

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
4-Aug	Dr Bruce Poole Quitis Skin Clinic	Neil Templeton?				4/8 Hamish Campbell, 4/8 Sandie & Graeme Chamberlain, 5/8 Janice & John Wynn, 8/8 Carole Birrell
11-Aug	Gary Wilson, Western Emergency Relief Network	Ann Hodgkinson?		Marg Campbell?		17/8 Norm Elliott.

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: Membership & New Club Development Month

Lookout Reserve Maintenance Roster:

08/08/20 - 21/08/20 John Wynn

22/08/20 - 04/09/20 Geoff Brentnall

05/09/20 - 18/09/20 Rod/Judy Greer

19/09/20 - 02/10/20 Andy McKoy

Past bulletins

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

Market contact: 0401 606 036

Art Show contact: 0417 319 465

New Constitution and Rules; New ByLaws.

The final updated versions of the Club Constitution & Rules as well as the Club Bylaws are able to be read/downloaded from the Club website.

From the home page,

- select **Member Area**. (Password is grubber - case sensitive);
- select Download or view member related documents (in orange) - select the required document.

We are asking that members read the documents and forward any questions you may have to President Gil. Any received will be collated, a response prepared and they will be tabled for discussion at an upcoming meeting.

We will have a vote to accept the documents at our meeting on August 18th.

Report of Meeting: 4/8/2020

Members in attendance 28. This is the 17th meeting using Zoom

Guest Speaker: Dr Bruce Poole

President: We were advised that Sarah Brown has been awarded Rotarian of the Year, Zone 8 for her work with the Purple Bus. This is a service provided to indigenous people with kidney disease living in the remote areas of Northern Australia.

A new area of focus for Rotary International has been added to the existing six. It is supporting the Environment.

Jodie Disney an exchange student who travelled to South Africa in 1990 has made contact with the Club. She is the Membership Director for Tasmania. We may have her on Zoom sometime.

Members: Coming Events:

Saying of the week

Patience is not the ability to wait, but the ability to keep a good attitude while waiting.

Humour

I went to the butchers the other day and I bet him \$50 that he couldn't reach the meat off the top shelf. 'No, the steaks are too high.'

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. (we wish !!)

- The Club by-laws will be circulated on the web site and voting will be on 18/8/2020.

Secretary: Facemasks are available sporting the Rotary logo. Orders can be placed with her.

Treasurer: There are still some subs outstanding, so make the treasurer's life better and please pay them, online if possible. Cheques are acceptable. There are still some payments owing for the dinner at the Golf Club. PLEASE PAY UP!

Vocational: Lyn Carlson was congratulated on her hard work, which has resulted in the completion of the vocational awards.

Art Show: There will be a meeting on Monday via Zoom to discuss future plans.

Footy Tipping: Geoff Chandler was the smartest this week; Geoff Ford is the leader of the pack.

Guest Speaker: Dr Bruce Poole.

Bruce is a General Practitioner with a special interest in Skin Care. He works with people to diagnose, treat and manage cases of Skin Cancer in his General Practice, one of the very few who have this specialty service.

He especially checks people who may be liable to get skin cancer, especially those who have Anglo Celtic ancestry. His particular area of interest is melanoma. According to Google there are approximately 17,000 cases diagnosed in Australia annually, the most per capita in the world. He believes the advertising campaign, (slip, slop, slap etc.) has been effective as the numbers of women and the under 50's numbers are reducing; however numbers of men who are affected continue to rise. There were 1700 deaths last year in the country.

Skin checks are vital for all people though these have reduced in older age groups and in those at risk in recent months. Perhaps due to the current Pandemic. Figures showing a significant reduction will be slow, perhaps more than 30 years.

Skin cancer is the most 3rd or 4th most common cancer in Australia so the message is to warn all members of your family to take note of marks on the skin regularly and ensure skin checks are part of a routine medical overview. It is never too late to check, protect and take care.

There are two main types of non-melanoma cancers, BCC (Basal Cell Carcinoma) and SCC (Squamous Cell Carcinoma). There are around 4-500 deaths from BCC, less than those from SCC. BCC is common and often presents as an unhealed sore that can be fairly easily treated and cured. SCC grows very rapidly and can be fatal in a relatively short period of time. It often presents on the lips, ears, genitals, face and ears. Most of these areas are regularly exposed to high levels of UV radiation so protection is vital. The growth is generally sore to touch.

Bruce showed several slides showing how these cancers can manifest themselves. There are many

variations in appearance, so it is important to have any irregularities such as changes in shape or colour, slow to heal, increased pigmentation and itchiness of the area, checked and followed up. Skin cancers are usually new growths, which look different from other growth present on the body.

Reduction of mortality rate is the main aim so regular checks must be undertaken.

Dr Poole emphasised that early detection is the best treatment especially as this has resulted in a significant lowered mortality rate.

Australia's record of skin cancers is not one to be proud of so lets do our bit and 'slip, slop, slap' and have a skin check as well.

To close the meeting on a lighter note Rod Bush showed a very good video, which probably did the trick.

Gary Willson will be the guest speaker next week. He will be talking on the Emergency Relief Network.

AG

New MONTHLY Budget
Gas \$0
Entertainment \$0
Clothes \$0
GROCERIES \$1624

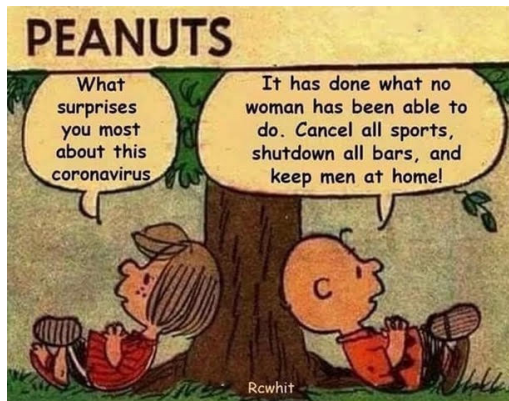
**I'VE BEEN "SOCIAL DISTANCING"
ALL MY LIFE...**



IT'S CALLED GOLF



Lockdown – 2020



NO, I'M NOT COMING DOWN!
We've been on 20 walks today. Leave me alone.

