

ROTARY CLUB OF OCEAN GROVE

Serving the Southern Bellarine



Inc. Assn. A 0013584 X



ABN: 13 501 173 192

Meeting Roster

Date	Guest speaker / Activity	Chair	Greeter Thanker	Happy \$ \$/Server	Food Server	Raffle	B'days/Anniversary
Tuesday Oct 18	Quiz, Name Change Vote	Kath Venters	Not required	Chris Watson	Peter Cullen	Geoff Ford	19/9 Rod Birrell; 23/10 John & Pippa Paton, Bill Walton
Tuesday Oct 25	Graham Bath Awards	Judy Greer	Lynne Carlson	Geoff Chandler	John Paton	Heather Willson	25/10 Peter & Jo Hawthorne
Tuesday Nov 1	NO MEETING						1/11 Peter and Jenny Cowburn

Our Club

President



Peter Cowburn

Secretary



Rod Bush

Where: We meet each Tuesday at the Ocean Grove Surf Life Saving Club

When: 6pm for 6:30pm
Visitors are Welcome

Late Apologies: Lyndy Stagg -
0429 436 858

Web: rotaryoceangrove.org.au

Theme: Rotary Awareness,
October - Economic and Community Development

Past bulletins

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

Market: 0401 606 036

Art Show: 0417 319 465.

We acknowledge the traditional First Nation custodians of country throughout Victoria and their ongoing connection to this land. We pay our respects to their culture and their Elders, past, present and emerging.

Coming Events

- * Oct 27 - 31: Art Show / Rod Bush
- * Nov 4: Feed Me Bellarine Dinner / Lyndy Stagg
- * Dec 6: Senior Citizens's Christmas Dinner / Marion Walton
- * Dec 13: Club Christmas Dinner / Lyndy Stagg
- * 2023 - Jan 31: Simple Meal / Pearl Macmillan

District Conference, Ballarat, 24 - 26 March, 2023.

Rotary International Convention - 27 - 31 May 2023 (Melbourne). Register by December before price rises. The website through which to register is: rotarymelbourne2023.org

Report of Meeting: 11/10/2022

Visitors: Peter Scott, Elaine Elliot

Chair: Marita Scott

Guest Speakers: Bob Marmion and Janice Prest, Police Veterans Victoria

Bob spoke about the book 'The Price We Pay' which is the story of an average 'copper' as described by Bob Marmion. It is an autobiographical account of Bob's time in the police force and his struggles with PTSD. The symptoms are anxiety, depression, alcohol and drug



Wisdom for the Week

Life can only be understood backwards, but it must be lived forwards. Soren Kierkegaard

“Letter words” - with new definitions. C

Confession: An effective method of shifting your discomfort onto someone else.

Conscience: The inner voice that warns that someone may be looking.

Cough: Something that you yourself can't help, but everybody else does on purpose to annoy you.

One liners

- I dreamed about drawing in an ocean of orange soda last night. It took me a while to figure out it was just a Fanta sea.
- When you have two choices and you take one away you have zero choices.
- I live in constant fear that my child will become a famous artist and I will have thrown out about a trillion dollars of her work.

Links

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)

Please remember:

You receive an email each week asking about your attendance at the next meeting - **please respond when you get it** - it's a very simple process. You will receive a return email advising your response has been registered.

addition, hyper vigilance, fight or flight reaction triggers and migraine. He had been working in a 'wild' town where robbery and mayhem frequently occurred, anything from attacks from ferocious guard dogs to attempted murder.



Over twenty per cent of the 15,000 officers in the police force suffer from PTSD and are in need of care and assistance. The Victorian Government does not offer much assistance but some care is being offered on a limited basis. Admission of symptoms and having difficulties was seen as being 'weak' and were invalidated out.

Bob worked with the CIB in the child exploitation unit and found this very difficult. He had also worked in most other areas of policing over his fifteen years in the force. Eventually, he left the force after an encounter with a murderer who wanted 'suicide by cop'. He fell to rock bottom and became suicidal. He left the force without any acknowledgement of his work. Bob became a sole parent which forced him to change. After 25 years he was diagnosed with PTSD. He went to University achieving a PHD, took up sport, remarried and joined a Lions Club.

Janice Prest said they were keen to help and support other police officers. They work with many veterans and the numbers needing help are increasing. The organisation is not funded and they need more people who have served in the police force to help with the work. She served with the Victorian police in the 1970s and 1980s. Help for retired members is not forthcoming from the Victorian Police organisation.

A donation of \$500 was given the Police Veterans Victoria from the Club.

Reports

Meredith O'Neill, Youth Services: The Junior Community Awards Program is almost complete. The children will present to the Club in a few weeks. The Awards for the Bellarine Secondary School students are being organised.

Janet Alexander, Footy Tipping: overall prize winners Alex Magee and Adrian Schmidt were presented with their wine. The competition will be run by Harry Hanley next year.

Frank Rice, Treasurer: There is over \$12,000 in the General Account, over \$13,000 in the Art Show account and \$53,000 in total.

Kath Venters, International: Shelter Box is being supported. This month is End Polio Now month.

Pearl Macmillan, Community and Environment: The trees are growing well. Please reply by 18th October to The Feed the Bellarine dinner night jot form. There will be a games night next week, wearing stilettos is not recommended.

Rod Bush, Art Show: They have received 170 entries to date. We would like to see the display boards be erected by those

Members Activities - Check your allocation and inform the leader if you cannot make that time.

Tue, Sept 27	RYLA Guest Sarah Barrot (10 mins); Fellowship
Tue, Oct 4,	Sandy Gatehouse - Barwon Coast
Tue, Oct 11,	Mick Cummins - Police Veterans Victoria
Tue, Oct 18,	Quiz/Game
Tue, Oct 25,	Graeme Bath Awards
Tue, Nov 1,	NO MEETING
Tue, Nov 8,	15 on me; Greg Leece/David Larkin
Tue, Nov 15,	RYLAH Leadership program
Tue, Nov 22,	15 on me; Beth Eustace/Neil & Jenny Templeton
Tue, Nov 29,	VCE Scholarship Speeches
Tue, Dec 6,	Senior Citizen Xmas
Tue, Dec 13,	Xmas dinner
Tue, Dec 20,	No Meeting

Lookout Maintenance Roster

22 October - Chris Watson

5 November - Rod Birrell

19 November - TBA

Tree Maintenance Roster

October: Andy McKoy Leader, Lynne Carlson, Rod Greer, Judy Greer.

November: Pearl Macmillan Leader, Peter Cullen, Xenia Williamson, Alan Keyse.

December: Noel Emselle Leader, Coral Barker, Geoff Ford, Kath Venters.

Where you can use your OGBA voucher:

Driftwood Cafe, OG Cellars, Ian Pattison Jewellers, Piping Hot Chicken Shop, Viewpoint Digital Media, OG Bar, Wardrobe by the Sea, Bellarine Eye care, Bay IT, Bells by the Beach, Laminar, Wish Fish, OG Hardware, OG NewsXPress, Pavilion Property, Ocean Eyes, OG Super Toys, Covenant Wine Bar, Roche Accounting, Bakers Delight

under our average age - 72 !. The hanging will be on Friday. All members are encouraged to attend the Art Show opening. Roster of jobs has been developed. If you cannot assist as allocated, please let Alison or Kath know. Raffle tickets are available, please take a book if you can.

President's Report: Peter Cowburn

- The proposal for the trial of the Regionalisation Project has been passed.
- Cakes and puddings will be available next week. There will be a payment station set up..
- Support for the Rotary Mental Health 'Lift the Lid' program - at our meeting on Nov 8. Hats to be worn.

Club vote on the proposal to Change our name - Oct. 18 meeting: Rod Bush

We will be voting on the proposal to change the name of our club at our Oct 18 meeting - details have been provided at previous meetings. The vote of those present on Tuesday night will be via secret ballot.

Those who **cannot** attend on Tuesday but **want to submit a proxy vote**, should contact Rod Bush (email/SMS/Phone) to be added to a proxy vote list. You will sent a simple online form to register your vote. This should be completed before 6pm on Tuesday night (Oct 18).

Wal Kelly: Birthday of our Club's Charter on 11th. October 1983.

Wal spoke about the process involving the formation of a new Club. Drysdale Rotary Club was approached in late 1982. A feasibility study was required to prove a new Club could be started. An Extension Committee was formed and prospective members were invited to its meetings.



Twenty-five people were interested, ten were currently members of Rotary and fifteen were new people. In July 1983 a Provisional meeting of the Rotary Club of Ocean Grove was held. Wal Kelly was the foundation President. A Charter was applied for and on the 11th October 1983, it was granted by Rotary International. Women were not involved. On the 3rd December 1983, the Charter was presented to a meeting. Wal Kelly was elected as the Charter President.

The Club 39 Years On

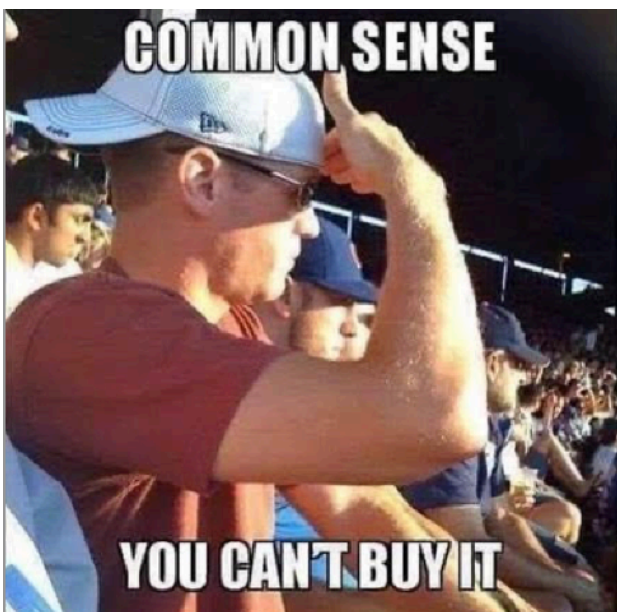
When parents start to crack during lockdown



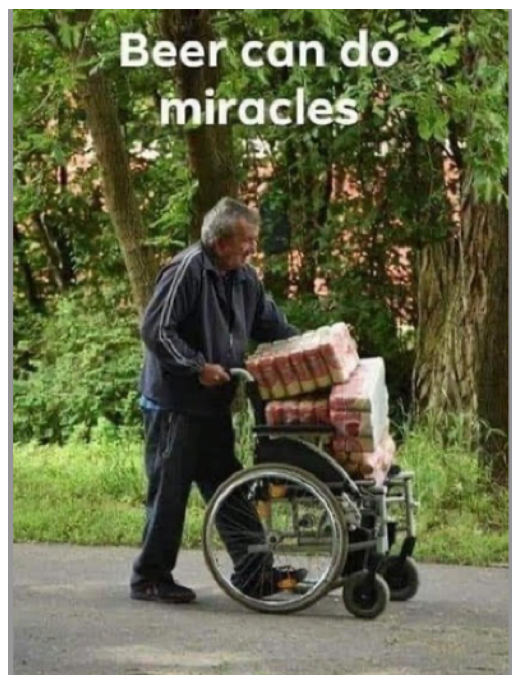
**MY NEIGHBOR JUST YELLED
AT HER KIDS SO LOUD THAT
EVEN I BRUSHED MY TEETH
AND WENT TO BED.**



**FUN FACT: WOMEN SPEND MORE TIME
WONDERING WHAT MEN ARE THINKING
THAN MEN ACTUALLY SPEND THINKING**



**Beer can do
miracles**





**Join us on
23rd October for
our World Polio
Day Event**

YOU ARE INVITED!

Geelong West Town Hall
153 Pakington Street Geelong West at
2pm

- * African Afternoon Supper .
- * Tickets \$30 per person to aid
Polio Plus and The Rotary Foundation

Our Guests
Rotarian Paragliding Adventurer Ken
Hutt and Joe Carter, Filmmaker will
do a Q & A following a first time
exclusive screening of the movie 'Fly
From Everest' to mark World Polio Day.






Rotary District 9780 **END POLIO NOW**

Book on the link below
<https://www.trybooking.com/CDBVM>



Rotary

You're invited to the....

ShelterBox

**2022
CHAMPION
AWARDS NIGHT**

Join us to celebrate Rotary's impact in
disaster relief, congratulate the 2022
ShelterBox Australia Champion Award
Winners and hear from special guest
speaker, Jessie Harman - Zone 8 Rotary
International Director.

*Hosted online
Tuesday 25th October, 7pm AEDT*

*Register now by emailing:
Kieryn.Deutrom@shelterbox.org.au*

