



TRAVEL ESCAPE CLUB

July 2024 to June 2025 - Season 3



NEWSLETTER



Supporting mental health initiatives in our region through these local charities and more.



AUGUST 2024

WINNERS

Hi **[NAME]**,

We do hope you were among the winners in last night's TEC August draw. If luck wasn't on your side this time, don't worry – there are still plenty of draws left with 6 prizes given away each month for another 10 months yet...That's a total of 60 more chances to win prizes!

What's in this issue

- REMINDER about the FREE mental health resilience course to be held 31st August.
- All the Winners of DRAW #2 from last night
- A look at what vouchers have been chosen so far and a LINK to all the businesses
- The latest news from RCAN

The **COMPLIMENTARY MENTAL HEALTH RESILIENCE** short course will be held on **Saturday 31st August**

To register your attendance please visit the [TRAVEL ESCAPE CLUB CONTACT PAGE](#)

or **SCAN** the QR Code on the invitation and fill in your details on the **CONTACT US** tab. (numbers are getting close to capacity so if you're interested you'll need to book NOW)

You are Invited
to attend a complimentary 3 hr course on **Mental Health Resilience**

Through funding from the TRAVEL ESCAPE CLUB, the Rotary Club of Albury North is supporting Mental Health initiatives in our community

Hosted by the Rotary Club of Albury North, this complimentary course, conducted by Bjelkie Lansdown from BLMC Consulting, is open to all those who are looking at strategies to enhance their own mental health resilience.

This course will particularly benefit those who work as community volunteers, and who feel that these strategies will support them in their community work environment.

Details:

Date: Saturday, 31st August

Time: 9.30am to 12.30pm

Venue: Rural Fire and Rescue, 25 Airport Drive East Albury 2640

Course Outline:

- Assisting in managing, understanding, and maintaining mental health.
- Understanding brain functionality
- Dealing with stress
- Effects of trauma
- Self-care practices and building resilience



To secure your spot, please register through the website:

www.travelescapeclub.com.au/contact-us

or scan this QR code and click on the CONTACT tab (Limited spots are available)

If you know someone who may benefit from this course, feel free to pass on this invitation.

For more information, visit www.travelescapeclub.com.au/posts/



AND HERE'S THE WINNERS of the 2nd Draw:

DRAW #2 - 13th August 2024:

1st PRIZE of the \$4,000 Travel Prize Voucher from Hello World went to:

Libby E from Splitters Creek 2640 - Ticket Number: #484 🎉🎊

\$150 Voucher PRIZE's went to:

Jeanette S from Grahamvale 3631 - Ticket Number: #289

Jennifer R from West Wodonga 3691 - Ticket Number: #255

Karen C from North Albury 2640 - Ticket Number: #106

Jennifer Y from Albury 2640 - Ticket Number: #58

Sandra J from North Albury 2640 - Ticket Number: #439

Congratulations!

\$150 VOUCHERS

SEVENTY FIVE businesses have generously donated around 80 vouchers.

You can check out the businesses on the link [HERE](#)

Please support them where possible.

The vouchers include homewares, clothing, furniture, photography, music, jewellery, home and financial services, restaurants and catering, books and more...lots lots more...

So far the winners from the Early Bird (May) and first draw in July have chosen vouchers from the following businesses



Finally...Here's a little of what's been happening in ROTARY during this last month!

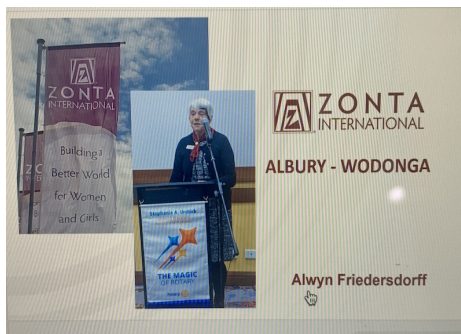


The Bald Archy is an Australian art prize, and is a parody of the Archibald Prize. It's an important portraiture award and usually includes cartoons or humorous works making fun of Australian celebrities.



Throughout July, this year the Bald Archy Exhibition was held at Holbrook Town Hall and the Holbrook Rotary Club organised a combined Rotary event on 25th July attended by Stephen O'Connell, the 9790 Rotary District Governor, and his wife Carol. Around 70 Rotarians from local clubs gathered for a social evening to view the exhibition and socialise. Visit [Holbrook Rotary Club's Facebook page](#) for event photos.

On July 30th our Tuesday night dinner guest was Alwyn Friedersdorff, the UN representative for Zonta District 23 (Australia). Zonta is a leading global organisation of professionals empowering women worldwide through service and advocacy. It is about making the world a better place for women and girls. To read about Alwyn's visit in more detail click on our FB link [HERE](#) or check out the [ZONTA international](#) website to find out more about what Zonta does and how you could get involved



Every year RCAN Club members get together and play off to become the RCAN Trivia Quiz Champion. It's a fun night organised by one of our members and it's hotly contested. This year immediate Past President, Peter Slocomb won the event and holds onto the trophy for the year. Here he is being presented with the trophy from current President Kevin Scanlon.

More photos can be seen on the [RCAN FB](#)

That's it folks until next month.

Those in the 2024-25 raffle keep a look out for a Pre-Draw newsletter early September reminding you of the date so you can get excited!! 🎉 😊

Maybe it might be YOU cracking out the champagne next month 🍷 I hope so!

Cheers

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For all enquiries or further info:



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Albury North Rotary Club wish to thank our valued SPONSORS - **Schnelle Partners** PLUS the **many businesses** who have kindly donated and supported TEC with \$150 voucher prizes.



Don't forget to "Like" and "Share" our [Facebook page](#).
For all things TEC and to explore past winners, visit our website [HERE](#).

By the way... we are not spam. If this message ends up in your spam or junk folder, kindly move it to your inbox and add the sender's address to your contacts to ensure it reaches your inbox in the future.

By holding a ticket, you are teaming up with Albury North Rotary Club to support the community. Your contribution helps us provide resources to enhance mental health first aid and resilience within our community. 🙌 **THANK YOU** 🙌

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