



# Rotary Club of Tamworth First Light



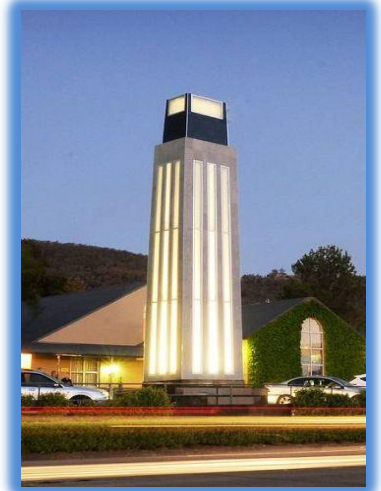
**2019-2020**

District Governor [Phil Hafey](#)

President: [Barry Biffin](#)

Secretary: [Liz Gill](#)

Treasurer: [Deb Barnes](#)



MEETING 1479

WEDNESDAY 27 NOVEMBER 2019



*"No, playing golf isn't a sin. However, lying about your score, swearing, playing for money, wishing the other players will play bad, and not returning that 7-iron you found is."*

*Just a reminder that our big Rotary Charity Golf Day is HERE!*

# IMPORTANT DIARY DATES 2019

## 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, 4 December – Salvation Army

Take non-perishable goods and unwrapped toys that day

## 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

\*\*\*\*\*



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)

\*\*\*\*\*

## Dad Jokes

*Before my surgery my anaesthetist offered to knock me out with gas or a boat paddle.*

*It was an either / oar situation.*



"Not bad. But next time slow down your backswing, loosen your grip and take the cover off the head of your driver."



## Quote of the Week

*"In wine there is wisdom,  
In beer there is freedom,  
In water there is bacteria."*

*Benjamin Franklin*

## BARRY'S BRIEFINGS

WEDNESDAY, 20 NOVEMBER 2019

Hello Members

Again, our meetings continue to have fun and fellowship as well as great speakers.

- Dr Ronita Majumdar gave us an interesting insight to the world of anaesthetics
- Don't forget that our AGM is fast approaching
- Our Golf Day is fast approaching – don't forget to put your name and / or your team name down – this is an event that golfers should not miss!
- Glen is also looking for help with the Science and Engineering Challenge, particularly in the area of sponsorship and fund-raising – ideas and suggestions will be very welcome
- Santa Crawl is almost upon us – please see Phil Knight to ensure your name is on the list – the fun and sights you will see truly makes this a "fun" fund-raising event
- Our gifts for the Salvation Army will be received during our **vocational visit** rather than our normal meeting prior to Christmas – don't forget to bring non-perishable goods or unwrapped presents for children – a reminder that our **Vocational visit is on Wednesday, 4 December at the Salvation Army Centre** – plenty of parking available

See you all next week...

**BARRY BIFFIN**

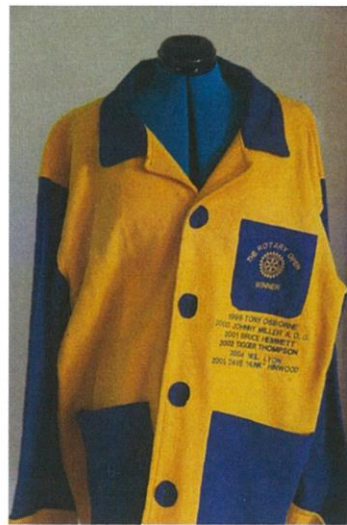
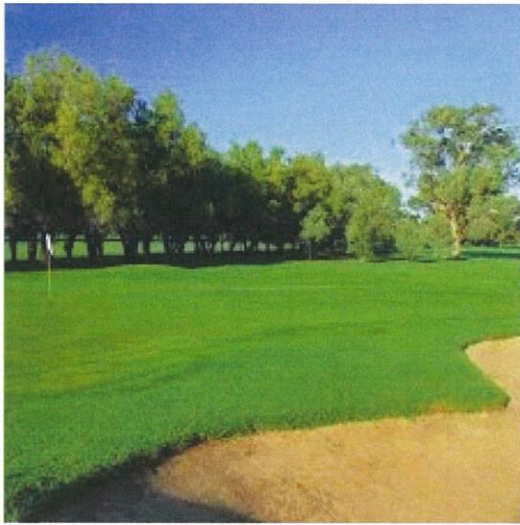
\*\*\*\*\*



"I can't find my life jacket."

# The Rotary Open of Tamworth

---



**“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**



# Preparing for your anaesthesia

## Your checklist

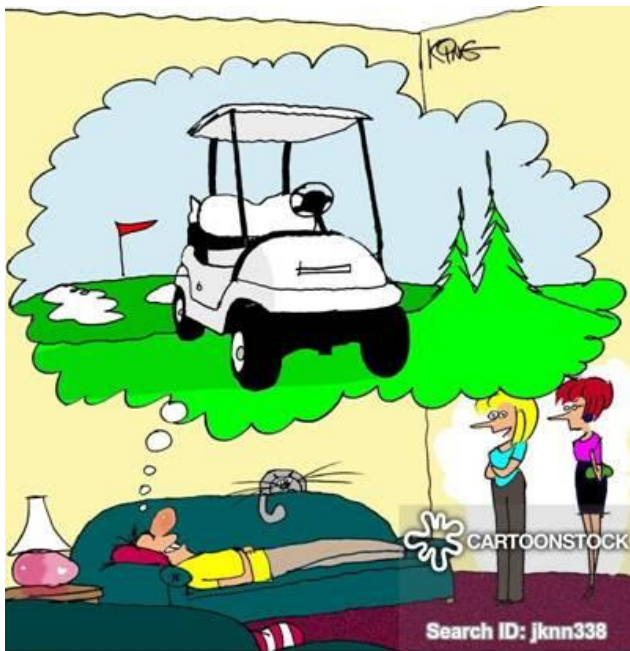
- Try to improve your physical fitness and stop smoking (even stopping for 24 hours before surgery makes a real difference).
- Eat a healthy diet and make sure you are rested.
- If you are diabetic, make sure your sugar levels are tested and are around your normal level.
- Have a list of your prescription medicines as well as your allergies to share with your anaesthetist. You may be asked not to take some medicines before surgery.
- Take only your prescribed medicines. Complementary medicines and herbal treatments may react with anaesthetics so please check with your anaesthetist if you need to stop taking them.
- Don't overexercise in the 24 hours before surgery or drink excess alcohol, as you could become dehydrated.
- If you want to know more about your anaesthesia or surgery – don't "Dr Google" it. Contact your anaesthetist directly or through the hospital or your surgeon's office. They will be happy to advise you.



Find out more at [www.anzca.edu.au](http://www.anzca.edu.au)

Introduced by **Richard Walker**

**Dr Ronita Majumdar** being thanked by **Dimity Betts**



*"How sweet, he's smiling. He must be dreaming about me."*



*"Would you mind picking me up, Bill? Agnes is using the car after all."*



## . 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

	27 November	4 December	11 December
<b>Topic</b>	<b>Syd Howard Cars, Farming, Fireworks</b>	<b>Capt Dean Clutterbuck Salvation Army Vocational Visit</b>	<b>AGM</b>
<b>Sergeants</b>	Mandy Fisher Steve Martin	Mandy Fisher Steve Martin	Mandy Fisher Steve Martin
<b>Corporals</b>	Brett White John Worldon	Rob Sharp Brodie Shields	Maureen Thornton Paul Stevenson
<b>Meeter &amp; Greeter</b>	Namoi Blakey	Phil Knight	Dennis Maunder
<b>Door Team</b>	Terry Robinson Ron Allen	Richard Walker Rob Clifton	Dimity Betts Richard Hardwick
<b>President Assist</b>	Dennis Johnson	Brian Logan	John Treloar
<b>Visitor Assist</b>	Chris Watson	Peter Bell	Michael Smith
<b>Welcome</b>	Laurence Hearne	Ian Howle	Peter Hyde
<b>Bulletin Notes</b>	Louise Matthews	Phil Penman	Peter Ryan
<b>Introduction</b>	Louise Matthews	Phil Penman	Peter Ryan
<b>Vote of Thanks</b>	Marina Lawrence	John Rouvray	Mitch Soree

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

29 November	6 December	13 December	20 December
Peter Leonard John Rouvray	Peter Leonard John Rouvray	John Rouvray Paul Stevenson	Paul Stevenson

### BIRTHDAYS, ANNIVERSARIES AND INDUCTIONS

<b>Members Birthdays</b>	Deb Barnes (14/12)
<b>Partners Birthdays</b>	NIL
<b>Anniversaries</b>	Sue & Brian Thompson (41yrs – 16/12); Bernadette & Peter Hyde (36yrs – 17/12)
<b>Club Induction</b>	Phil Knight (1yr – 12/12); Richard Walker (5yrs – 14/12)

<b>Attendance</b>	78%
<b>Make-Ups</b>	NIL
<b>Visiting Rotarians</b>	Janni Sievanen YEP; Dr Ronita Majumdar (guest speaker)
<b>Visitors</b>	NIL
<b>Heads &amp; Tails</b>	Ron Allen
<b>Raffle</b>	John Worldon

