

Tamworth First Light

The Bulletin

Issue 5 | 17 July 2024 | Meeting 1710

This Week

- NAIDOC BBQ 12 July
- Mherv assistance
- Treasure Island - TDS

17 July RSVP Link:
Click Me



Rotary Year 2024 - 2025

RI President: Stephanie Urchick

District Governor: Bruce George

President: Sue O'Connor

Secretary: Courtney Priestley

Treasurer: Dennis Maunder



Sue's Spark of Rotary Inspiration

Quote of the Week: Give a man a fish and he will eat for a day. Teach him how to fish, and he will sit in a boat and drink beer all day.

Joke of the Week: Joker Card – thanks Simon.

Notices:

- Peter Ryan outlined our **upcoming tree project** in Centenary Park in Coledale at 10.00am on Sunday 28th July. 45 bottlebrushes are being planted along a graffitied fence. Rob Chandler, Jermain and the Dreamtime Touch Team are coming along to help plant and maintain these trees.
- **NAIDOC Family Fun Day**, supporting the Sunrise Club with the BBQ. Friday 12th July, 8.30am – 3.30pm, in Bicentennial Park. Please let me know if you are able to come and help out for an hour or so.
- **myTRC Volunteer Connect Expo** – has been postponed til November.
- **Gala Opening of Treasure Island**, by Tamworth Dramatic Society, Friday 2nd August, Capitol Theatre. Bubbles & nibbles beforehand, then the show at 7.30pm. Tickets are \$50. We are co-sponsoring this event. TDS are making \$1000 donation to RCTFL, we receive the proceeds from running the raffle at the door, and promotion for our club in the program. In return, we need to get as many people as we can to come along. So please **book some tickets** and encourage others to come along too – it promises to be a great night. Does anyone have a **raffle prize** that they could kindly donate to help out with the raffle? Please let me know.

- **MHERV van visit: 16th – 17th August.** We are running a fundraising Bunnings BBQ on 4th August and an awareness raising table at Bunnings the following weekend, in conjunction with the other Rotary clubs. Please let Richard H or Brian L know if you can help with any of these rosters. Also let them know if you could **billet the MHERV coordinator for 3 nights** as this will save us from paying for motel accommodation.

- At the district **Special General Meeting** on Saturday, the motions regarding changes to the district constitution and bylaws to accommodate the regionalisation structure were passed.

- **Rotary Lodge:** New Directions has requested support for families in emergency situations in the form of donations of new clothes. At the board meeting on Tuesday, we decided to support this with \$1000 donation for the purchase of clothes.

Guest Speakers: Peter Ryan's son Marcus gave us a very interesting presentation about his swimming career and how he now supports other swimmers with the challenges involved. Well done Marcus!

Sue O'Connor
President 2024/ 2025



Rotary News

Request for assistance

The Men's Health Education Rural Van (MHERV) is making its way around our region again and our Club has put up the hand to support the event. There has also been a call for funding as a long time major sponsor for this essential service has withdrawn, so we will also be conducting a Bunnings BBQ to support the event. Please see the list of activities and dates, and please let me know where you can assist, even if it is for an hour or so.

1. Bunnings BBQ Tamworth – Sunday 4 Aug 2024 – 8.30am – 3.00pm
 - We will be running a BBQ to raise funds for the MHERV program to keep it on the road. Assistance is required on the day to cook and serve the hungry masses.
2. MHERV Information Day – Bunnings Tamworth – either Saturday 10 or Sunday 11 Aug 2024 (Date to be confirmed by Bunnings) – Times TBC
 - We will have a table just inside the door and promote the MHERV Program to shoppers as they pass through the doors.
3. MHERV Clinic – Bunnings Tamworth – Friday 16 and Saturday 17 August 2024 – 9.30am – 4.15pm each day
 - MHERV Clinic will be operating and will require members to assist with the completion of the paperwork for attendees to the clinic while the nurse is conducting the testing. There will be 4 shifts each day that need at least 2 members on duty. I will also be contacting other Tamworth Clubs to fill in the gaps. When responding, please indicate what days you are available.

If you can support any or all of these upcoming activities, please let me know via email, so I can complete and publish the rosters in advance.

Best regards,
Rich

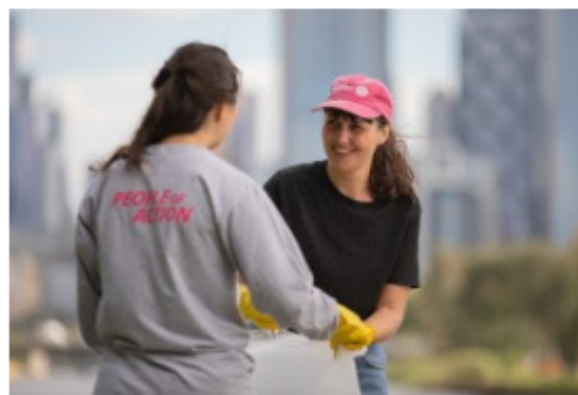
The Rotary Club of Tamworth First Light
richardhcherylt@gmail.com

Make Rotary simply irresistible

Keeping members engaged and connected is essential for Rotary's future — and it begins with our clubs.

But great clubs don't happen by chance. I encourage each of you to talk with your club leaders about what you want from your experience and then collaborate to create a welcoming, engaging environment for everyone. I also invite your club to conduct a [member satisfaction survey](#). By understanding more about your fellow club members, you can discover new opportunities to help your club grow.

As members of Rotary, we also receive many benefits that enhance our experience beyond our club. From tools that strengthen service projects to professional development courses and mentorship opportunities, there are a lot of reasons to be a member.



TREASURE ISLAND

02 - 10 AUG - CAPITOL THEATRE

Presented by Tamworth Dramatic Society

By Bryony Lavery

NOT ONE OF US MUST BREATHE A WORD OF WHAT WE'VE FOUND

It's a dark and stormy night. Jim, the inn-keeper's granddaughter, opens the door to a terrifying stranger. At the old sailor's feet sits a huge sea-chest, full of secrets. Jim invites him in - and her dangerous voyage begins.

Based on **Robert Louis Stevenson's** classic story of murder, money and mutiny, **Tamworth Dramatic Society** invites you to join Jim Hawkins and the crew of the Hispaniola on one of the greatest adventures of all time, *Treasure Island!*

When the old Pirate, Billy Bones, and the treasure map he has stolen from his old shipmates, arrive at the quiet Benbow Inn, Jim Hawkins, Squire Trelawney and Dr Livsey are set on an incredible journey into the unknown. Along the way, Jim and her companions will have to face overwhelming odds, and she'll have to use all the cunning she can muster to find the treasure, save her friends... and make it home again!

In this thrilling adaptation by **Bryony Lavery**, which keeps alive the wit and excitement of the book, Jim becomes a girl rebelling against gender roles in her amazing coming of age journey. A tribute to the wit, honour and resourcefulness of children. *Treasure Island* is an adventure not to be missed!



[Purchase tickets - click here](#)

GALA OPENING NIGHT

*Please join us on Friday, August 2nd for our Gala Opening Night, in collaboration with **Country Locks and Doors Tamworth** and **Rotary Club of Tamworth First Light**. A portion of all tickets sold on that night will be donated to Rotary Club of Tamworth First Light. The foyer doors will open at 6 PM for a complimentary drink and nibbles (Price \$50pp). An official presentation will commence at 6:45pm and the show will start at 7:30pm. Please dress in your semi-formal attire for the event. Don your best dress and favourite tie to make the most of this special occasion!*

Tamworth First Light Rotary Tree Planting Project



We have identified an opportunity for a tree planting project of 45 Callistemon Bottle Brushes at Centenary Park in Coledale next to the Youthie in Coledale.

As you can see from the photo below there was a lot of time and money invested in Centenary Park when it was

opened, however now there is a lot of graffiti on the fences that is an ongoing problem and is a far cry from the look of the park when it was opened in 2019. Gino from TRC has offered to fund the project out of his anti-graffiti budget. Robert Chandler has agreed to assist with the project. Jermain Walford has offered the assistance of his Dream Time Touch football players to help with the planting and maintenance of the trees.

We believe that by planting the Callistemons in Centenary Park, we can improve the use of the park, reduce the instances of Graffiti and repeat the success that we have been able to achieve in Electra Park as below, as Electra Park was in a similar state to the current state of Centenary Park before we initiated the tree planting project.

When: National Tree Day – Sunday 28th July 10.00am – 12.00pm

Where: 43A Bourne St West Tamworth

What to bring: Hat, gloves, water, spade

Please click on the link below to advise your attendance.

<https://www.surveymonkey.com/r/QMVD2KP>

Guest Speaker - Marcus Ryan

My first sash I received was at Nundle Swimming carnival in 2016, this is one of my earliest memories of my swimming journey.

From there I was hooked, training nearly every morning before school waking at 5am and being out of the pool at 7:30am to get to school at 8am. For me I loved it, the social aspect of having a group of people wanting to go to the same place, to be the best I could, and a place where I really felt at ease, it was just rewarding for me. However, Winter was as tough as it gets. Getting out of a warm bed knowing you're going to get in a cold pool was somewhat terrifying.

Moving into high school the results exponentially got better for me, making regional, country and state level. It was with this experience that I got to go head-to-head with some of the world's best athletes and remember being in the same race as recently retired Mack Horton. In fact, this is a silver medal I received from Bronte Campbell herself, a three-time Olympian who recently just made the Paris Games, as I was watching her race in the 50 metre finals at NSW State Champs. I've also conclude that Bronte's medal is smaller than mine because the people making the medal know that swimming a 5km is a bit more impressive than just one lap splash and dash.

It was also at this point where I got to discover what event I would be good at or even specialise in. I was always good at backstroke, however I decided to enter in a 1500 metre at a local meet mainly because no one did it and it would mean I get \$10 for coming first anyway but to my and my coach's surprise I ended up doing responsibly well. Different aspects from my stroke to the time of every hundred metres were very consistent the whole way through. The next biggest challenge I wanted to achieve was making my first-age national championships. So, in early 2019 my coach and I put a plan in place, instead of going for the pool nationals she suggested that I aim for open water and use strong aerobic foundation to my advantage. He assured me that the next year would be hard but if that's where I wanted to go then it's what's necessary to get there. So, we committed I started doing a lot of gym work in the winters to supplement the work done in the pool and throughout the weeks it would be going well, but it would be Saturday, the end of the week that I would be anxious about even turn up to training. On Saturdays it was specifically designed to be the hardest set of the week. I would like to outline some sets that would be common practice:

- 11km of straight freestyle stopping every 3-4km
- 20 x 100 of butterfly 2 rounds
- 10 x 800 with 10 seconds rest between

Or my favourite the 5km time trials going out as fast as you can for 100 laps nonstop (200 if it's 25m). Of course, leading into the race there is some nerves and even not knowing if you'll be able to finish the race. However, as you could see from the massive amounts of volume completed leading into the qualifying meet, I managed to get under the qualifying time by 3 minutes putting me in good stead for my age group for nationals early the following year. From this, I got 7th in Australia for my age group which remained somewhat consistent through the next 3 years.

Moving away to Sydney for university I continued to train there, and it was certainly a luxury to have more than one coach, having all the lanes to us in the mornings and even having a gym on the same facility. The head coach I trained under is lovely and super caring, it built that mutual respect which I believe still holds true today where she puts the plan in place, writes and training, talks to the other coaches and I show up and give her the feedback she needs. So, whilst the hard sets didn't stop it felt like an obligation to show up and put forward the effort I had in the moment even if I was off time or not feeling 100%. The combination between the new capacity and facilities as well as the relationship with the coach is the key reason I believe to my success in medalling at the 2023 NSW Open Water Championships.

Now I want to talk away the focus from what swimming has done for me and towards what I have done for the sport. In 2018 I volunteered to help run a Camp in Sydney as a part of the NSW Swimming Youth Advisory Panel. Previously attending the event I gained a lot from network, hearing from guest speakers but most importantly it paved a pathway for making a genuine impact on the sport. Also, at the time I was the only member from the regionals and so it was awesome hearing strategies implemented in other areas that I could take back home with me.

In 2017-2018 we received 30 thousand dollars from the state government to improve pathways for athletes, coaches and officials. The majority of it, \$15 thousand was put towards the Beyond the Black campaign. Design to raise awareness around mental health for high performing athletes and help athletes particularly in the swimming space navigate life outside sport. In fact, it was somewhat good timing because by 2020 when COVID reared its ugly head the help support offered by BTBL that the grant was building on, was in full swing. It was also a great support during Olympics and Commonwealth games as many saw this as a rough time with many dreams that these athletes had been working towards ruined by something completely out of their control.

But this was the subtitle side I wanted to expand on earlier, the drive and determination that these athletes have is enormous but at a cost. When I played water polo or school rugby, we would have 1-2 trainings a week in the season leading into competition. Which is certainly not a disservice to them by any means, but many active members in the swim club would train 4-5 times a week minimum and many doing double sessions or gym work outside in the summer. It's a self-driven sport and I believe this blurred the lines between individual performance and an individual sport. To me I don't believe there is such thing as an individual sport, you have a sport such as tennis, swimming, golf which depend on individual performance, but I believe that it is the team behind the performance that separates good from great, that is the underlying driver of performance.



Time after time I would see different articles and news reports pop up outlining the struggles different swimmers have had with mental health. And you might see some that you recognise on the screen. But this has been a serious issue that the Youth Advisory Panel has try to resolve, but it is bigger than what we are capable of. You may have heard the recent announcement from the government of putting \$283 million back into High performance sport over the next two years to have a strong team heading into the 2032 Brisbane Olympics. This is good news of course, but it's only a start. If we take a deeper lookinginto what conditions were like before, 43% of athletes earn under \$23,000 a year which is below the poverty line and even Emily Seebohm, Olympic gold medallist describes her struggles of earning just \$30,000 a year. She described the top 8 swimmers in the countryonly getting \$30,000 a year!!! It was at this point where my mindset shifted, at that time I still wanted to keep competing, but I wanted to make the sport better in the regionals as well. This motivated me to help kick start what is called 'swimleague' in the regions which is a points-based system including two teams and is done within 60 minutes. This was a massive success; it created an inclusive environment and at local carnivals after that I would see little kids talking to each other's and building life lifelong friendships. I also believe the work that was put into the regionals was indirectly why we had the likes James Magnussen in Tamworth doing a clinic or why we have an amazing swim facility expected to be built by mid 2026.

Kyle Charmers a 100-metre specialist for Australia said "A happy swimmer is a fast one" as he then proceeded to then make his fourth Olympic games and go down in the books as one of the most decorated Australia swimmers. To me that couldn't be closer to the truth. From making nationals 4 years in a row and achieving a silver medal at the 2023 state championships, being able to give back and makinglifelong friends has been my biggest joy. The person that is standing there with his horse sash is still as proud as I am today because of the work that is being recognised in the regions. The discipline that swimming has given me is undeniable, it has showed me the importance of showing up, every time and the value of time management and organisation.

I'm grateful for the sport and the opportunity to talk in front of you today.



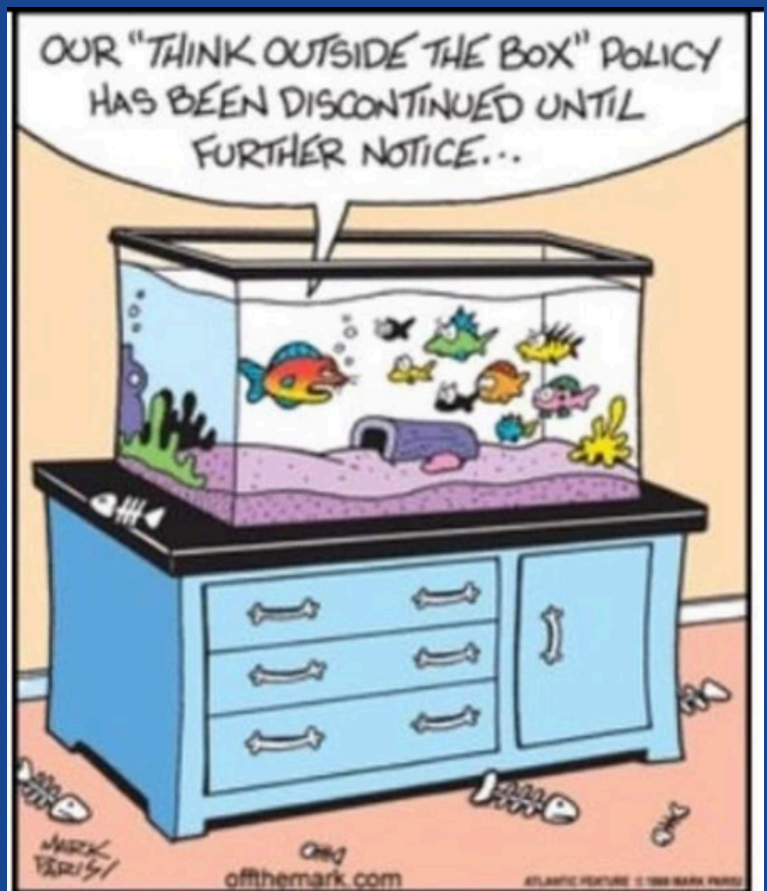
The Funny Elbow



i may legally be an adult but don't be fooled, i have no idea what i'm doing

I just got over my addiction to chocolate, marshmallows and nuts.

I won't lie, it was a Rocky Road.



Important Info

[Tamworth First Light Webpage](#)

[District 9660 Webpage](#)

[Rotary International Link](#)

[DACdb Link](#)

Calendar

ASSISTANCE REQUIRED:

12 JULY 2024 - NAIDOC BBQ

28 JULY 2024 - TREE PLANTING

4 AUGUST 2024 - BUNNINGS BBQ

10/ 11 AUGUST - MHERV INFO DAY TBC

16-17 AUGUST 2024 - MERV

Roster

Date	17 July	24 July	31 July
Topic	Personal Profiles	United Disability Inclusion	TRC Mayor
Location	Tamworth City Bowlo	Tamworth City Bowlo	Tamworth City Bowlo
Guest Speaker	Vangel & Jo	Yvette Humphrys	Russell Webb
Sergeant	James Treloar & Paul Stevenson	James Treloar & Paul Stevenson	James Treloar & Paul Stevenson
Corporal	Steve Martin	Bev Fletcher	Laurence Hearne
Meeter & Greeter	Peter Johnston	Vangel Christov	Peter Ryan
Door Team	Alice Elsely Mitch Soree	Louise Matthews Hugh Raadgever	Graham Dooley Paul Stevenson
President Assist	Dimity Betts	Peter Leonard	Brian Thompson
Guest Speaker Intro & Visitor Assist	Luke Massey	Richard Hardwick	Barry Biffin
Bulletin Notes Vote of Thanks	Vicki Cooper	Charlotte Moore	Terry Robinson

POST OFFICE RAFFLE – FRIDAYS – 6:00 – 7:00PM

19th July	26 July	2 Aug	9 Aug
Peter Bell Brett White	Brett White Michael Smith	Michael Smith Steve Hawkins	Steve Hawkins Luke Massey

Any changes to the roster, please let the President Assist know the morning of the meeting that you are replacing someone.
Reminder that it is up to members to find your replacement if you are unavailable.

Birthday, Anniversaries, and Inductions

Members Birthdays

Nil

Partners Birthdays

Nil

Club Inductions

Graham Dooley 24/7 (28yrs) and
Hannah Woods 20/7 (2 yrs)

Anniversaries

Nil

Attendance

49%

Visiting Rotarians

Simon Guest – RC Tamworth West, Graeme Kruger – RC Leeton?

Visitors

Marcus Ryan – Guest Speaker

Heads and Tails

Graham Dooley

Chook Raffle

Glenn McIntosh