

**ROSS HOUSE**  
ASSOCIATION

**2016 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)

Sue Healy  
(Appointed Member)

Charles Brass  
(Futures Foundation)

Amber Moore  
(Appointed Member, Staff  
representative)

Michael Griffiths  
(Ex-officio, RHA General  
Manager)

# in the house

OCTOBER 2016

**Attention members and tenants of Ross House**

## WANTED

### NEW COMMITTEE MEMBERS

There are six (6) positions up for election on the Ross House Association Committee at the **2016 AGM**, to be held on **Wednesday 23rd November**.

- Treasurer
- Five (5) Ordinary Member positions

If you have an interest in being part of the Committee, developing your organisational skills, and playing a vital role in managing the Association, please contact Amber Moore ASAP → [amber.moore@rosshouse.org.au](mailto:amber.moore@rosshouse.org.au) or phone 9650 1599.

To be eligible for nomination for an elected position, you need to be the Nominated Members' Representative (NMR) of your organisation. If you are not the NMR already, Amber can provide information about how you may take on this role.

Please note, nomination forms will be sent to members and tenants on 2<sup>nd</sup> November and will be due by **11am, Wednesday 16th November 2016**.



# 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.

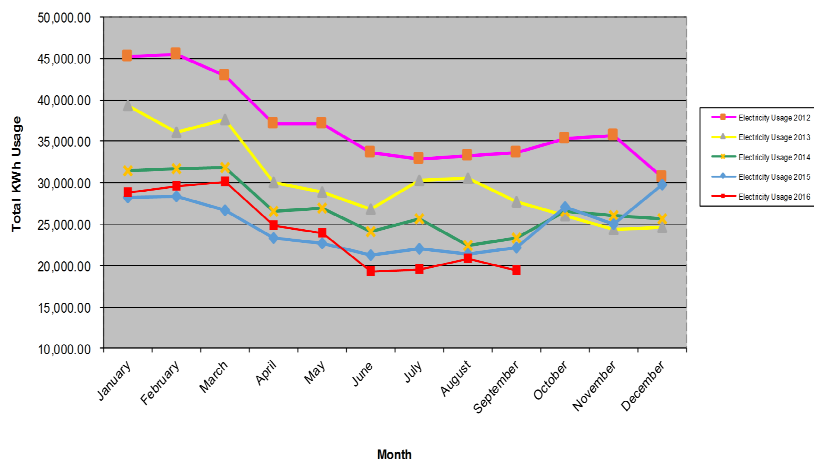


- ⚙️ Façade Works. – Works to the windows have finished and work is currently being done on the parapet. Next week, we expect to commence the replacement of the external sprinkler heads. All works are expected to be completed by mid November.
- ⚙️ Meeting Room improvements:
  - **Hayden Raysmith Room** - The Hayden Raysmith Room AV installation is complete. It is now equipped with two wireless microphones, motorised screen and new HD projector that has both HDMI and VGA computer inputs. You can hire this on an hourly rate of \$14.28 per hour. Please contact the Front Desk for more information - (03) 9650 1599.
  - **Jenny Florence Room** - The Jenny Florence room sound proof plaster has been completed and have installed a large flat screen monitor with DVD and HDMI computer inputs
- ⚙️ The Wi-Fi (Ross House Internet wireless access installation) is now complete. Each level is now equipped with seamless wireless access points that can be used across the building on all levels.
- ⚙️ We have also installed a V-Lan for tenants use, this will ensure that tenants can operate their networks in a secure environment.

\*\*\*\*\*

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 - 2016  
Ross House  
247-251 Flinders Lane Melbourne VIC 3000



# First Aid Training

On Wednesday 5th October, a few of our delightful tenants and Ross House staff gathered in the Hayden Raysmith room to participate in an exciting day of CPR First Aid training.

A huge thank you to everyone who took part - it was a huge success and fantastic to learn both the practical and theoretical sides of saving a life!

Not only was everyone super amazing, but the trainer James made the day a real treat. Thank you also to those who gave him great feedback - we have passed it on!

Watch this space for more opportunities in the first aid training realm!



## Upcoming event with The Futures Foundation



FUTURES FORUMS SERIES 2016

# AUSTRALIA IN 2040: WHAT FUTURE ARE WE CREATING?

*Do you worry that the best today's young Australians can look forward to is a degraded planet and a much diminished lifestyle? For the 2016 series of the Futures Forum we will imagine a better future, and the ways we may be able to actually create it.*

*The ten forums in this series will be held around Australia so very few people will be able to attend them all. However, each presentation will be recorded so anyone who listens to the complete series of podcasts, and connects to the parallel resource base on our website will find a comprehensive summary of the key issues facing Australia.*

**Thursday 24 November in Melbourne**

### WHAT WILL WE EAT?

The world's population is expanding faster than our capacity to provide good food. Will future Australians get their food from their own backyards, from the farm, from the factory, or from overseas?



Mark Lawrence  
Associate Professor  
Public Health Nutrition  
Deakin University

## MELBOURNE METRO RAIL PROJECT



On Tuesday 4th October, Ross House Association presented to the Melbourne Metro Rail Project Inquiry and Advisory Committee (IAC) to ensure that the interests of our members, tenants and facility users are heard and considered, when construction works begin at the proposed CBD South station site.

Our concerns related particularly around access to the building, especially for those with limited mobility and vision impairment, and the anticipated impact that noise, dust and vibrations may have on the building and its users.

We are still awaiting to receive the response from the IAC, but once this has been received, it is expected that we will hold a member and tenant forum to discuss these outcomes.

We will continue to update you as more information becomes available.

If you have any questions regarding this, please contact Amber Moore, Acting General Manager, at [amber.moore@rosshouse.org.au](mailto:amber.moore@rosshouse.org.au)

## CMVic Singing Camp 2016

In the previous edition of *In the House*, we mentioned to 'save the date' for the upcoming CMVic singing camp!

Well, how time has flown as it is almost upon us! Between 11th-13th November, head down to Amberley (near Lower Plenty) and take part in a weekend of singing workshops, skill sharing, song swaps and leadership training sessions for singers of all experience levels and ability.

Bust out your improv, break into harmony, reconnect, recharge and relax. This year's camp will feature practical workshops for English teachers using song to teach English as a foreign language.

For more information, visit <https://cmvic.org.au/whats-on/events/cmvic-singing-camp-2016-save-the-date>



## International Day of Disability with Lotus

**LOTUS Group Projects** invites YOU to celebrate International Day of Disability 2016.

At this event, other groups can:

- ⚙ Let others know more about their group by hosting an information table
- ⚙ Learn more about other Ross House groups
- ⚙ Enjoy a yummy taco bar lunch provided by Don Amigos Catering!



No cost for attending or sharing information, however, if you would like to book an information table (or attend) please register by December 2nd on 0413239236 or email [lotusgroupabi@gmail.com](mailto:lotusgroupabi@gmail.com).

### What else will happen?

Lotus Group has gathered stories and comments from carers from a variety of culturally diverse backgrounds. A Report from the City of Melbourne funded project called "Lotus Wisdom Sharing", will also be presented. Brainlink information bags are also available for everyone which includes mind puzzle games plus International Day pens and other goodies.

**Where?** Hayden Raysmith Room, Level 4 Ross House

**When?** Friday December 9th 2016

**Time?** 11am - 2pm

**For more information please contact Lyn on 0413239236 or email [lotusgroupabi@gmail.com](mailto:lotusgroupabi@gmail.com)**



## Boroondara Community Stroke Hub opening 2016

The opening at Boroondara Community Stroke Hub was a great success with more than 150 people in attendance!

Included in those that attended were dignitaries such as: Hon Josh Frydenberg MP, Hon John Pesutto MP, Tim Smith MP, Cr Phillip Healey, Cr Jim Parke, Councillor of Bellevue Ward and the Mayor of Boroondara.

The afternoon consisted of extremely touching opening speeches, by guest dignitaries that really gave a sense of the community spirit that makes up Boroondara.

The Boroondara Community Stroke Hub Opening was also the launch of the "Sing for Recovery" Choir and they performed beautiful songs on the day. At one point, the Choir was joined by Hon Josh Frydenberg MP, Hon John Pesutto MP, Member for Hawthorn and Shadow Attorney General, Tim Smith MP, and Cr Phillip Healey, who displayed for us their fantastic singing abilities!

There was not a dry eye in the building – with emotions of happiness and accomplishment of all achieved so far. There is much work to do, with the task ahead of securing funding for a Coordinator, though they can start to get a glimpse of the amazing opportunities to come for stroke survivors and their carers.

[www.strokeassociation.com.au](http://www.strokeassociation.com.au)



### 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.

## Grants News

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

The **Myer Foundation and Sydney Myer Fund's** Poverty and Disadvantage Small Grants Program is an ongoing grants program with no specific closing dates and offers grants of up to \$10,000.

This Small Grants Program supports strategies to benefit Australian communities, and aims to:

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

Priority areas are:

- ⚙ communities experiencing social and economic exclusion with particular emphasis on Indigenous Australians,
- ⚙ asylum seekers and refugees, and people living in isolated rural and remote areas of Australia,
- ⚙ children and young people from disadvantaged backgrounds who lack the opportunity to improve their wellbeing,
- ⚙ small, discrete projects that meet the needs of the community rather than supplementary funding for large projects. A small, discrete project will be considered to have a total budget of up to \$50,000.

For more information including, eligibility criteria, please visit <http://myerfoundation.org.au/grants/poverty-disadvantage/small-grants/>

The **Layne Beachley Aim for the Stars Foundation** grants program is currently open and currently offering grants to individuals of up to \$4000. Submissions are due by 24th November 2016, 5pm.

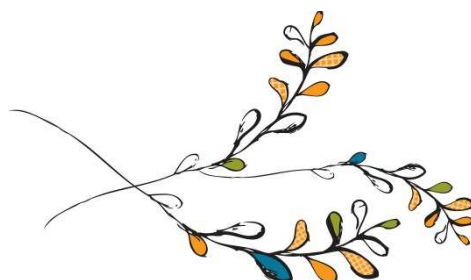
Aim for the Stars has a clear purpose to enable girls and women to invest in their future and fulfil their potential while giving back to the community and becoming positive role models in their field of pursuit.

Whilst the Foundation provides annual scholarships, they are also invested in growing ambassadors across their fields of pursuit to inspire and empower girls and women to enable them to give back to their communities. Their goal is to create a national network of emerging leaders who are committed to the future of women fulfilling their potential.

Eligibility criteria includes:

- ⚙ Females, 12 years of age and above at 31/01/2017
- ⚙ Girls and young women who are long-term (continuing) Australian residents
- ⚙ Females who have initiative and passion and are committed to achieving a dream in their field of choice.

For more information, please visit <https://www.aimforthestars.com.au/>



## Shine for kids

SHINE for Kids aims to assist children and young people with a relative in the criminal justice system. SHINE has a firm belief in the power of early intervention and a focus on collaboration to reduce the negative effects of parental imprisonment on children and young people. They provide child-friendly, supportive venues for families, children and all visitors to drop in when visiting prisons, as well as prison-based services, casework & support, mentoring and group work. SHINE support kids, helping them to create hope, to inspire them to reach their potential, and nurture their growth and empower them to succeed.

<http://rbms.com.au/>



## Kenya Community Victoria

Kenya Community Victoria promotes active participation of the Kenyan Diaspora in Victorian society. Through community events, culture and language programs, Kenya Community Victoria support their members to live fulfilling lives and participate fully in the Australian community whilst fostering a vibrant Kenyan Community that celebrates its African heritage.

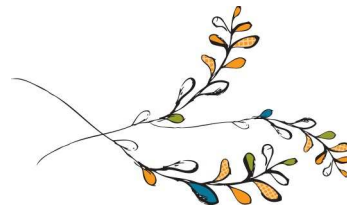
<http://kenyacommunityvictoria.org.au/>

## Moved out

The Big Issue have moved to their new home at Donkey Wheel House... we've loved having the Vendor Support Team here whilst they sought a new permanent space after 20 years at their offices on Lonsdale Street. We wish them all the best.

## Office moves

Climate Council have moved from Level 2 to Level 4.



## The Aussie Hands are back!

Much loved tenant Aussie Hands, is back after some time in Windsor... We're thrilled to have their smiling faces back in the halls of Ross House – their smiles can be found in Room 1.3 on Level 1.

Aussie Hands support children and adults who have been born with a hand difference or have an acquired hand injury; provides opportunities for networking and exchange of information; and supports research initiatives focussing on congenital hand anomalies.

Anyone is welcome to pop-in and say hi to Elizabeth (Founder & Vice President) and Julie (Executive Officer) during their office hours: 10am-4pm, Tuesday to Thursday.

For more information visit their website [www.aussiehands.org](http://www.aussiehands.org)

Call (03) 9044 2106, or email: [info@aussiehands.org](mailto:info@aussiehands.org)



Aussie Hands

## Raising Our Voices

Back in 1987, a dedicated group of people with an intellectual disability, who were passionate about their rights decided they needed a voice on Melbourne's airwaves. They got support from Ross House tenants Reinforce, a self-advocacy group and AMIDA, a housing rights group for people with a disability and community radio 3CR 855am. The result was the birth of a self-advocacy radio program prepared and presented by people with a disability.

*Raising Our Voices* has been raising the issues that people with a disability have, in their own words and voices, for 29 years in 2016. The Raising Our Voices self-advocacy group has delivered a half hour radio show every month since August 1987 and has covered a variety of issues about housing, abuse in institutions, young people in nursing homes, and the goal of community living for all people with a disability.

The most recent *Raising Our Voices* talk was to Evan Tattersall from Melbourne Metro about accessibility in the CBD regarding the Melbourne Metro Rail Project. You can listen to the broadcast here >

[www.3cr.org.au/raisingourvoices](http://www.3cr.org.au/raisingourvoices)

For more information regarding the project, please contact AMIDA on [amida@amida.org.au](mailto:amida@amida.org.au) or (03) 9650 2722

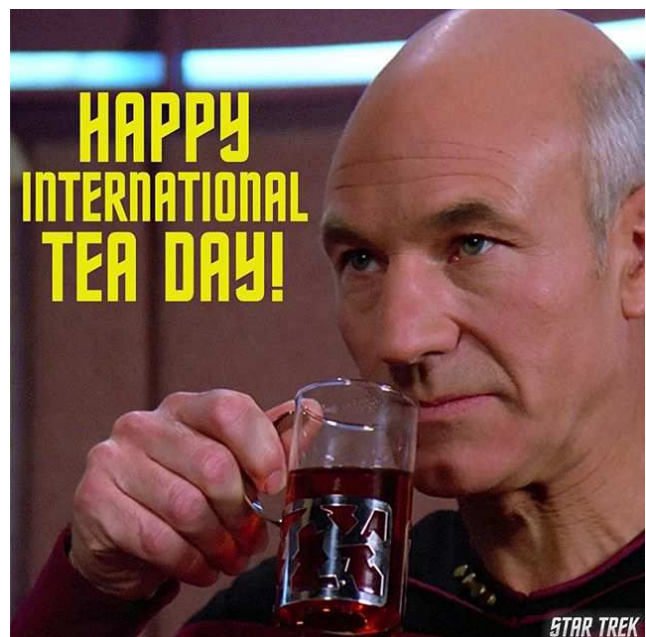


## Save the date - End of year Celebration

This year's End of Year Celebration will fall on Thursday 15 December in the Ross House Foyer.

That day happens to be International Tea Day, so mark it down for a tea themed send off to 2016!

**Stamp it in your diary, see you there!**





# Great news from The Sunflower Foundation

On October 11th, The International Day of the Girl Child, The Sunflower Foundation (Australia) Inc launched its inaugural annual photographic competition, *Now I Can!*

Also....

October 16th, saw the launch of the new book co-authored by Dr Paul Power, Co-founder and Committee Member of the Sunflower Foundation (Australia) Inc. titled, "52 Ways to Boost Your Emotional Intelligence". It was written in collaboration with fellow Psychologist, Glenda May. You can read more about the book, and purchase a copy, by visiting [www.sunflowerfoundation.ngo](http://www.sunflowerfoundation.ngo)

On November 20th, committee members and volunteers of the Sunflower Foundation will be participating in the Sunday Age City2Sea fun run. Runners and walkers can be supported by going to [www.city2sea.com.au](http://www.city2sea.com.au)



## NOW I CAN

Freeze the magic when 'I wish I could' turns into 'Now I can'

You're just one click away from winning over \$6000 worth of prizes if you can capture the joy, laughter, excitement, grit, determination and satisfaction of that moment

ENTER NOW at [www.sunflowerfoundation.ngo](http://www.sunflowerfoundation.ngo)

board imaging | **michaels** |  | 

Applicants are to submit their entries between the 1/11/16 and 15/1/17 by filling in the application form and attaching your photo submission. Voting will be open to the public between 20/01/17 and 28/02/17. Winners will then be notified by 1/3/17. For more information on the terms

## 2017 member/tenant packs

You'll have recently received your Member/Tenant Packs for 2017. The packs offer members and tenants the opportunity to book meeting rooms for the coming year, and to express interest in reserving space in the Display Windows at the front of Ross House.

All forms are optional, except for the Key Register Form which tenants and key holding members are asked to return.

Forms are due back to Ross House by **Friday 11th November, 2016.**

## The Big Picture is returning to Ross House

Some of you may remember our monthly screenings of social justice and environmental films – yes? Well we are excited to announce that The Big Picture returns in 2017 and we are already compiling a list of incredible films to screen.

With our new AV system in the Hayden Raysmith room, our Big Picture nights are sure to be better than ever. If you have any films you would like to recommend, please get in contact with Amber at [amber.moore@rosshouse.org.au](mailto:amber.moore@rosshouse.org.au) and let her know.

Keep an eye out for information relating to the first screening and let's spread the word and get as many people through the doors as possible! Stay tuned....



## Ross House-keeping



### 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!

### Invoices

- \* A friendly reminder that Ross House's invoice payment terms are 14 days from the date of invoice.

### 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](mailto:rosshouse@rosshouse.org.au)
- \* Facebook - if you have any great news or events coming up that you would like us to promote online, please send them through to Katie at [rosshouse@rosshouse.org.au](mailto:rosshouse@rosshouse.org.au)

## Not-for-profit Law Day @ Ross House (recap)

Not-For-Profit Law is Justice Connect's unique legal service for not-for-profit community groups. Not-For-Profit Law helps community groups by providing free and high quality practical legal assistance and advocating for simpler and more effective regulation.

On the 4<sup>th</sup> of October NFP Law ran a legal help day at Ross House. The event kicked off with an information session about key legal issues encountered by Not-for-profits, in particular: governance, managing volunteers and employees, safety, communications, and working with other community organisations.

Overall the session was well received by the 40 or so community groups that attended. Participants said the session helped them understand their legal responsibilities, identify possible legal issues for their group and better understand how NFP Law could assist them.

After the morning information session, organisation's were invited to make an appointment with a lawyer to discuss their legal issues. Experienced lawyers from the NFP Law team, along with a number of volunteer lawyers with expertise in specific areas of law, met with 12 organisations, one on one. The feedback from these appointments was very positive.

The NFP Law team really enjoyed the experience of being able to get out into the community and engage with some of Ross House's community organisations, in a face-to-face setting.



If you would like more information about NFP Law, please visit:  
<https://www.justiceconnect.org.au/our-programs/not-for-profit-law>



## CMVIC Volunteer Opportunity

### Do you have some spare time for a couple of hours each Thursday?

Community Music Victoria (CMVic) seeks an office angel to volunteer a couple of hours each Thursday morning to put their love of administrative tasks to good use! This is a great opportunity for anyone who likes to field enquiries and file important information. There will be event booking emails to process, general enquiries to answer and a host of other admin based tasks, too. The role requires speaking to people on the phone and answering, composing and sending emails on behalf of the organisation. Working out of Ross House, you'll be joining a great community, the coffee's good and there are fantastic perks to volunteering for CMVic such as free membership to the organisation which gives you a 20% discount to CMVic events and online purchases.

A working knowledge of Word and Excel is preferable, although training and guidance will be given.

For more information or for a chat about what the role involves, contact [Deb Carveth](#), CMVic's volunteer Coordinator, or call 9662 1162

<https://cmvic.org.au/news/community-music-victoria-seeks-volunteers>



## Brain Injury Matter's AGM

**Brain Injury Matters Inc.**  
invites you to their

### Annual General Meeting

Tuesday November 8<sup>th</sup>  
Hayden Raysmith Room  
4<sup>th</sup> Floor Ross House  
247 Flinders Lane Melbourne  
10.30 am - 12.30 pm  
Registration 10 am  
Lunch at 12.30 pm

Guest Speaker

Simon Warlond  
is an artist in sculpture  
who has an ABI

RSVP October 28<sup>th</sup>  
Email: [office@braininjurymatters.org](mailto:office@braininjurymatters.org)  
Ph: 0400814116

## Are you 50+ and interested in financial matters?

**Melbourne Investment Discussion Group** meets monthly to listen and learn more about investing and other issues affecting their financial wellbeing.

On **Thursday 10 November** at 10am, we are excited to have two senior people, from Ord Minnet. This firm provides advice on a comprehensive suite of investor services including stockbroking, financial planning, superannuation and retirement planning. It also produces a fortnightly global review of stock markets, commodities and exchange rates.

On **Thursday 8 December** at 10am, our speaker will be Nick Hamilton, Group Manager for Mergers and Acquisitions from McMillan Shakespeare (MMS). MMS is Australia's largest provider of salary packaging and novated leasing and is also a major provider of fleet management.

Lively Q&A sessions follow these informative talks and then morning tea. An informal discussion on investing takes place after lunch at 1.15pm.

This Group is an autonomous group within the Melbourne City Branch of National Seniors Australia (an RHA Associate Member).

**Visitors are welcome** - for more information, please contact Neville on 9500 1037.



247-251 Flinders Lane  
Melbourne VIC 3000

Phone: 03 9650 1599

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[www.rosshouse.org.au](http://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](mailto: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](mailto:rosshouse@rosshouse.org.au)

## Ross House Association Staff



### General Manager

Michael Griffiths

[michael.griffiths@rosshouse.org.au](mailto:michael.griffiths@rosshouse.org.au)



### Facility Manager

Nazzareno Marchionda

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### Development Program Manager

Amber Moore

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### Finance Officer

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### Membership & Tenancy Officer

Samantha Thornton

[samantha.thornton@rosshouse.org.au](mailto:samantha.thornton@rosshouse.org.au)

### Casual Front Desk staff

Sue McDonough

Stephanie East

Rebecca Jahr

Patti Gerken

Lucie McMahon



### Information & Administration Officer

Katie Stadtfeld Cunnane

[rosshouse@rosshouse.org.au](mailto:rosshouse@rosshouse.org.au)

