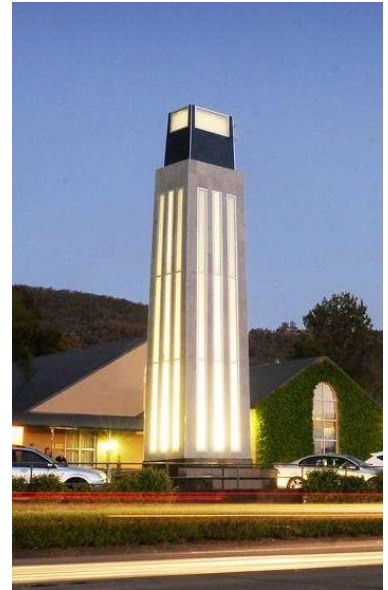




Rotary Club of Tamworth First Light


2017 2018

District Governor:	Bob Ryan	0409 457 705
President:	Michael Smith	0408 230 211
Secretary:	Michael O'Connor	0437 593 479
Treasurer:	Deb Barnes	0411 770 552



AUGUST IS

**MEMBERSHIP
& EXTENSIONS
MONTH**

Rotary 

**EACH ROTARIAN:
REACH ONE, KEEP ONE**

Diary Notes and Dates

Musical Gala Event -This will be a combined Rotary event to be held on August 5.

Post Office Hotel Social Friday 18 August 2017

Gloucester Tri Challenge 10 September 2017. Ride, Paddle and Run.

www.gloucestertri.com.au

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Rob Sharp is planning a trip to New Guinea in August. You are welcome to join him. The donated x-ray machine has been shipped and he will be working on refurbishing the X-ray department.

District Governor's visit – 23 August 2017

This and That Spot

Congratulations to Helen Tickle on her Breakfast Personal Profile on radio. She stated that she was a cowgirl, a teacher, a caterer, a business educator, a community minded person, a councillor with TRCC and a Rotarian.

Richard Walker is still looking for interest in a Family activity for our younger children, grand angels and GG kids. Maybe a BBQ in Bicentennial park and a play on the equipment.

The Rotary Club of Tamworth West Inc

Invites you to

The First Inter Club Bowls Day Cup to support fellowship and Mission Heart Start

Cost \$15 per person (includes morning tea and a sausage sizzle)

Organise a team of 4 or be allocated a team on the day.

Location: West Tamworth Bowling Club Belmore Street Tamworth.

Date: Sunday 6 August 2017 9am to 1pm

Reply to Mal MacPherson 0408 131181 or James Hindmarsh 0448 630874

Please bring along expired vehicle and equipment batteries.

Wednesday 2 August 2017

Meeting # 13628

Quote: If you're going through hell, then keep going. – Winston Churchill

Don't you just love winter??

Scrapping the ice off the car as you head to Rotary. Yes the wife gets the garage in our house! But the days have been great I guess if you get to see them or get to play golf!

A big Aussie welcome to our latest YEP Exchange student Kaisa Kosunen from Finland!! Kaisa comes from a large family and will spend the first three months of her exchange with Andrew Maughan and his partner Isis .A great gesture from such a new member.

Please include Kaisa in any adventures you may have coming up. Give her some real aussie experiences. Simple things like camping in the bush, water skiing, bush walking, bike rides, fishing etc etc The more Aussie the better!

Thanks to Anita Barbara and Sarah Massey, partner of member Steve, for a great talk this morning. They are doing some great work in the area of brain injury rehabilitation. So sad to think that the biggest sufferers of brain injuries are young men aged between 15 and 24. Especially when you have one in that demographic who is "bullet proof". So often the fearless and carefree ones.

It is also great that our club was able to assist the unit in improving the Kameruka facility even if only a small part. Our hard earned achievements going to a good cause. Just a pity there's not more funding from the Health budget!

Phil Penman is holding a Pizza and Bonfire night at his rural ranch on Saturday August 19th

It should be a fantastic, fun filled night. Come along bring a chair and some drinks and a sense of humour and maybe a rug!!Thanks Phil

I might bring some documents out to throw on the bonfire!!

See you next week

Michael

You will never change your life until you change something you do daily.
The secret of your success is found in your daily routine

New England Brain Injury
Rehabilitation Service. 27th July 2017



1. Anita Barbara and Sarah Massey spoke to us about traumatic brain injury.

2. Kameruka House is based at Tamworth Base Hospital and their aim is to help people achieve the highest level of function and as much as possible return to their previous life after a brain injury. The rehabilitation process is designed to help re-size the pieces of the puzzle and make them fit back together again.

3. In NSW, almost 8,000 people will sustain a traumatic brain injury every year. Of those that experience a traumatic brain injury, over 1,000 will experience long term disability. Causes of traumatic brain injuries can be from car accidents, motor bike accidents, pedestrian accidents, cycling accidents, assaults, falls and sporting accidents. Majority of the

injuries are caused by more vehicle accidents at 70%. The largest proportion will involve people between the age of 15 and 24. Approximately 4 men are injured to every 1 woman.

4. The program offers time limited, person centred and goal focused transitional activities. It reduces the impact of impairments, allows learning of strategies in everyday life. Specialised therapists are all onsite to allow a step down approach to going home.
5. Kameruka House is a 2 bedroom cottage with a home like environment.
6. I wish to thank Anita and Sarah for their time today.
7. Sarah and Anita were introduced by Laurence Hearne who also wrote this report.

The Billabong Clubhouse invites you to
Bring a friend and join them for
Cocktails and Conversation

August 16 at 6pm
6 Darling Street Tamworth.
Hosted under the stars on the Billabong deck.
Beverages and appetisers provided
BYO alcohol

RSVP by 4pm August 14 to Michael 6766 9960

**The Rotary Club of Pakuranga invite you to join The Ultimate
17 Day Rotary Tour of New Zealand 6th – 22nd April, 2018.**



The Tour Key points and Highlights are:

- The Tour includes 4 Rotary fellowship events.
- The Tour size is limited to 26 persons. (Within a 30/33 seater coach.)
- Accommodation will be 4 to 5 star and includes all breakfasts.
- A professional 'Top Tour Guide' will travel throughout the Tour.
- An optional 4 day pre-tour to Northland/Bay of Islands is also offered.

Here are some of the 62 tours/visits, of which all but one is included within the Tour price:

Kelly Tarlton's Sea Life Aquarium, Auckland Sky Tower, 2 hour tour of 'Hobbiton', Te Puia (Rotorua centre of Maori culture and geothermal wonders), Huka Falls, Napier wine tasting, Wellington's Te Papa Museum, Weta Workshops, Ferry to Picton, Hanmer Springs, Lake Tekapo, Lake Pukaki, Arrowtown, Queenstown, Milford or Doubtful Sounds, Dunedin and Christchurch City Tours.

Below are two of the typical comments we received from all our 2017 Rotarian tourists:

- We thought the tour was fantastic. Sharron (the Tour Guide) was brilliant.
- We thoroughly enjoyed every minute of the tour and you are to be congratulated.

The 17 day Tour Price is: NZ\$6,495pp share twin. NZ\$8,390pp single.

The 4 day pre-tour Price is: NZ\$1,495pp share twin. NZ\$1,890pp single. To receive the full 9 page itinerary email both peter.hawkins@xtra.co.nz and john.mcmillan@xtra.co.nz

And there is More

Richard Walker is off to Queensland to relive the good old days.

CONVERSATION CONVOY.

6 September 2017 "OUT OF THE BLUE" concert \$10 tickets

Presented by R U OK Terry Robinson has some free tickets



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NAZARETH HOUSE

GOLF DAY

LONGYARD GOLF COURSE

FRIDAY 18TH AUGUST 2017

Registration: 8.30am

Play starts: 9.00am

Morning tea and lunch provided

3 person ambrose

\$120 per team of 3's

Auction after close of play.

Bookings through Longyard Golf Club Pro Shop 6765 2988



Meeting Roster	Wednesday 2 August	Wednesday 9 August	Wednesday 16 August
Venue	West Diggers 6.30 for 7am	West Diggers 6.30 for 7am	West Diggers 6.30 for 7am
Topic	Pastor James Ardill Tamworth Habitat for Humanity and Foodbank	Nick Broadbent Adventures in South America	Paul Bennett GM TRCC Regional Growth
Door Team	Peter Ryan Val Hellmann	Richard Hardwick Tom Hellmann	Phil Lyons Maureen Thornton
Meeter & Greeter	Louise Matthews	David Hinwood	Helen Tickle
Welcome	John Treloar	Ian Howle	
President Assist	Ron Allen	Les Jaco	Jane Bradfordb
Visitor Assist	Jane Bradford	Dennis Johnson	Ron Allen
Corporal Assist	Simone Church	Steve Massey	Max Cathcart
Bulletin Notes	Liz Gill	Brian Thompson	Dimity Betts
Introduction	Liz Gill	Brian Thompson	Dimity Betts
Vote of Thanks	Dean Clutterbuck	Andrew Maughan	Brodie Shields
60 seconds	Bruce Hemmett	Brian Logan	
PO Raffle	4 August	11 August	18 August
	Peter Hyde Simone Church	Simone Church Brian Logan	Brian Logan Louise Matthews
	25 August	1 September	8 September
	Louise Matthews Sue O'Connor	Sue O'Connor James Treloar	James Treloar Richard Walker
Corporals for August		Corporals for September	
Chris Watson & Barry Biffin		Steve Hawkins & Peter Bell	
Birthdays, Anniversaries and Inductions			
Members Birthdays	Rob Clifton 8/8 and Lesley Hood 3/8		
Partners Birthdays	nil		
Anniversaries	nil		
Club Induction	Phil Lyons 3/8 – 12 years		
Attendance	66%		
Make-Ups	nil		
Visiting Rotarians	nil		
Visitors	Kaisa Kosunen; Rebecca Roberts; Sarah Massey; Anita Barbara; Mitch Soree		
Heads & Tails	Marina Lawrence		
Raffle	skinner		

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,
 6:30 for 7:00 am at
 Wests Diggers
 Kable Avenue
 TAMWORTH NSW 2340
 Phone: 02 6766 4661

Club Officers and contact details

President—Michael Smith

president@tamworthfirstlight.org.au

Secretary—Michael O'Connor

secretary@tamworthfirstlight.org.au

Other Clubs meet:

Monday	Tamworth West, West Tamworth Bowling Club, 6:30pm
Tuesday	Tamworth Rotary Club, Service Club, 6:15pm
Wednesday	Tamworth on Peel – (Calala Rotary), Calala Inn, 6:30pm
Friday	Tamworth Sunrise, Sanctuary Inn, 7:00am