

# The Pascoe Post

Newsletter of the Rotary Club of Pascoe Vale – July 11, 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**



A member of District 9790

## This Week

### Changeover

6.30 for a 7 pm start – at the RSL.

The new board will take over and we will welcome some new members

#### **From the editor**

Thanks Chris, for filling in while I was away. We spent 3 weeks in Cambodia and central Vietnam, with most days over 38C. Quite a shock when we arrived home.



Hello Fellow Rotarians,

Only a day or two before Changeover next Thursday. Planning is well underway with many hands on deck to make it run smoothly. I am sure it will be a great night and grateful thanks to all those who have made it happen.

This week has seen Melbourne shiver through freezing temperatures – that's winter I guess but still not easy to keep warm. My thoughts go to those who are doing it tough with minimal home heating and sometimes not even a home. Let's hope they are at least able to sleep under cover. We who have safe, warm, comfortable housing are so fortunate and often take it for granted.

With school holidays here I want to share with you the scene in my house this morning – 3 kids aged from 4-12 years currently building a cubby house with chairs and blankets in my living room and eating rice crackers by torchlight and telling ghost stories. What more could I wish for?

Heather Harris PHF, President, PVRC





### Upcoming Events

11 <sup>th</sup> July	Changeover at Pascoe Vale RSL – 6.30 for 7 pm Start
18 <sup>th</sup> July	Peter Dell – Dream Cricket Special General Meeting
22 <sup>nd</sup> July	Science and Engineering Challenge (on a Monday - help needed – contact Aaron)
25 <sup>th</sup> July	Amber – Youth Exchange
28 <sup>th</sup> July	Council BBQ
1 <sup>st</sup> August	District Governor Visit
8 <sup>th</sup> August	Club Meeting
10 <sup>th</sup> August	Bunnings BBQ
10 <sup>th</sup> August	DIK (Donations in Kind) Open Day, Brooklyn
21 <sup>st</sup> Sept.	Hearing Tests
11-13 April 2025	District Conference Albury

### Last Week



Deborah & Bruno D'Aprano spoke to the Club last night about their experience at the Rotary World Convention in Singapore in May. Deborah spoke about the contacts she made with Rotarians from India regarding children's programs that are also being done here by our club. Truly "Think globally, act locally!"

### THIS WEEK'S CELEBRATIONS:

#### Birthdays:

None

#### Anniversaries:

None

### WORKING BEE



### July 13 – This Weekend!

Corpus Christi Primary School  
Widford Street, Glenroy  
8.00 am Start  
Everyone Welcome!  
Contact Gerard for details.

### 42 lessons life taught me

Written by Regina Brett, of the Plain Dealer, Cleveland, Ohio.

"To celebrate growing older, I once wrote the 42 lessons life





Bruno spoke about his meeting with world president Gordon & his commitment to mental health. He also spoke about the fact that watching Israeli Rotarians that are also muslims, working together. Then watching Ukrainian Rotarians working with both Russian & Polish Rotarians working together. He came away "Proud to be a Rotarian!" A truly an uplifting experience.



taught me. It is the most requested column I've ever written.

Part 4

23. No one is in charge of your happiness but you.

24. Frame every so-called disaster with these words 'In five years, will this matter?'

25. Always choose life.

26. Forgive but don't forget.

27. What other people think of you is none of your business.

28. Time heals almost everything. Give time time.

29. However good or bad a situation is, it will change.

30. Don't take yourself so seriously. No one else does..

31. Believe in miracles.

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

*Did You Know?*

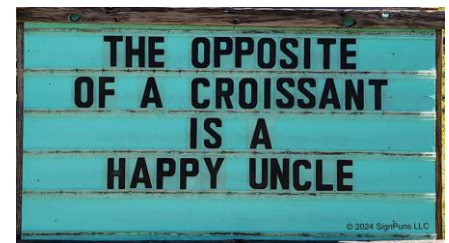
There is a large range of mobility and disability support aids stored at Donations in Kind. Local Physiotherapists and Occupational Therapists visit to collect goods weekly. We also receive donations from aged care homes, hospitals and personal donors.

**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







# 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>

## ROMAC



### Message from the Chair




In the April E-News, I flagged the fact that Rotary Club donations to ROMAC had fallen by over 50% in the five years from July 2018 until June 2023. I am pleased to report that as we come to the end of this Rotary year, club donations have increased by just over 10% on the previous twelve months.

Many thanks to the clubs that have either continued or recommenced donating to ROMAC. Your support is greatly appreciated and very





**Rotary**  **Emergency Services Community Awards**  
Districts of Victoria


Vic RESCA recognises outstanding community service of paid and volunteer members of Victorian Emergency Services and supports Emergency Services Research scholarships in partnership with Emergency Services Foundation (ESF).

Patron: The Governor of Victoria  
Her Excellency Professor the Honourable Margaret Gardner AC



**2024 AWARDS DINNER**  
Saturday 3<sup>rd</sup> August 2024  
6.30 pm Hyatt Place Essendon Fields  
**\$95 per person**  
Book via QR code or link

<https://events.humanitix.com/copy-of-rotary-emergency-service-community-awards-victoria-resca-vic>



Rotarians, individuals, agency representatives, colleagues, nominators, and the family and friends of finalists, are all welcome.

**BOOKINGS CLOSE SUNDAY 21<sup>st</sup> July 2024 - so get in quick!**

The program includes

- Former ESF scholarship recipient presentation
- Recognise 'Finalists' from each ES agency
- Announce Two Major Winners: Volunteer and Paid capacity

- Tickets include a 2-course meal and drink on arrival
- Additional alcoholic drinks can be purchased at bar prices
- Unlimited soft drink, juices, still and sparkling water, tea and coffee
- Complimentary on-site carparking

Find out more about the awards and scholarships via the online platform - [www.vic.rescawards.org.au/](http://www.vic.rescawards.org.au/)



much needed as we look to treat over 30 children this calendar year.

I also mentioned previously that we were looking at establishing a new ROMAC Region for the Northern Territory-Timor Leste (NT-TL) area.

I am pleased to report that the committee is now up and running and that Judith McKay from the Litchfield-Palmerston Rotary Club in Darwin is the Chair of the new NT-TL ROMAC Regional Committee.

The other members of the committee from the Darwin area are: Valerie Wilkey, Belinda Jennings, Rod (Crusty) Meyers, James Smith, and Ray Fauntleroy. From Dili are: Mario De Jesus, Judite Martins and Ruth Hitchins. We congratulate and thank Judith and her new committee members for taking on this role

More info at [ROMAC - Rotary Oceania Medical Aid for Children](#)







# Bellarine North Rotary celebrate a year of success

BY NATHAN RIVALLAND

BELLARINE NORTH Rotary Club celebrated the successes of its 2023-24 season at its executive changeover meeting last week.

More than 50 members of the club came together at the Portarlington Golf Club to thank outgoing committee members and acknowledge the achievements of serving members.

This year, the club was able to distribute more than \$40,000 to causes both locally and internationally.

Abroad, funds went towards developing a chicken farm in Nepal, dismantling playgrounds to send to third world countries and improving the learning outcomes of students in Cambodia.

Closer to home, the club assisted local



**Bellarine North Rotary Club's Art Expo was lauded as a huge success and made up a portion of the fundraising for 2023-24.**

organisations such as Kinship Carers, Feed Me Bellarine, and Drysdale and Portarlington Food Banks.

Outgoing president Leila Stecher and her board were thanked for leading the charge.

The Clifton Springs resident has been a Rotarian for 17 years and was lauded by committee for her positive impact on the local community.

"We thank Leila for her tireless work of leading this fun filled, busy club," committee member Caroline Rickard said.

"We now induct new president Ken Withers to lead us into the future.

"The future is looking bright for the year ahead and we would love some more people to join us to be able to share the workload around."

Mr Withers served on the general committee in 2023 and is excited to be making the step into the presidency role.

He will be joined by Terry Baker (vice-president), Bruce Van Every (secretary), Sue Riminton (president elect), Caroline Rickard (director), Glynis Jones (director) and Alex Jeffrey (director) on the 2024-25 board.

The club encourages any interested residents to attend one of its weekly Monday meetings held at Portarlington Golf Club at 6pm.



**Bellarine North Rotary new president Ken Withers with the outgoing Leila Stecher. Photos: SUPPLIED**

**## Zoom meetings on hold until camera is fixed ##**





### **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**

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