

Tamworth First Light

The Bulletin

Issue 19 | 23 October 2024 | Meeting 1724

This Week

- Sue is back!
- Polio Movie - 31 Oct!

23 October 2024

RSVP Link



Rotary Year 2024 - 2025

RI President: Stephanie Urchick

District Governor: Bruce George

President: Sue O'Connor

Secretary: Courtney Priestley

Treasurer: Dennis Maunder



Sue's Spark of Rotary Inspiration

Quote of the Week: I finally know why they call me a grown-up, I groan every time I get up! The context of this quote was that this time last Wednesday, I just waking up on a thin futon on a monastery floor in Koyasan, Japan. My 1st thought was about Rotary being on at that time: all good, sure to be under control. My 2nd thought was about getting up to see the monks chanting morning prayers, then enjoying a breakfast of rice, tofu, seaweed and green tea (questionable!). My 3rd thought was: How the heck am I going to get up off this floor???

Joke of the Week: Joker Card, thanks Mitch.

Notices:

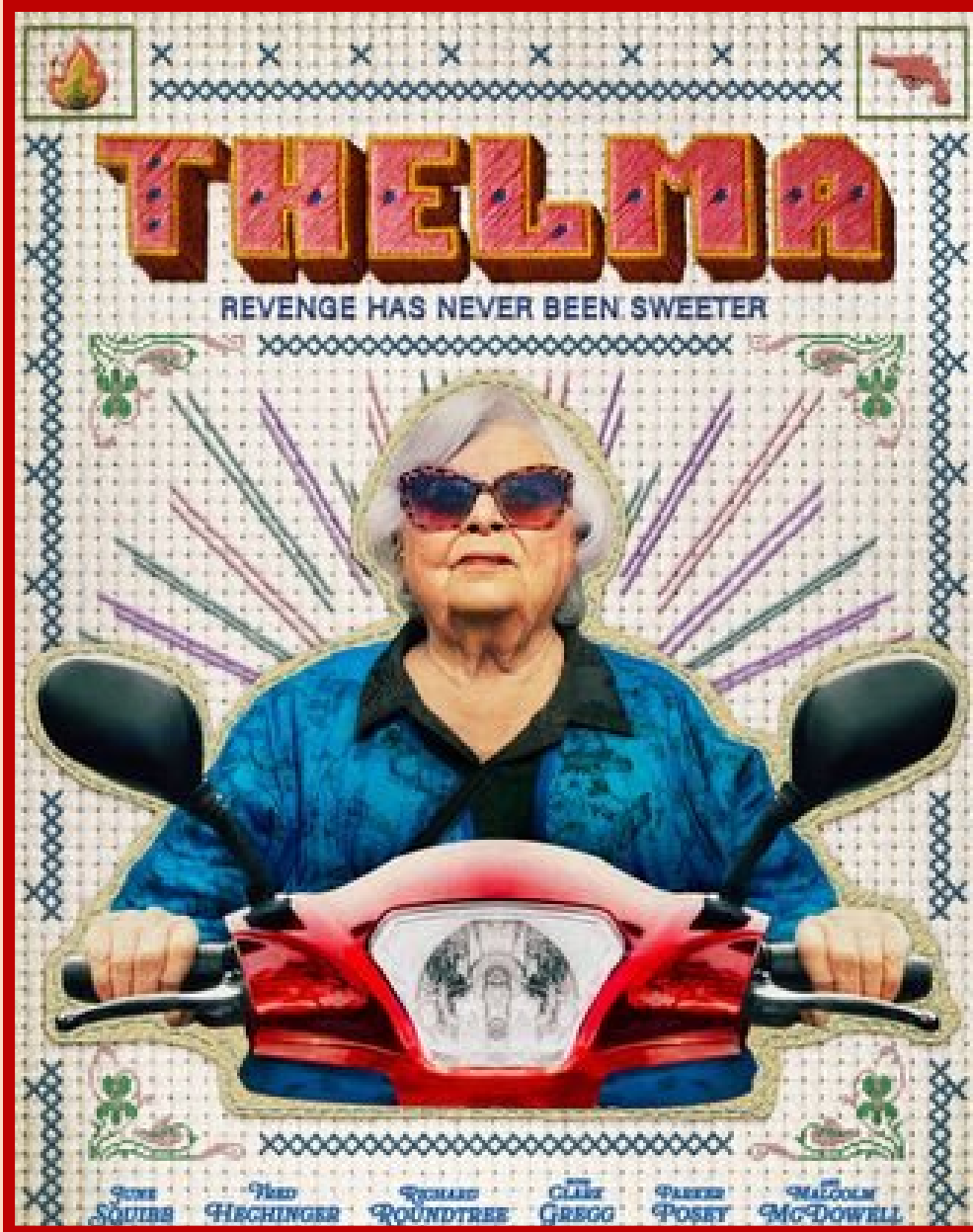
- A big thank you to Brian, Richard, Courtney and all those who helped to keep everything running for our club over the past couple of weeks.
- Simon reminded us to buy our tickets for the End Polio Movie "Thelma" on Thursday 31st October at 7.30pm. Tickets are \$25 and can be purchased from Simon. Come along and help a valuable Rotary project while enjoying the movie.
- Charlotte spoke about the Santa Crawl meeting to be held at 5pm this Thursday at the Tamworth Hotel. We'd still like more committee members so come along if you're interested. Mitch spoke about keeping 20th December free as we'll need lots of volunteers for this event.
- Naomi spoke about the Powerhouse Museum celebration on 9th November. Brian will be looking for some volunteers to help with the BBQ that we'll be running.
- The TRC Volunteer Expo is now being held on 24th November at the Town Hall. There'll be more info about this later.
- Richard reminded us about the Aussie Bird Count which is on from 14th – 20th October.

- Glenn spoke about the Science & Engineering Challenge in March 2025. Meetings for this will begin fairly soon.
- The District 9660 Showcase and AGM are being held in Forster over the weekend of 16th-17th November. Our delegates for the AGM will be Steve Martin and Richard Hardwick. You can register for the Showcase online if you'd like to attend.
- Courtney spoke about the Goanna Academy Combined Schools Mental Health Community Event, which is being held next Tuesday 22nd October at Scully Park. Students participate in rugby league skills clinics and mental health workshops by Greg Inglis, Cody Walker and the Goanna Academy. It is aimed at prevention and early intervention of mental health in students in regional areas. We have given them a donation and will also be looking for volunteers to help with the BBQ between 10.00am and 1.30pm. Please let Courtney know if you're interested in helping.
- Brian L spoke about supporting Inala House, where cancer patients stay while undergoing treatment. Frequently there are more patients than places in Inala House, and they are seeking funding for accommodation for the overflow patients. The board decided to give them a \$2000 donation in support.

Guest Speakers: We were so fortunate to have Simon Cowie, General Manager of NSW Heart Foundation who was visiting from Sydney, give a very informative talk about the Heart Foundation and looking after our heart health.

Sue O'Connor
President 2024/2025





End Polio Movie Night

31 Oct 24

7.30pm

\$25/ ticket

RSVP to

Simon Guest

0400 062 524

**Join us
FUNDRAISER**

Guest Speaker - Simon Cowie

Statistics and information on heart attack in Australia

- The information on our Key Statistics pages is drawn from a variety of reputable sources, including the Australian Bureau of Statistics (ABS) and the Australian Institute of Health and Welfare (AIHW).
- These pages are intended to be a helpful resource for anyone seeking reliable information on cardiovascular disease in Australia, including consumers, researchers, healthcare policy makers, media and health professionals.

Heart attack

A heart attack is a sudden loss of the blood supply to an area of the heart, usually due to blockage of an artery.

This means that the heart muscle isn't getting the blood and oxygen it needs to effectively pump blood to the rest of the body.

Explore the statistics relating to heart attacks below.

Prevalence

- Almost 2% of people will experience a heart attack sometime in their life, equating to 430,000 people in Australia.
- More than twice as many men experience heart attacks compared to women.
- The rate of people reporting having heart attacks has increased 6% since 2017-18.

Deaths

- Heart attacks are responsible for causing almost 1 in 25 of all deaths (around 4%).
- This equates to one person dying of a heart attack approximately every 80 minutes, or on average 19 people every day.
- Considerably more men die from heart attacks compared to women (75% higher rate*).
- Deaths from heart attacks have been decreasing over time, with the number of people losing their lives due to heart attacks reducing by half over the last ten years.*

Hospitalisations

- Over 150 people are hospitalised due to a heart attack every day, this is on average, one person every nine minutes.
- Almost twice as many men are admitted to hospital for heart attacks, compared to women.
- The number of people hospitalised due to a heart attack have slowly decreased over the last ten years.*
- \$680 million is spent on people admitted to hospital for heart attacks, with this amount rising on average by about 4% every year.⁴

* After adjusting for population size and age distribution.



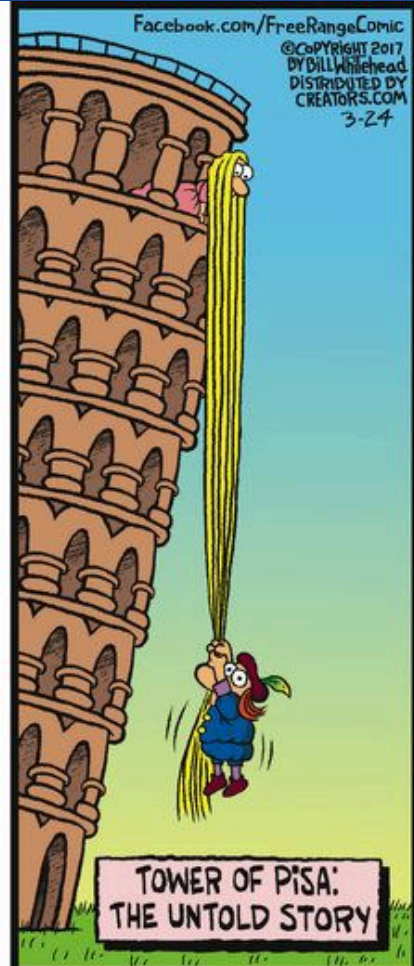
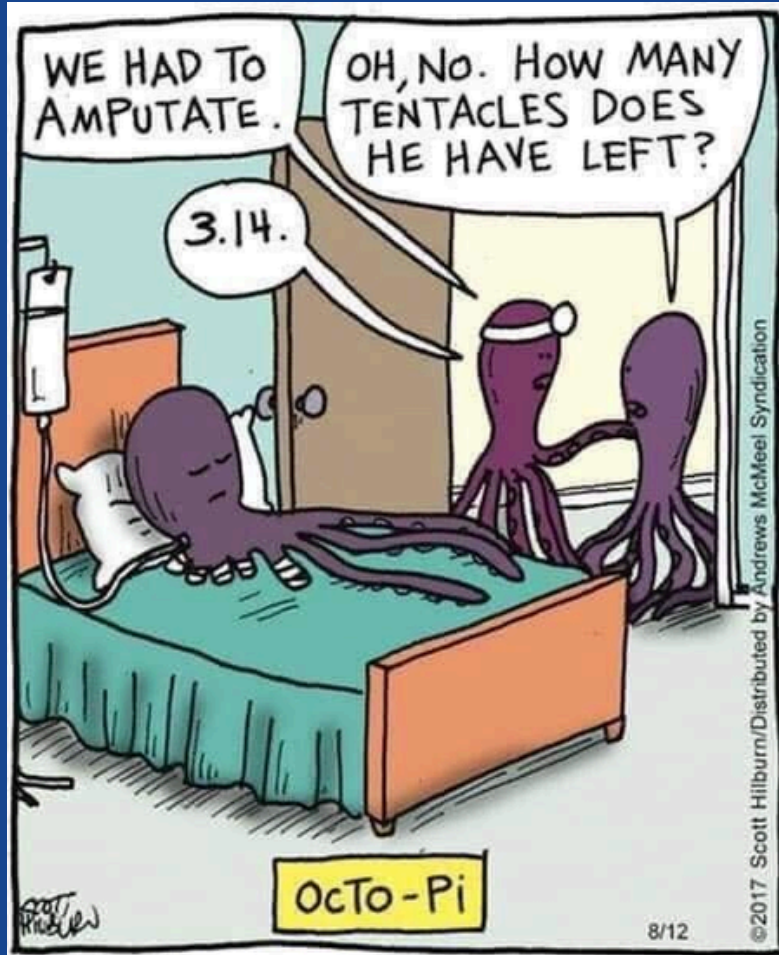
[Heart Foundation website link](#)

Exchange Student Adventures - Ela & Malin

SCHOOL HOLIDAYS
& back to school



The Funny Elbow



Important Info

[Tamworth First Light Webpage](#)

[District 9660 Webpage](#)

[Rotary International Link](#)

[DACdb Link](#)

Calendar



Join us
every 3rd
Friday of
the month
at The PO
Hotel

31 OCTOBER 2024 - POLIO MOVIE NIGHT

16 & 17 NOVEMBER 2024 - DISTRICT SHOWCASE

20 DECEMBER 2024 - SANTA CRAWL

14 - 16 MARCH 2025 - DISTRICT CONFERENCE

13 & 14 MAY 2025 - NWRCE

ASSISTANCE REQUIRED:

22 OCT - GOANNA ACADEMY

9 NOV - BBQ AT POWER STATION MUSEUM

20 DEC- SANTA CRAWL VOLUNTEERS

Roster

Date	23 Oct	30 Oct	6 Nov
Topic	Club Training Day (Youth Protection)	Boosting Personal Effectiveness & Peak Performance	YEP Student Japan
Location	Tamworth City Bowlo	Tamworth City Bowlo	Tamworth City Bowlo
Guest Speaker	Steve Hawkins	Deb Maes	Wakana Nishimura
Sergeant	Terry Robinson	Terry Robinson	Brian Logan
Corporal	Luke Massey	Richard Hardwick	Richard Hardwick
Meeter & Greeter	Paul Stevenson	Bruce Hemmett	Peter Johnston
Door Team	Deb Barnes Alice Elsley	Hugh Raadgever Liz Gill	Glenn McIntosh Brett White
President Assist	Mal Turnbull	Louise Matthews	Naomi Blakey
Guest Speaker Intro & Visitor Assist	Nil	Diane Petterson	Marina Hearne
Bulletin Notes Vote of Thanks	Nil	Graham Dooley	Michael Smith

POST OFFICE RAFFLE – FRIDAYS – 6:00 – 7:00PM

25 Oct	1 Nov	8 Nov	15 Nov
Hannah Woods Louise Matthews	Louise Matthews Charlotte Moore	Charlotte Moore Richard Hardwick	Richard Hardwick Vicki Cooper

Any changes to the roster, please let the President Assist know the morning of the meeting that you are replacing someone.

Reminder that it is up to members to find your replacement if you are unavailable.

Email Leave of Absence to the Secretary

Birthday, Anniversaries, and Inductions

Members Birthdays	Nil
Partners Birthdays	Chery Hardwick 29/10
Club Inductions	Diane Petterson 24/10 (1yr) Anne Jacob 28/10 (26yrs)
Anniversaries	Nil

Attendance	74%
Visiting Rotarians	Nil
Visitors	Ela Fiserova (YEP RC First Light) Malin Breivik (YEP Student RC Tamworth)
Heads and Tails	Glenn McIntosh
Chook Raffle	Jo Lewis (free breakfast the following week only, cannot be claimed at a later date)