

Steve Massey



Rotary Club of Tamworth First Light



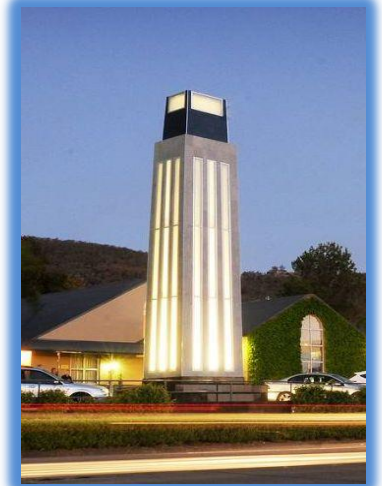
2019-2020

District Governor [Phil Hafey](#)

President: [Barry Biffin](#)

Secretary: [Liz Gill](#)

Treasurer: [Deb Barnes](#)



MEETING 1490

WEDNESDAY 26 FEBRUARY 2020



Born last Night - Liz Gill - Rotary Friendship Exchange in Botswana

IMPORTANT DIARY DATES 2020

26 – 27 February **MVHERV** - Bunnings

Sunday 1 March **President Elects Training** - Tamworth High School – more details to follow

Sunday, 1 March **Clean up Australia Day** – Rotary to meet behind Hungry Jacks – Volunteer Sheet will go around closer to the time – Contact is Richard Walker – 0427 466 799

1 – 9 March RYAG SHEEP – WALCHA

Dinner Friday, 6 March – Anyone interested in attending – please speak with Naomi Blakey on 0424 973 714 or namoi.blakey@gmail.com as soon as possible. Time to be confirmed and there is no cost for the meal (drinks??)

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

3 May Incoming Board Training Sessions - Gunnedah

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

Tuesday, 19 May Parents night re Careers Expo

Wednesday, 20 May - Northwest Regional Careers Expo at TRECC – Booking now open

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

Saturday, 20 June – Club Changeover & 30TH Birthday Celebrations

Saturday, 26 June -D9650 Changeover - Laurieton



Our two RYAG Sheep candidates - Cameron Smith and Parker Constable - from McCarthy Catholic College spoke very well about what they were hoping to gain from participating in this program.

We look forward to hearing about their experiences upon their return.

Quote of the Week

Chaos was the law of nature; Order was the dream of man.
Henry Brooks Adams

Hello Members and Friends

Nothing like filling a meeting on the go!

EDUCATION Thank-you Mandy for your report on the Dolly Parton book program called “Imagination Library” where every child born in this instance in Tamworth receives a book each month for a period of five years. Brilliant idea and wonderful way for a baby “to feel, to touch, to turn pages, to learn to read from pictures and then the written word in their language”. Our own Ashleigh Dallas is the Ambassador for this program and her daughter was the first recipient in Tamworth – ideal appointment.

WASTE WARRIORS Good news from Richard Walker - able to confirm that Council has donated a further \$8,000 for the weekend.

YEP Well done Janni Sievanen for your quick practise for a later presentation.

RYAG SHEEP Thank-you to Mr Bernie Williams – Agriculture Teacher - for allowing Cameron Smith and Parker Constable I am sure that they will enjoy RYAG sheep and their presentation was well received by all – good job and we look forward to hearing about their experiences – RYAG Sheep is held in the first week of March ..

RYLA PP and RYLA Mum Louise – is planning the **50th Anniversary Dinner** for Wednesday, 6 May here at **Blazes – the guest speaker is Bernie Shakeshaft – Armidale and Australian Local Hero of the Year.** This will replace our normal meeting so please place this in your diaries as I am sure that it will be a great night and provide an opportunity for us to see and hear what RYLA is all about – it is always a good evening as the RYLarians organise the evening’s entertainment.

THIRTIETH BIRTHDAY CELEBRATIONS AND CHANGEOVER

Speaking of Great Nights – Our own 30th Birthday celebrations will take place at the changeover night Saturday, 20 June. We hope to make this night one to remember if you have any thoughts on guest lists, activities etc. please let myself, Deb, Brian, Brett or John (who??) know your thoughts. Let’s celebrate our 30 years, welcome Deb into her new role and say bye to me.

S&E CHALLENGE Unfortunately and sadly due to budget constraints the Science and Engineering Challenge will not happen this year – working hard to bring it back in 2021.

See you all next week

BARRY BIFFIN



John Hay OStJ BSc Dip Ed JP - RTO Trainer / Assessor from St John's Ambulance spoke to our Club last week and provided an excellent overview about RESUSCITATION and has provided a one-page overview for your information....

AED Awareness - Defib your club

Guest Speaker: John Hay, St John Ambulance Australia (NSW) Trainer/Assessor

Don't wait to find a Defibrillator

Chances of success reduce by 7% to 10% per minute

AED Locator is the easiest way to find an AED in an Emergency: aedlocator.com.au



D	Danger	To you, bystanders the casualty
R	Response	C. O. W. S.
S	Send for help	Triple Zero – “000”
A	Airway	Clear and open
B	Breathing	Look, Listen, Feel, check for 10 seconds – an occasional gasping breath is not adequate breathing
		Unconscious non-breathing casualty
C	CPR	30 compressions (100 – 120 per minute) – hands on the lower half of the breastbone and compress one third of the chest –, 2 breaths – if unable or unwilling to do breaths compressions only. Remember there are a number of tunes to help you achieve the correct rate.
D	Defibrillation	Attach the pads in the appropriate position and follow instructions from the machine – have the pads securely flat on the surface of the skin.

Any attempt at resuscitation is better than no resuscitation

Australian Resuscitation Council

Placement of pads on children under 8 years of age or under 25 kilograms – remember front and back so that the pads do not touch

FAQ's

Will an AED work on someone who does not need it?

Will they regain consciousness after the first shock?

Can you use an AED on a wet or metal surface?

Can you use an AED on someone who has a pacemaker or implanted defibrillator?

Remember the answers!!!

D9650 ROTARY CONFERENCE – 20 - 22 MARCH 2020 – SOUTH WEST ROCKS

Just a reminder to members that the District Conference is on the second last weekend of March at South West Rocks.

You need to register online here:

<https://www.rotary9650.org.au/district-conference>

and choose the events you would like to attend.

At the last Board Meeting, it was decided to reimburse costs to first time attendees to the value of \$150. It does include those first timers who have already booked.

Don't be put off by the term "conference", it's is a misnomer – it conjures up a scene of endless boring PowerPoint presentations, motivational speeches and silly little workshops. I can assure you a Rotary conference is nothing like that.

For those who haven't been to one, it usually goes like this: on the Friday night there is an informal cocktail party (no obligation to attend) where you have the opportunity to meet Rotarians from all over the District. The Saturday is the conference proper where there will be a variety of presentations from other clubs; presentation of awards; keynote speakers, and a talk by the world president's representative. More info on speakers is in the latest eNews.

Yanni will be there and you can meet many of the other exchange students from the District.

You do not have to sit through the lot, you can wander out to the "friendship room" where you will see a variety of static displays of what other clubs are getting up to, and international projects as well. Good opportunity to have a coffee, chat with other Rotarians, and of course, buy something from the Rotary paraphernalia table.

Conference is an opportunity to see the diverse range of ways clubs interact with their community and how clubs raise funds. Fund raising is a hot topic for this club, so chatting to other Rotarians will provide some ideas.

I encourage you all to attend. If you take your Rotary membership seriously, then a District Conference is a "must do" item on your calendar.

Brodie Shields
Executive Secretary



Rotary
Clubs of New South Wales



mherv

men's health education rural van
saving men's lives in rural australia

FREE men's health checks!



At Bunnings Tamworth
Wed. 26th & Thurs. 27th February 10am-4pm

Out in a New England paddock or in town in the supply business... many blokes don't take time to look after number one! High blood pressure and diabetes can sneak up with no symptoms. Too many of us drop dead suddenly, because nobody saw it coming! Do your mates a favour...

Get checked ... see mherv ... its FREE!



Free health checks at the Men's Health Education Rural Van include:

- Blood pressure just to check the heart isn't too stressed.
- Blood sugar levels ... just a pin-prick in the finger, to make sure there's no type two diabetes ... which is manageable even if there is.
- Cholesterol ... just another pin-prick to see if levels are high and need attention.

Sponsored by:



Royal Freemasons'
Benevolent Institution



MHERV Volunteers Roster @ Bunnings Carpark - 26th / 27th February 2020

Time	WEDNESDAY, 26 th Feb	THURSDAY, 27 th FEB
1000 – 1200	JANE BRADFORD BRUCE HEMMETT	PHIL KNIGHT PHIL PENMAN
1200 – 1400	PETER LEONARD VAL HELLMANN	DEB BARNES BRIAN THOMPSON
1400 - 1600	ANNE JACOB	DAVID HINWOOD

EXTRA VOLUNTEERS if REQUIRED

TOM HELLMANN Wednesday 2to4 or Thursday 2to4

IAN HOWLE Thursday 2 to 4

STEVE HAWKINS Wednesday 2 to 4 or Thursday 2to4 (if possible)

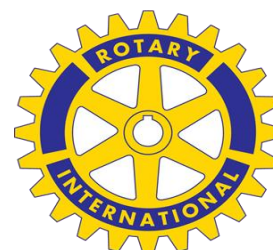


RESERVE THE DATE - 24 March 2020



Welcome to a special dinner

to celebrate Gemma Sisia's new achievements and her visit to Tamworth on 24 March 2020



Sponsored by the **Rotary Clubs of Tamworth**

Some history of SOSJ

From the heady days of 2002, with just three students, the School of St Jude now comprises three campuses filled with 1800 students, provides boarding facilities for 1,200, owns and operates 25 buses which transport students and staff, provides 29,000 hot meals each week and employs over 290 people – 95% of whom are Tanzanian.

SOSJ also supports 350 graduates as part of the Beyond St Jude's programme. Between them, they have taught over 60,000 government school students as part of a Community Service Year before going on to tertiary education.

This remarkable institution has been made possible by a symbiosis between the Girl from Guyra and her long-term supporters, many of whom are Rotarians from all over Australia.

Gemma is always looking for new supporters, so if you would like to learn more, come along and enjoy her presentation.

Date: Tuesday 24 March 2020
Guest Speaker: Gemma Sisia and student from SOSJ
Venue: Diggers Ballroom, West Diggers Club, Kable Av
Time: 1800 for 1830 (6.00pm for 6.30pm)
Meal: Dinner and wine
Cost: \$50
RSVP: 10th March 2020
Booking contact: Sue-Ellen Nash 0428 623 229 sue_ellennash@yahoo.com.au

There will be some items for sale, including the very colourful Masai Shukas, light blankets to grace any modern bedroom.



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

	26 February 2020	4 March 2020	11 March 2020
Topic	Nurse Rob Wooley Men's Health	Bob Kirschner Toastmasters	Barnaby Joyce State of the Nation
Sergeants	Mandy Fisher Steve Martin	Mandy Fisher Steve Martin	Mandy Fisher Steve Martin
Corporals	John Worldon Graham Dooley	Peter Hyde Mitch Soree	Glenn McIntosh Peter Bell
Meeter & Greeter	John Rouvray	David Hinwood	Paul Stevenson
Door Team	Richard Hardwick Steve Massey	Maureen Thornton Terry Robinson	Peter Leonard James Treloar
President Assist	Naomi Blakey	John Treloar	Ron Allen
Visitor Assist	Ian Howle	Bruce Hemmett	Brian Thompson
Welcome	Ron Allen	Brian Logan	Dennis Johnson
Bulletin Notes	Phil Penman	Dennis Maunder	Anne Jacob
Introduction	Phil Penman	Dennis Maunder	Anne Jacob
Vote of Thanks	Richard Walker	Brodie Shields	Michael O'Connor
POST OFFICE RAFFLE – FRIDAYS - 6:30 – 7:30PM			
28 February 2020	6 March 2020	13 March 2020	20 March 2020
Brett White Steve Massey	Brett White Peter Leonard	Peter Leonard Mitch Soree	Mitch Soree Phil Lyon
BIRTHDAYS, ANNIVERSARIES AND INDUCTIONS			
Members Birthdays	NIL		
Partners Birthdays	NIL		
Anniversaries	NIL		
Club Induction	PDG Jane Bradford OAM (13 yrs 28/02); Marina Hearne (4yrs – 02.03)		
Attendance	79%		
Make-Ups			
Visiting Rotarians	Yanni Sievanen (YEP), Sam Peacocke (Dubbo South);		
Visitors	Neil, Amanda & Parker Constable, Lisa & Cameron Smith, Bernie Williams		
Heads & Tails	Bruce Hemmett		
Raffle	No 43 was the winner		

