



THE PASCOE POST

26th of February 2025

TABLE OF CONTENTS

- 01. President's Message-Out Going
- 02. PVRC Meeting lastweeks Club Meeting- Thank You President Heather, Riddle Me Solar Buddy, Riddle me
- 03. In-Coming President's Message- Birthdays & Anniversaries - Laughter is best medicine, Upcoming Events, Did you Know
- 04. District News & DG message , Recipes from Around The World, Nominations for Community Awards
- 05. ROTARY International News- Stephanie A. Urchick speech in Rotary Presidential Peace Conference in Istanbul, 20-22 February 2025.



CONGRATS PETER , AND TO THE REST OF FUTURE ROTARY PRESIDENTS FOR THE SUCCESSFULL TRAINING!



PRESIDENT'S MESSAGE

Hello Fellow Rotarians,

My time as President is virtually over. PP Grant Standfield will take over at the beginning of March for the final 4 months of the Rotary year. I thank you all for your support over the past 4 months and during the previous 2023-24 Rotary year. It was a time of much activity and progress. None of it would have been possible without significant input from all our members. Grateful thanks. It appears that Pascoe Vale RSL is facing an uncertain future. This will have a direct impact upon PVRC as it is our weekly meeting place. We await further updates from PV RSL's management as to it's future direction. The past weekend saw a most exciting PE weekend at Shepparton. Our RCL Pat Solibakke tells me it was interesting, very well attended and attendees came home full of new and inspiring ideas for increasing membership and attracting a younger demographic. I look forward to seeing us put some of these ideas into action. The future looks enticing.

Stay well, fulfilled and be kind.

Heather Harris PHF
President
PVRC

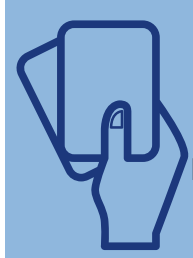
Quote of the week

"Life is like riding a bicycle. To keep your balance, you must keep moving." – Albert Einstein



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 on behalf of our club.





PASCOE VALE ROTARY CLUB

DISTRICT 9790

LAST WEEKS PVRC MEETING



Strathmore Community Bank® Branch
Bendigo Bank



RIDDLE ME THIS?

I have cities, but no houses.
I have mountains, but no trees.
I have water, but no fish.
What am I?

read through the newsletter to find out the answer

Thank you Heather!



THANK YOU
😊

Dear Heather,

On behalf of the Pascoe Vale Rotary Club, I want to sincerely thank you for your dedication and leadership during your time as President. Your commitment to service, community, and Rotary's values has made a lasting impact on our club and those we support. Your hard work and passion have inspired many, and we are truly grateful for your efforts. Though your term has ended, your legacy of kindness and leadership will continue to guide us.

Wishing you all the best in your future endeavors!



With gratitude,

The Pascoe Vale Rotary Club



SolarBuddy summary

SolarBuddy is an impact organisation aiming to illuminate the futures of all children. One of the biggest obstacles facing the world is extreme energy poverty; one of the worst forms of poverty that hardly anyone knows about. It is a complex challenge, impacting the health and wellbeing, educational outcomes, and economic stability of the communities experiencing it as well as our environment.

SolarBuddy seeks to solve this challenge by gifting solar lights to children experiencing light poverty and by inspiring, educating and empowering people to build solar lights for those in need.

At District Conference our Youth exchange students and participants under 18 years, are invited to build a solar light under the instruction of Deb D'Aprano and other members of RC Pascoe Vale. This service opportunity has been made possible by the kind and generous sponsorship of RC Belvoir Wodonga and RC Corowa.





PASCOE VALE ROTARY CLUB

DISTRICT 9790



A BEACON OF HOPE, HERE ARE SOME INSPIRING WORDS FROM OUR UPCOMING PRESIDENT.

We have now transitioned into the third phase of our "Trio of Presidents" Thanks to President Bruno taking office for the first 4 months and special thanks to President Heather for backing up so quickly after her original presidency. I now have the honour until June 30. For the next Rotary year, we will revert to the more accepted model, with one President for the year. a

Sad news last week, with the announcement that the RSL has gone into voluntary administration. Hopefully, the administrators will be able to make the RSL profitable again. As the announcement said, "It's business as usual, and our support is crucial to the club's future"

Don't forget Clean Up Australia Day, this Sunday, March 2nd. We are working closely with Merri Paddle to make the Plogging morning a great success. Meet at 48 Connolly Ave Coburg from 10-11.30 am. There will be a registration table and some basic safety information beforehand and a small citizen science evaluation at the end.

See you there!

Kind regards,

Grant Standfield PP PHF
Incoming President
PVRC



UPCOMING EVENTS

27TH FEBRUARY

PVRC MEETING

2ND MARCH

Clean Up Australia Day, this Sunday

6TH MARCH

PVRC MEETING

19TH MARCH

ESTATE PLANNING SEMINAR

20TH MARCH

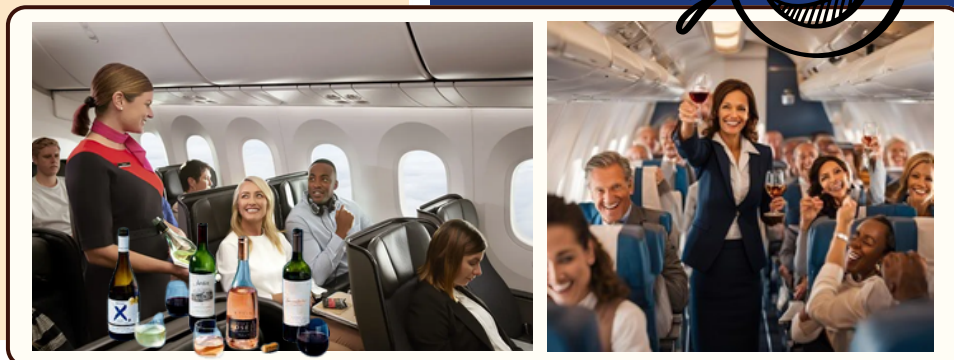
**Visit to Fawkner SES 1161
Sydney Road Hadfield
6:30PM**

11,12,13TH APRIL

DISTRICT CONFERENCE 2025

DID YOU KNOW?

Ketchup was originally sold as a medicine back in the 19th century. It was sold to cure indigestion, diarrhea and even jaundice!



BUNNINGS
warehouse

Strathmore
Community Bank® Branch

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BIRTHDAYS

February

Denise Johnson
Christine Shortal

A very happy birthday to you all!

ANNIVERSARIES

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

Laughter is the Best Medicine

"On a long 8-hour flight, an airline crew realized they only had enough food for 200 out of 420 passengers. Rather than panicking, they came up with a brilliant solution: free wine for anyone willing to give up their meal to a neighbor. After compiling the list of generous souls, they discovered a surprising result—there was still a quarter of the food left uneaten.

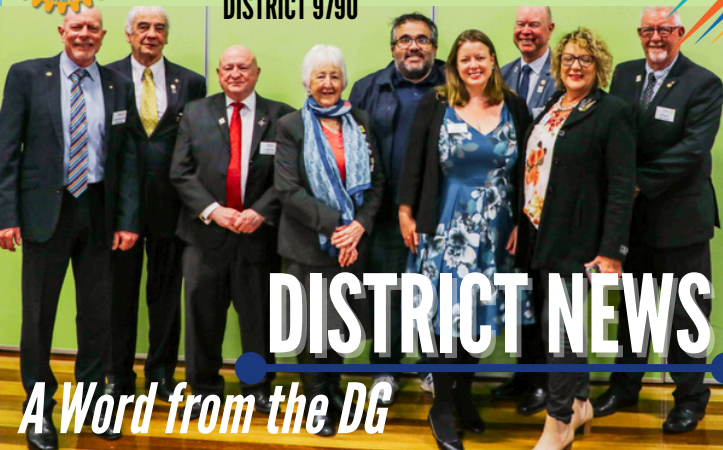
Moral of the story: Wine drinkers are truly generous at heart (and perhaps also very full of wine!). 🍷 😊





PASCOE VALE ROTARY CLUB

DISTRICT 9790



DISTRICT NEWS

A Word from the DG

It's in the clean water we bring to remote villages, the education we provide to underprivileged children, and the healthcare we extend to those in need." This magic transforms lives and uplifts communities. Rotary is a global network of problem-solvers who unite to act on the world's most persistent issues. This powerful network connects over 1.4 million Rotarians worldwide, each one commited to making a difference. When we come together, our individual efforts combine to create a rig effect, reaching far beyond what any one of us could achieve alone. The magic of Rotary is also found in the bonds we form and the friendships we nurture. As we work side by side on projects and interact with other clubs, we build connections that transcend cultural and geographical boundaries. This is one of the reasons why in 2024-25, we will be visiting clubs in groups. In this way, we are looking to build collaborations and greater fellowship amongst clubs, which in turn will lead to a richer club experience for our members.

In addition to my engagement with Rotary, I bring experience as a musician, trainer, facilitator, and educator to our initiatives. One of my missions is to empower individuals to draw their own conclusions, believing that the most valuable and practical ideas are those that originate from within. This philosophy is at the heart of our new initiatives.

This year, Carol and I are working together as a team, and we are committed to presenting a collaborative and thoughtful plan for the future of our District. We are passionate about Rotary's Action Plan and are determined to champion it. With the Action Plan as its foundation, we've carefully designed the D9790 Framework for Improvement and associated tools to help clubs effectively utilise the plan's priorities. Our Framework includes an awards element to craft an environment where clubs can aspire to achieve and be rewarded along the way.

We've had great feedback about the framework, and we are delighted that so many clubs have already begun to put it into place. As part of the G-Team, Emma and Paul are an integral part of this process and can continue the work in a planned, thoughtful and effective way over the next three years. Carol and I, as well as the rest of the District Team are all about helping clubs look for ways to improve their culture, so they become simply irresistible. This is not just a fleeting vision but a plan for every one of us and our clubs. Carol and I are on the Zone 8 Membership Team, which allows us to contribute to the crucial mission of Club Transformation, which in turn will lead to tangible benefits for our District. Zone 8 is made up of Australia, New Zealand, New Guinea, Timor-Leste and many Island nations of the South Pacific. This means that D9790 will have an influence that extends way beyond our District.

Let's work together to ensure that an exceptional club experience is a high priority for all of us. In this way, we will focus not only on recruitment, but also upon retention. So, we call on each of you to join us on this journey. Let us dedicate ourselves to building a club experience that resonates deeply with everyone involved. And whenever we achieve success in a project or anything related to membership, foundation, or public image, remember our mantra: celebrate, celebrate, celebrate!

We must also acknowledge the challenges ahead. The regionalisation pilot has demanded considerable time and resources, and there are more changes coming our way. Our District is the only one in the Zone keeping its current AG structure throughout the Pilot, although renamed as Community Leaders. This is a testament to the determined advocacy of the 2023-24 G-Team. We stood firm in our commitment to what we believe is right for our District, and we will continue to fight for D9790.

The Zone is now watching us. Let's reward the faith shown in us by growing, improving, showing leadership, and becoming the gold standard for all Districts in Zone 8. Let's show the rest of the Zone how it's done.



Recipes from AROUND THE WORLD

Thai Banana Roti (Banana Pancakes)

makes 12 portions

INGREDIENTS:

DOUGH-

- 260ml Water
- 2tbsp Sugar (any sweetener will work)
- 1 Large Egg
- 50g Salted Butter, melted
- 500g Plain/AP Flour (And a bit more for kneading)

OTHER-

- Bananas (Just ripe or a bit under-ripe is perfect)
- Vegetable Oil
- Salted Butter for frying
- Condensed Milk

DOUGH:

1. Whisk together water, sugar, and egg in a large bowl.
2. Gradually whisk in melted butter.
3. Add flour and fold to form a very sticky dough.
4. Knead the dough for 20 minutes until smooth and less sticky.
5. Divide the dough into 12 balls and coat with vegetable oil.
6. Place dough balls on a plate, cover with cling film, and refrigerate for 2 hours.

ASSEMBLE:

1. Slice bananas into 1cm-1.5cm thick pieces.
 2. Prep a pan with a thin layer of vegetable oil on low heat.
 3. Flatten a cold dough ball on a lightly oiled surface.
 4. Stretch the dough to make it very thin and translucent.
 5. Transfer dough to the pan, flatten any crumpled areas, and cut off thick bundles.
 6. Place bananas in the center and fold dough over to make a square pocket.
 7. Sear both sides until golden, add butter for crispiness.
 8. Cut into smaller squares and serve with condensed milk.
- Enjoy warm for the best experience!



NOMINATIONS NOW OPEN

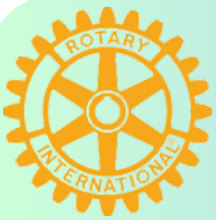
2025 Rotary Emergency Services Community Awards



Who do you know in the emergency services who has gone above and beyond to make a difference in the community?

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[linkhttps://www.flipsnack.com/5F96AD88B7A/leading-together-district-developments-february-2025-edition/full-view.html](https://www.flipsnack.com/5F96AD88B7A/leading-together-district-developments-february-2025-edition/full-view.html) text

Rotary transforms lives through clean water, education, and healthcare. A global network of 1.4 million problem-solvers, creating lasting impacts together.



PASCOE VALE ROTARY CLUB

DISTRICT 9790



INTERNATIONAL EVENTS



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

RIDDLE ME ANSWER: MAP

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The Rotary Peace Conference in Istanbul (Feb 20-22) focused on "Healing in a Divided World." Rotary International President Stephanie A. Urchick emphasized that peacebuilding requires long-term commitment and collaboration.

Sessions explored technology's role in peace and conflict, highlighting both AI-driven peace efforts and the threat of misinformation. PeaceTech Lab founder Sheldon Himelfarb warned that misinformation is an existential threat comparable to war and climate change.

Environmental challenges were another key focus. Nada El Agizy stressed that climate change threatens the Arab region, while Yana Abu Taleb of EcoPeace Middle East argued that sustainable peace in the region is impossible without environmental protection.

A powerful moment came from Freddy Mutanguha, a survivor of the 1994 Rwandan Genocide, who dedicated his life to preventing atrocities and fostering peace.

The conference also introduced the first Rotary Peace Fellows at the new Otto and Fran Walter Rotary Peace Center in Istanbul, offering leaders from the Middle East and North Africa training in peace and development. Their projects range from refugee support to youth education.

Urchick concluded by urging participants to forge partnerships, emphasizing that peace requires collaboration between governments, NGOs, and communities to create lasting impact.



Rotary International President Stephanie Urchick addresses a general session at the 2025 Rotary Presidential Peace Conference in Istanbul, 20-22 February 2025.