



## *Rotary Club of Tamworth First Light*

**2018-19**

**District Governor:** Lorraine Coffey

**President:** John Worldon

**Secretary:** Liz Gill

**Treasurer:** Deb Barnes



**Meeting 1431**

**Wednesday 28 November 2018**



*Sunrise at Lake Cargelligo*

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**DIARY DATES TO REMEMBER** – (Computer or Paper)

**22 – 28.11.2018**      **Backtrack Movie** – Forum 6 Cinema details in this Bulletin

**19.12.2018 -**      **Christmas at Diggers** – bring an unwrapped present or food to the Salvation Army to manage

**Christmas / New Year Festive break** 21.12.2018 to 08.01.2019

## 2019

**09.01.2019** – Anzac Park for our first Meeting in 2019

**16.01.2019 and 23.01.2019** still to be confirmed

**15 – 16.02.2019**      **Regional Waste Warriors Expo** – further details to follow

**16.02.2019** – **Trivia Night** – details to follow

**16 & 17 February**, Saturday and Sunday

Presidents Elect Training (Incoming Secretaries are also invited), Tamworth.

**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

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*“Get the disagreeable jobs out of the way today so you can enjoy the Festive Season ahead”*

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## Quote of the Week

*'It is by logic that we prove.  
It is by intuition that we discover.'*

Henri Poincare

## WORLD'S WEEK IN ROTARY 21 NOVEMBER 2018

Thank You to everyone for your best wishes on the passing of my father last week. It was certainly a celebration of a great life after ninety-five years.

A special thank you to Foundation Director Steve Massey for chairing the Board meeting last week, and for also following up on an important matter raised at the Board meeting. Also, a special thank you to Past President John Treloar for chairing last week's meeting, with his particular attention to the Quote of the Week.

It is amazing how well our Club functions even when the President is out of action. It is certainly a well-oiled machine, and it gives me great faith that the Club will continue in the correct direction even if a President such as myself might attempt to push it off course!

Meeting details for our Club over the next two months have now been finalised. There are a number of variations to the usual pattern, so please be encouraged to note the details in your diary. Nothing definite has yet been planned for Wed 23<sup>rd</sup> January, however, please Watch this Space!

The Post Office Hotel raffles have been an excellent project for our Club in a variety of ways over a significant time, and hopefully this can continue into the future. The raffles are obviously intended to be a win-win arrangement for the Hotel and our Club. Please be encouraged to continue to work co-operatively with Andrew and his staff at the Hotel. The raffles do not necessarily need to be finalised by 730pm. Hopefully, it will be a busier time leading into Christmas and, keeping with the Christmas theme, December prizes will be hams. There will not be any raffles on the night of the Santa Crawl.

The following items resulted from the recent Board Meeting:

- + Partners' Name Tags are being audited and updated.
- + A Certificate of Appreciation has eventually been presented to Calrossy as a thank you for welcoming our Exchange Student Kaisa.
- + Letters have now been forwarded to members who retired from our Club at the end of the Rotary year, and one follow-up meeting has also been held.
- + The Waste Warriors Project is planned for the 15<sup>th</sup> and 16<sup>th</sup> February, while our Trivia Night is also planned for the night of the 16<sup>th</sup>. Dates may require some adjustment.
- + The Science & Engineering and Careers Expo Projects have each been successful in obtaining a \$1000 grant from Tamworth Regional Council's Annual Donation Program. This will obviously help to offset the significant costs involved in staging the projects.
- + Efforts continue with the Global Grant Application to improve St Mary's Hospital in Kokopo. The approval process requires signatures from the local Rotary Club, and the Club has recently been disbanded!
- + Our Treasurer (and others within our Club) continue to help to manage and disburse the RAWCS drought aid funds on behalf of the Rotary Cluster 6 Clubs.

John Worldon

# COMING SOON

WILD BOYS  
AND THE DOGS  
THAT TAME THEM



## 1 WEEK ONLY NOVEMBER 22 TO 28



**FORUM 6**  
CINEMAS

This movie will be here for a limited season. 1 week only.

Purchase tickets from the  
Box Office or Website

P: 6766 3707 [form6.com.au](http://form6.com.au)

Louise Matthews is very keen for as many of us to see this movie as possible – please read the following to understand why....

Quite a few of the boys appearing in this movie have been sent by Bernie Shakeshaft to RYLA with the support of the Armidale Rotary Clubs.

When I asked what were the operating instructions for these boys, Bernie just replied, “we’ve got them on a roll we just want to keep them going.”

Zac was one of the first, along with BJ “the man of very few words” to be sent to me. Every single one has told me if it wasn’t for Bernie and the Backtrack program, they would either be dead or in jail.

There is a language warning, but I can assure members there will be tears but you will leave the theatre feeling uplifted and knowing that everybody in life just deserves a fair go.

So proud to have these guys call me Mum.

Louise oxo  
0420 743 083



## **ISSUES FACING TODAY'S YOUTH - Guest Speaker is Stephen Mair**

- Stephen is the Senior Psychologist Educator with the NSW Department of Education
- He was born in Sydney and has lived in Tamworth for the last 20 years.

### **THE CHALLENGES FOR YOUTH TODAY**

- There is no one thing with this issue
- Biggest thing for kids today is the challenge of western society: wealth, education, health, choices and freedom
- Statistics show a large increase in the rate of mental health issues especially suicide and self-harm
- Australian Governments build their economy on dual income families
- The first 1000 days in a child's life is the most important. They need a significant person during this time. The lack of this bonding is costing our society dearly. Mothers and babies bonded whilst breast-feeding – now mothers don't watch their baby – they are busy on their mobiles
- There is a large increase in the diagnosis of autism. There is debate as to whether this should be reactive attachment disorder or autism.
- Obesity is another big issue. "The western diet is crap!" The food industry has a lot to answer for. Many kids come to school not having had breakfast and substitute breakfast with red bull type drinks that are full of caffeine. Soft drinks are the norm rather than a treat
- We are becoming an egocentric society. Up until teenage years, children are egocentric. It is then that they should be educated to blend into society. A lot of cultures achieve this by having tribal initiation in the teenage years. This teaches that it is no longer just about you and it is time to contribute to society
- Screens: unsupervised phone use is changing the way people live. Less than 35% of children have face to face contact due to phone use. Gaming is leading to less creativity
- It is not all doom and gloom. Kids are smarter today.
- The children who struggle at school often have one or all the following happening in their lives: poor diet, sedentary lifestyle and lack of sleep.
- The fitter you are (physically and mentally) the better you handle adversity.
- Steve spoke of his son going to 18<sup>th</sup> birthdays and being annoyed at others sitting around taking selfies all night and comparing them. Asked if at his 18<sup>th</sup> phones could be banned.

A very interesting and informative talk.

Note-taker – Rob Clifton

(Thank you from the Editor)

Stephen Mair being thanked by  
Julian Smith



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Congratulations and thank you to Michael Smith and his Board for the Club's donation to the End Polio Now campaign last year

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**14 – 16.02.2019 (Friday – Sunday) Regional Waste Warriors Expo seeking a “Convener”** to cover the two days – please contact Richard Walker to discuss requirements, involvement, time required etc on either – 0427 466 799 or [rk.walker@bigpond.com](mailto:rk.walker@bigpond.com)

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## HOW FAMOUS OLD SAYINGS BEGAN - CHALK AND CHEESE

Ever since the 14<sup>th</sup> century, *chalk* and *cheese* have been used to represent virtual opposites. Was it a more or less random choice of words, with a happy accident of alliteration – or was there some logical reason for putting them together!

There is a theory that the original distinction was not between chalk and cheese as such, but between “chalk people” and “cheese people”. At the time of the English Civil War, for instance, the county of Wiltshire had two distinct types of rural community, the differences perhaps being based on the different kinds of countryside each inhabited. That at least was the view of John Aubrey (the eccentric 17<sup>th</sup> century writer of *Brief Lives*) in his study of Wiltshire

In the south of the country were the chalk downs. The people there bred sheep, and lived in close-knit village communities loyal to the parson and local squire. In the north of the county, people were more scattered, living in isolated farms and hamlets. There was more woodland, cattle rather than sheep were raised, and cheesemaking was an important local industry. Moreover, people resented the king and his ministers for reputedly interfering with free enterprise.

So, the parish-minded Wiltshiremen from the chalk downs of the south supported the king in the Civil War, the more individualistic Wiltshiremen from the cheese-country of the north supported the parliamentary party. Although near neighbours, these two Wiltshiremen were strikingly different in outlook and allegiance. Hence the proverbial distinction between *chalk* and *cheese*. Or, as in “*know chalk from cheese*”, to distinguish the specific qualities of various articles or people.

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**From:** "eric kawabe" <[kawabe@farmside.co.nz](mailto:kawabe@farmside.co.nz)>  
**Date:** 11 November 2018 at 8:39:42 am AEDT  
**To:** <[president@tamworthfirstlight.org.au](mailto:president@tamworthfirstlight.org.au)>  
**Subject:** greetings

Hi John

I have just read the Tamworth FL bulletin.

Sounds like you are going well and enjoying life as usual.

In a way I miss Tamworth very much, remembering the life with rotary club and else good friendships we had.

At the same time it break me heart to hear the terrible drought over rural area and my good farmers, clients in the North West and inland Aussie, which New Zealand don't have.

Nor in Japan where I have developed good farmer organization called Soil Research Union SRU which now developed a well respected farmers group of over 250 members in Hokkaido and also Kyushu.

I visit every year, used to do twice a year and taught young farmers the importance of soil minerals and crop, animal nutrition. It's a farming not based on oil and chemicals but based on ecosystem of soil-plant-animals.

It is a very cost effective way of farming using sun's energy as the prim souse of energy, many members are now doing well both financially and in family life.

Well I thought of you, and time when we went to golf tour on the same bus one year. You and I were on the same bus. We were late started. I am still playing golf but only 9 holes with my mates here.

And many other memories come back to me

I am off to Japan this month for DBS at Hokuto hospital in Hokkaido as my Perkinson D. problem is getting worse.

I will stay there for 6 weeks. I have heard you had the same problem.

Cheers

Eric Kawabe  
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	28 November	5 December	12 December
<b>Topic</b>	<b>Annual General Meeting</b>	<b>No Meeting in lieu of Christmas Party</b>	<b>Michael Johnson Bridge and U3A</b>
<b>Door Team</b>	Bruce Hemmett Steve Massey		Mitch Soree Peter Hyde
<b>Meeter &amp; Greeter</b>	Marina Lawrence		Anne Jacob
<b>Welcome</b>	Rob Sharp		Ian Howle
<b>President Assist</b>	Maureen Thornton		Helen Tickle
<b>Visitor Assist</b>	Richard Walker		Barry Biffin
<b>Corporal Assist</b>	Chris Watson		Mandy Fisher
<b>Bulletin Notes</b>			Michael O'Connor
<b>Introduction</b>			Michael O'Connor
<b>Vote of Thanks</b>			Sue O'Connor
<b>PO Raffle</b>	<b>30 November</b>	<b>7 December</b>	<b>14 December</b>
<b>at 6:30 PM</b>	Steve Massey Brian Logan	Brian Logan James Treloar	James Treloar Mandy Fisher
<b>21 December</b>			
Brodie Shields Mandy Fisher			
<b>Corporals for November</b>		<b>Corporals for December</b>	
Val Hellmann & Louise Matthews		Graham Dooley & Bruce Hemmett	
<b>Birthdays, Anniversaries and Inductions</b>			
<b>Members Birthdays</b>	Anne Jacob (03.12)		
<b>Partners Birthdays</b>	Hellen Allen (04.12)		
<b>Anniversaries</b>	Nil		
<b>Club Induction</b>	Helen Tickle (13 years – 30.11)		
<b>Attendance</b>	70%		
<b>Make-Ups</b>	Nil		
<b>Visiting Rotarians</b>	Nil		
<b>Visitors</b>	Phil Knight		
<b>Heads &amp; Tails</b>	Helen Tickle		
<b>Raffle</b>	Mitch Soree		



## 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

### 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

### 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?

### Other Clubs meet:

**Monday**  
**Tuesday**  
**Wednesday**  
**Friday**

Club Officers and contact details

**President—John Worldon**

[president@tamworthfirstlight.org.au](mailto:president@tamworthfirstlight.org.au)

**Secretary—Liz Gill**

[secretary@tamworthfirstlight.org.au](mailto:secretary@tamworthfirstlight.org.au)

**Treasurer – Deb Barnes**