Rotary Club of Brisbane

CREATE HOPE in the WORLD

RI Membership & New Club Development Month

Chartered 29th May 1923 **Rotary International Club 17787**

BULLETIN 21st AUGUST 2023

OPENING: Chairman PP Chris Muir (*right*) opened the meeting at 12.45pm with 14 in attendance, including 3 guests. Our guests for the day were; from *left*, Peterson Wei, Dr Mark Whittington (guest speaker), and Gaby Bush (guest speaker).

APOLOGIES: Phil Saxby, Bruce McNaught, Don O'Donoghue, John Smerdon, James Delahunty, Rick Tamaschke, Phil Gresham.

ACKNOWLEDGEMENT of COUNTRY We acknowledge the Jagera and Turrbal people as the Traditional Custodians of Meanjin (Brisbane), the lands on which we meet. We pay our respects to elders past, present and emerging.

TOAST to King Charles III and People of Australia

"Bradshaw Figures"
Mitchell River Site
Kimberley
Western Australia

District Governor 9620 Paul Roger—First Newsletter in District 9620 website

RCOB RECEIVES ROTARY CITATION FOR 2022-23
Story on Page 10

The Rotary car about to head off to the Variety Club Bash with Rotary Club of Brisbane branding on the driver's door.

TOAST TO THE ROTARY CLUB OF Samui-Phangan, Thailand by Paul Choy

The Rotary Club of Samui-Phangan, on the small island of Samui in Gulf of Thailand is a part of District 3330. The club meets on the 3rd Tuesday of every month at 6.00 pm at Sea Sun Café and Restaurant.

On the surface, a tropical island may seem like paradise, but behind the famous Thai smiles life can be very difficult for the local people. Lack of social care and infrastructure, and one of the widest wealth gaps in the world is only accentuated by the care-free holiday-makers and the people who make it possible.

The Rotary Club of Samui-Phangan is comprised of a group of ex-pats from around the world and our membership of 12 combines 50 years of experience living in Thailand. Our projects are timely, focused, and by working with the local community, are highly effective. 100% of donations go directly to our causes with all costs covered by membership fees. Cont'd…..

Swim4Life Child Drowning Prevention Program

With *no public swimming pool* on Samui, there is little opportunity for children in the government schools to learn basic water safety. Even sadder is that the island is blessed with beautiful beaches, but without swimming and safety classes, the sea is more of a hazard than a blessing for the local children.

In 2020, the World Health Organisation reported that Thailand is still 'number one' for child deaths by drowning in ASEAN and that the country's child death by drowning rate is twice as high as the world's average. *Between 2018 and 2020 there were 22,700 drownings involving children under 15 in Thailand.*

The Club's Swim4Life Children's Water Safety Program recently re-started after the Covid lockdowns. It is a 12 week course run once a week on Saturdays.

The club now partners with the Princess Charlene of Monaco Foundation in support of the Swim4Life drowning prevention program. The Foundation strives to prevent drowning and to develop the education of children through the values of sport.

For over 10 years, more than 1 million people have benefited from the foundation's programs in 43 countries. The Samui-Phangan Rotary Club is proudly the first partner project in Thailand.

Support4Autism Program

Making a sandwich is a simple task for those of us reading this bulletin, but for others with physical or mental health problems, it can be a strenuous or even stressful task involving multi-tasking and developing skills of concentration, coordination and dexterity. Here Rotarian KL and teacher Louis spread their patience generously among the students at The Learning Centre for Magical Autistic Children.

The Learning Centre is a safe haven for 12 to 15 children and young adults excluded from government schools but receives no official recognition or government support which is where the Support4Autism Program steps in.

Rotary Youth Exchange Thailand—building peace one person at a time.

The first youth exchange program took place in 1927 and today more than 9,000 students join the program every year spending time in over 100 countries. The program enables students (aged 15 to 19) to learn a new language, experience a new culture and become true global citizens.

This month we have 18 students coming to Thailand from France, Germany, America, Canada, Mexico, Brazil, Argentina and Taiwan. In return we have 18 Thai students going the other way. These students join the long term program whereby they live in Thailand for 11 months. There is another short term program where students visit for 4-6 weeks usually in the summer months.

Students from the current cohort will visit Samui in October and next year its hoped that Samui residents will be able to host a student for a short school term break. Cont'd….

Cont'd……. Toast to the Rotary Club of Samui-Phangan, Thailand

July Friendship Meeting

Last month the club held the first meeting of the new Rotary year at their usual informal beach front setting, surrounded by stunning ocean views and in the shadow of Samui's famous Big Buddha temple.

We were delighted to welcome fellow Rotarians from Rotary Club Altena-Werdohl-Plettenberg in Germany. Rotarian Björn told us about the many projects their club is involved in and we exchanged information about challenges, similarities and differences between our two clubs in such different parts of the world.

Visit Samui in September for the Next Friendship Meeting. Tuesday 19 September from 6.00 pm at the Sea Sun Café, Bang Rak.

PRESIDENT
Phil Saxby

Presents

A Weekly

BLAST FROM THE PAST

THANK YOU

TO All CLUB MEMBERS

EVERYONE CONTRIBUTES IN
THEIR OWN WAY
THEIR OWN TIME AND TO
THEIR OWN RHYTHM

PICK YOUR SPECIAL AREA
AND ACHIEVE YOUR GOALS

A LOT OF ROTARY OPTIONS TO

HAVE FUN WHILST GIVING BACK

THIS CLUB NEEDS NO LESSONS IN GIVING BACK

1980-81 The Pony Riding for the Disabled Association at Moggill had land and horses but not the means of keeping the place in good order.

Equipment was provided for the maintenance of the land, together with a shed in which to house it.

For this the club gave $2,500, which was subsidized 4:1 by the Commonwealth.

An additional $2,500 was given towards the cost of operating, subsidized 1:1. Thus a total of $17,500 went to the association.

The Association and its activities are now the McIntyre Centre Riding for the disabled: **now due to be closed in 2023**

*Have the **vision** to **develop** your own project.*

CLUB SNAPSHOT 1970— 1986

1970	244		Established Engineering Workshop for the Blind at Annerley $4,550; Four Bursaries for QIT students; RYLA
			YMCA Christmas Camp; Inbound Youth Exchange from USA; Young business Executives Seminar for 73
1971	238		Established YouthLine at West End Methodist Church $3,262; Young Business Executives Seminar with 51;
			Help Industries $419; Christmas YMCA Camp; RYLA; GSE Team from Arizona; YEP student from Japan
1972	235		District Conference in March 1973 - 50 year anniversary; Royal Flying Doctor Service major beneficiary
1973	227		Floods in Jan 1974 with $20,000 raised and passed onto District;
			YEP -one inbound and the first RCoB two outbound; GSE Team host; RYLA 4 students sponsored;
			2 Day Youth Seminar with 124 delegates; Help Indistries donation; PNG tertiary education student
1974	234		Salvation Army Mobile Canteen $6,203; Darwin Cyclione Relief $2,269; Help Industries $350 to $1,750
1975	209		FIRST PHF AWARD - PDG and PP Carl Bishop; Petrie Terrace State School assistance $5,000;
1976	213		Help Industries, Petrie Tce SS, Red Cross, Montrose Home $4,616 in total; Brisbane Art Show Commenced
1977	209		Esablished Qld Surf Life Saving Association FOUNDATION with $107,000 Initial Investment;
1978	208	15 Feb 78 Bris Mid- City	Funds provided for TVs for Early Childhood Drama Programme to be extended - schools for handicapped
			Established a Brisbane office for National Association for Disabled Office Workers; Funds raised $18,000
1979	195		Established Qld chapter of Child Accident Prevention of Australia Foundation with $70,000
			Joined with Lions and Apex raising funds at the Darra to Ferny Grove Rail Electrification Link opening
1980	168		Pony Riding for the Disabled Association at Moggill - equipment and shed, with subsidies $17,500
1981	163		Fund Raising $18,000 from Speedway Night, Art Show, Spring hill Fair, Groups
			Funds distributed to St Vincents $5,000 for a vehicle and numerous $1,000 donations to various groups
1982	168		Annual Report missing
1983	163		Annual Report missing; however $17,000 was left in Community Service account transferred to next year
1984	163		$27,000 distributed to Bridging the Gap - Job Help; Video Equipment for Children in Hospitals; established
			Safety House programme; established Work Observation. $7,000 to PNG hospitals
1985	142		Upgraded walking trails in Mt Coot-tha Reserve to Gap Creek Road - carried out by Commonwealth
			Community Employment Programme, with B C Council supervision - employed 15 youth, cost $235,000.
			Donated $19,000. Bridging the Gap programme dealt with 820 applicants and placed 360 in employment
1986	135		Donated $20,000 for the therapeutic pool at Montrose Home. First Polio Plus donation of $2,840.

McIntyre Centre to close Pinjarra Hills disabled riding centre due to NDIS funding gaps.

Australia's largest therapeutic horse riding service, in Brisbane's inner-west, has announced the shock decision to close the facility after nearly 60 years because of NDIS funding gaps for disabled riders.

"After six years providing equine therapy for people with disabilities, HELP Enterprises is ceasing operations of the McIntyre Centre, a difficult decision made necessary due to the significant gap between NDIS fees-for-service and operating costs,'' it announced on May 31 2023.

The centre has been an important part of HELP's story since 2017 and has played an integral role in strengthening the social, physical and mental wellbeing of clients with disability.

If no other provider could be found it would close on July 31 and the site would be sold. HELP Enterprises emailed the groups on Friday, July 21, to inform them it had also temporarily halted an expressions of interest process aimed at finding a new operator, citing "complex issues''.

Horses have been moved to the top paddock ahead of their sale.

Other items kept on the property would be sold on September 9.

PRESIDENT
Phil Saxby

Welcome to our New Sergeant – ANGELA MURPHY.

Also to our now Full Time Editor – PETER SAXBY.

VARIETY CLUB BASH – The Rotary Branded Car is about to head off with Driver's Door RCo Brisbane.

RARE RACE DAY—Sunday 22nd October, Caloundra. Club to co-sponsor a race with other Rotary clubs. Trackside Seats to be raffled to defray costs of the co-sponsorship.

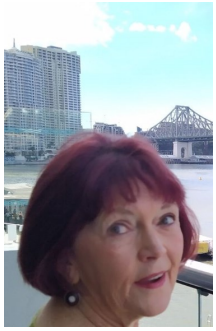
FOUNDATION RECOGNITION DINNER— November Wed 8th at Tattersall's 6.30 for 7pm. $120pp.

SPOT THE MEMBER

ENTER YOUR OWN PHOTOGRAPH TO HIGHLIGHT MEMBER ROTARY ACTIVITIES
ALSO ACCEPTING PHOTOGRAPHIC MEETING APOLOGIES FROM ANY ABSENT MEMBERS

PP Bruce McNaught: *''I again attended the meeting of the RC Wilmslow last night and it was very enjoyable.''*

President Phil Saxby: *"Nice, sunny and warm in Melbourne….Have fun at today's meeting! The guest speaker looks really interesting."*



Denise Schellbach: *"It's good to be back in the River City. Nice weather and cheap food!"*

<u>Any member activities involving Rotary affairs</u> **will be most welcome if you wish to share with other Club members.**

<u>Photographic Apology Notes</u> **can also be emailed to the Bulletin Editor:**
peter.saxby1@bigpond.com

All Club members can be involved and aware of where other members are at meeting times and during non-meeting times!

MEMBER SPOTS

Angela Murphy, along with Miles Murphy, PDG Tim Keeler, and Mark Williams attended the chartering night for the Rotary Brisbane Pride Club last Saturday. This new club is a cause based club which promotes diversity, equality, and inclusion. The club is an in-person club as well as an e-club. The club is holding a lunch on September 2nd for Open Door.

Mark Williams reported that the bell that the Rotary Club of Brisbane ordered for the new Rotary Brisbane Pride Club is on its way from the US.

Keith Watts provided a report on the activities of the International Service Committee. Rick Tamaschke, Chris Muir, and Peter Saxby have joined Keith on the committee. Sister Clubs and the Circle for Centennial Rotary Clubs are two items that the committee is currently investigating. Some of the current Sister Club relationships have become inactive, and the committee will determine whether there is an interest in maintaining those relationships. Keith met PP Ray Saumen in Melbourne at the 2023 World Conference. RCoB received an invitation to join the Circle for Centennial Rotary Clubs through this meeting. Keith also reported that Anna Klawe, Director of Wewak Radio Station PNG, has requested equipment for the Para Sports Disabled Agency and East Sepik Disabled Persons Agency. Another item Keith spoke about was the International Autism Global Project being conducted with the Rotary Club Colombo Reconnections.

Dymphna Muir spoke about a discussion she had with PDG Tim Keeler regarding raising money the Queensland Brain Institute project. Mark Williams is going to a QBI Board Steering Committee meeting.

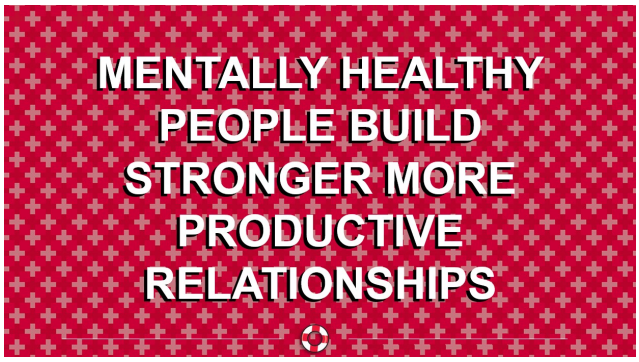
GUEST SPEAKER

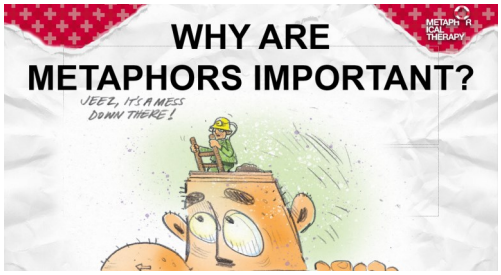
The guest speakers were **Dr Mark Whittington** (left) and **Gaby Bush** (right). Mark and Gaby gave an excellent presentation entitled **Metaphorical Therapy.**

Gaby Bush is an ex-patient. His severe post-traumatic stress disorder and major depressive disorder inevitably led to burnout and breakdown which required professional intervention. He hasn't been a patient for the better part of a decade largely thanks to Dr. Mark Whittington and the nascent version of Metaphorical Therapy.

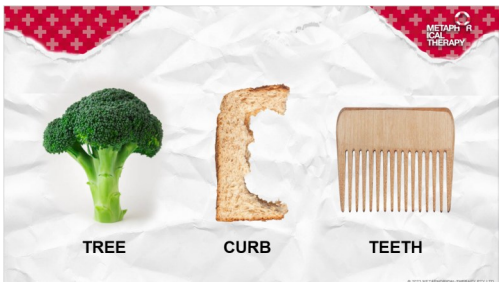
Gaby created a proprietary communication strategy development system that drew heavily upon psychology, spanning everything from Maslow's Hierarchy of Needs to positive and negative benefit ladders. The System was subsequently employed by blue-chip organisations which included The Commonwealth Bank, Conoco Phillips, Country Energy, and Telstra.

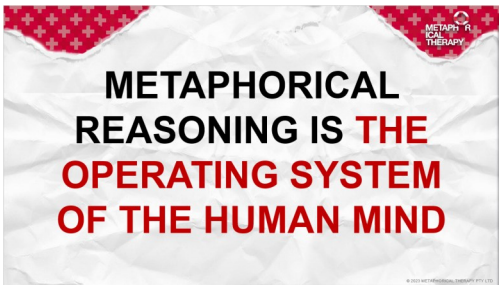
Gaby and Mark have received grants for their work in this field, but require more financial assistance to progress it further.



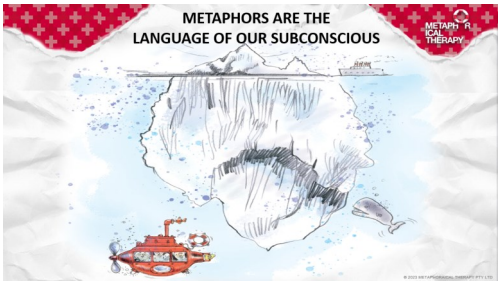

WHY ARE METAPHORS IMPORTANT?
JEEZ, IT'S A MESS DOWN THERE!

"HE'S A SHARK!


TREE
CURB
TEETH


METAPHORICAL REASONING IS THE OPERATING SYSTEM OF THE HUMAN MIND

THE KEYSTONE PRINCIPLES OF MENTAL HEALTH

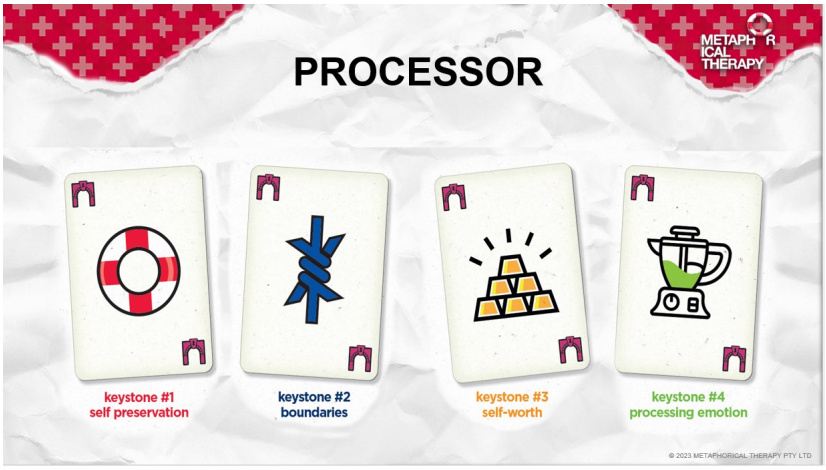

METAPHORS ARE THE LANGUAGE OF OUR SUBCONSCIOUS

WE DREAM IN METAPHORS
CHEESES!

THE HEDGE GETS A HAIRCUT
THE MAN HAS A BAREFOOT HEAD

it's therapy in pictures
a new way to mental floss
developed at the clinical coalface
and battle tested

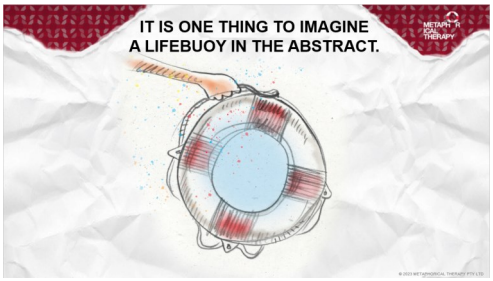
THERE ARE FOUR KEYSTONE PRINCIPLES
THE ESSENTIAL NEED FOR SELF-PRESERVATION
THE NEED TO PROCESS EMOTION OR GRIEF RESULTING FROM LOSS
THE IMPORTANCE OF MAINTAINING BOUNDARIES
THE UNDERSTANDING OF SELF-WORTH AND RECIPROCITY IN YOUR RELATIONSHIPS


PROCESSOR
METAPHORICAL THERAPY
keystone #1
self preservation
keystone #2
boundaries
keystone #3
self-worth
keystone #4
processing emotion
© 2023 METAPHORICAL THERAPY PTY LTD

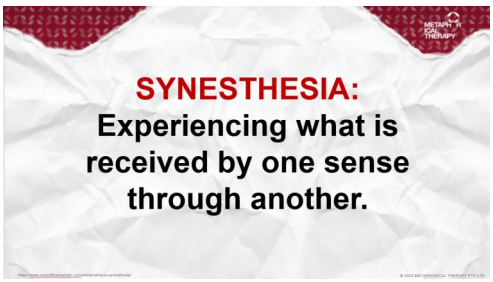
IT'S PROFOUNDLY SIMPLE:
SAFE IN THE CENTRE
DANGEROUS ON THE OUTSIDE
SAFETY
DANGER

REMEMBER ALL YOUR
KEYSTONE PRINCIPLES
COME TOGETHER ON THE SPIRAL

WHY
IT WORKS

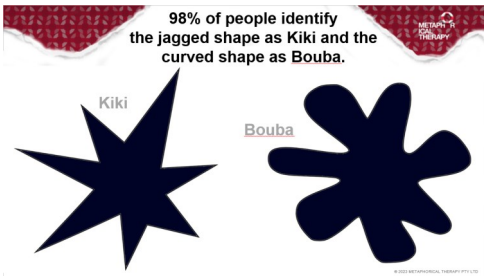

IT IS ONE THING TO IMAGINE
A LIFEBUOY IN THE ABSTRACT.

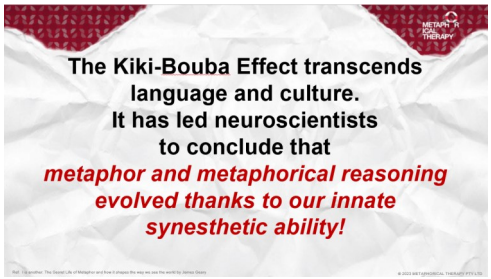
EXPERIENCING ONE IN THE
REAL WORLD
IS A COMPLETELY DIFFERENT EXPERIENCE

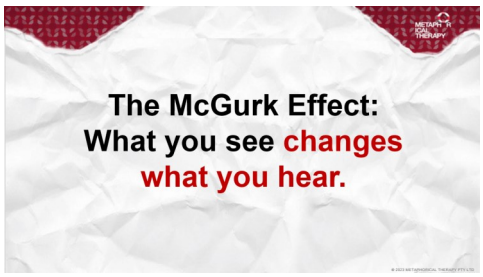

SYNESTHESIA:
Experiencing what is
received by one sense
through another.

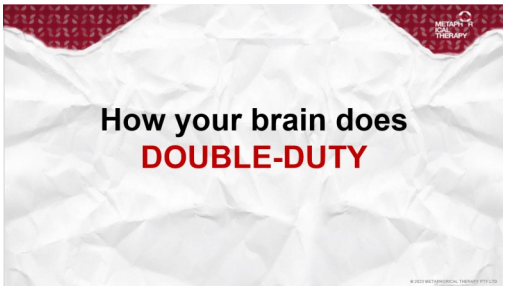
Sunlight Moonlight
Which is louder?

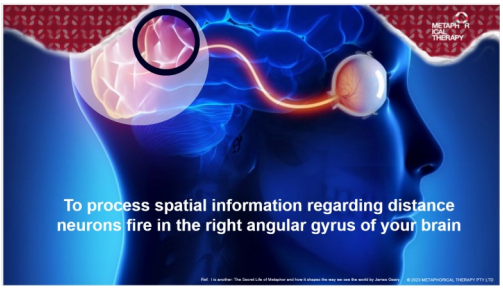
One of these is KiKi the other is
Bouba. Who's who?

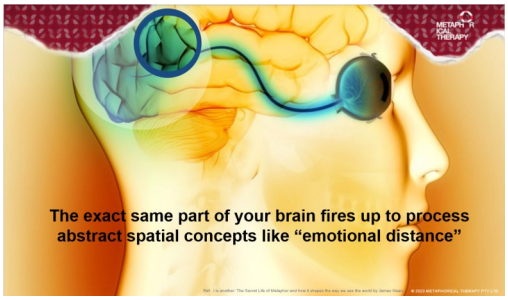

98% of people identify
the jagged shape as Kiki and the
curved shape as Bouba.
Kiki
Bouba


The Kiki-Bouba Effect transcends
language and culture.
It has led neuroscientists
to conclude that
metaphor and metaphorical reasoning
evolved thanks to our innate
synesthetic ability!

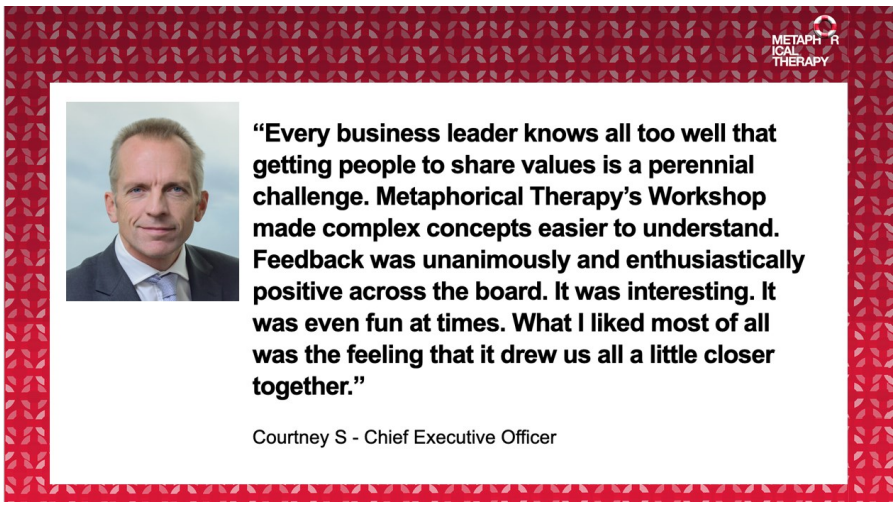

The McGurk Effect:
What you see changes
what you hear.


How your brain does
DOUBLE-DUTY


To process spatial information regarding distance
neurons fire in the right angular gyrus of your brain


The exact same part of your brain fires up to process
abstract spatial concepts like "emotional distance"

METAPHORICAL THERAPY
WORKS BY HARNESSING THE
POWER OF THE *WHOLE* MIND


"Every business leader knows all too well that getting people to share values is a perennial challenge. Metaphorical Therapy's Workshop made complex concepts easier to understand. Feedback was unanimously and enthusiastically positive across the board. It was interesting. It was even fun at times. What I liked most of all was the feeling that it drew us all a little closer together."
Courtney S - Chief Executive Officer

"In my role as Human Resources Director; I will definitely use this as a tool for conflict management, self-awareness and introflection exercises for both individuals and teams. I found it every bit as valuable on a personal level as I did on as a professional."
Jackie B - Human Resources Director

ROTARY CITATION FOR THE ROTARY CLUB OF BRISBANE

Rotary

MEMBERSHIP DEVELOPMENT

Dear 2022-23 Club President Bruce McNaught,

Congratulations!

Your club has earned the Rotary Citation, the most significant award a Rotary club can achieve, for 2022-23. This past year, your club demonstrated a commitment to achieve its goals, which ultimately helps strengthen Rotary and shape our future.

Please find your Rotary Citation certificate in this folder. They are named by district number, then club name. I encourage you to display it proudly to celebrate your club's achievement.

Once again, congratulations on a successful year as club president!

Sincerely,
Jennifer Jones
2022-23 RI President

ONE ROTARY CENTER
1560 SHERMAN AVENUE
EVANSTON, ILLINOIS 60201-3698 USA
ROTARY.ORG

Rotary | IMAGINE ROTARY

2022-23 ROTARY CITATION

Awarded to the Rotary Club of

Brisbane

for helping **imagine Rotary** in the lives of people all over the world.

Jennifer Jones
President, Rotary International

CALENDAR DATES

AUGUST	**Fri**	**25**	**FLANNO DAY**			www.flannoforafarmer.com.au
OCTOBER	**Sun**	**22**	**RARE RACE DAY**	**CALOUNDRA**	**Gates Open at 11.30am**	https://www.sctc.com.au/event/rotary-raceday/

RAFFLE TO Help communities in Developing Countries with containers of donated goods and assist with Environmental Repurposing in South East Queensland

Rotary Australia Repurposing Equipment

2023

AUGUST

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Drawn at the Rotary Charity Race Day 22nd October 2023

RARE RAFFLE Tickets $10

Use this QR code to buy tickets

MAJOR PRIZE

10 night Papua New Guinea for 2 P&O Cruise on 'Coral Princess' or a travel voucher to the value of $4,000

BOOK BUYERS PRIZE

1st Prize - Two Night Glamping Experience at the Sunshine Coast Ingenia Holidays Rivershore Holiday and Caravan Park

2nd Prize - One dozen selected premium wines from Moffatdale Ridge Winery - Murgon

All profits of the Rotary Charity Race Day Raffle go to the Rotary Australia Repurposing Equipment Program which sends containers of repurposed vital medical and educational equipment to developing countries.

FROM: **Mitch Witherington, Drought Angels Ltd**, General Manager. WAS OUR CLUB GUEST SPEAKER ON 12 JUNE 2023

I wanted to share with you some exciting news. Our national fundraising campaign **Flanno for a Farmer** has officially launched! Flanno for a Farmer is a brand-new Drought Angels initiative that's all about showing our Aussie farmers and their families some love!

Most farmers would give the shirt off their own backs if it meant helping someone in need.
It's because many have seen hard times and understand that a simple gesture can make a world of difference.
Flanno for a Farmer is just that, a great way to let Aussie farmers know that we've got their backs.
On **Friday August 25** you can join thousands of other Aussies donning their flanno in their workplace, school, and community!
For one day Australia will turn flanno and raise much-needed funds for Aussie farmers in need.

We would love you to help us spread the flanno fever by signing up a **Brisbane Rotary Club** team and helping us raise funds for farmers in need. **Signing up is easy!!**

1.SIGN UP under your name at www.flannoforafarmer.com.au and register your **Brisbane Rotary Club** team at the same time.
2.SPREAD THE WORD via socials and email to your colleagues and raise funds for our Aussie farmers!
3.(Click on Resources - Flanno for a Farmer 2023 to look at our Fundraising Guide)
3.DON YOUR FLANNO on **Friday August 25th** *(We would love to see your photos so be sure to tag @droughtangels and #flannoforafarmer)*

It's time to rally together in our Flanno's
and make a real impact on the lives of our Aussie farmers.

DON YOUR FLANNO on **Friday August 25th**

Rotary Club of Brisbane

RC TAIPEI TATUNG	RI CONVENTION
40th Anniversary	SINGAPORE
19th APRIL 2024	**25-29 MAY 2024**

CREATE HOPE in the WORLD

RAFFLE was drawn by Denise Schellbach, then won by Michael Stephens, who then proceeded to draw a dud card— No Joker.

SERGEANT Angela Murphy levied fines for anybody who hadn't clicked on the Containers for Change link at the end of Bulletin. No mention about the tappy thing yet!! Is it a hammer, or something else, something worse?

MEETING CLOSED Chris Muir closed the meeting at 2.03 pm.

NATIONAL ANTHEM

MEETING DATES

AUGUST	Mon 28	12.15pm	Meeting at Fridays
SEPTEMBER	Mon 4	11.30am	Board Meeting at Fridays
	Mon 4	12.15pm	Meeting at Fridays
	Mon 11	12.15pm	Meeting at Fridays
	Mon 18	12.15pm	Meeting at Fridays
	Mon 25	12.15pm	Meeting at Fridays

MEETING ROSTER

DATE		PRESIDENTIAL DUTY	CHAIR	INTERNATIONAL TOAST
AUGUST	Mon 28		MICHAEL STEPHENS	CAMERON GIBSON
SEPTEMBER	Mon 4	PHIL SAXBY, BOARD	KEITH WATTS	DENISE SCHELLBACH
	Mon 11	PHIL SAXBY	MARK WILLIAMS	BRUCE McNAUGHT
	Mon 18		DAN ADLER	DYMPHNA MUIR
	Mon 25	PHIL SAXBY	BRUCE McNAUGHT	ANGELA MURPHY

CONTAINERS FOR CHANGE

CONTAINERS FOR CHANGE: LOG IN and DELIVER YOUR EMPTIES TOWARDS FUNDING OUR CLUB ACTIVITIES

https://member.containersforchange.com.au/team-member/add/qld?team_link=qld/the-rotary-club-of-brisbane-inc-6420eda5a5afb

Rotary Club of Brisbane

RC TAIPEI TATUNG
40th Anniversary
19th APRIL 2024

RI CONVENTION
SINGAPORE
25-29 MAY 2024

CREATE HOPE in the WORLD