



The Rotary Club of Brisbane Inc.

Founded 29 May 1923 Club 17787

6 December 2010



The Rotary Club of Brisbane Inc.

PO Box 687
Kenmore Qld 4069

Meets 4th Floor
(Edinburgh Room)
of the Brisbane Club
Post Office Square
241 Adelaide Street
Brisbane

MONDAYS

12.15 pm – 1.45 pm

OFFICERS

President	Bas Veal
President Elect	Alistair Smith
Imm Past President	Michael Mauger
Vice President	Keith Watts
Secretary	Darren Philips
Treasurer	Dougal Henderson
Sergeant-at-Arms	Cameron Bishop

District 9600
Club Number 17787
Founded 29 May 1923

District Governor
Chris Wood

Rotary International President
Ray Klingensmith

Review of Meeting 29th November 2010

The meeting was opened by **Rotarian Greg Sellers** with Rotary Grace and the Toasts to Queen and Country and Rotary International.

President Bas Veal

- Welcomed members and all our guests including **Rotarian Malcolm Campbell** of Rotary Club of Amsterdam International (RCOAI) and our presenter **Rotarian Andrew Vincent** of Rotary Club of Mid-City.
- Board Meeting will follow this meeting.
- **Rotarian Mario Pennisi** will mail out the nomination forms for Board positions for 2011-12.
- **Rotarian Greg Sellers** will report on the Benevolent Foundation to the Board Meeting.
- The Heart of Business Gala Dinner Committee is seeking auction items.
- **Past President (PP) Bill Waterford** seeks sponsorships for DIK Containers.
- District 9600 meetings for new Rotarians are held at Caboolture - some should also be held in the CBD.
- The Brisbane Youth Service would like to have one of their successes speak to the Club early in 2011.
- Will be away overseas from 6th December. **President-Elect Alistair Smith** and **PP Mike Mauger** will officiate in his absence.

Spots

- **Rotarian Mario Pennisi** spoke of the upcoming City Hall Restoration Site Visit and asked for names.
- **Rotarian Dougal Henderson** asked that outstanding Club Fees be paid as soon as possible.
- **Past Sergeant-at-Arms Tony Love** detailed some of his adventures in the next month or two on "Patriot" including the Sydney to Hobart Yacht Race.

SPEAKER
6 December

Fellowship Week
and Director's
Reports



WELCOME SONG

*Here's my hand in yours, here's your
hand in mine*

*While a welcome thus we say;
Firm as our wheel fitted cog to cog
Be the friendship formed this day.*

*Dear be the principles for which we
stand,*

*And our four-fold service pay
As we work for a world wide fellowship
in the good old RO-TA-RY way.*

4 WAY TEST

Of the things we think, say or do:

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?



- **Rotarian Greg Sellers** reminded everyone that the Christmas Cake orders could be placed until the end of the meeting.

PP Malcolm Campbell (RCOAI)

- RCOAI is a sister club with Rotary Club of Brisbane and partner with some International Projects.
- The current partner project is provision of Scholarships to University Students in Malawi. Five Clubs are involved in all. Cost to RCOB is 1500 Euros per annum.
- RCOAI have five current projects including a goat project in India, a water project in Thailand, Rotarians of Radio Amateurs (RARA) who also have their own projects.

Presenter Rotarian Andrew Vincent

Andrew spoke on the subject *Ageing Gracefully - Using Stress to Your Advantage*

The trouble with our generation is:

- No respect
- They just don't listen
- Risky behaviours
- Give up too easily
- Think law doesn't apply to them

If you did a "Company Review" on your body you will probably find

- Low enthusiasm; not completing tasks
- Property damage not reported
- Maintenance schedule ignored
- Oversupply of non-performing assets, *Signed: Your Body*

A Harvard Study that has followed 278 men for 70 years has found the predictors of healthy physical & psychological ageing are:

- Mature adaptations to stress (*altruism; humour anticipation, appreciation; etc*)
- Education
- Stable marriage(s)
- Not smoking
- Not abusing alcohol
- Some exercise
- Healthy weight

The findings show:

- Using 5 or 6 strategies, *over 50% happy and well* at 80 years of age
- Using 3 or fewer strategies, *3 times likely to be dead* at 80 years of age
- Depression at 50; 70% ill or dead at 63 years of age
- Warm connections at 47 the greatest predictor of health at age 65
- Social aptitude better than \$\$ or intellect

Some random acts of fitness that are easy to commit to are:

- Stretch in bed
- Sit tall on toilet; neck & shoulder stretch
- One leg or heel raises in kitchen & bathroom
- Chairs; get up 3 times, every time
- TV; abdominal brace during commercials
- Walk longer to car park; business card in butt
- Stairs; every time

Some links and Resources:

- "What Makes Us Happy?" – www.theatlantic.com
- Signature Strengths (Martin Seligman) – www.authentic happiness.org
- Design your own stress management plan – www.mindtools.com

Sergeant-at-Arms Cam Bishop was very short on time, delivered a few good jokes and collected good fines, as well.

The raffle was won by **Rotarian Chris Muir**

ROTARY GRACE

O Lord and giver of all good
We thank You for our daily food
May Rotary friends and Rotary ways
Help us to serve You all our days.

Calendar

6 December

Fellowship and Director's Reports

13 December

Fellowship

20 December

NO MEETING

27 December

NO MEETING

Roster

29 November 2010

President	M Mauger
Chairman	M Winders
Raffle	K Jenkins
Visitor Register	C Muir
Attendance	B Esler G Whitmore

6 December 2010

President	A Smith
Chairman	H Monaghan
Set Up	J Burton
Visitor Register	P Little
Attendance	B Esler G Whitmore

Date Claimers

3 March 2011

Heart of Business Gala Dinner

April 2011

Bike Ride

May 2011

Golf Day

Please forward any dates or articles of interest that you would like to see included in future Bulletins to the Bulletin Editor at

mariopen@worldconferencesystems.com