

ROTARY CLUB OF OCEAN GROVE

Serving the Southern Bellarine

Inc. Assn. A 0013584 X

ABN: 13 501 173 192



Meeting Roster

Date	Topic	Chairperson	Greeter/ Thanker	Happy/Sad \$	Raffle	Birthdays/Anniversaries
July 22nd	Jordan Lane - Fall Factors	Richard Cahill	Rod Greer	Judy Greer	Adrian Schmidt	None
July 29th	Shine on Awards - Leanne Watson	Jenny Templeton	Andrea Tierney	Rod Birrell	Lisa Hanley	1/8 Gordon & Marian King, 4/8 Hamish Campbell, Coog & Sandy Chamberlain
August 5th	Club Committee meetings and Reports	Beth Eustace	N/A	Sue Hill	Graeme Batrouney	8/8 Carol Birrell, 12/8 Beth Eustace

Our Club



President - Lyndy Staggs



Secretary - Rod Bush

Meetings: We meet each Tuesday night at the Ocean Grove Bowling Club - 5:30 for 6pm. Visitors welcome !



Wisdom quote

Don't be overheard complaining... Not even to yourself

Links

Our Club Website: rotaryoceangrove.org.au

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)

Member Activities - Please check your allocation and inform the appropriate person if you cannot make it.

Rosters: Contact **Delia Naumann**

Lookout Maintenance Roster:

TBA

100 Trees Maintenance Roster:

TBA

Information:

Meeting enquiries or Apologies;

Janice Nation - 0417 332 742

Monthly Theme: July is *Transition Month*.

Past bulletins

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

Contacts:

Market: 0401 606 036

Art Show: 0410 471 005

Members receive an email each week asking about your attendance at the next meeting - **please respond when you get it**

Meeting - July 15th

Travellers: Still more deserting the cold weather ! **Wal Kelly** (up North), **Peter Cowburn** (Darwin); **Tony Haines** (Sunny climes). If we have any other 'migratory members', could they please pass on the dates of their absence. Not that we want to keep a track on you, just so we don't pepper you with invitations that we know you won't be able to accept.

Greg Leece gave the Footy Tips report: **Jenny Wright** won the round. Currently **Ron Ayres** is the clear winner and **Frank Rice** completes the list of participants Greg summarised that there was no internet in Canada. 😊.

GDFL Finals - Gates: We'll be 'personning' them again this year so get ready to add some dates to your calendars (when you're available). We'll circulate a roster closer to the start of our involvement. The dates we'll be working are:

August 30/31; Sep 6/7, Sep 13; Sep 20.

President's Report: Thanks for last week's input

Board meeting highlights: We reviewed:

- Service committee reports
- Membership recruitment strategies
- Privacy policy, ethical considerations, and sponsor letters
- The need to increase visibility in the community
- The club budget for 2024-2025
- AGM change of date to be 18/11/2025
- a letter from Bendigo Bank about grants and sponsorships
- Rotary International regional pilot to address membership decline and
- a letter supporting social housing land sale to Geelong City Council
- Discussed ethical use of Otter AI for meeting transcriptions

Upcoming events

- District conference in Horsham from March 27-29
- Bunnings barbecue for Surf Life Saving Club on August 31st (see below)
- Retro Rebels band performance on July 25th
- Roster for 100 Trees Project
- Footy gates (see later)

Noel Emselle asked for support from any member who was available to support the **Ocean Grove Surf Club** by working on their BBQ at Bunnings on August 31. If you are able to help, please do so by adding your availability via the link: https://docs.google.com/spreadsheets/d/1Vr-m0TRmZC7G7QQkHiHcBxefUScuMvLam1-l6g8Xx_E/edit?usp=sharing

- For those unable to attend the Changeover Dinner (or those who want to watch it again), the club's **2024/25 Year video** can be viewed at: <https://www.rotaryoceangrove.org.au/blank-page?pgid=k8jopzc9-b3ca7687-6e6d-415c-9ab3-491295e3d549>

- The club **Annual Report** can be read at: https://www.rotaryoceangrove.org.au/files/ugd/fa885b_f8d8a67b93544630a55bca29232f8e27.pdf

- The club **Member Directory for 2025/6** was distributed to members in attendance. It will be made available at subsequent meetings for others to collect.

- **District Directory** - The District Directory containing information (President, Secretary, address, meeting time etc.) about all clubs in District 9780 can be found in the Member Section of our web page.

- **Changes to Member information** - Almost as soon as it's printed, we have changes of information relating to members (address or email changes etc). An updated version of member details can be found in the Member Section of our web page.

Guest Speaker: Introduced by Paul Brewster.

Dr Emily Shaw is a highly qualified skin cancer physician serving the Colac and Geelong region, with extensive experience in early detection and treatment of skin cancers. Holding an MBBS (Hons) from Monash University and fellowships in general practice and skin cancer medicine, she combines clinical expertise with a compassionate approach to patient care. Dr Shaw is known for her thorough skin checks and commitment to preventative health, helping patients stay one step ahead of skin cancer.



Dr Emily Shaw



Dr Shaw introduced herself and how she has developed into a skin cancer specialist in our region. She has retrained for 3 years to become a specialist in Skin Cancer after a career spanning the world.

Dr Shaw gave us a few sobering statistics of how many Australians are being diagnosed and dying of skin cancer each year, which types are the most common, and which age groups/ gender/occupations are most at risk. She also indicated which were the most aggressive and explained why.

Dr Shaw indicated that careful screening was needed as they came in all shapes and sizes and that early detection was imperative for improving survival rates. When they take on a new client they take a full family history, medications, occupation, knowledge of childhood sun exposure, and specific lesions of concern. They then scan the client's whole body. Presently they use dermatoscopes which are handheld devices that allow the doctor to look at the lesions and decide if they are benign or malignant.

Dr Shaw would like to obtain a Vectra 360 to provide its use for free in our region. The Vectra 360 will create a 3D map of your skin that will help doctors



track changes of lesions and moles over time in about 3 seconds. It will detect subtle changes in skin lesions before they become dangerous. Currently there are 6 in Australia and are only held in major training hospitals.

The scans are costing above \$900 a scan.

It is better that the handheld option as it will report the changes automatically from any previous scan, are quick and thorough, and are less invasive to the client.

She finished up with a few suggestions for us:

- Be cautious in the sun
- Remember to Slip, Slop, Slap, Seek shade and slide on sunglasses
- Consider using the Sun Smart app for UV ratings
- Do regular self-examination (CLUES)
- Make a professional skin check part of your routine health care
- Consider your Vitamin D needs in Summer and winter

Also - tips for considering whether a mole/mark on your body needs further investigation:

C: Is it changing

L: is it lonely

U: is it an ugly duckling

E: has it evolved or is it new

S: is it sore, bleeding, or itchy



Some interesting Rotary facts Rotary International is a global network of 1.2 million members in over 35,000 clubs across 200 countries, known for its motto "Service Above Self" and commitment to humanitarian work. Founded in Chicago in 1905, Rotary's first service project was installing public toilets, and it later became a global force in initiatives like polio eradication.

Here are some additional fun facts about Rotary:

- Early Days: The first Rotary club had no dues; instead, expenses were covered by 50-cent fines.
- Motto: Rotary's two official mottoes, "Service Above Self" and "One profits most who serves best," reflect its core values.
- Polio Eradication: Rotary's commitment to immunizing children against polio has significantly reduced the disease's global prevalence.
- Global Reach: Rotary's presence spans the globe, with clubs in remote locations like Papeete, Tahiti, and even Antarctica.
- Women in Rotary: The first women joined Rotary in 1987, and today, women make up a significant portion of the membership.
- The Rotary Foundation: This charitable arm supports humanitarian projects, scholarships, and vocational training teams.
- The Four-Way Test: Rotary members use this ethical guide to evaluate their actions: Is it the truth? Is it fair to all concerned? Will it build goodwill and better friendships? Will it be beneficial to all concerned?



AI
image
of the
week
- Who
is it ?

My phone has this cool app
that shows me what I look
like as an old person. 📱👴

It's called... a camera. 📷😞

Students: "I'll never use
Pythagoras theorem in real life!"
Also students walking home



Caesar salad

Bird names continue to be completely
unregulated

Fluffy-backed tit-babbler

Bird

Overview

Diet

Sounds



Who remembers ordering lunch like this?

