

The Pascoe Post

Newsletter of the Rotary Club of Pascoe Vale – October 24, 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 week we had our own members share what is happening with their Rotary projects.
 - Kevin spoke about Vocational & the mock interviews & Awards night at Antonine College & Pascoe Vale Girls College.
 - Aaron spoke about Youth programs, RYLA, & Science & Engineering Project for next year via Latrobe University.
 - Matthew gave us a run down on the International Projects such as Interplast & several others based in Africa & Cambodia.
 - Sara filled us in on the Pascoe Vale Street Party coming up on the 26th of October!
 - Steve spoke about our fundraising efforts to enable us to carry out the above-mentioned projects!Well done everyone!
- N.B. 24th October 2024 World Polio Plus Day!
- 24th October Mock Interviews - Pascoe Vale Girls College.
- I am happy to announce that we currently have 5 RYLA Candidates!
- N.B. This Saturday, 26th October, Pascoe Vale Street Party at Cole Reserve celebrating 1 year of Sara at Pharmacy 777 & proudly sponsored by Rotary Pascoe Vale!
All funds raised go to the Royal Children's Hospital!
- On Tuesday night, 22nd October, we went to Strathmore Rotary for the Presentation of an Australian Rotary Health Scholarship to Georgina Rawson. She specialises in neuro degenerative diseases, dementia and sleep research.

This Week

Rotary



District 9790



Rotary
District 9790

The Rotarian
Minute

Did you know?

Paul HARRIS was strongly influenced by his grandfather Howard HARRIS in the areas of ethics and social responsibility.



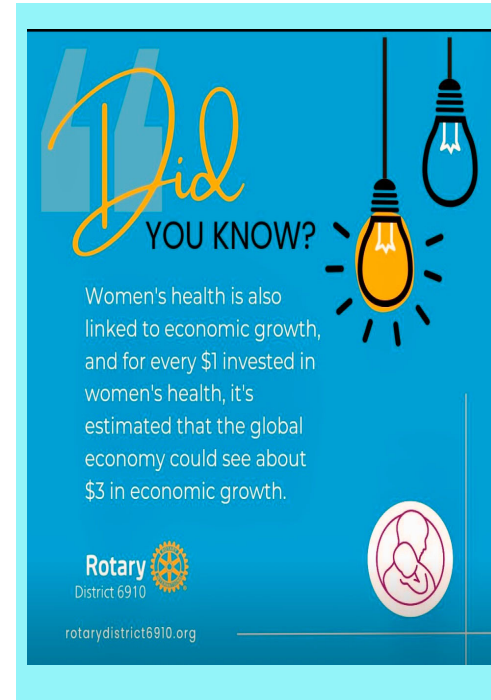
Jerry Bearnod Paglinawan, Editor & Rotarian



Rtn. Kevin Fernandes Reports
On Vocational & Mock Interviews
& Awards Night @ Antonine College



Rtn. Aaron De Buhr Reports
On RYLA , Science & Engineering
Project for Next Year in La-Trobe
University



Rtn. Matthew gave us a run down on
the International Projects such as
Interplast & several others based in
Africa & Cambodia



Rtn. Steve Papas PP
spoke about our fundraising efforts
to enable us to carry out the above
mentioned projects!

THIS WEEK'S CELEBRATIONS:

Birthdays:

Marilyn Arnheim
Peter Wilson

Anniversaries:

Peter & Marilyn Arnheim



Upcoming Events

24 th October	Mock Interviews - Pascoe Vale Girls College – 40 students
24 th October	Picnic for Polio (See Pres. Bruno for details)
8 th December	Bunnings BBQ
28 th December	Bunnings BBQ
11-13 April 2025	District Conference Albury

Notable Engagement last September 2024 from our own Rtn. Pat Solibakke

"Rotary Merri Paddle's Creek Monitoring for Water Quality and Platypus Habitat"

Members of the Rotary Merri Paddle, including representatives from Pascoe Vale, Preston, Coburg, and Moreland clubs, conducted a water quality survey along Merri Creek. The group, consisting of 11 volunteers, took turbidity, eDNA, and pesticide readings at multiple locations from Dights Falls to Coburg North. They also assessed the suitability of the habitat for platypuses, examining riverbanks, vegetation, and leaf litter for food sources. Recent heavy rains impacted the water quality, with evidence of detergent found in the creek.



Laughter is still the best Medicine! Part1

1. "Running late is my cardio."
2. "I'd agree with you, but then we'd both be wrong."
3. "I'm not great at math, but I can count on coffee."
- 4 "Common sense is like deodorant. The people who need it most never use it."
- 5 "I'm not lazy, I'm on energy-saving mode."
- 6 "I used to be indecisive, but now I'm not sure."
- 7"I thought I wanted a career. Turns out, I just wanted paychecks."
- 8"I'm not clumsy; it's just the floor hates me."



PLEASE COME AND SUPPORT SARA AND LEND A HELPING HAND.
COLE RESERVE, CNR CUMBERLAND AND KENT RD

7 "Why exercise when you can nap instead?"

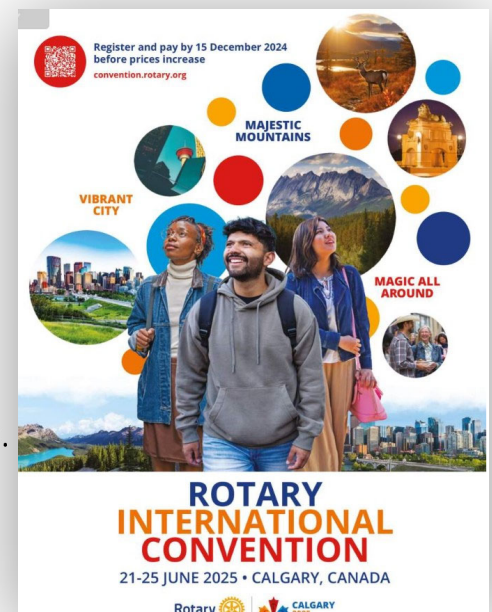
8 "I came, I saw, I forgot what I was doing."

9 "To err is human. To blame it on someone else shows management potential."

10 "The elevator to success is broken. You'll have to take the stairs."

11 "I'm on a gin and tonic diet. So far, I've lost two days!"

12 "The fridge light knows more about my life than anyone else."





Dear Rotarians of Pascoe Vale,

Reigniting Rotary's Spark

Rotary International is like a grand lighthouse, guiding people through the rough waters of life with its light of service. To attract younger generations, Rotary can reignite its flame by incorporating fresh initiatives, meaningful projects, and opportunities that resonate with today's youth, ensuring that its beacon remains a symbol of positive change.

A Bright and Inspiring Light: Rotary already shines through impactful initiatives like the "Lift the Lid" Mental Health Awareness event and expert talks, such as Rebecca Liberatore's presentation on pelvic physiotherapy. Rtn. Aaron's STEM projects with La Trobe University, And for "RAYLA" youth programs showcase Rotary's commitment to engaging young minds. Additionally, President Bruno's presentation of a scholarship to Georgina Rawson, focused on neurodegenerative diseases, underscores Rotary's dedication to important health causes.

A Beacon of Gratitude: Deep gratitude goes to every member and committee whose unwavering commitment keeps the lighthouse burning. Your efforts illuminate Rotary's mission and inspire younger generations to carry the torch of service into the future.

Jerry Bearnod Paglinawan – Rotarian and editor



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](#)





Rotary
District 3131
Public Image Team

THE MAGIC OF ROTARY

KNOW YOUR ROTARY!

ROTARY'S OFFICIAL MOTTO'S

"Service Above Self" and "One Profits Most Who Serves Best" both trace back to the early days of the organization.

In 1911 "He Profits Most Who Serves Best" was approved as the Rotary motto. It was adapted from a speech made by Rotarian Arthur Frederick Sheldon at the first Rotary convention. Sheldon declared that, "Only the science of right conduct toward others pays. Business is the science of human services. He profits most who serves his fellows best."

At the 1950 RI Convention in Detroit, slightly modified versions of the two slogans were formally approved as the official motto's of Rotary: "He Profits Most Who Serves Best" and "Service Above Self." The 1989 Council on Legislation established "Service Above Self" as the principal motto of Rotary.

Share these with your Club Members during Secretarial Announcements!!

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DISTRICT 3131 PUBLIC IMAGE TEAM

Laughter is still the best Medicine! Part2

13"I tried to be normal once. Worst two minutes of my life."

14"I'd give up sarcasm, but then there's nothing left."

15"I'm not old, I'm just chronologically gifted."

16"I put the 'pro' in procrastination."

17"Brains are awesome. I wish everybody had one."

18"Adulting is like folding a fitted sheet. No one really knows how to do it."

19"Sleep is my drug. My bed is my dealer. The alarm clock is the police."

20"I'd stop procrastinating, but I keep putting it off."

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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