



WHAT'S IN THIS BULLETIN

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31st JULY 2018

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GUEST SPEAKER - NEXT MEETING

Michelle Enbom - Disability Coordinator, Marlborough Unit, Port Phillip Prison

"Intellectual disability in the adult justice system."

Those with Intellectual Disabilities are one of the most marginalised groups within prisons. They find it more difficult to transition to the community than other prisoners and find themselves coming back into the justice system at a greater rate than other groups.

The Marlborough Unit at Port Phillip Prison provides a therapeutic environment where those that go through the program can learn new ways of living so that when they go back into the community they create no more victims.

Michelle manages a unit of Intellectually Disabled Offenders at the maximum security Port Phillip Prison. She is a Churchill Fellow awarded a Fellowship through the Winston Churchill Trust and recently returned from overseas where she visited other prisons who work with offenders with an Intellectual Disability.



SOCIAL ENTERPRIZE - REPORT

Posted by Neville TAYLOR

The initiative we've started this rotary year, procuring our weekly breakfast raffle prizes from social enterprises to build awareness for and promote their social missions, has got off to an amazing start. ✓

So far we have purchased from **STREAT** (coffee vouchers funding employment pathways), the **Soup Place** (soup funding meals for Melbourne's homeless), **RAM Jams** (jams funding malaria prevention projects), **Learmonth Foundation** (cider funding regional development in the Ballarat region), **Empower** (Tibetan yak milk soaps whose producers are mostly girls and women whose lives have been impacted by HIV/AIDS, human trafficking and abuse), **Mildura Chocolate Co.**, and **Aussie Biscuits** (biscuits funding employment for those living with a disability). ✓

To kick us off you were requested to donate a bottle, to subsidise as the additional raffle prize each week. **Well done, 43 bottles of varying liquids and other substances so far from our generous members.** ✓

You can still donate your bottle, of anything you chose, just bring to your next weekly breakfast and hand to Rob Soros or me.



Meeting Responsibilities

Chair
LIM, Daniel

Greeter
GREENWOOD, Herb

Reporter
ROBERTSON, Doug

Photographer
JONES, David

Door
HERON, Bruce

Bulletin Editor
JONES, David

Social Media
LIM, Daniel

Member Talk
VOICE, Mary

Upcoming Events

[Board Meeting](#)
Aug 08, 2018
5:30 PM – 7:00 PM

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

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

Speakers

Jul 31, 2018
[Michelle Enbom](#)
Intellectual disability in the adult justice system

Aug 07, 2018
[Audrey Zibelman, CEO of AEMO](#)
AEMO's System Security Market Framework Review

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

[View entire list](#)

HOW IT WORKS - OUR WIN/WIN RELATIONSHIP WITH 'CAPRICE'

Posted by Peter DURAS

Our relationship with Caprice began when they contacted the Club 4 years ago and were referred to Community Leader Peter Duras.

Caprice had several cartons of new children's footwear to donate to a charity, and found us on the web. Frank O'Brien, Kevin Walklate and Peter responded quickly and distributed over 400 pairs of shoes, most of them decorated with the latest Marvel and Disney designs to Shine for Kids and DIK .

Since then Caprice have contacted us twice a year to donate large quantities of children's footwear, bed linen, raincoats and other contemporary items, the retail value of which probably exceeds \$15,000. We've been able to spread our distribution to more than 8 charities including the Good Samaritan Inn, St. Vincent de Paul and Rob Hines' group in Cambodia.

Sheryl Forrester from 'Shine for Kids' has told us on several occasions of the joy these gifts have brought to children who would otherwise have no opportunity to receive something so bright and popular .

This is a highly valued partnership for RCM , one we wish to maintain and develop .

Our contact member is Peter Duras .

How we do it :

1. We continue to react promptly when called by Caprice .
2. We pick up the product quickly from their warehouse.
3. We sort the items.
4. We select appropriate charities and distribute.

**Photos;**

How many pairs of shoes does a lady need, Sue?

Sheryl Forrester gratefully receiving shoes for *Shine for Kids*

**MEETING REPORT - 24th JULY**

Posted by Tony THOMAS

Chair:

Stuart Ellis.

Visitor:

Lady Pastidio, Deloitte Consulting. Lady found her way to us from across Bourke St. via our excellent website.

True or False - getting to know our members.

- Alice Miller announced that as a youth she had worked in a circus alongside lions, elephants, monkeys and acrobats.

Announcements:

- Stuart Cardell and Alan Seale interviewed 11 for the National Youth Science Forum and nominated Ella

Crowley of MacRobertson High.

President's Announcements:

- President Nev spruiked the cluster meeting with RC Southbank Tues July 31, Belgian Beer café, 5 Riverside Quay, 6 for 6.30pm
- He also spruiked the District Workshop August 26 for membership strengthening. It's designed for presidents and member-promotion leaders. District is funding 2 places per club.
- To pep up club social activities, on August 11 there will be north, south, east and west area dinners coordinated by Nick Clift. **He needs 3 volunteer helpers for east/west/south.**

Guest Speakers:

Georgia Verry and Todd Scarce, Kieser Training Australia.

"The importance of Strength Training As We Age."

Using interactive iphone surveying (first time I'd seen it done), they tested our knowledge of the benefits of strength training and the rate at which strength declines after 25-30 without attention (1.5-2% per year, 25% by 65). Strength training at any age – even 80-90 – creates good benefits.

The correlations with low physical activity are (in order) diabetes, bowel and uterine cancer. Training can also ameliorate progress of cancer as well as enhancing life's enjoyments. All over 25 should do two strength training sessions a week, they said.

Photo; Our guest speakers enjoying their other task for the day.



Social EnterPrize:

The weekly raffle saw prizes of STREAT Coffee voucher, a bottle of wine and RAM Jam [Rotarians Against Malaria']. To date we have 12 Social Enterprises signed up or pending finalisation for this promotion by our community team.



GALLERY

Photos;

Vocational visit to Australian and New Zealand College of Anaesthetists.

Candids from last meeting.



The rollup at ANZCA vocational visit.



Tony with Wendy Bowen at ANZCA visit



Three old geezers, plus one behind the lens - Roy, photographer for the day.



Neville with visitor Lady Pastidio

