



ROSS HOUSE ASSOCIATION

2019 RHA COMMITTEE

CHAIRPERSON

Christine McAuslan
(COSHG)

DEPUTY CHAIR

Valerie Elliot
(Handknitters Guild)

SECRETARY

Alba Chliakhtine
(ABRISA)

TREASURER

Keith Bettles
(USA City of Melbourne)

De Grebner
(Ex TreeProject, Appointed
Member)

Scot Muirden
(CBSF)

Heidi Nicholl (Emerge,
Appointed Member)

Maggie Maguire
(Appointed Member)

Richard Caven
(Appointed Member)

Nazzareno Marchionda
(Appointed Member RHA
staff)

Michael Griffiths
(Ex-officio, RHA General
Manager)

IN THE HOUSE

JUNE 2019

Upcoming leasing campaign for a value aligned commercial space at Ross House

As part of our commitment to the Ross House Association 5-year Strategic Plan, which was developed through a comprehensive community consultation process in 2017 & 2018, the Association will soon be commencing a leasing campaign for the ground floor of Ross House.

During July & August 2019, we will be running a digital marketing campaign, and taking potential tenants, through the ground floor space to ascertain its market value and the level of interest.

Once the RHA Committee have shortlisted potential tenants that could be suitable for Ross House, we will ask for community feedback through written submission, prior to entering into any lease agreement.

This is an exciting time for the Ross House community and through this process we have a chance to secure Ross House's future for decades to come.

If anyone has any questions regarding this process, please don't hesitate to contact the General Manager on michael.griffiths@rosshouse.org.au.



Melbourne Metro Rail Update

The following works are either underway or planned for the Melbourne Metro Rail Project:

- ⚙ The piling works at the Flinders Quarter site has started and will continue through to December 2019, two piling rigs are in place, 39 of 102 piles have been completed.
- ⚙ There will be night work from 30th June 2019 for about 4 nights to install gantry/site sheds.
- ⚙ The City Square site acoustic shed will go up from June - November 2019.
- ⚙ City Square excavations and tunnelling will commence August 2019.
- ⚙ The steel deck over the Flinders Quarter site is likely pushed back until after the piling is complete.
- ⚙ Excavation and tunnelling will begin once the deck is in place.

For more information on the project, please visit www.metrotunnel.vic.gov.au.

Building & Maintenance

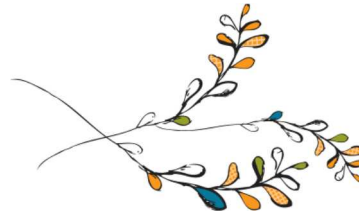
There's always a lot going on in this big old building of ours, so please make sure you keep an eye out for the building maintenance emails that circulate regularly.

Current and completed works

- ⚙ The CPR First Aid course took place on Monday 17th June 2019 and was a great success. Anyone who missed out this time, fear not, there will be another opportunity to complete the certificate towards the end of the year. Watch this space for more information.
- ⚙ Level's 1, 2 and 3 fire doors have been re-hung and painting has been completed on the internal entry to Ross House.

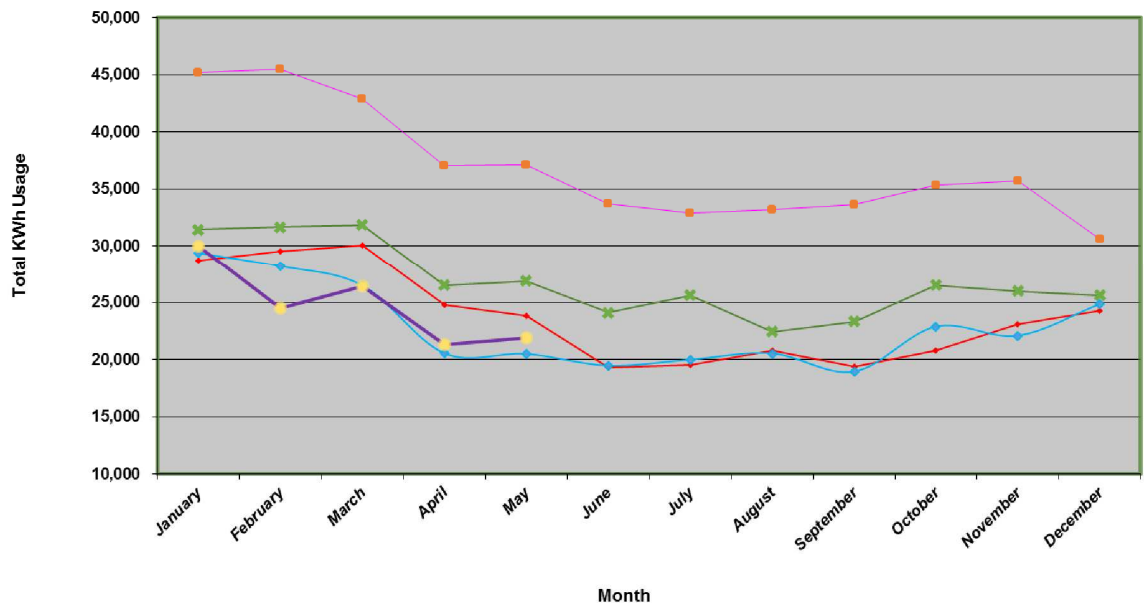
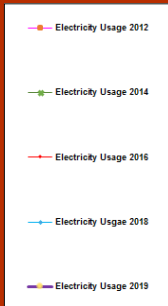
Upcoming works / happenings

- ⚙ The installation of safety switches on Levels 1,2 & 3 will be undertaken in the future - tenants to be notified when this will occur.
- ⚙ The accessible toilets are currently being painted and meeting room 1.2 will be recarpeted in July.



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.

Electricity Comparison 2012 - 2019
 Ross House
 247-251 Flinders Lane Melbourne VIC 3000



Reflections by the RHA Chairperson - Christine McAuslan



We have welcomed two new members to the Ross House Committee - Dr Heidi Nicholl from Emerge (a new tenant at Ross House) and Maggie Maguire, who has joined us as an appointed member. Both new members bring a comprehensive understanding and experience of community organisations to the table. This means our committee now consists of two appointed members, seven tenant/member representatives, one staff representative (voting) and our General Manager (ex officio) who does not have a vote.

As you will have read in your recent tenant Licence Agreement, there has been some changes made to ensure Ross House operates under the legalities we are bound by.

A letter of complaint was received last year that contained some misinformation around Licence Agreements. However, this prompted a review on issues around agreements, and as a result, advice was sought from our pro-bono lawyers to ensure we are acting within our Deed of Trust and other legal requirements.

Some anomalies had been noted in reviewing tenant leases. My own previous experience on the Membership and Tenancy Sub-committee has given me an insight into how applications are reviewed and processed and why groups fit or don't fit the criteria. Therefore it is very important that the Membership and Tenancy Officer or the General Manager be advised should operating or financial circumstances change for existing tenants, as per the questions in your lease (and the criteria for tenancy).

The Community Development Sub-Committee will re-form shortly. If you are interested in being on this sub-committee please let the General Manager know so we can advise of meeting details.

On behalf of the Committee I would like to pass on our condolences to Hayden Raysmith on the death of his wife.

RHA Chairperson
Christine McAuslan



Ross House online booking system - FYI's

Cancellations

- ⚙ Please be reminded that cancellations need to be made (via your account) under the bookings section. At least 48 hours-notice (2 working/business days) is required for cancellations otherwise 50% of the hire price will be charged. If no notification is given before the date of the meeting, the full price will be charged.

Trouble-shooting tips

- ⚙ Is your booking in your cart? Often this can happen if you have a pending booking. What this means is that the system is holding it for you in the cart. You can access your cart in the top right hand corner of your screen.
- ⚙ Have you tried logging in and out again? This helps to restart the system to begin again.

Key Register and updating admin details

- ⚙ Don't forget to keep your key register up to date (and admin details) to avoid any issues at the Front Desk.

If you need any training, please do not hesitate to contact the Front Desk on (03) 9650 1599 or rosshouse@rosshouse.org.au.



EMERGE Australia Inc



Myalgic Encephalomyelitis (ME) affects up to 1% of the population, meaning that 250,000 Australians are affected by this complex, chronic health condition. A staggering 25% of people with the condition are classified as severely unwell - they are either housebound or bedbound by their illness.

People with severe ME are often said to 'go missing' from their lives, having to stop work or education, limit their socialisation with others, and save their very limited energy to attend medical appointments.

On the 8th August every year, people with severe ME are acknowledged, letting them know that they are not forgotten or unheard.

This year, Ross House tenant, Emerge, will be running an online awareness campaign to raise the profile of those who have 'gone missing' with ME.

Why not show your support by following the campaign too? For more information, head to the Emerge Facebook page or website > www.emerge.org.au.

Emerge Australia Inc educate people with the condition, the wider community and healthcare practitioners about ME/CFS.

Aussie Hands reaching new heights

Dave has been living with a hand difference for 20 years (born with his three middle fingers missing from his right hand). To raise money (and awareness) for the Aussie Hands Foundation, Dave trekked to the Base Camp of Mt Everest this April, aiming to raise \$7,000 (\$1,000 for every finger he has). Not only did he do it to give back to the foundation for all of the support it's offered him over the years, but also encourage more funding to be allocated towards the Australian Hand Difference Register - which will ultimately count for much of the research required to answer the questions of those struggling for years with all the 'Why's' & 'How's' following the birth of a child with a hand difference, or having one yourself.

Although it was a long and difficult journey to Base Camp (including being airlifted to Kathmandu after suffering altitude sickness), Dave arrived safely back to Australia a day before his 20th birthday.

Dave's dream is that one day, being born with hand or limb deficiency is no longer a thing. Therefore nobody will ever have to go through the harsh challenges that he did.

Please DONATE below to help him reach his target and share awareness of people living with a hand difference.

www.aussiehands.org

<https://www.givenow.com.au/crowdraiser/public/DavesAspiringVenturetoEverest2019Fundraiser>



Reinforce coffee morning

Head along to a coffee morning with Reinforce.

Hear from guest speaker, Lucy Macali from DHHS, and take up the opportunity to mingle and meet new friends.



Where? Jenny Florence Room, Ross House

When? Wednesday 17th July (10:30am - 12:30pm)

RSVP? Wednesday 10th July to ellie.saru@gmail.com or (03) 9650 7855.

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

TEWFA Gala Event

You are invited to attend a Gala Dinner with Ross House tenant, The East West Foundation of Australia Inc, on Saturday 12th October 2019 at 7pm.

All proceeds will be applied directly to helping the Foundation through their health care, education, community development and environmental sustainability programs.

Where? Manningham Civic Centre, Doncaster

When? Saturday 12th October @ 7pm

Cost? \$150 per person (Concession \$95 per person)

RSVP? Please RSVP by 27th September 2019. For more information, please visit www.tewfa.org.au.

Island Whale Festival 2019 - CMVIC

You are warmly invited to participate in the Intercultural Arts Program at the 2019 Island Whale Festival, a celebration of whales, oceans and intercultural collaborations. The Festival celebrates the arrival of humpback whales, southern right whales and killer whales in the coastal waters off Phillip Island, as they migrate north to the warmer waters off Queensland.



Throughout the festival, activities include ceremonies, drumming circles, music and dance performances, song circles, song exchanges, concerts, a street Parade and a collaborative art space which weaves together art and science. All activities in the program are about making connections and are designed to deepen intercultural understanding and raise environmental awareness.

Where? Various locations on Cowes, Phillip Island

When? 5th - 7th July 2019

To view the full program, please visit www.islandwhales.com.au or www.cmvic.org.au.



This festival is in partnership with Community Music Victoria (CMVic).

Volunteers needed!

Volunteers are needed for a BBQ fundraiser at Bunnings, Collingwood!

Disabled WinterSport Australia (DWA) has been offered the opportunity to host a fundraiser BBQ at Bunnings Collingwood on Sunday 21st July (9am - 4pm).

It will be a great opportunity to show off your bbq-ing skills and have a chat with members of the public about DWA and the services they provide. Free snag also included.

To find out more, please contact DWA on info@disabledwintersport.com.au or 1300 265 730.



Grant News

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

The Pierce Armstrong Foundation grants program opens on the 1st August, with submissions due 15th September. Although the Foundation does not specify a minimum or maximum funding amount, it generally provides small donations up to \$20,000.

The Foundation seeks to positively impact and enhance the lives of Australians and will support those organisations who demonstrate they can make meaningful and lasting contributions to the community.

The current area of focus is for programs that support health and wellbeing and the education of children and youth.

To be eligible for funding:

- ⚙ Your organisation must have both TCC (Tax Concession Charity) and DGR item 1 (deductible Gift Recipient) ATO endorsements, and
- ⚙ Your organisation must be based in Australia.

For more information please visit <http://piercearmstrong.org.au/faqs/#toggle-id-4>.

The Department of Health and Human Services (VIC) Disability Self-Help Grants program is currently open, closing on 12th July 2019 at 11:59pm. Funding is available of up to \$10,000.

The Disability Self Help Grants program provides grants to assist Victorian disability self-help groups to meet some of the costs associated with providing social, emotional and practical support to their members.

Priority will be given to groups undertaking the following types of work and your application needs to provide supporting evidence such as letters of support, minutes of previous meetings and terms of reference.

- ⚙ A focus on capacity building, network development and education for members
- ⚙ A focus on supporting people from hard-to-reach and diverse backgrounds
- ⚙ A focus on supporting people within regional or rural Victoria.

For eligibility criteria and guidelines, please visit <https://providers.dhhs.vic.gov.au/disability-self-help-grants-program>.



Ross House-Keeping

Ross House Foyer

- ⚙ Thank you to everyone who continues to keep the Foyer a clean and tidy space. Just a friendly reminder, please ensure to take your rubbish to the bins near the kitchen when required and do not use the blue paper bins. This is a meeting space upon arrival to the building - please be reminded however that this is still an active working floor, so noise levels need to be kept at a minimal level - thank you!



Meeting Room bookings

- ⚙ Please feel free to contact the Front Desk if you would like to book some training for your staff members who are new to the online system - we are here to assist.

Meeting Room whiteboards

- ⚙ Please keep the whiteboards clean once used. If you need anything from the Front Desk including wipes, cleaning products and cloths, please pay us a visit.

Promotion

- ⚙ Please make use of the promotional opportunities we have at Ross House including this newsletter, a weekly e-bulletin, Facebook and internal notice boards. If you would like more information, please contact Katie at rosshouse@rosshouse.org.au.

Finance

- ⚙ A friendly reminder from our Finance team (Junxia), that Ross House invoice payment terms are 14 days.



IN THE HOUSE

Hand Knit and Crochet Guild (formerly Handknitters Guild)

The Guild recently hosted two well attended events, the Yarn and Craft Market at Coburg Town Hall and an Open Day at Ross House where they showcased some of their talented members work, as well as their well-stocked Library.

The Yarn and Craft Market featured over 30 indie dyers, makers and creators and the Open Day, had demonstrations of spinning, sock techniques, arm knitting, crochet, and other knitting techniques. At both events, there was lots of laughter, sharing of knowledge, and new members joining the group.

For more information about the Guild, please visit <https://handknittersguild.wordpress.com/>.



Greening Ross House

It is well documented that working in a space with live, leafy plants around you is conducive to a far happier and healthier work environment, and one we have wanted to introduce for some time.

Thanks to a generous donation from Bunnings Collingwood and numerous individual donations that have come through the online booking system, we are slowly beginning to “green up” our meeting rooms.

Over the past few months, RHA staff have been trialling different plants to see which ones would work best with the different levels of light we have here in the building.

As a first stage we have now placed plants in the Jenny Florence and Sue Healy rooms, and Meeting Rooms 1.2 & 2.1.

We will look to add more plants to our other meeting rooms over the coming months.



Ross House kitchens

Please be reminded that the kitchens are communal spaces and are self-managed and to be kept clean and tidy (eg dishes washed and put away) by you, the community.

We are still noticing a lot of mess around the place and your individual contribution can go a long way. Washing dishes, putting them away and giving the fridge a wipe down can really eliminate a build up. Plus, it will also prevent any unwanted germs in this viral prone season.

If you have some time today, why not head to your area and help out where you can? Please remember that keeping the kitchens tidy is not the responsibility of RHA staff.

You can also collect your cleaning products from the Front Desk.

Thanks in advance.....

Casual and volunteer positions @ SHINE for Kids

SHINE for Kids supports children, young people and families with relatives in the criminal justice system. They have been operating for over 30 years and have programs in VIC, NSW, QLD and the ACT.

SHINE stands for the five elements of what they do: **Support** children, facilitate **hope**, **inspire** kids to reach their potential, **nurture** their growth and **empower** them to succeed.

In Victoria, they are growing their programs to meet an ever-increasing need. Currently they support children in prisons who are visiting parents, provide a supported transport option for children who are unable to visit otherwise and provide educational support for kids with an incarcerated parent.

SHINE has two opportunities available for anyone who wants to make a difference in the lives of disadvantaged children. They have an opening for a casual Programs Assistant, which will initially be two days a week. Applicants should have administrative experience, preferable in the community sector.

SHINE also has openings for admin volunteers. They have long-term projects that involve data entry and digital file management. This would suit anyone looking to fill a few hours in the week, use or improve your digital skills and make a real difference in children's futures.

Please note that SHINE undertakes several screening processes to ensure the appropriate protections of children in its care. This includes reference checks, identity checks, qualification checks and professional registration checks.

For direct enquiries, please email Chris at cturner@shineforkids.org.au.



Floor Meetings scheduled

Floor Meetings have been scheduled for July and August 2019. For those of you who are new to Ross House, Floor Meetings are a chance to meet with your fellow tenants and Ross House Association staff – it's an opportunity for us to come together as a community and chat about what's working well and what we could improve.

Below are the meeting dates/times:

- ⚙ **Fourth Floor tenants** – Sue Healy Room, Ground Floor (12:30pm – 1:30pm, Friday 19th July)
- ⚙ **Third Floor tenants** – Jenny Florence Room, Level 3 (12:30pm – 1:30pm, Tuesday 16th July)
- ⚙ **Second Floor tenants** – Sue Healy Room, Ground Floor (12:30pm – 1:30pm, Monday 22nd July)
- ⚙ **First Floor tenants** – Sue Healy Room, Ground Floor (12:30pm – 1:30pm, Monday 5th August)
- ⚙ **Ground Floor tenants** – Sue Healy Room, Ground Floor (12:30pm – 1:30pm, Tuesday 6th August)

SUBMIT AN AGENDA ITEM - If you would like to submit an agenda item for your floor, please do so at least five working days before your meeting is scheduled. The agenda will be sent out 2 days before the meetings.

Please pass this invitation on to your team; it would be great if you could have someone from your organisation attend your floor meeting. Refreshments will be provided.

Melbourne Osteoporosis

Support Group



**MELBOURNE
OSTEOPOROSIS
SUPPORT GROUP**
Incorporated Reg No. A00381AOR
Est. 1996

The next Melbourne Osteoporosis Support Group meeting at Ross House is on Tuesday 20th August 2019.

The speakers on the day are Pia Batten and Nicole Shu - accredited exercise physiologists (AEP) who are going to discuss balance and strength training for osteoporosis and the difference between physiotherapists, exercise physiologists and exercise scientists.

Where? Hayden Raysmith Room, Ross House

When? Tuesday 20th August @ 1:30pm

Everyone is welcome to attend. For more information, please visit:

www.melbosg.org.au.

RHA is seeking fire wardens

Ross House Association is seeking volunteers to be Fire Wardens on each of the levels. Little time and commitment is required, just one meeting before the fire drill which will be in August or September 2019.



Not only are these roles great for personal development, they are supporting the community within Ross House (in an emergency); helping people leave efficiently and safely to the designated meeting point - the corner of Flinders Lane and Swanston Street.

To find out more, please contact Nazz on n.marchionda@rosshouse.org.au

27th Anniversary

Gala Dinner

Saturday October 12th
2019 at 7pm

Please join us at
MANNINGHAM CIVIC CENTRE
699 Doncaster Road
Doncaster

Tickets \$150.00 per person
(See payment over)
Students under 25,
Concession \$95.00

RSVP: September 27th, 2019

THE EAST WEST FOUNDATION OF AUSTRALIA
indian cuisine • music • raffle • 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.tewfa.org.au

National Council of Women VIC May Forum Recap

The focus of the National Council of Women Victoria (NCWV)'s May Forum was on what makes a Safe City/Safe Streets, including wide streets, pedestrian access, good visibility, good lighting and clear signage.

On the day, there were two speakers - Martin from Safe System Road Infrastructure Program (SSRIP) and Phuong from Regional Roads Vic. (RRV), who outlined improvements to accessibility for pedestrians and cyclists being delivered through the SSRIP – Pedestrian Area program, Safer Cycling program and Safe Travel in Local Streets program. Their findings outlined that on average there are 40 pedestrian deaths and over 500 serious injuries per year, almost half being female. Pedestrians aged 65 and over represent almost one third of the total and again with females accounting for just over 50%.

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



NCWV delegate Anna Purton gets the message across



Calls for warmer street lighting

By Rhonda Dredge

A new study has found that bright lights in the city can actually be disconcerting, making people feel unsafe as if the lighting is trying to cover up danger.

This was one of the findings of a forum on safety for women last month, hosted by independent lobby group National Council of Women (NCW).

The NCW meets monthly at Ross House in Flinders Lane and posts its gritty results on the street.

Experts on women's safety spoke at the forum, including Hoa Yang, a design consultant with Arup Lighting in the Docklands, who talked about the new human-centred approach to lighting.

"The current Australian lighting standards for pedestrians are based on pre-LED technology and are in need of a re-think," Ms Yang said.

"The standards revolve around the amount of light falling on a surface, and do not consider the perception of brightness and experience of the larger urban context by its users."

NCW has uploaded the message into a window display at Ross House, which will be up for a month.

"We're concerned about the safety of women and girls generally at night," NCW secretary Pam Hammond said. "We're an advocacy group. We don't have the power to physically change anything, I like the fact

that we can look at big issues and can put resolutions to state parliament."

Ms Hammond said she was surprised to learn that glare lights feel unsafe. "We have a role to monitor lighting," she said.

The study, which was conducted with Monash University, analysed lighting measurements across 80 different sites in the City of Melbourne; the largest sample of night time analysis done globally.

Lights that are visible from the air are ones that shine up rather than down, wasting their wattage rather than directing it into making places feel safer.

People in the CBD are particularly sensitive to lighting. After the recent murder in Celestial Avenue, CityPower received complaints that the lights weren't working. One café worker said the lane had been dark for two weeks.

Ms Yang said that new and retro-fitted lighting opportunities were happening all around the world, presenting an opportunity for city design to use light to curate positive experiences.

"The tendency in designing for public spaces is to choose a worst-case scenario by stakeholders to de-risk, too often resulting in poor fit outcomes," she said.

"This design approach often leads to over lighting spaces resulting in negative experiences of the space due to glare, also contributing to light pollution and excess energy consumption."

"Safe perceptions of spaces correlate generally with a higher level of colour rendering, suggesting that distinguishing shapes and colours more accurately make people perceive spaces as safe."



Ross House Mid-Year Lunch - World Environment Day

On Wednesday 5th June 2019, Ross House members, tenants, staff and RHA committee gathered in the Hayden Raysmith Room for the annual Mid-Year Lunch, celebrating World Environment Day.

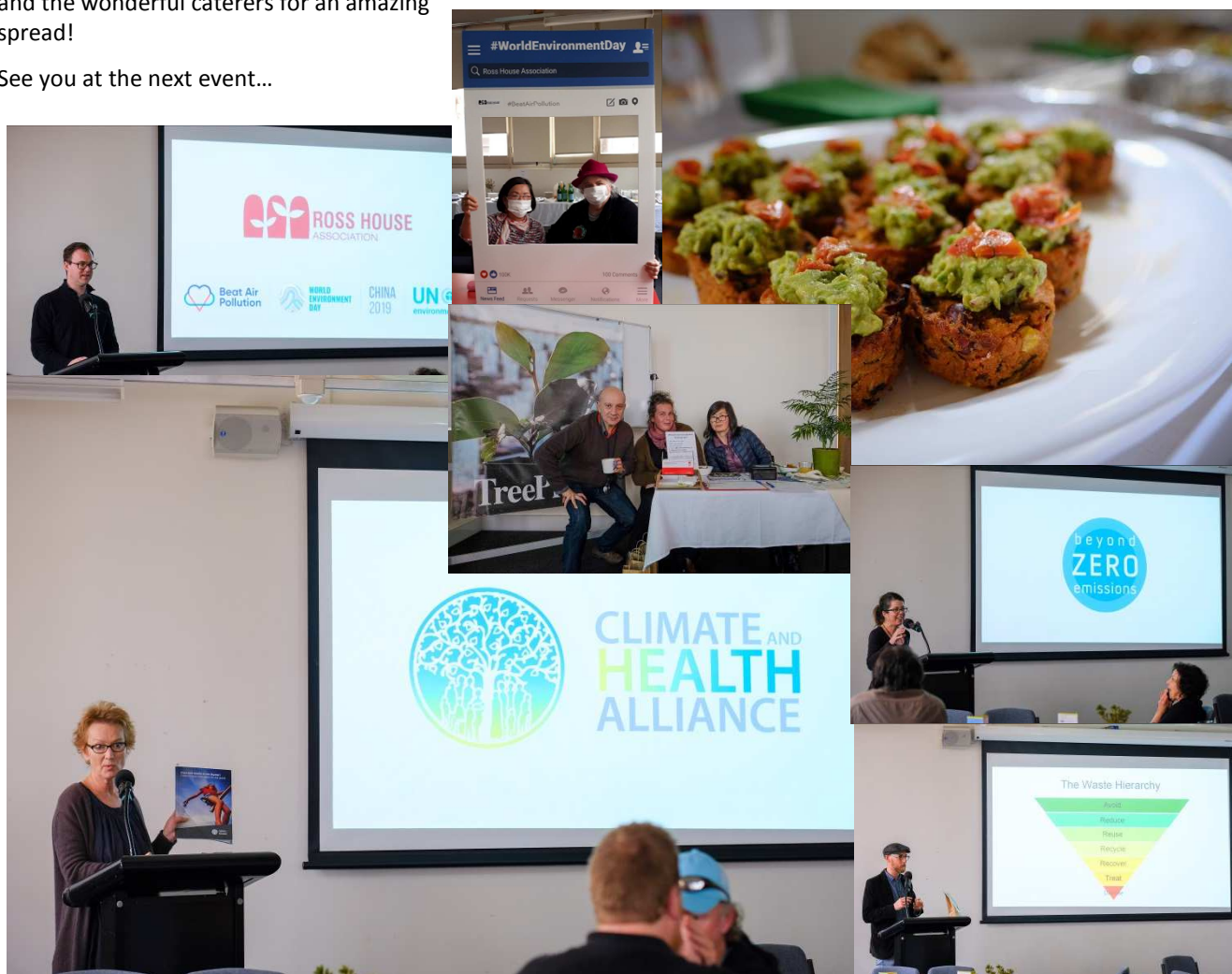
The theme for World Environment Day was **#BeatAirPollution**. Leading up to the event, Ross House Association gave away free masks to take on the **#MaskChallenge**, where people made a pledge on social media to get the word out about the issues with air pollution.

Also on the day, the delicious vegan catering saw people flood through the door – with 65+ people in attendance, the room was bursting at the seams - thank you to www.invita.com.au and the [The Organic Food and Wine Deli](#) for providing us with an unforgettable feast.

As well as some yummy food, TreeProject promoted their volunteering planting day and there was a great line-up of speakers including Fiona from Climate and Health Alliance, Vanessa from Beyond Zero Emissions, Patrick from the City of Melbourne Recycling Facility and our General Manager, Michael Griffiths. There were some amazing insights into our current global situation as well some great tips on how to reduce our recycling, into zero waste.

A great day all round - we thank everyone for getting involved in the campaign, the speakers for some great information and the wonderful caterers for an amazing spread!

See you at the next event...



www.worldenvironmentday.global/



CHINA
2019





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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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