

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
16th Feb	Emma Rusden RYLA awardee	Fred Andrews	John Calnin.	Gary O'Donnell.	Geoff Chandler.	16/2 Marian Coppins-King, 18/2 Amy & Brad Hawker, 20/2 Lorraine Batrouney, 21/2 Jan Chandler.
23rd Feb	Ty Simons, OG Business Association	Noel Emselle	Wal Kelly	Rod Birrell.	John Calnin.	25/2 Paul Tierney, 28/2 Tohn Paton.

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

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

Theme: Peace & Conflict Prevention/Resolution Month

Lookout Reserve Maintenance Roster:

06/02/21 - 19/02/21 Rod Birrell

20/02/21 - 05/03/21 Noel Emselle

06/03/21 - 19/03/21 Graeme Chamberlain

20/03/21 - 02/04/21 Jenny Templeton

Past bulletins

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

Market contact: 0401 606 036

Art Show contact: 0417 319 465

Visiting Rotarians: David Larkin, Rotary Club of Ballarat West

Kath Venters, Wendouree Breakfast

Club

Lisa Hanley, Rotary Club of

Melbourne Beach, Florida, USA

Visitor:

Lyndy Stagg, guest of

Jenny Wright

[All are potential new members].

President's Report: Gil Morgan

Gil welcomed the visitors named above. She also wished Alan Keyse well on behalf of the Club for his forthcoming surgery.

She reminded all members that they must register their attendance with Geoff Ford.

There were good results from last Sunday's market despite the weather. The BBQ netted \$1,100 and gold coin collection just short of \$2,500. Thank you to all partners who helped with the gold coin collection, we could not have managed without them this year.

Gill attended the President's meeting for Groups 9 and 10. A good meeting with all clubs showing interest in helping each other. The Geelong Clubs are losing members while not attracting new ones and are finding it impossible to fill positions. They are considering creating a central hub comprised of the official position holders and individual clubs would become branches. This would not apply to Lara, Drysdale, Torquay or Ocean Grove due to their continued growth.

Drysdale will be renamed Bellarine North in the near future.

Graeme Chamberlain, Geoff Ford and Gil visited Ararat to check that New BBQ Trailer was being constructed to our requirements. Delivery should be in March. It cost \$26,000 but this has been covered by a grant and donations.

Members: Coming Events:

Saying of the week

Hate comes from intimidation, love comes from appreciation.

Humour

A bear walks into a bar and says, "Give me a whiskey and ... cola."

"Why the big pause?" asks the bartender. The bear shrugged. "I'm not sure; I was born with them."

Links

Rotary International:
www.rotary.org

Rotary District 9780:
www.rotary9780.org

Footy Tipping
www.footytips.com.au

Please remember:

You receive an email each week from our Attendance Officer, Geoff Ford, asking about your attendance at the following meeting. - **please respond when you get it** - it's a very simple process.

We received an email from Iron Man Geelong looking for Paid Volunteers to help staff this event on 21st February. If anyone is interested in helping out, it could be a good money raiser for the Club. The positions and revenues are listed below.

<i>No. Volunteers</i>	<i>Position</i>	<i>Payment</i>
x20	Pre-filling water bottles for cycle course 1-4 pm (Sat. 20 th)	\$300
x20	Assist with bikes – 5.15 am – 12.15 pm	\$700
x20	Assist with bikes – 12.00 – 5.00 pm	\$500
x12	Assist with marshalling Swim start/exit - 6am-12pm	\$330
	Stopping pedestrians crossing – 6.30 – 10 am	x 6 \$105
x30	Bike Course Marshalls - 6.45 am – 1.30pm	\$937.50
x35	Set up and run Bike Aid Station – 6.30 am-1.30pm	\$800
	Queries Contact Jessica Taylor < Jessica.taylor@ironman.com . [Note: I think these payments are per position, not per volunteer. Shifts and honorariums can be split. A.H.]	

Chair: Martin Geerings Reports

Alan Keyse: Administration – Gary Willson gave a talk to the Club on Zoom about the WERN or Western Emergency Relief Network run by their group of clubs. Alan has set up a team to investigate developing a similar program for the Geelong area. Andrea Tierney, Lorraine Batrouney and himself are undertaking a feasibility study.

Lynne Carlson: Vocational Committee – This year's community service awards information will be distributed from 1st March to 30th April. Awards night will be 25th May. The names of most of the awards have been changed to update the program.

Gordon King, Community Services – The R100 Rotary Century celebrations program is being developed. Our Club is currently involved in the Motorcycle Baton Relay. Other projects can be considered. If you have any ideas, speak to Gordon.

Adrian Schmidt, Market – In addition to the figures given by Gil, we took an additional \$1,000 on site fees. The total 110 sites were booked. He thanked the over 40 Rotarians and partners who helped out.

Guest Speaker: Anthony Dowling – Glaucoma

Anthony took over Ocean Eyes Optometrists in 2019. Prior to that, he worked for 13 years in Horsham. He was previously teaching at the College of Optometry in Melbourne. Glaucoma is one of the five main causes of vision impairment in Victoria. More than 500,000 Australians have some vision loss, it becomes more common as people age.

Glaucoma is a disease of the optic nerve. This nerve sends messages to the brain from your eye. Glaucoma causes loss of vision when pressure in the eye and blood flow into the nerve is out of balance. The normal nerve has a relatively flat surface. Glaucoma causes nerve fibres to die off and this creates a dip in the nerve. This causes a person to lose peripheral vision. It is picked up in eye examinations. In its worst case, it develops into tunnel vision and then blindness.

In the community, glaucoma is prevalent in three per cent of those aged over 50 and eight per cent of those over 80. It can be genetic. Fifty per cent of people who have glaucoma don't know they are affected. There is no pain associated with it until the pressure gets up to three times the normal level. There are several ways of detecting glaucoma.

- Retinal photography of the nerve's appearance that picks up subtle changes.
- Intraocular Pressure (IOP) where pressure inside the eye is detected by a puff of air or using a special thermometer.
- Visual field test that maps out a person's side vision.
- OCT scans which measure the thickness of the nerve layer. A thick nerve layer does not necessarily mean glaucoma. It is necessary to see if it changes over time.

There are two types of Glaucoma:

- Open Drainage, which is most common.
- Closed Drainage involving a sudden increase in pressure. It is treated as an emergency. It can often be painful involving red eyes and seeing coloured halos around lights. This is more common in Asian people.

Treatments:

- Early glaucoma is often asymptomatic, and it needs regular tests to pick it up. It is treated with eye drops over the long term, but many do not comply with this regime after awhile.
- Selective Laser Treatment (SLT) improves open drainage and works for most people with this problem. For closed drainage problems, a small hole is made with the laser to allow drainage. This is known as Laser Iridotomy.
- Drainage Stents Surgery. This is a recent development in treatment that allows fluid to get out of the eye through a tube. It is very effective.
- Surgery to create a new drainage route. It is used as a last resort. It requires a skilled surgeon as it can create scars or too much drainage if done incorrectly.

Anthony left members with a Take-Away Message –

Glaucoma is common. If untreated it leads to blindness. It can be treated but damage cannot be reversed. It will go undetected unless people have regular tests.

Next Week's Speaker: Emma Rusden, RYLA Participant.

My doctor asked if any members of my family suffered from insanity, i replied, i all seem to enjoy it.

