

The Pascoe Post

Newsletter of the Rotary Club of Pascoe Vale – October 10, 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

Hi All

Hello dear Rotarians, families & friends, hope you have had a chance to enjoy the couple of days of sunshine after our 10 months of winter, anyhow hope you are all well.

Firstly,

- Our sincere condolences to Rotarian Anthony Cianflone on the passing of his father last week. Our thoughts are with him & his family at this sad time.
- Rotary Club of Moreland had their "LIFT THE LID" on Mental Illness today at Coburg Lake!

Rotary Club of Pascoe Vale supplied BBQ & Snags & gave them away for free but accepted donations which all went to Mental Health Projects!

First to the finish line were Matthew & Kim from Pascoe Vale! Well done guys!

- Last Thursday night it was a privilege to present Rtn Deborah D'Aprano with a Paul Harris Fellowship for her support of Rotary Foundation over many years prior to becoming a Rotarian. Congratulations Deborah!
- Let's remember WORLD POLIO DAY 24th October!
- Also 24th October Mock Interviews at Pascoe Vale Girls College!
- 26th October Rtn Sara's Street Party!

This Week

Rotary  District 9790



Rotary  District 1700 | The Rotarian Minute

Did you know?

Paul HARRIS was strongly influenced by his grandfather Howard HARRIS in the areas of ethics and social responsibility.



Jerry Bearnod Paglinawan, Editor & Rotarian



Our President Dr. Bruno awarding a Paul Harris Fellow PHF to Deborah D'Aprano



Happy Rotarian & wife Deborah D'Aprano



Rotary District 9790  **RYLA**
rotary youth leadership awards 

JOIN US!

ROTARY YOUTH LEADERSHIP AWARD

RYLA empowers and inspires young adults to become changemakers who are driven by personal development and professional excellence.



THIS WEEK'S CELEBRATIONS:

Birthdays:

Bruce Browning
Marilyn Arnheim
Peter Wilson

Anniversaries:

Peter & Marilyn Arnheim





Upcoming Events

24 th October	Mock Interviews - Pascoe Vale Girls College – 40 students
24 th October	Picnic for Polio (See the Bruno for details)
8 th December	Bunnings BBQ
28 th December	Bunnings BBQ
11-13 April 2025	District Conference Albury

"Join the Fight to End Polio: Picnic for a Purpose this October!"

During the week of World Polio Day, which is the 24th October, or anytime in the month of October, take advantage of the longer afternoons and gather amongst the Spring blossoms, spread out a picnic rug, bring some yummy picnic goodies to share and have a picnic. Wear your End Polio Now t-shirts to raise awareness of our Major Project. Remember to take lots of photos to share on social media.

This is also the perfect opportunity to invite those friends who you think would be future Rotarians!

Have a participation price and raise some funds. Our International President, Stephanie Urchick has set a goal of each club raising \$1500. Wouldn't that be Magic.

I have a goal of having every club in D9790 raising and contributing something, no matter how small. Every cent counts.

Make sure to let me know if your club is having a Picnic for Polio and send me some photos.

Yours in Rotary,

Melissa Hebbard
D9790 Polio Champion.

Laughter is still the best Medicine! Part1

1. "The Smart Fridge Betrayal"
Just asked my smart fridge what to cook for dinner. It said, "Maybe start with eating the leftovers I've been holding hostage for two weeks." The betrayal.
2. "My Cat vs. The Zoom Meeting"
Had a serious work meeting on Zoom. Halfway through, my cat decided that was the perfect time to show his tail to the entire team. Safe to say, we're all a little closer now.
3. "Autocorrect Strikes Again"
Tried texting my crush, "Good morning, sunshine!" Autocorrect changed it to, "Good mourning, sushi line!" Haven't heard back yet...





SAVE THE DATE

Rotary District 9790

THE MAGIC OF ROTARY

DISTRICT CONFERENCE 2025

11TH, 12TH, 13TH
APRIL 2025

ALBURY, NSW

*Hit the high notes
@ District Conference
Unite. Inspire. Transform.*

The poster features a dark blue background with gold and white decorative elements. It includes the Rotary logo, the 'The Magic of Rotary' logo, a calendar icon, and a silhouette of a person playing a tuba. There are also circular inset images of colorful balloons and a scenic landscape with a lake and trees.

4. "The Forgotten Mask"
Walked all the way to the store without a mask. Remembered only when I saw someone else wearing one. Ended up using my T-shirt sleeve. It was...not effective.

5. "The Gym Paradox"
Every time I buy new gym clothes, I feel healthier instantly. But then I remember I still have to actually go to the gym. Why isn't retail therapy enough?her phone vibrated loudly on the table.

6. "Online Shopping Disappointment"
Ordered a "large" coffee cup online. When it arrived, it was literally espresso-sized. Maybe I should have checked the dimensions...or just learned to read.

7. "The Cooking Disaster"
Tried to make dinner for my partner. Ended up setting off the smoke detector. Twice. It's fine, we're eating cereal for dinner now.

8. "The Wi-Fi Apocalypse"
Wi-Fi went out for 20 minutes. Everyone in the house emerged from their rooms like confused cavemen. We had to actually TALK to each other. It was terrifying.





Dear Rotarians of Pascoe Vale,

The Rotary Club of Moreland's "Lift the Lid" event at Coburg Lake was an inspiring reminder of the power of community when it comes to raising awareness and support for mental health. Proudly presented by Rotary Districts across Australia and Australia Rotary Health, the event brought together clubs, volunteers, and participants with one united purpose: to break the stigma around mental illness and promote open conversations about mental well-being.

The day was filled with energy, camaraderie, and a spirit of generosity. Clubs from across the area contributed to making the event a success, with the Rotary Club of Pascoe Vale providing a delicious BBQ and giving away free sausages while accepting donations that went directly toward mental health fundraising. It was heartwarming to see the community come together, not just to enjoy the activities but also to support a cause that affects so many lives.

The event's walk at Coburg Lake symbolized more than just a physical journey; it was a walk toward understanding, acceptance, and hope. Congratulations to Matthew and Kim from Pascoe Vale for crossing the finish line first—it was a victory for everyone committed to improving mental health awareness.

"Lift the Lid" serves as a powerful reminder that when we come together, we can truly make a difference. The Rotary Club of Moreland and all the participating clubs showed that through collective action, we can lift the lid on mental health, offering support, creating change, and building a future where mental well-being is a priority for all.

With same mindedness in mental health,

Jerry Bearnod Paglinawan – Rotarian and editor

Laughter is still the best Medicine! In Rotary Part 2

- 1."Rotary built a playground; now, even the adults sneak in for a swing during lunch breaks."
- 2."Rotary hosted a charity walk, but half the group got distracted by a food truck."
- 3."Rotary cleaned the park pond. Now the ducks hold daily meetings there, quacking about change."
- 4."Rotary donated benches, but now it's the pigeons' preferred hangout for 'community discussions.'"
- 5."Rotary organized a tree planting. One volunteer mistook the watering can for his coffee thermos."





The Rotary Club of Moreland's "Lift the Lid" event at Coburg Lake

6. "Rotary painted the town hall. Halfway through, they realized the color looked like mustard."

"Rotary set up a food bank. Now, local cats think it's a fancy dining spot."

"Rotary built a gazebo; now, the squirrels think it's their luxury woodland penthouse."

"Rotary fixed potholes; now, skateboarders are petitioning to keep one for 'nostalgia purposes.'"



Our very own Rotarians in action for Barbeque Steve & Colin





Finally here's a "Reflection from PV Rotary Club President"

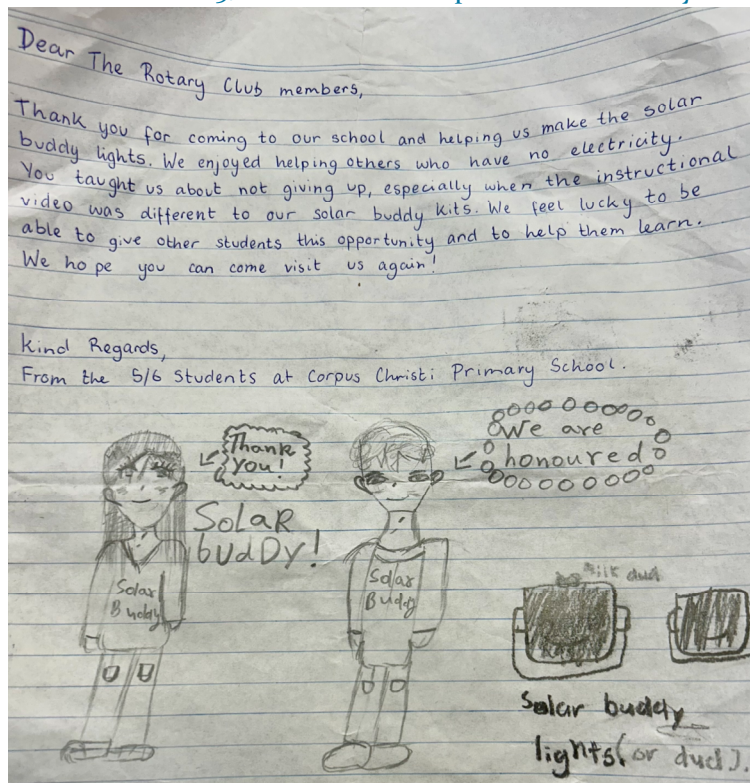
"Last month, several Rotarians from our club, Pascoe Vale Rotary, attended Corpus Christi Primary in Glenroy for our Solar Buddies project. Together with 60 students & some teachers, we assembled solar lights for a primary school in Africa. Great project!"

"As we move forward with our initiatives, let's continue to uphold the spirit of FRIENDSHIP, SERVICE & FELLOWSHIP in Rotary that defines us. Each action we take, no matter how small, brings us closer to a better, healthier world.

Thank you for your dedication and support. Let's keep working together to create lasting change and make a positive impact in our communities. Together, we truly make a difference."



Below is Letter from 5/6 Students at Corpus Christi Primary School



Your old phone could save a life. DV Safe Phone collects, repairs and gives free mobile phones to domestic violence survivors, through over 360 Domestic Violence and Law Enforcement Agencies, Safe Houses and Hospitals Australia -wide.

Make a real difference in the lives of those currently experiencing domestic violence, by donating funds or your old phones today!

More at [DV Safe Phone - Donate Phones, Donate Funds](#)





Rotary
District 3131
Public Image Team

THE MAGIC OF ROTARY

KNOW YOUR ROTARY!

ABOUT ROTARY EMBLEM (WHEEL)

Back in 1905, an engraver and Chicago Rotarian, Montague Bear, designed a simple Rotary wagon wheel, showing movement and dust. It was meant to represent civilization, movement and service work in action. Over time, many Rotary clubs adopted the wheel in one form or another.

In 1922 it was decided to create and develop an official Rotary emblem and in 1923 a gear with 24 teeth and six spokes was officially adopted. To me, the gear teeth around the outside represent the fact that work is to be done.

The six spokes represent the inner direction and path of our Vocational Service, through the representation of our membership via the classification system.

Rtn. Prasad Ganpule
Director, Public Image
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DISTRICT 3131 | PUBLIC IMAGE TEAM

Share these with your Club Members during Secretarial Announcements!!

3131-2425-07

Rtn. Shital Shah, District Governer 2024-25

RID 3131

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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