

The Pascoe Post

Newsletter of the Rotary Club of Pascoe Vale – October 30, 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 Tuesday night, 22nd Oct, we went to the Rotary Club of Strathmore at Windy Hill, Essendon.
The guest speaker was **Australian Rotary Health Scholar Georgina Rawson** & she spoke on her research into sleep and brain function. Thank you for sharing your insights with us!
A great night shared with 7 Rotary clubs & guests!
- 24th Oct was World Polio Day!
"Seventy years ago, there was a vaccine in a bottle, and today we're almost at the point of achieving a once unimaginable outcome, i.e. the world without polio!"
- 26th Oct Pascoe Vale Street Party sponsored by Sara Murdock & Crew at Pharmacy 777!
We had it all! Sunshine! Line Dancing! Pizza! Pascoe Vale Rotary's famous BBQ snags! Raffle Prizes! Free giveaways! Face Painting! Little Scientists Workshop! Fancy Dancing! WOW!
Great Day had by all!
- Important Dates!
 - -1st November: *Happy Birthday Russell Coker!*
 - -2nd November: *Coburg Nth Primary School Working Bee 8am.*
 - -5th November: *Cup Day Bunnings BBQ*
- ***"When people ask why I'm a Member of Rotary International the answer is this...
Our club alone contributed over ten thousand service hours over the last few years!"***

This Week

Rotary  District 9790



Start with Rotary
and good things happen.



Rotary. Humanity in motion.

rotary.org

Jerry Bearnod Paglinawan, Editor & Rotarian



26th Oct Pascoe Vale Street Party sponsored by Sara Murdock & Crew at Pharmacy 777!



Rtn. Steve & Lois, Matthew, Heather, Pres. Bruno & Deborah In Pascoe Vale BBQ



Rtn. Jerry & Praveen in relaxed mode.



Our very own Sponsor Rtn. Sarah Murdock

THIS WEEK'S CELEBRATIONS:

Birthdays:

Russell Coker -1st Nov

Anniversaries:





Upcoming Events

2 nd November	Coburg Nth Primary School - Working Bee
5 th November	Bunnings BBQ – Cup Day
9 th November	Coburg Nth Primary School - Working Bee
16 th November	Calabria Club – Social Night
28 th November	AGM
8 th December	Bunnings BBQ
11-13 Mar '25	District Conference - Albury

Mock Interviews Pascoe Vale Girls College 24th October

Last Thursday we conducted mock interviews with 32 VCE VM students at Pascoe Vale Girls College.

This is part of their curriculum and generally the students acquitted themselves quite well. They were appreciative of us doing the interviews to give them an idea of what a real life job application and interview would be.

It was also a rewarding experience for our interviewers.

The College made us very welcome and look forward to us continuing the program.

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

Rtn. Kevin Fernandes

Vocational Service

INTERNATIONAL CONVENTION

21-25 June: Calgary: Canada



Rotary's Laughter is still the best Medicine! Part1

1. Rotary planted 100 trees. Five volunteers showed up. Now, it's a workout program too!
2. We set up a literacy booth. Accidentally swapped letters. "Free Hugs" got way more sign-ups.
3. Volunteered at the dog shelter. Left with ten new furry "honorary members" and one barky meeting.
- 4 Rotary's "clean-up river" project started well. Ended with three Rotarians floating downstream. T-shirt sleeve. It was...not effective.





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.*



5. Rotary built a community garden. Plot #1? Wildflowers. Plot #2? Wild weeds. Plot #3? Wild squirrels.

6. Planned a "Run for Rotary." Forgot to mark the route. One Rotarian's still running...

7. Hosted a "clean energy" seminar. Lost power halfway. Candlelight discussions on "modern solutions" began.

8. Rotary put up signs for tree planting. Signs were bigger than trees. Good intentions, though!

9. Literacy project started. Accidentally handed out blank books. "Fill in the story yourself!" we said.

10. Organized a "recycling art" fair. Halfway through, people recycled the art itself. Minimalist masterpiece?





Dear Rotarians of Pascoe Vale,

2025 Presidential Peace Conference in Turkiye

" **Healing in a Divided World** " is the theme for 2025 conference, symbolizing a united effort to tackle global challenges. This theme emphasizes addressing to the core of our physical, emotional, and social well-being through collective action.

Physical Well-being: Ensuring access to healthcare, clean water, and nutritious food remains a priority. Rotary aims to intensify efforts in these areas to support communities in need.

Emotional Resilience: Addressing mental health issues through awareness programs and creating supportive environments is crucial for fostering emotional well-being.

Social Cohesion: Building inclusive communities by addressing discrimination and promoting diversity, equity, and inclusion is essential for social well-being.

Environmental Stewardship: Protecting the environment through sustainability initiatives like reforestation and clean energy projects is key to world healing.

Collaboration: Working with governments, NGOs, and local communities to amplify impact through partnerships.

Volunteer Empowerment: Volunteers drive Rotary's initiatives, embodying the values of service above self. The saying "there's a U in volunteer" underscores the importance of each individual's contribution.

Together, I believe Rotary's 4 way test is This simple yet powerful test encourages honesty, fairness, and positive relationships, guiding Rotarians to act ethically and responsibly in all aspects of our lives.

Jerry Bearnod Paglinawan – Rotarian and editor

Laughter is still the best Medicine! In Rotary Part 2

1 "I told my Wi-Fi we need to talk. We're not connecting."

2 "They say money talks, but mine only says 'goodbye.'"

3 "My favorite exercise is turning the couch into a bed."

4 "I'm not late. I'm on my own time zone."

5 "Why walk when you can wobble stylishly?"

6 "I wish retail therapy was covered by insurance."





2025 presidential peace conference Istanbul Turkiye 20-22 Feb 2025



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](#)

BBQ Fundraisers

Helping the community

What you see before joining
What you see once you join

Teamwork and communication skills

Opportunities for collaboration and networking

New friendships and connections

International aid, travel and worldwide friendships

Speaking and professional development opportunities

Design by **Honorary Rotarian Rotaract Club**

Rotary Australia

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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