



**PASCOE VALE ROTARY CLUB**  
DISTRICT 9790



20th of January 2025

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# THE PASCOE POST

## PRESIDENT'S MESSAGE

Hello Fellow Rotarians,

I hope you are all managing this summer heat sensibly. We had our first 2025 meeting last week at the annual January picnic/BBQ in the park. It was great to see everyone there, chatting and catching up with the news. Thanks to Grant et al who supplied the BBQ, some chairs, table etc.

Last Friday I represented PVRC in another Merri Paddle water purity testing day along the Merri Creek. We visited 4 local sites and as always it was an interesting day, especially as the weather and company was pleasant.

Looking forward to hearing Iain Findlay speaking at the Strathmore Rotary meeting on Tuesday 21 st at Windy Hill. Hope to see some of you there. Gerard H and Peter W will be an apology as they will be in Cambodia by then. Stay safe, cool and well fellas.

Our first meeting will be this Thursday 23 rd 6.30pm at the PV RSL. See you there.

Stay well, be kind.

**Heather Harris PHF**  
**President**  
**PVRC**

## Quote of the week

"If the plan doesn't work, change the plan. Never the goal."



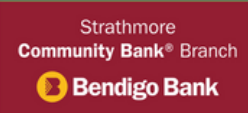
## CLUB MESSAGES AND CARDS



If you know of any current, honorary/past members of family or friends of the Rotary club who would benefit from a card or message, please get in touch with Faye Coker who will arrange for an appropriate card to be sent of behalf of our club.



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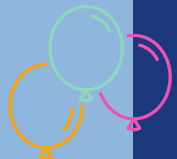
# COMMUNITY NEWS



A successful New Years picnic for our Rotarians last Thursday!



## BIRTHDAYS



### January

Kevin Fernandez  
Pat Solibakke

A very happy birthday to you all!

## ANNIVERSARIES



Congratulations to **Colin and Joan Mckenzie** on their anniversary!

## *Funny Bones*

### Australian Open Edition



*Why don't tennis players ever get married?*

They can't find the right match!

*Why are tennis players such good comedians?*

Because they always serve up a good joke!

*Why don't tennis players ever argue?*

They always try to keep things in court.





**PASCOE VALE ROTARY CLUB**  
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**BUNNINGS**  
warehouse

Strathmore  
Community Bank® Branch  
Bendigo Bank

# ROTARIANS PAINT MORELAND FACILITY



Rotarians Heather, Peter & Bruno doing some painting at the RIMERN facility in Moreland!  
Many thanks to Jo for bringing this to our Club's attention! Great couple of days!

## Health's Wealth

1. Stay Active: Regular exercise for improved health.
2. Eat a Balanced Diet: Consume nutrient-rich, varied foods.
3. Practice Gratitude: Reflect on daily positive experiences.
4. Get Enough Sleep: 7-9 hours of quality rest.
5. Connect with Others: Maintain strong social connections. Rotary Meetings are certainly the best way to do this!



## UPDATES AS OF 20TH OF JAN

Date	Match & Venue	Result
Jan 6	Men's Singles: A. Michelsen (USA) vs. A. de Minaur (AUS)	0-6, 2-6, 0-6
Jan 12	Men's Singles: A. Michelsen (USA) vs. A. de Minaur (AUS)	0-6, 2-6, 0-6
Jan 19	Men's Singles: A. Michelsen (USA) vs. A. de Minaur (AUS)	0-6, 2-6, 0-6
Jan 20	Men's Singles: A. Michelsen (USA) vs. A. de Minaur (AUS)	0-6, 2-6, 0-6
Jan 12	Women's Singles: G. Monfils (FRA) vs. B. Shelton (USA)	6-3, 3-6, 2-6
Jan 19	Women's Singles: G. Monfils (FRA) vs. B. Shelton (USA)	6-3, 3-6, 2-6
Jan 20	Women's Singles: G. Monfils (FRA) vs. B. Shelton (USA)	6-3, 3-6, 2-6



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# CRITERIA FOR RECRUITMENT



#33 – January 16, 2025

*1' to discover an aspect of Rotary*

## 10 criteria for recruitment

When recruiting new Rotary members, it's essential to identify individuals who embody the values of service and integrity.

Here are 10 key qualities:

1. **Community Engagement:** A strong desire to contribute positively to society.
2. **Unwavering Ethics:** Commitment to strong moral principles.
3. **Service Mindset:** Genuine willingness to help others.
4. **Leadership:** Ability to inspire and organize effectively.
5. **Collaboration:** Strong team-working skills.
6. **Open-Mindedness:** Acceptance of cultural and ideological differences.
7. **Communication Skills:** Ability to share ideas clearly and respectfully.
8. **Reliability:** Dedication to participating in club activities.
9. **Creativity:** Offering innovative ideas for projects.
10. **Local Connections:** Networks that enhance the club's reach.

These qualities ensure committed, impactful members who can strengthen Rotary's mission through meaningful local and international initiatives.



The Rotarian Minute is a creation of District 1700. Please send any comments or suggestions to [laminute1700@gmail.com](mailto:laminute1700@gmail.com)

When recruiting new Rotary members, prioritize individuals with community engagement, strong ethics, a service mindset, leadership, collaboration, open-mindedness, effective communication skills, reliability, creativity, and local connections. These qualities ensure members who embody Rotary's values of service and integrity, contributing positively to society.



## DID YOU KNOW?

AUSTRALIAN OPEN EDITION

Tennis originated in France and is based on a game called 'Jeu De Paume', and the world's oldest tennis court is still in use today, located in the Falkland Palace in Fife, Scotland.



## HAPPY AUSTRALIA DAY!

*Happy Australia Day! Today, we celebrate our diverse communities, rich cultures, and shared stories. Let's reflect on our history, honor the resilience of First Nations peoples, and strive for unity, respect, and a better future for all.*

## WATCH OUT FOR THE NEXT EDITION:





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# PLAN AHEAD!

## PLAN AHEAD AND FIND OUT WHAT TO DO BEFORE AND AFTER THE DISTRICT CONFERENCE THIS APRIL!

Albury-Wodonga is a vibrant twin-city region on the border of New South Wales and Victoria, offering a mix of outdoor adventures, cultural experiences, and family-friendly activities. Here's a list of activities to enjoy:

### Nature and Outdoor Activities

1. Explore the Murray River
  - o Go kayaking, paddleboarding, or fishing.
  - o Enjoy a relaxing river cruise or have a riverside picnic.
2. Visit Nail Can Hill Reserve
  - o Hike or bike through scenic trails with beautiful views of Albury.
3. Lake Hume
  - o Swim, fish, or sail on this picturesque lake.
  - o Walk along the Hume Dam wall and learn about its history.
4. Wodonga's Gateway Island
  - o Stroll along the trails and spot local wildlife in this peaceful reserve.
5. Botanic Gardens
  - o Visit Albury Botanic Gardens for a relaxing walk, kids' play area, and stunning landscapes.

### Cultural and Historical Activities

1. MAMA (Murray Art Museum Albury)
  - o Explore contemporary art exhibitions, workshops, and events.
2. Bonegilla Migrant Experience
  - o Learn about post-war migrants' history at this former migrant camp.
3. Albury Library Museum
  - o Discover local history through interactive exhibits.
4. Monument Hill
  - o Visit this iconic war memorial with panoramic views of Albury.

### Family-Friendly Fun

1. Oddies Creek Adventure Playspace
  - o A fantastic park for kids with plenty of equipment and picnic spots.
2. The Cube Wodonga
  - o Check the schedule for live performances or family events.
3. Belvoir Park Playground
  - o A family-friendly space with play equipment and barbecue facilities.

### Food and Wine

1. Visit Local Wineries
  - o Explore the Rutherglen wine region, just a short drive away.
2. Farmers' Markets
  - o Enjoy fresh produce and artisan goods at the Albury Wodonga Farmers' Market.
3. Dining Along Dean Street
  - o Albury's main street is home to excellent cafes, restaurants, and bars.

### Day Trips and Nearby Attractions

1. Explore Yackandandah or Beechworth
  - o Take a short drive to visit charming historic towns known for their heritage, food, and shopping.
2. Mount Buffalo National Park
  - o Go for a hike or enjoy the breathtaking alpine scenery.

Whether you're after adventure or relaxation, Albury-Wodonga has something for everyone!



## UPCOMING EVENTS



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

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