

Pascoe Vale Tales

Rotary Club of Pascoe Vale Bulletin

<http://www.pascoevalerotary.com.au>

16th December 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: Kim Whittle

Anniversaries: Steve & Lois Papas

THIS WEEK: Fellowship!

UPCOMING EVENTS:

- 18th January 2022 - **Strathmore Rotary Club** (combined club meeting) Subject-**Living Legends**



The Melbourne Cup winning experience

To Bulla, Sunbury

ENTRANCE 100 MTRS FROM CORNER

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To Melbourne

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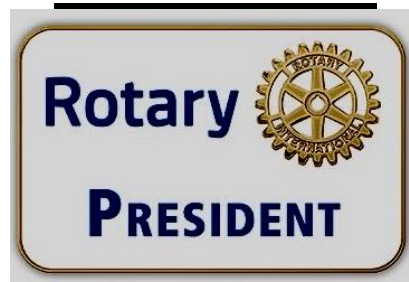
Visit our website at www.livinglegends.org.au

Oaklands Road, Greenvale, 3059 Melway - 177 H9
Postal Address: PO Box B2, Bulla, Victoria 3428
Phone: (03) 9307 1165

- 26th January 2022 -Moreland Rotary Club -8:30am - 11am.
Subject: **Reflect, Respect and Celebrate**
- 18th -20th March 2022 -**District Conference**



CLUB NEWS



- **President Grant:**
- This week will be our last meeting for the year. It would be fair to say that 2021 has been a very challenging year. In June, I was full of optimism, which was dashed with the re-emergence of COVID-19 restrictions. Again, I am full of optimism for the New Year. We have a large number of

initiatives in the pipeline at the moment, and I look forward to progressing with these programs.

- Our first meeting next year will be on January 13th.
- Merry Christmas and a Happy New Year to all members, their families and to all friends of the club. I wish you all the best all for a successful (COVID-19 free) 2022

- **PP Gerard Hannon:**

All the workers who finished the project at the Scout Hall, Bob and Grant also made an appearance!



	<p>Strathmore Community Bank® Branch</p> 	<p>FRESH CUT PROCESSORS</p> <p>Order by 12 noon for next day delivery on processed vegetables.</p> <p>Ken Alush 0410 729 921 kalush@optusnet.com.au</p> <p>Les Bolyos 0430 143 545 lesbolyos@optusnet.com.au</p> <p>Store Number 131 35 Produce Drive, Epping, Vic. 3076 Tel: (03) 9687 1509 Fax: (03) 9687 1038 www.freshcutprocessors.com.au</p>
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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

- **PP Bruno D'Aprano:**

Tips for staying mentally well this holiday season

Make time to chat. Connectedness and belonging are so important, and regular, simple, informal conversations are great ways to build these feelings. At this time of the year when you may be missing family or loved ones, this is especially important.

Take your celebrations online. Enjoy your usual traditions with family and friends virtually if you can't be together, or even invent some new ones!

Don't give negative thoughts too much power. Just because we're thinking something doesn't mean it's true. We may not be able to control the thoughts that come to our minds, but we can control which ones we give energy to. If the thought doesn't serve you, acknowledge it and then allow it to pass by much like a cloud in the sky or a car on a busy road.

Look after your body. Although for some this is a time to celebrate, make sure to still get enough sleep and exercise, eat well, avoid smoking and the temptation to indulge in excessive alcohol over the festive season.

Take a breath. If you feel overwhelmed, take a few slow, deep breaths to help you calm down. Try inhaling for two counts, exhaling for three counts and repeat a couple of times. If there are other things that help you relax, (e.g. a walk or listening to music) you could try these too.