

# The Pascoe Post

Newsletter of the Rotary Club of Pascoe Vale – October 19, 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.

We had the great pleasure of a combined RC visit from the DG Neta Kirby last week. We played host to Strathmore RC, Coburg RC, and Moreland RC which resulted in a large, wonderful group of over 30 members and partners sharing their evening meal together and hearing Neta's presentation. Many thanks to all who came along and made it an evening of shared camaraderie and to Neta for making the long trip from Tatura to meet with us. Seeing us all together further reinforces the benefits of combined club visits, hearing what other clubs are doing and considering what we can perhaps do together.

Earlier in the week, our beloved "Monty" Montgomery was farewelled by many in a loving tribute to his remarkable life. Thank you, Bob T, for your heartfelt contribution to Monty on behalf of all of PV Rotarians.

With another war declared in the Middle East, a failed national Voice referendum at home, increasing homelessness and food insecurity among the vulnerable, it would be easy to despair so please stay in touch with loved ones and your Rotary family. Remember we all can do our own little bit to alleviate another's despondency even if only by a kind word or deed. Life is short, kindness matters.

Stay safe and well,

Heather Harris PHF, President, Pascoe Vale Rotary



## Combined Club meeting with DG Neta Kirby



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





## Upcoming Events

|  |   |
|--|---|
| 19 <sup>th</sup> October               | Lisa Dallan, Youth Mental Health  |
| 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>         | Fleming Park redevelopment, Council supported BBQ   |
| <b>21<sup>st</sup> October</b>         | Westbreen Primary School BBQ  |
| 24 <sup>th</sup> October               | World Polio Awareness Day   |
| 26 <sup>th</sup> October               | Partners Night, at Angliss Restaurant (refer below)   |
| 2 <sup>nd</sup> November               | Brooke Drady - Fawkner Police Sexual Crimes and Child Abuse Investigation Team              |
| 7 <sup>th</sup> November               | Community Raffle drawn (Cup Day)  |
| 9 <sup>th</sup> November               | New Members Strategy, Anna Deamicis   |
| 19 <sup>th</sup> -25 <sup>th</sup> Nov | RYLA 2023   |
| 23 <sup>rd</sup> November              | Annual General Meeting  |
| 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**

### 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](mailto:damian.nippard@gmail.com)

or on 0409 024 086

The District Governor's family 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](#).

## THIS WEEK'S CELEBRATIONS:

### Birthdays:

Bruce Browning  
Peter Wilson

### Anniversaries:

None



## Raffle Tickets

Please return them

**NOW!**







*Monty's Lament*

Alarm rings, hammering head  
 "Oh! Yes please, just one more red"  
 Head clearing, where should I be?  
 Golf, Northern, Friday, on the tee.

It's cold, it's windy, it's beginning to rain  
 Bloody weather, it's Friday again!!  
 It's still bloody dark, partners are chosen  
 We stand on the tee, bleeding frozen.

Hole after hole, from tee to green  
 This standard of golf is rarely seen!  
 Par after par, with birdies galore  
 Will Kevin believe this stableford score!

Finally it's here, the 18th tee  
 Rain, what rain! We tee up with glee  
 One more drive, then beer and heat  
 Friday Oh! Friday, what a treat.

The room goes quiet, results are read  
 Lost again but there is still more to dread  
 Finally it's here, the end of this saga  
 Yep... it's me, the bloody NAGA

*- by Monty*



**LIFT THE LID**  
*on mental illness*

**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.





Recent club speaker Phillipa Huynh has been featured in the district newsletter

## FUNDING PARTNERS PHD SCHOLARSHIP RECIPIENTS 2023

GENERAL Health "Funding Partner" PhD Scholarships were introduced in 2004 to give Rotarians and Rotary Clubs the opportunity to support research in a particular health area, funded by Australian Rotary Health.

|  |  |   |  |
|--|--|---|--|
|                                |    |   |                             |
| <b>Nina Perry</b><br><i>Co-funded by donations from the David Henning Memorial PhD Scholarship, NSW</i>          | <b>Phillipa Huynh</b><br><i>Co-funded by donations from the Rotary Club of Victor Harbor, SA</i>   | <b>Jordan Clarke</b><br><i>Co-funded by donations from the Jonathon Ceddia Memorial Fund, NSW</i>   | <b>Charlie Ffrench</b><br><i>Co-funded by donations from the Phillip &amp; Glenis Hayes Memorial Fund, NSW</i> |
|                               |   |    |                            |
| <b>Georgina Rawson</b><br><i>Co-funded by donations from the Bartolina Peluso/Rotary Club of Strathmore, VIC</i> | <b>Aisling McEvoy</b><br><i>Co-funded by donations from the Bartolina Peluso/Rotary Club of Strathmore, VIC and the Rotary Club of Camden, NSW</i> | <b>Jordan Vella</b><br><i>Co-funded by donations from the Rotary Club of Mont Albert &amp; Surrey Hills, VIC and the 'Danny Frawley Centre'</i> | <b>Harry Dempsey</b><br><i>Co-funded by donations from the 'Rob Henry Memorial' PhD Scholarship, VIC</i>       |



### What is Rotary?



#### Part 1

Rotary is a club made up of people just like you, who like to do good things for other people. These clubs meet every week, all over the world and they like to have fun together, doing projects to raise money to help other people.

Any adult can join Rotary or come to a Rotary meeting for a visit, just ask another Rotarian.








**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.*  
Kingleake Community Centre, cnr Extons & Whittlesea-Kingleake Roads, Kingleake  
website: [kinglakeartshow.com.au](http://kinglakeartshow.com.au)  
email: [info@kinglakeartshow.com.au](mailto:info@kinglakeartshow.com.au)  
instagram: [@kinglakeartshow00](https://www.instagram.com/kinglakeartshow00)  
facebook: [www.facebook.com/kinglakeartshow](https://www.facebook.com/kinglakeartshow)

**Rotary** Kinglake Ranges

Rotaract Kathmandu University  
**A Webinar On WORLD SUICIDE PREVENTION DAY**  
"Create Hope Through Action"  
JOIN US!  


Mental Health Day  
Rotaract Club  
of the University of Katmandu

Through our Nepalese guest from the Rotary World Convention, Rotarian Milan Kumar, I was invited to assist their Rotaract Club in organising their 1st Mental Health Day. This was due to my being a) a Rotarian & b) an Ambassador of the Australian Mental Health Foundation.

The day was organised on their part because they had discovered a high rate of depression & suicide amongst their young student population.

The day was made up of GP's, social workers, psychologists & student councillors all by way of their version of YouTube. They were inundated with calls & will be holding another day before Christmas.

Yours In Rotary Service,  
Bruno D'Aprano



On Tuesday we held mock interviews for 35 Year 11 VCE VM students at Pascoe Vale Girls College.

The girls were generally well prepared and appreciated the opportunity to have the interviews and accept any constructive feedback we gave them to better prepare them for their future employment situation.

My thanks to the interviewers Heather, Pat, Bruno, Bruce, Colin and Robyn Waters for their participation in this very worthwhile program.

Also thanks to Kerry Moloney the Vocation Education Coordinator who once again did an excellent job in organising the interviews.

Kevin Fernandes Vocational Service






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Ms Heather Harris  
President  
Pascoe Vale Rotary Club

October 18, 2023

Dear Heather,

We wish to thank the Rotary Club of Pascoe Vale for your continued support of our VCE – VM and Careers programs. The Mock interviews that were held this week were a requirement of the VCAA curriculum for Work Related Skills, which is part of the VCE -VM course. The event was given a raised level of value and integrity by having external interviewers, and the time and effort that was given by Rotary members was greatly appreciated. Student feedback after the interviews was positive, with many acknowledging that they needed to improve their applications when they really apply for a job. Others commented that they had never had a job interview and so the experience has given them an idea of what to expect in a future job interview.

Thank you to the Rotary volunteers who came to the College to conduct the interviews: Robyn Waters, Pat Solibakke, Heather Harris, Kevin Fernandes, Bruce Browning, Colin McKenzie and Bruno D'Aprano. Kevin warrants a special mention for his continued proactive support of our College and the Mock Interview program – Thank you.

The Pascoe Vale Girls College community is appreciative of Rotary's continued support of our College, and we look forward to hosting you again in 2024.

Yours sincerely,

Ms Kay Peddle  
Principal

Ms Kerry Moloney  
Vocation Education Coordinator

Mental health struggles can start at any age. 100% of your donation goes into vital research.




DONATE NOW

Rotary  
Districts of Australia

LIFT THE LID  
on mental illness

**## MEETING DETAILS have been updated AGAIN ##**  
**Join us online!**

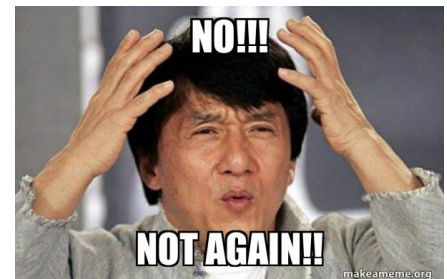
We continue to search for the best option for our online presence. Our trial with Microsoft TEAMS has proved unsuccessful, so we have reverted to ZOOM

**ZOOM meeting details**

<https://uso2web.zoom.us/j/83416704008?pwd=ZjdMMDgvdGpUoVhSjU3RjZPdKwxZzo9>

Meeting ID: 834 1670 4008 Passcode: 796649

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 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.

Mobile: 0401 575 048

### The Pascoe Post

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