

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)

Samantha Thornton
(Appointed Member, Staff
representative)

Michael Griffiths
(Ex-officio, RHA General
Manager)

in the house

AUGUST 2017

30 YEARS AT ROSS HOUSE - UPDATE

Thank you very much to those of you who responded to the Participation Pack sent out to you in May. Since then, a number of factors determined the need to review the original plan, resulting in a new day of celebration outlined below.

The anniversary date will now take place on **Wednesday 11th October 2017**, and Ross House will celebrate over two main components throughout the day.

Part 1 – Networking luncheon, from 12pm – 1:30pm

This luncheon will allow us to increase the Ross House profile and promote the organisations we support. It will serve as an occasion to feature Ross House as the hub for the social justice sector in Melbourne and give our members and tenants the opportunity to network with external peer groups.

We can confirm that The Right Hon Lord Mayor Robert Doyle AC, will be delivering a keynote speech at this event and will preside over the Ground Floor Meeting Room naming ceremony (see page 11 for more info on this).

Part 2 – In House party, from 3pm – 5 pm

This will be an internal celebration for the RHA community, past and present.

Invitations will be sent next week. If you have any questions, please contact the Front Desk on 9650 1599.





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.

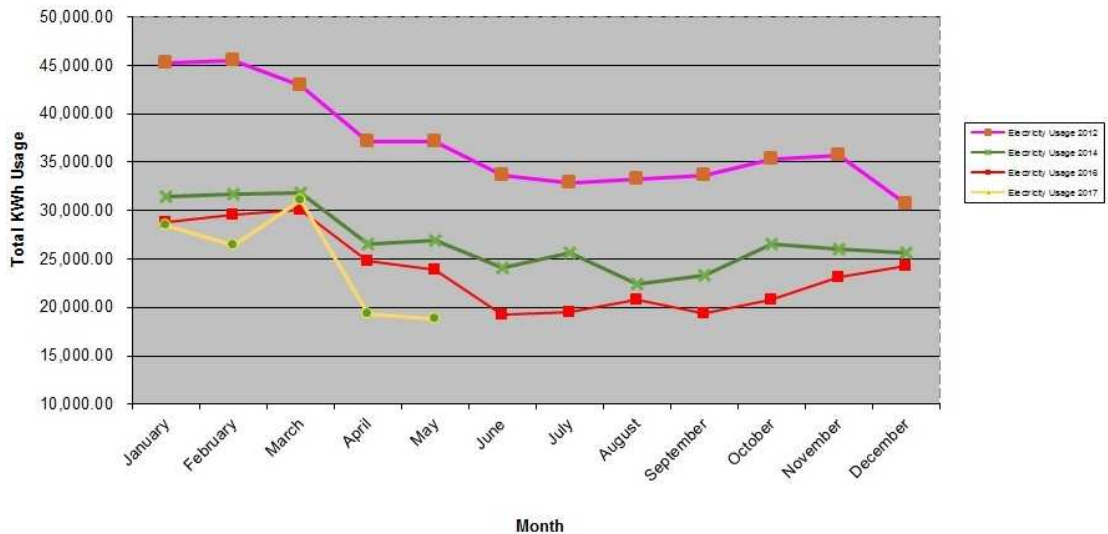
- ⚙ The Level 3 corridor carpet upgrade is now complete.
- ⚙ The Mezzanine meeting room has recently been painted.
- ⚙ A new server has been also been installed within the building.
- ⚙ A Remote Air Conditioning Management web server has been installed - this allows us to operate the Air Conditioning System more efficiently.

Upcoming works

- ⚙ New carpet will be laid in the Ground Floor corridor in the upcoming weeks. More details to follow.
- ⚙ The Resource area on the Ground Floor will soon be opened up - the glass partitions will be removed.
- ⚙ We will be installing of a partition in the Ground Floor meeting room, in order to isolate the communications equipment.

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



Diaspora Action Australia are seeking volunteers

Ross House member, Diaspora Action Australia (DAA) works with diasporas in Australia that promote peace, development, humanitarian response and human rights.

DAA's team is looking for skilled volunteers who are passionate about their work to support diaspora community organisations. DAA is committed to peace, development, and the protection of people's human rights. They provide a supportive work environment for people of all backgrounds.

Why DAA needs you.....

Volunteers are the backbone of DAA. Committed, passionate volunteers keep their organisation alive and ensure continuous evolution in how they operate. Each volunteer has the chance to make a difference and contribute to a vision of an Australia where diaspora communities from countries in war and conflict have a strong voice and the power to promote change and improve peace, development and human rights in their country of origin.

Volunteer opportunities available:

- ⚙ Editorial Coordinator (Volunteer)
- ⚙ Writer (Volunteer)
- ⚙ Communications Coordinator (Volunteer)

For more information, please visit www.diasporaaction.org.au



RHA Committee Update

The RHA Committee, in conjunction with Renton and Co (Community Engagement Specialists), are about to embark on new chapter in collaboration with the Ross House community.

Over the next 10 months, a fully inclusive community consultation process will take place within Ross House, with the aim of producing a Member-wide supported Strategic Plan, to guide the Committee over the next 5-10 years. This will be your chance to have a say in the future of Ross House. We are thrilled to be beginning this exciting journey and hope that each of our Members takes up the opportunity to fully participate in the consultation process.

Details of the engagement process will follow in the coming weeks, so stay tuned.

Valerie Elliott (RHA Chairperson)



Flash Mob Update

A huge thank you to all the amazing people who have expressed interest in taking part in the Ross House Flash Mob 30th year project.

Originally the date was set for October 2017, however, we are now looking at rescheduling the event to April / May 2018.



Non Profit Training

Governance training for not-for-profit organisation boards is essential for their viability. It is the system of checks and balances that helps the leaders steer the organisation in the right direction to success, through the complex legal and regulatory system in which they operate.

Non Profit governance training will help your board and the organisation function successfully together by assessing the strength of the organisation, building constructive partnerships and supporting the organisation with long term sustainability to have greater impact with their mission. The sessions include:

- ⚙ Board governance training
- ⚙ Roles and responsibilities
- ⚙ Creating successful and effective boards
- ⚙ Managing conflicts of interest
- ⚙ Successful governance for not for profits

Where? Room 3.2, Ross House

When? Friday 15th September (9am - 4pm)

Cost? \$144 per person for Ross House members. Normal ticket price is \$240.

www.nonprofittraining.com.au



Non Profit Training

educating and empowering those with purpose

Melbourne Osteoporosis Support Group Inc

Melbourne Osteoporosis Support Group Inc. will have a stand at the opening of Seniors Week, down by the Yarra on Sunday 1st October and a stand at the Gluten Free Expo in Jeff's Shed 7th/8th October, in order to enhance osteoporosis awareness in the community and promote the help that is available to people affected by this condition.

At their meeting on 17th October, Tanya Bahro will be a guest speaker, discussing palliative care and the many aspects of this work. The meeting commences at 1.30pm in the Hayden Raysmith Room on the 4th Floor of Ross House. All are welcome.

Enquiries: 98852839 or
melbosg@gmail.com



**MELBOURNE
OSTEOPOROSIS
SUPPORT GROUP**
Incorporated Reg No. A0038140R
Est. 1996



Lotus Group Projects Information and Fundraising Day

Ross House tenant, Lotus Group Projects, invites you to an information and fundraising day to support people (and their carers) with an acquired brain injury (ABI).

Lyn (who runs Lotus) is donating some of her unique 'one of a kind' earrings made from rare vintage beads. There will also be some retro novelty necklaces to purchase (by donation), plus Fair Trade Peruvian ceramic hand painted Buddha's and garden gnomes.

Hand-outs including mini brain games and information bags will also be available to take on the day.

Where? Lotus office, Level 2, Ross House

When? Thursday 7th September (from 10am)

For more information, please contact Lyn on 0413 239 236 or lotusgroupabi@gmail.com



CMVic Singing Workshops

Would you like to lead a singing group? Has someone asked you to lead a group, or help out at one? Are you already a leader and would like to refresh your skills, get some new ideas or see if someone has the answer to an issue you are facing?

If you answered yes to any of these, or you're just interested in how leading works, come along to one of CMVic's Singing Leadership Skills Sharing days. Both days will give you plenty of ideas to take away, plus the chance to try out some of the skills and lead a song on the day, if you choose to.



Workshop 1 - CMVic Singing Leadership Skills day (Saturday 23rd September 2017)

This workshop will be adult focused (with Margaret Crichton and Barb McFarlane), both experienced leaders, taking you through a range of topics from warm ups, to performing with your group, plus much more.

Workshop 2 - Singing with Kids workshop (Saturday 14th October 2017)

This one-day singing workshop is full of both some greatest hits and rare gems, which can be sung by educators, parents, babysitters or anyone wanting to unleash their inner child. With children at the heart of the workshop, Emily and Alena will explore leading kid's music through running the sessions as they would in their natural setting. Feel free to bring small percussion and accompanying instruments such as guitars or ukuleles to practise structural elements of the workshop. There will be however, be a range of small percussion for you to use on the day.



Cost

The cost for CMVic members for each day is \$44 (\$25 low waged/concession) or non members: \$55 (\$31.25 low waged/concession). Please bring a plate to share for lunch.

The venue for both workshops is Bennettswood Neighbourhood House in Burwood. Please note, separate bookings are required for each workshop.

For more information, please visit www.cmvic.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 organisations 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 **Myer Foundation** and **The Sidney Myer Fund** Poverty and Disadvantage Small Grants Program is an ongoing grants program, with funding available of up to \$10,000.

The small grants programs supports strategies to benefit Australian communities.

The aims are to:

- ⚙ alleviate negative effects of poverty and disadvantage
- ⚙ demonstrate new ideas about how to address poverty and disadvantage
- ⚙ strengthen communities abilities to deal with poverty and disadvantage

Eligible organisations must be incorporated organisations that are endorsed by the Australian Taxation Office (ATO) as Tax Concession Charities (TCC).

For further information and guidelines, please visit <http://myerfoundation.org.au/grants/poverty-disadvantage/small-grants/>

Jetstar's Flying Start Program is currently open with submissions, to receive a \$30,000 grant, due 30th September 2017.

Jetstar's Flying Start Program invites community groups and organisations across Australia to apply for a grant to fund a project that will enrich the lives of people in their local community.

The grant includes:

- ⚙ \$15,000 cash
- ⚙ \$15,000 worth of travel with Jetstar anywhere on the Jetstar network
- ⚙ Promotion of your community group of organisation on Jetstar's website and Facebook page
- ⚙ National and local level media leverage to be facilitated by Jetstar's PR agency partner

Entry is open to not-for-profit groups and organisations of any size, who are seeking funding to help enhance the lives of people in their local community and can be classified into one of the following categories:

- ⚙ Charity
- ⚙ Educational group or organisation
- ⚙ Health group or organisation
- ⚙ Sporting group or organisation
- ⚙ Arts group or organisation

For further information and guidelines please visit <http://www.jetstar.com/au/en/flyingstart>



Metro Rail Update



The following works are about to commence along Swanston Street, in preparation for the construction of CBD South:

- ⚙️ As part of the Metro Tunnel Project, works will begin in early September along Swanston Street between Young and Jackson's and the Nicholas Building
- ⚙️ Buildings will be demolished to create space for a new entry to the station on Swanston Street across from St Paul's Cathedral
- ⚙️ The Swanston Street footpath will remain open, except during night works and for brief periods to allow truck movements
- ⚙️ 'Public Attendants' will be on site to provide guidance and assistance to people travelling through the area
- ⚙️ For more information on the Metro Tunnel, you can visit metrotunnel.vic.gov.au or call the MMRA on 1800 551 927
- ⚙️ The Metro Tunnel will be hosting two pop-up information sessions to provide an opportunity for you to come and ask questions and find out further information directly from the construction team. Please see locations and dates below:
 - * **Friday 8 September, 10.30am – 12.00pm** at Chapter House Coffee, 4/209 Flinders Lane Melbourne
 - * **Saturday 9 September, 10.30am – 12.30pm** at Chapter House Coffee, 4/209 Flinders Lane Melbourne

If you have any questions in regards to the Melbourne Metro Rail Project, please contact Michael Griffiths, General Manager via email michael.griffiths@rosshouse.org.au or phone 9650 1599.

Nominated Representative Info Session

Each group who is a full member of Ross House Association elects a person to be their Nominated Representative. Nominated Representatives have the right to vote at the Annual General Meeting, Special General Meetings and can stand for nomination to the RHA Committee.

To help RHA member groups better understand the purpose of our Nominated Representatives, RHA will run some sessions in late September 2017 outlining the function and responsibilities of the role – the invitation will be extended to anyone interested from within the RHA membership, including those from Associate member groups – Associate Members do not have a Nominated Rep or voting rights.

The self-management model of Ross House relies on the generous contributions of people from within the small community organisations that Ross House Association supports. Thank you to all those currently involved and to anyone considering becoming a Nominated Representative – your participation helps strengthen the unique Ross House community.

Invitations will go out shortly for the sessions that will be run in late September. For more information contact the Membership & Tenancy Officer, Samantha Thornton, via email samantha.thornton@rosshouse.org.au or in office on (03) 9650 1599.



CamNam Noble Challenge

21-30 March 2018

Join Christina Noble Children's Foundation (CNCF) on an exclusive 10-day Charity Challenge Cycle adventure through Cambodia and Vietnam.

Why?

Cycling is one of the best ways to experience the diverse scenery and rural cultures of Southeast Asia, and why not do this by raising funds for a fantastic cause such as Christina Noble Children's Foundation (CNCF), who are dedicated to assisting children in need with education, medical care, social opportunities and job placement.

The expedition

The journey begins at the spectacular Angkor temples, which you leave behind for quieter back roads to the Crossing through to Vietnam; we then take time out in the charming seaside resort of Kep and laid back riverside town of Kampot, cycling through lush green countryside, fertile rice fields and small minority villages. There will also be time to absorb the palaces, pagodas and French inspired architecture of Phnom Penh before embarking on to the bustling city of Ho Chi Minh.

Your final destination will be the Christina Noble Children's Foundation's flagship project, The Centre of Social Assistance for Disadvantaged Children, as well as the Sunshine School where you will be met by the wonderful children you will help to support.

Trip Highlights

- ⚙ Bustling streets and markets in Ho Chi Minh City
- ⚙ Floating markets, villages and waterways of the Mekong River Delta
- ⚙ Sun, sand and seafood in the sleepy beach resort of Kep
- ⚙ Cycling around the laid back French colonial river town of Kampot
- ⚙ Siem Reap and the iconic temples of Angkor Wat by bike
- ⚙ 400km supported cycling through some of Southeast Asia's most stunning landscapes
- ⚙ Visiting the flagship project of the Christina Noble Children's Foundation in Ho Chi Minh City

For more information, please visit www.cncf.org



New Members

Friends for Good

Friends for Good are working to free people from loneliness, in particular seniors who are socially isolated. Friends for Good sees social isolation, that often leads to loneliness, as a social justice issue. In time, prolonged loneliness can lead to severe health problems/consequences. Through outreach programs and advocacy, Friends for Good is attempting to break down the barriers/stigma around loneliness.

www.friendsforgood.org.au



KNOTbound

KNOTbound work with and for the BDSM community. The community has special needs and faces high levels of discrimination and misinformation. KNOTbound work to educate, support and reduce risk for this community as well as preserve its cultural heritage.

www.knotbound.com.au

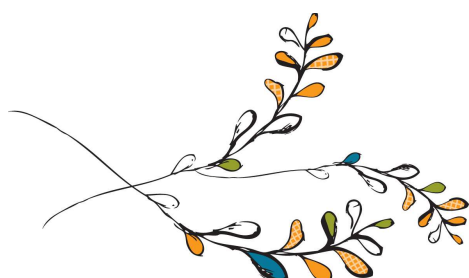
Floor Meetings

Tenant Floor Meetings are coming up in September. Floor meetings are an opportunity for tenants to meet with the Ross House Association staff and share ideas and/or opinions as part of the Ross House community.

Tenant Meeting Schedule

- ⚙ **Ground Floor** – 12:30pm – 1:30pm, Monday 4th September (Jenny Florence Room, Level 3)
- ⚙ **First Floor** – 12:30pm – 1:30pm, Thursday 7th September (Sue Healy Room, Ground Floor)
- ⚙ **Second Floor** – 12:15pm – 1:15pm, Thursday 14th September (Sue Healy Room, Ground Floor)
- ⚙ **Third Floor** – 12:30pm – 1:30pm, Monday 11th September (Sue Healy Room, Ground Floor)
- ⚙ **Fourth Floor** – 12:30pm – 1:30pm, Thursday 21st September (Sue Healy Room, Ground Floor)

If you'd like to submit an agenda item for the meeting on your floor, please do so at least two working days before your meeting is scheduled. To submit an item please email the Membership & Tenancy Officer, Samantha Thornton samantha.thornton@rosshouse.org.au.



25th Silver Anniversary

Dinner Dance

SILVER SPARKLE SHIMMER & SHINE

Friday October 6
2017 at 7pm

Please join us at
LINCOLN OF TOORAK
Level 2, Trak Centre
445 Toorak Road, Toorak

Tickets \$150.00 per person
(See payment over)
Students under 25,
Concession \$85.00

RSVP: September 22, 2017

THE EAST WEST OVERSEAS AID FOUNDATION
Indian cuisine • dance • music • raffle • door prizes • auction

The Foundation's focus is on development programs that cover health care, relief for "children at risk", education, community development and environmental sustainability.

visit www.tewoaf.org.au

Ross House-keeping



After-hours

- ⚙️ 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.
- ⚙️ Please do not prop any of the fire doors open with a chair or sticky tape - this is a serious hazard.

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.

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.

Foyer

- ⚙️ Please can you check with the Front Desk before placing items such as folders and dvds in the resource area - thank you!



CLAN UPDATE

CLAN has hired a new grief and trauma counselor and also has another office on the Ground Floor at Ross House.

Care Leavers Australasia Network (CLAN) is a national, independent, peak membership body which represents, supports and advocates for people who were raised in Australian and New Zealand Orphanages, Children's Homes & Foster Care.

www.clan.org.au



CARE LEAVERS AUSTRALIA NETWORK

A national peak organisation for people who grew up in an Orphanage, Children's Home or Foster Care

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

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

Everyone (any age, instrument and skill level) is welcome to join in, or at least to see what it's all about. This takes place 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>



Ground Floor Meeting Room Name

Thank you to all who have submitted nominations for new Ground Floor Meeting Room name.

The RHA Committee has shortlisted the nominations that came through, and would now like you, the Ross House Membership, to vote on which one you would like to see the Ground Floor Meeting Room, renamed to.

The nominations are as follows:

All Nations Room

Why? The name accurately reflects Ross House values and the community as a whole that contributes to society.

The Rainbow Room

Why? Because it reflects RHA aims and philosophy regarding inclusiveness in addressing societal issues of disadvantage – not just one contributor.

William Barak Room

Why? William Barak was the last traditional Ngurungaeta Elder of the Wurundjeri Nation. He was not just an elder but a painter and human rights activist. He once walked with a broken leg from Healesville to Parliament House.

Please keep an eye on your pigeonhole, or mailbox, for your ballot paper coming soon. Each member organisation is eligible for one vote.

BIM @ the GPO building

Brain Injury Awareness Week (BIAW) is a national campaign to increase public awareness of brain injury. This year, BIAW ran from Monday 21st - Sunday 27th August 2017, with the theme being devoted to advancing the recognition of brain injury in the military. 1 in every 10 Australian Defence Force personnel, who has served in the Middle East, reported the criteria for a new mild Traumatic Brain Injury, post-deployment.

Ross House tenant, Brain Injury Matters (BIM), supported the campaign by standing at the GPO, raising awareness of BIM and Acquired Brain Injury (ABI), during Brain Injury Awareness week.





247-251 Flinders Lane
Melbourne VIC 3000

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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