

Tamworth First Light

The Bulletin

Issue 31 | 29 January 2025 | Meeting 1735

This Week

- We're going to check out the farm - it's vocational visit week!!



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 never lose. I either win or learn. Nelson Mandela.

Joke of the Week: Joker Card, thanks Steve Martin.

Notices:

- Our volunteers are ready to go for marshalling at the Country Music Parade on Saturday. Thank you to those who've volunteered and to Peter Johnston for organising this.
- Louise gave us an update on the RYLA participants being sponsored by our club for the upcoming RYLA camp. Well done Louise with your ongoing support of RYLA.
- Marina informed us that the formal certification letter for the Tamworth Sunshine Interact Club has arrived, so they are now fully chartered. A huge congratulations and thank you to Marina on achieving this, your support in setting up the Interact Club has been tremendous.
- Peter Ryan informed us of the recent announcement by the Australian Government to grant \$9 million toward the proposed Tamworth Aquatic Centre, exciting news for this project. Well done Peter for your work toward this.
- Next week will be our vocational visit to James Treloar's turf farm. See you all there!

- Update on the RCTFL Foundation Trust Deed review: several items of information were emailed to you on Monday in preparation for the Special General Meeting on 12th February. Please have a read and see Richard or myself if you have any questions or comments.

- We received an email from RAWCS: RAWCS have been invited to participate in the Australian Government's Disaster Ready Fund. RAWCS will propose a project aimed at increasing preparedness in communities by empowering local Rotary Clubs with the necessary resources through hazard event training. The proposed training will consist of a full-day session for Rotary Club members and community leaders. All costs associated with organizing this workshop will be covered by RAWCS through the grant funding. The expression of interest for this has been extended to mid-February. If anyone has thoughts on this or is interested in our club being a part of this, please see me.

Guest Speakers: Thank you to Deb Maes for her thought-provoking and heartfelt presentation on Mindful Mastery.

Sue O'Connor President 2024/ 2025

Vocational visit address: 58 Cross Park Road





7 January 2025

District 9660

Dear sponsors, advisers, and district leaders:

It is with great pleasure that we send you the enclosed charter certificate for the new Interact Club of Tamworth Sunshine (ID 230819), sponsored by your club. Please sign the certificate for presentation to this new club.

Congratulations and best wishes to all who worked so hard to establish this Interact club. The investment in these young leaders of your community will undoubtedly produce great rewards in the future!

Please contact interact@rotary.org if you need further assistance.

Sincerely,

A handwritten signature in black ink, appearing to read "R. Gordon R. McNally".

R. Gordon R. McNally
President
Rotary International

**Congratulations to our kidlets!!
Interact Club of Tamworth
Sunshine is official.**

Guest Speaker - Deb Maes

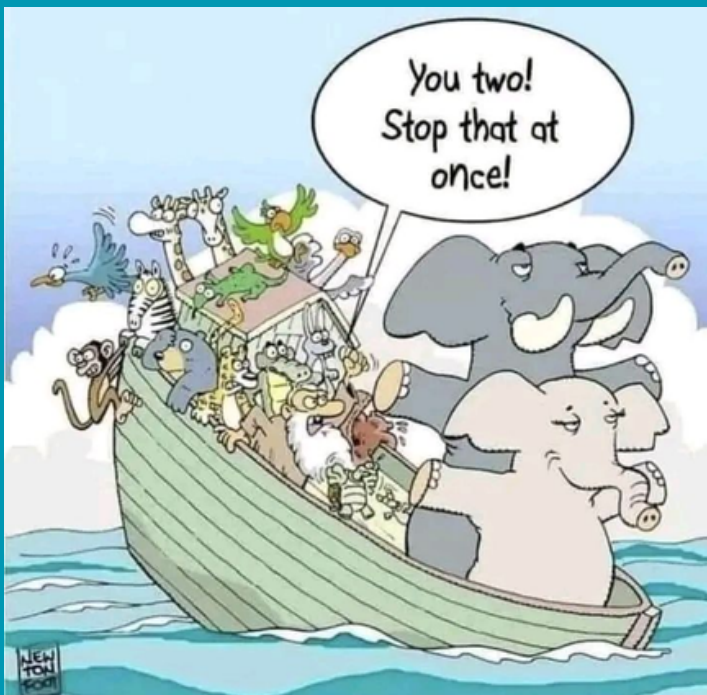
Our Aurelie invited our guest speaker, Deb Maes, to speak with members about mental muscle and emotional resilience. Deb is a specialist in mindsets and mindfulness who works with individuals, groups, and corporates, promoting evidence-based tools drawn from the sciences of psychology and neuroscience.

Deb provided information and insights into the well worn "mental movies" and narratives which each of have playing in our subconscious. The stories we all tell ourselves can either powerfully enable us, or act to disable us - and we can reflect on, and actively choose, which narratives to repeat, which to edit, and which to reject. Changing your mental script can change your attitude and that can lead to changed, and more positive, beneficial, behaviours. It can assist you to become a more mentally resilient person.



The Funny Elbow

A very rare photo of the Milky Way viewed from Mars



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

14 - 16 MARCH 2025 - DISTRICT CONFERENCE

17 - 21 MARCH 2025 - S&E CHALLENGE

13 & 14 MAY 2025 - NWRCE

ASSISTANCE REQUIRED:

25 JAN - CAVALCADE VOLUNTEERS

17 - 21 SCIENCE & ENGINEERING CHALLENGE

Roster

Date	29 Jan	5 Feb	12 Feb
Topic	Lucerne Farming	Santa Crawl Donation recipients	RCTFL Foundation Trust Deed rerview
Location	VOCATIONAL	Tam City Bowlo	Tam City Bowlo
Guest Speaker	James Treloar	Billabong Clubhouse & Sora	Sue O'Connor
Sergeant	Brian Thompson	Mitch Soree	Mitch Soree
Corporal	-	Mal Turnbull	Peter Ryanl
Meeter & Greeter	-	Bev Fletcher	Luke Massey
Door Team	Terry Robinson Diane Petterson	Hannah Woods Louise Matthews	Michael Smith Vangel Christov
President Assist	Brett White	Helen Tickle	Brian Logan
Guest Speaker Intro & Visitor Assist	Sue O'Connor	Charlotte Moore	-
Bulletin Notes Vote of Thanks	-	Aurelie Quade	-

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

31 Jan	7 Feb	14 Feb	21 Feb
Bev Fletcher Pail Stevenson	Paul Stevenson Steve Martin	Steve Martin Helen Tickle	Helen Tickle Mitch Soree

**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 Secretary, Courtney**

Birthday, Anniversaries, and Inductions

Members Birthdays	Nil
Partners Birthdays	Nil
Club Inductions	Nil
Anniversaries	Nil

Attendance

59%

Visiting Rotarians

-

Visitors

- Ela Fiserova (YEP RC First Light), Malin Breivik (YEP Student RC Tamworth), Sophia Escarcega Garrido - (YEP Student RC Bellinghen) & Kaci Kadounova - (YEP Student RC Kincumber)

Heads and Tails

Mitch Soree

Chook Raffle

Michael Smith
(free breakfast the following week only, cannot be claimed at a later date)