

The Pascoe Post

Newsletter of the Rotary Club of Pascoe Vale – October 3, 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

Last Thursday's meeting was a night of awards, with Heather presenting a third sapphire PHF to Bruno.

Bruno had the honour to induct Faye Coker as our newest Rotary Club member, the 11th of the year.

Bruno then inducted Glynn Davies as an Honorary Member, Glynn is a past member of our club.

Bruno also presented RSL treasurer, Ross Holburt, with a Friend of Rotary pin.

If my calculations are correct that is 11 new active members, 1 Honorary member and 2 Friends of Rotary so far this year!

Let's not forget this coming Sunday, 6th October, we're at Bunning's, raising funds for our various charities we support!

President Dr Bruno D'Aprano



This Week

Rebecca Liberatore - Melbourne Pregnancy and Pelvic Floor Physiotherapy

Rebecca is the co-director of MPPP and is a Clinical Expert Pelvic Floor Physiotherapist with many years of clinical experience in both the private and public sector. She has held leading positions in Women's Health Physiotherapy at Mercy Health and Western Health.



Check out the updated website at <https://pascoevalerotary.com.au/>



Upcoming Events

3 October	Rebecca - Melbourne Pregnancy and Pelvic Physio
10 October	TBA – Merri Creek
13 October	Lift the Lid Walk & Talk
15 October	United Nations International Day of Rural Women
17 October	Club Meeting
24 th October	Mock Interviews - Pascoe Vale Girls College – 40 students
24 October	World Polio Day
26 October	Street Party – Cole Reserve
29 November	National Day of Action (against Domestic Violence)
8 th December	Bunnings BBQ
28 th December	Bunnings BBQ
11-13 April 2025	District Conference Albury

Rotary Galashiels. Walking for palliative care

Members of the Rotary Club of Galashiels and District are embarking on an ambitious fund-raising activity to provide funds to four palliative care organisations in the Scottish Borders, Marie Curie, MacMillan Cancer Support, the Margaret Kerr Unit, and the Lavender Touch.

During the month of October, we will walk the route of the North Coast 500, we will do this virtually by Club members adding together their weekly walking miles travelled, hoping to cover the 500 miles during the month, we have set ourselves an ambitious target of £5000.

We will plot our progress weekly on a virtual map and let you know how far we have travelled each week, and how much we have raised on our Facebook page.

Palliative care services and specialist volunteers are there at a time when patients and families need it most. Trained, professional staff delivering care with passion, dignity, and compassion. Many of us have experience of their care and this activity is an opportunity to donate to the work that they do as well as supporting the efforts of Rotary Club members and our local community.

Please donate generously to this fund-raising activity, all monies raised will be split equally between the four organisations. We would be grateful if you would share this with all your social media friends.

To donate click here:

<https://www.justgiving.com/.../walkingforpalliativecare...>

THIS WEEK'S CELEBRATIONS:

Birthdays:

None

Anniversaries:

Chris & Rebecca Lang



How can your club engage in this campaign?

- Join the National Day of Action for Rotary Pacific on Friday, November 29, 2024.
- Hold a peaceful community walk, public rally or other event during the global 16 Days of Activism Against Gender-based Violence, November 25 – December 10.
- Connect your community with the Purple Friday campaign.
- The Rotary Pacific DFV Tool Kit, a successful club transformation case study, Power Points, media articles, shirts and banners for clubs to use can all be downloaded at www.rotaryclubofballinaonrichmond.org.au/rotary-zone-8.
- Educate youth in your town/city about respectful relationships. Nominate one or two members from your club or another organisation to be trained by the National Association for Child Abuse and Neglect (NAPCAN) as Love Bites Facilitators.
- Sponsor a Love Bites Facilitator to deliver the Love Bites Program in your local school (www.napcan.org.au/programs/love-bites).



JOIN ROTARY MORELAND

TO WALK & TALK FOR MENTAL HEALTH

 **SUNDAY**
13 OCTOBER

 **TIME**
10.00 AM

STARTS FROM
THE STAGE
COBURG LAKE RESERVE



Rotary Districts of Australia  Rotary Moreland 

WITH THANKS TO OUR PROUD SPONSORS



BUY TICKETS



WWW.LIFTTHELIDWALK.COM.AU/MORELAND

YOU'RE INVITED TO OUR

Street Party!

Come along and enjoy the activities we have planned for the day! All funds raised will be donated to the Royal Children's Hospital.

LITTLE SCIENTISTS WORKSHOP	FACE PAINTING	RAFFLE PRIZES	SPECIAL GUESTS
COFFEE VAN	SAUSAGE SIZZLE	DANCE SHOW	Fancy Dance



Date

SATURDAY, 26TH OCTOBER

Time

10AM - 1PM

Location

COLE RESERVE, CORNER ACROSS FROM PHARMACY 777 PASCOE VALE



Proudly presented by

Pharmacy 777 Pascoe Vale  District 9790