

**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
Sep 17th	Art Show & Shelter Box reports	Rod Bush	N/R	Jenny Clairs	Penny Broome	22/9 Frank Rice; 25/9 Sue Hill
Sep 24th	Penny Broome - 15 on Me	Rod Birrell	N/R	Lisa Hanley	Kath Venters	26/9 Andrea Tierney; 28/9 Gary Willson;
Oct 1st	Rotarians against Malaria	Beth Eustace	Alan Keyse	Neil Templeton	Nick Lascaris	1/10 Kath Venters.

We acknowledge the traditional First Nation custodians of country throughout Victoria and their ongoing connection to this land. We pay our respects to their culture and their Elders, past, present and emerging.

### Our Club

President

Secretary



Meredith O'Neill



Rod Bush

**Where:** We will meet each Tuesday at the **Ocean Grove Bowling Club**



**When:** 6pm for 6:30pm  
Visitors are Welcome

**Meeting enquiries or apologies:**

**Janice Nation - 0417 332 742**

**Web:** [rotaryoceangrove.org.au](http://rotaryoceangrove.org.au)

Monthly **Theme:** September - **Basic Education & Literacy Month**



### Upcoming dates for your calendar:

**Sunday Sept 29th:** Social dinner at Ming Terrace 6pm

**Sunday Oct 6th.** First Summer Market

**Tuesday Oct 22nd:** Lunch and Sail activity

**Friday Nov 1st.** Art Show Opening night

**Saturday/Sunday Nov 2/3.** 13th Annual Rotary Art Show

### Meeting - Sep 10th

**Chairperson:** Delia Naumann

### Reports:

**Noel Emselle: Environment meeting** - 5:00 September 17th at the Bowling Club. Besides the committee, all members are welcome to attend to hear what's happening.

**Footy Gates:** Peter Cullen thanked all those who braved the inclement weather to man the gates last weekend. A couple more people are needed for Grand Final Day. See Peter/Rod G.

**Community:** Pearl Macmillan.

- Dried and tinned food will be given to Loaves and Fishers for distribution to those in need. The articles donated by members will be collected again at the next meeting.

- A list was circulated for volunteers/marshals to assist at the Cadel Evans bike race. 20/1/25 – 2/2/25. This is a good money earner.

- Pearl will have a meeting of the Community committee at 5.00pm on 24/9/24.

**Public Image/Social:** Lindy Stagg. Clothing and other items are being collected for the Kinship Carers group. Children's items are particularly welcome prior to our normal meeting

- There will be a social meeting at the **Ming Terrace** on Sunday 29/9/24. Rod will circulate an attendance form soon. We'll need to know numbers so they can cater with sufficient staff.

## Past bulletins

- Available from our website ([rotaryoceangrove.org.au](http://rotaryoceangrove.org.au)) via the 'Our Club' menu.

## Contacts

**Market:** 0401 606 036

**Art Show:** 0417 319 465.

## Wisdom for the Week ....

### Some thoughts from **Anthony Hopkins:**

- Self-control is strength and calmness is mastery. You need to get to the point where your mood doesn't shift based on the actions of someone else; don't allow others to control the direction of your life and don't allow your emotions to over-ride your intelligence.
- Stop being afraid to spend money. You go out and spend \$100 on good food and drinks - so what? You had a good time with your friends; if you spent \$1000 to travel - so what? Your time on this planet is a gift. You can always get back money (eventually) but you can't get back time .
- In 3 generations, everybody who knows you will be dead including the people whose opinions stopped you from doing what you wanted to do all along.
- Think of someone you know who achieved every dream and hit every goal - that can be you.

## Links .....

**Rotary International:** [www.rotary.org](http://www.rotary.org)

**Rotary District 9780:** [www.rotary9780.org](http://www.rotary9780.org)

**Rotary Foundation:**

[www.rotaryfoundationaustralia.org.au](http://www.rotaryfoundationaustralia.org.au)

**Footy Tipping:** [www.footytips.com.au](http://www.footytips.com.au)

**Facebook:** <https://www.facebook.com/RotaryOG>

**Instagram:** [#rotarycluboceangrove](https://www.instagram.com/rotarycluboceangrove)

- John Paton has organised the Club Meeting of the 8/10/24 at the Wetlands Centre (Club House) on Lake Road, Barwon Heads. BBQ will be supplied.

**Lisa Hanley:** Sponsorship for the local soccer club has been suggested. This will need Board consideration.

**Region:** Gil Morgan. The clubs in our local region are meeting on 22/9/24 to discuss 'the way forward' Any ideas about future directions should be directed to Meredith.

**Market:** 6/10/24 Adrian Schmidt. Those helping on the BBQ must have a food handling certificate. See Rod Bush for assistance.

**Footy Tipping:** Frank Rice.

- Heather Willson and Kath Venters won this week.
- Geoff Chandler won overall. Congratulations Geoff.

### Guest Speaker: **Mick Cummins**

What an inspiring presentation!! Mick is a past member our club. He had to leave because of frequent postings to disaster areas where he worked in first responder groups.

Mick has a wide range of experiences in Vic Police, disaster recovery and OH & S related activities and ultimately peer support for Police and other service groups.



**Mick Cummins**



He related how he understands the power of positive thinking and works very hard to get this message across those he comes across in these groups. He is part of a project called **Trojans Trek** where groups of first responders finding difficulties settling back in to normal life, spend time in a bush setting and learn skills to deal with their situation - something Mick has worked on in his own post police life.

At a local level, he promotes involvement of first responders in a walking group and a yoga group and has gained support and sponsorship for these activities.

If you have time, have a listen to this podcast to get more detail of Mick's work - It's inspiring stuff. Just click the link below on your phone, computer or iPad.

<https://omny.fm/shows/roll-with-the-punches/answering-the-call-mick-cummins-and-the-police-vet>



Please remember:

You receive an email each week asking about your attendance at the next meeting - **please respond when you get it**

**Member Activities** - Please check your allocation and inform the appropriate person if you cannot make it.

**Lookout Maintenance Roster:**

Contact Noel Emselle

15 September 2024	Heather Willson
29 September 2024	Maz Walton
13 October 2024	Judy/Rod Greer
27 October 2024	Alex Magee

**15 on me: Contact Rod Bush**

I'll chat with members about availability and add names here as I get willing participants

**100 Trees Maintenance Roster:**

Contact Noel Emselle

**September-** Adrian Schmidt - leader.  
Rod Birrell, Peter Cullen, Marg Campbell, Lynne Carlson.

**October.-** Rod Greer - leader.  
Judy Greer, Alison George, Greg Leece, Marg Campbell.

**November-** Pearl Macmillan - leader.  
Heather Willson, Gary Willson, Delia Naumann, Geoff Chandler.

**December.-** Noel Emselle - leader.  
Andrea Tierney, Ann Hodgkinson, Alec McGee, Neil Templeton.

**February.** - Andy McKoy - leader  
Peter Cullen , John Paton, Janet Alexander.

Where you can use your OGBA voucher:  
Driftwood Cafe, OG Cellars, Ian Pattison Jewellers, Piping Hot Chicken Shop, Viewpoint Digital Media, OG Bar, Wardrobe by the Sea, Bellarine Eye care, Bay IT, Bells by the Beach, Laminar, OG Hardware, OG NewsXPress, Pavilion Property, Ocean Eyes, OG Super Toys, Covenant Wine Bar, Roche Accounting, Bakers Delight

**GDFL Footy gates:**

One weekend to go. Thanks to everyone that was able to help out for your great support. We all benefit from your hard work. !

It was a little windy on occasions !!



Kath Venters & Larrie Winzar

**Bon Voyage:** Andrea Tierney is heading off overseas to Nepal to walk the **Annapurna trail** with her daughters, to celebrate her 60th birthday. This comment from *Intrepid Travel* raised my eyebrows !



*Most of your trek to Annapurna Base Camp is spent below 3,000m/ 10,000 feet. However, the terrain is challenging, with thousands and thousands of stairs. This trek is achievable for any trekker who is ready to put in the preparations and training needed.*

**A reminder about your Bowling Club member card: -**

beside getting reduced prices on your meal/drink, it can all win prizes. Make a point of swiping your card at the reception desk each time you enter the club, to go in the draw.

**Next week:** Presentations on **Shelter Box** and our upcoming **Art show**.

**Food Handler's Certificate:** A gentle reminder to those who plan to work at assorted club BBQ events (market, Bunnings etc). You need to have completed the online Food safety course before you can do this. When you pass the course, please email the certificate you receive to Rod so he can keep a record of who has done the course.

To date those who have sent the certificate through are: **Delia Naumann, Gordon King, Peter Cowburn, Alan Keyse, Jenny Wright, Lyndy Stagg, David Larkin, Rod Bush, Kath Venters, Adrian Schmidt, John Paton, Pearl Macmillan, Marion Walton, Paul Brewster, Lisa Hanley, Rod Birrell, Beth Eustace, Ron Ayres.**

If you've completed the course, but haven't sent through the certificate, could you please do so when you can. The link for the course is: [dofoodsafely.health.vic.gov.au](https://dofoodsafely.health.vic.gov.au)

PS: Assistance is available 🤔



## Sea Road Ferries Sail and Lunch

The Vocational Service Committee has organised a visit to a local business being Sea Road Ferries in Queenscliff. For the event Rotary members will have the opportunity to participate in a 'Sail and Lunch' day on **Tuesday 22nd October 2024. Responses are needed as soon as possible.!**

Please click the link if you plan to attend: <https://form.jotform.com/242283496283868>



**District News and Updates:** Click the link to read this. <https://rotary9780.org/bulletin/viewsent/56ab19b8-63c3-4e91-9766-286459fa3b60/36f5ac5a-420c-4f2b-834c-d3dd92a7a531?mid=rhGh7E4tMQ++npIUCdzRZO2DI4uYOlzQ6laolnsjYeE=&type=m>

**Connections ... :** From **Rod Bush** - After my presentation last week, I discovered that I taught with Doug Leece (Greg Leece's father) when I was at Wangaratta Tech. back in the 70's!! It's a small world !

**Technology Info:** both Optus and Telstra are winding down their email services. If the only email address you have is with them, better investigate getting another one - gmail is recommended. We can give you help in setting this up if required.

**Environmental Activities:** We're thrilled to share our recent environmental initiatives! With the help of our amazing volunteers, we planted 100 trees for 100 years of Rotary and now maintain the plantation. This helps to restore natural habitats and beautify our surroundings.

Our efforts didn't stop there—Queenscliff Cemetery, the Lookout Reserve and Ocean Grove Park have also benefited from our commitment to a greener future. These projects are part of our ongoing mission to protect and enhance our local environment for generations to come.

Thank you to everyone who contributed their time and energy



David & Delia = prospecting

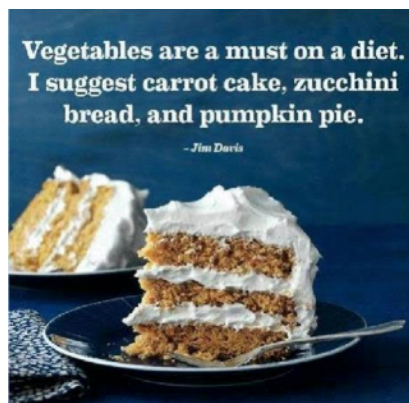
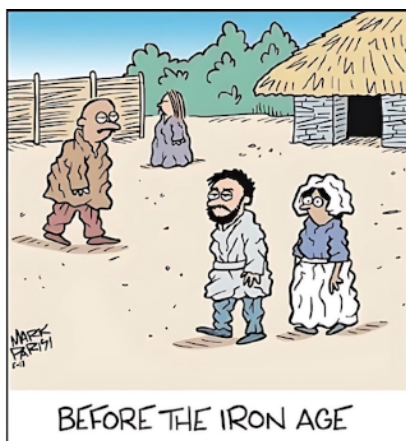
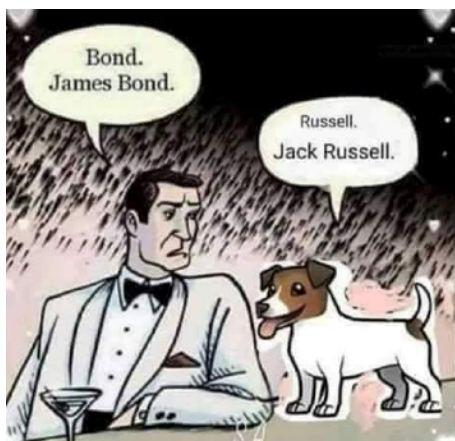


Lisa Hanley on the tools



Ann, Pearl, Gary and Marg hard at it.





Yesterday my husband thought he saw a cockroach in the kitchen. He sprayed everything and cleaned thoroughly. Today I'm putting the cockroach in the bathroom.

