

# Pascoe Vale Tales

Rotary Club of Pascoe Vale Bulletin

17th February 2022.

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

***“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:**

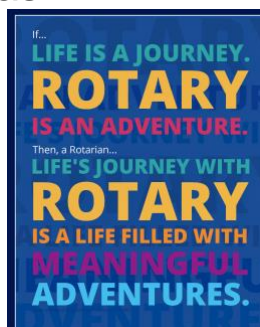
***Birthdays:*** Sue Harrison  
: Osama Nasab

***Anniversaries:*** Nil

***Vale:*** Sadly, we received news that Bob Taylor's brother, Bill, passed away in Swan Hill earlier in the week. We offer our sincere condolences to Bob and his family at this time.

***This week Guest Speaker:*** Steve Ansell is President of Southern Mitchell Rotary Club.

He is a graphic artist and operates his own business talking about newsletter design also from Southern Mitchell is George Katsimbas who is an IT expert and talking to us about conference zoom cameras.



## **UPCOMING EVENTS:**

- 3<sup>rd</sup> March 2022 – *Guest Speaker -Youth Diabetes*
- 6<sup>th</sup> March 2022 -**Plogging on Clean Up Australia Day**
- 18<sup>th</sup> -20<sup>th</sup> March 2022 -***District Conference -Marysville***
- 3<sup>rd</sup> April 2022 - **Social day in Blackwood and Trentham.**  
**More details to come**
- 12<sup>th</sup> May 2022: **RC of Pascoe Vale/Stephen Bull Memorial Police Awards**



## **CLUB NEWS**

- **President Grant:**

- RIMERN continues to keep us busy. Last Thursday, Bob Taylor and I collected a washing machine, vacuum cleaner and assorted kitchen items from a donor in Preston. On Tuesday, Colin McKenzie, Pat Solibakke, Kevin Fernandes and I helped sort and consolidate furniture from a recently closed, retirement home. This furniture will be distributed to those in need through the WERN, EERN and RIMERN associations.

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- **Emma Davis, President Rotary Club Moreland**

Hello Cluster Two Presidents, and AG Judy and AG Kaye for release to Clusters One and Three

- As discussed recently, Moreland Rotary is hosting Mental Health First Aid (MHFA) training for our community.

We are able to support a course, including textbook, MHFA branded notebook, pen and lanyard and the facilitation for \$110.00 per person. This would typically retail for around \$300. The 12-hour Standard Mental Health First Aid course is for any interested adult.

You will learn how to assist an adult who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves, using a practical, evidence-based action plan. This course is based on guidelines developed through the expert consensus of people with lived experience of mental health problems and professionals.

MHFA courses can provide members of the community with:

- Skills in how to recognise the signs and symptoms of mental health problems
- Knowledge of the possible risk factors for these mental health problems
- Skills in how to give appropriate initial help and support someone experiencing a mental health problem
- Skills in how to take appropriate action if a crisis situation arises involving suicidal behaviour, panic attack, stress reaction to trauma, overdose or threatening psychotic behaviour.

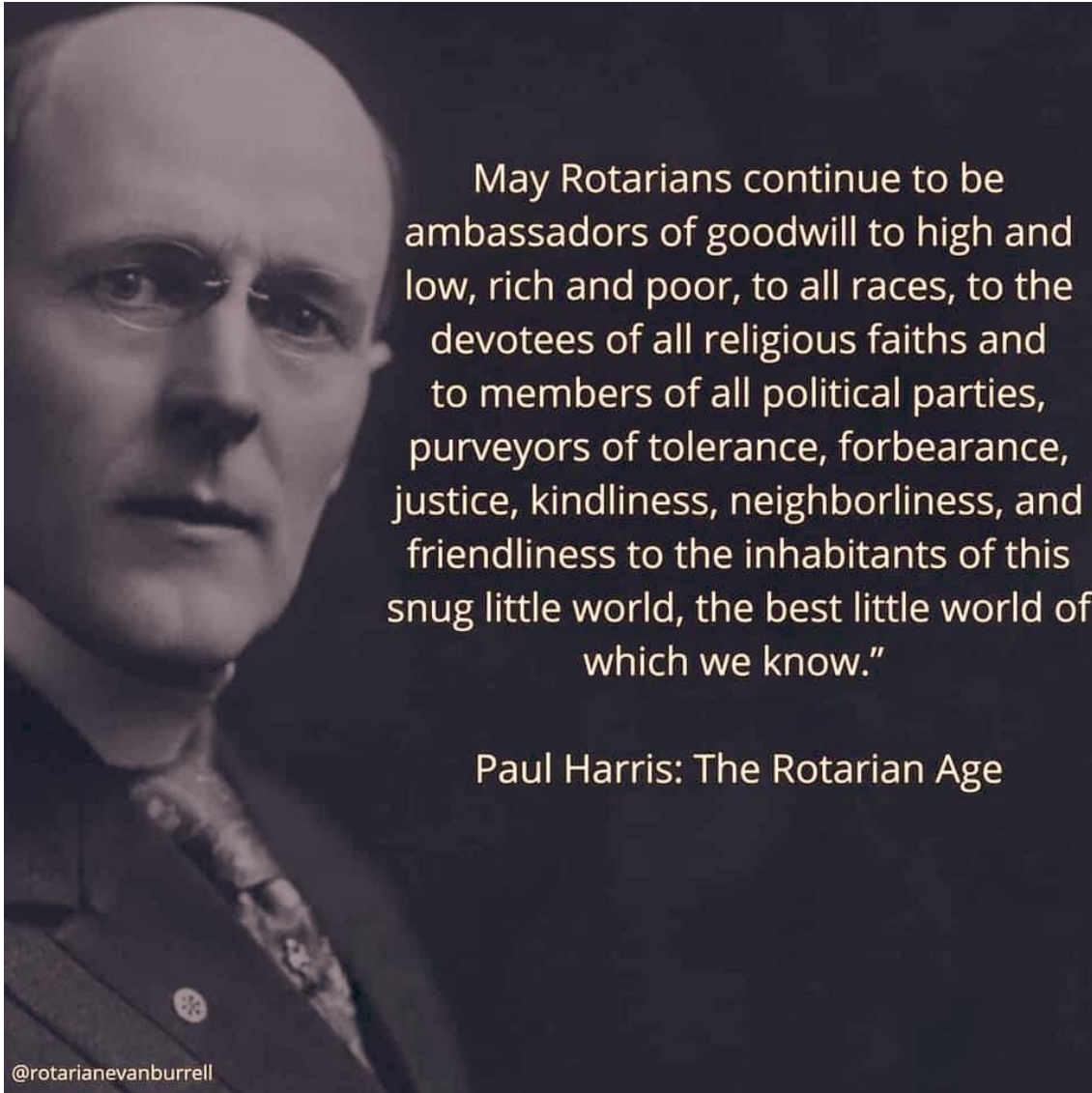
We are hosting this course in person, in a socially distanced classroom. Attendees must be fully vaccinated to attend and wearing of masks indoors will be dependent on the requirements at the time of the course.

This is a two-day program and you must attend both sessions for completion of the program. This course is available for

Saturday 30 April 2022, Saturday 7 May 2022 Timing will be approximately 9:30am – 4:30pm and location will be confirmed with registered attendees a little closer to the course start date. The program will be delivered in Metro Melbourne, likely close to Brunswick.

Further course dates will be released as each course fills.

To book, please go to <https://www.trybooking.com/BXLOR> Any questions, please reach out.



May Rotarians continue to be ambassadors of goodwill to high and low, rich and poor, to all races, to the devotees of all religious faiths and to members of all political parties, purveyors of tolerance, forbearance, justice, kindness, neighborliness, and friendliness to the inhabitants of this snug little world, the best little world of which we know."

Paul Harris: The Rotarian Age

@rotarianevanburrell

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

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

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*Evan B*

**Rotary**  
DOWN UNDER

