

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
20-Oct	Lift the Lid Dr Michelle Tye - The Life Buoy App	Gil Morgan				21/10 Ros O'Donnell, 23/10 Bill Walton, 23/10 Pippa & John Paton, 23/10 Bill Walton, 25/10 Jo Hawthorne.
27-Oct	Lift the Lid Dr Michelle Taylor-Walker Developing Resilience	Gil Morgan				27/10 Elaine & Norm Elliott, 1/11 Jenny & Peter Cowburn

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: Basic Education & Literacy Month

Lookout Reserve Maintenance Roster:

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

17/10/20 - 30/10/20 Fred Andrews

31/10/20 - 13/11/20 Ron Ayres

14/11/20 - 27/11/20 Geoff Chandler

Past bulletins

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

Market contact: 0401 606 036

Art Show contact: 0417 319 465

Report of Meeting: 13/10/2020

Members in attendance 38.

President: PP Marion.

- Di Crawford, Assistant. District Governor has taken leave of absence for 12 months. Her replacement is Vicky Furnell.

- Jacki Honeywell, an exchange student plans to undertake a degree in International Relations at Deacon University as well as a Diploma in German. She hopes to teach English as a second language. -Description writing of roles has commenced. This activity will take several months.

-

- Family of Rotary. Judy Greer reminded that any member who hears of people who are unwell should be referred to this group.

Jenny Wright has taken LOA.

Sam and Don Ho are having another baby, due in March.

Trachoma Project: Judy thanked members who have donated goods, more are needed except deodorant. Donations of money can be left in her letterbox in Acacia Street if wanted.

Ann Hodgkinson commenced the oral history project this week.

- Amy Hawkins husband Brad is interested in becoming a Rotarian.

Monthly Market: It is planned the market for November 1st. There are 50 – 60 stall sites booked.

The BBQ will also go ahead but with double the space to allow for social distancing.

A gold coin donation collection will be conducted for Rotary. There are 7 entrances to be manned so Adrian welcomes volunteers.

Please see roster for your duties and times.

Members: Coming Events:

Saying of the week

A married man should forget his mistakes. There's no use in two people remembering the same thing!

Humour

At the restaurant, "Sir, would you prefer a red or a white wine?" - The customer shrugs, "I don't really care. I'm colourblind."

Links

Rotary International:
www.rotary.org

Rotary District 9780:
www.rotary9780.org

Footy Tipping
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.

Fund Raising: This group is working hard on various projects and contact will be made with people who will be asked to help.

Wine orders are going well. See Andrea.

It is hoped the Club will secure the conduct of the Duck Race in Barwon Heads Heather Willson is negotiating.

Coral reported that the coin stripe would take place in the main street in January or February.

There will be a three - course dinner at 'the sacred site' at Bill Steins in the New Year. There will be Country and Western dancing perhaps as well. Janet has offered to teach members line dancing so they can participate!

Water Feature assembly. This project continues to await confirmation.

Vocational: Lynne reported that the awards would be given on May 25th.2021. Application forms will be available on-line.

Footy Tipping: The winner this week was Alan Keyse. 12 of 23 tipped two winners. Geoff Chandler is the leader, with at least 4 breathing at his heels.

Guest Speakers: Des Gorman, Jim Mavromatis, Derek Rogers and Trevor Gibbs.

Des Gorman. "Shedding the Blues"

Des works with Barwon Heads and Queenscliff Neighbourhood House

All of these men are associated with people who have experienced mental health problems, particularly those who have retired or are nearing retirement as well as those who are returned veterans. There are 100 people on the list of the group, all are experiencing reduction and lessening social connection with work mates or society in general. These people all share a love of music and through this promotion of health and wellness has become the means, which is helping recovery. People are encouraged to concentrate on musical expression and appreciate how music in its different forms can help concentrate and clear the mind of negative thoughts. There are four areas of focus: playing together, appreciation of music, tinkering and repairing musical instruments for others including school children and learning new instruments.

There has been some funding from the COGG but this is reaching its limits.

Jim Mavromatis. Jim was forced to retire 10 years ago due to mental illness. He is a Vietnam Vet and became involved with 'guitars for vets' where guitars and lessons are given to participants. Ninety people have been helped through the course and currently there are six groups involved. He said that by making music many are able to clear black thoughts from their minds. He demonstrated this by playing his

composition "Everybody's Fool." His song outlined all the negative thoughts feelings and experiences he has had.

Derek Rogers. Derek deals with the mental health aspects of positivity and emotional intelligence. As well as self-management and awareness, social and emotional awareness. He stressed the need to develop and enhance the feelings of optimism. The need for help has increased with Covid 19. The need to increase mindfulness was stressed so chaotic thoughts could be corralled and dealt with. Grief and strategies to cope are encouraged to promote wellness and ability to plan for future progress.

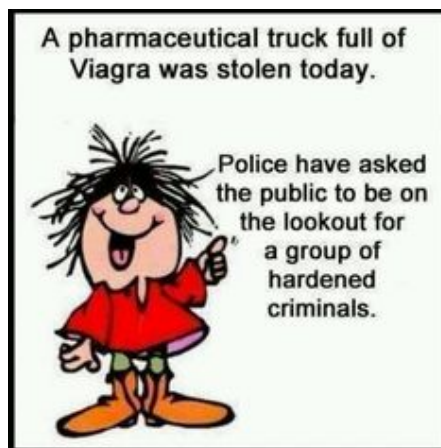
Trevor Gibbs. Trevor has had music in his life for many years. Music has helped him through lonely years and has very importantly provided stress relief. The development of his musical talent and love of music has helped him to lead a better life. He plays in various venues especially retirement and nursing homes. He has also worked at U3A and runs a series of Zoom groups very successfully each week. He belongs to the 'Geelong Chords Group'.

All of these speakers were most thought provoking and were a good introduction to "Lift the Lid" a Rotary project on mental health, which is the focus for this month.

It was good to see all members wore hats of all inventions and designs to mark the occasion.

Donations for "Lift the Lid" can be made to John Paton for Rotary Mental Health.

The bank account details are outlined in Pearl's communication of last Thursday. Don't forget to note who has made the payment and what it is



I have the most loving wife. Last night I woke up while she was holding a pillow tightly over my face to protect me from COVID19.

Shop assistant fought off armed robber with his labelling gun.
Police are now looking for a man with a price on his head.

2020 IS ACTUALLY THE YEAR OF THE RAT.

- We are all in hiding.
- We only come out to get food.
- We store the food in our homes to eat later.
- And we run away when people come close to us.



