

# The Pascoe Post

Newsletter of the Rotary Club of Pascoe Vale – March 07, 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

Greetings fellow Rotarians

A full weekend with Clean Up Australia Day on Sunday morning followed up by me milling with the throngs along Sydney Rd Street Party in Brunswick in the afternoon. Much music, food, and general buzz abounded. There was a small turn-up for plogging but those who did gave it their all, including some delighted children who received a plantable pen as a small thank you from us. Big thank you to Pat S and Chris L and Federal Member Anthony Cianflone who also came along and did his share of litter gathering.

The guerrilla garden (now domesticated to Community Garden) continues to thrive. I am so impressed with the Gen Z's who comprise most of the weekly working bee. We harvested a huge number of tomatoes and zucchinis which were taken home to many a sharehouse to be ripened, cooked, and consumed this week no doubt.

A big welcome to our newest Rotary member Kim Vercoe, who we had the pleasure of inducting last week. So happy to have you on board and looking forward to working with you Kim.

We had an interesting discussion using the Rotary Cub Health Check at our last meeting and will continue with the second part next meeting.

Stay safe and well

Heather Harris PHF, President, Pascoe Vale Rotary Club

Janette Etherington  
Co-ordinator –  
Rotary Engagement  
**Interplast**,  
Australia and New Zealand

Interplast sends teams of volunteer surgeons, anaesthetists, nurses, and allied health professionals to developing countries in the Asia Pacific Region to provide free surgical treatment and health care training.

## **Last Week**

Congratulations and welcome to new member Kim Vercoe, who was inducted last week





## Upcoming Events

March 2024	Water, Sanitation, and Hygiene Month
7 <sup>th</sup> March	Interplast, Janette Etherington
9 <sup>th</sup> March	Bunnings BBQ
14 <sup>th</sup> March	Membership Drive, Anna De Amicis - Part 2
21 <sup>st</sup> March	Club Meeting
28 <sup>th</sup> March	Bipolar, Bruno D'Aprano
30 <sup>th</sup> March	Rotary World Bipolar Day
April 2024	2024 District Conference Shepparton, 19 <sup>th</sup> , 20 <sup>th</sup> & 21 <sup>st</sup>
25 <sup>th</sup> April	Bunnings BBQ, ANZAC Day. 1.00 pm start
25 <sup>th</sup> April	ANZAC Day – No Meeting
2 <sup>nd</sup> May	Police Awards
4 <sup>th</sup> May	Hearing / Vision Tests, Pascoe Vale South Primary

**The Rotary Club of Heidelberg** invites all Rotarians to their  
 Evening Rotary Meeting  
 Mon Mar 25, 2024, 6:30 pm – 8:30 pm  
 RSL on BELL 180 Bell Street, Heidelberg Heights

**Please register** with KEN NORMAN not later than 10.30AM Thursday  
 21st March to: 0437 770 831 OR ken.norm5@bigpond.com

### **Guest Speaker - PDG Tim Moore, on Regionalisation**

Tim's Rotary life has spanned many opportunities, as a long-term member of the Rotary Club of Berwick, president, an array of club and district responsibilities, Assistant Governor and then District Governor for 9820 in 2013-14. More recently he has represented District Governors on zone membership committees and helped train Governor Nominees and Elects. Locally he has been IT and membership chair of his district. He especially enjoys working with clubs and districts on strengthening and growing membership as an Assistant Rotary Coordinator. He is a Board member of Rotary Down Under representing Victorian and Tasmanian districts.

This Rotary year has seen a new role as a Rotary Coordinator for 13 districts in Australia working closely with other Rotarians and Coordinators in our Zone and NZ. His role is to publicise and encourage all Districts and Clubs to promote and practice the objectives of Rotary International and our Zone.

## THIS WEEK'S CELEBRATIONS:

### Birthdays:

None

### Anniversaries:

Kevin & Geraldine Fernandes

## CLEAN UP AUSTRALIA DAY





# Rotary Milawa Oxley



We are excited to invite you to our upcoming combined Remel & Paul Harris Dinner. Hosted by the Rotary Club of Milawa Oxley.

With special guest speaker:  
AFL Legend Kevin Sheedy AO

**DATE: 16th April 2024**  
**Venue: REMEL 185 - 399**  
**Whorouly Rd, Whorouly**  
**Time: 6.30pm for a 7pm Start**  
**COST: \$55 per head**  
**BYO: Drinks**  
**Raffles on the night**



### Bookings Essential

Priority bookings are now open for Rotary members and their friends and family until the 1st of April 2024.

#### Option 1: Via Direct Debit

Please send your payment as well as your "First & Last Name" for reference.  
Account: Rotary Club of Milawa-Oxley  
BSB: 803070  
Acc Number: 100086914

#### Option 2: Online booking & Payment

<https://events.humanitix.com/rotary-club-of-milawa-oxley-remel-and-paul-harris-dinner>



## VALE

### Valerie O’Gorman

Valerie O’Gorman, wife of PP Dennis passed away this morning (Wednesday). More details to follow

#### **MORE Advice from An Old Farmer:**

The biggest troublemaker you’ll probably ever have to deal with watches you from the mirror every mornin’.

Always drink upstream from the herd.

Good judgment comes from experience and a lotta that comes from bad judgment.

Lettin’ the cat outta the bag is a whole lot easier than puttin’ it back in.


If you get to thinkin’ you’re a person of some influence, try orderin’ somebody else’s dog around...

And Finally ...

Most times, it just gets down to common sense.








Rotary  
Coburg and Moreland Rotary 

# HISTORY WALKS OF CENTRAL COBURG

**First Saturday of every month from February to June 2024**






Come explore the history of Central Coburg with a guided tour led by the Coburg Historical Society, supported by the Central Coburg Business Association. The tours are funded by the Moreland and Coburg Rotary Clubs.



Tours are held on the first Saturday of the month from March to June 2024 (inclusive). The tours start outside the church on the north east corner of Sydney Road and Bell Street at 11.00am, and end in a cafe at 12.30pm with a complimentary coffee provided. In between, you will gain a whole new appreciation of the Coburg shopping centre and its history.

For one lucky attendee, there will be a \$100 gift voucher to spend in the Coburg shopping strip.

Sensible shoes and water bottle recommended.



Bookings are essential, as numbers are limited to 20. Costs are \$10 for employed, \$5 for unemployed and free for school students. Scan the QR code or go to: <https://www.trybooking.com/COGSM>

From the Travelling Treasurer



PP Bob contemplating replying to all those Rotary emails!

### Healthy Eating

From AG Pat  
Did you know

All grains are carbohydrates  
Carbs break down in your body to glucose(sugar)  
WHO recommends no more than 6 tps of added sugar per day

### Per 100g

All Bran = 10 tps of sugar  
Raw 'natural' muesli = 13 tps sugar  
Sultana Bran = 16 tps sugar  
Rolled Oats Quick sachet Creamy  
Honey = 21 tps sugar  
Corn Flakes = 20 tps sugar

Do you add more sugar to your cereal?



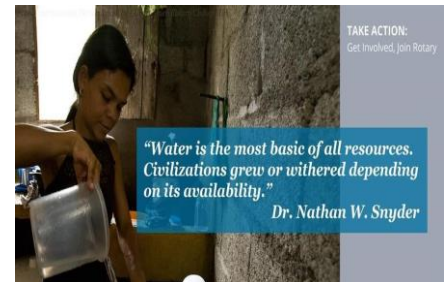


### Doing what they do best

Mat and Steve at the Sports Open Day at Charles Mutton Reserve. The park has been refurbished by the Merri-bek Council who asked us to help with the Grand Opening.



### Water, Sanitation, and Hygiene Month



#### Mission Statement

WASH Rotary Action Group supports and ensures sustainable long-lasting safe water, sanitation, and hygiene programs to communities in need.

Find out more at

[Home Page | Water, Sanitation and Hygiene Rotary Action Group \(wash-rag.org\)](https://www.wash-rotary.org/)

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

<https://us02web.zoom.us/j/84414016743?pwd=ckp0T1BNTjUvdTJNK2RVdUhjQ25RUT09>

**Meeting ID: 844 1401 6743**

**Passcode: 970776**





### **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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