



TRAVEL ESCAPE CLUB

July 2024 to June 2025 - Season 3



NEWSLETTER



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



JULY 2024

WINNERS

Hi Everyone

Exciting News! Travel Escape Club Season 3 has taken off ✈️

The thrilling journey has started. If you don't win this month, it's not over yet...with eleven more chances to win a \$4,000 holiday voucher and fifty-five more chances to win \$150 vouchers.

What's in this issue

- We announce the winners of the draw from Tuesday, July 9th
- Stay up to date on our upcoming FREE three-hour mental health resilience course
- Access the link to explore the fantastic businesses that back us.
- Find out the latest news from RCAN

COMPLIMENTARY MENTAL HEALTH RESILIENCE short course

For full details or to register your attendance please visit the [TRAVEL ESCAPE CLUB CONTACT PAGE](#) (numbers are limited)

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 via our [Travel Escape Club CONTACT](#) page.

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 the [Travel Escape Club website](#).



TRAVEL ESCAPE CLUB

Proudly sponsored by



AND THE WINNERS of the July 9th Draw ARE:

DRAW #1

And the winners are:

1st PRIZE WINNER \$4,000 Major Travel Prize Voucher from Hello World to:

Chris L from Glenroy 2640 Ticket Number: #338

\$150 Voucher PRIZE WINNERS are:

Julie C from Tabletop 2460. Ticket Number: #208

Rebecca D from Baranduda 3691. Ticket Number: #244

Joseph A from St Kilda 3183. Ticket Number: #215

Glen N from Lavington 2641. Ticket Number: #31

Col D from Albury 2640. Ticket Number: #45



Congratulations!

\$150 VOUCHERS

We have around 75 businesses who have generously donated approximately 80 vouchers. These vouchers will be available for the minor prize winners to choose from over the next twelve months.

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

Please support them where possible.

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

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



Every year at the end of June, all Rotary Clubs around the world have a Changeover dinner and a new Club President is inducted into the top role. It's a cause for celebration and this year was no exception. A great evening at Thurgoona Country Club was held as outgoing President Peter Slocomb inducted incoming President Kevin Scanlon. Here's Peter (left) handing over to Kevin.

In late June, our guest speaker, Kristy McMahon spoke to us about how "[Country Hope](#)" supported her family during the severe illness of her own daughter. Her story is inspirational and her passion for the charity led to her taking on the CEO position of Country Hope Albury some years later. Now her goal is to provide family centred support services that will help reduce the stress that surrounds families when a child is diagnosed with a life threatening illness such as cancer.



Our Rotary Club is supporting Country Hope by utilising the Travel Escape Club funds raised in last year's raffle by pledging to provide psychology sessions for families and children who need this support. To our surprise, Kristy presented our Club with a "Certificate of Appreciation" to thank us for supporting Country Hope.



That's about all we have time for this month folks. The next newsletter will hit your inbox a few days before the next draw to remind you to get you excited!! ☐ ☺

Someone will be cracking out the champagne in August ☐ I hope it YOU!

Cheers

Anne

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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** AND the **EIGHTY 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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