Rotary Pascoe Vale

Pascoe Vale Rotary Community Connect

OCT 11 Lift the Lid Walk

Join us at Coburg Lake for a walk to raise funds for Australian Rotary Health mental health research. More information on page 2.

OCT 24 Little Lives Art Show

Local kids have painted canvases to help raise funds for a NICU bed at the Royal Children's Hospital. You can help too! More on page 4.

OCT 24 Community Celebration

Join us at Rogers Reserve for a Peace Pole Ceremony, and Sussex Neighbourhood House for celebrations! More on page 4.

NOV 7+8 Garage Sale Trail Day

We're back with our Shop for Change Garage Sale, as part of the annual Garage Sale Trail! More information on page 8.



What we can do together.

What can a group of ordinary people achieve when they decide to work together? Quite a lot!

Our club, together with other Rotary clubs, is helping raise funds to purchase a NICU bed for the Royal Children's Hospital: something that makes a very real difference to babies and families at one of the most vulnerable moments of their lives.

Our community celebration day on October 24th will feature artwork painted by local children, with proceeds from the sale of art also going towards purchasing a NICU bed.

Across our communities, there are people young and old who want to help, people who care, and people who have something to give. When we connect those people and work towards a common goal, we discover just how much we can accomplish.

Imagine what can happen when we all make a difference together.





A BIT ABOUT OUR INVOLVEMENT WITH

Rotary Overseas Recycled Playgrounds

We've recently joined Rotary Overseas Recycled Playgrounds (RORP), a great project that gives unwanted playgrounds a second life in communities overseas.

What began with the Rotary Club of Flemington Kensington in 2016 has grown into a much larger Rotary collaboration, with more than 400 playgrounds shipped to date. Instead of perfectly usable equipment ending up in landfill, playgrounds are dismantled, transported and eventually reassembled for children overseas.

Our involvement has already become hands-on, with Pascoe Vale Rotary members helping dismantle and remove playgrounds destined for new homes overseas.

We're proud to be a part of this Rotary project!

What is Australian Rotary Health?

Australian Rotary Health is one of Australia's largest independent charitable organisations funding research into important health issues. Established by Rotary in 1981, it began by raising money for research into Sudden Infant Death Syndrome (SIDS) and has since expanded to support research across a wide range of health areas, including mental health.

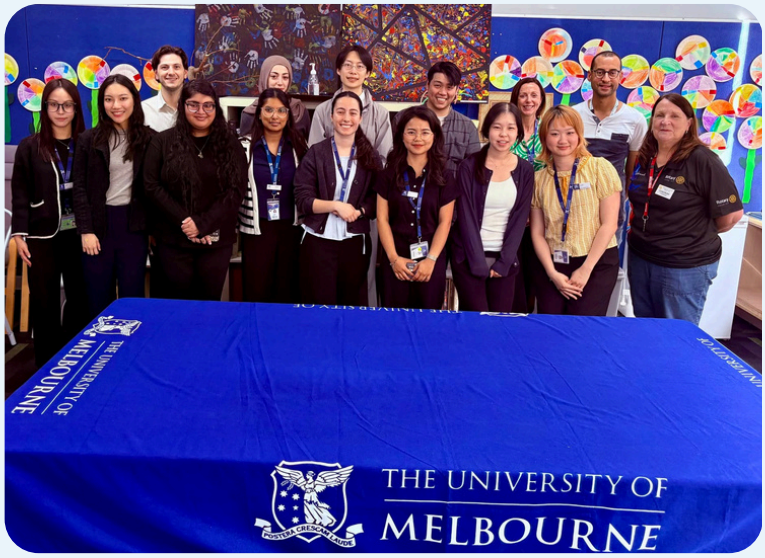
Australian Rotary Health also provides scholarships and supports community health initiatives, with funds raised by Rotary clubs and their supporters helping researchers work towards better health outcomes for Australians.

On October 11th, you can help raise vital funds for mental health research by taking part in the annual Lift the Lid Walk. It's a walk, not a race, around Coburg Lake and shows support for kids and adults having a tough time with their mental health. For more information and to book a ticket, visit **www.liftthelidwalk.com.au/moreland**

LIFT THE LID WALK

PHYSICAL HEALTH FOR MENTAL HEALTH

Project: Hearing and Vision Tests for ages 4-6







For many years now, Pascoe Vale Rotary has partnered with students from the University of Melbourne to provide free hearing and vision screening for children aged 4–6 years.

The program brings together Rotary volunteers and students from Audiology and Vision Sciences to give young children a simple check before they start school. Early identification of hearing or vision difficulties can be important because problems that go unnoticed may create unnecessary barriers to communication, learning and participation.

The benefits go both ways. For children and their families, the sessions provide access to free screening and an opportunity to identify potential concerns that may need further assessment. For the university students, it provides valuable hands-on experience working with young children and families in a real community setting, developing not only their clinical skills, but also their communication and confidence.

Hundreds of children have been picked up for hearing and/or vision issues that require further investigation, and we are very grateful to be able to provide this service for local families.

After many years, this program continues to demonstrate that community service doesn't always have to be a big, elaborate project. Our projects often start with a simple “what if we...” or “do you think we can...” before the gears start turning and plans are made. That’s service in action!

Upcoming events

LIFT THE LID WALK 11/10



The annual Lift the Lid Walk for Mental Health returns for 2026. Enjoy a walk, not a race, around Coburg Lake while raising funds for Australian Rotary Health mental health research. Read on for more information. To register, please visit **www.liftthelidwalk.com.au/moreland**

OUR COMMUNITY CELEBRATION 24/10



Join us as we celebrate 50 years of service! Featuring the Little Lives art show fundraiser for the RCH, community groups, sausage sizzle, Peace Pole ceremony, kids activities, refreshments and a World Polio Day display. At Sussex Neighbourhood House, 10:00-15:00.

LITTLE LIVES ART SHOW 24/10



The Little LIves Art Show is raising funds for a NICU bed at the RCH. Meet Jude, the young artist who has painted 100 canvases for his *100 Canvases for Little Lives* fundraiser. Your purchase of art work will help raise money, or you can scan the QR code on the next page to donate.

SHOP FOR CHANGE GARAGE SALE IN NOV



We're back on November 7, 8, 14 and 15 for the annual Garage Sale Trail! Find bargains on quality clothing, homewares, music, toys, games, shoes, books and more. Visit our official sale page at **www.garagesaletrail.com.au/sale/pascoe-vale-rotary-shop-for-change**

COMMUNITY CELEBRATION!

24TH OCTOBER 10:00 TO 15:00

FREE ENTRY!

Join Pascoe Vale Rotary as we celebrate 50 years of service!



Fun for kids



Garden activity

LITTLE LIVES ART SHOW

Peace Pole Ceremony



Community groups

Local kids have created artworks that will be sold at the Little Lives Art Show. Meet Jude, the young artist behind the 100 Canvases for Little Lives fundraiser, who is painting 100 canvases to help raise money for the purchase of a NICU bed at the Royal Children's Hospital. Proudly supported by Pascoe Vale Rotary and Pharmacy 777 Pascoe Vale.



Help raise funds for the RCH!

Sausage sizzle and baked treats

Pharmacy 777 HERE TO Serve

Scan me to donate!

Join the fight against polio!

You can help end polio by visiting our World Polio Day display which features an iron lung machine and the PolioPlus baton. Be part of the baton relay in Pascoe Vale!

Rotary Pascoe Vale

END POLIO NOW

Sussex Neighbourhood House
7 Prospect St, Pascoe Vale

pascoevalerotary.org.au

A look at our September meetings



Lorraine and David from the Northern Community Church of Christ told us about the fantastic work of the Preston Clothing Hub, which provides free, brand-new clothing to people and families experiencing hardship across Greater Melbourne. The Hub is a community service run by Northern Community CareWorks, in partnership with Thread Together and the Northern Community Church of Christ. Rather than being an op shop, the Hub distributes new clothing that is generally excess or end-of-line stock donated by the clothing industry.

The service supports people experiencing homelessness, financial hardship, family violence and other forms of disadvantage, as well as refugees and asylum seekers. Access is by referral and appointment, with clients attending alongside a support worker.



Mel from Brunswick Communities for Nature gave us a fascinating overview of nature strip gardening. BC4N is a community group that helps residents convert grassed nature strips and open spaces into indigenous native gardens.

Nature strips are targeted as they're visible, connect habitats, and can create joined-up areas for pollinators. Drought tolerant nature strips can be low maintenance and reduce weeds, as standard nature strips are weed carriers. Converting your nature strip can also reduce those pesky Indian myna birds and bring other species to the yard such as wattlebirds and marbled geckos. What's not to love!

A standout fact was that it takes as little as three people propogating and supplying plants to serve a whole suburb!



A fascinating talk by Simone from the National Organisation for Fetal Alcohol Spectrum Disorder (NOFASD). NOFASD is the peak body for parents, caregivers and individuals affected by Fetal Alcohol Spectrum Disorders (FASD). NOFASD's services include a confidential helpline running 365 days a year, online education and support, downloadable resources, lived experience in the expert advisory groups, and providing education and awareness about FASD through training, conferences, advisory boards and the media.

There's no safe amount of alcohol, or safe type of alcohol or timing of drinking during pregnancy. 50% of pregnancies in Australia are unplanned, and 1 in 13 pregnancies where drinking is involved result in FASD.

Our People of Action this month



We installed Peace Poles at Antonine College, and another at Peter Plumridge Park on Gaffney Street in Pascoe Vale. You may spot quite a few of our Peace Poles around Merri-bek, which all carry the message ‘May Peace Prevail on Earth’.



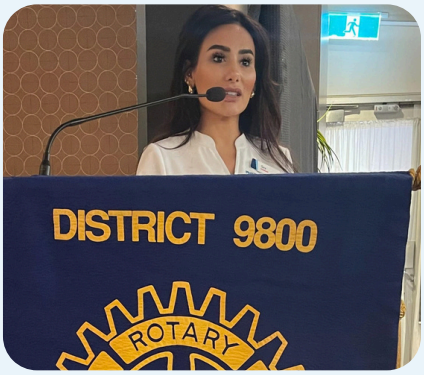
Pascoe Vale Rotarians and friends helped with two Solar Buddies sessions at Corpus Christi P.S. and St Thomas Moore P.S. Students learn about energy poverty and assemble a solar lamp to be sent overseas, with a handwritten letter.



We were back at this year’s Fawkner Festa, with our community stall and sausage sizzle! It’s always great to see a long queue waiting at our BBQ trailer, and we also got to make some great new connections in our community. See you there next year!



Our sausage sizzle crew is always hard at work, and this month was no exception. With a BBQ at Coburg Bunnings for Fathers Day, and another at the Coburg Basketball Stadium, our sizzlers were able to raise lots of money for our many service projects.



Pascoe Vale Rotarian and pharmacist Sara visited St. Albans Rotary and Essendon Rotary, speaking about her experience of arriving in Australia as a refugee, and her passion for healthcare access, and the importance of health literacy for communities.



A mountain of linen at RIMERN! Our members have helped host clients, managed stock, cleaned furniture, packed kitchen crockery and cookware sets, rearranged the recycling setup, sorted bedding, made linen packs and helped unload the truck of goodies.

Would you like to help locally?



Nourishing Neighbours

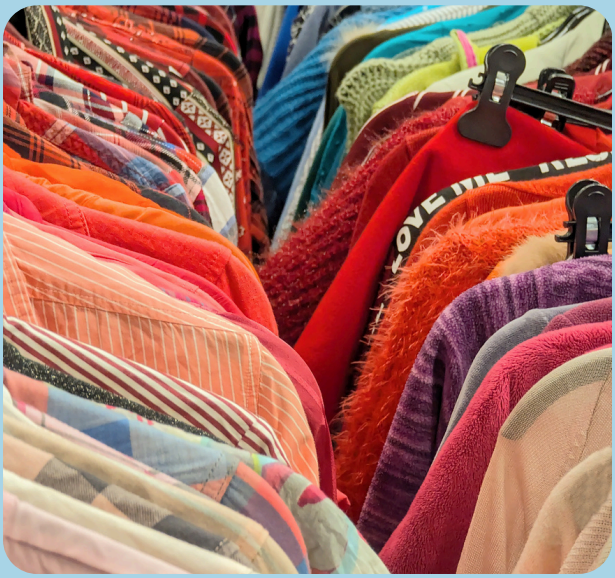
Nourishing Neighbours is a local volunteer-run emergency food relief organisation providing culturally and dietary appropriate food and essential items to people experiencing food insecurity in Merri-bek and surrounding communities. Founded in 2020, Nourishing Neighbours works with community and support agencies to help households experiencing financial hardship.

Referred clients can select from a range of groceries including fresh fruit and vegetables, bread, frozen meals and non-perishable foods. Toiletries, hygiene products, baby formula and nappies are also available.

The organisation is powered entirely by volunteers and relies on donations, food rescue partnerships and community support. It brings together food and essential items that can make a very real difference to households doing it tough.

To learn more about Nourishing Neighbours and ways you can help, please visit the NN website at

www.nourishingneighbours.org.au



Our Shop For Change Garage Sale

We're back on Bishop Street in Coburg for this year's Garage Sale Trail, Australia's biggest annual secondhand treasure hunt and community sustainability campaign!

We'll run our sale on November 7, 8, 14 and 15 from 9:00am to 2:00pm. We'll have shelter if the weather's bad.

Every purchase made funds our community service projects near and far.

Our sale items will be priced pretty low, so come along and grab a bargain and help out your local and global communities!

We'll be selling:

- CDs, records and DVDs
- quality adult clothing and shoes
- toys, games, puzzles, board games
- homewares
- outdoors/camping items
- old tools
- books
- and more!

Find us at
30 Bishop Street, Coburg at the red shed

A PROJECT FROM 1999

'It was decided to paint the home of long-term resident of Coburg North, 80 year old widow Violet. The house was assessed as being suitable and plans were made for the house to be painted on November 13th. Dulux Paints provided the paint, weather permitting. Rotarian Ron Tabone had thoroughly prepared the project with all ladders, drop sheets, brushes etc. Rotarian Chris Waters had replaced a number of rotten weatherboards.
A team of about twenty Rotarians joined together for a most successful project. The painting of the outside was completed by lunchtime and members enjoyed a BBQ and drinks. The club also undertook the cost of replacing the rusted roof spouting at a cost of $1500.'

Helping kids

AT COTTAGE BY THE SEA

Cottage by the Sea helps kids experienced disadvantage access uplifting and encouraging programs at their camp in Queenscliff.
Donations of new items for kids are always needed. To learn how you or your organisation can help, visit

www.cottagebythesea.com.au/ways-to-give

The Pascoe Vale Rotary Club acknowledges the traditional owners as the custodians of this land where we meet, recognising their connection to land, waters and community. We pay our respects to Australia's First Peoples, and to their elders, past, present and future.

You can help

AT RIMERN

The Rotary Inner Melbourne Emergency Relief Network is seeking more Goods Selection Hosts, aka the best job at RIMERN! You take a case worker and their client through the warehouse, helping them select goods. Required skills: kindness, empathy, and a desire to help others!
Visit **www.rimern.org.au**



WOULD YOU LIKE TO VISIT OUR CLUB?

You are very welcome to come along to a meeting to see what we do. Some of our meetings feature guest speakers.

We meet on Thursdays at 6:15pm in Pascoe Vale. To attend a meeting, please send an email to info@pascoevalerotary.org.au and we'll provide you with all the details.

Find us online

INFO@PASCOEVALEROTARY.ORG.AU

WWW.PASCOEVALEROTARY.ORG.AU

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PASCOE-VALE-ROTARY

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Garage Sale Trail

Rotary
Pascoe Vale

Shop For Change Garage Sale

All proceeds fund community service projects!



Bargain prices for quality products!

NOV. 7, 8, 14, 15

FROM 9:00 - 14:00
30 BISHOP ST, COBURG