



WHAT'S IN THIS BULLETIN

6th August 2019

- Next Meeting - Guest Speaker
- Love Thy Neighbour
- Sausage Sizzling Returns
- Give Them Hope for the Future
- Meeting Minutes 30th July
- Gallery

NEXT MEETING - GUEST SPEAKER

Posted by Bruce HERON



Dorothy Gilmour - Rotary Melbourne

"Rotary Safe Families"

Dorothy Gilmour has been a Rotarian for 3 years with Rotary Melbourne. As an Educator in Social Sciences and Therapist in Trauma, Loss and Grief in our community for many years, Dorothy has the greatest of empathy and understanding for the plight of people experiencing abuse and suffering.

As a member of Rotary Melbourne, Dorothy has been awarded the Royce Abbey Award and a Paul Harris for her enthusiasm and commitment to Rotary which she has now applied to create the Rotary Safe Families initiative. Her aim is to provide all Rotarians and communities with the ability to be able to identify and prevent abuse in families including our elderly and then be proactive in locating support for the victim.

The Rotary Safe Families program has been officially adopted as a Rotary 100 Years Celebration 2021 initiative available to all Rotary Clubs in Australia as a continuing drive to stamp out family violence and elder abuse. By championing the Safe Families initiative in your Club and becoming informed via the workshops, we can all be "part of the solution" by having the "tools" to act, support and hopefully prevent family violence and elder abuse.

LOVE THY NEIGHBOUR

Posted by Gerard HOGAN

Suvam Ganguli is organising a social dinner on Saturday 10th August 2019 to kick start the social calendar for the Rotary year 2019-20.

Club members have been allocated to a region depending on where they reside and we have appointed a champion for each region to to book a restaurant for the Saturday 10th August for a big group, and send out an email to all the members assigned to their region to confirm attendance. Once the champions have the final numbers they can then confirm the numbers with the restaurant. If there is not enough interest among members in a particular region then we can look to merge regions.

Champions:

Alan Seale - City

Suvam Ganguli - North

Nick Clift - West

Campbell Chambers - East

Neville Taylor - South East

Rob Hines - Bayside

SAUSAGE SIZZLING RETURNS

Posted by Peter DURAS



A new Rotary year and suddenly the first Bunnings sausage sizzle at Port Melbourne was successfully completed on Friday 12th July.

If you are able to help on any of the future dates listed below, could you please email me at peter.duras@bigpond.com indicating your preference for morning, lunchtime or afternoon? We'll run from shortly after 8am to 4.

Remaining dates for Port Melbourne this calendar year are:

Friday 30th August

Friday 1st November

Friday 15th November

Sunday 22nd December

GIVE THEM HOPE FOR THE FUTURE

Posted by Rohan WILLIAMS



Eight young people are pursuing their dreams thanks to scholarship grants they have received through our partnership with the Steps Outreach Service of Concern Australia.

Rotary Central Melbourne has been long-term supporters of Steps Outreach, including through our annual Christmas appeal. After more than two decades of seeing the impact of our support, we wanted to develop a partnership that

Meeting Responsibilities

Chair
ROBINSON, Therese

Greeter
JONES, Brett

Reporter
DRIVER, Allan

Photographer
THORNTON, Roger

Door
HINES, Rob

Bulletin Editor
CLIFT, Nick

Social Media
LIM, Daniel

Upcoming Events

[Neighbourhood dinners](#)

Aug 10, 2019 7:00 PM

[Board meeting - zoom](#)

Aug 14, 2019 7:30 PM

[TBC - Family activity](#)

Aug 25, 2019 12:00 PM

[BBQ - Port Melbourne](#)

Aug 30, 2019 8:30 AM

[Tree Planting Benalla- 31](#)

August/1 September, plus

[Bushdance on Saturday evening](#)

Aug 31, 2019 - Sep 01, 2019

[National Gallery of Victoria -](#)

[Friday night visit optional dinner](#)

[afterwards.A FAIRY TALE IN](#)

[RED TIMES WORKS FROM THE](#)

[WHITE RABBIT COLLECTION](#)

Sep 06, 2019 5:30 PM

[Board meeting - zoom](#)

Sep 11, 2019 7:30 PM

[Tree Planting Phillip Island](#)

Phillip Island

Sep 15, 2019

[School Holidays](#)

Sep 20, 2019 - Oct 06, 2019

[TBC - Wombats wild Weekend](#)

Oct 01, 2019

[View entire list](#)

Speakers

Aug 13, 2019

[Michael Luddeni](#)

Chair of TLC for Kids

Aug 20, 2019

[Mr Anthony Wall](#)

Operations Manager Policy, Safety and Quality Australian and New Zealand College of Anaesthetists

[View entire list](#)



would enable young people who have experienced homelessness and family violence to stay connected to education and participate in an extra-curricular activity of their choice to pursue their passions or dreams.

Rotary Central Melbourne worked with Steps Outreach to plan for the pilot project in 2018. Two children, Jenny* and Callum* aged 8 and 15, were each awarded a \$500 Hope for the Future scholarship.

President-Elect Therese Robinson and I were pleased to recently hear positive progress reports from parents, teachers and their Steps Outreach support worker. The children were able to take part in dancing and sporting activities outside of school, and had improved in social and wellbeing outcomes.

"I want my child to do well in life, not to be constrained by where she lives or her parents' history," said Jenny's mother. "The Rotary scholarship and support from Steps is giving her that chance."

Following the pilot phase of the scholarships, Rotary Central Melbourne and Steps Outreach will continue to support these children, along with another six young people aged between 7 and 16 who have received a Hope for the Future Scholarship for 2019.

A scholarship can be life-changing for a young person and their family. Knowing that someone cares enough to provide funds for their education or to help them participate in their community through an activity they love can be a real game changer.

This year, the children who have received scholarships will pursue activities such as a variety of sports, dancing, and a range of focused outings that give them experiences they would otherwise not have access to.

Steps Outreach will continue to provide us with regular updates about the challenges and progress of these eight scholarship recipients and plan to share more information with at our annual Christmas Breakfast later this year.

* Names have been changed to protect identity

MEETING MINUTES 30th JULY

Posted by Neil SALVANO

Opening:

- President Warwick Cavell invited Chairperson Alison Chan to propose the toast to Rotary International.
- President Warwick welcomed visitor Anthony Wall from the Australian College of Anesthetists, the guest of John Ilott.
- The presence of guest speaker Associate Professor Dr Malcolm Hogg was acknowledged, with a more formal introduction made immediately prior to his presentation.
- Attendees were reminded that 50% of the proceeds from the weekly raffle went to the social enterprises supported by RCM, while the other 50% helped fund other RCM service projects.

Announcements

- Gerard Hogan reminded members that each was asked to donate a bottle of "something" to form part of the weekly raffle prizes during the current 2019-20 Rotary Year.
- Immediate Past President and Foundation Chair Neville Taylor presented member Paul Fowler with a Paul Harris Fellow sapphire following Paul's recent continued financial support to The Rotary Foundation.

President's Announcements:

- Anniversaries this week: Pauline O'Brien's birthday; the Cavell's 42nd wedding anniversary; Keith Frampton 28 years in Rotary.
- Friday 15th November: "Rotary's Longest African Dinner – Showcasing Projects in Africa", an initiative of the new D9800 "Passport Club" that was mentioned last week during the District Governor's visit to RCM. Reserve the date.
- Wednesday 23rd October: The Funding Network Australia function. See Warwick if interested in attending. May be a useful avenue to cultivate for possible future project funding.
- Email received from a Rotary Club of Troy, Michigan couple who will be visiting Melbourne during the first week of September and plan to attend the RCM breakfast meeting on Sept 3rd. Also enquiring if a RCM member is able to accommodate them during that week. See Warwick if interested in doing so.

Guest Speaker

Associate Professor Dr Malcolm Hogg is the Head of Pain Services at Melbourne Health (the Victorian hospital network centered on the Royal Melbourne Hospital). Although not himself a Rotarian, he had a long association with Rotary, growing up in Nagambie as the son of a Rotarian who was responsible for many years for organizing Rotary International exchange students across western Victoria and eastern South Australia.

Dr Hogg presented an informative and comprehensive review of pain and its management, which might be summarized in the phrase that "pain is a multidimensional experience and a whole of system response". This reporter for one wished that the excellent slides which Dr Hogg used during the presentation were available for member review after the meeting, such was the breadth of information covered during the 25 minutes available.

One of the many aspects covered was the use and effectiveness of medications in treating pain, with focus on the "opioid crisis" that has received a lot of publicity in the USA and resulted last year in the "up-scheduling" of codeine medications in Australia (a process that took three years to accomplish), such that those now require a doctor's prescription. Dr Hogg noted that opioid misuse in Australia was only about 35% of the rate of that in the USA. In addition, as a result of changing prescribing practices in both countries, during the past two years it had plateaued in Australia and dropped by about 10% in the USA.

Dr Hogg noted that perverse incentives that can result from the differing processes of the Therapeutic Goods Administration (TGA) and the Pharmaceutical Benefits Scheme (PBS) in Australia. Most post-operative patients in Australia will be administered oxycodone in hospital, with that medication often being continued by their GP for considerable periods after discharge. Safer, less-addictive TGA-approved alternatives exist for post-discharge pain relief, but those are not on the PBS, so GPs can be reluctant to prescribe them. Dr Hogg also noted that in some circumstances it could also be cheaper for person being treated for heroin addiction to take PBS-covered codeine than methadone or a similar more-suitable drug.

Older people have a higher pain threshold, but also a lower ability to down-regulate their response to that pain, along with more accumulated tissue damage – especially musculo-skeletal. This is one of the emerging societal challenges in pain management, given increasing life expectancy in Australia. In Victoria there has been a push for the legalization of cannabis for use in pain management (as currently exists in some States of the USA). Current assessments are that the risks of general use substantially outweigh the benefits. However, Dr Hogg acknowledged that there was a limited target group – those with high anxiety conditions – for which cannabis medication would be beneficial. He also noted that the push for legalization was likely to be driven by aging Baby Boomers, who were familiar from their experience from the 1960s of the use and effects of cannabis.

Closing

- Chairperson Alison Chan thanked Associate Professor Dr Malcolm Hogg and presented him with the Club's usual gift of appreciation in support of social enterprise in Timor Leste.
- Social enterprise raffle winners: Neil Salvano, Anne King, Alan Seale.
- President Warwick thanked everyone present and advised those who may not be aware that the funeral service for Annie Garrett would be at St Peter's Church, Eastern Hill at 2pm on Friday 2nd August.

GALLERY

Posted by Roger THORNTON

Breakfast Meeting Photos



Paul Fowler & Neville Taylor

