



Rotary Club of Tamworth First Light

2018-19

District Governor: Lorraine Coffey

President: John Worldon

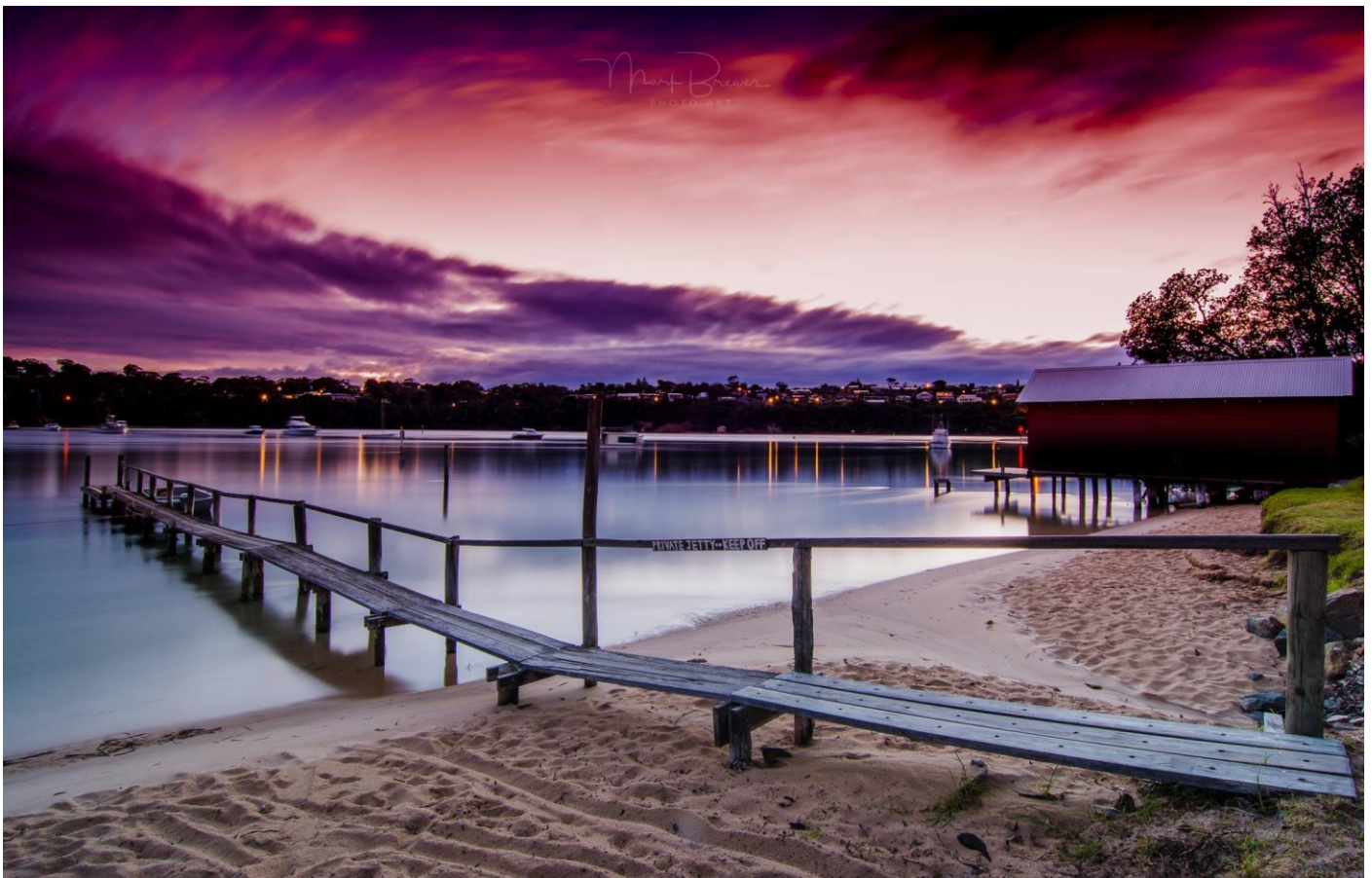
Secretary: Liz Gill

Treasurer: Deb Barnes



Meeting 1423

Wednesday 3 October 2018



*Merimbula Sunrise - beautiful view to start the day
Courtesy of David Hinwood*

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- **Attachment – Story of Goonoo Goonoo Station renovations**

DIARY DATES TO REMEMBER – (Computer or Paper)

05 / 06.10 2018 – Friday and Saturday - **MHERV**

10.10.2018 – Vocational visit to Tamworth Hospital plus “Lift the Lid on Mental Health” – please wear your favourite hat to breakfast this morning plus gold coin donation

19.10.2018 – Friday – First Light Rotary Golf Day – details to follow

01.11.2018 End Polio Movie Fundraiser – **Bohemian Rhapsody** - World-wide launch
Story of Queen and the Late Freddie Mercury – cost \$20.00 per ticket on sale from next Wednesday

02.11.2018 – Guess Who Is Coming for Dinner

01.12.2018 **Club Christmas Party**

2019

16.02.2019 – Trivia Night – details to follow

08 – 10.03.2019 – District 9650 Conference in Armidale

10 – 14 03 2019 – Central West Golf, Food and Wine Trip

19 – 22.03.2019 **Science & Engineering Challenge**

31.03.2019 – 06.04.2019 – **ROTARY YOUTH LEADERSHIP AWARDS (RYLA)** – start looking for an employee **NOW who you know** would gain from the opportunity – *don't leave till last minute*

15.05.2019 - Wednesday – Careers Expo

15.06.2019 – Saturday – Club Changeover

29.06.2019 – Saturday – D9650 Changeover

Quote of the Week

'Age is just a number. It's totally irrelevant unless, of course, you happen to be a bottle of wine'

Joan Collins

WORLD'S WEEK IN ROTARY 26 SEPTEMBER 2018

It was great to have a visit this week from another past member and president Vicki Cooper.

Our guest speaker Simon Haggerty had a great story to tell about the Goonoo Goonoo Project. Even though his talk extended well past eight o'clock, there is still a lot more to the story which we have not yet heard - and perhaps we might have an opportunity for a guided tour and a meal at Goonoo Goonoo sometime in the future. While we can sometimes extend our meeting past eight, we of course also need to be mindful of our members who have a commitment at eight and also the venue and its other demands.

The Calendar of Events in the Bulletin is now including more and more relevant dates which is great. Please be encouraged to use it.

Marina is very busy getting the MHERV Project organised. Please help spread the word, and in particular mention it to any men who you think might benefit from it.

John Worlton



Tamworth Masonic Village
Residential Care, Retirement Living & Care at Home



RFBI Tamworth Masonic Village
14-16 Kitchener St. Tamworth

FREE MEN'S HEALTH CHECKS



Join us on
5th October 10-4pm
for RFBI Tamworth
Masonic Village's
Open Day, with
activities and a tour of
our village.

5 & 6 October | 10-4pm

It's dry out there...but it WILL rain! You need to be around to 'fight' another day when it does, so check to be sure your health is as good as you think it is! If you don't remember when you last had a checkup, it's time!

Get checked ... see mherv! ... its FREE

- Come along 5-6 October between 10-4pm to get a checkup, including:
- Blood pressure just to check the heart isn't too stressed.
- Blood sugar levels...just a pin-prick in the finger, to make sure there's no type two diabetes...which is manageable even if there is.
- Cholesterol...just another pin-prick to see if levels are high and need attention.

Volunteers required to assist on Friday and Saturday – 5 / 6 October from 10:00am – 04.00pm – shifts of two hours each

Please contact Marina Lawrence if you are able to assist – marina.lawrence4@gmail.com or 0403 759 148

Social gathering at PO Hotel with Rob the nurse from mherv on Friday 5th October from 6.30pm.

Any members who are rostered to assist with mherv, Marina will email a reminder to you all



Royal Freemasons' Benevolent Institution



Let's LIFT THE LID on MENTAL ILLNESS with Australian Rotary Health



Celebrate with us on **World Mental Health Day - October 10**
or any time during Mental Health Month in October
1 in 5 Australians suffer a mental illness every year.
Open up the conversation and help break the stigma

www.australianrotaryhealth.org.au

Stroke Safe Ambassador Training

Tamworth Community Centre
October 30th and 31st 2018



Free training to become a speaker for the charity, National Stroke Foundation

National Stroke Foundation is seeking speakers to become Stroke Safe Ambassadors in their local community. Become a Stroke Safe Ambassador with free training this October 30th and 31st in Tamworth, NSW

Stroke is Australia's 3rd biggest killer, killing more men than prostate cancer and more women than breast cancer. 1 in 6 people will have a stroke in their lifetime and currently over 475,000 Australians are living with the impacts of stroke. By 2050, without intervention, this number will rise to over 1 million.

However, it is estimated that more than 80 percent of strokes can be prevented simply by managing risk factors and living a healthy lifestyle. Further, knowing the signs of stroke enables people to get access to time-critical care that significantly improves patient outcomes and reduces disability.

The Stroke Safe Ambassador program aims to raise community awareness of the signs, risk factors, health outcomes, and services available for stroke in Australia. Already over the last three years over 100,000 people have been reached the Stroke Safe program. Stroke Foundation is a national charity with a mission to prevent, treat and beat stroke.

Becoming a Stroke Safe Ambassador, to volunteer to give talks in your local community, is a positive way to make a difference and save lives through spreading the message about stroke.

How to get involved

Stroke Foundation will be offering free Stroke Safe Ambassador training on Tuesday and Wednesday – 30 / 31 October at the Tamworth Community Centre.

Stroke Safe Ambassador training is free and provides you with everything you need to give talks in your local community, including power-point slides, speech notes and resources.

In addition, travel and accommodation to attend the training will be covered. It is also a wonderful opportunity to connect with other volunteers who are passionate about making a difference.

Please reply with your availability

If you would like to volunteer your time and join the Stroke Foundation's mission, please email us at VMoskal@strokefoundation.org.au by Sunday, 30 September (this long weekend) for this exciting opportunity. For further information call Vanessa, Community Engagement Coordinator for NSW / ACT on 02 7200 8404.

Kind regards
Team Stroke



Alternately – just check with our AG Dimity Betts on 0422 268 863

VOCATIONAL VISIT-TAMWORTH HOSPITAL FOOD AND HOTEL SERVICES

On Wednesday, 10 October at 6:30am

Breakfast cost is \$10 per person

Please wear enclosed, non-slip footwear (no runners).

NO JEWELLERY including wedding rings, earrings and fake fingernails.

Park in carpark B and follow the covered walkway near Nioka.

Thank you

Dimity Betts

18/19 Assistant Governor, District 9650 - Cluster 6

Member of the Rotary Club of Tamworth First Light

0422 268 863

| | 3 October | 10 October | 17 October |
|--|--|---|---|
| Topic | Barry Murphy Challenge | Vocational Visit Tamworth Hospital & HAT DAY | Rotary D9650 Public Speaking Cluster 6 |
| Door Team | Chris Watson Peter Leonard | Louise Matthews Dennis Maunder | Mandy Fisher John Treloar |
| Meeter & Greeter | Helen Tickle | | Dimity Betts |
| Welcome | Steve Massey | | Richard Walker |
| President Assist | Paul Crosby | | Barry Biffin |
| Visitor Assist | Bruce Hemmett | | Graham Dooley |
| Corporal Assist | Anne Jacob | | Richard Hardwick |
| Bulletin Notes | Dennis Johnson | | Naomi Blakey |
| Introduction | Dennis Johnson | | Naomi Blakey |
| Vote of Thanks | Les Jacob | | Peter Bell |
| PO Raffle | 5 October | 12 October | 19 October |
| at 6:30 PM | Peter Bell Brian Thompson | Brian Thompson John Treloar | John Treloar John Rouvray |
| 26 October | 2 November | 9 November | 16 November |
| John Rouvray Glenn McIntosh | Glenn McIntosh Phil Lyon | Phil Lyon Phil Penman | Phil Penman Laurence Heame |
| Corporals for October | | Corporals for November | |
| Robert Clifton & Brian Logan | | | |
| Birthdays, Anniversaries and Inductions | | | |
| Members Birthdays | Liz Gill (17/10); Ron Allen (22/10) | | |
| Partners Birthdays | Nil | | |
| Anniversaries | Nil | | |
| Club Induction | Anne Jacob (20 years – 21/10) | | |
| | | | |
| Attendance | 74% | | |
| Make-Ups | | | |
| Visiting Rotarians | Vicki Cooper (Pres Maroochydore & ex-member) | | |
| Visitors | Jay Lynch, Simon Haggarty (Guest Speaker) | | |
| Heads & Tails | Glenn McIntosh | | |
| Raffle | Les Jacob | | |

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
West's Diggers
Kable Avenue
TAMWORTH NSW 2340
Phone: 02 6766 4661

Club Officers and contact details

President—John Worlton

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 |