

# 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
29-Oct	Graham Bath Awards	Judy Greer	Lynne Carlson.		Gordon King.	2/11 Don Ho.
5-Nov	No Meeting. Art Show Opening on 1/11/2019 in lieu.					
12-Nov	AGM	Marion Walton.				11/11 Joan & Bill Steains, 16/11 Sam Ho.

### Our Club

**President:** Marion Walton

**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](http://rotaryoceangrove.org.au)

**Theme:** Economic and Community  
Development Month

**Lookout Reserve Maintenance  
Roster:**

20/10/19 - 02/11/19 Gil Morgan

03/11/19 - 16/11/19 Jim Delaney

17/11/19 - 30/11/19 Geoff Chandler

01/11/19 - 14/11/19 Peter Cullen

**Past bulletins**

- Available from our club website

**Market contact:** 0401 606 036

**Art Show contact:** 0417 319 465

## Report of Meeting: 22/10/2019

**Visiting Rotarian:** Andrew Thornton. There were 2 partners present.

**Guest Speaker:** Tanya Fitzpatrick.

**President:** Marion announced that Christmas Dinner invitations were being sent out. She reminded members that toiletry donations are still being collected to aide the Purple Bus.

**Announcements:** Peter Hawthorne asked members who have not done so to please consider becoming an Organ Donor. He has forms available.

**Secretary:** The Annual General Meeting is scheduled for 12/11/2019. Pearl reminded members that nomination forms are available for names to be considered for the vacancies which exist for office bearers in the next Rotary year.

**Administration:** There is a collection being made "Fighting for Farmers" who are drought affected. Donations can be made through the Bendigo Bank.

**Art Show Sub Committee:** Please return Raffle books ASAP to John Calnin. The Judge, Ben Winspear will do a painting at the show.

**Youth:** Junior Community Service Awards (Graeme Bath Awards) work of students will be presented on 29/10/2019.

**Community:** Tables and seats have been erected in the picnic area in the Nature Reserve.

The water feature (this has been on our horizon for a very long time) may be installed at the Surf Club, soon!

## Members: Coming Events:

### Saying of the week .....

Learn from yesterday, live for today, hope for tomorrow.

### Humour .....

Two donkeys are standing at a roadside, one asks the other: So, shall we cross? The other shakes his head: "No way, look at what happened to the Zebra".

### Links .....

Rotary International:  
[www.rotary.org](http://www.rotary.org)

Rotary District 9780:  
[www.rotary9780.org](http://www.rotary9780.org)

Footy Tipping  
[www.footytips.com.au](http://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.
- Members are reminded if you have any used stamps, could you please pass them on to Martin Geerings.

There was a meeting in the Bistro at the Bowling Club after the Club meeting on 22/10/2019 to discuss the Club's commitment to improve the Lookout Reserve assets and how to manage the tasks associated with the implementation of the Master Plan. Anyone interested is welcome to attend.

**Vocational Service:** Lynne Carlson informed members that there will be a visit to the Ambulance Station on 10/12/2019. Please nominate people who should be considered for an award this year. Nomination forms are available.

**Family Violence:** Plans for the Family Violence Information evening are progressing. It will be held on 19/11/2019 at the sports oval building in Shell Road.

**Foundation:** Gordon King suggested that members consider a Christmas donation to our own charity, Rotary Foundation.

**Market:** There are still some vacancies on the roster. Please see Adrian if you can help.

**Guest Speaker: Tanya Fitzpatrick.** Manager of Youth, Health and Wellbeing at Bellarine Community Health. Tanya wanted to have a 'conversation' with members rather than present a list of facts and figures about Health and Wellbeing.

There are 5 sites around the Bellarine where youth aged between 12 - 25 years can seek and gain help with their difficulties and seemingly insoluble problems. Significant others are often included. The site where Tanya works has been in existence for 10 years. Originally there were 4 staff members, there is now a support staff of 45 personnel, including nurses, doctors, psychiatrists, psychologists, counsellors, physiotherapists and social workers. The agency also provides services in Lavers Hill as well as in several schools in this area. The government provides subsidisation but of course there is never enough as the need for help appears to be increasing. Tanya stressed the need for finance as only 1% of the Community Health dollar is allocated to this area of health care. Head Space is only a part of this program. Medicare covers ten sessions, but often more are needed as the problems are many and varied.

An innovative program is run with the aim of encouraging young people who may not have attended school for months or even years to return to school. Often very complex problems are encountered but with help some have returned to school. Early intervention is encouraged and self harm and development of clinical depression is often avoided. Unfortunately the waiting time for appointments with psychologists can be very long. Recognition of mental health issues is more prevalent. Reporting of problems and acceptance of this without stigma is also more prevalent. People in everyday life are also more aware and willing to become involved. RUOK day has had some success as this question often provides someone to share problems with. Introduction to the service is through self referral, school referral, family and GP's, but unfortunately the wait time to see appropriate personnel can be up to two weeks. Support systems include a check on wellness facilities including home

environment, sleeping arrangements, diet, exercise and personal/social relationships. Tanya seemed believe that this aspect of health care is slowly making a difference as 'clients' are completing an education and finding work. Hopefully many are able to live a successful 'ordinary' life.

**Thank you: A George.**

### 'Lift the Lid'

