

The Pascoe Post

Newsletter of the Rotary Club of Pascoe Vale – August 08, 2024

The Club meets at the Pascoe Vale RSL each Thursday night at 6.30 pm. We have some great speakers. Visitors* - Please join us for dinner – our shout!

Contact the editor for more details

Pascoe Vale
Rotary



A member of District 9790

This Week

Report - Science and Engineering Challenge - Aaron DeBuhr

Recently, the club sponsored this event. Tonight Aaron will share the wash up to this event. What went wrong, what went right, and should we continue with this event next year?



FOODBANK - Emergency Food Drive – See below



PLEASE bring a donation THIS WEEK, and Pat will drop it off.

Prez's Post - Well, it's been a big week!

Last Thursday we had 60 guests for dinner with our District Governor Stephen & his partner Carol! We had Rotarians from Heidelberg, Coburg, Moreland, Strathmore, and Preston Clubs join us at Pascoe Vale! Carol, Deborah & Darlia raised \$500 for Interplast with their raffle.

Stephen gave us an inspirational presentation of how he sees Rotary in our district going forward! And, of course, Stephen entertained one & all with his saxophone! Great night had by all!

Saturday night Deborah & I attended the "Victorian Rotary Emergency Service Community Awards" at the Hyatt Place (Essendon Fields). The RESCA recognises outstanding Community Service of paid & volunteer members of Victorian Emergency Services making a difference in their communities & supports Emergency Services Mental Health Research through a Rotary supported Emergency Services Foundation (ESF) Scholarship.

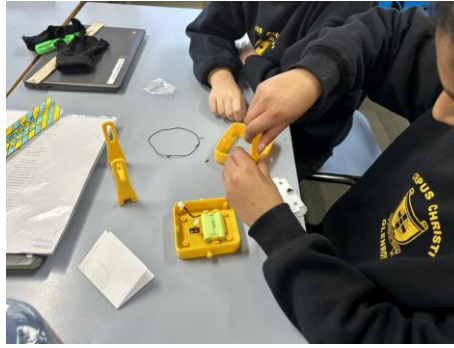
The winners were: Volunteer category- Gary Luxford CFA 56 years of service at the Tooradin CFA, also a Rotarian. Committed to Service above self.

Paid Employee category: -Sgt Sashi Vagadia Vic Police Public Order Response Team. Committed to community service.

On Tuesday, Deborah, I & several Rotarians attended Corpus Christi in Glenroy for our Solar Buddies project. Together with 60 students & some teachers, Pat, Heather, and Bruce assembled solar lights for a primary school in Africa. Great project!

Also take this opportunity to thank everyone for their kind thoughts, cards, flowers & plants, etc, on Deborah's father's passing & Deborah's health issues.

Much appreciated everyone. Prez BD (The Doc)



Upcoming Events

| | |
|----------------------------|--|
| 8 th August | Report - Science and Engineering Challenge - Aaron |
| 10 th August | Bunnings BBQ |
| 10 th August | DIK (Donations in Kind) Open Day, Brooklyn |
| 15 th August | The man behind the badge |
| 22 nd August | Club Meeting |
| 29 th August | Club Meeting |
| 21 st September | Hearing Tests |
| 11-13 April 2025 | District Conference Albury |

THIS WEEK'S CELEBRATIONS:

Birthdays:

None

Anniversaries:

Damian & Susan Nippard

Rotary  **DONATIONS** Shed 39, 400 Somerville Road West Footscray

Did You Know?

There is a large range of mobility and disability support aids stored at Donations in Kind. Local Physiotherapists and Occupational Therapists visit to collect goods weekly. We also receive donations from aged care homes, hospitals and personal donors.

Find out more at the Open Day.

Saturday 10th August
10am to 3pm
Store tours every hour



Enjoy a range of food, tea & coffee, soft drinks and conversation

12 COMMANDMENTS FOR SENIORS - Part 1

#1 - Talk to yourself. There are times you need expert advice.

#2 - "In Style" are the clothes that still fit.

#3 - You don't need anger management. You need people to stop pissing you off.





Merri Paddle - Merri Creek Community Clean Up

Saturday 31st August, 2 pm - 4 pm

Location: On the Merri trail near Connolly Avenue, Coburg. See [Google maps pin](#).

Note: this event will be canceled if there is heavy rain

Join MCMC, Rotary, and The Merri Paddle to safely remove litter from creek banks and surrounding areas, and collect important citizen science data. The Merri Paddle will also talk about their work supporting the eventual re-introduction of platypus in the Merri Creek, and how you can be involved.

All litter clean-up equipment is supplied, but please wear long pants, sturdy covered shoes and BYO drink bottle and gloves (if you can). Gloves are also provided if you can't BYO. Registration is essential [HERE](#). Please don't attend if you're not feeling well.

This event is proudly funded by the Friends of Merri Creek.

#4 - Your people skills are just fine. It's your tolerance for idiots that needs work.

#5 - The biggest lie you tell yourself is, "I don't need to write that down. I'll remember it."

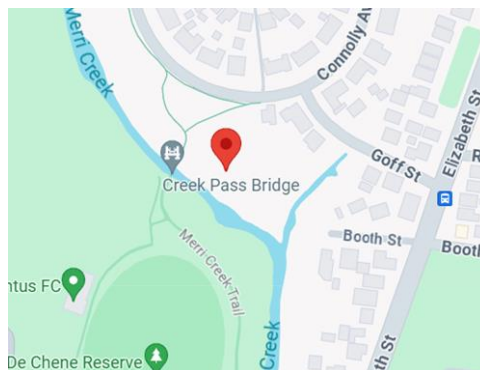
#6 - "On time" is when you get there



Message from the Chair

As we commence the new Rotary year, we welcome DGE Christine Dufty from Rotary District 9780 to the ROMAC Board as our new DGE representative. Christine joins **DG Stephen O'Connell** who is now our DG representative.

Starting back up after COVID continues to provide ROMAC with challenges. While Australian and New Zealand hospitals are slowly opening up to us again, and a few new hospitals have come on board, the number of referrals we are receiving from our Oceania



Pascoe Vale
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THE LIFT THE LID WALK

This event is a national initiative used to raise awareness on mental illness across Australia. This event, organised by Moreland Rotary Club, gives communities an opportunity to come together and Lift the Lid on Mental Illness. Hosted by the Rotary Clubs of Australia, funds raised from the walks go into mental health research through Australian Rotary Health.



SIGN UP. BRING ALONG A MATE. TRY THE WHOLE FAMILY.

When: Sunday October 13th, 2024 from 10am
Where: Commencing at The Stage, Coburg Lake Reserve
What: A Walk NOT a race from Coburg Lake along the Merri Creek trail to Queen's Parade and back.
Distance: Approximately 4 km or walk it twice for 8 km.
Who: Everyone who has been impacted by or cares about Mental Health
ENTRY FEE: \$30 - Early bird registrations prior receive an event t-shirt
Kids under 15 walk FREE.

Moreland Rotary is excited to host its third annual LIFT THE LID WALK for Mental Health.

More info/donations: <https://www.liftthelidwalk.com.au/moreland>

neighbours has fallen since the pandemic.

We are constantly needing more volunteers to help us with all these tasks so if you would like to help and participate in this extremely rewarding and enormously impactful work, please contact me at chair@romac.org.au OR our Acting HR, Training & Recruitment Chair, Maggie Alexander, at hr@romac.org.au.

**Carol O'Connell's
DG Partner Project**



Interplast
Repairing bodies & rebuilding lives
in the Asia Pacific region

My partner project is in support of a wonderful organisation that makes a huge impact. That organisation is Interplast.

I evaluated a lot of organisations before deciding on Interplast, as it is very important to me to show respect to clubs for all the effort made in fundraising, and the care taken to make the difficult choices about which causes to support.





We're running out of food. Yes, really.

Foodbank Victoria's shelves are dangerously understocked so we're asking the most generous people we know to help us find food.

How did our shelves get so empty? The cost of living is not only hitting families hard – it's also impacting us being able to get enough food through our network at a time when demand is the highest we've ever seen it.

Healthy food is always the focus, so we're looking for these eight staple items you'd find in your own pantry:



This Thursday, please bring a donation to the meeting.

Interplast was originally formed by a Rotarian and a friend back in 1983 who saw the need for expert surgical teams to travel to countries in the Asia Pacific region to perform plastic and reconstructive surgeries for those most in need. Since this time, Interplast has grown and developed. Their impact is truly significant and sustainable.

Reconstructive and transformative plastic surgery is provided for free for those who need it most in the Asia Pacific.

Medical teams travel to where they are needed, working collaboratively with staff in country, as well as providing training and mentoring.

To demonstrate my investment in this Partner Project, I have set myself a personal challenge. I played around with the numbers of our district, D9790, and have started on a 987.0km walk culminating at the District Conference in Albury in April 2025. I will do the walk in about 10km bursts between our District commitments.

My hope is to use the walk also for public image for Rotary and Interplast. I would be very grateful if your club would





WANTED – WEB PAGE Co-ordinator - talk to Bruno or Grant

We perform very poorly in this area and need someone to spend an hour or so a week keeping it updated.

Zoom meetings are on hold until the camera is fixed

donate to my Partner Project in support of Interplast.
follow this link to donate through the specific fundraising page.

<https://carols-dg-partner-project-interplast.raiselysite.com/>

Thank you

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 Pat Solibakke who will arrange for an appropriate card to be sent on behalf of our Club.

The Pascoe Post

Editor: Grant Standfield

Email: gstandfi@outlook.com

Mobile: 0400 738 102

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