

ROTARY CLUB OF OCEAN GROVE

Inc. Assn. A 0013584 X ABN: 13 501 173 192



Meeting Roster



	Guest speaker	Chair	Greeter/ Assist. Sgt.	Thanker/ Asst. Cshr.	Raffle	B'days/Anniversary
28th May	Volunteer to house build in Cambodia	John Wynn.	Noel Emselle.	John Paton.	Gil Morgan.	1/6 Wal Kelly.
04th June	Aboriginal Artist Helen Brotherton	Margaret Campbell.	Rod Greer.	Coral Barker.	Gerry Spancer.	4/6 Chris Watson, 7/6 Gil Morgan,
11th June	5 on me. New members.	D Clay.	Fred Andrews.	Geoff Brentnall.	Heather Willson.	11/6 Wilma Andrews, 14/6 Marion Walton, 16/6 Jan Brentnall, 16/6 Geoff Ford.

Our Club

President: Graeme Chamberlain

Secretary: Pearl Macmillan

Where: We meet each Tuesday at the Ocean Grove Bowling Club: 18 The Terrace, Ocean Grove, 3226

When: 6 pm for 6:30pm

Visitors are Welcome

Apologies: 0457 315 900

Web: rotaryoceangrove.org.au

Theme: Youth Services Month

Lookout Reserve Maintenance Roster:

26/5/19 - 01/6/19 Peter Cullen

02/6/19 - 08/6/19 Gary O'Donnell

09/6/19 - 15/6/19 John Patton

Past bulletins

- Available from our club website

Market contact: 0401 606 036

Art Show contact: 0417 319 465

Report of Meeting: 21/05/2019

Guests: David Proctor and Danika Greaves, 13th Beach Allied Health, Anne Magee and Jane Keating, CWA.

President's Report

Presentation of cheque for \$2,536 to CWA being proceeds from the Easter Market gate collection. Anne and Jane thanked Rotary for the opportunity and said this was a very large amount for their small group. The money would be used to help support a needy family to attend Boorai kindergarten and to pay the expenses for a student attending Bellarine Secondary College. They also support programs for breast cancer and endometriosis.



A letter has been received from the Ocean Grove and Barwon Heads RSL sub-branch thanking Rotary for the ANZAC Day breakfast. Special thanks to Richard Clay for organising it

Chair: Adrian Schmidt

Reports

Noel Emselle, Community Service – City of Greater Geelong will supply plants and trees for the lookout reserve. Plantings will occur on either 8th or 29th June. Please indicate on circulating sheet whether you can help

Members: Coming Events:

8/9 Jun Queenscliff Bricks Point
Lonsdale Primary School

Saying of the week

Plan your life like you will live forever, and live your life like you will die the next day.

Humour

In a Catholic school cafeteria, a nun places a note in front of a pile of apples, "Only take one. God is watching." Further down the line is a pile of cookies. A little boy makes his own note, "Take all you want. God is watching the apples."

Links

Rotary International:
www.rotary.org

Rotary District 9780:
www.rotary9780.org

Footy Tipping
www.footytips.com.au

Please remember:

- APOLOGIES ARE NECESSARY! IF YOU ARE UNABLE TO ATTEND A MEETING. THOSE WHO DO NOT CONFORM WILL BE SENT A BILL, AS THE CLUB HAS TO PAY IF NO APOLOGY IS REGISTERED.

on either day.

Judy Greer, Youth Services – interviews with 30 year 6 students from Surfside and Star of the Sea have been completed to review their progress. Most are on track at this stage. They have also interviewed the applicant for the NYSF from Bellarine Secondary College and have agreed to endorse him for the program. He now has to go to district selection.

Rod Bush, Membership – a sheet with your details for the next membership directory is being circulated. Please tick if details are correct or amend appropriately.

John Calnin, Social – Footy night to be held on 7th June at Bill Stains work shed. \$15 per head, bring you own drinks and glasses. Entry is off Bonneyvale Road. A sheet is being circulated for numbers. Please indicate if you and partner are coming.

John Calnin, Art Show – The committee met last Monday. This year there will be \$10,500 in prize money with \$9,250 raised by sponsorship to date. Last year’s judge Ben Winspear has donated a painting for the raffle. Jim Delaney, Heather Willson and Chris Watson have joined the committee. Janet Alexander is Treasurer and Rod Bush Vice Chairperson. Entry forms will go out next month. The Art Show Committee also discussed the idea of holding a Quilting Display sometime in January. Board has approved this project be further investigated. A steering committee will be formed. Coral and John will be on it but they need a few more volunteers. It is proposed that any profits would go to the Prevention of Family Violence campaign. If interested, please see Coral or John after the meeting.

Alex McGee, Footy tipping – Geoff Ford won this week with 9 winners. Graeme Chamberlain is leading from Alex McGee and Jim Delaney.

Guest Speakers: David Proctor and Danika Greaves, 13th Beach Allied Health, Main Street, Barwon Heads. 13th Beach Allied Health uses a model, which brings a range of practitioners together in the same centre.



Danika Greaves, Podiatrist. Podiatry is an updated version of chiropody, which involves four years university training. It involves a whole-body approach with prescribing rights and capacity to undertake minor surgery. Eighty percent of the work is routine foot care such as ingrown toenails, corns and calluses. It also involves sports injuries when people do

damage to their feet from physical activity. She also sees children with problems from toenails, sporting injuries and flat feet.

Some diseases affect feet. Diabetes can cause wound problems and also requires monitoring and management of nerves and blood supply to the feet. 1.7 million people in Australia have diabetes with 1.2 million formally diagnosed. Insulin controls blood sugar levels and can attack nerve endings in the feet resulting in numb toes or feet. It can lead to bad wounds or amputations, so it is necessary to monitor for long-term complications. Arthritis can also affect the feet. Feet have 33 joints and the big toe joint is most commonly affected. This can require footwear modifications and a strengthening program. You can see a podiatrist whenever you feel it is appropriate and especially if you have sore feet, diabetes or arthritis.

David Procter, Osteopath provides massage, stretching, manipulation, etc. They are whole of body practitioners who look at problem areas within the context of the whole body. It involves five years of university training. They are similar to physiotherapists. However, osteopaths take a broader approach while physiotherapists focus more on rehabilitation. Care is often provided under a management plan involving a General Practitioner Doctor within a team care arrangement. The Government will fund five visits each calendar year to allied health practitioners. The plan is updated every 12 months.

Answers to questions from the audience:

Bunions are often genetic but can be aggravated by footwear.

Young people who play several sports put their bodies under strain before it is fully developed which can lead to problems.

High heels or stilettos affect the calf muscles, ligaments and lower back.

They work with a lot of sporting clubs rather than schools.

Surfing can injure the lower back discs and neck.

Keeping strong through exercise helps arthritis.

Going bare foot if possible or wearing soft shoes that give more freedom for growth helps children's foot development. Hard leather shoes can inhibit foot development.

Diet is generally not an issue although some foods can be inflammatory. Maintaining a good weight is most important in protecting joints.

Growth of women's football is resulting in more ACL injuries due to unfamiliar exercise. It is still too early to know if there are any significant effects.

Next week's talk is about Volunteer Housebuilding in Cambodia.