



Sun May 19, 2013

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## Upcoming speakers

May 21, 2013

[Alan Davis PSM](#)

Re-energising a local school

May 28, 2013

[Ahmet Polat](#)

Australian Intercultural Society: a comprehensive outline

Jul 16, 2013

[Stephen Bradford, CEO, Port of Melbourne Corporat](#)

The Port of Melbourne, trading trends and future opportunity

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## Upcoming events

**Rotary Engaged – the 2013****Assembly**

Tabcorp Park

May 19, 2013 09:15 AM

**Tour of RACV Kitchens**

RACV City Club

May 21, 2013 08:45 AM - 09:45 AM

**McAuley House working bee**

McAuley House

May 25, 2013 09:00 AM - 12:00 PM

**RC Echuca Moama Steam****Rally**

Jun 08, 2013 - Jun 09, 2013

**Club Planning Forum**

Montague Continuing Education Centre

Club meetings: 7.15 for 7.40 am at the RACV Club  
501 Bourke Street, Melbourne

**MEETING ROSTER 21 MAY 2013**

Posted by Bruce McBAIN

Chair	Gerard HOGAN
Sergeant	Michael BROMBY
Greeter	Mary VOICE
Reporter	Kerstin STEINER
Photographer	Robin STEVENS
Door	Herbert GREENWOOD
Director Report	Neville TAYLOR

**THIS WEEKS SPEAKER 21 MAY 2013**

Posted by Bruce McBAIN

**Alan Davis PSM**

"Re-energising a local school"

Alan is principal of Mount Alexander College in Flemington, Victoria. He has had wide experience in Victorian and Arabian Gulf secondary and international schools as a teacher, principal and consultant.

Alan has experience in school improvement projects in the public and private sectors, recently working on contract with the Supreme Education Council of Qatar as an improvement team leader in 2 national boys schools, and as a school reviewer for a Dubai based consultancy company, working in Turkey, Saudi Arabia, Egypt and the Gulf States.

In 2006 Alan was awarded the Public Service Medal in the Australia Day Honours for his services to public education in Victoria in general and the Maldives for all of 2005, following the Indian Ocean tsunami in December 2004

The school which can trace its history to 1858 has had its catchment zone extended by the Education Dept to include Melbourne CBD and Docklands. Similar schools like University High and Albert Park High have got the 'house full' signs up. Our club is active with the school on RYPEN, MUNA, National Science student nomination (probably).

The school was close to collapse a few years ago because middle-class parents were not sending children there. The situation has now turned around with total enrolment rising from 162 two years ago to 270, with 315 as target for 2014. Fewer than 20% are now from the nearby housing commission towers with high refugee population.

The school remains highly multicultural and this is starting to become an asset rather than liability. However, capacity of the school is about 550 so this is a long-term exercise

Jun 16, 2013 09:00 AM - 01:00 PM

#### **Police Mentoring Wind up breakfast**

RACV City Club  
Jun 18, 2013 07:15 AM - 08:45 AM

#### **Changeover Dinner**

Athenaeum Club  
Jun 28, 2013 07:00 PM - 11:30 PM

## Photo Albums

[Rotarians and Friends at Work Day](#)

[District Conference Albury](#)

[Fundraising Sizzles](#)

[Picnic In The Park](#)

[Christmas Breakfast](#)

[Paul Harris Breakfast](#)

[Vocational Visit Police College](#)

[Laos school project](#)

[Charity Gala](#)

[Camp Getaway Working Bee](#)

[McAuley House Working Bee](#)

[25th Changeover dinner](#)

[25th Anniversary Lunch](#)

*Editor Robin STEVENS*

*If you have any comments or questions, please contact the editor.*



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## MEETING REPORT 14 MAY 2013

Posted by Neville JOHN

The morning commenced with a Toast to Rotary International offered by Chair John Ilott. President Kay then welcomed the guests Wendy Bowen and guest speaker Irvine Newton OAM.

**Announcements** • Changeover Dinner Friday 28th June at Athenaeum Club: Neville announced that details are in ClubRunner and he is handling the bookings. • McAuley House Working Bee Saturday 25th May: Robin asked for more volunteers to allow completion of the project; bookings on ClubRunner • District Assembly Sunday 19th May at Tabcorp Park Melton: Greg advised he is coordinating the bookings and the car pooling. He encouraged attendance. Final bookings required by Tuesday 14th May.

**Director's Report** – International Service. Roy Garrett showed some slides of his recent visit to Vietnam, Cambodia and the Kampuchea House Orphanage, which the club recently supported with a \$1,000 donation.



Roy updates the club on Kampuchea House

**President's Announcements** President Kay: • Welcomed back Mary Voice from her overseas trip. Richard Mitchell had made a wonderful recovery and was now allowed travel. Announced a Board meeting for the following evening.

**Job Talk from Patrick Barry.** Patrick talked about problems facing the legal profession, admitting that in his sector of the profession, he doesn't get to see the problem areas. Patrick spoke passionately about access to quality justice being too difficult or expensive, with corporate clients often being preferred by many legal firms. Patrick instanced the lack of legal aid funding as an example of the low priority given to those who need legal support. Patrick concluded that the profession and government needed to address these issues which the moment are without a solution.

**Sergeant's Session:** Sergeant Michael proceeded to force members to watch a clip of his favorite part of the movie 'Ferris Bueller's Day Off'. The gathered members had little choice but to sit through 2 minutes of miming and dancing, with Michael beaming, oblivious to the members yawning and eating their corn flakes. Being the generous people they are, they still applauded when Michael was finished. (Mostly out of relief that it was over).

### Guest Speaker

#### **Irvine Newton OAM "Drugs in Sport – What does it all mean?"**

Chairman John introduced Neil, who has had a distinguished career as a community pharmacist based in Kensington. He is a former President of the Pharmaceutical Society of Australia (Victorian Branch) and has been a leader in the field of harm minimization, which includes providing clean needles and injecting gear and counseling users on safe injecting. He received the Medal of the Order of Australia for his work in harm minimisation pharmacotherapies.

For many years, Irvine has been an outspoken authority on the safe use of both prescription and illicit drugs and is currently a member of the Victorian Department of Health's Advisory Group for Drugs of Dependence. Irvine warned the meeting that he would most likely leave us with more questions than answers, given the complex and unproven nature of a lot of the science around the drugs used in sport. He started by identifying one of the problems being that the media reporting on drugs in sport are poorly informed, lazy in their research and unprofessional, citing two recent instances of such reporting. Irvine proceeded to talk about the many definitions of words used in reports, such as Licit drugs (legal, Illicit drugs (illegal), Legal drugs that are illicit because they are banned by certain organizations. He noted that more people die as a result of prescribed drugs than banned ones. Of the banned substances, Irvine then outlined the nature of stimulants, steroids, diuretics, insulin, cocaine, ecstasy, cannabis and others, making a point that in 2005, he AFL started a testing regime that placed footballers in a position of even great scrutiny than others in the community, which he believed was unfair. Of the illicit drugs use in Australia surveyed in 2004, 33% of people aged over 14 claimed they had used cannabis and 9% had used amphetamines. Irvine outlined the roles of the various watchdogs of use of drugs in sport and noted that in many instances they were unable to scientifically prove that the claims that peptides, amino acids, vitamins and many other banned substances were actually performance enhancing. All of these things according to Irvine only serve to create more confusion. He sees that a proper framework will need to be developed by people qualified to understand pharmacology.

**ALOHA FOUNDATION**

Posted by Bruce McBAIN

The Aloha Foundation was founded by then First Lady of Timor Leste, Kirsty Sword Gusmao in 2001 to raise awareness of the widespread sexual abuse of woman and girls by the militia in the closing days of Indonesian occupation and was named to honour Juliana Aloha dos Santos, a 14 year old girl brutally raped and forcible transported to Indonesian West Timor. In 2013 this remains an important focus but the Foundation has expanded its horizon to 3 core activities:

Maternal & Child Health;

Education & Literacy; and

Advocacy of human rights for women and children



Each week our presentation to the guest speaker supports the Aloha Foundation. The Gift Box of soap supports cottage industries of soap pressing, weaving and the box

Pictured John Illott presenting the gift to guest speaker Irvine Newton

**Patrick Barry gets his blood pressure checked by Ian Angus " Just how stressful are the Legal Aid cuts"**

Posted by Bruce McBAIN



KNOW YOUR NUMBERS

Posted by Bruce McBAIN

Know Your Numbers

Conducted as part of Stroke Awareness Week, a very successful know your numbers program was conducted in the RACV foyer over two half days on Tuesday 14<sup>TH</sup> and Wednesday 15<sup>TH</sup>. The team on Tuesday was Richard & Wendy Bowen and Ian Angus, they took 38 readings and referred 5 to their GP's for review. On Wednesday Lyn and Bruce McBain, Kay Stevens, Valiera and Jillian Cavanagh took 53 readings and provided GP referrals to 17. In previous years this project has been conducted with a Pharmacy, but participation rates this year showed the benefits of prominent positioning in a high traffic area. The Club expresses its appreciation to the RACV Club for providing the facilities.

Members are encouraged to regularly monitor blood pressure as adverse readings may be a precursor to major health issues which can be like a stitch in time saving 9 later.

KNOW WHAT THE NUMBERS MEAN.

Immediate Action see your GP for immediate attention	160/100
Discuss Further Results higher than normal Discuss with GP on next visit, lifestyle and genes may indicate increased risk of stroke and heart disease	140/90-160/100
Monitor your Risk Factors, talk to your GP about health life style choices	140/90 pr lower, 130/80 or lower for people with diabetes

KNOW YOUR NUMBERS IN PICTRES

Posted by Bruce McBAIN



Valiera shows how easy it is whilst Lyn and Kay encourage customers to step up

MOUNT ALEXANDER COLLEGE

Posted by Bruce McBAIN

Mount Alexander College

The Club has an active and long standing engagement with the School and as background to the talk this morning attached is a history of School adapted from the School website.

**012 – Mount Alexander College**  
At the end of 2011, the school was renamed and rebranded Mount Alexander College. These activities are part of an umbrella strategy to reposition itself in the local community

and demonstrate its commitment to being an exciting and vibrant school of choice.

#### **1983 – 2011 Debney Park Secondary College**

In 1996 the older sections of the school were demolished and replaced by the buildings that occupy the site today. To provide much needed recreational space for its increasing enrolment, the Department of Education purchased the site adjacent to the school from the Uniting Church in 1999.

#### **1973 – 1983 Debney Park High School**

Due to the changing needs of the local community, the Department of Education decided to change the school to coeducation. Debney Park High School was formed and boys were introduced into Form 1 in 1973. The last all girls class was Form 5 in 1976.

#### **1966 – 1972 Flemington Girls' High School**

#### **1931 – 1966 Flemington Girls' School**

Debney's Paddock was developed by the Housing Commission for high rise housing in 1962.

#### **1925 – 1931 Flemington School of Domestic Arts**

The upgrading and rebuilding of Flemington S.S. No. 250 saw the school reopened as Flemington School of Domestic Arts which catered for girls from Forms 1-3 (Years 7-9). A uniform of navy tunic, white blouse, hat and gloves was the order of the day.

#### **1873 – 1923 Flemington S.S. No. 250**

On 31st March 1885 the school was closed due to increased competition from newer neighbouring schools that opened in Ascot Vale and Kensington. The school was reopened later the same year to relieve overcrowding at Kensington S.S.

In 1910 the electric tram route was built along Mt. Alexander Road, and the school was upgraded and rebuilt to combat the increased traffic noise.

In 1923 Flemington Primary School was opened at Travancore.

#### **1862 – 1872 Flemington Common School**

#### **1858 – 1862 Flemington National School**

Iron building owned by Hugh Glass and known locally as "the iron pot" because it was so hot during summer

#### **JUDITH DURHAM**

Posted by Bruce McBAIN

The Club wishes a speedy recovery to Judith Durham a Paul Harris Fellow awarded by our club in 2006

#### **UPCOMING EVENTS**

Posted by Bruce McBAIN

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Full Information on above events can be found at link

[Rotary Club of Central Melbourne Sunrise](#)



### Featured Event McAuley House

Over several years the club has developed an attractive garden and outdoor area at McAuley House and there is a further opportunity for green fingered Rotarians and not so green finger Central Melbourne Sunrisers to assist, next Saturday 25 May 9am-12pm. Register now at Events or contact Robin Stevens.

The McAuley House Program offers accommodation and support to women aged between 25 and 55, unaccompanied by children, who are homeless or at risk of homelessness and/or have a mental illness. The unique residential setting and community offers women a safe community in which to live, that promotes respect and values the dignity and worth of each person.

The McAuley House Program fosters a spirit of harmony, acceptance and security, and aims to empower women to achieve independence. Staff strive to extend each woman's independent living skills so they can secure permanent housing. Women who have established independent permanent housing continue to be supported by the Outreach program. They can return back to the house for meals, activities and company. Currently the service provides accommodation for up to twenty five women and support for an additional thirty women in the Outreach program. The women who come to Regina Coeli are diverse in ethnicity, religious and cultural backgrounds and age. Currently the majority of women are over forty years of age. They have a diversity of life experiences and confront a variety of challenges such as: living with a mental or physical illness, the negative effects of misusing drugs, alcohol or prescribed medication, problem gambling and poor health.



Outdoor Garden Furniture created by Club Members

### POLICE LEADERS MENTORING PROGRAM

The annual breakfast to celebrate the wind-up of this year's program for the Victoria Police Leaders Mentoring Program will be hosted by our Club on **TUESDAY 18th JUNE AT RACV 2nd Floor at 7.15am for 7.30am at cost \$27 each (hot breakfast).**

All Club members including partners and friends are urged to attend and hear the experiences of some of the participants including a representative of the Police Mentorees, Business Mentors, Rotary Mentors and meet Presidents from 21 other Clubs in our District.

Certificates of Appreciation will be presented to all the participants by District Governor, Dennis Shore and Assistant Police Commissioner, Andrew Crisp.

Our members will have enjoyed this particular event from previous years and we expect that about 100 people will be in attendance. Therefore the event is regarded by the RACV as a "booking event" and they require firm numbers prior to the event or will charge for non attendances or extra for those attending but not booked.

Please respond to me by email **before 11th June at latest** if you wish to attend **OR** if you are unable to attend. Alternatively you can register for the event on our Club website. However be firmly aware that if you accept by email or register and do not attend or cancel **AFTER 12th June** then you will be expected to pay. If you do not register but turn up there will be a \$10 surcharge.

We look forward to your support for this special Rotary program. (Note earlier starting time)

Regards,

John MEEHAN [meehanjj@bigpond.net.au](mailto:meehanjj@bigpond.net.au)

Rotary Club of Central Melbourne-Sunrise

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