

The Pascoe Post

Newsletter of the Rotary Club of Pascoe Vale – August 29, 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.
Contact the editor for more details.

Pascoe Vale
Rotary



A member of District 9790

President's Post

Hello Fellow Rotarians

As Spring draws nearer, what a delight to see blossoms on the trees and longer days. Time to ready the garden for summer vegetable planting. Our next Rotary plog session approaches next Saturday afternoon near DeChene Reserve in Coburg. We will be working alongside the Merri Paddle and Friends of Merri Creek groups. Hope to see you there.

We had another very important presentation from the Merri-Bek Community Food Hub last meeting. They highlighted the very real situation of food insecurity in our area and what this group is doing to alleviate it. Many thanks to Ronella and Charmaine for bringing us this vital information.

Rumour has it one of our Presidents, Bruno, is dealing with a touch of sunburn (!) in Vietnam. No doubt Debra is applying the aloe vera and plying him with iced beverages. Meanwhile, we send our best wishes for a speedy recovery to our other President, Grant. Rest up Grant and hope to see you back soon.

Stay well and happy, Heather President

Not sure about the aloe vera, but the iced beverages seem to be getting a run!



Bruno and Deborah enjoying the warm weather in Vietnam

This Week

The man behind the Badge
- **Jerry Paglinawan**
Come along and find out
more about new member
Jerry



Women's Health Week - 2024

From 2 to 6 September, women's health steps into the spotlight. There are so many ways to get involved. You can host an event, promote the week, attend an event or sign up to receive the latest health information.

More at [Women's Health Week](#) | [Jean Hailes](#)



Upcoming Events

29 th August	The Man Behind the Badge - Jerry Paglinawan
5 th September	Club Meeting
12 th September	District 9790 Public Image Launch
19 th September	Mock Interviews - Antonine College – 19 students
19 th September	Club Meeting
21 st September	Hearing Tests
26 th September	Club Meeting
24 th October	Mock Interviews - Pascoe Vale Girls College – 40 students
11-13 April 2025	District Conference Albury

THIS WEEK'S CELEBRATIONS:

Birthdays:

None

Anniversaries:

None

Last Week

Last meeting we had a compelling presentation from two remarkable speakers – Ronella Gomez representing the Food Leadership Action Group funded under the Merri-Bek Council Food System Charity, and Charmaine Daborn, founder of the NFP Merri Food Hub.

Ronella, as the Coordinator of FLAG, is to develop and co-ordinate current local organisations to address food insecurity. Charmaine runs two affordable pop-up markets that provide culturally appropriate fresh produce for Fawkner and Glenroy communities. Food is often sourced from local and regenerative farmers.

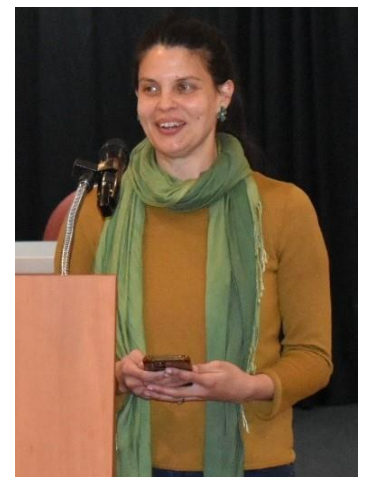
Food insecurity is a real issue and can range from “not going hungry” to “missing meals” to meet other financial imperatives. The food hubs are based in Fawkner and Glenroy with Glenroy Community Hub open on Wednesdays and Fawkner Community Hub open on Fridays.

Over 234 households were provided with fresh produce in July and almost 800 kgs including 23 types of culturally appropriate fresh fruit and vegetables were offered.

A commendable “coal-face” community service indeed!



Last weeks speakers





THIS WEEKEND – REGISTER NOW!



MERRI CREEK LITTER CLEAN-UP

Saturday Aug 31st, 2-4pm

Meet: Bike/Pedestrian Bridge,
Connolly Ave, Coburg – across from DeChene Reserve

FREE EVENT

Booking essential www.mcmc.org.au

Join Merri Paddle, FOMC, MCMC, local Rotary Clubs.

Aim: To safely remove litter from creek banks and surrounding areas and collect important Citizen Science data aimed at reducing litter. All cleanup equipment is supplied. Please wear long pants, sturdy shoes and BYO gloves/ drink bottle if desired.

Merri Paddle will also talk about their work supporting the eventual re-introduction of platypus into Merri Creek and how YOU can be involved.



Litter is a major problem in our local waterways, seriously harming wildlife. Come along and help your local environment!

Homemade afternoon tea to wrap up!

Event will be cancelled if heavy rain

Please don't attend if feeling unwell.

District 9790 Public Image Launch

ABOUT - Cluster meeting to launch District 9790 Public Image

DATE - Thursday 12 Sept 2024 6:30 PM - 8:30 PM

LOCATION - Pascoe Vale RSL
40 Cumberland Road,
Pascoe Vale Vic 3044

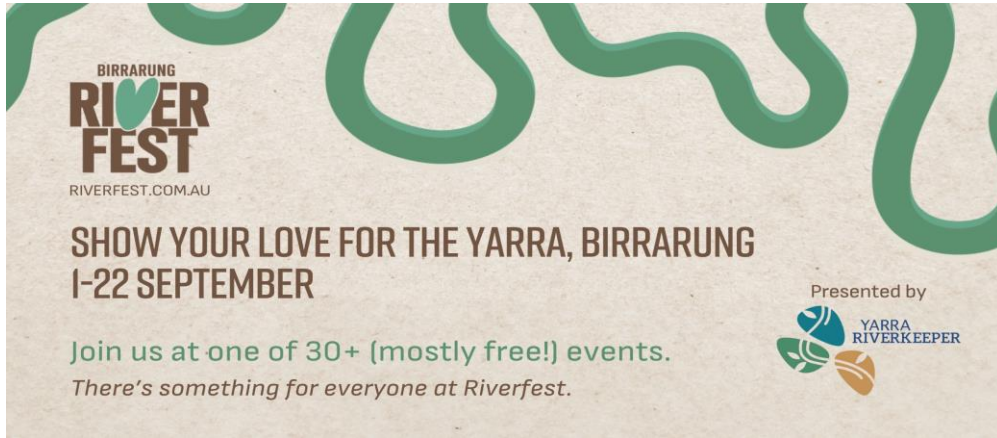
Book Now

Use the QR code or the link below to book



[District 9790 Public Image Launch Tickets, Pascoe Vale RSL, Pascoe Vale | TryBooking Australia](#)





Hi everyone,

I want to start a WhatsApp group for our Pascoe Vale Rotary Club. This platform will allow us to communicate more efficiently and stay updated on events, projects, and meetings. Please send me a message and I will add you to the group

More information at [Birrarrung Riverfest 2024](https://www.birrarrungriverfest.com.au)

Walking together for Women's Health

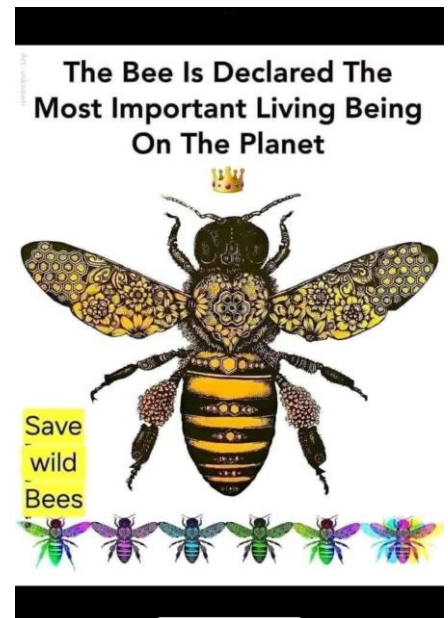


In September, Heart Foundation Walking is calling upon women to hit the pavement to improve their heart health.

Did you know that [heart disease](#) is Australia's leading cause of death for women? Every day, 22 women lose their lives to the condition.



More at [Walking Together for Women's Health | Heart Foundation Walking](#)





One Day. One Focus: Ending Polio

World Polio Day is a time for Rotary members, public health advocates, and all who want a world free from polio to come together, recognize our progress in the fight to end polio, and talk about the actions we need to take to end polio for good.

All donations are matched 2:1 by the Bill & Melinda Gates Foundation, tripling your impact!

[Donate Now](#)

END POLIO NOW **WORLD POLIO DAY IS 24 OCTOBER** Rotary 

Zoom meetings are on hold until the 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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