

The Pascoe Post

Newsletter of the Rotary Club of Pascoe Vale – October 12, 2023

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

Greetings fellow Rotarians.

A big shout out to all those who joined in the Lift the Lid on Mental Health walk last Sunday. Blessed with perfect weather, it was so heartening to see a number of our PVRC family there to give their support to the Moreland Rotary Club. Adorned with the requisite purple t-shirt+/- cap +/- Rotary polo shirt, we strode along the Merri Creek path, bathed in sunshine and having delightful conversations with other participants. Upon return, Steve P and Matt W as usual restored flagging energy with their famous sausage sizzle BBQ. A big thank you to all who gave their time to be part of this very worthwhile initiative. Well done!

The DG visit is imminent and I've been filling out the Club Self Assessment documentation. It's a good time to take stock and to consider where we wish to direct our future energies. Looking forward to the combined clubs DG meeting next Thursday.

Finally, still looking for someone to do some whipper-snipping at the Rimern warehouse nature strip? It's looking pretty gross. Contact susie.cole@rimern.org.au asap. Rimern is always seeking willing hands to work with them – do you know anyone who could be interested? They don't need to be Rotarians of course, just willing to lend a hand.

Stay safe and well,

Heather Harris PHF, President, Pascoe Vale Rotary



Lisa Dallan



Last week we heard from Lisa Dallan, one of our newer members. Lisa was born at John Fawcner Hospital, and spent her early years in Pascoe Vale. Lisa now works for the Merri-bek council, with involvement in Mental Health.

Memories of Monty





PVR Members at the "Lift the Lid" Walk



Upcoming Events

12 th October	DG combined visit, other clubs to attend.
19 th October	Club Meeting
17 & 19 Oct	Pascoe Vale Girls School, Mock Interviews
21st October	Hearing Tests
21st October	Fleming Park redevelopment, Council supported BBQ
21st October	Westbreen Primary School BBQ
24 th October	World Polio Awareness Day
26 th October	Partners Night, wear purple/red for Polio Awareness
7 th November	Community Raffle drawn (Cup Day)
9 th November	New Members Strategy, Anna Deamicis
19 th -25 th Nov	RYLA 2023
April 2024	2024 District Conference Shepparton, 19 th , 20 th & 21 st

As you can see above, October 21 will be very busy, everybody will be needed to help out

THIS WEEK'S CELEBRATIONS:

Birthdays:

Joan Cox
Marilyn Arnheim

Anniversaries:

Peter and Marilyn Arnheim





Partners Night

wear purple/red for Polio Awareness



Damian Nippard has made a booking for 20 people at the Angliss Restaurant on Thursday, October 26.

Please book with Damian at damian.nippard@gmail.com

or on 0409 024 086



Raffle Tickets

Please return them

This Thursday!

The grounds keeper's suggestion box at the Corowa golf course



Take Action for World Polio Day: 24 October





I'm Still Learning

An award-winning, community-based, Not For Profit organisation resourced with skilled, reliable staff & volunteers.

We offer innovative hands-on life skills programs which empower and build confidence in the communities we serve.

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Basic Car Maintenance
Woodworking

E: info@imstilllearning.org

This Week.
District Governor Visit

The District Governor's Family Project – Life's Little Treasures Foundation



This information is relevant to the District Governor's visit if your club wishes to make a donation to the DG's project.

The project has been listed on the RAWCS website at this link to provide details of the project [Supporting families with sick and premature babies](#) If you want to know more about the project you can share the following video with your members [Life's little Treasures Foundation](#).

We would like to invite any interested Pascoe Vale Rotarians to our next Alumni session on Sunday 22nd October from 10am – 12 noon where the lovely Julie (one of our Instructors) is doing a session on Yoga Laughter and Mindfulness. As well as a laugh there will be cake and coffee after and a chance for you to mingle with some of our past participants. If you would like to attend, contact Mandy at the e-mail above





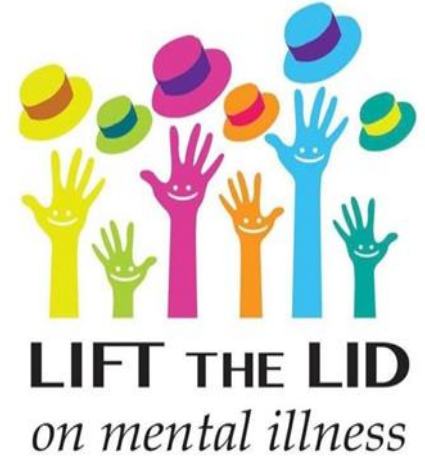
Proud Member Club of



Rotary

RIMERN
Rotary Inner
Melbourne
Emergency
Relief Network

The Home of Residential Recycling



RIMERN NEWS

Since our last newsletter in July, we've been super busy Now seeing around 11 clients a week and despatching between 6 & 8 house lots of furniture, appliances and homewares!

Warehouse Manager **Ros McMaster** is also juggling the Client Liaison role, receiving client orders, booking Goods Selection Appointments and in some cases even helping the agency workers to organise delivery when **Canard Solutions** are not available. Check out the story on page 5 to see some of the heartwarming client feedback!

In September we welcomed our **17th Member Rotary Club** as a RIMERN member, the fourth from District 9790: the **Rotary Club of Ivanhoe!** Rotary Ivanhoe will be represented on the RIMERN Committee of Management by Community Service Director **Kevin Ritchie** and Rotarian **Robert Stringer** and we welcome the whole Ivanhoe team and look forward to working with them in the many roles at RIMERN!

More information in their newsletter, at

https://mcusercontent.com/c6fddebbe7a97do6oadf6cf73/files/cb17ofc8-e52b-0of4-41e2-8887f27366d8/RIMERN_05.pdf?mc_cid=1fd880cac5&mc_eid=93do657897

OCTOBER IS MENTAL HEALTH MONTH

Lift the Lid on Mental Illness is the national mental health fundraising and awareness initiative of Australian Rotary Health (ARH), that aims to raise much needed funds for mental health research and thereby improve the health and well-being of all Australians.





Rotary District 9790  **RYLA** rotary youth leadership awards

ROTARY YOUTH LEADERSHIP AWARD



PERSONAL AND PROFESSIONAL DEVELOPMENT

RYLA anyone ages 18-30 years old that gives participants the invaluable space to reflect on themselves. The program brings together a selection of experts in their fields to deliver topics and interactive sessions

Date:
19th - 25th
November 2023

Register via website
<https://ryla9790.org.au/attend/>

Find us on Facebook
facebook.com/RYLADistrict9790

IF YOU NEED HELP

If you or someone you know needs assistance.

LIFELINE on 13 11 14 or www.lifeline.org.au

BEYOND BLUE 1300 224 636 or at www.beyondblue.org.au

SANE Helpline 1800 18SANE (7263) or at www.sane.org

KIDS HELPLINE on 1800 551 800 or at kidshelpline.com.au

MENSLINE AUSTRALIA on 1300 789 978

SUICIDE CALLBACK SERVICE on 1300 659 467

HEADSPACE on 1800 650 890

REACHOUT at au.reachout.com

CARE LEAVERS AUSTRALASIA NETWORK (CLAN) on 1800 008 774



His scores for the opening and midterm exam were as follows: _





KINGLAKE ART SHOW

EXHIBITION OPEN SATURDAY 18 TO SUNDAY 19 NOVEMBER

Entries Open

Best in Show \$1000!

TICKETS AVAILABLE FOR OPENING EVENT FRIDAY 17 NOVEMBER

Demonstrations throughout the weekend
In collaboration with the Foggy Mountain Music Festival

Check out our website and social media for entry forms and more information.



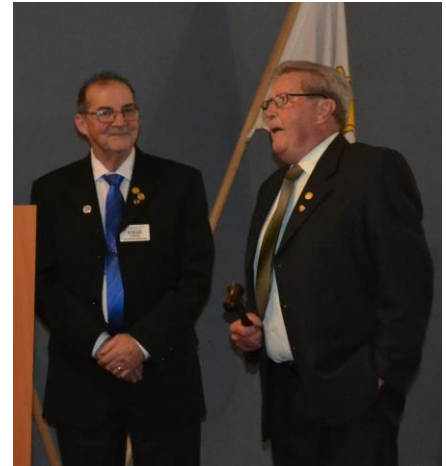
Kinglake Community Centre, cnr Extons & Whittlesea-Kinglake Roads, Kinglake

website: kinglakeartshow.com.au

email: info@kinglakeartshow.com.au

instagram: [@kinglakeartshow00](https://www.instagram.com/kinglakeartshow00)

facebook: [www.fb.com/kinglakeartshow](https://www.facebook.com/kinglakeartshow)





[Join us online!](#)

https://teams.microsoft.com/l/meetup-join/19%3ameeting_NWY3NmMiOTQrZGNkMCoONjA5LWEoNzktNGUxYzViMTkoM2Jl%40thread.v2/o?context=%07b%022Tid%022%03a%022effd3835-33ab-43c3-b2ab-eb234de1cdf5%022%02c%022Oid%022%03a%022d66351e5-f484-4e9d-9af6-9fe5472b8aac%022%07d

Click on the link to join our meetings, everyone is welcome.

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 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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