



Rotary Club of Tamworth - First Light

2018-19

District Governor: Lorraine Coffey

President: John Worldon

Secretary: Liz Gill

Treasurer: Deb Barnes



An unusual sunrise / sunset

This section will begin from next week

Meeting 1411 Wednesday 11 July 2018

WORLD'S WEEK IN ROTARY

The transition to the new Board has been happening over the past couple of weeks. Even with some key personnel committed elsewhere, continuity has been maintained - and thank you to those members who have stepped in to help.

Terry Robinson is still looking for some marketing/promotion expertise for his Pedal the Peel Committee.

Val Hellmann and Lesley Hood are our Welfare Team this year. Please be encouraged to keep them informed about people who may welcome assistance. Richard Walker's wife Kerry is on the mend after her accident.

One of our newest members John Rouvray has certainly embraced his Sergeant's role! Most of our other newer members have also quickly become involved.

Wednesday's presentation of the RYLA Bursary epitomises to me what Rotary is all about - yes, a few tears were shed, and at the end of the day they were all tears of joy I believe!

President Assist Bruce Hemmett demonstrated at the end of the meeting the role of the position when he reminded me about the Vote of Thanks by Dennis Maunder - thank you Bruce.

John

TOP OF THE CLASS VET STUDENTS NAMED

Kevin Anderson congratulated the three vocational students from the region who won major awards at the 2018 NSW Training Awards New England regional finals held in Tamworth.

Ashleigh Dallas from Kootingal took out the top award of Apprentice of the Year while Justin Law from Gunnedah claimed the Trainee of the Year award. Jessie Britten from Tamworth was named Vocational Student of the Year.

Congratulations Ashleigh – our protégé – for having a wonderfully successful year – a Golden Guitar for your music and now Apprentice of the Year 2018 for hairdressing! Wonder what other achievements will happen during the next six months!

Again – Congratulations – we are all very proud of you and what you have achieved so far.....



My RYLA Experience

Carissa Lyons-Cain

I would like to start by thanking The Rotary Club of Tamworth First Light and my employer Tamworth Regional Council for the chance to have the amazing experience that is RYLA.

On the very first day I was nervous and really didn't know what to expect. I had asked past participants you know what is it? What is it going to be like? Questions answered with a just go in having an open mind try everything and have fun.

Well after I had finished the program I understood because I myself didn't know how to explain RYLA. What can I say? It was one of the best experiences of my life. It is so much more than a leadership program I like to think of it as a life program.

Over the next week we went through the three Principles of purposeful leadership:

1. Purpose
2. Perception
3. Priorities

We learnt lessons in life to help guide us into the people we want to be. To not live life to please others but to make decisions based on what we want out of life.

We had the chance to learn from, listen and speak to truly remarkable people. John Carol, who has had quite the life, learnt so much and is willing to teach it so that we may learn. The all-knowing David Mayne. Rob Anderson showed us the hard to see but necessary stuff to understand bad choices and consequences, the ever wonderful RYLA mum who is just embraces service above self, doing so much for her community like you all. (and lending me a pair of shoes when I didn't have any). DJ's powerful personal story showed us what you can overcome to get to where you want to be and also the power of forgiveness. Sam Baily who just keep going, and who is on his way to proving you don't need wings to fly. Richie Goddard who has autism and is still out there kicking goals the list only goes on, with the wonderful leaders we had down to everyone I have the privilege to call my RYLA family.

I think if I had to pick one moment to call MY RYLA moment it would be during the challenge and activities. It was day 3 and we got drawn the challenge course. Not being very physically active in quite some time I went in with no confidence. But my team was absolutely amazing, the love and support I got from those guys was truly amazing and I wouldn't have made it through without them, at one point they literally lifted me over an obstacle, but you're making it to the end with that bunch, that's my RYLA moment.

Since RYLA I have started a savings and following the barefoot plan in the hope to owning my own home, I with my boss Paul Jones have set some pretty great annual goals at work and this year I will be off to an FIA conference, undertaking a NATA microbiology course getting qualified in that one and I will be also doing a specialist course in Cyanobacteria which is an algae identification course. I have been working a lot on one of my main goals, which is a health goal, I feel like I am more determined than ever. I am now a part of an Oztag team, I am currently 65 days smoke free and I have lost 9kg.

I think the true challenge would be to leave RYLA not feeling inspired and like you can take on the world.



SARASWATI (SARA) SARUNGALLO – FIRST RECIPIENT OF THE TERRY BURGESS RYLA SCHOLARSHIP

Good morning Rotary Club of Tamworth First Light! It's quite crisp out there this morning so thank you for coming together to listen to our presentation.

My name is Saraswati Sarungallo, but I go by Sara and I am both excited but nervous to finally meet you all. I'll introduce a bit about myself. I am half Indonesian and half Australian and my childhood started in Tamworth where I went to school at Timbumburi Public before our family migrated to Jakarta, Indonesia where I started year 4 at the Australian International School. This certainly was an experience for my rather sheltered younger self.

The poverty is what I remember most. We were wealthy, by Indonesian standards, in our AC'd cars driven by our own driver, catered for by our pembantu, or maid, impatiently sighing on route to another movie. Meanwhile, tattered clothed children knocked on our windows shaking buckets of ripped notes and tarnished coins. They were barefoot and walking from car to car trying to earn something, anything. I suppose it shocked me initially, but after a while I became almost insensitive to it. It wasn't until we returned to Australia where my mind recaptured the gross disparity of wealth both within Indonesian, and between communities of humanity in general, that I was confused and angered by it. And this has greatly impacted me now.

We moved back to Tamworth, I did half of year 7 at Carinya before returning to Jakarta where I completed year 7 and half of year 8. This was perhaps a more critical time than pre-RYLA me had understood. By now my parents had divorced and my mother's partner, Jon, was living with us. We were at a Singaporean sister school and so the standards were significantly higher than any Australian school I had attended. I retreated into my room a lot to mindlessly watch tv shows and movies. I ate more rubbish and moved less. I now believe I was trying to hide myself from the reality of my self-consciousness and responsibilities of stoicism I felt as the eldest child. Fun fact: I have recently become the eldest of 7 children!

From year 9, I have been in Australia ever since.

During year 11 I created a free tutoring program for migrant and refugee students in Tamworth named Study Jam. My mum and brother, Tom run it now. I saw Study Jam as an opportunity to assist and welcome different migrant communities of Tamworth and to help them integrate into Australia. I've also further been involved with Multicultural Tamworth, who endorse the tutoring program, and other migrant services in Tamworth.

Fast forward to today and I'm studying at Macquarie University in my second year of a Bachelor of Arts and a Bachelor of Laws degree, majoring in International Law and Global Governance. I've considered changing majors, just because it's such a mouthful to say! But, with this degree I plan to pursue helping in the area of human rights law, especially with respect to slavery and human trafficking. This may sound ambitious or noble, but it is merely me trying to serve those who were placed into situations far less fortunate than my own, as I believe all of you here do already. Now, onto RYLA.

RYLA was soul examining.

It locked me away and threw away the key, at least my digital and cellular key. When Carissa picked me up to drive us to Yarahapani, I was keen but nervous. I knew it would be an amazing experience with challenging group activities. Louise mentioned how it was a week of selfishness, to focus on myself. This concept seemed extremely alien, even within our self-focused world. Although I learned that it shouldn't be, but self-care and understanding should be paramount in order to be happy with yourself, and to truly help others. I also learned to never dismiss any small action, word or expression, no matter if it is a shallow sigh, small grin or a huge hug. Every moment is important and a gift.

As I mentioned before, RYLA is soul examining, in that most of us are pried open, then we get out our magnifiers and take a deep, raw look into ourselves, often breaking us down because of the strange dark mess we see. Thankfully this isn't the end!
Before, building us up.

Everyone leans on each other. There are so many activities, such as the high-ropes and the challenge course where I was so genuinely astounded by how people not only cooperated but desired to help one another. When people cheered me on I felt so invigorated.

I was extremely nervous for the public speaking exercise and even though I wasn't great, I did it and faced my fear and for that I am proud. Everyone wanted each other to succeed and to grow.

I suppose it is like exercising the soul, at least for me, like a muscle. You work, breaking down the muscle, before it rebuilds, so much stronger than before.

There is a lot spoken of the 'RYLA moment', the instance where you realise something you didn't understand about yourself or humanity beforehand. It's extremely difficult to pinpoint because the week was so intensive. I was in a constant state of awe, awe of every person there, their heart wrenching stories and their compassion, beauty and potential. Every moment was a 'RYLA moment'. Then, when I left, I was reminded of how the world isn't so supportive but the RYLA family is always there. RYLA continues to teach me to believe in myself, to not hide but to be courageous and define my purpose and pursue it.

Now, I would like to thank you, First Light, for allowing me the opportunity to truly examine my soul, to be part of the RYLA family, to learn to love myself, and to learn to believe in myself. My story isn't anything devastating, and I'm grateful of that. Rather, potentially it's more like the story of many people of our time who quietly battle and struggle with our true fears of being alone, unlovable and aimless. Thank you from my heart for teaching me I was wrong and rather that I am stronger than I thought and more courageous than I may now dare to dream.

As the first recipient of the Burgess Scholarship, I am incredibly honoured and blessed. Thank you, Mr Burgess, for travelling all the way from Brisbane and helping the scholarship be possible, and thus allowing me to grow into a stronger citizen of the world.

Through RYLA I have gained unforgettable memories, life tools and a wonderful family. From my naïve, to insensitive, to stoic, and now growing-in courage-self; thank you all so much.

Yet again we have been shown what an amazing program the **Rotary Youth in Leadership Awards (RYLA)** is – we are always so impressed by the students who speak to us both before and after RYLA each year – this program should be over-subscribed with nominations every year – let's see if we can increase the numbers for 2019.

Plea from the Bulletin Editor

Members / Photographers within the Club – The Bulletin can only be informative and interesting if members provide articles or photographs each week.

It would be appreciated if we could have the photos of the RYLA students taken last week to include in next week's Bulletin – plus maybe the speakers for the next month to make the Roster a little easier to do.... **Thank you!**



	11 July	18 July	25 July
Topic	John Rouvray Personal Profile	DG Lorraine Coffey and partner Dennis	
Door Team	Steve Hawkins Dimity Betts	Julian Smith David Hinwood	
Meeter & Greeter	Chris Watson	Brian Thompson	
Welcome	Tom Hellmann	Ron Allen	
President Assist	Peter Pulley	John Treloar	
Visitor Assist	Phil Penman	Michael O'Connor	
Corporal Assist	James Treloar	Richard Hardwick	
Bulletin Notes	Helen Tickle	Barry Biffin	
Introduction	Helen Tickle	Barry Biffin	
Vote of Thanks	Marina Laurence	Louise Mathews	
60 seconds	Brian Thompson	Paul Stevenson	
PO Raffle	13 July	20 July	27 July
at 6:30 PM	Phil Lyon Jane Bradford	Jane Bradford Peter Hyde	Peter Hyde
	3 August	10 August	17 August
Corporals for July		Corporals for August	
Sue O'Connor & Richard Hardwick		Barry Biffin & Les Jacob	
Birthdays, Anniversaries and Inductions			
Members Birthdays	Barry Biffin (12.07);		
Partners Birthdays	Isis Ashton (Andrew Maughan) (04.07); Leigh Howle (12.07)		
Anniversaries	NIL		
Club Induction	Les Jacob (25 years)		
Attendance	81%		
Make-Ups	NIL		
Visiting Rotarians	NIL		
Visitors	Carissa Lyons-Cain, Saraswati (Sara) Surungallo, Kim Lyons, Stacie Welk & Ian Burgess		
Heads & Tails	Namoi Blakely		
Raffle	Ian Howle		

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—John Worldon

president@tamworthfirstlight.org.au

Secretary—Liz Gill

secretary@tamworthfirstlight.org.au

Treasurer – Deb Barnes

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