

8 November, 2018



ROTARY CLUB OF SAWTELL

Sawtell Sun

## District Governor's Visit

On Monday evening our Club was visited by District Governor Lorraine Coffey from the Armidale AM Club and Dennis Chellingsworth, her partner.

A great occasion for the Club was the induction of our second female member, Alison Williams. It was fortuitous to have this Induction when the District Governor was visiting, as the both Alison and Lorraine both come from media backgrounds.

Following some introductory remarks by her sponsor, Alan Freedman, Alison was inducted by President Ellis assisted by the District Governor.

Alison's background in media should add an extra and much needed dimension to our Club, so welcome Alison.

Following the induction, DG Lorraine concentrated her address around RI President Barry Rassin's 2018/19 theme, "Be the Inspiration." We firstly watched a short video of President Barry expanding on his theme.

The main message DG Lorraine gave us was to get younger people involved in Rotary activities. For example, we should try to promote Rotaract Clubs. She said our District has been sponsoring a group of young Rotaractors who are travelling around the major centres in this District promot-

*DG Lorraine Coffey with new Rotarian Alison Williams, sponsor Alan Freedman and President Ellis Nicholson*



## DG Visit (cont.)

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ing Rotaract. She believed our initiative a few years ago in getting Rota Kids going was excellent and that we should try and revive it.

Lorraine also promoted attendance at the District Conference in Armidale in March, 2019, promising a weekend full of fun. There will be great music and several inspirational speakers.

Lorraine also plugged the great value of Rotary Friendship visits. She mentioned there is a Friendship visit planned for South Africa in the near future for anyone interested.

Before winding up her address, Lorraine gave us a 'drought relief update.' Rotary has been heavily involved in the organization and distribution of drought relief funds. The Rotary Clubs in the western parts of our District have been right at

the coalface of these relief activities. There have been heartbreaking stories arising from this terrible drought.

Following Lorraine's address Dennis outlined his Partner's Project for 2018/19. He is aiming to raise \$35,000 to establish a Scholarship for research into Motor Neurone Disease. He is doing this through the sale of \$10 tickets in a raffle with the first prize a painting by a well-known local artist (Archibald Prize standard). Dennis is doing this, as his family has just been through the trauma of a close relative afflicted and recently dying of MND.

## What is MND?

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Motor neurone disease (MND) is the name given to a group of diseases in which the nerve cells - neurones - controlling the muscles that enable us to move, speak, breathe and swallow; undergo degeneration and die.

Neurones are nerve cells. Motor neurones take messages from the brain to the voluntary muscles and to some glands. There are two types of motor neurones. Upper motor neurones (UMN) take the messages from the brain through the spinal cord. Lower motor neurones (LMN) take the message from the spinal cord to the muscles.

With no nerves to activate them, muscles gradually weaken and waste.. It is estimated that there are presently more than 2,000 people with MND in Australia. Slightly more men than women are diagnosed with MND, most commonly in the 50 to 60 year age group. However, MND may be diagnosed in adults at any age. Visit: [www.mndnsw.asn.au](http://www.mndnsw.asn.au) for more information.



**Chris Veerhuis**

9 November

**Heather Kassulke**

23 November

**Steve Kassulke**

26 November



# Friendship Visit from District 3040

Last weekend our Club enjoyed the visit of a Rotary Friendship Team from District 3040 in India. The team of 10 were locally hosted by Peter and Sue Paff, Roger and Manu Atwal, Ellis and Bronwyn Nicholson assisted by Peter Richardson and his partner from the Coffs Harbour Club.

Peter Paff organised an array of activities that included the Indian team being guests at one of our regular meetings, a walking tour of Sawtell to show our Club achievements including the Clock, St Nicholas Hall, the Scout Hall additions and interpretive signs in the main street. Sightseeing some of our closer well-known spots such as Searly Lookout and the Harbour foreshores was part of their visit.

Most of the Indians sighted whales for the very first time. Roger organized a visit to a local banana plantation and also a very profitable cucumber growing venture. The Indian visit concluded with them being transported to Macksville where they were shown through a bus building factory. Our Club did visit there quite a number of years ago, but it has considerably expanded since then.



Above: President Ellis Nicholson exchanging club banners with our Indian Friendship visitors from District 3040

## Upcoming Events

12/11/18	Kate Drum, Sawtell RSL
19/11/18	Dinner meeting, guest speaker TBC
26/11/2018	Charley Della, Outgoing Exchange Student
3/12/2018	AGM
Sunday 9/12/18	Christmas celebration, Two Tails Winery
10/12/18	No meeting
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 12th	November 19th
Attendance:	Ray Baldwin Alan Freeman	Ray Baldwin Alan Freeman
Affirmation	Roslyn Cousins	Alison Williams
International Toast:	Shayne Long	Roslyn Cousins
Program Introduce and Thanks:	Roger Atwal	Bruce Hall
Program:	Kate Drum, Sawtell RSL	TBC
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](mailto: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.