



## Rotary Club of Tamworth First Light

**2018-19**

**District Governor:** Lorraine Coffey

**President:** John Worldon

**Secretary:** Liz Gill

**Treasurer:** Deb Barnes



**MEETING 1442**

**WEDNESDAY 13 MARCH 2019**



*Drought is still with us - Keepit Dam barely able to even call it a "puddle" - great photo David Hinwood*

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- Diary Dates **please check**
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## 2019 DIARY DATES TO REMEMBER – (Computer or Paper)

**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 / Discovery Days**

**31.03.2019 – 06.04.2019 – ROTARY YOUTH LEADERSHIP AWARDS (RYLA)**

**07.04.2019 – Sunday – Pedal the Peel** – seeking sponsorship, volunteers – just a few hours of your time on a lovely Sunday morning

**15.05.2019 - Wednesday – Careers Expo**

**15.06.2019 – Saturday – Club Changeover**

**29.06.2019 – Saturday – D9650 Changeover**

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**Friday, 8 March is International Women's Day.** However, on Saturday, 9 March 2019 the Zonta Club of Tamworth and Tamworth Regional Council are holding the "Living Legends" concert at the Capitol Theatre in the evening and will present a number of Awards relating to the Empowerment of Women. It is exciting to report that one of our members – **Lesley Hood** – is a finalist in the category "**Experienced and Influential Woman of the Year**" "This is for a more mature lady who has been heavily involved in the community and recognises that experienced women have a lot of gifts to share" – Mrs Stephanie Cameron, Zonta President stated. Under Entertainment in The Northern Daily Leader on 28 February last. **GO Lesley!!!**

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**Waste Warriors Expo** Thank you letter received from Rosemary Milson (Penny Milson's mother)  
*To Tamworth First Light – Dear President and Members.*

*This is just a short message to thank Rotary for a wonderful effort and "Expo" with regard to recycling etc and care of the environment. A very valuable exhibition, not without a lot of work on the part of Rotary but well worthwhile and very important. May we have these Expos on-going please?*

*Thank you for your work. Sincerely, Rosemary Milson*

The letter has been typed as unable to photocopy - Editor

**Quote of the Week**

***“Love All, Trust a Few, Do Wrong to None.”***

*William Shakespeare*

## **WORLD'S WEEK IN ROTARY 6 MARCH 2019**

What a wonderful guest speaker we had this week....Dr Susan Pendlebury from the North West Cancer Centre. Susan's fantastic presentation commanded sobering silence in the room!

A big Thank You to Marina and her Clean Up Australia volunteer team. You have made a difference in Tamworth.

Phil Lyon is very ably managing the payments for our new Club Shirt. The shirts should be ready very soon, so please remember to make the necessary payment at your earliest convenience.

Bruce Hemmett has kindly put up his hand to manage the latest requirements of the Working with Children program. Additional information will be provided in the near future.

Congratulations to Lesley Hood and her becoming a finalist in the 2019 International Women's Day Empowerment Awards, and Best Wishes in the final.

Cliffo and his team of happy golfers head off to Mudgee, Bathurst and Orange on Sunday for Golf, Wine and Food...and I am not totally sure in which order! Best Wishes for a safe and successful trip, and a big Thank You to the participating Club members.

### **John Worldon**

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*One of the graves normally at the bottom of Keepit Dam - no water - finally exposed.  
David Hinwood*



Thank you



THANK YOU



Dear  
Tamworth First Light  
Rotary Members

Thank you so much for the  
beautiful flowers & thoughtful gift cards  
for our little girl Harriet.  
We cannot wait for you all to meet her.

Much love

Ashleigh, Chris & Harriet

—————> xxx

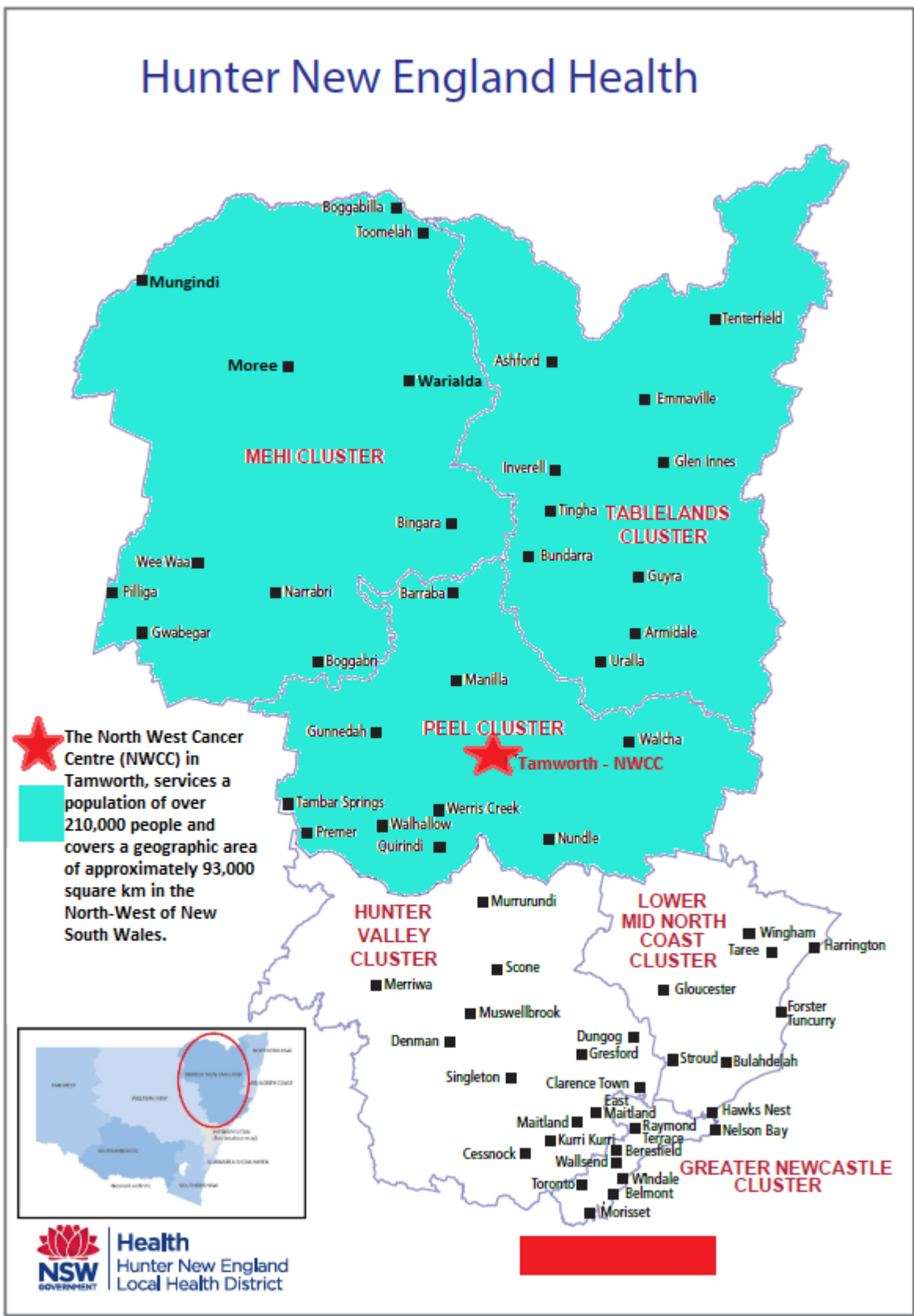


We are so in love with our beautiful daughter  
Harriet Lynn Dallas  
who entered this world on  
January 21st 2019.

We are also so grateful for the Best wishes, beautiful gifts, support  
& love our little girl has been spoilt with already.  
Thank You so much!

Lots of Love  
Chris, Ashleigh & Harriet x

**Our Guest Speaker was A/Prof Susan Pendelbury, Director Radiation / Oncology North West Cancer Centre (NWCC).** She commenced at NWCC in January 2017 was previously at Sydney St Vincent's Private and Royal Prince Alfred Hospitals. Susan opened her talk by showing us the map below and confirming that her area covers from Scone to the south up to the Queensland border. Services a population of 120,000 with vastly different needs quite different to Metropolitan area.



The BCT accrual target is 300 participants. A total of 156 participants have been randomised to the EXPERT Trial across all sites in Australia and New Zealand (as at 25th January 2019). Of the 156 participants, 121 participants were randomised by sites participating under the National Mutual Acceptance ethics approval process. The first participant was randomised on 4th September 2017.

The status for each site covered under this ethics approval (at 25/01/2019):

Austin Hospital, VIC – activation pending

Barwon Health, University Hospital Geelong, VIC – 3 participants randomised

Box Hill Hospital, VIC – 10 participants randomised

The Canberra Hospital, ACT – 5 participants randomised

Genesis Cancer Care Newcastle, NSW – 2 participants randomised

GenesisCare Radiation Oncology Centre Frankston, VIC – 6 participants randomised

Genesis Cancer Care Wesley, QLD – 5 participants randomised

Gosford Hospital, NSW – activation pending

Liverpool Hospital, NSW – 3 participants randomised

Macarthur Cancer Therapy Centre, NSW – 4 participants randomised

The Mater Hospital Sydney, NSW – 15 participants randomised

Peter MacCallum Cancer Centre (The Royal Melbourne Hospital and The Royal Women's Hospital as satellite sites), VIC – 18 participants randomised

Peter MacCallum Cancer Centre – Bendigo, VIC – 6 participants randomised

Peter MacCallum Cancer Centre – Moorabbin, VIC – 20 participants randomised

Prince of Wales Hospital, NSW – 1 participant randomised

Princess Alexandra Hospital, QLD - nil randomised (activated 16/04/2018)

Mid North Coast Cancer Institute: Port Macquarie Base Hospital, NSW – 7 participants randomised

Ringwood Radiation Oncology Centre, VIC – 4 participants randomised

St Vincent's Hospital Melbourne, VIC – 3 participants randomised

St Vincent's Hospital Sydney, NSW – nil randomised (activated 26/06/2018)

Tamworth Rural Referral Hospital, NSW – 3 participants randomised

Westmead Hospital, NSW – 2 participants randomised

Wollongong Hospital, NSW – 4 participants randomised

### **What do we – NWCC - do?**

- High quality evidence-based care for patients with cancer
- Medical Oncology
- Haematology
- Radiation Oncology
- Surgical Oncology

### **What do we – NWCC - do?**

- Consultations
- Skin cancer
- Breast Cancer
- Bowel Cancer
- Treatment
- Curative intent
- Palliation of symptoms
- Support
- Social work
- Psychological support
- Research
- Education

## Some additional points

- Emphasis is on EVIDENCE BASED treatment. Many people only need an operation - high quality targeted surgery
- Advances in research, technology and medical trials has resulted in an incremental improvement in treatment
- There has also been noticeable improvement in combined disciplines working together to find the best solution for the patient
- The fitter the patient, the more benefit before, during and after treatment
- NWCC is participating in International Clinical Trials, with the NWCC's participation well above the size of the Centre.

Always a pleasure to listen to a speaker who knows their topic, speaks clearly covering each sector and makes the listener feel comfortable if a situation arose that they may need one or more of the services offered.

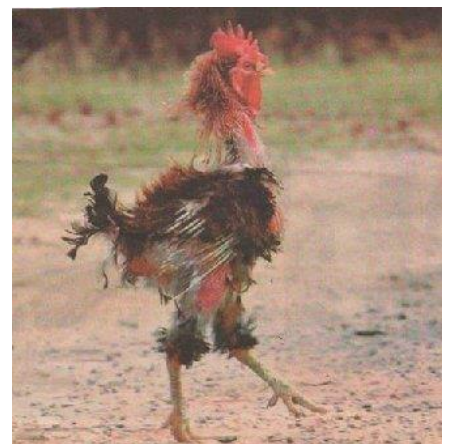
Introduced by Helen Tickle and thanked by Mandy Fisher shown in the photo below.



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*It doesn't matter how your day has gone. Always go home with your head held high.*

*Plucked, pounded, mistreated, overworked but still with dignity. Attitude is everything.*





	13 March	20 March	27 March
<b>Topic</b>	<b>RYLA Candidates Impana Dayananda Joseph Melville</b>	<b>Science &amp; Engineering Challenge - TRECC</b>	<b>Cameron McFarlane: CPR Grant for Vietnam</b>
<b>Door Team</b>	Rob Sharp Richard Walker	Paul Crosby Peter Hyde	Val Hellmann Peter Bell
<b>Meeter &amp; Greeter</b>	Peter Leonard		Dwone Jones
<b>Welcome</b>	Peter Hyde		Anne Jacobs
<b>President Assist</b>	Dennis Johnson		Michael O'Connor
<b>Visitor Assist</b>	Mitch Soree		Maureen Thornton
<b>Corporal Assist</b>	Phil Penman		Brett White
<b>Bulletin Notes</b>	Louise Matthews	Glenn McIntosh	David Hinwood
<b>Introduction</b>	Louise Matthews	Glenn McIntosh	David Hinwood
<b>Vote of Thanks</b>	Naomi Blakey	Steve Hawkins	Steve Massey
<b>PO Raffle</b>	<b>15 March</b>	<b>22 March</b>	<b>29 March</b>
<b>at 6:30 PM</b>	Brodie Shields Peter Leonard	Peter Leonard James Treloar	James Treloar Marina Lawrence
<b>5 April</b>	<b>12 April</b>	<b>19 April</b>	<b>26 April</b>
Marina Lawrence Phil Lyon	Phil Lyon Mitch Soree	Good Friday	Mitch Soree Terry Robinson
<b>Corporals for March</b>		<b>Corporals for April</b>	
Ian Howle & Peter Hyde		Marina Lawrence & Les Jacobs	
<b>Birthdays, Anniversaries and Inductions</b>			
<b>Members Birthdays</b>	Michael O'Connor (17.03);		
<b>Partners Birthdays</b>	Debra Brooks (partner B Logan) (20.03);		
<b>Anniversaries</b>	Nil		
<b>Club Induction</b>	Naomi Blakey (1 yr – 14/03)		
<b>Attendance</b>	75%		
<b>Make-Ups</b>	Nil		
<b>Visiting Rotarians</b>	Nil		
<b>Visitors</b>	A/Prof Susan Pendelbury (Guest Speaker)		
<b>Heads &amp; Tails</b>	Steve Massey		
<b>Raffle</b>	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

### 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**