THE ROYAL COMMONWEALTH SOCIETY
“The Gables”, 15 FINCH ST, EAST MALVERN, VICTORIA, AUSTRALIA
Phone: 03 9571 5688
August 2019
COMMONWEALTH NEWS

A history in common, a future in progress
The Royal Commonwealth Society founded in 1868, is constituted by Royal Charter. A self funded, Not for Profit Society committed to improving the lives and prospects of Commonwealth citizens. Through youth empowerment, education and advocacy, the Royal Commonwealth Society promotes the value and the values of the Commonwealth. We champion human rights, democracy and sustainable development across the 53 member states which are intrinsically linked through their common history and shared values.
Worldwide Patron: HM the Queen.
Victoria Patron: Her Excellency the Honourable Linda Dessau AC, Governor of Victoria

150th Anniversary - 26th June 2018 – London
100th Anniversary – 08th February 2021 – Victoria

COMMONWEALTH DAY 11TH MARCH
70 YEARS YOUNG

2019 Calendar of Events

Luncheons
28th November
Guest Speaker - Dr Helen Fairweather - Traditional music from Pacific nations

Dinners
12th September
GUEST SPEAKER - Jacqui Watt, CEO of No To Violence. Gender Equality
10th October
GUEST SPEAKER - Alex Lewenberg, Rule Of Law
12th December
Black Tie dinner. Join us in celebrating Christmas and the end of year with food and musical entertainment.

AGM and Essay Completion Awards
26th November - AGM at 5:30pm - Award Ceremony at 6:30pm. This is a free event for those attending the AGM.

Other dates to be advised as interesting speakers and Topics present themselves.

RSC Victoria Banking Details
General and function banking
CBA, BSB no: 063 -301 Acc no: 10483586
Donations and charitable giving
CBA, BSB no: 063 -301 Acc no: 10486533

Dinner 12th September 2019
Our guest speaker at the Dinner will be Jacqui Watt the CEO of No To Violence who will be discussing gender equality. Please see profile over page.
TIME: 6:30pm – Drinks & Canapés 2 Course Dinner & Dessert
RSVP: by Friday 6th September 2019
COST: $65 Members $75 non members

Luncheon 28th November 2019
Our guest speaker at the November luncheon will be Dr Helen Fairweather. Helen will be discussing her research into traditional music of a number of the Commonwealth Pacific nations.
TIME: 12:30pm – Two-course lunch with drinks
RSVP: by Wednesday 21st November 2019
COST: $45 Members $55 non members
The Commonwealth offers opportunities for the people, governments and institutions of this richly diverse worldwide family of nations to connect and cooperate at many levels through far-reaching and deep-rooted networks of friendship and goodwill. These are being celebrated in the 2019 theme ‘A Connected Commonwealth’, and in a broad range of Commonwealth events and activities through the year.

2019 marks the 70th anniversary of the formation of the Commonwealth as it is configured today, with old ties and new links enabling cooperation towards social, political and economic development which is both inclusive and sustainable. The values and principles around which the 53 member countries and their 2.4 billion people connect are brought together in the Commonwealth Charter.

**September Dinner**

Our September dinner will be held on Thursday 12th of September 2019. The theme for the night will be gender equality. This is one of the core goals for the Royal Commonwealth Society on a global level. To talk to this issue we are delighted to welcome the CEO of No To Violence, Ms Jacqui Watt.

Jacqui joined NTV in 2015, bringing leadership and change management skills to the organisation with 30 years experience from the community and government sectors in both Australia and UK. Jacqui has been CEO of two peak bodies advocating for Community Housing – one in Scotland and one in Victoria – and a year as Director of Client Services at Anglicare Victoria. She has worked in the fields of alcohol and drugs, mental health, disability, social housing and social enterprise.

Jacqui is an inspiring speaker, who enjoys in contributing to discussions on what works and is committed to changing how the community prevents, thinks about and responds to the issues of gender inequality and family violence.

This presentation will be made available on our website shortly after the dinner.
LUNCHEON:
At the luncheon we were pleased to welcome Elizabeth Lodge, CEO of Children First Foundation as the guest speaker. Elizabeth told us of the history of the Foundation from its modest beginnings run by volunteers, to the official establishment of the Foundation in 1999, the opening, in 2001 of the Miracle Smiles Retreat outside Kilmore and of its work to-day in providing life changing/life saving surgery to children unable to receive such surgery in their country of residence. Children First Foundation does not attract any Government support. It relies solely on donations and pro bono work. A staff of 7 and a dedicated team of volunteers provide 24 hr care, 7 days a week. Not only do the children receive the necessary surgery to transform their lives but many learn skills/craft that once home can help their families and communities in making a living. Elizabeth shared stories about some of the children cared for by Children First Foundation, such as the conjoined twins from Bhutan.

Elizabeth, has since sent a message thanking us for a warm welcome and opportunity to talk; she says she could talk for ever about the courageous children and their families. We are welcome to visit Miracle Smiles retreat; – the kettle is always on. Elizabeth also thanks RCS of the kind donation (see Charitable Giving below).

The fourth and final luncheon for the year will be on 28th November. This, with the compliments of the women’s group, will be, as usual, a festive occasion so please keep the date free. The speaker on this occasion will be Helen Fairweather, an anthropologist, who will speak about the music of the Pacific Region with a focus on Commonwealth Nations. Further details closer to the luncheon.

WOMEN’S GROUP
The Women’s Group Committee continues to organise and host the luncheons. We are grateful to Loretta Simmons for the interesting, excellent speakers she finds. We are pleased to welcome members and their friends to the luncheons and thank you for the support. However, we would be pleased to see more members present to welcome and listen to the wonderful speakers. You will not be disappointed.

CHARITABLE GIVING
The Women’s Group’s principle function is, not only to host luncheons but to support the Society in raising money for Charitable Giving. As reported in August, a dedicated bank account has been opened. All moneys from fundraising activities and donations will be placed in this account.

The raffle at the August luncheon raised $80.00. The Women’s Group Committee thanks you for your support

The Society was pleased to donate $1,000.00 to Children First Foundation.

PETER MACCALLUM CANCER FOUNDATION
Please consider donating to the “One Step at a Time” fund, set up by Lloyd Bryne, our President in memory of John Colston. This fund is managed by the Peter MacCallum Cancer Foundation; all donations are tax deductible The link is: https://give.everydayhero.com/au/john-colston-cancer-fund

ROYAL SOCIETY OF ST.GEORGE
The Royal Society of St George will be Battle of Britain Afternoon Tea on the 15th of September 2019. The speaker is Group Captain Frank Healy from Royal Australian Air Force. Enquires Annette Holland 0413 605 803
Discriminatory gender norms are a central underpinning factor affecting the lives of young people in the Commonwealth today. Diverse issues from discrimination in employment, to sexual violence, to child marriage are all products of deep-rooted gender inequality. Although young people have often been victims of gender-based discrimination they are also well placed to combat these problems and build equality.

CYGEN continues to build a network of young people from across the Commonwealth who can collaborate and share good practice in their work. Youth voices on gender issues are not represented in formal Commonwealth youth structures and this is a vacuum which urgently needs to be filled in order to create a more robust network of advocates, who can effectively push for policy change at local, national, regional and international levels.

To find out more about the activities of CYGEN please head to the RCS global website

Recipe of the month
YUMMY Carrot Cake by BBC - bbcgoodfood.com

Ingredients: 175g light muscovado sugar, 175ml sunflower oil, 3 large eggs (lightly beaten), 140g grated carrots (about 3 medium), 100g raisins, grated zest of 1 large orange, 175g self-raising flour, 1 tsp bicarbonate of soda, 1 tsp ground cinnamon, ½ tsp grated nutmeg

One of the most useful of spices for both sweet and savoury (freshly grated will give you the best flavour), For the frosting - 175g icing sugar, 1⅓-2 tbsp orange juice

Method
1. Heat the oven to 180C/fan160C/gas 4. Oil and line the base and sides of a 18cm square cake tin with baking parchment.
2. Tip 175g light muscovado sugar, 175ml sunflower oil and 3 large beaten eggs into a big mixing bowl. Lightly mix with a wooden spoon. Stir in 140g grated carrots, 100g raisins and grated zest of 1 large orange.
3. Sift 175g self-raising flour, 1 tsp bicarbonate of soda, 1 tsp ground cinnamon and ½ tsp grated nutmeg into the bowl. Mix everything together, the mixture will be soft and almost runny.
4. Pour the mixture into the prepared tin and bake for 40-45 mins or until it feels firm and springy when you press it in the centre.
5. Cool in the tin for 5 mins, then turn it out, peel off the paper and cool on a wire rack. (You can freeze the cake at this point if you want to serve it at a later date.)
6. Beat 175g icing sugar and 1½ - 2 tbsp orange juice in a small bowl until smooth – you want the icing about as runny as single cream.
7. Put the cake on a serving plate and boldly drizzle the icing back and forth in diagonal lines over the top, letting it drip down the sides.

IF YOU HAVE SOMETHING YOU WOULD LIKE TO SHARE OR ADVERTISE IN OUR NEWSLETTER PLEASE SEND IT TO THE RCS VICTORIA OFFICE NO LATER THAN THE 20th OF EACH MONTH.