Bell was seen hitting off last week on the back 9 at the Longyard. All hopes for a great game, however not sure about the level of focus when he was later found looting for his putter... It turns out he was holding it!

Neither he nor I ended up with a brilliant score, but we had a great day playing golf.

Bev had a wild day on the green, with a blustery look down the 17th. All thoughts were on a warm drink at the 19th hole...



Rotary News:

TAMWORTH COMMUNITY GARDEN- FOLLOW UP



Last weekend saw a dedicated few RCTFL members get amongst the greenery, and enjoy the scenery at the community garden under development near the botanic gardens.

The weekend's task was to re-set some rivets in the corrugated iron garden beds, tightening them up for a long life ahead. There will be more working bees planned as the project evolves, so if you can spare a few moments, please consider helping by contacting Naomi on 0424 973 714.



Riveting work!



Figure 1 Peter, Luke, and Naomi



Figure 2 Job site foreman kept workers in line

GUEST SPEAKER- LUCY DAY- EXERCISE PHYSIOLOGIST- 360 HEALTH CLUB

EXERCISE AND FALL PREVENTION

Our club was addressed by Lucy Day, Accredited Exercise Physiologist (AEP) with 360 Health Clinic on Wednesday July 12, discussing the prevention of falls, and the benefits of exercise in maintaining fitness and overall wellbeing.

AEP's are a relatively new allied health specialty which focuses on delivering effective exercise interventions to people with chronic medical conditions, injuries, or disabilities. The focus is on physical activity education, advice and support, focus on behavioural changes over the long term.

Similar to physiotherapists, AEP's undertake rigorous university training through a 4 year course. While Physiotherapy focuses on a 'hands on' approach, usually in an acute setting, AEP's use a exercise based approach to healing, over a long term – building healthy habits through exercise.

The goal of Accredited Exercise Physiologists is to foster healthy lifestyles, one step at a time. The team of exercise professionals at 360 Health Clinic have been providing services to the Tamworth community for over 10 years, delivering one-on-one and small group sessions across a number of clinical pathologies and healthy populations.

AEP's like Lucy are registered to provide services through compensable schemes including Medicare, DVA, Work Cover and the National Disability Insurance Schemes as well as Private Health Insurance- if you could benefit from such services, consider asking your doctor for a 'Enhanced Primary Care Program' referral for a medicare rebate on these services.

The importance of exercise as you age

| | |
|---|---|
| ✓ Can improve your overall health and wellbeing | ✓ Helps you sleep better |
| ✓ Can decrease your blood pressure, cholesterol and your risk of heart attack | ✓ You feel more energetic, confident, happy and relaxed |
| ✓ Helps decrease stress levels | ✓ Improves balance and posture |
| ✓ Reduces health related medical costs | ✓ Maintain healthy bones and strong muscles |
| ✓ Can assist you in maintaining a healthy weight | ✓ Great way to meet new people |

Any exercise is good exercise, with at least 2 hours of exercise across a week being able to prevent the risk of a fall by 25-35%. This is easily worked into a daily schedule, with as little as a 20min block per day, 6 days per week.

Balance and strength training can be focused on to build strength for tasks that put individuals at the risk of having a fall. The bonus is that these two aspects of training can be targeted in the same exercise.

Lucy was able to provide the club with some simple exercises which can be easily performed at home with no special equipment.

Big thanks to Lucy for informing our club on the services and role of an Accredited Exercise Physiologist, and how they can be used to help us.

Examples of exercises you can perform at home with minimal equipment



Sit to Stands
from a Chair



Standing Hip
Abduction

Examples of exercises you can perform at home with minimal equipment



Calf Raises



Single Leg Balance

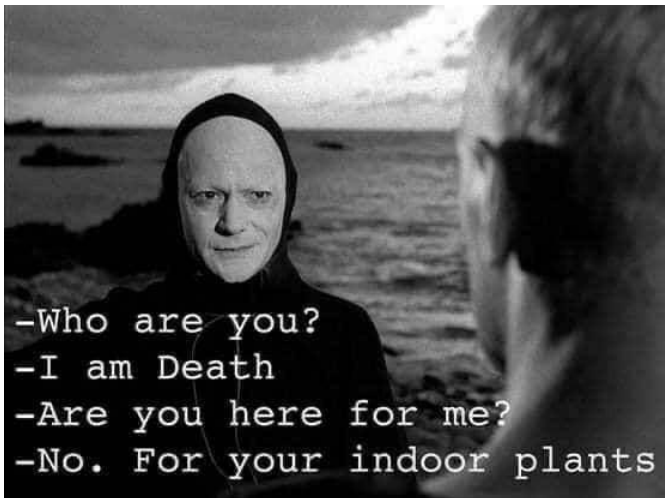
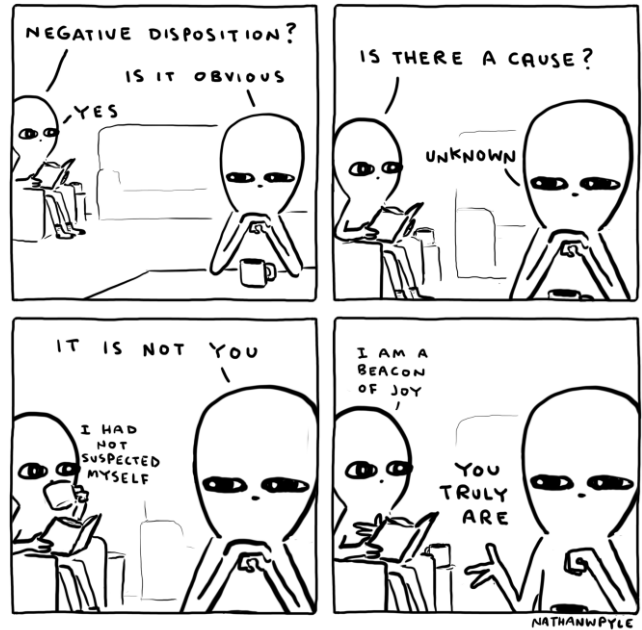
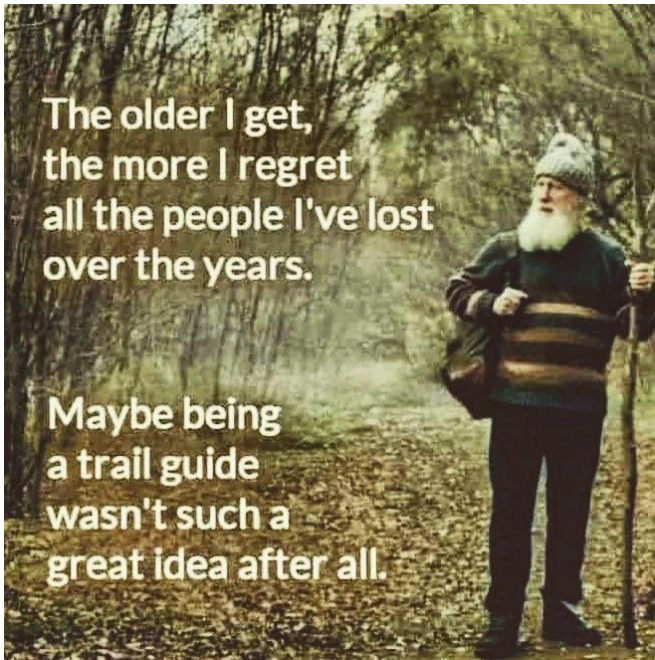


Heyyyy Macarena!





Funny Corner



Melvin of York @MelvinofYork
 It's funny how we say "a bug hit my windshield" when we are the ones going 70mph. I'll bet the bug's family describes it differently

I swear the me who buys groceries and the me that actually has to cook the meals are two entirely different people

Me: please don't spoil the kids
My kids coming back from the
grandparents house:



Billie Jean

Facebook

You're not friends on Facebook
Studied at University of Central Oklahoma

You're not my lover and
that kid ain't mine

What?

You heard meheeee



| Rotary Events Calendar | Date |
|------------------------|------|
| ▪ YOUR EVENT HERE!!! | ▪ |
| ▪ | ▪ |
| ▪ | ▪ |

| Social Calendar | Date |
|------------------------------------|--|
| • Post Office Raffles Social Night | • 3 rd Friday of the Month (21.07.2023) |

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 2023-24 | |
|--|---|
| President – Brian Logan | Secretary – Liz Gill |
| Treasurer – Dennis Maunder | Executive Secretary – Brodie Shields |
| Club Admin – Courtney Priestley | Membership – Bev Fletcher |
| Public Relations – Alice Elsley | Community Service – Peter Johnston |
| Youth – Hannah Woods | Rotary Foundation – Bruce Hemmett |
| President Elect – Sue O’Connor | |
| Board Meeting 2nd Tuesday of the Month- Tuesday 11.07.2023, 5.30pm, Wests. | |

| | 19 th July | 26 th July | 2 nd August | 9 th August |
|--|---|----------------------------------|--------------------------------|---------------------------------|
| Topic | Rotary Exchange 1994-95 West Virginia | State Member | Club Assembly | Public Speaking Competition |
| Location | Tamworth City Bowling Club | Tamworth City Bowling Club | Tamworth City Bowling Club | Tamworth City Bowling Club |
| Guest speaker | Lynna Palmer | Kevin Anderson MP | | Dimity Betts |
| Sergeant | *Glenn McIntosh | Mitch Soree | Mitch Soree | Mitch Soree |
| Corporals | Peter Leonard Peter Ryan | Louise Matthews Bev Fletcher | Graham Dooley Bruce Hemmett | Marina Heame Stephen Hawkins |
| Meeter & Greeter | Louise Matthews | *Michael Smith | Dimity Betts | Richard Walker |
| Door Team | Marina Heame Paul Stevenson | Elizabeth Gill Glenn McIntosh | Deb Barnes Paul Stevenson | Hannah Woods Charlotte Moore |
| President Assist | Richard Walker | Brodie Shields | Brett White | Paul Stevenson |
| Visitor Assist | Malcolm Turnbull | Terry Robinson | Marina Heame | James Treloar |
| Welcome | James Treloar | Paul Stevenson | Michael smith | Laurence Heame |
| Bulletin Notes & Introduction | John Treloar | James Treloar | | Steve Martin |
| Vote of Thanks | Vicki Cooper | Laurence Heame | | Alice Elsley |

*Denotes a change. Roster roles are randomly assigned. If you cannot commit to a rostered duty for your club, please speak to your fellow Rotarians to arrange a replacement and let Mitch know for the next bulletin instalment.

| POST OFFICE RAFFLE – FRIDAYS - 6:00 – 7:00PM | | | | |
|--|-----------------------|------------------------|-------------------------|-------------------------|
| 21 st July | 28 th July | 4 th August | 11 th August | 18 th August |
| Peter Ryan | *Sue O'Connor | Hannah Woods | Bruce Hemmett | Brodie Shields |
| *Sue O'Connor | Hannah Woods | Bruce Hemmett | Brodie Shields | Peter Leonard |

| BIRTHDAYS, ANNIVERSARIES, AND INDUCTIONS | |
|--|---------------------------------------|
| Members Birthdays | Michael Smith 15/7 |
| Partners Birthdays | Nil |
| Anniversaries | Nil |
| Club Induction | Graeme Dooley 27yrs, Hannah Woods 1yr |
| Attendance | 76% |
| Make-Ups | Nil |
| Visiting Rotarians | Nil |
| Visitors | Lucy Day- AEP, 360 Health Clinic |

