

The Pascoe Post

Newsletter of the Rotary Club of Pascoe Vale – March 28, 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

Just a small message this week. I accompanied Pat S. and Chris L. to Benalla on Sunday to join the District Assembly. We set off at 7 am and enjoyed brilliant weather all the way. A lively day was had by all with lots of information, and much discussion on membership enhancement and ways to make Rotary a more attractive option to those wishing to join and contribute to the community. Grateful thanks to Chris for doing the driving.

There was some group discussion on Regionalisation but little more to add to what we already know – which is not too much.... however as promised at last week's meeting, I have sent an email to the RI GS/CEO John Hewso and RI President Gordon McNally voicing our Club's dismay at the doctrinaire action of RI in making this Regionalisation pilot mandatory for all D9790, not voluntary as initially indicated. This means that our District which had voted predominantly "No" is now forced to join the pilot.

I have cc'd our Board, the AG, DG, DGE, and DGN in with the email.

Stay safe and well

Heather Harris PHF, President, Pascoe Vale Rotary Club

World Bipolar Day

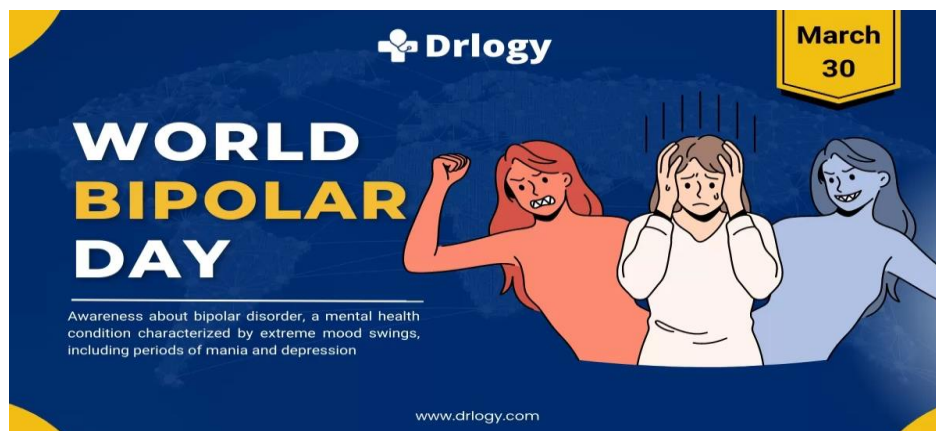
Bruno D'Aprano

What is Bipolar?

Bipolar Disorder is a serious lifelong mental health condition that features pronounced mood swings. The condition was formerly known as manic depression. The Australian Bureau of Statistics reports that the condition affects 2.9% of Australians aged 16 and over, or 568,000 people.



According to the Black Dog Institute, a leading research body based at Sydney's Prince of Wales Hospital, bipolar disorder is largely inherited through genetics, and can be triggered by factors including stress, pregnancy, and illicit drug use.





Upcoming Events

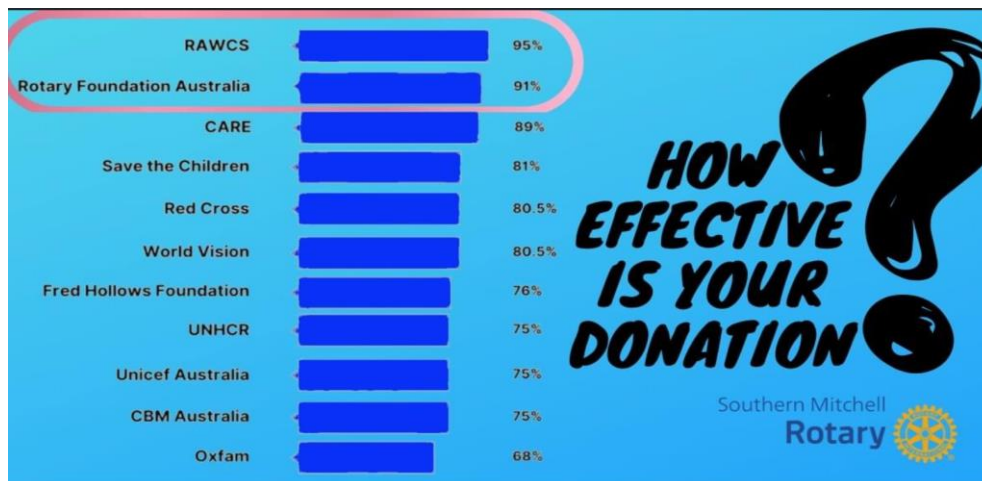
March 2024	Water, Sanitation, and Hygiene Month
28 th March	Bipolar, Bruno D'Aprano
30 th March	Rotary World Bipolar Day
4 th April	Broadly Bikes, Nick Richardson
11 th April	ANZAC tribute, Terry Evans
14 th April	Club Social Function, Fyansford Papermill Tour,
18 th April	Membership Drive, Anna De Amicis - 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

ZOOM - Test and Trial, or Get it RIGHT or get rid of it!

A very interesting meeting, which highlighted the fact that we are (in general) technologically challenged.

NEVER MIND! We made some progress and will continue with our zooming. Constructive feedback over the next few weeks, as we implement a few changes, would be greatly appreciated.



THIS WEEK'S CELEBRATIONS:

Birthdays:

Matthew Whittle

Anniversaries:

None



Message from the Chair



ROMAC is extending its child health services across Australia and New Zealand. Recently, a 17-month-old patient from the Solomon Islands received successful treatment for a serious spinal condition at the Women's and Children's Hospital in Adelaide. With a pending MOU with Perth Children's Hospital, we'll soon be treating patients in the Western Region, our first in over





CLUB SOCIAL FUNCTION



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 -

7 years. Plans are underway for a new ROMAC Region in Darwin to aid Timor Leste and to establish a secondary hospital in New Zealand, beyond Auckland, to cater to Pacific patients.



Jasminah is a 16-month-old girl from Vanuatu who failed to thrive from birth and had frequent respiratory tract infections. She was diagnosed with a ventricular septal defect (VSD) during a clinic held by Dr John Stirling in Vanuatu in early 2019.

Find out more about ROMAC at ROMAC - Rotary Oceania Medical Aid for Children

Vale Lauris Elliott

Lauris Elliott, wife of Strathmore Charter member Cliff passed last week. The funeral will be held at Le Pine Chapel, 941 Mt Alexander Rd on 3 April at 10.00am





Fyansford Papermill Function

More details

Rod Morrison of Highton RC has suggested the following: -



“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

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!






Glenroy Neighbourhood House

Volunteers Needed

Food Relief Program Foodbank Pickup

Monday 11am to 2pm

Collection of provisions from
Foodbank in Yarraville

**Own Car Required
Petrol and Toll Costs Paid**

About You:

- A friendly people person nature;
- Excellent interpersonal and verbal communication skills;
- Ability to work as a member of the team;
- Reliable and punctual;
- Willing to commit to the role for a period of a least six months;
- Have or willing to apply for a Working with Children Check; and
- Willing to apply for a Police Check (we will fund the cost of this).

5B Cromwell St, Glenroy
www.gnh.org.au
9304 3910

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.

**** 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

Editor: Grant Standfield

Email: gstandfi@outlook.com

Mobile: 0400 738 102

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