

24 October 2019



Rotary Club of Sawtell

Sawtell Sun

Blessed are the Cheesemakers*

Mother-and-daughter team Lyndall and Mel were our guest speakers and they gave a demonstration of how easy it is to make your own healthy, inexpensive yoghurt.

Members were taken with the idea of yoghurt at a cost of \$1.60 per kilo which isn't 26% sugar, unlike many commercially available yoghurts.

Located at the Big Banana, Mel and Lyndall offer workshops for home cooks, chefs and foodies of all skill levels, to learn to make cheese. Cheese is the oldest manufactured food, predating even bread.

According to Lyndall, who has been teaching cheesemaking in Coffs Harbour for the last 10 years (and

making it at home for much longer!), making your own cheese is easier than baking a cake – and the results are far more versatile.

Workshops range from the entry-level Soft Cheesemaking Workshop to daily one-hour express options, all taught in the sunny kitchens at the original banana plantation homestead. People fly in from as far as New Zealand to do Lyndall's courses.

Mel runs the shop which sells a wide variety of local and overseas cheeses, kits, equipment, cultures and rennet and kitchen tools.

I foresee many a yoghurt machine under the Christmas tree this year.

Below:

President Warren Hollyman, with Lyndall Dykes and her daughter Mel.



* According to Monty Python's *Life of Brian*



Patty & Ray Baldwin

4 November



Julie Alford

2 November

Chris Veerhius

9 November

Heather Kassulke

23 November

Steve Kassulke

26 November

Lyn Hollyman

29 November



Rotary Themes

November 2019: Foundation Month

December 2019: Disease Prevention & Treatment Month

January 2020: Vocational Service Month

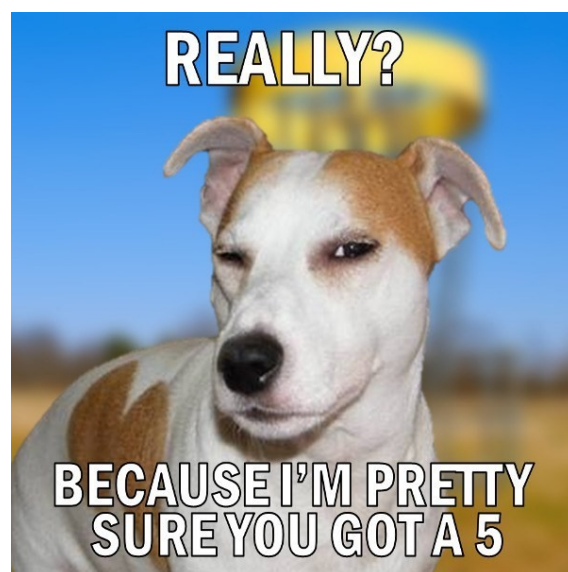
February 2020: Peace & Conflict Prevention Month

March 2020: Water & Sanitation Month

April 2020: Maternal & Child Health Month

May 2020: Youth Service Month

June 2020: Rotary Fellowships Month



Rotary International District 9650 Conference 2020 - March 20 to 22 South West Rocks Country Club

**Diarise Now for
a great Rotary
weekend**



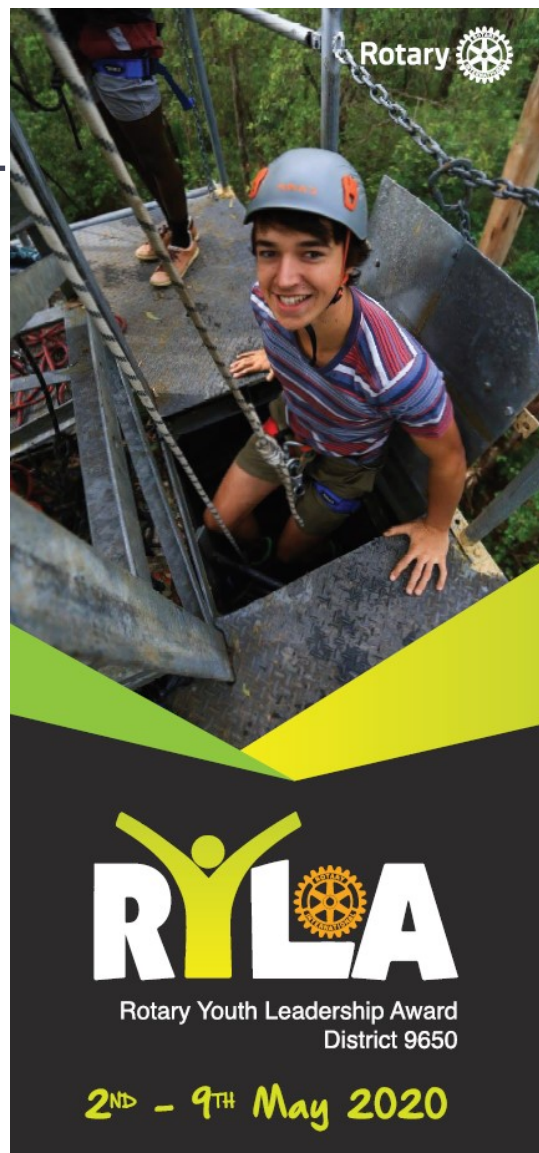
**Rotary Fun &
Learning**

Club & Board News

- 6 monthly membership fees due on 1 December
- Members heading to Urunga—please pay the club \$125 to cover the deposit
- Nominations for Pride of Workmanship open—to be announced in February
- Suggested that we investigate having a mural painted on the water tower on the headland as a club project



Above: Alison Williams and Shayne Long at the meeting on 30 September



Head to the website :


<https://www.rotary9650.org.au/RYLA>

DUTY ROSTER	4 November	11 November
Attendance	Ray Baldwin Alan Freedman	Ray Baldwin Alan Freedman
Affirmation	Steve Kassulke	John Underwood
International toast	Alison Williams	Roger Atwal
Sergeant	Rob Alford	Peter Paff

Upcoming Events

Sunday 27 October 11am	Tour of the OzBerries facility. Warm clothes and enclosed shoes required. Followed by lunch at the Toormina Hotel.
28 October	No meeting
4 November	District 9650 Governor, Phil Hafey Partners invited, Coats and ties for the gentlemen. The Board meets with the DG at 5.30pm
11 November	Julie Jardine—Cando Cancer Trust
15-17 November	Club Weekend at Urunga
18 November	No meeting
25 November	AGM
2 December	Emily Buckle, Outgoing exchange student, Partners Night
9 December	Christmas dinner with partners at the Sawtell RSL \$30 p.p.

Please RSVP with guests and apologies by 4pm
Monday to Alan Freedman 0419357864



The Four Way Test

of the things we think, say and 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?



P.O. Box 32

Sawtell NSW 2452

www.sawtellrotary.org

Part of District 9650

District Governor: Phil Hafey

www.rotary9650.org.au

2019/20 Board

President	Warren Hollyman 0484298358
Vice President	Rob Alford
Secretary	Alan Freedman 0419357864
Treasurer	Ray Baldwin 0417041590
Club Service	Shayne Long
Community Service	Mike Fayle 0417048546
International Service	Alison Williams
Vocational Service	Ellis Nicholson 0438017127
Youth Service	Roslyn Cousins 0418184377