

The Pascoe Post

Newsletter of the Rotary Club of Pascoe Vale – October 27, 2022

The Club meets at the Pascoe Vale RSL each Thursday night at 6.30pm. We have some great speakers. Visitors* - Please join us for dinner – our shout!

Contact the editor for more details

Pascoe Vale
Rotary



Last Week's Speaker

Last week's speaker was D'Prez.

As an Ambassador for the Australian Mental Health Foundation, our Prez, Bruno D'Aprano, addressed our club on de-stigmatising of mental health issues in our community! How do I look after my mental health:

1. Talk about your feelings. Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled. ...
2. Keep active. ...
3. Eat well. ...
4. Drink sensibly. ...
5. Keep in touch. ...
6. Ask for help. ...
7. Take a break. ...
8. Do something you're good at.
9. Accept who you are
10. Care for others



Upcoming Events

27 th October	Club Meeting – Stephanie and Matt from Bunnings
28 th – 30 th October	Zone 8 Rotary & Rotaract 'BETTER TOGETHER' Conference - Canberra
3 rd November	Club Meeting TBA
24 th November	Annual General Meeting
4 th December	Christmas Breakup
17-19 March 2023	9790 District Conference CANCELLED
27-31 May 2023	Rotary International Convention -Melbourne.

THE PRESIDENTIAL DECREE

Hello Rotarians, Friends of Rotary, and Kind Sponsors!

I do hope you & your families are all well.

- What a great way to spend a Sunday morning! The Merri Creek plogging project was a great success, with more than 30 locals & Preston Rotary members assisting! Well done to all those involved & a special thanks to our E & S Leader - Heather.
- Many thanks to Pat, Heather, Bruce, and Bob who went to Coburg North Primary during the week and helped assemble the SolarBuddy lights. Great ongoing project Pat!

Happy Birthday, Vera D'Aprano!

Yours in Rotary Service,

Bruno D'Aprano PHF
D'Prez



SolarBuddy at Coburg North Primary

Pat, Heather, Bruce, and Bob went to Coburg North Primary yesterday and helped assemble the SolarBuddy lights. After the success of our donation of 1 bucket (25) of lights, the school fundraised for a further 3 buckets!



The assembled solar chargeable lights are then sent to 1 of 7 participating countries to assist students that are in electricity poor areas to assist with their studies.



A letter from the student that assembled the light accompanies it and we hope the recipient student overseas replies, may a lifelong pen pal eventuate. Great job Pascoe Vale Rotary and Coburg North Primary!

Do any other schools or young groups want to participate?

THIS WEEK'S CELEBRATIONS:

Birthdays:

Leila Ross

Anniversaries:

Nil

What's on this week

Looks like it's a quiet week. Enjoy the long weekend, and I hope you back a winner.

Christmas Break-Up

Sunday, December 4th for lunch at Postmistress Eatery, 71 Melville Road Brunswick West.

Book with D'Prez quickly as numbers are limited.



Environmental and Sustainability Report October 2022

A highly successful blogging session along Merri Creek around De Chene Reserve took place on Sunday 23 October. Following the recent heavy rains, there is a massive amount of litter brought downstream and now littering the environment.

After a social media campaign promoting it, we had the heartening attendance of at least 36 or more, many of them local families who had seen the event advertised on CGKN, Coburg PS Facebook page, PV Rotary FB page, and individual FB pages. Many thanks to the many PV Rotary members who came and also to Ruth McC and Lisa D from Preston Rotary and of course, the community.



Christmas Baskets for RIMERN

Many willing hands spent 2 hours collecting and bagging up over 30 large garbage bin bags mainly full of cans, plastic bottles, masks, and plastic bags. This equates to well over 300 kgs of rubbish rescued from the Bay and at least 60 hours of volunteer work for our precious environment. What an achievement! The results and photos have been posted on social media and are getting very positive feedback.



Many attendees asked when we were going to do another and it may be worth considering doing one more in two weeks' time. Watch this space for further details.

As part of the Christmas baskets for RIMERN appeal, the club has donated \$200 worth of non-perishable goods. And where did we get these goods – from our good friends at Nourishing Neighbours!

It is clear from this event, that embracing social media is essential if we want to inspire and capture and develop local interest in our various projects.



YES, I'LL SHAVE IT OFF!

Hi there,

I'm raising much-needed funds for prostate cancer, testicular cancer, mental health, and suicide prevention.

Men die on average 6 years earlier than women. But together we can change that.

Donate via myMo Space, here:

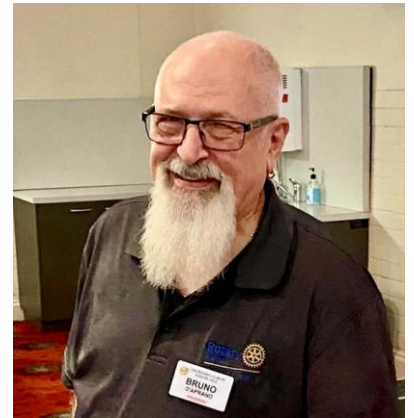
<https://movember.com/m/14802627?mc=20> – for all the dads, brothers, sons and mates in your life.

Stop men from dying too young.

<https://movember.com/m/14802627?mc=5>

YES! I'LL SHAVE IT ALL OFF!

President Bruno D'Aprano PhF



Hi Members,

Are you enjoying watching The Traitors. I don't bother, but I can activate as much thrilling action into our Club meetings in the following way. One day, maybe in the near future you will get a tap on the shoulder. This will signify your selection as Sergeant At Arms for the following meeting.

Please prepare a novel way of opening the meeting and prying fines from members for that week. Everyone in? We'll see!

Bruce



Dear Member,

It is with great regret that unfortunately the 2023 District Conference committee has made the extremely hard decision to CANCEL the 2023 District Conference scheduled to take place 17th - 19th March 2023 at Deniliquin.

The main reason for this decision is the critical shortage of available accommodation. It seems that another major event scheduled for that weekend has booked out the majority of Motels in Deniliquin

This in conjunction with the low level of registrations at this time has meant we are unlikely to be able to stage a successful conference.

This provides an opportunity for members to spend the money saved to attend the Rotary International Convention in Melbourne during May 2023.

Kind Regards

David McPherson
District Governor D9790 (2022-23)



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 Lia Wolfe (P.P. Pat's daughter) who will arrange for an appropriate card to be sent on behalf of our Club.

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The Pascoe Post

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