



The Rotary Club of Brisbane Centenary

Vol 32 Edition 30

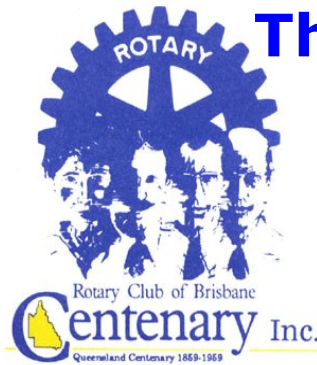
13th May 2020

The Rotary Club of Brisbane Centenary Inc. meets on Wednesday at 6:30am for 6:45am at:

Solitude Solutions,
5 Wills Court,
Mt Ommaney

P O Box 214 Mt
Ommaney Q 4074

*Currently meeting
On-line*



The Carson Commentary

Virtual Happy Hour was a resounding success. We enjoyed Di's what's cooking, Kath's latest artwork creation, the story of the transformation of the Woodward's pool from a pool to aquarium complete with waterfalls. Ada was trying to decide what was for dinner and Geoff enjoyed his pizza while Barbara cleaned up the red wine spill!

The online hook-up of all the District 9630 Presidents was interesting with the many and varied activities that clubs have adopted during the Covid-10 lockdown. Raffles, Trivia nights and local take-away meal promotions amongst the innovative ways clubs have adapted. Combined club casual events are also a great way to increase the connections that Rotary brings to our world, I would like to give this a try for a future meeting.

We all have the opportunity to join the 2020 Rotary Virtual Conference to be held 20 -26th June, this should be a memorable event sharing stories from around the globe.

Have you been practicing Dr Christian Heim's advice to find "What makes me happy?" (Happiness = Long Term Contentment + a dash of Short Term Pleasure).

Craig



Craig Carson

President 2019—20



The Board for 2019—20

President	Craig Carson	PR	Terry Killen
Past President	Neville Blomeley	Membership	Graham Osterfield
Treasurer	Gerry Gebert	Foundation	John Woodward
Secretary	Nick Curry	Club Administration	Craig Carson
Effective Services	Di Scotte	Bulletin Editor	Nick Curry

13th May

ShelterBox

Paul Roger

20th May

Tony Hunter

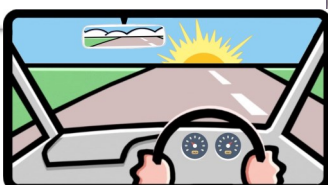
Innovation & Business Consultant

Food Future

27th May

Mater Young Adults Health Centre

Greg Beard



Looking Back
Moving Forward

That was the week that was or TW3

With the schools still locked down and most other things constrained, not too many reports today but we welcomed a guest from both Brisbane Taqylor Bridge and from Jindalee.

Treasurer: We have received the redirected District Grant and this has now been paid across to the BeefBank account.

BeefBank: Graham has organised to spend the redirected District Grant by buying two cows on 15 May and two more early June.

The Noosa exercise went well with two cows being sent to feed the Needy—a programme of Second Chance.

From the desk of the President:

Dr Christian and Dr Caroline Heims

Isolation takes away from people but may also present opportunities. Three months ago we were socializing but now, it doesn't feel so brilliant! We may be saving lives but we need to resolve the challenge to move on from being individuals to collective thinking.

Australia, New Zealand, Greece and Germany have been very successful in the COVID campaigns, even more so have been South Korea and Taiwan. Mostly this has been as a result of a large amount of testing and the population doing what it has been asked to do. Australia and New Zealand have also benefited because they started sooner, are islands and because they have space.

But being cut off from others means you do not get the boost you get socializing, the DOPE effect of Dopamine, Oxytocin, Serotonin and Endorphins. Dopamine provides the sense of pleasure, Oxytocin is associated with love and trust...for instance the feel good that you get from hugs, Serotonin is what anti-depressants are based upon whilst endorphins give you that high similar to runners. You get it from being with people, from music, singing with others or simply playing.

Happiness in life usually has to do with people but can be to do with a purpose or achieving a particular result. But Christian noted that Happiness equals Long Term Contentment plus Short Term Pleasures. The problem with isolation is that we are tending to overdose on short term pleasures, that extra biscuit or second glass of scotch in the evening because they provide immediate benefits that dissipate quickly...so we need more of them! That way lies addiction. So try not to indulge more than you used to. Apparently, lots of people are putting on weight!

Thus, you need to look at other things that go to increase long term contentment. You could consider playing golf where it is possible but you need motivation. You should aim to achieve what you would normally get, for instance you walk the same amount. Otherwise it does not feel as good. Christian also advocated on-line bowls...a lot of fun. Apparently, as far as DOPE is concerned, the brain does not distinguish between imagination and reality. The challenge is to try and do very much what you did before COVID lockdowns. But whatever, increasing long term contentment requires both commitment and time. And the further challenge is to make use of the technology available.

Exchange idea with your friends over the internet and maintain the connection. In fact connection is a key and a

Brisbane Taylor Bridge's project with International students who are doing it tough because their jobs (usually in hospitality) have gone is going well and Craig Clark told us that the prepared 30 packs on Monday.

President Craig also mentioned an international webinar he had just attended. Seems that many clubs are in the same position as us. Although it was interesting to see some of the ways clubs had adapted. Paul Curnow told us that they had had a joint zoom meeting with Roma. Went well, especially as the Roma club, up until then had been put off by the technology.

Social night next Friday on-line at 6:00pm...see you there!



challenge.

If there are some people you have distanced your self from in the past, now is the time to mend fences. It is a golden opportunity to re-connect and share stories from your past. If you are able to share stories, this will lead to a rise in all the DOPE categories.

Christian noted that the younger generations have never seen adversity in the way that older generations had. They did not grow up at the time of the Vietnam war and see any of the other wars and crisis that beset the '50s, and '60s. Caroline mentioned New York as a particular example since they had really been struggling with the Coronavirus. The city, itself is an interesting dichotomy of residents with some barley being touched by the pandemic, merely being inconvenienced. But others, particularly young adults, have high anxiety which is starting to turn into apathy. This group does not do resilience very well. Christian also said that, often, these young people will try to hide this beneath some sort of veneer. However they may well be doing it tough, have a much harder time than the older generations and it was time to reach out to your younger relatives and try to connect. However, you may not see the effect because of they are feeling lost and embarrassed. But connecting could be pure gold and you will also feel better for the effort.

Caroline noted that she has seen this in some of her students and that mental health issues were beginning to be of concern. Christian also said that he expected to see more cases in about 3/4 months, particularly of PTSD noting that one doctor in New York had suicided because she could not face the mounting toll of dead bodies from the virus.

Friday night Presidents' meeting

Craig Carson and Nick Curry attended a zoom meeting on Friday evening with many of the District Leadership team and other club presidents.

Among the several topics covered were the efforts by the current leadership team to try and keep the cohesiveness and momentum of the district going and encouraging clubs along the way. There are still a few clubs who are either nervous or otherwise have not got to grips with zoom meeting or their alternatives.

DGE Patrice had previously been on a zoom meeting with RI President Mark Maloney. In that meeting they discussed:

- The number of new members that clubs g-had inducted despite being in lockdown. As John Woodward foreshadowed at our own board meeting, there may be opportunities to exploit.
- The Virtual Convention gives everyone the opportunity of attending a convention.
- RI dues will not change. Whilst there have been some savings in travel—but also some losses due to the cancelled Hawaii Convention— RI's fixed costs have remained the same.
- Disaster Response Grants...some 288 application had been lodged with 160 still being assessed.

	Today (a while ago)!
1787	Captain Arthur Phillip leaves Portsmouth, England, with eleven ships full of convicts (the "First Fleet") to establish a penal colony in Australia.
1912	The Royal Flying Corps, the forerunner of the Royal Air Force, is established in the United Kingdom.
1950	The first round of the Formula One World Championship is held at Silverstone.
1958	Ben Carlin becomes the first (and only) person to circumnavigate the world by amphibious vehicle, having travelled over 17,000 kilometres (11,000 mi) by sea and 62,000 kilometres (39,000 mi) by land during a ten-year journey. Both Ben Carlin and the editor attended Guildford Royal Grammar school, - only his was in Perth and mine was in Surrey.
1981	Mehmet Ali Ağca attempts to assassinate Pope John Paul II in St. Peter's Square in Rome. The Pope is rushed to the Agostino Gemelli University Polyclinic to undergo emergency surgery and survives
1989	Large groups of students occupy Tiananmen Square and begin a hunger strike.
1995	Alison Hargreaves, a 33-year-old British mother, becomes the first woman to conquer Everest without oxygen or the help of sherpas.

- Polio: some concerns that we do not drop the ball on this.
- Membership webinars have produced some great ideas about club projects, e.g. one club is making masks whilst a Rotaract club in Adelaide has introduced cooking classes on-line. Another club has had to abandon their annual art show in favour of a virtual art show.

Congratulations to the new club of Browns Plains on receiving their charter this week.

DGN Wendy Protheroe spoke at some length about cyber security and noted that comments made on-line without the necessary body language can easily be misinterpreted. Other risks include reputational risks and Wendy also noted the importance of personal; presentation. Whilst we all know not to attend zoom meetings in our PJs, perhaps we need to pay more attention to what we look like.

And the other important thing is staying connected with members and checking up on their health and well being.

Doug St Clair made the point that, whilst we are all stuck at home, this also presents opportunities for on-line training, particularly for the new officers next year



Mark your calendars for 20-26 June for an exciting opportunity to gather online with the family of Rotary for our first online convention.

Now More Than Ever, Rotary Connects the World: The 2020 Rotary Virtual Convention will join you with Rotary participants around the world during a time of unprecedented challenges.

Together, we'll still experience the spirit of Rotary, be inspired by innovation, celebrate our resilience, and explore how clubs are addressing COVID-19. Experience Rotary in action during our Flag Ceremony, witness the power of connection during our general sessions, learn new ways to engage with Rotary during our breakout sessions, find inspiration from our global speakers, and much more.

We have never needed Rotary — and we have never needed each other — more than we do now. We hope to see you online, because Now More Than Ever, Rotary Connects the World.

SMILE!



15 days containment I'M FINE
THANK YOU 13:20

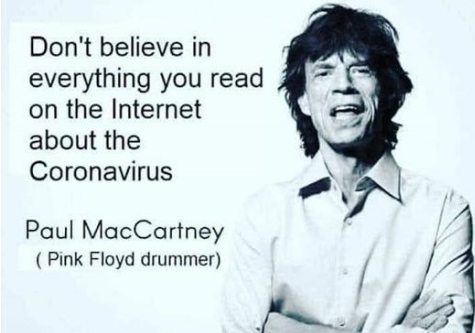
Has anyone else bought the Covid-19 home testing kit off Wish? I got mine today and apparently I'm pregnant!!

DUE TO MY ISOLATION. I FINISHED 3 BOOKS YESTERDAY. AND BELIEVE ME. THAT'S A LOT OF COLOURING.

4 stages of quarantine.



We all needed this chuckle. My question is - is this mask needed because of an AUTO-immune disease or the CARona virus? 😊



Don't believe in everything you read on the Internet about the Coronavirus

Paul MacCartney (Pink Floyd drummer)



Headmaster to school mother: 'Mrs Smith, we normally refer to these as school buses....not the answer to all my prayers and salvation.

Wife: Did I get fat during Quarantine?

Husband: You were never really skinny!

Time of Death: 4/25/20
11:23 pm Cause of Death: Corona virus

It takes a village to raise a child, but it takes a vineyard to home-school one.

When parents start to crack during lockdown

Congratulations and happy anniversary to: Graham and Kath Osterfield 14 May

The Club welcomed: Di Scotte 14 May



The 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?

Duty	13/05/2020	20/05/2020
Chair	Graham Osterfield	Dianne Scotte
Rotary Talk	Gerry Gebert	Graham Osterfield