

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 |
|--------|---|------------------------|-----------------------------|-------------------------|--------|--|
| 10-Nov | AGM & Trivia Quiz | Heather Willson | | | | 11/11 Joan & Bill Steains, 15/11 Amy Hawker. |
| 17-Nov | Rotary Branding - Pauline Stewart Public Image | Gil Morgan | | | | 19/11 Ron Ayres, 22/11 Meredith O'Neill, 23/11 Jenny 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:

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

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

28/11/20 - 11/12/20 Tony Haines

12/12/20 - 25/12/20 Gary O'Donnell

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: 27/10/2020

Members in attendance 40 via ZOOM.

- Amy Hawkins husband Brad was in attendance.

President: Pres. Gil

Trachoma Project: Judy and Gil thanked members who have donated goods, and these have been packed into 10 bags. The bags will be delivered to children living in a town 300 km East of Alice Springs. A note from children at the Point Lonsdale Primary School will be included in the bags.

Activities for the Club Christmas function is under consideration.

Ann Hodgkinson has concluded the instruction for the interviewers and the oral history project should commence shortly.

Secretary: Pearl reminded members that the AGM will be on 10/11/2020.

Treasurer: John Paton reminded members that it is necessary to note who is paying into the account and what the money is for.

Monthly Market: The market for November 1st. has approximately 80 stall holders booked. Please note your duties and the times you are rostered to perform them.

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 volunteers are needed.

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

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 will take place in

Members: Coming Events:

Saying of the week

If it's free, it's advice; if you pay for it, it's counselling; if you can use either one, it's a miracle.

Humour

A mum texts, "Hi! Son, what does **IDK, LY, & TTYL** mean?" He texts back, "I Don't Know, Love You, & Talk To You Later." The mum texts him, "It's ok, don't worry about it. I'll ask your sister, love you too."

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.

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

Footy Tipping: The winner this week was Coral Barker. The overall winner was Alan Keyse on percentage. Prizes will be awarded in the near future. This has been a very interesting competition and thanks go to Janet for her organization and planning.

International: Graeme Batrouney. There are several playgrounds scheduled for dismantlement. More information later.

The students at the Solemaid School are continuing to be given a meal even though the school is closed.

Hospital beds are needed in Sri Lanka. The Club will consider assistance in transportation if possible.

Guest Speaker: Doctor Caroline Taylor-Wilson. "Resilience"

Caroline is the third speaker informing the members on the theme of "Lift the Lid," she is a GP working in Torquay where she has two practices. Hero's Home Doctor where private home visiting is featured and the Ministry of Skin. Caroline contributes frequently to the radio and written articles. She and 9 other women have recently published a book called RAW. Caroline recognized that her own mental health was not good as she believed she had a secret that had to be worked through. She developed a system where she found the ability to overcome times of trauma and changes in normal life. This system or activity she called Resilience. This method of help and care can be learned. Life is enriched and people can be taught to cope with unsettling feelings.

Caroline explained the difference her sister's brain damage made to her family life and the effects it had on her life then and in the future. Her need to help people influenced her decision to become a Doctor. She believes the need to be perfect, responsible and the seriousness of attending and studying at Medical School led to the stress which developed into Bulimia. She hated herself and her appearance, so purging and eating became the norm. She became unreliable and probably drank too much. She graduated with dreams of doing surgery but this was not possible because of her condition. Cosmetic surgery and skin conditions became her field of practice. Caroline has overcome Bulimia through hard work and continued learning. Caroline then briefly outlined the four points that form Resilience as she has used it.

- Connection with empathetic people who helped her develop feelings of self - worth and therefore belief in herself.

- Care of Body/Your own state of wellness. This involves nutrition, sleep and exercise as well as those activities which allow and promote connection with the self. Trust in her decisions and others is also very important.

- Healthy Talking and thought patterns. Positive thoughts must be fostered and negative thoughts must be abolished. Personal praise and praise of others is also necessary. Control is also necessary but is only over oneself, what others think of you is not important. Problem solving made her feel better and more in control of her life.

- Lastly Caroline stressed how important it was to live in the now, enjoy the moment without worrying what might happen. A sense of purpose in achieving goals is of assistance as is an acceptance of her early life. She has developed a passion to pursue her goals even if this is through the work for others. The need to speak up and accept help is also very important. Caroline also believes there is a need to teach resilience and mindfulness in schools As well as her professional life any spare time she has is fully occupied as she has two children.

- **Oral History Interviews:** We had a technology training session in the park (thanks COVID) as we get ready to start our Oral History interviews.



Scarecrow Competition: It's planned for next year but some keen soles have started already !



Ocean Grove Market: It got off to 'flyer' with huge crowds in attendance and a very high Rotary member presence. A great club effort.



Trachoma Project:

Judy, Amy and Gil packed the toiletries that are to be sent to Watarrka in the Northern Territory for the school kids. Gil is just waiting on some letters from the children at Point Lonsdale Primary school and some iron-on Rotary emblems to go on the bags and then they can send them off.



**I WENT LINE DANCING
LAST NIGHT.
WELL, IT WAS
A ROADSIDE
SOBRIETY TEST...
SAME THING.**



**Only 6 allowed at the
table for Xmas .. but 30
at a funeral .. so I'm
holding a funeral for my
pet turkey who died on
the 25th dec**

**Department of health
is looking to hire
couples married for
7 years or more to
educate people on
social distancing.**