



# Rotary Club of Tamworth First Light



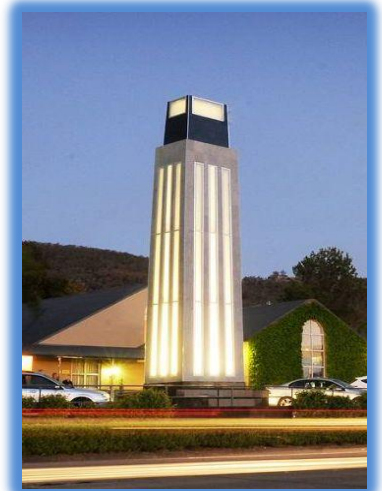
**2019-2020**

District Governor [Phil Hafey](#)

President: [Barry Biffin](#)

Secretary: [Liz Gill](#)

Treasurer: [Deb Barnes](#)



MEETING 1470

WEDNESDAY 2 OCTOBER 2019



*Volcanic lightning above Calbuco volcano, Chile is both beautiful & terrifying.*

# IMPORTANT DIARY DATES **2019**

**Saturday 23 & Sunday 24 November 2019 –**

**Rotary D9650 2019 Showcase Weekend at Tamworth**

**Friday, 29 November**

**“Rotary charity golf day”**

Looking for players, BBQ helpers and sponsors for the day

Similar format to last year, teeing off at lunchtime with drinks and presentation afterwards

## **2020**

17 – 20 March 2020 - Science & Engineering Challenge

20 – 22 March 2020 – D9650 Annual Conference at South West Rocks – book early!

02 – 09 May DISTRICT 9650 RYLA 2020 – Lake Keepit Sport & Recreation Centre  
RYLA Dinner Wednesday, 6 May

12 – 13 June (Friday / Saturday)                      Regional Wastewarriors

Saturday, 26 June 2020 -D9650 Changeover

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Mitch Soree is our Public Relations Director this year –please don't forget to provide Mitch with details about upcoming events, stories, happenings – he likes jotting down notes and can be contacted on **0401 719 332** or [mitchell.soree@gmail.com](mailto:mitchell.soree@gmail.com)

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## **MEMBERS WISHING TO DONATE TO THE DG'S PARTNER'S PROJECT – LIFELINE - DETAILS BELOW**

### **Direct deposit:**

**Account:** Rotary International DG Partner's A/c

**BSB:** 932-000

**Account no:** 500143137

### **Cheques made out to:**

DG Partner's Project 2019 – 20 and send to

Pam Foye

District 9650 Treasurer

PO Box 5562

PORT MACQUARIE NSW 2444

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## Quote of the Week

*Doing what you like is freedom. Liking what you do is happiness.*  
*Frank Tyger*

## BARRY'S BRIEFINGS

WEDNESDAY, 25 SEPTEMBER 2019

Thank you to Dr Tracy Schumacher – now I know why I enjoy sleeping.

Our own Dimity along with the local medical research team doing some wonderful research work based from here in Rural Tamworth and surrounds.

A reminder that Paul Stevenson is still seeking members / friends to assist with the Learner Driver Mentoring Program and

Susie Stevenson is inviting members to attend the Forum6 Cinema this Monday, 30 September to see the documentary "Half a Million Steps"- time 6:00 – 8:00pm regarding the difficulty for rural Australia to receive treatment for any addiction away from the major cities.

**Mental health month is October** and **Hat Day** is on Thursday, 10 October – please create some "strange" hats to wear at our meeting on Wednesday, 9 October – we will celebrate a day earlier!

Don't forget if you are planning to be doing something interesting please consider take Janni along with you as she will be on holidays for the next two weeks.

This week's meeting will be similar to a **Club Assembly** so if you have any questions / ideas please bring these along for discussion but recommend no prospective members / visitors to come along as this is a Club Meeting.

See you all next week...

## BARRY BIFFIN

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### UNITING'S FAIR TREATMENT CAMPAIGN

DOCUMENTARY: "HALF A MILLION STEPS"  
WHEN: Monday 30 September 2019 from 6pm – 8 pm  
WHERE: Forum 6 Tamworth  
BOOKINGS: Tickets are FREE but must be obtained via Eventbrite link

<https://www.eventbrite.com/e/half-a-million-steps-tamworth-tickets-72344677879>

Further information contact Bob Murray 0427 936 653 or Susie Stevenson 0421 573 054

OR go to <https://nswact.uca.org.au> Fair Treatment Campaign

In October 2018, as part of the Fair Treatment campaign, 100 supporters walked the 500,000 steps from Dubbo to deliver a message to NSW Parliament in Sydney – highlighting how far a person in regional NSW may have to travel to reach the drug treatment they need. The "Long Walk to Treatment" has now been made into a powerful & moving documentary telling the personal stories behind a movement to reform drug laws & policy and make fair treatment available to all. This is an issue of huge concern to our community. Watch this film and see what 60 organisations – including health, medical, police and legal experts, and people personally affected and their families - are saying about how we can save lives and give people a better chance to turn their lives around.



# HEART HEALTH RESEARCH IN TAMWORTH AND SURROUNDS

Presentation this morning by Dr Tracy Schumacher (Dietician) and Dimity Betts

## Stages in the Prevention of Chronic Disease

1. Recognise that a health problem is brewing
2. Decide if the health outcome is:
  - a) Worth worrying about
  - b) Worth the time and effort to solve
  - c) Within your ability to do something about
3. Start a new health behaviour or change an old one
4. Maintain the behaviour

Crisis averted (with luck and good management)

## What We Do

- Ask people what health conditions they already have
- Ask about common lifestyle behaviours that affect health – how much activity people do – what they eat – whether they smoke etc
- Measure height, weight and waist circumference
- Compare results to average values or against someone else to see who has better eating habits with references for good health

## Australia's population growth in over 65s

- In 2016 we had 264,856 – however in 2016 we have reached 3.5 million
- We have one of the longest life expectancies in the world – currently in fourth place
- Reasons basically – reduction in cardiovascular deaths due to drop in smoking and improved treatments for BP and cholesterol control

## Statins in Australia

- Statins are an established and safe therapy for people who have had a heart attack or stroke
- We DON'T know if they can PREVENT these conditions from developing in healthy older people?
- Do Statins help prolong good health and maintain independence?

## What is STAREE? – This is the actual research program via Monash University

- STAREE is a double-blind, randomised, placebo-controlled primary prevention trial
- Designed to assess whether daily active treatment of 40mg atorvastatin will enhance disability free survival (death, dementia and disability) and prevent major cardiovascular outcomes in healthy patients aged 70 years and over
- This is the largest single project grant yet awarded by NHMRC
- Staree does not accept funding from any pharmaceutical company.

## STAREE will tell us

### Can Statins

- Prevent a first heart attack
- Improve healthy life expectancy
- Impact day to day physical function



## What benefit / risk there is of

- Developing Diabetes Preventing dementia
- Adjunct therapy for Alzheimer disease
- Adverse effects

## Participants

- Community based study involving GPs as active members of the research team
- Participants followed for an average of five years
- Strict inclusion and exclusion criteria
- Comprehensive health screening
- Cognitive assessments

Current evidence is mostly in middle-aged men. No strong evidence in over 70s

Very exciting to have country regions included

56% of our participants are 70 – 74 years old

Our oldest participant is 96 years

Female 51% - Male 49%

## What about people who already have heart disease?

- People who have heart disease or have had a heart attack are more likely to have another one, even if they have surgery!
- Nutrition is an important part of “treatment” for people who have heart disease

## Small changes are important

- No “special diet” for heart disease
- Lots of fruit and vegetables, less takeaway, salty foods and foods with lots of sugar
- Most people don’t eat this way
- Making small changes to eating habits is the best way to keep hearts healthy
- It can be hard to make these changes without any help
- Dietitians usually provide support

**Q** Is there a pill for healthy ageing?

**A** No – better eating, no smoking, minimal alcohol will help you stay independent

**Q** Statins help how?

**A** Main drug used in Australia for cholesterol reduction

**Q** Do we take these tablets before we have an issue or wait till the issue happens?

**A** During the trial some will be on Statins – some won’t – neither the patients or researcher will know which is which till after the research side is completed.

**Q** Alcohol – good or bad?

**A** Like everything else – in moderation is fine

## Introduced by Ian Howle

President Barry Biffin, Dr Schumacher, Dimity Betts and **thanked by Steve Massey**



# LEARNER DRIVER mentoring program

Did you know that 93% of our 16-24 year old clients\*  
DO NOT have a drivers licence?

**That's 4,200 young lives struggling to find work.**

Did you know that not having a drivers licence is a major  
barrier to gaining employment?

**Over 90% of advertised vacancies require a drivers  
licence.**

Are you interested in volunteering a few  
hours a week to help a young person?

**Being a learner driver mentor is so much more than just  
sitting in a car - you'll help a young person create a sense  
of connection, self-worth and belief in their future.**

For more information or to add your details to our EOI group:  
call Richelle or Amanda at Joblink Plus on 6764 6666  
or email: [ldmp@joblinkplus.com.au](mailto:ldmp@joblinkplus.com.au)

Joblink Plus will deliver training and supply vehicles, insurance and admin support.

Through connecting with community we will help disadvantaged young people secure their licence, providing them  
with equity, increased employment opportunities and life changes, benefiting family and community.

\* Joblink Plus job seekers

## . 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  
Mercure Function Room  
Kent Street  
South Tamworth

### 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 PM – Tamworth West  
Tuesday PM – Tamworth  
Wednesday PM - Calala  
Friday AM - Sunrise

Club Officers and contact details

[President—Barry Biffin](#)

[Secretary—Liz Gill](#)

[Treasurer – Deb Barnes](#)



## WEEKLY ROSTER FOR BOTH CLUB AND POST OFFICE RAFFLES

	2 October	9 October	16 October
<b>Topic</b>	Brett White Rotary Insurance Phil Lyon Future or Rotary <b>Club Assembly</b>	Bruce Logan Tamworth Regional Council Water	Michael O'Connor Outback Adventures
<b>Sergeants</b>	Mandy Fisher Steve Martin	Mandy Fisher Steve Martin	Mandy Fisher Steve Martin
<b>Corporals</b>	Val Hellmann Richard Hardwick	Phil Penman John Rouvray	Michael Smith Mitch Soree;
<b>Meeter &amp; Greeter</b>	Graham Dooley	Terry Robinson	Rob Sharp
<b>Door Team</b>	Brian Thompson Marina Lawrence	Brodie Shields Dimity Betts	Peter Hyde Naomi Blakey
<b>President Assist</b>	Peter Leonard	Paul Stevenson	Peter Bell
<b>Visitor Assist</b>	Anne Jacob	John Treloar	Ian Howle
<b>Welcome</b>	Dennis Johnson	Bruce Hemmett	Maureen Thornton
<b>Bulletin Notes</b>	Louise Matthews	Brett White	Phil Lyon
<b>Introduction</b>	Louise Matthews	Brett White	Phil Lyon
<b>Vote of Thanks</b>	Michael O'Connor	Laurence Heame	Dennis Maunder
<b>POST OFFICE RAFFLE – FRIDAYS - 6:30 – 7:30PM</b>			
<b>4 October</b>	<b>11 October</b>	<b>18 October</b>	<b>25 October</b>
Peter Leonard Michael Smith	Michael Smith Louise Matthews	Louise Matthews Mitch Soree	Mitch Soree Steve Massey
<b>BIRTHDAYS, ANNIVERSARIES AND INDUCTIONS</b>			
<b>Members Birthdays</b>	Richard Walker (02/10); John Treloar (06/10)		
<b>Partners Birthdays</b>	Nil		
<b>Anniversaries</b>	Judy & Barry Biffin (40yrs - 06.10);		
<b>Club Induction</b>	Nil		
<b>Attendance</b>	78%		
<b>Make-Ups</b>			
<b>Visiting Rotarians</b>	Janni Sievanen YEP		
<b>Visitors</b>	Dr Tracey Schumacher (Guest Speaker)		
<b>Heads &amp; Tails</b>	Deb Barnes		
<b>Raffle</b>	John Treloar		

