

WHAT'S IN THIS BULLETIN

1st December 2020

- **NEXT MEETING (via ZOOM)**
- **Meeting Report November 24th**
- **Christmas Hamper Appeal**
- **Fundraising During Lockdown**
- **GALLERY**

NEXT MEETING (virtual) - TUESDAY 1st December

Posted by Allan DRIVER



Amanda and Mathew Challen - the lived experience of people with disabilities

December 3 is International Day of People With Disabilities, an annual occasion designated to support people with disability in our communities. It is an occasion to raise awareness of the importance of creating a future where people with disabilities experience equal

Meeting Responsibilities

Chair
WILLIAMS, Rhys

Greeter/Zoom Host
DRIVER, Allan

Reporter
ROLLS, Russell

Photographer
THORNTON, Roger

Door
INCHAUSTI, Ignacio

Bulletin Editor
CLIFT, Nick

Social Media
LIM, Daniel

Upcoming Events

[RCM December Board Meeting](#)
Dec 16, 2020
5:30 PM - 7:30 PM

[View entire list](#)

Speakers

Dec 01, 2020 3:40 PM
[Amanda and Mathew Challen](#)
The lived experience of people with disabilities

Dec 08, 2020 7:40 AM
[Kate Jenkins](#)

opportunity and face no barriers in all aspects of their lives— whether it be going about their day-to-day lives with adequate accessibility in their communities, joining the workforce, or being able to showcase their abilities and reach their goals without facing barriers.

Amanda has often been referred to at various times throughout her life as a “poor kid”. She has never known life without pain. She was 18 months old when diagnosed with juvenile rheumatoid arthritis in her left knee. By the time she was 14, it had progressed throughout her entire body and she required a hip replacement. By age 30, she was the Bionic Woman - 2 hip replacements, 2 knee replacements, 2 elbows and a shoulder - lots of metal but without the strength or speed of Jamie Sommers. By age 31, it was time for wheels. Disability has not stopped Amanda but it has slowed her down.

After stellar results in secondary school, she opted to major in history and politics at Monash, rather than studying law or commerce, and finished with the distinction of Golden Key Society membership. The realities of her life with disability have curtailed the plans she had when younger but she has developed a strong determination to maintain her optimism, mental health and love for craft (except macrame). She maintains a strong interest in politics and history and is rarely short of an opinion. She has a dry sense of humour and considers herself “lucky”.

Mathew was born with right-side cerebral palsy which was first noticed by his mum when Mathew wasn't able to pick things up with his right hand. Despite being told by doctors that there was nothing wrong, she persisted. When Mathew's left hand was held behind his back, he was indeed unable to use his right hand properly.

Mathew's CP only affects him physically. He is an accomplished lawyer with the Commonwealth Director of Public Prosecutions, where he has been for the last 15 years.

Earlier in his career, Mathew spent time working in private practice, Legal Aid and Tasmania Police Prosecution. He sits on the Football Federation Victoria Tribunal as an adjudicator. He is a keen golfer and with his wife's permission, plays most Saturday's. Mathew rates himself as a good golfer and formerly a passable squash player.

Meeting Report November 24th

Rotary Central Melbourne's 28th Paul Harris Breakfast on November 24 – on Zoom for the first time -- saw 186 attending and a net \$8300 raised for the Rotary Foundation. The event was supported by District 9800 and combined with the Business Leaders Breakfast. The guest speaker on Rotary's campaign against trachoma was Ian Wishart, chief executive of the Fred Hollows Foundation.

Ian sketched his upbringing in PNG where his passion for improvements in poor countries led to emergency relief work for six years and a country director role for three years in Laos before coming to Fred Hollows work.

“Seeing a villager's vision restored after trachoma is like a miracle every time,” he says. “How many times do you

Respect@Work: National Inquiry into Sexual Harassment in Australian Workplaces

Jan 19, 2021 7:40 AM

[Rhys Williams](#)

The value of international education to Australia

[View entire list](#)



blink per day? 20,000 times. Imagine with every blink you feel the pain of eyelashes scratching across your eyeballs, like a windscreen wiper without the rubbers. Hundreds of thousands face that pain every day, all day.” Trachoma has been around since the bronze age 6000BC, and is one of the ten most infectious diseases. It was prevalent in Europe, London and Sydney 100 years ago but now eliminated in advanced countries. But it still occurs in the third world and sadly, in remote Australian Aboriginal communities. Rotary has been tackling it there since 2016.

Generally, women suffer from it at nearly twice the prevalence compared with men because of their time with close family at home. The campaigning remedy is called SAFE, S for surgery, A for antibiotics, F for facial cleanliness and E for improved environment.

Surgery can be a simple straightening of eyelashes in the village itself. In Ethiopia these simple steps have cut the risk of blindness for 20m people. Globally Rotary has helped health workers deliver 100m doses of antibiotics, supporting 213,000 surgeries and helping to educate 4.2m kids.

WHO reported this year a 91% cut in trachoma prevalence in the past 18 years, and those at risk falling from 1.5b to 142m. Countries like Nepal, Myanmar and China are now trachoma-free and Ian’s foundation is working to get Pacific island nations trachoma free.

Fred Hollows himself was appalled in the 1970s to learn trachoma was in Aboriginal communities with little remediation work. His team in two years visited 465 communities with 27,000 people.

Rotary, led by Rotary Melbourne, began its End Trachoma project in 2016 and has raised \$1m for it. Rotary Melbourne sponsors two water trailers encouraging kids in APY lands to wash their faces regularly.

Ian said the Fred Hollows Foundation was “incredibly grateful” for Rotary’s support since early times. “There’s still a job to do to ‘kick trachoma into the bin of history’,” he concluded.

Thereafter PDG Murray Verso spoke on Rotary Foundation’s continued successes and with DG Philip gave Club Recognitions and acknowledged past and new Peace Fellows and global scholars. Last year D9800 spent \$400,000 on Foundation programs, Murray said. District Governor Philip Archer promoted the Business Leaders Breakfasts for January 26 . For February 16 the next breakfast features Graeme Samuel of RC Brighton.

The raffle raised \$2250 (less \$250 costs) and the silent auction raised \$2800, thanks to great work by Rob Hines. Gerard Hogan won the \$250 gift voucher and Nev Taylor won the \$100 Bunnings voucher. George Mackey won three bottles of shiraz and Pam Robinson won a copy of Roy Garrett’s beautiful book on school projects in Laos. #

Christmas Hamper Appeal

Posted by Alison CHAN

To assist the Rotary Club of Central Melbourne to mark the Festive Season, we ask members and friends to make up Christmas Hampers for the less fortunate people in our community. We will be providing hampers for two groups of disadvantaged people:

- the homeless and youth through Steps Outreach Service
- refugee families through Lentara Uniting Asylum Seeker Project

We will supply **red hamper bags** for Steps Outreach Service recipients and **red bags with green ribbons** for the Lentara recipients. The following lists are suggestions of non-perishable food and other items for your hamper bag donations.

| HAMPER BAG SUGGESTIONS Steps Outreach Service | | HAMPER BAG SUGGESTIONS Lentara Uniting Asylum Seeker Project | | |
|--|-------------|---|-------------------------------------|---|
| Christmas cake | Coffee | Rice (Basmati preferably) | Olive oil | Nuts: |
| Christmas puddings | Tea bags | Noodles (udon, egg, soba, rice) | Grapeseed oil | Almond |
| Canned Ham | Soft Drinks | Canned foods: | Sunflower oil | Peanuts |
| Canned Fruit | Fruit juice | Tomato puree | Flour | Pistachio |
| Canned soup | Lollies | Crushed tomatoes | UHT milk | Walnuts |
| Canned carrots | Pasta | Tuna (not flavoured) | Honey | Cashew |
| Canned Asparagus | Rice | Chick Peas | Cornflakes | Spices: |
| Canned corn | Jams | Canned Kidney Beans (not in sauce) | Peanut butter | Cumin |
| Canned beans | Jellies | Sugar (raw or brown, not white) | Tea (black) | Paprika |
| Canned beetroot | Pretzels | Muesli/snack bars | Tea (Green) | Chilli |
| Canned peas | Crackers | Fruit juice (long life) | Coffee (instant) | Herbs: |
| Canned potatoes | Biscuits | Crushed garlic in a jar | Coffee (ground) | Basil |
| Canned tuna | | Crushed ginger in a jar | Dates | Coriander |
| Deb mashed potatoes | | | Dried Fruits | Oregano |
| Gravy mix | | | Dried lentils | Rosemary |
| Mince pies | | | | |
| Potato chips | | Cleaning products: | Toothpaste | Foods that are not appropriate for Lentara clients are: |
| Savoury Shapes | | Laundry powder or liquid, bleach, Laundry stain remover, kitchen spray, bathroom spray, General antibacterial disinfectants, toilet cleaner, paper towel, cleaning cloths | Toothbrushes | Baked beans |
| Custard (Longlife) | | | Deodorant | Canned spaghetti |
| Instant puddings | | | Razors | Risotto products |
| Longlife cream | | | Liquid Body Wash (not bars of soap) | |
| Cocktail franks | | | Shaving Equipment | |
| Christmas serviettes | | | Shampoo Large | |
| | | | Conditioner Large | |

In response to feedback received, the Community Service Team would also like to offer to purchase groceries on a member's behalf for the cost of \$45 per hamper.

Please let Alison Chan (alisonchan100@hotmail.com, 0415-525-678) how many hamper bags that you would like to donate and whether you would like the Community Service Team to purchase the hamper(s) on your behalf by **Tuesday 1st December**.

A member of the Community Service Team will then contact you to arrange a time to deliver empty bag(s) to your house and collect your donation prior to Monday 14th December.

Thank you in advance for your donations and have a great festive season.

Fundraising during Lockdown

Voluntary contributions

To everyone that's made or intends to make a donations towards club projects, thank you!

If you are in a position to make a donation or even a series of weekly donations then please arrange to transfer those

funds to the club bank account with the reference "Donation".

Bank Account Details:
BSB 033-000
Account number: 791085

Thank you for your support!

Regards,
Rob Hines
Director, Fundraising

GALLERY

Meeting Photos



DG Phillip Archer

Guest Speaker, Ian Wishart



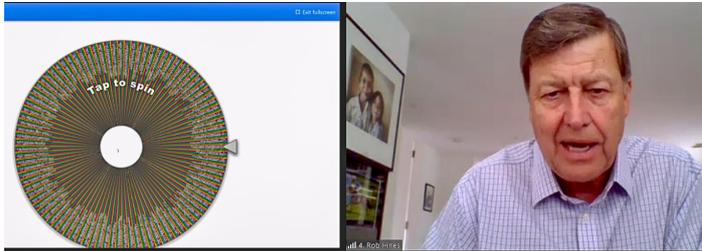
Chair Koren Harvey & Ian Wishart



Paul Harris & PDG Murray Verso

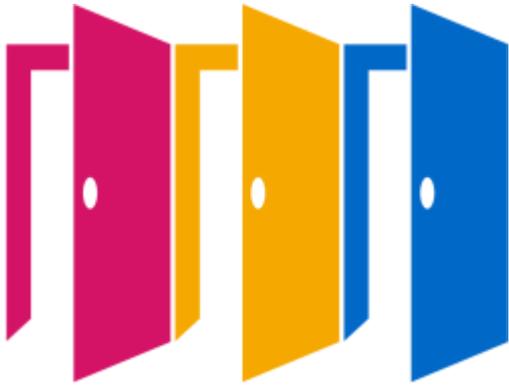


PHF Breakfast & Foundation Chair Murray Verso



The Raffle





Rotary Opens Opportunities

