



ROSS HOUSE ASSOCIATION

2017 RHA COMMITTEE

CHAIRPERSON

Valerie Elliott
(Handknitters Guild)

VICE CHAIR

Christine McAuslan
(COSHG)

TREASURER

Keith Bettles
(U3A City of Melbourne)

De Grebner
(TreeProject)

Maree Norris
(HAAG)

Charles Brass
(Futures Foundation)

Agata Chmielewski
(Appointed Member)

Amber Moore
(Appointed Member, Staff
representative)

Michael Griffiths
(Ex-officio, RHA General
Manager)

in the house

JUNE 2017

ROSS HOUSE MEETING ROOMS - AV UPGRADE

You may be aware that some of our meeting rooms have been upgraded with new AV equipment. Below is an overview of the upgraded rooms and their new AV features:

Hayden Raysmith room (4.1)

What does it have? A built in data projector and built in PA

What is the connection? HDMI and VGA connection

How much does it cost? \$14.28 per hour for members and tenants (*this price caps at 4 hours*)

Do you need to borrow a key from the Ross House Front Desk? Yes

Sue Healy room, Mezzanine (0.2)

What does it have? TV and DVD player

What is the connection? HDMI and USB - plug laptop into the TV

How much does it cost? Free of charge

Do you need to borrow a key from the Ross House Front Desk? No

Jenny Florence room (3.1)

What does it have? TV and DVD player

What is the connection? HDMI and USB - plug laptop into the TV

How much does it cost? Free of charge

Do you need to borrow a key from the Ross House Front Desk? Yes

If you would like to find out more information, please contact the Front Desk on (03) 9650 1599.



DEGRAVES STREET RECYCLING FACILITY UPDATE

The City of Melbourne food waste dehydrator, which has been in operation in the Ross House basement since 2013, was removed and transferred to an alternative recycling station this month.

In its place is a new ORCA unit, which works with ORCA's proprietary natural microorganism solution. This is mixed with water and recycled plastic Bio Chips to quickly break down the waste. Through a process called "aerobic digestion," the ORCA technology constantly churns all this material, adding oxygen, which accelerates the time it takes to transform the food waste into earth-friendly water.

So despite the change in technology, the Degraives Street Recycling Facility will continue to recycle organic matter, cardboard, bottles and plastics, preventing large volumes of waste ending up in landfill.



Building & Maintenance

There's always a lot going on in this big old building of ours, so please make sure you keep an eye out for the building maintenance emails that circulate regularly.

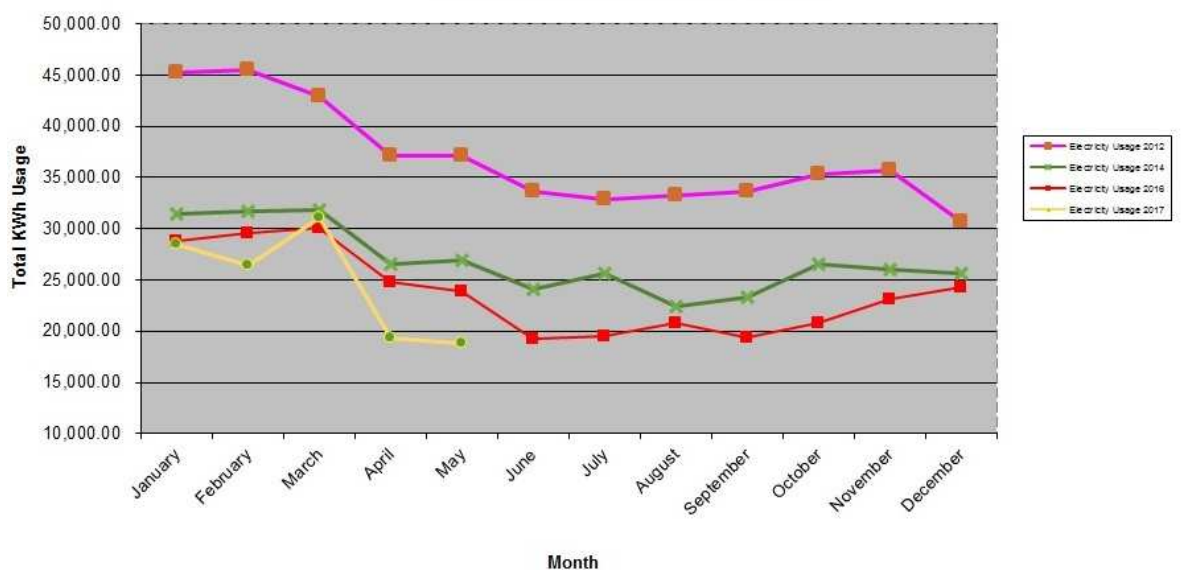
- ⚙ Security cameras have now been installed at Ross House.
- ⚙ The front stairwell now has LED emergency lights.
- ⚙ Tactile indicators have been applied to the stairwell entrances to Ross House.
- ⚙ The vinyl floor has been replaced in the lift—thank you for your patience on the day of installation.

Upcoming works

- ⚙ There will be an upgrade of the switchboards in coming months. Works will be staged periodically on Saturdays.
- ⚙ Level 3 corridor carpet will be replaced. Date to be confirmed.
- ⚙ Testing and Tagging - please contact Nazz if you require any electronic equipment in your office to be tested & tagged.

Ross House Association continues to make incredible energy savings as a result of sustainability works to the building, behaviour change and continued commitment from the entire Ross House community. Compared to 2012 the reduction is remarkable!

Electricity Comparison 2012 - 2017
Ross House
247-251 Flinders Lane Melbourne VIC 3000



Campfire Stories: Arise (Welcome to Australia)

Welcome to Australia, in partnership with the Ethnic Communities Council of Victoria presents **Campfire Stories: Arise**, acknowledging the United Nations World Refugee Day and Refugee Week.

Storytelling has the capacity to nurture understanding and compassion. Listen to stories that enrich and influence Melbourne's culture. You'll be engaged by culturally diverse Victorian storytellers, music, warm drinks and a campfire atmosphere.

- ⚙ Tuesday 4th July 2017
- ⚙ 7pm – 9pm
- ⚙ Fitzroy Town Hall, Reading Room
201 Napier St, Fitzroy VIC



This is a free event, but spaces are limited so bookings are essential.

To book please visit: <https://www.eventbrite.com.au/e/campfire-stories-arise-tickets-34903689876> or contact Liz on elizabeth@welcometoaustralia.org.au

Thank you!

A huge thank you to all the amazing women within the Ross House community, who over the past couple of months have donated items such as handbags, sanitary items and bras to support homeless women in need.

Share the Dignity is the driving force behind this fantastic initiative (as well as a number of community campaigns) to donate and help give support to these women in need.

#sharethedignity



Assisi Aid Projects news and updates

Over the past 40 years, Assisi has grown from a mere vision, into an expanding humanitarian aid organisation, empowering communities to make positive changes in their lives. Assisi is currently working with communities in Cambodia and India.

In Cambodia, Assisi continues to work with its partner, Live & Learn Environmental Education Cambodia, to establish and maintain Self-Help Groups to support the establishment of micro-enterprises to improve livelihoods. These community-driven and managed groups encourage continued and sustained collective savings and improved access to financial services, leading to improved livelihoods. These initiatives include training in agricultural techniques, financial literacy, eco-tourism support and WASH (water sanitation and hygiene) education in the target communities.

In India, Assisi continues to work within the most disadvantaged communities to improve basic education, health and create livelihood opportunities and access to income. Assisi partners with local community-based organisations to provide locally relevant programs through the establishment of Self Help Groups.

Their children's project in Kanchipuram District, has established a network of 26 tuition groups for 640 disadvantaged children. The groups serve as a vehicle to offer additional educational support including studies in financial literacy, health, the environment, careers counselling, child rights and life-skills. Parents are also involved in the project with home visits by project animators to promote child education.

They also work in four districts of Tamil Nadu, supporting women's development through the set up of Women's Support Groups. The Women's Groups aims to improve social and economic empowerment for 1156 single women-headed families in 35 rural villages.

The program includes practical skill training in tailoring, farming and food processing, to provide women with skills to generate an income, as well as psychosocial support to encourage their participation in community life.

For more information about their amazing work, please visit the Assisi website here:

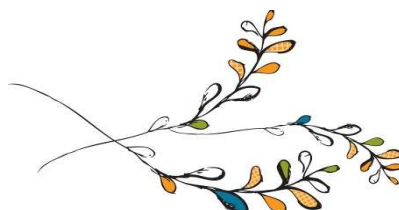
www.assisi.org.au



MELBOURNE OSTEOPOROSIS GROUP INC

A dietician is going to speak on "Healthy Diet for Healthy Bones" at the next OSG meeting in the Hayden Raysmith Room on the 4th Floor of Ross House on 15th August at 1.30pm.

All are welcome. For further details please contact Leonie on 9802-6406.



What have Woor-Dungin been up to?

On 14th June 2017, a series of criminal record fact sheets were launched at Healesville Indigenous Community Services Association, based at Healesville in the beautiful Yarra Valley.

The fact sheets were produced by Woor-Dungin's Criminal Record Discrimination Project team, in collaboration with their Aboriginal partner organisations (in response to their partners' requests) for plain-language fact sheets. The fact sheets will inform members of their communities (with a criminal record) of their rights and responsibilities under current legislation when it comes to getting a job, joining a board, getting insurance and other situations they might face.



Following the Melbourne launch of the fact sheets in September 2016, a number of Woor-Dungin's partners have launched, or will launch, locally branded versions for their respective communities.

You can download and read the Melbourne Metro versions of the fact sheets from their website:

www.woor-dungin.com.au



'My Journey, My Home' World Refugee Day

Tuesday 20th June 2017 - Diaspora Action Australia

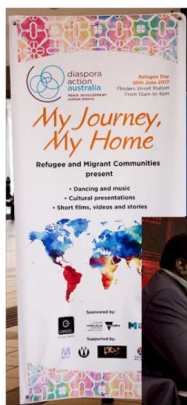
Tuesday 20th June 2017 saw refugee and migrant communities from Africa, Asia and the Middle East come together to perform at Diaspora Action Australia's World Refugee Day Event "My Journey, My Home" at Flinders Street Train Station Concourse from 10am to 4pm.

Performances included artists, dancers, musicians and presenters who shared the stories of their countries of origin, their new homes in Australia and the journeys that unite the two.

The different Darfur tribes opened the event and entertained commuters with traditional songs and dances. They provided an insight into the Darfur conflict, and the reasons why many people from their community came to countries such as Australia. Commuters were enthralled with the colour and vitality of their performance. In contrast, the silent drama that followed depicted a scene from the conflict in Darfur; the look of shock on the faces of the audience reflected the horror of the situation.

My Journey, My Home successfully caught the attention of a transient crowd and gave commuters the opportunity to engage with people from Victoria's multicultural communities. The performers, story tellers and emcees shared a glimpse of their many homes and cultures, talking about the hard issues and the challenges they have faced, as well as the richness and achievements of their communities.

www.diasporaaction.org.au



Grants News

Top Grant Writing Tips

1. Follow the guidelines and align your project to what the funder is looking for. If you're unsure, contact the grant provider directly.
2. If you see a grant that you may be eligible for but it closes in less than 7 days – think twice! Quality applications require plenty of time and attention.
3. Keep it short. Sometimes grant providers have to read 100's of applications. Concise yet informative applications will stand out and be appreciated.
4. In strategic giving, it's all about the outcomes. Be focussed on your outcome and how this aligns with your organisation's mission statement.
5. Acknowledge your key risks and how you will mitigate them.
6. Advise how success will be measured.

There are many grants open at the moment, but here are a couple of grants that look great!

The **Helen Macpherson Trust** Grants Program opens on the 8th of August and closes on 31st August at 12pm.

The purpose of the Helen Macpherson Trust Grants Program is to help build fair, creative and resilient Victorian communities through initiatives that promote change.

Applications are considered in five Grant Program areas across four Grant Levels.

Grant Levels:

- ⚙ One-off grants
- ⚙ Multi-year grants
- ⚙ Social impact grants
- ⚙ Lead grants (by invitation only)

Grant Programs:

Educational – To improve access to quality, relevant and supportive education through initiatives that provide disadvantaged Victorians with the opportunity to reach their full potential.

Community – To improve the outcomes of current and future generations of Victorians and enable them to build fulfilling lives as active participants in a cohesive society and strong economy.

Arts and Culture – To increase local participation, encourage public engagement and develop a sense of place by giving voice to communities through community initiatives.

Environmental – To protect and improve Victoria's natural environments through responsible conservation projects that advance cooperative and sustainable practices.

Health – To improve affordable access to quality health services in rural and regional Victoria (only available under Social Impact grant level).

Eligible organisation's are not required to have DGR endorsement but must be registered as a charity with the Australian and Not-for-profits Commission (ACNC).

For further information and guidelines, please visit <http://hmstrust.org.au/grantseekers>

The **Bennelong Foundation** Grants Program is currently open with submissions due 28th July 2017.

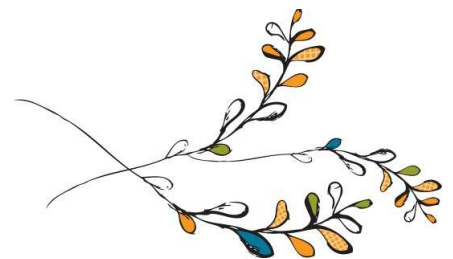
The Bennelong Foundation aims to enhance community wellbeing and provide opportunities for positive and lasting change in our community.

The foundation has identified seven key areas of focus:

- ⚙ Education Training and employment
- ⚙ Community Health
- ⚙ Migrant and Indigenous Community Welfare
- ⚙ Crisis Support
- ⚙ Youth at Risk
- ⚙ Medical Research
- ⚙ International Aid and Assistance

Eligible organisations must have DGR endorsement.

For further information and guidelines please visit <http://www.bennelongfoundation.com/apply-2>



COSHG 'Surviving and Thriving' workshops

Collective of Self Help Groups (COSHG) invites you to Celebrate 40 years with a day of workshops – 'Surviving and Thriving' - Resisting Burnout.

When? Thursday 21st September 2017, (Hayden Raysmith, Level 4, Room Ross House)

Written by Christine McAuslan (COSHG coordinator)

The aim of these workshops is to explore how stress and burnout occur for group members, workers and the groups themselves and what the consequent impacts are.

While researching the content, project worker Nat Durkovic and I began to explore and reflect upon what surviving has meant for COSHG and why it is still around 40 years later when so many other groups have not survived. This coincidentally occurred at the same time our sister organisation in Toronto Canada (widely respected worldwide), has had to make the distressing decision to close its doors after 29 years due to lack of funding, despite a valiant effort to fundraise. Closer to home Self Help Organisation United Together (SHOUT) in the ACT is fighting to keep its doors open for its core activities for the same reason, despite having a highly valued profile.

Many of you reading this will perfectly understand the stresses of working in the community group sector and how keeping it all going when available funding, resources and our ethics are at odds with prescribed outcomes (impacting on what we are able to maintain and achieve). So often it is that lack of grass roots understanding or 'getting it' from those we are accountable to that can also impact on our stress levels, affecting individuals, groups and organisations alike.

COSHG, like many groups, was defunded under the Kennett Government back in the 90's. So many dedicated organisations and groups doing highly valuable work were swept aside never to reappear. COSHG kept its doors open for 2 hours a week in an old warehouse office for a decade before we finally secured some funding again.

With a long history of surviving and recognising the importance of reflecting on achievements, big and small, our interactions with such a diversity of self help/support groups over the last 4 decades finds us well placed to reflect on and identify the aspects that contribute to surviving.

In our case, adhering to Community Development Principles as an integral base for all our activities has been a structure upon which our survival has been based.

We have identified key aspects of what components of survival look like, which will be part of our contribution to the day and look forward to hearing all the other aspects that participants will identify as we share knowledge and experiences.

We welcome your interest and hope you will join us in investigating these important aspects of the community group sector.

To submit an expression of interest, please email COSHG on info@coshg.org.au



Disabled WinterSport Australia

Disabled Wintersport Australia's (DWA) Resort Services Coordinator, Peter Hull, has made sure Falls Creek's newest lift attendants know how to help all their members and know how to smoothly get sit-skis on and off a chairlift. DWA's 2017 program has kicked off and is a great way to get into skiing and snowboarding, get more experience on snow and meet some great new mountain-loving friends.

Check out how to get involved at www.disabledwintersport.com.au.



NDIS Appeals Support Service @ AMIDA

AMIDA now offers **free** support to anyone who would like to challenge a decision made by the NDIS. This could include someone who has been denied access to the NDIS, or any NDIS participant who is unhappy with their plan.

AMIDA has postcards available regarding the NDIS Appeals service and are happy to mail it to you to share with friends or family that will participate in the NDIS.

If you'd like some postcards please send your postal address to Kathryn, the NDIS Appeals Support Advisor, at appeals@amida.org.au, and let her know how many you need.

If you have any questions about the service, or would like to organise a short NDIS Appeals training session for a disability group you are in, email Kathryn at appeals@amida.org.au or call 03 9650-2722.



MELONIE TAYLOR
NORTH SOUTH VIETNAM CYCLE CHALLENGER

Charity Gala Dinner

FRIDAY, 11 AUGUST AT 7PM
THE PARK, ALBERT PARK

RSVP: Melonie 0437 190 816

New Members

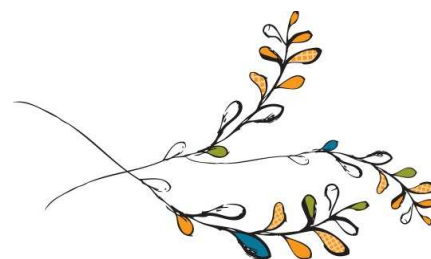


Aboriginal Literacy Foundation – Associate Members

The Aboriginal Literacy Foundation (ALF) provides ongoing literacy programs and opportunities for Indigenous young people through education and community-based initiatives. ALF is the only completely non-government organisation to be dedicated to closing the gap, and has been advocating for indigenous literacy programs for 20 years. They provide after school tutoring and mentoring classes, literacy & heritage camps & resource packs, as well as training for indigenous tutors and mentors. They are the largest non-government supplier of books to aboriginal schools in northern Australia.

2017-18 Renewals

It's renewal pack time! Please be reminded that all Ross House Association Member & Tenant forms and Tenant license agreements for 2017-18 are due back to Ross House by 30 June 2017...yes, that's today!



Charity Gala Dinner (Christina Noble Children's Foundation)

A Charity Gala Dinner, hosted by Noble Challenges, Melonie Taylor and Kirrily Graham, will be held on Friday the 11th August to raise funds for their North South Vietnam Cycling Noble Challenges in October 2017.

Funds raised will provide much needed and urgent funds for the Christina Noble Children's Foundation Australia/New Zealand projects in Vietnam.

When: Friday, 11 August 2017

Where: The Park, 36 Lakeside Dr, Albert Park

Time: 7pm red carpet arrival | 7.30pm guests seated

Dress code: Black tie with a touch of inner child

Prices: Tickets \$200 or table 8 for \$1500 includes: champagne, canapes, entree, main, surprise dessert bar and premium drinks package

RSVP: Sunday 16th July 2017

For more information, please contact Kirrily on kirrily.graham@cncf.org

www.cncf.org.au



Ross House-keeping



After-hours Users

- ⚙ A friendly reminder to please avoid letting people into the building who don't have their own swipe. Please advise someone trying to gain access to the building, that the correct process is for them to contact the organiser of their meeting. There are signs on each level of the building.

Meeting Rooms

- ⚙ A huge thank you to those who are making last minute bookings via phone or at the Front Desk – we really appreciate it!
- ⚙ Please do not remove chairs from meeting rooms. Please contact the Front Desk if you believe your meeting room should have more chairs in it.

Lost items

- ⚙ We are still on the hunt for our stepladder. Would the person who borrowed it, please return it to the Front Desk ASAP. Thank you!

Promotion

- ⚙ Please bring down any brochures to the ground floor bookshelf – it's such a great way to promote your organisation!
- ⚙ A reminder that the e-bulletin goes out every week to nearly 800 subscribers – send any info you would like included to rosshouse@rosshouse.org.au.
- ⚙ Facebook! Join our Facebook page and keep up to date with our community news. Also, don't forget to please send your news and event items to Katie so we can help promote your organisation.

Finance

- ⚙ A friendly reminder from Junxia, that Ross House invoice payment terms are 14 days.

Photocopier (resource area)

- ⚙ Did you know there is now a USB function on the photocopier? The only requirement is that you save your document as a PDF file on your USB stick. See the Front Desk for assistance.



The Fabulous Meltones: A StreetSounds band in Melton (Community Music Victoria)

Community Music Victoria, in partnership with the Festival for Healthy Living and Linking Melton South, wants you to come and join the band!

Everyone (any age, instrument and skill level) is welcome to join in, or at least see what it's all about on every second Thursday from 4.30pm at the Melton South Community Centre, 41 Exford Road (just next to the CFA and the park).

Please feel free to bring along any musical instrument you can lay your hands on; there will also be a limited number of instruments available including hand percussion and ukuleles. Or just bring you and your voice!

For more information see: <https://cmvic.org.au/about-us/projects-programs/streetsounds>



INVESTMENT DISCUSSION GROUP (National Seniors Australia)

Come and hear some tips about how to make an effective will and associated documents, on **13th July** in a talk, presented by Melissa Krajacic, from **Wills & Wealth** in Brighton.

On **10th August**, NSA have another knowledgeable speaker - Paul Fleming, an experienced financial information services officer from **Centrelink**, who will discuss any proposed changes to Commonwealth pensions and benefits.

Melbourne Investment Discussion Group meets on the second Thursday of the month at 10am, in the Hayden Raysmith Room, to listen and learn more about investing and other issues affecting their financial wellbeing.

Visitors are most welcome.

For more information, please contact Neville on 9500 1037 or email: npdaines@bigpond.com

National Seniors
Australia

CAMPFIRE STORIES: ARISE

CULTURALLY DIVERSE
VICTORIANS
SHARE THEIR STORIES
OF NEW BEGINNINGS

storytellers
world music
audio visual installation



BOOKINGS @

MULTICULTURALARTS
.COM.AU

free event
bookings are essential

**FITZROY TOWN HALL,
READING ROOM**
201 NAPIER STREET
FITZROY

TUESDAY 4 JULY
7PM - 9PM - 6:30pm drinks & 🎵

emerge in yarra festival celebrating
national refugee week





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Phone: 03 9650 1599

Fax: 03 9650 3689

Email: rosshouse@rosshouse.org.au

www.rosshouse.org.au

in the house is a Ross House Association internal publication, produced six times a year.

If you would like to contribute an article, promote an event or share some exciting news about your organisation, keep your eye out for an email from Katie, advising of submission deadlines.

Please send all submissions to:
rosshouse@rosshouse.org.au

SUBSCRIPTION

You are receiving this newsletter because you are a member of Ross House Association. If you no longer wish to receive this newsletter, please send an email to rosshouse@rosshouse.org.au with UNSUBSCRIBE in the subject line.

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