

The Pascoe Post

Newsletter of the Rotary Club of Pascoe Vale – April 04, 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

Hoping you are enjoying a chocolate-sodden, fruit-bun-crammed Easter interspersed with church services for many. We are already ¼ of the way through 2024 – I read this morning that the government has announced it's going to extend the Easter break by 4 days, as from next year so those of us who want to squeeze in a quick cruise or Bali stay in 2025 can do so. About time!

While you digest that fabulous news, thank you to Bruno for his presentation on Bipolar illness at last week's meeting to celebrate Mental Health Month. It was very informative and stimulated several questions.

We've been officially notified that District 9790 will now be participating in the Regionalisation project. As Queen Victoria once said, "We are not amused" (some of us anyway!) but the decision has been done so let's await further developments.

Make the most of this last day of Easter break – there's footy to cheer, golf to play, gardening and dog-walking to be done. The housework can wait!

Stay safe and well

Heather Harris PHF, President, Pascoe Vale Rotary Club

Broady Bikes
a social enterprise helping
young people find work

Nick Richardson
COORDINATOR

Broady Bikes is a new social enterprise based on circular economy principles located in Broadmeadows, specialising in bike restoration, repair, and associated vocational training.

Broady Bikes operates under the Banksia Gardens Community Services (BGCS) umbrella. BGCS is a leader in Education, Training and Community Engagement programs in Hume City and the Northern suburbs.

BGCS seeks to transform lives, strengthen communities and reduce disadvantage in one of the most disadvantaged regions of Australia.

Broady
bikes





Upcoming Events

4 th April	Broady Bikes, Nick Richardson
11 th April	ANZAC tribute, Terry Evans
14 th April	Club Social Function, Fyansford Papermill Tour,
18 th April	Membership Drive, Anna De Amicis - Part 3
April 2024	2024 District Conference Shepparton, 19 th , 20 th & 21 st
25 th April	Bunnings BBQ, ANZAC Day. 1.00 pm start
25 th April	ANZAC Day – No Meeting
2 nd May	Police Awards
4 th May	Hearing / Vision Tests, Pascoe Vale South Primary
9 th May	RIMERN visit, 5.45 pm start

Last Week

Last week, PP Bruno D’Aprano spoke to us about “Living with BiPolar Disorder.” Bipolar disorder (formerly called manic depression) is a mental illness that causes unusual shifts in a person’s mood, energy, activity levels, and concentration.

These shifts can make it difficult to carry out day-to-day tasks. These moods range from periods of extremely “up,” elated, irritable, or energized behaviour (known as manic episodes) to very “down,” sad, indifferent, or hopeless periods (known as depressive episodes).

The treatment of BiPolar Disorder requires lifelong medication, management & support.

Some famous BiPolar names include: Winston Churchill, Britney Spears, Mel Gibson, Jimi Hendrix, Mariah Carey, Ernest Hemingway, Catherine Zeta Jones, Frank Sinatra, Spike Milligan.

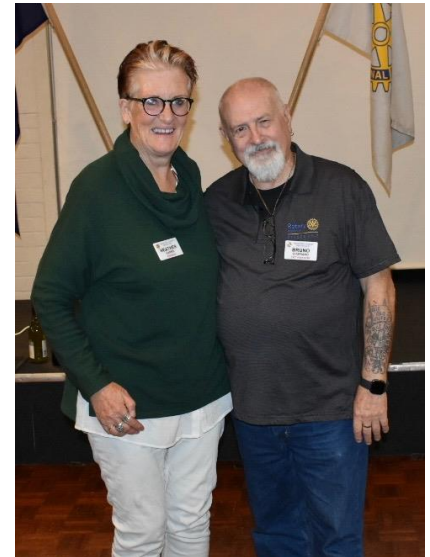
THIS WEEK'S CELEBRATIONS:

Birthdays:

Geraldine Fernandes
Rebecca Lang

Anniversaries:

Athol and Ursula Jackson





CLUB SOCIAL FUNCTION

More details



Rod Morrison of Highton RC has suggested the following: -



BOOK with Pat Solibakke, details below.

On April 14 we are booked to go to the Fyansford Paper Mill Heritage Tour at **100 Lower Paper Mills Rd Fyansford.** This is run by the Highton RC with the \$10 cost per person charge for the tour going to their fundraising. Please pay for the tour using the following link www.trybooking.com/CBZSH

The tour begins at 11.00 am and finishes at approximately 12.15. All participants should meet at the tour starting point in the middle of the paper mill complex by 10.45. For insurance purposes, I will need a list of those going one week before the 14th. **It is important that you have booked and paid and let me know who is going by the 7th April**

You could spend the whole day at the Fyansford Paper Mill complex. The Fyansford Paper Mill is now home to over 15 businesses, including one of Victoria's best wineries, (they have wine tasting with nibbles), and have an award-winning restaurant. In addition to the winery and restaurant, there are two art galleries, a ceramic pottery studio, a home-wares shop, a Jeweller, provincial platter makers, (using French Oak wine barrels), plus other small independent artisan businesses that have private studios across the site.

More below -

"After the Tour finishes at about 12.15 pm, I suggest that your group have lunch and then spend the rest of the afternoon visiting the various onsite artisan businesses.

For those who wish to have a bit of activity, there is a 3 metre wide gravel path that runs beside the 915 metre Fyansford Paper Mill water race down to Baums Weir. I walk along this path quite often viewing the birdlife and the odd Bush Wallaby.

Pat, if your group members wish to have morning coffee/tea BEFORE the Tour, if you can arrive at the Paper Mill at around 10.00 am, your group could have coffee/tea and slices at either the Door Gallery Café or Dimora Designs.

Note: Dimora Designs, is located adjacent to the car park is an interesting business visit before or after the Tour. There are usually a couple of "locals" Tawny





Indigenous Health Scholar

Hello Rotarians from Coburg, Pascoe Vale, Preston, and Strathmore.

Please find attached our ARH IHS Adam Corunna's 2nd semester report for 2023 - for all members of the five Rotary clubs contributing to Adam's Indigenous Health Scholarship, for him to study medicine.

I am hopeful we can organise a combined meeting later in the year with Adam as a guest speaker.

Kind regards, Rosemary Freeman, Moreland Rotary

Reflection semester 2 – Adam Corunna

Semester 2 consisted of two main rotations, general practice and paediatrics. Starting with my general practice block I was fortunate enough to attend 2 different clinics per week with the addition of structured teaching sessions through the university. During placement I performed history taking, examinations and assisting with formulation of management plans. Parallel consulting was my highlight of the placement block, where I was able to see patients on my own in another clinic room before the Doctor reviewed. Feedback was provided and it was an amazing learning experience. I was able to see a lot of different presentations from cold and flu, mental health check-ups, musculoskeletal complaints to assisting in skin cancer removal on patients.

My last placement for the year was paediatrics, an area I thoroughly enjoyed due to the willingness of the team to teach and get me involved. The care the doctors showed to the patients and their families was a highlight and I learned valuable communication skills. Although it is a tough time seeing a child unwell in hospital, the empathy that was shown helped lift the spirits of the patient and their families. My favourite area in the paediatric block was neurology, the team was very helpful in assisting me with required tasks to be signed off and teaching me wherever they had the chance. I was able to perform assessments and take histories from the parents, an aspect I was quite new to, thus exposure helped my learning immensely.

Course: BACHELOR OF MEDICAL SCIENCE AND DOCTOR OF MEDICINE (M6018)

Year	Unit code	Unit title	Teaching period	Credit points	Mark	Grade
2021	GMA2100	FOUNDATIONS OF MEDICAL PRACTICE	FY-32	24	-	PGO
2021	GMA2200	PRINCIPLES OF MEDICINE	FY-32	24	-	PGO
2022	MED3100	MEDICINE AND SURGERY	FY-32	24	-	PGO
2022	MED3200	FOUNDATION CLINICAL STUDIES	FY-32	24	-	PGO
2023	MED4100	SPECIALTY CLINICAL PRACTICES	FY-32	24	-	PGO
2023	MED4200	INTEGRATED CLINICAL STUDIES	FY-32	24	-	PGO

Frogmouths in the tree out the front of Dimora Designs.

For lunch AFTER the Tour, there are only two onsite choices:-

1. **Door Gallery Cafe** provide a "light lunch", (toasties, bagels, fillos, pies, slices, etc.), and I recommend booking beforehand - Mobile: 0422 644 281

2. **Provenance Winery & Restaurant** - Click

here <https://provenancewines.com.au/pages/enjoy-our-food> If you wish to have lunch at Provenance you will need to book a week ahead – Phone 5222 3422

There is a third alternative for lunch - the Fyansford Hotel, which is located less than a 3-minute drive from the Fyansford Paper Mill.

The Fyansford Hotel has a very good selection of meals. **67 Hyland St Fyansford**

Once again, you would need to book ahead and phone the Fyansford Hotel directly to book your group in for lunch. Their contact number is 5221 6654."

Regarding **Fyansford Honey**, as advised they are about 1 Kilometre from the Fyansford Paper Mill and have a variety of excellent raw honey.





Rotary Club of Pascoe Vale
 Victoria Police, Merri-bek Local Area
Community Policing Award 2024

(The Ivor "Monty" Montgomery Memorial Award)

On Thursday, May 2nd at 6.30 for 7.00 pm our Club, in conjunction with the Merri-bek Local Area, Victoria Police will celebrate the 13th annual Community Policing Award.

This year it is dedicated to the memory of Ivor "Monty" Montgomery, an esteemed member of the Rotary Club of Pascoe Vale, who sadly, passed away in 2023. Monty's passion for the police force came through in this award which he instigated 13 years ago.

This combination between our Rotary Club and Victoria Police can only strengthen the bond between them and the community of Merri-bek, especially through the challenges of the past years.

Venue: Pascoe Vale RSL, 40 Cumberland Rd, Pascoe Vale

When: Thursday, May 2nd at 6.30 pm for 7.00 pm

Please book via:

<https://www.trybooking.com/CQAIQ>

RSVP: 26 April 2024

If you have any questions do not hesitate to contact Bob Taylor on 0425 757 382 or email treasurer18287@outlook.com



We look forward to seeing you there!





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

[https://us02web.zoom.us/j/84414016743?pwd=ckp0T1BNTjUvdTJNK2RVdU
hjQ25RUT09](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

Editor: Grant Standfield

Email: gstandfi@outlook.com

Mobile: 0400 738 102

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