



WHAT'S IN THIS BULLETIN

28th AUGUST

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GUEST SPEAKER - NEXT MEETING

Posted by Bruce HERON

Luz Restrepo – Founder of SisterWorks

"SisterWorks – From Refugees to Social Entrepreneurs"

SisterWorks evolved from a group founded by Luz Restrepo, a political refugee from Colombia. Luz arrived in Australia in 2010 with her life in tatters and spoke no English. "I felt like a nobody; frightened, isolated and disempowered."

She soon discovered that she was not alone. Along with another 25 women experiencing similar challenges, she began to make and sell crafts around Melbourne. They understood that to support each other was also to strengthen each other.

The SisterWorks model was officially incorporated in May 2013 when a committee of volunteers joined them with legal, fund-raising, marketing and administrative skills, providing support and structure to the project.

Now SisterWorks Family is formed of over 170 Sisters: 68 remarkable volunteers, four tireless staff members and 88 amazing women who are working hard to become entrepreneurs or to have work experience in Australia that allows them to become self-sufficient and independent.

Luz studied Medicine in her native Colombia, graduated as a GP and worked in Casualty. Finding that she enjoyed hospital administration more, she moved into an administrative role gaining Graduate Diplomas in Business Administration and Marketing and an MA in Communication. Before leaving Colombia in 2010 Luz had established her own communications company and was a university lecturer in Marketing. Then life became unsafe for Luz and her family.

As a political refugee, Luz arrived in Australia in 2010, with her life in tatters and spoke no English. She felt like a nobody; frightened, isolated and disempowered. But Luz soon discovered that she was not alone. In 2011, along with a group of 25 women experiencing similar challenges, they began to make and sell crafts around Melbourne. The group understood that to support each other was also to strengthen each other. Hence SisterWorks was formed.



INTERNATIONAL PRESIDENT'S BREAKFAST

Posted by Russell ROLLS

Save the DATE
INTERNATIONAL PRESIDENT'S BREAKFAST

Friday 31st August 2018 7:15am - 9:00 am
MCC Member's Dining Room & Percy Beames Bar (MCG Gate 1)

GUEST SPEAKER: Ian Riseley OAM
President of Rotary International 2017 - 2018
"Why good people should want to be Rotarians"

All Rotarians, Presidents, Past Presidents & Friends of Rotary welcome
\$70pp (early bird \$65 to 31 Jul 18)
For registration:
<https://www.trybooking.com/359673>
OR Sue Jones, suejones@oiltech.com.au

Help President Meg Ryan and members recognize the outstanding achievements of Past International President Ian

Supporting Rotary Youth Endeavour

Rotary Brighton North www.northbrightonrotary.org.au

RC Central Melbourne is supporting the RC North Brighton International President's Breakfast on August 31. It promises to be an interesting morning with the guest speaker being Ian Riseley, the past Rotary International President.

Please register directly through the link: <http://northbrightonrotary.org.au/events/> then email me so that I can arrange the RC Central Melbourne table.

SPECIAL BREAKFAST with LORD MAYOR SALLY CAPP

Posted by Marjorie GERLINGER

Sally Capp was elected Lord Mayor of Melbourne in May 2018. The first women to be directly elected as Lord Mayor.

We offer you this great opportunity to hear Sally share with us her strategy for maintaining or improving the livability of Melbourne for the coming 5-10 years.

Enjoy a hot breakfast and great company.

When: Tuesday 18th September

Time: 7.15 for 7.30 till 8.45am

Where: The RACV Club, Level 2, 501 Bourke Street, Melbourne

Cost: \$50.00pp

Bookings: www.trybooking.com/XQKC

RSVP: 13th September



Meeting Responsibilities

Chair
CLIFT, Nick

Greeter
BENJAMIN, Des

Reporter
GANGULI, Suvam

Photographer
THORNTON, Roger

Door
WEBBER, Lynne

Bulletin Editor
WILLIAMS, Rohan

Social Media
LIM, Daniel

Upcoming Events

[Board Meeting](#)
Sep 12, 2018
5:30 PM – 7:00 PM

[SPECIAL BREAKFAST with LORD MAYOR SALLY CAPP](#)
Sep 18, 2018
7:15 AM – 8:45 AM

[VicPol Mentoring Program Graduation breakfast](#)
RACV City Club
Sep 25, 2018
7:30 AM – 8:45 AM

[Bunnings BBQ](#)
Bunnings
Sep 30, 2018
9:00 AM – 4:00 PM

[Board Meeting](#)
Oct 10, 2018
5:30 PM – 7:00 PM

Speakers

Aug 28, 2018
[Luz Restrepo – Founder of SisterWorks](#)
SisterWorks – From Refugees to Social Entrepreneurs

Sep 04, 2018
[Club Directors Q&A](#)

Sep 11, 2018
[Frances Cosway – Principal White Pebble Interiors](#)
Downsizing Effectively

Sep 18, 2018
[Special Breakfast with Lord Mayor Sally Capp](#)

Sep 25, 2018
[VicPol Mentoring Program Graduation breakfast](#)

[View entire list](#)

Rotary Software for Clubs & Districts
Powered by ClubRunner

26TH ANNUAL PAUL HARRIS BREAKFAST

Posted by Frank O'BRIEN

**GUEST SPEAKER****Air Chief Marshal Sir Angus Houston AK, AFC (Ret'd)**

Air Chief Marshal Sir Angus Houston AK, AFC (Ret'd) was awarded the Knight of the Order of Australia in January 2015 for extraordinary and pre-eminent achievement and merit in service to Australia, through distinguished service in the Australian Defence Force, continued commitment to serve the nation in leadership roles, particularly the national responses to the MH370 and MH17 disasters, and in a variety of roles in the community.

[Download flyer for full CV](#)

Ticket Price

\$65.00 per head or \$600 for a table of ten (incl. GST)

OR

if you would like to help us End Polio Now pay an extra \$5 and with donations from other sources including the Bill and Melinda Gates Foundation your donation becomes \$37.50

\$70.00 per head or \$650 for a table of ten (incl. GST)

When: Wednesday 28th November

Time: 7.15 for 7.30 till 9.00am

Where: The RACV Club, Level 17, 501 Bourke Street, Melbourne

Bookings: www.trybooking.com/410919

RSVP: 13th November

We look forward to welcoming all Rotarians, partners, friends and colleagues – this event is not just for Paul Harris Fellow Recognition recipients.

MEETING REPORT - 21st AUGUST

Posted by John ILOTT

Chair: Rana Ebrahimi

Visitors Welcomed:

- Anne Fairhill - guest speaker
- Lady Pastidio – guest of club and soon to be inducted to RC Central Melbourne
- Jude Harris - guest of Therese Robinson
- Martin Langton - guest of Warwick Cavell
- Sean Car - RC Docklands

Announcements:

- Elias Lebbos advised that RYPEN is looking for people who would be interested in joining the committee to help with the organisation of the two RYPEN camps and to support the Rotaractors who run the camp program. If you are interested, or you know of someone in your club who might be interested please contact the RYPEN Chair Suzanne Zammit (email: suz.zammit@gmail.com).
- Rob Hines attended the RAWCS AGM and passed on information from drought relief. The collection has been very successful to date and further donations can be made through RAWCS website. Rob is also looking for volunteers to attend the official opening ceremony for Central Melbourne's project school in Laos.
- Russell Rolls reminded members about RC North Brighton breakfast on 31 August at the MCC Members' Dining Room, featuring past RI President Ian Riseley as guest speaker.
- Therese Robinson informed members that the annual Benalla tree planting weekend is on again on 8-9 September. This is a fantastic opportunity to involve young people you know in land care and meet Past RI President Ial Riseley's challenge for every Rotarian to plant a tree. Past reports have highlighted the great camaraderie and satisfaction from participating in this day. More details may be obtained at website details here: <http://regentnoneveater.org.au/index.php>. Contact Therese or Gerard Hogan for further information, otherwise register your interest with becollective here: <https://www.becollective.com/events/5b7d28e68cb37f00213083ec/profile>.
- Herb Greenwood stated that Frank O'Brien is asking for volunteers to staff the Bunnings BBQ on Sunday 26th August at Collingwood. He needs 3-4 volunteers urgently. This project has raised approximately \$11,000 to date.
- Herb Greenwood reminded members about the special breakfast planned for 18th September with Lord Mayor Sally Capp as guest speaker. The club has committed to at least 100 people at event. \$50 per head and TryBookings is open for bookings. Herb asked all members to dig deep into the business contacts list.

Vice President's Announcements:

- Fiona Wood will be guest speaker at RC Melbourne on Wednesday 29th August. See separate email from Kevin Love.
- The closing breakfast for the 2018 Police Mentoring Program will be held on Tuesday 25th September.

Guest Speaker - Anne Fairhall Dementia Australia and the National Aging Research Institute (NARI)

Anne became involved with Dementia Australia through her husband's illness. Geoff Fairhall is an honorary member of the club after being an active member for many years. Geoff was diagnosed with dementia approximately 15 years ago and in the last 7-8 years he went into permanent care.

Dementia Australia's philosophy is that all people need to learn to live well with dementia, though this is not the common understanding. As a consumer voice, Anne has tried to influence decision-makers to assist families in navigating the complex systems to gain the assistance they need.

Some themes that Dementia Australia has developed include:

- Driving with dementia
- Dementia-friendly communities, e.g. local cafes and restaurants
- Intimacy and dementia
- Younger onset dementia support
- Dementia behaviours

In Australia, dementia is the highest cause of death form females and the second highest cause for males. Internationally, there has been a "huge" increases in incidence, even in developing countries. We expect that this is also largely due to increased reporting.

Increasing diagnoses in Australia also leads to increasing costs. For example, Victoria in 2018 has recorded 108,000 new diagnoses and it's growing at 160% per annum. Of course government funding is not growing at the same rate.

Anne explained the various forms of dementia such as Alzheimer's Disease (70% of all dementia).

Alzheimer's Australia has now been rebadged as Dementia Australia and has become a single national body. It is headed by Graeme Samuel as president and he organisation

now speaks with a single voice to government.

NARI recently won a major NHMRC grant to develop an evidence-based dementia specialist training program for community dementia care. The aim is to train home carers to promote independence, improve the quality of life for sufferers and reduce the burden on carers. Carers are often isolated and have little professional support.

Anne is chair of the PITCH Consumer Advisory Group within NARI.

Help sheets available to everyone on the Dementia Australia website.

Anne is a self-confessed "vigorous advocate" for the cause of dementia care for carers. She gave us a clear and well-constructed presentation on the current state of dementia management in Australia and the valuable work of Dementia Australia.

GALLERY

Posted by Roger THORNTON

Photos: Candid from last meeting.



Vice President Kevin Love



Chair Rana Ebrahimi



Guest Speaker Anne Fairhall



Therese Robinson with her guest Jude Harris



Warwick Cavell with his guest Martin Langton



Sean Car (RC Docklands) with Neville John and Daniel Lim

