

# The Pascoe Post

Newsletter of the Rotary Club of Pascoe Vale – July 20, 2023

The Club meets at the Pascoe Vale RSL each Thursday night at 6.30pm. We have some great speakers. Visitors\* - Please join us for dinner – our shout!

Contact the editor for more details

Pascoe Vale  
**Rotary**



## THIS WEEK

This week we have no guest speaker but may have an induction.  
Stay tuned.

**Join us online!**

**## NOTE ## –**  
**Change of Meeting**  
**Access code**

Following some difficulties with getting zoom up and running, we now have a new meeting details.

ZOOM meeting details  
(available every week)

Click on the link to join our meetings, everyone is welcome.

<https://us05web.zoom.us/j/86340912240?pwd=c1ZIUGFLWFNSUTU2SmRDQlFUDogoZzo9>

Meeting ID: 863 4091 2240  
Passcode: 4SnEt6

## President's Message

A big shout out to Grady Bergan for his very able Sergeant-at-Arms stint last meeting. What a gig! He performed it as if born to it and showed much originality in collecting fines for the Sin Box! I think we've found a new way to increase our fund-raising! Well done Grady.

Darren Saffin, our speaker last week from the Tough Guys Book Club, gave a thought-provoking talk about this reading group. A charity with no fees, all that is needed is for men to read the chosen book then meet and discuss it (among other things). The aims of encouraging men to talk with each other about something more than their work and increase social interaction is such a simple yet potent recipe for good mental health. Inspiring.



Our Plogging session on Sunday went off well. A big thank you to all those members who came along to lend a hand. We had a sprinkling of families and in cool but sunny weather, they diverted much litter from its inevitable path into the Merri Creek. Each piece collected is one less piece which could harm our local wildlife – every little bit counts. It was also an opportunity to discuss other ideas for improving the local environment – approach Merri-Bek Council for more rubbish bins, “Respect your environment” signage or similar sentiments. Watch this space....

Yours in Rotary

Heather Harris PHF  
President



## Upcoming Events

20 <sup>th</sup> July	Club Dinner Meeting
27 <sup>th</sup> July	Club Dinner Meeting
3 <sup>rd</sup> August	Steve Layt, Pat Cronin Foundation
6 <sup>th</sup> August	Bunnings BBQ
10 <sup>th</sup> August	Andrew, Police Veterans Victoria
17 <sup>th</sup> August	Mandy Gosetti, founder of "I'm Still Learning" (Home Maintenance)
7 <sup>th</sup> November	Community Raffle drawn (Cup Day)

## Quote for the week

"Be kind whenever possible. It is always possible." Dalai Lama

## Australian Rotary Health (ARH) Scholar Night

Last Thursday night, Pat, Anna and Chris joined 6 amazing ARH scholars to hear about their projects.



Pictured: Chris, Helen (Strathmore), Trevor (Moreland), Adam and Pat

Adam, our Club's indigenous scholar talked about his journey. In his fourth year of medicine and hoping to go back to WA to help his community. Catherine, studying child mental health, particularly primary school children.

Emily, studying polycystic kidney disease. She went to NYSF.

Frank, studying traumatic brain injury and PTSD.

Phillipa who is studying complex trauma in men particularly rural.

MIK studying prostate cancer

All passionate about their careers and brilliant ambassadors for ARH.

## THIS WEEK'S CELEBRATIONS:

### Birthdays:

None

### Anniversaries:

None

## Another Bunnings BBQ is coming! August 6<sup>th</sup>



Please let Matt, Steve, or Lois know your availability





# Mega Polio Campaign 2024

## Routine Immunization in India

### January 2024

### Places and Destinations

**Delhi** – Jama Mazid, Raj Ghat, India Gate, and Parliament House

**Agra** – Taj Mahal, Agra For, Mehtab Bagh, and Fatehpur Sikri

**Jaipur** – Hawa Mahal, Amber Fort, City Palace, and Elephant Ride

Option 1: Event Only – 3 Days - Hosted – (closed all slots allotted)

Option 2: Event – 6 Days program with transfers, accommodation & excursions - Twin Share (USD \$1290) Single (USD \$1840)

Option 3: Event & Post tour- 9 Days program with transfers, accommodation & excursions - Twin Share (USD \$2260) Single (USD \$3200)

Option 4: Event & Post tour - 11 Days program with transfers, accommodation & excursions - Twin Share (USD \$2760) Single (USD \$4160)

Enquiries to Rotary Club Agra Taj mahal District 3110  
Dr Rtn Shiv Sharma [secretary@agratajmahalrotary.org](mailto:secretary@agratajmahalrotary.org)



**Volunteers**  
required  
for  
vision impaired  
table tennis.  
Every two weeks  
from 11am to 2pm  
at  
14 Jolley Street  
West Brunswick  
– the scout hall at  
Jacobs Reserve





## Establishing the Regionalisation Pilot in Zone 8

In the coming months we will be sharing:

- Position descriptions for Regional Council and Specialist Network roles
- How the Regional Council will be elected and the timeframe for elections
- Guidance on community groupings so clubs can start conversations with members

To learn more and ask any questions, we invite you to register to attend one of the scheduled upcoming Zoom meetings. These will be held on:

- Tuesday 25 July at 7am AEST
- Thursday 27 July at 6.30pm AEST
- Saturday 29 July at 10am AEST

If you have any questions send them via [rotaryregionalpilot@gmail.com](mailto:rotaryregionalpilot@gmail.com). We also encourage you to look at the regionalisation website.



## Don't Panic

100  
Rotary  
Pascoe Vale  
pens  
have been  
ordered  
from  
RDU



JOIN US

## Australian Rotary Health Donations

District	Donations YEAR TO DATE May 2023	Indigenous Donations YEAR TO DATE May 2023	Donations TOTAL TO DATE Excluding Indigenous donations
9790	\$36,381.55	\$6,540.00	\$1,980,790.33





## Getting involved in Leaders Sleep Rough.



### Register



- Head to <https://leaderssleeprough.mhfa.org.au/>
- Here you can register as an individual or as a team.
- You don't have to be a leader to join, if you are that's great!!

### Raise Awareness



- Talk to your family and friends about the issues of homelessness and mental health.
- Reach out to others about joining you.
- Prompt leaders in your community to take action and create a team!

### Fundraise



- Raise funds by reaching out to people you know through messages, events and social media to reach your fundraising goal.

### Join the Event!



- Undertake a night of sleeping rough at Queen Victoria Market, experiencing what it is like for those who are experiencing homelessness.
- Or join us remotely by sleeping rough in your own backyard (no tent).

<https://leaderssleeprough.mhfa.org.au/>

1300 643 287

[www.mhfa.org.au](http://www.mhfa.org.au)





### **Club Messages/Cards –**

If you know of any Current, Honorary/Past Member or family or friends of our Rotary Club who could benefit from a card or message, please get in touch with Lia Wolfe (P.P. Pat's daughter) who will arrange for an appropriate card to be sent on behalf of our Club.

Mobile: 0401 575 048

### **The Pascoe Post**

**Editor: Grant Standfield**

**Email: [gstandfi@outlook.com](mailto:gstandfi@outlook.com)**

**Mobile: 0400 738 102**

To unsubscribe, please reply to the editor with "Unsubscribe" in the subject line.