

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
August 5th	Club Committee meetings and Reports	Beth Eustace	N/A	Sue Hill	Graeme Batrouney	8/8 Carol Birrell, 12/8 Beth Eustace
August 12th	Share Aid - Terri Powell	Peter Cullen	John Paton	Peter Hawthorne	Marg Campbell	12/8 Beth Eustace;
August 19th	Footy Night	Graeme Chamberlain	N/A	Greg Leece	Moel Emselle	16/8 Delia Naumann, 18/8 Geoff Chandler, Nick and Helen Lascaris



Our Club



President - Lyndy Stagg

Secretary - Rod Bush

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



Links

Our Club Website: rotaryoceangrove.org.auRotary International: www.rotary.orgRotary District 9780: www.rotary9780.orgRotary Foundation: www.rotaryfoundationaustralia.org.auFooty Tipping: www.footytips.com.auFacebook: <https://www.facebook.com/RotaryOG>

Instagram: #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: Aug 2025 – Feb 2026

August. Leader: Delia - Andrea Tierney, John Paton,
September. Leader: Peter Cullen, - Marg Campbell, Pearl MacMillan

October. Leader: Rod Birrell - Penny Broome, Lisa Hanley, Tony Haines

November. Leader: Beth Eustace - Geoff Chandler, Sue Hill, Janet Alexander, Alan Keyse, Lynne Carlson

December. Leader: Andy McKoy - Noel Emselle, Rod & Judy Greer, John Paton

February. Leader: Neil Templeton - Jenny Templeton, Kath Venters

Information:

Meeting enquiries or Apologies; Rod Bush - 0410 471 005

Monthly Theme: July is *Transition Month*.

Past bulletins

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

Activity 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**

Wisdom quote

As I walk through the valley of the Shadow of Death, I remind myself that you can't always trust Google Maps

Meeting - July 29th

Tonight we were privileged to be able to present **Leanne Watson** with her certificate and plaque to recognise her as the winner of 2025 *Shine On Award*, recognising the work she has done in disability advocacy. Leeanne was jointly nominated by the RC of Bellarine North the RC of Ocean Grove.

Leila Reilly and **Sue Riminton** from RC North Bellarine were guests at our meeting, as were **David Gemmell** PP (RC Dunfermline, Scotland) and his brother, **Gordon Gemmell** who now lives in Ocean Grove.

We exchanged club flags with Gordon.



Sue, Pres. Lyndy, Leanne, Leila and Andrea

Leanne Watson was honoured with our *Shine on Award* for her radio show on 94.7 Pulse FM that works to try and normalise disability.

Leanne discussed her progressive neuromuscular condition, LGMD, and the challenges it presents. She highlighted the support she receives from her partner, Andrew, and the importance of caregivers in the lives of people with disabilities.

Leanne emphasised the need for normalising caregiving and the challenges caregivers face, including poverty and unemployment. She shared her gratitude for the support from her family, friends, and the National Disability Insurance Scheme.

Leanne talked about the technological advancements that have helped her continue her work and studies remotely. She mentioned her involvement in various courses and volunteer work, which she could continue online due to the pandemic.

Leanne acknowledged the role of Rotary Australia in promoting disability advocacy and reducing stigma. She expresses her gratitude for the Shine On Award and the recognition it brings to the community of people with disabilities.

An inspirational woman on so many levels!



Andrea helping Leanne with her presentation



David and Gordon Gemmell with President Lyndy.

President's Report:

- Email - Katmandu Rotary toasted our club. A flagship project is focused on constructing gender-friendly toilets in remote schools.
- Drought relief efforts raised \$93,000, with six proposed uses, prioritising mental health support.
- Pres. Lyndy emphasised the importance of friendship, especially in a divided world. She reminded us that international friendship day is July 30th,

Club Reports;

Rod Bush: Art Show: planning finalised - entry forms/general info will be emailed out on Friday.

Kath Venters: Public Image: Kath Spoke about the club's public image and the articles in the paper that she mentioned last week. She added that she is also considering creating flyers for 'Friends of Rotary' to be able to join in/ help with our activities in the hope to encourage more community engagement.

Environment: Delia Naumann/Mag C: Marg discussed the Ocean Grove Lookout regenerative generation project and upcoming working bees. Volunteers are encouraged to participate in the weeding and planting activities. A roster sheet was handed around to allow members to volunteer.

Market: John Paton: We will be instituting a new booking/planning process to make the admin simpler. All bookings and payments will be going through a group called Issimo markets. We will need people to help putting out the signs the week before and signs around the streets on the day, and then bringing them in.

We will have a speaker in 2 weeks time for Share Aid.

Footy Tipping - Greg Leece: Coogs has snuck into top place after a round of games were most members were very successful with their tips. It's getting tight at the top !

Club Service C'tee. Youth committee report

- Paul discussed the youth committee's efforts to list potential projects without considering financial or resource limitations.
- 22 items initially trimmed down to 16 items worthy of further consideration
- Of the 16 items, 10 are considered real projects, while the other six require more details before confirmation.
- They will be asking the board for \$19500 (or \$16000).
- They are open to collaboration with other committees within the club to ensure the successful execution of projects.
- Paul highlighted the importance of a whole-of-club approach, where committees work together to support various initiatives.
- The committee aims to be transparent about their projects and budget plans, ensuring that all members are informed.

Andrea's request for the Salvos Outreach Van: For just \$4 you can make someone's night a little more comfortable . This winter has been a cold one, last Friday night was a particularly cold night. We have decided to stock the van with Thermal Rescue Blankets. These are windproof, waterproof and warm. If anyone is interested in donating money towards the purchase of these blankets please see me next week.



Following on from Jordan Lane's informative presentation last week:

Jordan mentioned last week that wearing glasses increases your risk of falling and was asked after the meeting why. We planned to include his response in our minutes last week but forgot.

**1. Reduced Depth Perception**

Glasses, especially bifocals or multifocals (like progressive lenses), can distort depth perception—particularly when looking down (e.g., at stairs or uneven ground). This can make it harder to judge distances accurately, leading to trips or missteps.

2. Visual Distortion at Edges

Glasses often distort peripheral vision. This can cause difficulty noticing objects or hazards at the edges of your visual field—like rugs, cords, or changes in surface level.

3. Delayed Adaptation

Transitioning from bright to dim areas (or vice versa) may be slower with certain glasses, reducing your ability to see hazards quickly in new lighting conditions.

4. Inappropriate Use of Multifocals

Using reading segments (lower part of multifocals) while walking can make the ground appear blurry or distorted. This increases the risk when stepping off curbs or navigating stairs.

5. Glare and Contrast Issues

Some lenses don't handle glare well or reduce contrast sensitivity. This can make it harder to detect steps, edges, or obstacles, especially in low-light or high-glare conditions.

Reducing Risk: To reduce fall risk, especially if you wear glasses:

- Use single-vision glasses for walking and outdoor activities.
- Have regular eye exams to ensure your prescription is up to date.
- Improve home lighting and reduce glare.
- Practice balance and strength exercises regularly.

Travel: Many will remember that Lynne Carlson and her son Gregg Cooke (PP RC Grovedale WP), had a **Hello World** shop at Waurin Ponds. They are now with a different group called *The Travel Boutique* located in Geelong. They are running a special promotion with a travel voucher for \$1000 as the prize.

If you have some travel plans in the future, check out this link to enter and have the chance of winning the prize: <https://thetravelboutique.com.au/win?sid=3295>





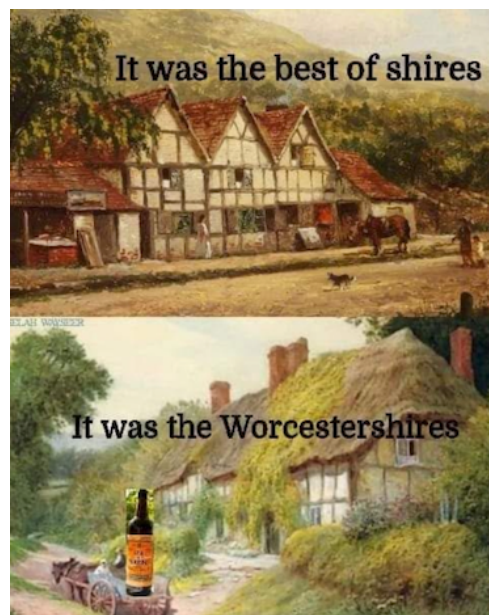
AI
image
of the
week
- Who
is it ?



Look how instinctively the
mother croc carries the baby in
its mouth. Nature is beautiful.



**Boomer parents: One day this
will all be yours.
Grown children: Noooo!**



**This week's forecast calls
for rane, hale, gails, drissle,
thundre, litnin, tawnaydoes
and frizzing colde.
Just a really bad spell of
weather.**