



Rotary Opens Opportunities

The Rotary Club of Brisbane Centenary

Vol 33 Edition 23

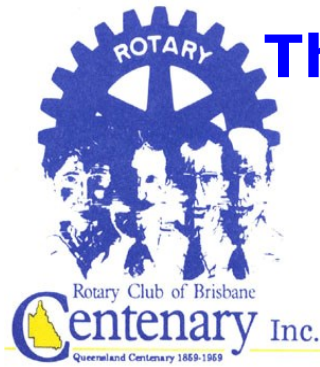
5th May 2021

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

23 Hasp Street

Seventeen Miles Rocks

P O Box 214 Mt Ommaney Q 4074



The Carson Commentary

The Combined Rotary Clubs celebration of 100 years of Rotary in Australia marked by the unveiling of the Peace Pole in Lorikeet Park was a wonderful event enjoying a perfect Autumn Day.

A huge thank you to the Rotary Club of Brisbane Taylor Bridge, Rotary Club of Jindalee and Rotary Club of Sumner Park for the combined effort to stage this event. Special thanks to Councillor Sarah Hutton her staff and Brisbane City Council. Also, I must give appreciation for Rotary Global Scholarship recipient Sarah Cowley for introducing to us and the event the Peace Crane Project and to Di Scotte for encouraging our local schools to participate. The Cranes are currently on display at Sarah Hutton's office at Mt Ommaney shopping centre, soon to be despatched to the schools in the St George QLD region with reciprocal Peace Crane workshops making Peace Cranes for our participating schools.

How special was it to have the Lord Mayor of Brisbane, the Lady Mayoress, our Federal Member of Parliament and our State Member of Parliament all present for the event. There was even a cake!

Our next project is the collection and packing of a container of goods bound for Timor Leste, John Woodward & Glen Palmer have been working tirelessly to compile school equipment, clothing, sewing machines and numerous other items desperately needed in Timor Leste. Any assistance you can give would be greatly appreciated.

Craig



Craig Carson



The Board for 2020-21

President	Craig Carson	Effective Services	Di Scotte
Treasurer	Gerry Gebert	Membership	Graham Osterfield
Secretary	Di Scotte	Foundation	John Woodward
International	Glen Palmer	Club Administration	Neville Blomeley
		Bulletin Editor	Nick Curry

This meeting

Eating surprisingly well!

Neville Blomeley

12th May

Board Meeting

19th May

Jeremy Bishop

SEQ Water

26th May

Club Social week

2nd June

Jitendra Prasad

Membership

That was the week that was or TW3

Brisbane Taylor Bridge meeting

Last week's meeting was a combined clubs dinner meeting at Westside HQ.

The theme of the meeting was Post Traumatic Stress – a condition that particularly affects military veterans, and first responders such as police and paramedics. The meeting was organized by the Rotary Club of Taylor Bridge, but had attendees from several other Rotary Clubs.

Keynote speakers were Tony Dell: Vietnam veteran, test cricketer and founder of Stand Tall for PTS; and Grace Forsyth from the Thomson Institute at the University of Sunshine Coast. The timing of a meeting on this topic was, well, topical, given the Federal Government's announcement that they would acquiesce to the long-standing requests for the setting up of a royal commission into the scourge of veteran suicide.

Speaker: Tony Dell Tony told his life story. A talented sportsman, Tony was sent off to Vietnam along with so many other Australians of his generation. After his return he resumed his sporting career as a cricketer, including playing a number of test matches for Australia. At this time, he seemed to be avoiding the post-traumatic stress that afflicted (and still afflicts) so many of his comrades. However, PTS can strike at any time, even long after the traumatic experience. In his case he avoided matters by being obsessively busy, until a down-turn in his fortunes destabilized his life 40 years on from his Vietnam experience. In the face of overwhelming odds Tony got back up and founded the charity Stand Tall for PTS. At its inception the organization had a close connection with the Invictus Games for injured servicemen. More about Stand Tall for PTS can be found here:

<https://www.standtall4pts.org/>



Grace Forsythe

Speaker: Grace Forsyth Grace is a researcher studying for her doctoral degree at the Thomson Institute of the University of the Sunshine Coast. Her research receives funding from the Australian Rotary Health Foundation.

Grace's project is an examination of the possible effect of the oral use of the drug Ketamine to treat depression and PTS. Ketamine is a dissociative anaesthetic, and has some record of use in frontline military hospitals. Analysis of the outcomes of such use suggests that it may be effective in lessening the effect of traumatic stress.

The point of this project is to see if clinical evidence proves or disproves such suggestions. Grace started with a quick primer on the functions of the various parts of the human brain, and the various chemical pathways whose functioning may be modified by the presence of drugs that enhance or assist receptors in each pathway.

The biochemical effect of Ketamine is as an NMDA glutamate receptor antagonist. This research is ongoing and eventually the evidence will determine the conclusion. If the evidence is there it could be a game-changer for those who suffer from this terrible condition.

At this stage related, published work at USC has shown that Ketamine is effective in reducing suicidal ideation in patients with chronic suicidality.

Maryellen Nielsen, Brisbane Taylor Bridge



Tony Dell addresses the group

100 YEARS OF ROTARY IN AUSTRALIA AND OUR PEACE POLE



Today (a while ago)!	
1215	Rebel barons renounce their allegiance to King John of England — part of a chain of events leading to the signing of the Magna Carta.
1494	Christopher Columbus lands on the island of Jamaica and claims it for Spain. ^[3]
1809	Mary Kies becomes the first woman awarded a U.S. patent, for a technique of weaving straw with silk and thread.
1821	Emperor Napoleon dies in exile on the island of Saint Helena in the South Atlantic Ocean.
1891	The Music Hall in New York City (later known as Carnegie Hall) has its grand opening and first public performance, with Tchaikovsky as the guest conductor.
1905	The trial in the Stratton Brothers case begins in London, England; it marks the first time that fingerprint evidence is used to gain a conviction for murder.
1925	Scopes Trial: Serving of an arrest warrant on John T. Scopes for teaching evolution in violation of the Butler Act.
1945	World War II: Battle of Castle Itter, the only battle in which American and German troops fought cooperatively.

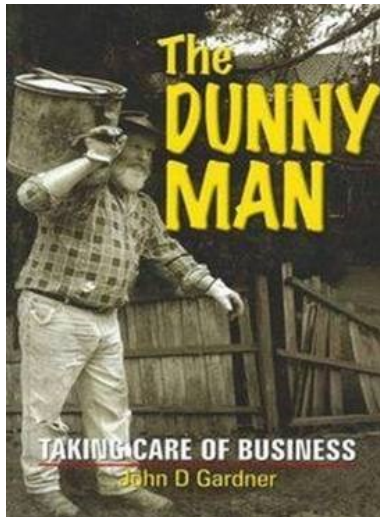






SMILE!

A TRUE AUSSIE POEM FROM A BYGONE ERA



They were funny looking buildings, that were once a way of life,
If you couldn't sprint the distance, then you really were in strife.
They were nailed, they were wired, but were mostly falling down,
There was one in every yard, in every house, in every town.

They were given many names, some were even funny,
But to most of us, we knew them as the outhouse or the dunny.
I've seen some of them all gussied up, with painted doors and all,
But it really made no difference, they were just a port of call.

Now my old man would take a bet, he'd lay an even pound,
That you wouldn't make the dunny with them turkeys hangin' round.
They had so many uses, these buildings out the back,"
You could even hide from mother, so you wouldn't get the strap.



That's why we had good cricketers, never mind the bumps,
We used the pathway for the wicket and the dunny door for stumps.
Now my old man would sit for hours,

the smell would rot your socks,
He read the daily back to front in that good old thunderbox.

And if by chance that nature called sometime through the night,
You always sent the dog in first, for there was no flamin' light.
And the dunny seemed to be the place where crawlies liked to hide,
But never ever showed themselves until you sat inside.



There was no such thing as Sorbent, no tissues there at all,
Just squares of well read newspaper, a hangin' on the wall.
If you had some friendly neighbours, as neighbours sometimes are,
You could sit and chat to them, if you left the door ajar..

When suddenly you got the urge, and down the track you fled,
Then of course the maggies were there to peck you on your head.
Then the time there was a wet, the rain it never stopped,
If you had an urgent call, you ran between the drops.



The dunny man came once a week, to these buildings out the back,
And he would leave an extra can, if you left for him a zac.

For those of you who've no idea what I mean by a zac,
Then you're too young to have ever had, a dunny out the back.



Congratulations and happy anniversary to:

Kath and Graham Osterfield

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?

Duty	5/05/2021	19/05/2021
Chair	Glen Palmer	Nick Curry
Duty Officer	Andrew Rodgers	Dianne Scotte
Fellowship Officer	Geoff Williams	Bruce Wilson
Rotary talk	John Woodward	Craig Carson