

The Pascoe Post

Newsletter of the Rotary Club of Pascoe Vale – September 26, 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

Really big Rotary week last week!

- 1) Great night at Broadmeadows Rotary Footy Night! Special guest songwriter & guitarist Greg Champion entertained us & had us in stitches! All monies raised went to Rotary Foundation Polio Plus Program! Many Thanks Broadmeadows Rotary!
- 2) Our Rotary club assisted with mock interviews at Antonine Secondary College in Pascoe Vale. Students were well prepared & it was an inspiring session for all concerned!
Many thanks to Kevin Fernandes, Robin Waters, Bruce Browning, Pat Solibakke, Deborah & Bruno D'Aprano, Colin McKenzie & Grant Godino.
- 3) "Always an honour to induct a new member into our Rotary Club. Last Thursday Reece Jongbloed joined our Club. Reece is the son of our late past President Grant Jongbloed who was a member for many years. Your dad would be so proud! Welcome Reece!"
- 4) "Also last week Kayla gave us an inspirational talk on her experience at RYLA, Rotary Youth Leadership Award. She spoke about the positive influence it has had on her life & how she is now using that experience to help others!
Well done Kayla!"
- 5) Last Thursday saw the presentation of a number of PHF's, (Paul Harris Fellowships) granted to
A) Pat Solibakke & Glenda Bryson for their mentoring members of Gateway Rotaract for many Years.
B) Sally West was the final President of Gateway Rotaract & is a current member of the Rotary Club of Diamond Creek. She is also the district's RYPEN Chair & has supported RYLA for many years.
& C) Grant Godino for his ongoing financial support to Rotary Foundation.
Congratulations to all PHF recipients! &
- 6) Special guest & PHF presenter our DGN Emma! Always a welcome guest at our Club!

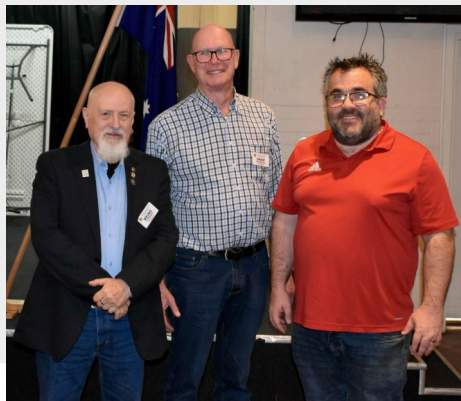
Rotary



District 9790



President & Dr. Bruno Speaker for Rotary Social Media Platform



From Left Dok. Bruno, Grant & Hamish



Upcoming Events

24 th October	Mock Interviews - Pascoe Vale Girls College – 40 students
8 th December	Bunnings BBQ
28 th December	Bunnings BBQ
11-13 April 2025	District Conference Albury

THIS WEEK'S CELEBRATIONS:

Birthdays:

Lois Papas
Beryl De Almeida

Anniversaries:

None

Laughter is still the best Medicine! (Part 1)

1. Bob’s alarm rang. “Five more minutes,” he mumbled. He woke up six hours later. “Guess I’ll skip breakfast,” he sighed, eating lunch in pyjamas.
2. Dave tried a new recipe. The smoke alarm agreed it was unique. “Dinner’s ready!” he yelled, as they all ordered pizza.
3. Mark bought a fitness tracker. It buzzed. "Time to move!" he groaned, got up, and walked... to the fridge.
4. Tom decided to jog. After five minutes, he concluded, "I should be in a better shape... tomorrow." He took a cab home.
5. Emily bought noise-cancelling headphones. Perfect silence... until her dog barked, the doorbell rang, and her phone vibrated loudly on the table.
6. John tried to assemble a bookshelf. Two hours later, he had an abstract art

Let's LIFT THE LID on MENTAL ILLNESS
with Australian Rotary Health

LIFT THE LID on mental illness

Celebrate with us on **World Mental Health Day - October 10** or any time during Mental Health Month in October.

1 in 7 young Australians suffer a mental health condition.

100% of proceeds will go to funding vital mental health research.

www.liftthelidonmentalillness.com.au



Dear Rotarians of Pascoe Vale,

I hope this message finds you all well.

I want to take a moment to express my deepest gratitude to every one of you for your unwavering dedication, support, and commitment to the values of Rotary. Your collective efforts have truly made a lasting impact on our community, and I am deeply appreciative of the time and energy you invest in service.

A special thank you goes to Bruno, our esteemed President, for your outstanding leadership and vision. Your guidance and passion inspire us all to strive for excellence and continue making a difference where it matters most.

And to Grant, our incredible co-President and editor, thank you for ensuring our stories and efforts are captured with such heart and clarity. Your editorial work not only informs but also unites us, keeping everyone connected and inspired.

Together, you all embody the true spirit of Rotary, and I am profoundly grateful to be part of such a remarkable group. Here's to many more years of growth, service, and friendship.

With heartfelt thanks,
Jerry Bearnod Paglinawan – Rotarian and editor

installation. "Instructions are more like suggestions," he reasoned

7. Lisa started her diet. Then, she saw a cake. "I'll start tomorrow," she said, eating a slice. Tomorrow had the same cake.

8. Mike's plant was dying. "You need water, not coffee," he said. Then, he watered it with coffee... it didn't help.



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](#)



Antonine College Mock Interviews

The other week Thursday 19th of September we attended Antonine College where we conducted mock interviews with 6 female and 12 male students doing the VCE VM course.

This was our first time at Antonine College where we were made most welcome. Feedback from the students was that it was a positive experience for them & we appreciated the opportunity to help another local secondary school.

Thanks to our interviewers Bruno, Deborah, Pat, Grant Godino, Colin and also Robyn Waters and Bruce Browning.

Kevin Fernandes. Vocational Service



Feedback from Josie Rovetto, Career Development Practitioner and VET Co Ordinator

"Dear Kevin, Thanks so much for completing the VCEVM interviews with your colleagues. It was lovely to meet you, all bet too briefly. We really appreciate your patience and support of our program.

Our students felt very positive after the interview and were very pleased with their performance. They also understood where there may have been some room for improvement. If you could share any thoughts to help improve for future that would be great too.

Thanks once again."

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: Jerry Bearnod Paglinawan

Email: hybridsteel.jerry@gmail.com

Mobile: 0413572609

To unsubscribe, please reply to the editor with "Unsubscribe" in the subject line.

