

Pascoe Vale Tales

Rotary Club of Pascoe Vale Bulletin

7th October 2021

“We acknowledge that we are on the traditional land of the Wurundjeri people of the Kulin Nation and we pay our respects to their forebears past and present.”

Serve to Change Lives!

THIS WEEKS CELEBRATIONS:

Birthdays: Nil

Anniversaries: Chris & Rebecca Lang.

THIS WEEK:

Meeting Via ZOOM -7pm

- Speaker: TBA.

Subject: TBA.

- Bruce Browning is inviting you to a scheduled Zoom meeting.

Topic: Rotary Club of Pascoe Vale: meeting Time: 7pm

Join Zoom Meeting

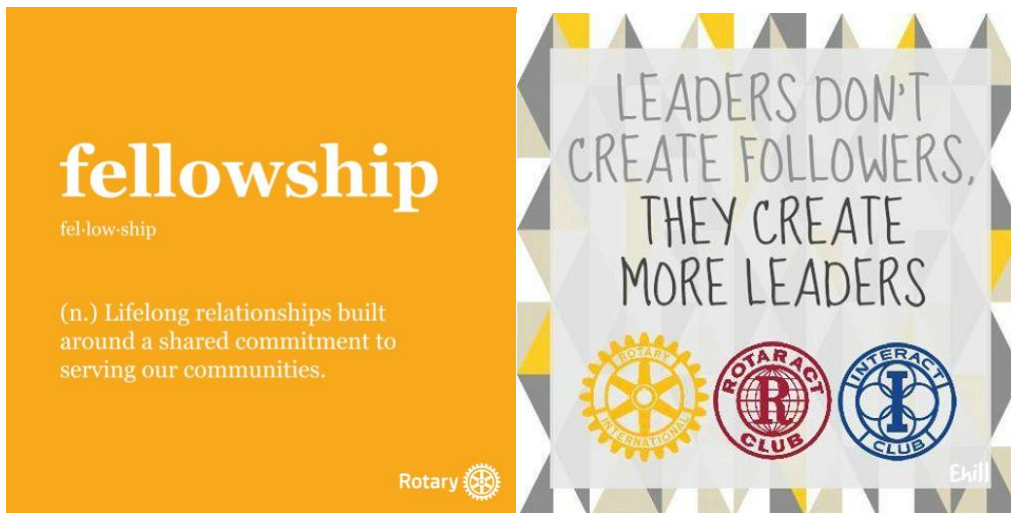
<https://us02web.zoom.us/j/8544108470?pwd=cFZvV3R6UjhFMG1BNHlMa3dnUIJGUT09>

Meeting ID: 854 410 8470

Passcode: 3hqfJC

UPCOMING EVENTS:

- 10th October 2021 -*Lift The Lid Walk*
- 14th October 2021 -*Mary Crammond: “Shelterbags Project”*
- 21st October 2021 – *St John’s CPR Training*
- 18th -20th March 2022 -*District Conference*



CLUB NEWS

- **President Grant:**
- RIMERN are rapidly expanding, and now boast 10 service support and advocacy services as members. There are another 11 agencies considering membership. They have had to temporarily halt donations, due to the high volume.
 - They urgently require volunteers to help sort and pick household items, for distribution to those in need.
 - There are shifts available on the weeks commencing 11/10, 25/10 and throughout November. If you have some spare time on Tuesdays or Saturdays, and would like to get involved in this worthy cause, please contact me for further details.



DISTRICT NEWS:

District 9790 Rotarians can support from all over our District.
Moreland Rotary presents



LIFT THE LID WALK

FOR MENTAL HEALTH 2021

DATE

LOCATION

Sunday 10 October 2021

A Walk & Talk in your neighbourhood

ENTRY JUST \$30

***INCLUDES YOUR**

WALK T-SHIRT

KIDS UNDER 15

WALK FREE

Join Moreland Rotary from your location

Registration raises much needed funds for
Mental Health Research

Bookings before 9am on 24 September for t-shirt
and the chance to go into a prize draw

Book Today on

<https://www.liftthelidwalk.com.au/moreland>



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Club Messages/Cards

If you know of any Current, Honorary/Past Member or family or friends of our Rotary Club who could benefit from a card or message please get in touch with Vera D'Aprano who will arrange for an appropriate card to be sent on behalf of our Club.

Contact: Vera: veradaprano@hotmail.com

Mobile: 0402 438 006

Pascoe Vale Tales: Editor: Bruno D'Aprano

brunodaprano@gmail.com Mobile: 0407 374 188



Things to ask yourself when things seem overwhelming:

- How was my sleep?
- Have I properly nourished myself today?
- How is my social media use?
- How are the people around me affecting me?
- How is the tone and content of my self-talk?
- Do I need to take a walk or a bath?
- Is there a source of stress or a trigger that's weighing me down?
- Do I need to take a step back?