

# 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
1-Sep	<b>Stroke Safe.</b> <b>Kevin English.</b>	<b>Gil Morgan.</b>		<b>Adrian Schmidt.</b>		<b>2/9 Rod &amp; Patsy Bush, 4/9 Sandie Chamberlain, 5/9 Lynne Carlson, 8/9 Martin Geerings</b>
8-Sep	<b>Rebecca Picone, Peace of Mind Foundation.</b>	<b>Gil Morgan.</b>		<b>Marion Walton.</b>		<b>12/9 Fred Andrews, 13/9 Noel Emselle</b>

### Our Club

**President:** Gillian Morgan

**Secretary:** Pearl Macmillan

**Where:** We (usually) meet each Tuesday at the **Ocean Grove Bowling Club:**

**18 The Terrace, Ocean Grove, 3226**

**When:** 6pm for 6:30pm

Visitors are Welcome

**Apologies:** 0457 315 900

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

**During the COVID 19 crisis, we meet via ZOOM on Tuesdays at 7.**

**Theme:** Basic Education & Literacy Month

**Lookout Reserve Maintenance Roster:**

05/09/20 - 18/09/20 Rod/Judy Greer

19/09/20 - 02/10/20 Andy McKoy

03/10/20 - 16/10/20 Geoff Ford

17/09/20 - 30/09/20 Fred Andrews

**Past bulletins**

- Available from this website via the 'Our Club' menu.

**Market contact:** 0401 606 036

**Art Show contact:** 0417 319 465

**ZOOM meetings:** If you have any problems getting into our ZOOM meetings, please call Rod (0410 471 005) to get assistance whenever required - even after the meeting has started.

**Report of Meeting: 1/9/2020**

Members in attendance 31. This is the 26th meeting- using Zoom.

**President:** Andrew Thornton has been presented with a Ruby Pin (a Paul Harris Recognition) from RC of Geelong East.

- Jan Chandler is expecting to come home this week, which she did but had to return to hospital for a short time for some further regulation of heart rate. She is expected home shortly.

- Hazel Ford is home and progressing slowly.

- There have been no new cases of Polio in Africa. The condition remains in Afghanistan and Pakistan.

- Thanks were expressed to those who have volunteered to participate in the trials for a vaccine against Covid19.

**Treasurer:** There are still some subs owing. Please pay these ASAP.

**International:** There is \$550 million from worldwide donations. This sum is less than last year.

**Community:** Gordon King.

Installation of the water feature remains on the horizon.

**Publicity:** Xenia Williamson reminded members to give her any articles that could be published.

**Speakers:** Janet Alexander asked Committee 'bosses' to provide speakers if possible.

## Members: Coming Events:

### Saying of the week ....

Don't worry if plan A fails, there are 25 more letters in the alphabet.

### Humour ....

A guy wants a divorce. He tells the judge, "I just can't take it anymore. Every night she's out until way after midnight, just going from bar to bar."

Judge asks, "What's she doing?"

The guy answers, "Looking for me."

### 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.

**Footy Tipping:** 4 people picked 7 winners, with Coogs being closest to the points score.

Geoff Ford remains the leader of our competition.

**Guest Speaker:** (via Zoom) **Kevin English.** Kevin is an Ambassador for the Strove Prevention Foundation.

**This is Stroke Week.**

The aims of the foundation are:

- Prevention by keeping healthy, having regular check-ups and community education.
- Treatment from sound medical and nursing education
- International Research
- Family history and distribution of information to friends and colleagues.

A Stroke is the interruption of blood flow to the brain caused either a clot of blood or an intracranial bleed.

This event causes brain tissue to die. The impact of the episode depends on the area of the brain affected but the signs and symptoms of a stroke usually occur quickly. These include, drooping of one side of the face, loss of movement (usually one side and usually in an arm), loss of speech and lack of understanding of place and time, muscular control, concentration, visual defects, full paralysis, cold body temperature. All usual body functions can be affected. Rapid medical intervention is imperative as treatment within an hour can have positive effects on the outcome, therefore family and friends must be aware of signs and symptoms and emergency treatment.

Stroke is prominent in any community and at any age. The condition is more common in males than prostate cancer and in females than breast cancer. 305 of those affected are within working age. There are approximately 500,000 managing the results of a stroke and 56,000 occur yearly. Risk factors include: Gender, age, heredity, previous family history, existing medical conditions, previous cerebral incidents (TIA). 80% of strokes are preventable.

The following activities can be effective:

Have BP and cholesterol checked regularly, control type 2 diabetes, Control atrial fibrillation, have a balanced diet, reduce salt intake to <5gms per day, use substitute sweetener, maintain exercise, alcohol in moderation and reduce smoking, have a risk assessment from the GP Spread the message and encourage people to spread the message.

Kevin spoke from 1<sup>st</sup> hand experience as he suffered a stroke in 2010 whilst in Singapore; he spent 6months in hospital and needed extensive and prolonged rehabilitation and physiotherapy.

**Remember FAST:** Face, Arms, Speech, and Time.

Secretary Pearl has information from the foundation available.



"I told him as an expert in the field I strongly recommend wearing it, but he just kept bringing up his 'rights.'"

### Coronacoaster

**noun:** the ups and downs of a pandemic. One day you're loving your bubble, doing work outs, baking banana bread and going for long walks and the next you're crying, drinking gin for breakfast and missing people you don't even like.



It may take a village to raise a child, but I swear it's going to take a whole vineyard to homeschool one.



For More Funny Quotes Visit:  
[www.bizwaremagic.com](http://www.bizwaremagic.com)

Some wonderful examples of English - from around the world:

In a Bangkok Temple: IT IS FORBIDDEN TO ENTER A WOMAN - EVEN A FOREIGNER, IF DRESSED AS A MAN.

Cocktail Lounge, Norway: LADIES ARE REQUESTED NOT TO HAVE CHILDREN IN THE BAR.

Doctor's Office, Rome: SPECIALIST IN WOMEN AND OTHER DISEASES.

Dry Cleaners, Bangkok: DROP YOUR TROUSERS HERE FOR THE BEST RESULTS

On the main road to Mombasa, leaving Nairobi: TAKE NOTICE: WHEN THIS SIGN IS UNDER WATER, THIS ROAD IS IMPASSABLE.

In a City restaurant - OPEN SEVEN DAYS A WEEK AND WEEKENDS.

In a Cemetery PERSONS ARE PROHIBITED FROM PICKING FLOWERS, FROM ANY BUT THEIR OWN GRAVES.

Tokyo hotel's rules and regulations: GUESTS ARE REQUESTED NOT TO SMOKE, OR DO OTHER DISGUSTING BEHAVIOURS, IN BED.

On the menu of a Swiss Restaurant: OUR WINES LEAVE YOU NOTHING TO HOPE FOR.

Hotel, Japan: YOU ARE INVITED TO TAKE ADVANTAGE OF THE CHAMBERMAID.

In the lobby of a Moscow Hotel, across from a Russian Orthodox Monastery: YOU ARE WELCOME TO VISIT THE CEMETERY, WHERE FAMOUS RUSSIA AND SOVIET COMPOSERS, ARTISTS, AND WRITERS ARE BURIED DAILY, EXCEPT THURSDAY.

A sign posted in Germany's Black Forest: IT IS STRICTLY FORBIDDEN ON OUR BLACK FOREST CAMPING SITE, THAT PEOPLE OF DIFFERENT SEX, FOR INSTANCE, MEN AND WOMEN, LIVE TOGETHER IN ONE TENT, UNLESS THEY ARE MARRIED WITH EACH OTHER FOR THIS PURPOSE.

Hotel, Zurich: BECAUSE OF THE IMPROPRIETY OF ENTERTAINING GUESTS OF THE OPPOSITE SEX IN THE BEDROOM, IT IS SUGGESTED THAT THE LOBBY BE USED FOR THIS PURPOSE

Airline ticket office, Copenhagen: WE TAKE YOUR BAGS AND SEND THEM IN ALL DIRECTIONS.