



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



Jim and Carmel Raymond wanting to tempt us down to the coast.

This was early morning approx. 3klm off Lighthouse Beach, Port Macquarie.

All's good with both Carmel and I. Still very busy with the grandkids and my mother's health hasn't been all that great recently but we still enjoy Port and the milder weather.

Please give our regards to everyone - Jim and Carmel Raymond.

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- Diary Dates **please check**
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- World's Week in Rotary
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2019 DIARY DATES TO REMEMBER – (Computer or Paper)

19 – 22.03.2019 – TUESDAY - FRIDAY

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

A LITTLE FEAR WORKS WONDERS

Little Johnny was totally failing in Maths until his mother took the drastic step of sending him to the convent school. Miraculously, Johnny's whole attitude changed.

Every day after school, he went straight to his room and spent hours on his homework.

When he received an "A" for Math's, mum's curiosity got the better of her. You've done remarkably well in Math's at your new school. You must have very good teachers," she said.

"Not really" replied Johnny.

Mum said, "Do they beat you?"

"No" said Johnny.

"Well how do you account for this remarkable improvement?" said mum.

"Well", said Johnny, "on the first day there, as soon as I saw that guy nailed to the 'plus sign' on the wall, I knew they meant business".

Quote of the Week

*Your talent determines what you can do.
Your motivation determines how much you are willing to do.
Your attitude determines how well you do it.*

RON ALLEN'S WEEK IN ROTARY 20 MARCH 2019

This morning was a bit of a shock for me to be sitting in "THE CHAIR" for the first time in 25 years and with eleven (11) speakers it was a challenge to finish on time but we made it.

We had a huge meeting with nine (9) Rotary Youth Leadership Awards (RYLA) participants informing us of what they expect to get from the upcoming get together.

It will be interesting to see the difference in their outlook when they address us again after the event and I am certainly looking forward to that meeting.

Our additional two guest speakers were Impana Dayananda – National Youth Science Forum (NYSF) in Canberra last January and Joe Melville – ConocoPhillips Science Experience at University of New England – their appreciation for the opportunity in each case was truly rewarding and both spoke exceptionally well. It was interesting to listen and hear the sincerity in their voices for the opportunity given them.

David Hinwood is still looking for assistance for the Science & Engineering Challenge this coming week (19 - 22 March) – please support another youth project within our Club..

Pedal the Peel is Sunday, 7 April where all hands will be needed.

If you can assist with either of the above it will be greatly appreciated by the organisers.

Finally, please remember that the meeting next week is at the TRECC.

RON ALLEN

**Tamworth First Light would like to thank the following
SPONSORS FOR THE SCIENCE & ENGINEERING CHALLENGE AND DISCOVERY DAYS**

Tuesday & Wednesday - 19 & 20 March – Challenge Days

Thursday & Friday - 21 & 22 March – Discovery Days

Engineers Australia – Newcastle Division

Whitehaven Coal

Mettam Hearne Financial Services

Kelly Covey Group Pty Ltd

Rotary Club of Quirindi

University of Newcastle

Mitch Hanlon Consulting

East West Enviroag P/L

Andromeda Industries

Rotary Club of Manilla

Tamworth Regional Council

Alan & Brenda Coates

CONOCOPHILLIPS SCIENCE EXPERIENCE 2019 - Guest Speaker – Joe Melville

Rotary Club of Tamworth First Light sponsored Joe to attend this “Experience” and Joe has returned to tell us about his experience in the activities and sciences.

Day One: We met at the natural history museum where we signed in and were introduced to the camp, then off to the labs for some activities.

The first activity was about chemical separation – we separated crystals from a solution using recrystallizing methods and set up a distillation circuit to distil some dyed water

The next activity was visiting a SMART farm – the idea here is to use the latest technology to try to obtain more usable produce per season. We looked at all the technologies that are being used on the UNE’s research farms. We then flew some drones for a prize plus a challenge to find the greenest grass.

The last activity for the day was on blood. We were able to do some blood typing and look at blood under the microscope. This meant that we had to match one person’s blood with another’s. We also stained blood cells so we could see the red and white cells easily under the microscope.

Day Two: We commenced with coding challenges that involved making a robot drive along a line and stop at an intersection – those who had “coded” before found this fun.

Our next activity was meat science – we made burger patties and even ate them. They had different fat levels and we had a variety of different ingredients we could use including paprika, oil, breadcrumbs, ginger and onion.

Our third activity was School of Ants. We placed a scotch finger biscuit, a frankfurt and cotton ball soaked in sugar water – we had to leave this activity for 20 minutes. This meant we collected some different ants that were drowned in ethanol and looked at these under the microscope to examine and classify. We returned to the first experiment and had to estimate how many ants were on each food item and collect them in a plastic bag – after a half hour we were asked why the ants had slowed down – some of the responses were - they were sick of being in the bag, loss of oxygen, or the quote of the camp – they had accepted their fate.

The last activity for the day was DNA and Forensic techniques – involved looking at your DNA under a microscope and writing notes and getting them fingerprint tested. We also saw DNA under an ultra-violet light.

Day Three: We commenced with soil science – we classified soil based on colour, ph and percentage of clay. We were taken to a soil pit and did the same thing but at different levels of soil.

We then went into a career panel discussion and lunch and the end of the ConocoPhillips Science Experience.

Joe finished by thanking First Light for a wonderful opportunity and experience which has given him a great insight into future career paths.

Finally, Joe said his father was a member of Sunrise Rotary and felt that First Light was the second-best Rotary club in Tamworth – Joe felt his father might want to re-evaluate his position!

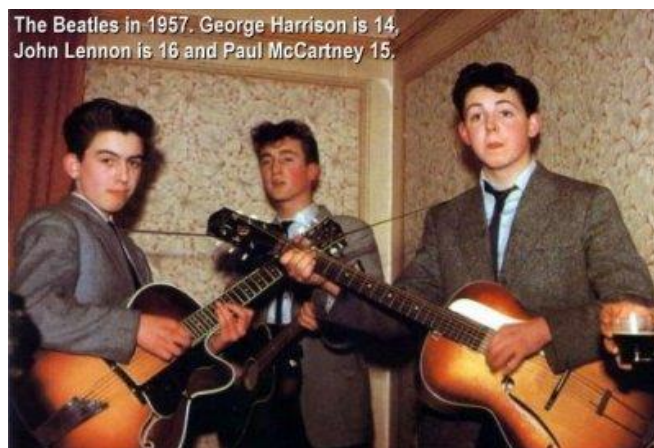
From A Gallery of Forgotten Photos

The Beatles in 1957

George Harrison was 14,

John Lennon was 16

And Paul McCartney was 15





*Jane Bradford accepting the trophy on behalf of our Club, for the Environmental category, at the D9650 Rotary Conference on the weekend!!
A great recognition to Richard Walker and his team for initiating the Waste Warriors Expo and to our Club for looking towards the future....*

You don't have to be an engineer to appreciate this story.

Procter & Gamble had a problem. They sometimes shipped empty Crest toothpaste boxes without the tube inside. This challenged their perceived quality with the buyers and distributors. Understanding how important the relationship with them was, the CEO of the company assembled his top people. They decided to hire an external engineering company to solve their empty boxes problem. The project followed the usual process: budget and project sponsor allocated, RFP, and third-parties selected. Six months (and \$8 million) later they had a fantastic solution – on time, on budget, and high quality. Everyone in the project was pleased.

They solved the problem by using a high-tech precision scale that would sound a bell and flash lights whenever a toothpaste box weighed less than it should. The line would stop, someone would walk over, remove the defective box, and then press another button to re-start the line. As a result of the new package monitoring process, no empty boxes were being shipped out of the factory.

With no more customer complaints, the CEO felt the \$8 million was well spent. He then reviewed the line statistics report and discovered the number of empty boxes picked up by the scale in the first week was consistent with projections, however, the next three weeks were zero! The estimated rate should have been at least a dozen boxes a day. He had the engineers check the equipment, they verified the report as accurate.

Puzzled, the CEO travelled down to the factory, viewed the part of the line where the precision scale was installed, and observed just ahead of the new \$8 million-dollar solution sat a \$20 desk fan blowing the empty boxes off the belt and into a bin. He asked the line supervisor what that was about.

"Oh, that," the supervisor replied, "Bert, the kid from maintenance, put it there because he was tired of walking over, removing the box and re-starting the line everytime the bell rang."

NATIONAL YOUTH SCIENCE FORUM – CANBERRA – JANUARY 2019

Good Morning ladies and gentlemen of the Rotary Club of Tamworth First Light,

My name is **Impana Dayanada** and just about two months ago, I attended the National Youth Science Forum at the Australian National University. Just to refresh your memories:

The National Youth Science Forum is a 12-day camp at which keen science students, like myself, are engaged with a various amount of activities corresponding to the specialities that are held within each interest group. These interest groups range from Biology, Physics, Engineering, Medical and Health Science, Chemistry, Environmental Science and Computer Science. With each being named by a significant scientist who contributed significantly in their field. I was in Chemistry and we were named after Marie Curie.

Before the camp began, we had to introduce ourselves to our NYSF buddy, a complete stranger. I was nervous, and in that picture, you can see my buddy, Helana Trantino from the town of Young, just an hour or two from Canberra, and also the cherry capital of Australia. As I was talking to Helana, I had a few ice-breakers ready, just in case things were too awkward and silent. But it turns out I didn't need to use a single one, because as soon as we introduced ourselves to each other, it felt like I was reuniting with a long-lost friend. We both are big nerds. We both do Physics, Chemistry and Biology. Something I found out was quite common at the camp and we both were very nervous and super keen to go to NYSF.

The NYSF was supervised by bunch of ecstatic and crazy blue-shirt wearing humans. Also known as 'Staffies'! These Staffies made the camp something else! From day one, they have been funny, loving, caring, respectful and amazing. Their attitude towards each other, the Rotarians and the students was something that was so genuine. Staffie Ben was my floor staffie, who was also a country boy at heart and so down to earth with us at every floor debriefing at night. Staffie Kate, Staffie Blake and countless other Staffies really made the camp the highlight! Without them, it wouldn't have been the classic NYSF! They made everyone's days and looking after the students really inspired me to want to help out as a Staffie. If I ever got the chance, I would say yes! Yes, to being a Staffie!

As well as the Staffies, there were a handful of lovely Rotarians that volunteered their time to help supervise and take care of us in the camp. Each of them were so lovely and great company to be around especially for a nice talk at the coffee machine and at breakfast!

Throughout the absolutely jam-packed camp, there were many social events, lectures, workshops and activities to participate in. Every minute you were always occupied with something to do! I really enjoyed and thought having the NYSF app was super fun and helpful! The lectures were super interesting to listen to and a really great way of listening to a variety of particular STEM topics! The workshops were super fun and hands-on, surprisingly the little bits of things I did in NYSF are showing up when I head into the classroom now. The little bits of extra knowledge I picked up at NYSF has certainly boosted my confidence at school and when I am working!

The culture of NYSF really amazed me! I never knew how close I would become to my peers and the program over a couple of days! The chants we yelled, the friendships I made, the way NYSF has opened my eyes was truly amazing. I absolutely and will always be eternally grateful for the amazing experience I have been given! My NYSF experience wouldn't have been possible without the support of a certain number of people.

First to all of the Rotary Club of Tamworth First Light, thank you so much for taking me under your shoulder and allowing me to represent you all at the interviews, the orientation and the camp. I have had the privilege to meet some of you, and you are so warm and kind! It's been interesting seeing how Rotary works as I have sat through some meetings. Next to my parents, who woke up at 2.00am and waited till 3.00am for the bus to arrive, so I could be whisked away to Canberra and to supporting me through this experience.

Thank you to Michael Smith, who gave me 'the thumbs up' when I only had minutes to had in my application.

Thank you for responding to the email as soon as possible and filling out the recommendation form just in time!

Thank you to John Worldon, who also gave me another set of 'thumbs up' to help support my application and endorsed me to go to Canberra.

Thank you to Naomi Blakely, who has been keeping in contact and coming to the orientation and has helped organise when I come to the club and speak for you all.

And a very, very special thank you to Liz Gill and Jane Bradford who took time out to help me prepare for my interviews to guarantee my place at this life-changing program! I will remember meeting you both for the first time and leaving me with encouraging advice and comments. Without your wise words, expertise and help with what questions might surface and brushing up on my general knowledge of Rotary and the world. I do not think I would've experienced this program. Thank you once again!

HOW RETIREMENT CAN CHANGE YOUR ATTITUDE

It is important for men to remember that, as women grow older, it becomes harder for them to maintain the same quality of housekeeping as when they were younger. When you notice this, try not to yell at them. Some are oversensitive, and there's nothing worse than an oversensitive woman.

My name is Norman. Let me relate how I handled the situation with my wife. When I retired a few years ago, it became necessary for Ethel to keep her full-time job, along with her part-time job, both for extra income and for the health benefits that we needed. Shortly after I retired from working, I noticed she was beginning to show her age. I usually get home from the golf club about the same time she gets home from work.

Although she knows how hungry I am, she almost always says she has to rest for half an hour or so before she starts dinner. I don't yell at her. Instead, I tell her to take her time and just wake me when she gets dinner on the table. I generally have lunch in the Men's Grill at the club, so eating out is not reasonable. I'm ready for some home-cooked grub when I hit that door. She used to do the dishes as soon as we finished eating. But now it's not unusual for them to sit on the table for several hours after dinner.

I do what I can by diplomatically reminding her several times each evening that they won't clean themselves. I know she really appreciates this, as it does seem to motivate her to get them done before she goes to bed.

Another symptom of aging is complaining, I think. As an example, she will say that it is difficult for her to find time to pay the monthly bills during her lunch hour. But, Boys, we take 'em for better or worse, so I just smile and offer encouragement. I tell her to stretch it out over two, or even three days. That way, she won't have to rush so much. I also remind her that missing lunch completely now and then wouldn't hurt her any (if you know what I mean). I like to think tact is one of my strong points.

When doing simple jobs, she seems to think she needs more rest periods. She had to take a break when she was only half-finished mowing the grass. I try not to make a scene. I'm a fair man. I tell her to fix herself a nice, big, cold glass of freshly squeezed lemonade and just sit for a while. And, as long as she is making one for herself, she may as well make one for me, too.

I know that I probably look like a saint in the way I support my wife. I'm not saying that showing this much consideration is easy. Many men will find it difficult. Some will find it impossible! Nobody knows better than I do how frustrating women get as they get older. However, Guys, even if you just use a little more tact and less criticism of your aging wife because of this article, I will consider that writing it was well worthwhile. After all, we are put on this earth to help each other.

PLEASE READ THE EDITOR'S NOTE.

EDITOR'S NOTE:

*Norman died suddenly on January 31 of a perforated rectum. The police report says he was found with a Callaway extra-long 50-inch Big Bertha Driver II golf club jammed up his rear end, with barely 5 inches of grip showing, and a sledge hammer lying nearby. His wife was arrested and charged with murder. The all-woman jury took only 10 minutes to find her **Not Guilty**, accepting her defence that Norman, somehow without looking, accidentally sat down on his golf club.*

	20 March	27 March	3 April
Topic	Science & Engineering Challenge - TRECC	Cameron McFarlane: CPR Grant for Vietnam	Jenny Regan - Regional Counselling College
Door Team	Paul Crosby Peter Hyde	Val Hellmann Peter Bell	Richard Hardwick Helen Tickle
Meeter & Greeter		Dwone Jones	Dennis Maunder
Welcome		Anne Jacobs	Chris Watson
President Assist		Michael O'Connor	Laurence Heame
Visitor Assist		Maureen Thornton	Ron Allen
Corporal Assist		Brett White	Mandy Fisher
Bulletin Notes	Glenn McIntosh	David Hinwood	Michael Smith
Introduction	Glenn McIntosh	David Hinwood	Michael Smith
Vote of Thanks	Steve Hawkins	Steve Massey	Paul Stevenson
PO Raffle	22 March	29 March	5 April
at 6:30 PM	Peter Leonard James Treloar	James Treloar Marina Lawrence	Marina Lawrence Phil Lyon
12 April	19 April	26 April	
Phil Lyon Mitch Soree	Good Friday	Mitch Soree Terry Robinson	Terry Robinson Brett White
Corporals for March		Corporals for April	
Ian Howle & Peter Hyde		Marina Lawrence & Les Jacobs	
Birthdays, Anniversaries and Inductions			
Members Birthdays	Maureen Thornton (22.03); Louise Matthews (24/03); Peter Ryan (26.03)		
Partners Birthdays	Debra Brooks (Partner Brian Logan) (20.03); Karry Walker (25.03)		
Anniversaries	Nil		
Club Induction	Nil		
Attendance	74%		
Make-Ups			
Visiting Rotarians	Nil		
Visitors	Jay Lynch, Impana Dayananda (NYSF), Joe Melville (ConocoPhillips Science Exp 2019) PLUS RYLA participants – Louisa & Anna Lu (Tamworth Regional Council), Paige Leonard (Challenge) Noah Cook & Arden Lafforgue (Hopscotch & 360 Fitness); Sophie Schumann-Maude (Joblink Plus; Jessica & Amber Kuczer (First Light) and Zack McDonald (Terry Burgess Scholarship)		
Heads & Tails	Anne Jacob		
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

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

Secretary—Liz Gill

secretary@tamworthfirstlight.org.au

Treasurer – Deb Barnes