

ROTARY CLUB OF OCEAN GROVE

Serving the Southern Bellarine



Inc. Assn. A 0013584 X

ABN: 13 501 173 192

Meeting Roster

Date	Guest speaker / Activity	Chair	Greeter / Thanker	Happy \$ /Server	Food Server	Raffle	B'days/Anniversary
Tuesday Dec 5	Fellowship	Gary Willson	N/R	Peter Cowburn	Alan Keyse	Geoff Ford	6/12 Judy Greer, 7/12 Ann Hodgkinson, 11/11 Kerry Ricchini
Tuesday Dec 12	Xmas Dinner						

Our Club

President

Secretary



Lynne Carlson

Rod Bush

Where: We meet each Tuesday at the **Ocean Grove Surf Life Saving Club**

When: 6pm for 6:30pm
Visitors are Welcome

Late Apologies: Lyndy Stagg - 0429 436 858

Web: rotaryoceangrove.org.au

Theme: November - Foundation



Past bu

- Available from our website (rotaryoceangrove.org.au) via the 'Our Club' menu.

Market: 0401 606 036

Art Show: 0417 319 465.

We acknowledge the traditional First Nation custodians of country throughout Victoria and their ongoing connection to this land. We pay our respects to their culture and their Elders, past, present and emerging.

Coming Events

December 12 **Christmas Meeting:** This will be at the Barwon Heads Golf Club. Cost will be \$60.00.

District Conference 15 -17 March, 2024, Mount Gambier.

Meeting report: November 28th

Induction of new member - President Lyn conducted the induction ceremony for our new member **Nick Lascaris**. Nick was welcomed into our club.



Lynne and Nick

Reports

Art show profits – The Art Show committee would welcome suggestions for the distribution of some of the takings from the show. If members have some local charity or cause they would like us to support please make the suggestion to Rod

Xmas Dinner – Barwon Heads Golf Club – Pay next week at Rotary – Please reply by next week as numbers are required.

Link to reply for Christmas Dinner for those who have not yet replied: <https://form.jotform.com/233309096906865>

Market – We are still a couple of gold coin collectors short for this Sunday. See Lisa if you can fill a gap.

Family of Rotary – Trish Emselle is in ICU after a bleed on the brain on Sunday night.

Enviro Club Bronze Award: Our Club was awarded with a Bronze Certificate acknowledging our work in the environment

Wisdom for the Week

People say money is not the key to happiness, but I have always figured if you have enough money, you can have a key made.

One liners

- Adam & Eve were the first ones to ignore the Apple terms and conditions.
- I spent a lot of time, money, and effort childproofing my house... But the kids still get in.
- Communist jokes aren't funny unless everyone gets them.
- A perfectionist walked into a bar... Apparently, the bar wasn't set high enough.

Links

- Rotary International: www.rotary.org
- Rotary District 9780: www.rotary9780.org
- Rotary Foundation: www.rotaryfoundationaustralia.org.au
- Footy Tipping www.footytips.com.au
- Facebook: <https://www.facebook.com/RotaryOG>
- Instagram: [#rotarycluboceangrove](https://www.instagram.com/rotarycluboceangrove)

Please remember:

You receive an email each week asking about your attendance at the next meeting - **please respond when you get it** - it's a very simple process. If you enter your email address, you will receive a return message advising your response has been registered.

Next Week's Meal:

- Fettuccini Carbonara; **PLUS** Sticky date Pudding
- **Sweet Potato Rosti**

area. Congratulations to all Community/Environment Committee members working under the guidance of Pearl and Noel. Pearl is seen here accepting the award from Barb Sheahan



Rotary Conference – A couple of people have had to withdraw from attending the conference so we would there are vacancies for others – please consider.

Youth Service -The students who were awarded the VCE scholarships were not able to attend but they are:-

- William McCulj** – completed Year 11
- Haley Maloney** – completed Year 12
- Hannah Christie** – completed Year 12

There has been contact with the families of the students who expressed their sincere thanks to Rotary for the assistance the money has given them in meeting the school costs.

RYLA The students we had chosen have had to withdraw so we have space for 2 or 3 students for the program next April. If Rotarians are aware of a young person who may be interested please contact Paul.

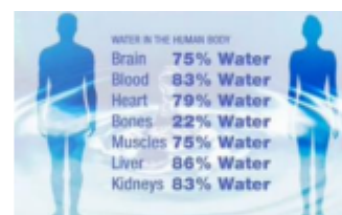
Annual General Meeting – was held. The members elected for positions within our club are listed below. Congratulations and thanks to them all.

Position	Nominee
President	Meredith O'Neill
President Elect	Lyndy Stagg
Past/Vice President	Lynne Carlson
Secretary	Rod Bush
Treasurer	Peter Cowburn
International Service	Kath Venters
Community Service	Pearl Macmillan
Youth Services	Paul Brewster
Vocational Service	Marita Scott

Kath Venters found this video by **Matt Gerber** about his life with Rotary and ShelterBox. <https://www.youtube.com/watch?v=rGL0JQmMZs8&t=32s>

Why is Water Important?

You get most of your water from beverages, but food also contributes a small amount to your daily intake.



[Members Activities - Check your allocation and inform the appropriate person if you cannot make it.](#)

[Lookout Maintenance Roster: Contact Noel Emselle](#)

[15 on me: Contact Rod Bush](#)

I'll chat with members about availability and add names here as I get willing participants

[100 Trees Maintenance Roster: Contact Noel Emselle](#)

November

Peter Cowburn (leader) - Meredith O'Neill, Alex Magee, Ann Hodgkinson, Frank Rice, Rod Greer, Geoff Chandler, Marg Campbell,

December

Andy McKoy (leader) - Jenny Templeton, Neil Templeton, Sue Hill, Lisa and Harry Hanley, Jenny Clairs, Kath Venters,

[Where you can use your OGBA voucher:](#)

Driftwood Cafe, OG Cellars, Ian Pattison Jewellers, Piping Hot Chicken Shop, Viewpoint Digital Media, OG Bar, Wardrobe by the Sea, Bellarine Eye care, Bay IT, Bells by the Beach, Laminar, OG Hardware, OG NewsXPress, Pavilion Property, Ocean Eyes, OG Super Toys, Covenant Wine Bar, Roche Accounting, Bakers Delight

Here are some good reasons to drink up:

1. Helps create saliva
2. Regulates body temperature
3. Protects your tissues, spinal cord and joints
4. Helps excrete waste through perspiration, urination and defecation
5. Aids maximise physical endurance and affects your strength, power and endurance
6. Helps prevent constipation
7. Aids digestion by drinking water before, during and after a meal
8. Helps with nutrient absorption
9. Facilitates weight loss
10. Helps boost energy by improving oxygen circulation
11. It helps fight off illness especially for kidney stones, urinary tract infection and hypertension
12. Aids cognitive functioning
13. Helps keep skin bright

Being mindful of how much water you need daily is important for optimal health. Up your water intake if exercising or living in a hotter region.



I hate it when people act all intellectual and talk about Mozart, while they've never even seen one of his paintings...

