

ROTARY CLUB OF OCEAN GROVE

Inc. Assn. A 0013584 X ABN: 13 501 173 192

	Guest speaker	Chair	Greeter/ Assist. Sgt.	Transect/ Asst. Cshr.	Raffle	B'days/Anniversaries
27-Oct	Lift the Lid Dr Michelle Taylor-Walker Developing Resilience	Gil Morgan		Xenia Williamson.		27/10 Elaine & Norm Elliott, 1/11 Jenny & Peter Cowburn
3-Nov	No Meeting - Melbourne Cup					Nil

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:

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

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

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

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

Past bulletins

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

Market contact: 0401 606 036

Art Show contact: 0417 319 465

Meeting Notes 20 October 2020

36 participants on Zoom

President's Report: Gillian Morgan

Alan Keyse is slowly improving 'one day at a time'. We are still unable to meet at the Ocean Grove Bowls Club under current COVID rules.

Isabel Paton has had to resign from the Club due to family issues.

The November market is organised with around 60 stallholders. See Roster distributed earlier.

Judy Greer has completed the targeted 10 End Trachoma kits for distribution in remote communities in the Northern Territory. Thank you to all who contributed. No further contributions are required.

Board Report:

\$1,000 Centenary Of Rotary grant has been received from District to celebrate 100 years of Rotary. It is to be used to erect a permanent monument in recognition of the role of Rotary in the Community.

Gil attended a Presidents' Meeting for Groups 9 and 10 last Tuesday. Training in risk management will be provided in the future. Documentation will be kept with the Secretary.

Marion Walton and Gordon King will represent the Club at future Baton Relay meetings. A proposal to move the baton around the area on a motor cycle is being considered.

The Ballarat East car raffle is planned to recommence next year.

24th October is World Polio Day.

There will be no Rotary meeting on Melbourne Cup Day, Tuesday 3rd November. At Zoom Drinks on the Friday beforehand horses will be drawn for our Sweepstakes. All members will be entered at no cost.

Members: Coming Events:

Saying of the week

If you think nothing is impossible, try slamming a revolving door.

Humour

A grasshopper sits down at a bar. The bartender says, "We have a drink named after you!" The grasshopper replies, "Who names a drink 'Steve?'"

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.

Reports:

Foundation - Gordon King reminded members that the quarterly magazine Strong Foundations has been distributed. November is Foundation Month.

Publicity - Xenia Williamson is providing a series of posts on the Facebook page.

Secretary - Pearl Macmillan advised that Peter Hawthorne will be starting the R.U.O.K. ring around next week.

Community Service - Gordon King said that they are still waiting for the final approval to erect the sculpture from Barwon Coast. The Entrances project is proceeding slowly but they will be seeking community input in the near future. It is hoped that the Business Association will also be involved in this project.

Vocational Service - Lynne Carlson provided a report to Board asking for approval to make 25 May 2021 the Community Awards Presentation night. Distribution of nominations using online and paper versions will begin on 18th January 2021. They are having a meeting with the Small Business Association regarding sponsorship on Thursday.

Treasurer - John Paton thanked everyone who had contributed the voluntary monthly administration fee. He had received a number of contributions to Lift The Lid to date but will still be accepting contributions over the next two weeks.

Rotary Oral History Project - Ann Hodgkinson updated progress. Two training sessions for 12 interviewers have been completed. Contacting potential interviewees will commence soon. The interviewers are planning to undertake some practice interviews in the next two weeks.

Wine Project - Andrea Tierney said that Tuesday 20th was the cutoff date for this project. They had received orders for 30 dozen bottles of wine.

Footy Tipping - Janet Alexander reported last round results. Five people had picked the two winners and Peter Hawthorne was the winner on the margin. There are currently three equal winners on 112 points: Alan Keyse, Geoff Ford and Coral Barker, followed by Ron Ayres and Peter Hawthorne on 111 points. She provided the following background information for the Grand Final. The last time Geelong met Richmond was in 1967 and Richmond won. Prior to that they met in 1931 and Geelong won.

Guest Speaker: Dr. Michelle Tye, University of New South Wales

Michelle reported on the LifeBuoy project which is partly funded by Rotary Health Australia. This research project is one of the mental health projects funded by Rotary. LifeBuoy is an App to help young people combat suicidal thoughts being developed in conjunction with the Black Dog Institute's suicide prevention stream. Michelle helped develop the App as an early intervention

mechanism when possible harm is identified. It targets behaviours which are precursors to suicide. Michelle has had some life experiences with suicide which motivated her interest in this area. She emphasised the importance of seeking help and the App is designed to get young people comfortable with seeking help.

Suicide is the leading cause of death in young Australians aged 15 to 24 years. Eight or nine die each week and many others attempt suicide. The young are particularly poor at seeking help. Technology is one of the best ways of reaching young people. The App is designed for people in the 16 to 24 age group who are comfortable with using technology, often referred to as 'digital natives'. Prior to LifeBuoy there were no self-guided digital interventions designed for young people that specifically addressed suicidal thoughts. Young people have a preference for self-reliant approaches and processes. This gap was identified in 2017. A seeding grant was obtained in 2018 which funded the pre-development stage. The App was built in 2019 and in October 2019 Rotary provided funding to trial the App. The trial started in May 2020 and involved data collection, revision and testing of its effectiveness. It is hoped to have it completed in 2021.

Michelle provided an overview of the App and the trial results. The App is based on Dialectical Behaviour Therapy which focuses on psychological distress, not just thoughts but also the likelihood that the person will act on this distress. It aims to get that person out of these high distress phases. The App contains seven main learning modules, represented as islands, which involve education and learning activities. A Tool Box contains activities including distraction activities. It also has a Mood Tracker and Help Function which provides access to services such as crisis centres and emergency information.

They recruited participants for the trial through Facebook and obtained 455 volunteers, 93% of whom were females, and they had an average age of 21 years. It was a blind trial randomising half the participants onto LifeBuoy and half onto a sham app without the above functions. 321 completed the trial up to the post-intervention stage. The final stage of the trial which involves a three month assessment and qualitative interviews is underway. The findings so far suggest a need to split the participants into an 18 years plus group and a younger group. The current App is best focused towards the 18 to 25 age group and they need to rework it for younger users. More input from people with a lived experience of suicide is required. They now have a better understanding of 'what works' to keep people engaged in the process but need to include more context for users. These ideas will be incorporated into the next version.

Next week's meeting will continue the Mental Health theme with Dr. Taylor-Walker talking about Developing Resilience.

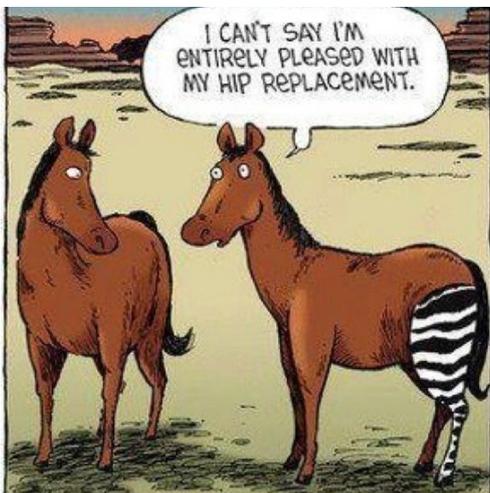
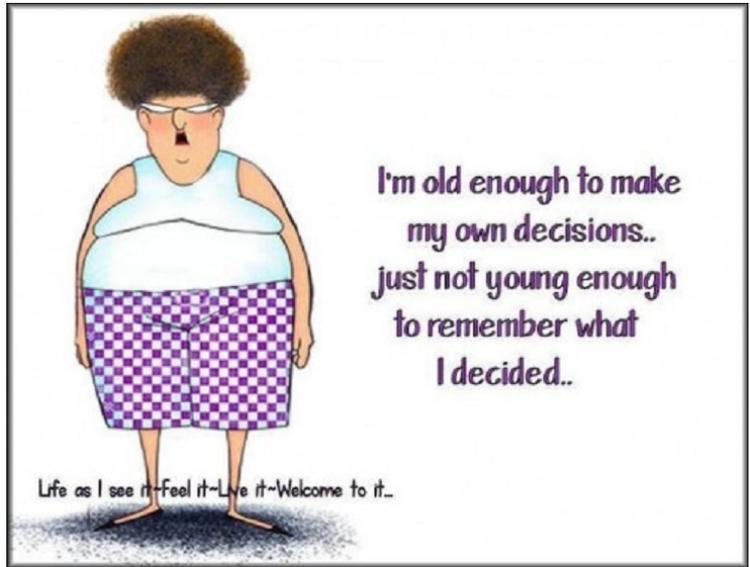


I got myself a seniors' GPS. Not only does it tell me how to get to my destination, it tells me why I wanted to go there.



This will be the first year we're not going to Hawaii because of Covid-19.

Normally we don't go because we can't afford it.



I DON'T DO DRUGS...



I GET THE SAME EFFECT BY \$TANDING UP FAST!