



# Rotary Club of Tamworth First Light



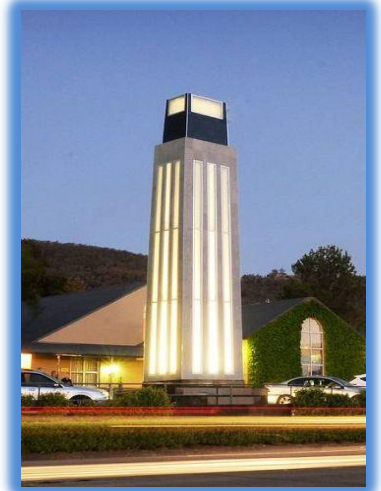
**2019-2020**

District Governor [Phil Hafey](#)

President: [Barry Biffin](#)

Secretary: [Liz Gill](#)

Treasurer: [Deb Barnes](#)



**MEETING 1476**

**WEDNESDAY 6 NOVEMBER 2019**



*Sheba Dam - courtesy of David Hinwood*

## IMPORTANT DIARY DATES **2019**

**Saturday, 9 November – Calala Inn Garden – Social Function – bring family and friends cost \$35 per person – fundraiser for LIFELINE and entertainment provided – tickets out this Wednesday**

**Sunday, 17 November – Movie fund raiser – Fisherman’s Friends – If you liked “The Full Monty” – you will enjoy this – tickets \$15 per person – Tickets available this Wednesday**

**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

**Wednesday, 11 December Club AGM**

## **2020**

17 – 20 March 2020 - Science & Engineering Challenge

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

Sunday, 29 March 2020 – **Pedal the Peel Cycling Challenge** – Volunteers please diary note now

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

Wednesday, 20 May 2020 - Northwest Regional Careers Expo at TRECC

12 – 13 June (Friday / Saturday)                      Regional Waste Warriors Expo

Saturday, 20 June – Club Changeover

Saturday, 26 June -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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**Quote of the Week**

*Sorry - no quote for this week*

**BARRY'S BRIEFINGS**

**WEDNESDAY, 23 OCTOBER 2019**

**Firstly -**

**CHRISTMAS PARTY- LIFELINE CHARITY  
SATURDAY, 9 NOVEMBER CALALA DINNER**

**Tickets now available - \$35.00 FOR A TWO COURSE  
MEAL.**

**Bring your friends, family etc together.**

**Need RSVP's by Monday, 4 November.**

**Give Barry a call on 0439 449 888**

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**Secondly** - we have another fund raiser with a movie called **"Fisherman's Friends"** – how a bunch of Cornish fishermen managed, through their singing, to hit the top of the English Hit Parade – based on a true story.

If you remember "The Full Monty" you will be sure to enjoy this.

**Sunday, 17 November at 01:00PM – tickets will cost \$15**

and the funds raised will be for local charities

**Tickets for sale now – Jane Bradford – 0429 666 100 or [jbmail@monelu.com](mailto:jbmail@monelu.com)**

See you all next week.

**BARRY BIFFIN**

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***The Shaggy Dog***

*His wife asked him to go to the shops and buy some cigarettes. He decided to go to a bar and use a vending machine.*

*At the bar he saw an attractive woman and began talking with her. They had a couple of beers and finished up in her nearby apartment. One thing led to another and a lot of fun.*

*Suddenly he looked at his watch – it was three in the morning – he had been gone for hours.*

*"I'm in big trouble! Do you have any talcum powder?"*

*The powder was provided and he dusted his hands liberally with it before saying goodbye.*

*Arriving home his wife wanted to know what had taken him so long on a simple errand.*

*"I went to get cigarettes" he said "and I had to go to the vending machine at the pub. I saw a great looking woman there. We had a few drinks and I ended up in bed with her."*

*His wife demanded to see his hands. She saw they were covered in powder and said "Why tell such lies? You've been bowling again, haven't you?"*

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## OUR GUEST SPEAKERS TODAY - EMILY VERNON, ERYNN McCAULEY, D'ARCY PANNOLTA OBSERVED BY THEIR TRAINER – KELLY SQUIRES ON “NUTRITION”

Possibly not quite as exciting as the topic “From Wine to Waistlines” had suggested – however it is always worth being brought up-to-date with the latest ideas and suggestions for “staying fit and healthy” whatever our age!

Each person spoke about an aspect of health – including physical exercise – plus a session on “Myth Busting” which proved most interesting!

**Vegetables** Basically we should all eat more veggies – women require more than men and suspect we all eat too much of the veggies we like!

**Fruit** Medium size fruit would be the aim and two separate pieces per day

**Meat & Meat Alternates** Two serves a day – could be meat, fish, poultry, eggs, tinned fish, baked beans, legumes, nuts & seeds

**Dairy & Dairy Alternates** Women must have at least an extra serve per day against the male intake which covers all milks, small quantities of cheese, yoghurt plus additional calcium via tablet form.

As an alternate to the above – could include small helping of nuts, sardines, pink salmon with bones, firm tofu (check label as calcium levels vary)

**Grains & Cereals** much smaller amounts than we probably have now – covering breads, cereals, crispbreads, crumpets or English Muffins and scones

**Discretionary Foods Whoops!** Two scoops of ice-cream, processed meats, regular sausages, sweet plain biscuits, cakes / muffins, fried hot chips, basically everything you absolutely love eating – the intake needs to be reduced markedly!

**Alcohol** Basically reduce your consumption of all alcohol whether it be beers, wines, sherry, port or spirits

**By eating appropriate foods and liquids** – as we age, we will assist, through exercise, in preventing muscle wasting, Decrease risk infections, Prevent malnutrition, Have excess energy for activities, Prevent vitamin and mineral deficiencies, and Maintain good cognitive functions

**Bowel Health** As we age, so we need more fibre in our diets to help with digestion and helps the food move through the digestive system.

We need to drink more water, even though we may not feel as thirsty as we used too as the water assists with passing food through the digestive system.

Additional Vitamin C or Vitamin D tablets can also assist with maintaining strong bones.

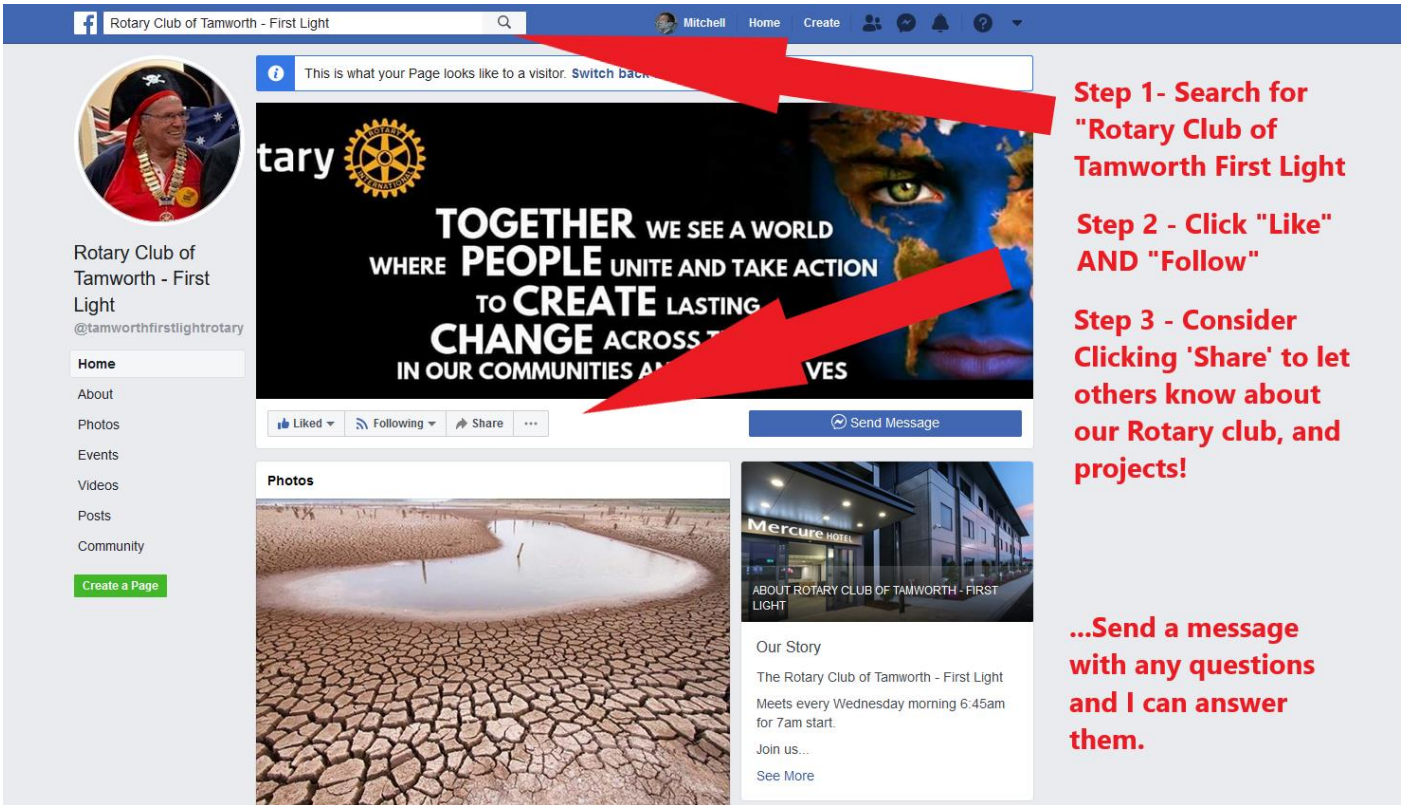
**Fat & Salt** **Fat** is important for good health – Unsaturated Fats good for your body in moderation but **Trans Fat** (cholesterol) can increase risk of heart disease

**Salt** – Too much salt can increase risk of high blood pressure, heart disease, stroke or chronic kidney disease



Introduced by John Worldon  
Thanked by Dennis Johnson

**MITCH SOREE – OUR PR DIRECTOR  
IS ASSISTING US TO BECOME FAMILIAR WITH FACEBOOK!**



Step 4 Further questions? Contact Mitch Soree to discuss further and I can answer them – [mitchell.soree@gmail.com](mailto:mitchell.soree@gmail.com) 0401 719 332

Step 5 Help our Facebook page grow! Consider Liking and following our club page on Facebook

Step 6 If you like what you see, consider sharing with your Facebook Friends

Step 7 Consider telling your friends Online and Offline about Rotary!

Our Rotary Club of Tamworth First Light Facebook page has been getting some good reviews; however, we want to see our message spread further, and see our Club grow.

Please consider 'Liking' and 'Following' our Club page – it really helps! If you see some content that strikes a chord with you, please consider 'sharing' it to help our message spread to a larger audience.

We are currently averaging at 292 'Likes' and 325 'Follows' – let's see these numbers increase markedly!

I am always on the lookout for new content, so PLEASE send me what you have- I can turn most content into a 'good news story' or a "call to action", or a "reminder of the service our Club performs in our community". Any content will help.

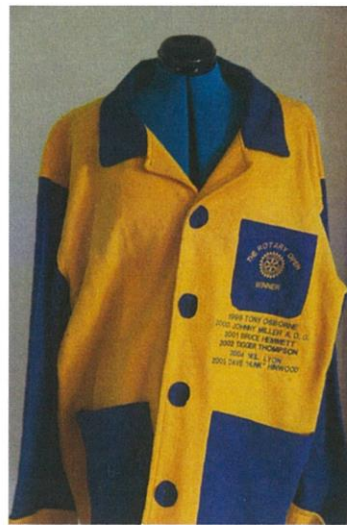
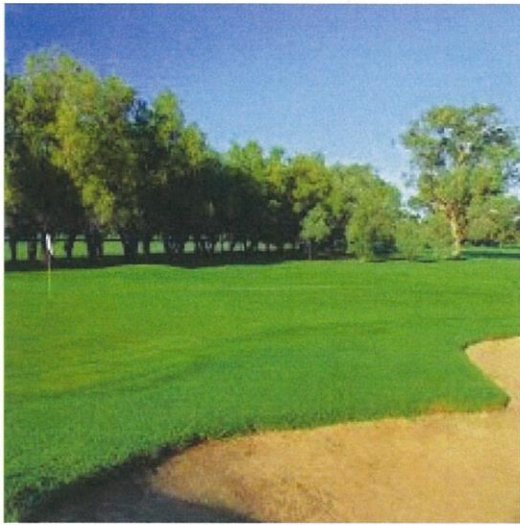
Thank you....

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# The Rotary Open of Tamworth

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**“The Rotary Open of Tamworth”** is back by popular demand.

- **Be in the running to win the “STUNNING Gold & Blue Jacket”**
- Friday 29<sup>th</sup> November 2019
- Tamworth Golf Club
- \$40 per person
- 12 Noon BBQ Lunch for a 1.00 pm Shotgun Start
- Individual Stableford in conjunction with 2 person Irish 4 ball
- Book and pay at the Pro Shop with Brock Sampson, individually or as a team – phone 6765 9980
- Sponsor a hole for \$100 or you may like to donate a prize
- Lots of prizes and fun, BBQ lunch included
- Presentation and drinks to follow the golf
- **PROCEEDS to LOCAL CHARITIES**

**Further information:**

**Michael Smith – 0408 230 211**

**Dennis Maunder – 0428 456 017**

**Deb Barnes – 0411 770 552**



## . 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

	6 November	13 November	20 November
<b>Topic</b>	<b>Steve Cunneen Elizabeth MacArthur</b>	<b>Barnaby Joyce State of the Nation</b>	<b>Dr Ronita Majumdar Anaesthesia Day</b>
<b>Sergeants</b>	Mandy Fisher Steve Martin	Mandy Fisher Steve Martin	Mandy Fisher Steve Martin
<b>Corporals</b>	Ron Allen Rob Sharp	John Treloar Peter Bell	Sue O'Connor David Hinwood
<b>Meeter &amp; Greeter</b>	Richard Hardwick	Peter Hyde	Michael O'Connor
<b>Door Team</b>	Phil Penman Ian Howle	Michael Smith Peter Ryan	Anne Jacob James Treloar
<b>President Assist</b>	Marina Lawrence	Dennis Maunder	Richard Hardwick
<b>Visitor Assist</b>	John Rouvray	Phil Lyon	Val Hellmann
<b>Welcome</b>		Richard Walker	Graham Dooley
<b>Bulletin Notes</b>	Brodie Shields	Mitch Soree	Richard Walker
<b>Introduction</b>	Brodie Shields	Mitch Soree	Richard Walker
<b>Vote of Thanks</b>	Paul Stevenson	Maureen Thornton	Dimity Betts

### POST OFFICE RAFFLE – FRIDAYS - 6:30 – 7:30PM

8 November	15 November	22 November	29 November
Richard Walker Sue O'Connor	Sue O'Connor David Hinwood	David Hinwood Rob Clifton	Rob Clifton Peter Leonard

### BIRTHDAYS, ANNIVERSARIES AND INDUCTIONS

<b>Members Birthdays</b>	Dimity Betts (08/11); Peter Leonard (10/11)
<b>Partners Birthdays</b>	Nil
<b>Anniversaries</b>	Bruce & Julie Hemmett (14 yrs 12/11)
<b>Club Induction</b>	Paul Stevenson (28yrs – 06.11); Peter Pulley (7 yrs - 07/11)

<b>Attendance</b>	76%
<b>Make-Ups</b>	
<b>Visiting Rotarians</b>	Janni Sievanen YEP;
<b>Visitors</b>	Emily Vernon, Erynn McCauley, D'Arcy Pannolta (Guest Speakers); Kelly Squires, Neta Horniman
<b>Heads &amp; Tails</b>	Naomi Blakey
<b>Raffle</b>	Ron Allen

