

# The Pascoe Post

Newsletter of the Rotary Club of Pascoe Vale – September 14, 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**



## THIS WEEK

Greetings fellow Rotarians.

I hope this finds you all well.

On Sunday 10th I joined a large group of local citizens in a tree-planting activity near Waark-Waark Bridge across the creek from CERES. This activity was organized by Darebin Council and I was accompanied by Pat Solibakke from Pascoe Vale Rotary and Ruth McCall from Rotary Preston. It was a very successful morning with almost 1000 young trees planted under which I hope our great-grandchildren will sit in the future. What a satisfying morning's work.

In the afternoon I participated in the monthly RIMERN Zoom meeting. They have applied for a \$20,000 grant to help finance this very worthy rehousing program. All the hands-on volunteers continue to work hard collecting, cleaning, testing, packing, and delivering home furnishing packages but are very short of willing hands, particularly on Saturdays and Wednesdays. If you know of anyone who can give an hour or two a week to this essential community service please contact Susie Cole ([susie.cole@rimern.org.au](mailto:susie.cole@rimern.org.au)) or Ros McMaster on [ros.mcmaster@rimern.org.au](mailto:ros.mcmaster@rimern.org.au).

This week we will lodge our revote for the Regionalisation Project. Following consultation with our members and a majority vote, it was decided we will now vote "no" to be part of the proposed project and wait to see how the project develops.

Looking forward to meeting our next speaker Philippa Hyunh at this Thursday's meeting who will inform us of her research so far into rural men's mental health.

Stay safe and well  
Heather Harris PHF  
President, Pascoe Vale Rotary

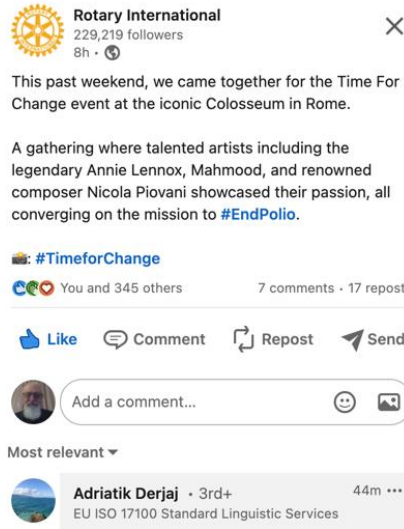
**Phillipa Huynh**  
With a background in Information Technology in the corporate world, Philippa changed careers around 2015. Philippa is now undertaking a PhD in Clinical Psychology at Swinburne University with a particular interest in complex trauma, men's mental health, and the mental health experiences of Australians living in regional and/or rural areas

**# MORE CHANGES #**  
**Join us online!**

**## NOTE ## -**  
**Change of Meeting**  
**Access code - AGAIN!**

**After more difficulties with our hardware, we're now on TEAMS.**  
**We would appreciate any feedback on our latest improvement(?)**

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



[https://teams.microsoft.com/join/19%3ameeting\\_NWY3NmM1OTQtZGNkMCo0NjA5LWEoNzktNGUxYzViMTkoM2Jl%40thread.v2/o?context=%07b%22Tid%22%03a%022effd3835-33ab-43c3-b2ab-eb234de1cdf5%022%02c%022Oid%022%03a%022d66351e5-f484-4e9d-9af6-9fe5472b8aac%022%07d](https://teams.microsoft.com/join/19%3ameeting_NWY3NmM1OTQtZGNkMCo0NjA5LWEoNzktNGUxYzViMTkoM2Jl%40thread.v2/o?context=%07b%22Tid%22%03a%022effd3835-33ab-43c3-b2ab-eb234de1cdf5%022%02c%022Oid%022%03a%022d66351e5-f484-4e9d-9af6-9fe5472b8aac%022%07d)

**Rotary Districts in Italy held a fundraiser for Polio Plus**

**Upcoming Events**

14 <sup>th</sup> September	Phillipa Huynh, Rural Men's Mental Health
16 <sup>th</sup> September	Rotary Club of Whittlesea 25 Years Celebration
21 <sup>st</sup> September	Aaron De Buhr project presentation
28 <sup>th</sup> September	Club Meeting
8 <sup>th</sup> October	Moreland Rotary, Lift the Lid walk for mental health
12 <sup>th</sup> October	DG combined visit, other clubs to attend. (Date Corrected)
17 & 19 Oct	Pascoe Vale Girls School, Mock Interviews
<b>21<sup>st</sup> October</b>	Hearing Tests
<b>21<sup>st</sup> October</b>	Tree Planting BBQ
<b>21<sup>st</sup> October</b>	School BBQ
24 <sup>th</sup> October	World Polio Awareness Day
26 <sup>th</sup> October	Partners Night, wear purple/red for Polio Awareness
7 <sup>th</sup> November	Community Raffle drawn (Cup Day)
19 <sup>th</sup> November	RYLA 2023
April 2024	2024 District Conference Shepparton, 19 <sup>th</sup> , 20 <sup>th</sup> & 21 <sup>st</sup>

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

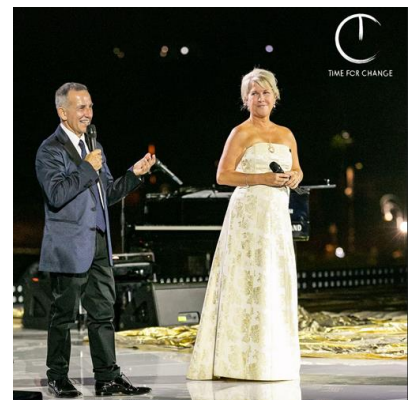
**THIS WEEK'S CELEBRATIONS:**

Birthdays:

Beryl DeAlmeida

Anniversaries:

None





A few important stats from RIMERN. They are always wanting more willing hands, either Rotary or non-Rotary! Contact Susie Cole: susie.cole@rimern.org.au

What has the RIMERN team achieved so far?

**Year 1**

(July 2021 – July 2022 including through the lockdowns!)  
127 orders/6,100 items supplied  
\$161,500(discounted second hand) order value

**Year 2**

(July 2022 – June 2023)  
230 orders/12,000 items supplied  
\$326,000(discounted second hand) order value.

**This means they have doubled their output in 2 years!**

**Comparaison avec un troupeau de bisons**

Well you see, it's like this ... A herd of buffalo can only move as fast as the slowest buffalo. And when the herd is hunted, it is the slowest and weakest ones at the back that are killed first. This natural selection is good for the herd as a whole because the general speed and health of the whole group keeps improving by the regular killing of the weakest members.

In much the same way, the human brain can only operate as fast as the slowest brain cells. Now, as we know, excessive intake of alcohol kills brain cells. But naturally, it attacks the slowest and weakest brain cells first. In this way,

regular consumption of beer eliminates the weaker brain cells, making the brain a faster and more efficient machine. And that is why you always feel smarter after a few beers.

Member Update

**Regionalisation Pilot Revote**

The Pascoe Vale Rotary Club has voted against participation in the Zone 8 Regionalisation Pilot. For more details, contact the President or the Secretary.

**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](#).





# JOIN ROTARY MORELAND

# TO WALK & TALK FOR MENTAL HEALTH



SUNDAY  
8 OCTOBER



TIME  
10.00 AM

STARTS FROM  
The Stage  
Coburg Lake Reserve



PHYSICAL HEALTH  
FOR MENTAL HEALTH



WWW.LIFTTHELIDWALK.COM.AU

Six year olds  
laugh an average  
of 300 times a day.  
Adults only laugh  
15-100 times a day.  
Be six again.



## About ESRAG

Welcome to the Environmental Sustainability Rotary Action Group (ESRAG)! We formed ESRAG to empower members of the Rotary Family worldwide to take actions to sustain our environment, particularly to stabilize our climate.

ESRAG provides an organizing point and informational resources to share information with clubs and communities about sustainable practices and the global humanitarian crisis of climate change.

Find out more at [About ESRAG - ESRAG - Environmental Sustainability Rotary Action Group](#)





### 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.

Mobile: 0401 575 048

### The Pascoe Post

Editor: Grant Standfield

Email: [gstandfi@outlook.com](mailto:gstandfi@outlook.com)

Mobile: 0400 738 102

To unsubscribe, please reply to the editor with "Unsubscribe" in the subject line.