

Rotary Club of Tamworth - First Light 2013—2014





**President
Jim Raymond**

Wednesday 11th December 2013 Meeting 1190

Quote of the week..

A man begins cutting his wisdom teeth the first time he bites off more than he can chew”.

~Herb Caen.

Jim’s Journal

Lots of visitors again this morning. A warm welcome back to Caroline Round, Sue O’Connor, John Clements and Bob Baddams who as of today will be a visitor no longer. Welcome also to our visiting Rotarians George Waters from Bendigo Sanhurst and John Goodwin from Koorungal Wagga Wagga.



Bob Baddams with President Jim and proud Dad David

It was a pleasure this morning to induct Bob Baddams into the club. I’m sure Bob will be an enthusiastic member of the club. And it is also pleasing to see our average age come down.

Thanks to Barry Biffin for filling in as guest speaker and providing the informative video about Project Amigo. Project Amigo helps poor children of Colima, Mexico achieve their highest potential by providing programs that motivate them to stay in school; by improving their access to higher education and promoting

literacy; and helping with dental care.

Barry also showed a very interesting short video Prince Malik Ata Muhammad Khan who is known as patron-in-chief of tent pegging in Pakistan. The video, presented by Michael Palin focused on the bull race events where riders are towed behind two bulls, yoked together on timber boards. This is the Pakistani version of surfing, albeit without waves. Very exciting especially when the bulls decided to veer off course and into the crowd. Lots of dust, noise and fun!



Barry and Genevieve

Remember to bring along Christmas gifts of either non-perishable food items or presents (unwrapped) for children for the Salvation Army on 18 December. David Rogerson is looking forward to a boot full of bounty which will be distributed in their hampers for Christmas.

Santa will also be making an appearance at this meeting, so hope you have all been well behaved since last Christmas.

AGM next Wednesday.

Have a great week....JR



MEETING NOTES...

- ❖ Graham Kruger will send out an info sheet regarding the upcoming African tour. Anyone else interested in the tour, please get in touch with Graham.
- ❖ Steve Massey has a committee of four for the Science & Engineering Challenge. A meeting to be held next Tuesday at 5:00 pm at the Tamworth Hotel for the Committee and open to anyone else interested in being part of the Committee.
- ❖ Santa Crawl is on again on 20th December – local pubs are looking forward to seeing us in force.

Just remember, every time you make a typo, the errorists will have won.

The Secretary
Rotary Club

The management and staff of Lake Keepit Sport and Recreation Centre will be running a “Seniors Active Life” program from 21st to 23rd March 2014. Attached is a brochure outlining the details of the program for your information. It would be appreciated if you could inform your members about the weekend.

If you would like a member of our staff to visit you and/or your members we would be happy to make the necessary arrangements to attend your next meeting.

It only takes a phone call to register for the program. All that is required is the participant’s full name, address and contact details.

If you have any questions please contact the Centre on 6769 7603.

Regards,

Jeanette Garnsey
Administration, Lake Keepit
Sport and Recreation
Office of Communities



Seniors GIVE IT A GO

Lake Keepit Sport and Recreation Centre.
Seniors Active Lifestyle 21 March – 23 March 2014.

Keepit active weekend

21 March – 23 March 2014

Lake Keepit Sport and Recreation Centre

Escape to the beautiful Lake Keepit for a bush adventure. Our activities suit all levels of fitness so come along and try something new. Our fun filled package includes:

- All meals and accommodation.
- Activities including bushwalking, guided bike tour, canoeing, fishing and archery.
- Tour of the Lake Keepit Dam wall.

Cost \$165 per person

Schedule 9am – 4.30pm

Bookings 13 13 02

Enquiries (02) 6769 7603

Email lake.keepit@communities.nsw.gov.au

If you are looking for an exciting program to have fun, stay active and meet people that has been specifically designed for seniors, then look no further than the 'SENIORS ACTIVE LIFESTYLE' program.



For more information or to book call the centre

02 6769 7603

or visit www.dsr.nsw.gov.au



**Office of
Communities**
Sport & Recreation

Seniors

GIVE IT A GO



The 'ACTIVE LIFESTYLE' program has been specifically designed with seniors in mind. The focus of the program is for seniors to have fun, stay active and meet people. There is plenty to do in the peace and quiet of the centre set on the foreshores of the picturesque Lake Keepit. You can indulge in bushwalks, canoeing, archery, swimming, carpet bowls and fishing or for the more adventurous you can tackle the 'Giant Swing' or abseil down a natural cliff face. Feel free to participate in as much or as little as you like. No matter what choices you make centre staff are on hand to make sure you get the most out of your visit.

Details

Dates: 21 March – 23 March 2014

Cost: \$165.00pp (price includes all meals including morning and afternoon tea, accommodation, linen and activities).

Accommodation: All centre accommodation features reverse cycle air conditioning and comfortable beds with pillows, doonas, blankets and linen.

Meals: Being active in the great outdoors means you will work up a healthy appetite, but you certainly won't go hungry. The centre's qualified catering staff prepare healthy and nutritious food in our commercial kitchen – and plenty of it. We also cater for any special dietary requirements – if you have any special dietary needs, just inform the centre prior to arrival.

Activities

- Archery
- Canoeing and Kayaking
- For the adventurous we can even utilise the giant swing or go sailing
- Fishing
- Exercise and flexibility classes by the lake
- Bushwalking
- Orienteering
- Carpet bowls
- Darts
- 24 hour staff liaison

Centre Facilities

- Dividable multi purpose hall with air-conditioning and kitchenette
- Swimming pool (25m)
- Dining hall catering for up to 160 people
- Scenic lakeside views
- Many and varied walking trails and tracks
- Barbeque and picnic area



Meeting Roster	Wed 11th December	Wed 18th December	
Guest Speaker	AGM	Last Meeting for the year	
Topic		Santa Claus	
Door Team	Terry Burgess Garnett Wood	Jane Bradford Tom Hellmann	
Meeter & Greeter	Jennie Wright	David Baddams	
Welcome	Brian Yeo	Chris Celovic	
President Assist	John Treloar	Narelle Langfield	
Visitor Assist	n/a	Lesley Hood	
Corporal Assist	n/a	Tim Coates	
Introduction	n/a	n/a	
Vote of Thanks	n/a	n/a	
Post Office Raffle Roster			
13 December	20 December	27 December	3 January
John Treloar	Louise Matthews	Brian Yeo	Brett White
Louise Matthews	Brian Yeo	Brett White	Terry Robinson
10 January	17 January	24 January	31 January
Terry Robinson	John Glynn	Marilyn Curtis	Mike O'Connor
John Glynn	Marilyn Curtis	Mike O'Connor	Helen Tickle
Corporals for December			
Richard Hardwick Peter Hyde			
Birthdays, Anniversaries and Inductions			
Members Birthdays	Deb Barnes, John Fogarty (12/14), David Rogerson, Chris Sheppeard (12/16)		
Partners Birthdays	None		
Anniversaries	Diane & Simon Ford (31), Peter & Bernadette Hyde (30), Brian & Sue Thompson (35)		
Club Induction	Annette Arthur (11 years), David Baddams MBE (12 years)		
Stats for last week 4th December			
Attendance	69%		
Make-Ups	Tom Hellmann - Tamworth North (x3)		
Visiting Rotarians	John Goodwin – Koorringal Wagga Wagga, George Waters – Bendigo Sandhurst		
Visitors	John Clements, Bob Baddams, Sue O'Connor, Caroline Round		
Heads & tails	Allan Potter		
Raffle	Tom Hellmann		

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.

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?

Tamworth—First Light

Meets Wednesday morning,
6:45 for 7:00 am at
Best Western Sanctuary Inn
293 Marius St
TAMWORTH NSW 2340

Phone: 6766 2903

Club Officers and contact details

President—Jim Raymond
president@tamworthfirstlight.org.au
Secretary—Louise Matthews
secretary@tamworthfirstlight.org.au
Treasurer—Michael O'Connor
treasurer@tamworthfirstlight.org.au

Other Clubs meet:

Monday
Tuesday
Wednesday
Friday

Tamworth West, West Tamworth Bowling Club, 6:30pm
Tamworth Rotary Club, Service Club, 6:15pm
Tamworth on Peel, Calala Inn, 6:30pm
Tamworth Sunrise, Sanctuary Inn, 7:am