



PASCOE VALE ROTARY CLUB

DISTRICT 9790



THE PASCOE POST

**BRAVURA!!! TO OUR DELEGATES ON CAMBODIA PROJECT
WELCOME BACK - GERARD H. & PETER W. !!!**

20th of February 2025

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PRESIDENT'S MESSAGE

Hello Fellow Rotarians,

Congratulations to RYLA candidates who spoke so eloquently at Windy Hill last week. They were both very impressive. Thank you, Stephani and Lucy. Most enjoyable.

A large gathering of RC members from many parts of Australia gathered in Oxley over the weekend to explore ways to bolster membership. Many thanks to RCL Pat S who attended and I am sure we are going to be hearing much from her and the DG about what was the outcomes from what was evidently a very stimulating meeting.

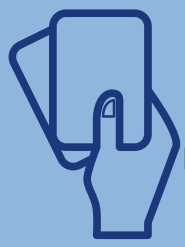
Clean Up Australia Day on March 2nd is fast approaching and our club is working closely with Merri Paddle to make the Plogging morning at 48 Connolly Ave Coburg from 10-11.30 am a success. There will be a registration table and some basic safety information beforehand and a small citizen science evaluation at the end. The results will be posted to relevant sites which record types of litter and gives a clearer overview of what rubbish is clogging the creek and ruining our environment. Spoiler alert - it's usually small pieces of soft plastics apparently! All equipment will be provided. Wear sturdy shoes. See you there.

Stay well, content and be kind.

Heather Harris PHF
President
PVRC

Quote of the week

"Success is not final, failure is not fatal: It is the courage to continue that counts." - Winston Churchill



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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PVRC LAST WEEKS MEETING



WELCOME BACK PETER & GERARD!!!

Let's read some story from
OUR VERY OWN PVRC DELEGATE TO
CAMBODIA ROTARY DISTRICT 9790 PROJECT



ROTARIAN PETER WILSON

Sharing an interesting story of Rotary Project in Cambodia. a predominantly Buddhist nation with small Christian and Muslim communities & By 1970, civil war erupted with the socialist, leading to the tragic death of 1.7 million people. Also, Peter noted that...



In 1953, Cambodia, with its flag featuring Angkor Wat, was unique



ROTARIAN GERARD HANNAN

Sharing that speaking English in Cambodia enhances job prospects in hospitality and tourism, fostering global connections. Basic accountancy principles include the accrual concept, conservatism, consistency, cost principle

UPCOMING EVENTS

20TH FEBRUARY

PVRC MEETING

27TH FEBRUARY

PVRC MEETING

6TH MARCH

PVRC MEETING

19TH MARCH

ESTATE PLANNING SEMINAR

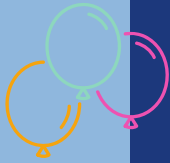
20TH MARCH

Visit to Fawkner SES 1161
Sydney Road Hadfield
6:30PM

11,12,13TH APRIL

DISTRICT CONFERENCE 2025

BIRTHDAYS

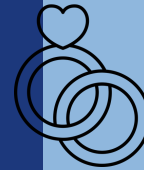


February

Sue Harrison
Damian Nippard
Denise Johnson
Christine Shortal

A very happy birthday to you all!

ANNIVERSARIES



Congratulations to **Lanny and Beryl Almeida** on their anniversary!

Funny Bones

"Why do we press harder on the remote when the batteries are dying?"

"Why is it called 'rush hour' when nothing moves?"

"Why do they call it quicksand when it works so slowly?"

"Why does your nose run and your feet smell?"





PASCOE VALE ROTARY CLUB

DISTRICT 9790



COMMUNITY NEWS

ROTARY CLUB OF EMERALD ENGAGES IN CAR FUNDRAISER

ALL AMERICAN CAR SWAP & MEET



BUNNINGS
warehouse

Strathmore
Community Bank® Branch
Bendigo Bank

Health's Wealth

- Plan Meals: Plan tomorrow's balanced meals tonight.
- Hydrate: Start your day with water.
- Healthy Breakfast: Eat a nutritious, balanced breakfast.
- Affirmations: Begin with positive affirmations.
- Breaks: Take regular breaks to stretch and breathe.

Implementing these simple steps can significantly improve your daily routine and overall health. Here's to a healthier, happier you!

ECONOMIC NEWS

INSIGHT ON AMERICA'S NEW TARIFF'S

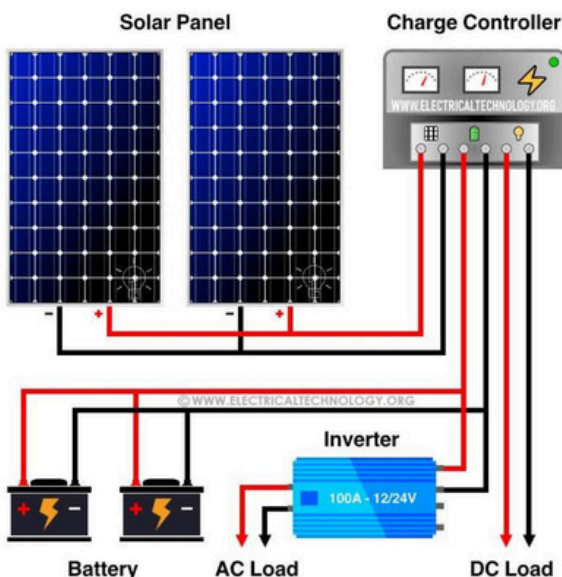
Trump's tariffs on steel and aluminum impact Australia's economy by causing market volatility, affecting key sectors like mining and manufacturing, and leading to potential inflationary pressures. Australian aluminium manufacturers face uncertainty, potential dumping of cheaper aluminium by China, and disrupted global trade flows, necessitating anti-dumping measures to protect domestic industries

ABC BUSINESS

LET'S GET A BIT TECHNICAL.....

Solar Panel System:

"Harnessing the Power of the Sun for Sustainable Energy"



A summary for a basic solar panel system:

- Solar Panels: Converts sunlight into electricity.
- Inverter: Converts DC to AC electricity.
- Mounting System: Secures panels on roof or ground.
- Battery Storage (optional): Stores excess energy.
- Charge Controller: Regulates voltage and current.
- Wiring and Electrical Components: Connects system parts.
- Monitoring System: Tracks energy production and use.



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MAXIMISE YOUR ESTATE PLAN OUTCOMES



Estate Planning

How to maximise outcomes for your beneficiaries

Rotary Ivanhoe and O'Brien Accountants & Advisors invite you to a seminar covering...

The Essentials of Estate Planning

Navigate the complexities of wills and ensure your wishes are met.

Demystifying Taxes

Understand how taxes affect your estate and strategies to minimise liabilities.

Unlocking Testamentary Trusts

Explore how trusts can protect your beneficiaries and provide flexibility.

Superannuation Tax Strategies

Maximise your retirement savings and comprehend the tax implications.

Holistic Advice Coordination

The importance of synchronised legal, financial and accounting advice for an optimised estate plan.

Wed 19 March 2025, 5.30 pm

2/50 Upper Heidelberg Rd, Ivanhoe

Cost: \$35 per person
All funds go to local Rotary Projects

Bookings essential at: Trybooking
<https://www.trybooking.com/CZBPR>

DID YOU KNOW?

SEVERAL WORLD LEADERS HAVE BEEN ROTARIANS, INCLUDING:

Franklin D. Roosevelt: 32nd President of the United States

Gerald R. Ford: 38th President of the United States

Winston Churchill: Prime Minister of the United Kingdom

Ásgeir Ásgeirsson: President of Iceland

Prince Bernhard of Lippe-Biesterfeld:

Prince of the Netherlands



Some Acronyms used in Rotary Australia:

- ARH: Australian Rotary Health, a project that supports health research in Australia
- ANZSE: Australia New Zealand Study Exchange
- ANZO: Australia, New Zealand, and Oceania, a Rotary region
- AusAid: Australian International Development Assistance Bureau
- AVAC: Australian Vocational Advisory Committee
- CATS: Challenging All To Succeed
- CLP: Club Leadership Plan
- DGN: District Governor Nominee
- IAS: International Ambassadorial Scholarship
- PDG: Past District Governor
- RAOAF: Rotary Australia Overseas Aid Fund
- RAWCS: Rotary Australia World Community Services
- ROMAC: Rotary Oceania Medical Aid for Children
- RAM: Rotarians Against Malaria



Unlock your estate's full potential by safeguarding your loved ones, minimising tax liabilities, and supporting Rotary's impactful projects. Ensure a lasting legacy and optimal outcomes through strategic estate planning for you and your beneficiaries.



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ALMOST THERE, PLAN AHEAD!

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

Albury-Wodonga Activities

Nature and Outdoor

- Murray River: Kayak, paddleboard, fish, or enjoy a river cruise and picnic.
- Nail Can Hill Reserve: Hike or bike scenic trails.
- Lake Hume: Swim, fish, sail, or walk the Hume Dam wall.
- Gateway Island: Stroll trails and spot wildlife.
- Botanic Gardens: Relaxing walks, play area, stunning landscapes.

Cultural and Historical

- MAMA (Murray Art Museum Albury): Contemporary art exhibitions and workshops.
- Bonegilla Migrant Experience: Post-war migrant history.
- Albury LibraryMuseum: Local history exhibits.
- Monument Hill: War memorial with panoramic views.

Family-Friendly

- Oddies Creek Adventure Playspace: Park with equipment and picnic spots.
- The Cube Wodonga: Live performances and family events.
- Belvoir Park Playground: Play equipment and barbecue facilities.

Food and Wine

- Local Wineries: Rutherglen wine region exploration.
- Farmers' Markets: Fresh produce and artisan goods.
- Dining Along Dean Street: Excellent cafes, restaurants, and bars.

Day Trips

- Yackandandah or Beechworth: Visit charming historic towns.
- Mount Buffalo National Park: Hike and enjoy alpine scenery.

Albury-Wodonga has something for everyone, whether you're seeking adventure or relaxation! If you need more details on any specific activities, feel free to ask.

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

LET'S SEE THE BIGGER PICTURE OF ALBURY



see more from Albury Council website.....



Wiradjuri Woman >



Vertical Message Sticks >



Maya Fish Trap >

Editor: Jerry Bearnod Paglinawan

Email: hybridsteel.jerry@gmail.com

Mobile: 0413 572 609

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