

21 Nov. 18



ROTARY CLUB OF SAWTELL

Sawtell Sun

Wrecks and depths

Bruce Hall introduced guest speaker Rotarian Mark Spencer. Mark is a member with the Coffs Daybreak Club and is a dentist by profession. However his interest is in the ocean.

Mark shared his adventures diving on the shipwreck of the Keilawarra which sank after colliding with another ship east of North Solitary Island in 1886. 41 lives were lost. The wreck lies under 72 metres of water, so divers use a mix of oxygen and helium to get to this depth.

Photos of the wreck conveyed the murky depth, the quiet and the sad remains of ordinary shipboard life: dinner plates and the ship's safe.

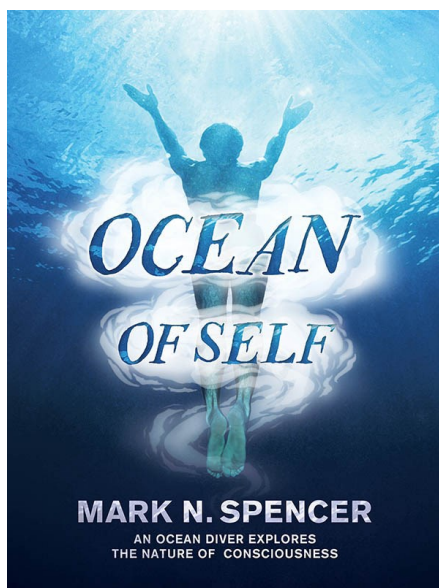
When Mark dived on the wreck a second time, the safe had been cut open and the contents looted!

Mark segued to his book which draws on both his long experience as a diver and practicing meditation.

Part autobiography, part science and part philosophy, the book "Ocean of Self" is the culmination of Mark's decades-long research into these correlations. He explains why we all need to become deep-sea 'divers' in the one ocean of consciousness that is proposed to underlie modern physics. The implications are profound for our physical, mental and spiritual development and also promise surprisingly practical solutions for world peace and harmony.

The book is currently available as an eBook (\$8.61 from Amazon, Drew informed us) and Mark is using crowd funding to put together a paper based edition next year.

Bruce Hall and guest speaker Mark Spencer



May joy and peace surround you, contentment latch your door, and happiness be with you now and bless you evermore!

The club was delighted to be joined by Rotarian Chris O'Dea from the Rotary Club of Navan, which is located about 42 km north west of Dublin.

Chris and his wife are visiting Sawtell for a month for his grandchild's 3rd birthday. His son met a Sawtell girl when they were both working in London.

Chris extended greetings from his club's President Robert Callaghan. As a Charter member of the Rotary Club of Navan (1980) Chris had much to share about his club.

One of their most significant fund raisers each year is the Rotary Tree of Remembrance which is held at two local shopping centres for eight days prior to Christmas.

The purpose of the tree is to give members of the public an opportunity to write a message of remembrance on a silky yellow ribbon, in recognition and memory of departed loved ones, those living abroad, who cannot be with

them over the Christmas period, family or friends in hospital or ill at home, or for any other reason, to remember someone at this time of the year.

All the ribbons are then attached onto looped strings of tape, and gradually hoisted to the top of the Tree of Remembrance, as the tapes fill up. In return, people are requested to make a small donation towards the Rotary Club's charitable fund. All monies collected are distributed to local charities.

Last year over €14,000 was raised and distributed to Meals on Wheels, Vincent de Paul, Tsholofelo Project, Africa, Meath Women's Refuge & Support Services, Irish Society for Autism and the Alzheimer's Day Care Centre.

Members of the Rotary Club of Sawtell raised their glasses and toasted the Rotary Club of Navan.



3 minutes of Rob

With less than 3 minutes notice Rob Alford shared his life story with us.

Born at Sunnyside in Coffs, Rob attended the only two schools in town at the time: Coffs Harbour Primary and Coffs Harbour High. He left to take up a Fitting and Machining apprenticeship and upon its completion moved to Newcastle for work. There he met and married Julie and they decided to travel Australia.

This turned into four years at Mount Tom Price, where working in the power station was a long six months and the workshop was an improvement.

Their first child prompted a return to Coffs and then Rob started working on maintenance for service stations. This led to the establishment of his own business which included the installation of in ground tanks. After 20 years in business Rob semi-retired, which has more recently turned into actual retirement.



Heather Kassulke
23 November

Steve Kassulke
26 November

Upcoming Events

| | |
|-------------------------------|---|
| 26/11/2018 6.30 for 7pm | Charley Della, Outgoing Exchange Student Partners Welcome \$20 |
| 3/12/2018 | AGM |
| Sunday 9/12/18 | Christmas celebration, Two Tails Winery Private Transport |
| 10/12/18 | No meeting |
| 15/12/2018 | BBQ @ Sawtell Kid's Christmas Street Party Request for assistance will be made |
| 17/12/18 | Dinner meeting |

18/19 Board

| | |
|-----------------------------------|-------------------------------|
| President | Ellis Nicholson 0438017127 |
| President Elect & Club Service | Warren Hollyman |
| Past President | Drew Bogema |
| Treasurer | Ray Baldwin |
| Secretary | Alan Freedman 0419 357 864 |
| Director— Community Service | Mike Fayle |
| Director—International | Paul Newton |
| Director—Vocational | Roger Atwal |
| Director—Youth Service | Roslyn Cousins 0418184377 |
| Sergeant at Arms | Denis Gleeson |

Upcoming Duty Roster

| Meeting Date: | November 26th | December 3rd |
|-------------------------------|------------------------------|------------------------------|
| Attendance: | Ray Baldwin Alan Freedman | Ray Baldwin Alan Freedman |
| Affirmation | Roy Veerhuis | Rob Alford |
| International Toast: | Phil Makinson | Roslyn Cousins |
| Program Introduce and Thanks: | Allan Freedman | N/A |
| Program: | Charley Della | AGM |
| Emergency | Warren Hollyman | Warren Hollyman |

Apologies and Guests by Monday by 12 noon.

Contact Alan Freedman PHONE 66 531888, MOBILE 0419 357864,
E-MAIL alan.l.freedman@bigpond.com

Any late apologies (after 12 noon) should be to Alan's mobile number.

Note: Failure to apologise will result in the member being charged \$20 for a meal.