

The Pascoe Post

Newsletter of the Rotary Club of Pascoe Vale – January 25, 2024

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

Club Meeting

The Australia Day holiday will be celebrated on Friday, making a long weekend. We will still hold a meeting but there will be no speaker.

Some members were a little shy at our picnic, and tried to stay hidden – but we saw you, Gerrard!



Greetings fellow Rotarians

I do hope you are all enjoying the feast of sport that Melbourne is offering at the moment. Wall-to-wall cricket and tennis when too much is never enough.

Last week Pat and I attended the combined Strathmore RC meeting where we heard a most interesting presentation on autism from Professor Cheryl Dissanyake. The topic is very relevant and we heard some of the most current research regarding diagnosis and management.

RIMERN is open again for 2024. I did some packin' and stackin' there last week and as always, there's always room for more hands on deck. If you know of anyone who would like to help with warehouse or collection runs, please tell them to contact Warehouse Manager Ros McMaster on 0419 386 812. She would be delighted to speak with them.

We had our first picnic/BBQ meeting for the year at Payne Reserve Pascoe Vale last week. Always great to catch up with familiar faces and hear how they spent the Christmas break. Looking forward to a productive year.

Stay safe and well

Heather Harris PHF, President, Pascoe Vale Rotary Club



Upcoming Events

| <u>2024</u> | |
|---------------------------|---|
| 25 th January | Club Meeting |
| 26 th January | Australia Day BBQ – at Bunnings |
| 1 st February | The Cambodian Project – Robyn Angus |
| 8 th February | Club Meeting |
| 15 th February | Membership Drive, Anna Deamicis |
| April 2024 | 2024 District Conference Shepparton, 19 th , 20 th & 21 st |
| 2 nd May | Police Awards |

Club Picnic

Last Thursday, for our first meeting of the year, we held a picnic at a local park in Pascoe Vale. It was good to catch up after the Christmas Break.



THIS WEEK'S CELEBRATIONS:

Birthdays:

Robyn Waters

Anniversaries:

None

2024-25 annual theme revealed



Rotary International President-elect Stephanie Urchick announced the 2024-25 theme, The Magic of Rotary, at the International Assembly on 8 January.

More information at <https://www.rotary.org/en/stephanie-urchick-celebrates-magic-rotary>





Dear Rotary Club of Pascoe Vale,

Happy New Year! On behalf of everyone at Interplast, I hope that the year ahead is filled with great joy and that each of you has a positive and rewarding year.

2024 will see us continue our life-changing work throughout the Asia Pacific region, with a particular focus on improving health systems and workforce capacity. By strengthening locally-led systems we can ensure people who require essential care can receive it in a timely manner.

As the year progresses, I hope that you can find ways to support Interplast's vital work. Advocating for us within your networks is a great first step in helping us raise essential funds for our programs. As you will see below, we have hit the ground running in 2024 and have much more to look forward to.

Sincerely, Cameron Glover,
Chief Executive Officer

Funeral Notices

During the week, we were advised that the partners of two former members had passed on. Our condolences to the families.

SUTTON (NEE CARTER), Joan Alice

Passed away peacefully at 1:50 pm on Tuesday the 16th January 2024. Loving wife of Ted (dec). Mother of Jenni and mother-in-law to Garry. Nanna to Lee & Jade, Kristie & Brad. Great Grandma to Zac, Jayden, Caleb, Kiera, Taylah, Dakota, Jaxon and Asha. Sister to Leila (dec) and brother-in-law Don Ross (dec). Many thanks to Heather and staff at Dorothy Impey Home for their kindness and care of Joan.

05/07/1927 - 16/01/2024 Publication: Herald Sun Date Listed: 22/1/2024

CLEARY, Maria

The Chapel Funeral of Maria Cleary will be held at Tobin Brothers Achievements of Life Chapel 111 Wheatsheaf Road, Glenroy on Thursday 25th January 2024 at 2:00 PM.

30/06/1947 - 15/01/2024

Private Cremation will Follow. Publication: Herald Sun Date Listed: 22/1/2024





Good Eating

Currently, a couple of our members have revised their diets, to improve their health.

The food chart gives you an indication of foods to avoid and foods to eat in small amounts. It reminds me of eating in the fifties. Avoid processed foods and any oils apart from extra virgin olive oil

Carbs are stored as glycogen in your liver when we eat too many. It is amazing how many carbs are in today's diet

The idea of eating anti-inflammatory foods is to combat auto immune diseases and joint pain. It is basically a diabetic diet

Try it and lose weight easily. Feel better. If you are type 2 diabetic then you should reduce the need for medication

Try it and see for yourself

I am doing this as part of a LaTrobe University study into the effects of carbs on knee pain

LA TROBE UNIVERSITY

FEAST

THE ANTI-INFLAMMATORY FOOD TRAFFIC LIGHT SYSTEM

A FAT LOT OF GOOD

RED ZONE: EAT LITTLE
AMBER ZONE: EAT SOME
GREEN ZONE: EAT PLENTY

| | | | | | | |
|---|---|--|--|---|---|--|
| MEAT Beef Lamb Pork Chicken Pancetta Bacon Prosciutto Liver Salami Brains Kidneys Heart DRINKS Water Coffee Tea Bone Broth Soda water NUTS Almonds Walnuts Brazil Nuts Hazelnuts Macadamias Pecans NON-DAIRY Cottage Cheese Greek Yoghurt ALTS Coconut Milk/Cream Nut Butters | VEGETABLES Cabbage Cauliflower Broccoli Brussel Sprout Asparagus Zucchini Eggplant Olives Spinach Silverbeet Mushrooms Cucumber Lettuce Onions Capsicums Tomatoes Cream Butter Cheese Cottage Cheese Greek Yoghurt NON-DAIRY Stevia Xylitol Erythritol | SEEDS Flaxseed Chia Pumpkin Sunflower Sesame FLOUR Almond Flour Coconut Flour FATS & SAUCES Olive Oil Butter Cocoa Butter Avocado Oil Coconut Oil Tallow Ghee Mayonnaise Pesto SWEET Stevia Xylitol Erythritol | FISH Cod Crab Lobster Halibut Mackerel Mussels Oysters Plaice Salmon Sardines Scallops Shrimp Trout & Tuna OTHERS Avocado Eggs Spices Herbs Lemon & Lime juice Dark chocolate Berries FERMENTED Kimchi Kombucha True Pickles Sauerkraut | GRAINS Bread Cakes Cereal Chickpeas Corn Couscous Crumpets Lentils Legumes Noodles Muffins Muesli Muesli bars Oats Pasta Pastries Peas Pies Pizza Quinoa Rice Rice cakes Flour Energy bars | DRINKS Fruit juices Cordials Sports Drinks Energy Drinks Flavoured milks Tonic Water Colas Lemonade ALCOHOL Dessert wines Liqueurs Sugary mixers FRUITS Mango Pineapple Banana Grapes Dried Fruits MEATS Highly processed Hotdogs Nuggets Spam | SUGAR soft drink Confectionery Chocolate Cakes Biscuits Ice Cream OTHERS Margarine Flavoured yoghurts Frozen yoghurts Artificial Sweetener Anything deep-fried in seed oils VEGETABLE OILS Canola oil Sunflower oil Safflower oil Cottonseed oil Rapeseed oil |
|---|---|--|--|---|---|--|

Reminder

Early Bird Registration for District 9790 Conference

Rotary District 9790

2024 DISTRICT CONFERENCE

Find Somewhere To Stay: sheppandgy.com.au/stay

Find Somewhere To Play: sheppandgy.com.au

FRIDAY ACTIVITIES

- Golf and Lunch Bowls
- Shepparton Art Museum tour
- Museum of Vehicle Evolution tour
- Painting/Drawing/Photography beside the Goulburn River
- Indigenous Heritage walk and cycling

FRIDAY EVENING

- Opening Ceremony and Cocktail Party at the Woolshed

SATURDAY NIGHT DINNER DANCE THEME

- "CLASSICS THEME - 60s, 70s, 80s" - Goulburn Valley Hotel

APRIL 19, 20 & 21

VENUE: Eastbank, 70 Welsford Street, Shepparton

This is a reminder for those Rotarians planning to attend the D9790 Conference in April, that the Early Bird Registration for the Conference will change to normal registration costs from the 20th of January, 2024. If you wish to take advantage of the reduced Early Bird pricing then go to the registration page

at <https://www.trybooking.com/event/landing/112409> and register by this Friday 19th January.





Mental Health First Aid Course

Workplace Training | 100% Online Delivery

Learn how to provide support and assistance to someone experiencing a mental health crisis

Feb 2024

Day Session

Facilitated sessions

Wed 21 and Thu 22 February 2024 (must attend both sessions)

9:30AM - 12:00PM (AEDT) both days
Online via Zoom

Component 1

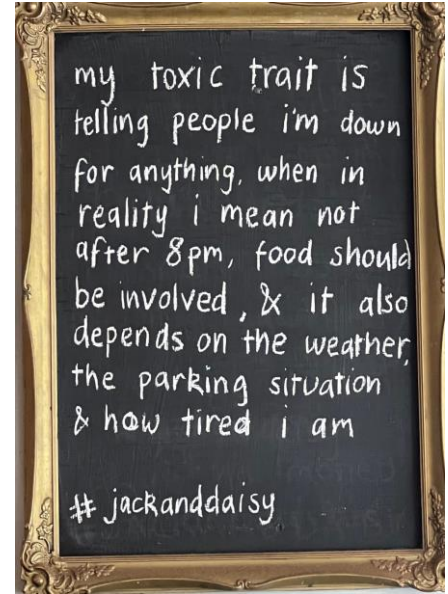
Self-paced online e-Learning modules (5-7 hours)

Component 2

2 x 2.5-hr online facilitated sessions led by Licensed Mental Health First Aid Instructor via Zoom

Course Fee
\$255 plus
GST

1300 643 287 | www.mhfa.org.au | admin@mhfa.org.au



Tickets at <https://events.humanitix.com/online-mental-health-first-aid-course-february-2023/tickets>



It's my mother's Birthday this week, and this reminds me of her – Don't ever, ever give away the secret ingredients!



Click on the link to see the timetable for the next 8 weeks

<https://imstilllearning.org/>





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/89097292529?pwd=Y2NWNFFFeHFpG9JMENTnNztUE9XUTog>

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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