



The Churchill Room
30 June 2019



A Message from the Top Dog...

For my last newsletter update as President I have a series of congratulations and thank you's to make. As usual, the end of our Rotaract year has been jam packed with volunteering opportunities, social catch ups and one very big fundraising event, and none of it would have been possible without the dedication of all our club members!

It was so wonderful to see everyone at Shine for Shelterbox this year, and it was excellent that everyone participated and helped on the night – thank you! Huge congratulations to Laura and her team for putting the event together, it was an exceptional evening and thank you for all your hard work on the night behind the scenes and the weeks leading up.

A number of Rivercity members attended RYLA this year as participants, leaders and presenters. Congratulations to those who put in so much hard work training, preparing and organising for this experience, especially to Jane who took on a massive leadership role in this program. I'm sure your hard work was appreciated by all those who attended the program and that you all represented Rivercity proudly!

As I finish up my year as President of Rivercity, I also want to say a big thank you to every member of the 2018/2019 club board. I may have bribed you with wine and food each month at our meetings, but you all fully committed to your roles and your service to the club has helped this be such a successful year for Rivercity. I certainly would not have made it through the year without your help!

Congratulations to Dean and all the newly elected members of 2019/2020 board. Good luck for what I am sure will be another stellar year for our club!

Yours in Rotary,

Róisín

Upcoming Club Events:

Date	Event
13/7/19	Changeover

Club Focus for the Next Quarter:

July	Club Direction/Goals
August	District Direction/Goals
September	TBA

A Helping Hand - Quickfire Links:

[4 Ways to Actively Reprogram Your Thoughts](#)

[The anti-CEO Playbook](#)

Dean's Pearls of Wisdom

While it seems funny, looking back may actually help you move forward. Whether it's to motivate you to do better, or to realise traits or patterns in behaviour that are holding you back, taking a minute to reflect can be a truly beneficial experience.

While reminiscing and nostalgia is the more enjoyable option of going down memory lane, going down the reflective path can drastically improve your surroundings, your thinking, as well as your habits, as long as you realise that it's a time to reflect, and not punish yourself for a mistake.

Studies, such as those shown in the Harvard Business Review, have found that those that engage in reflective activities, or take that step back at some point during their day, end up being happier, more productive and more understanding, which can obviously have an positive impact on every aspect of your life. Not a bad option, especially if you're not keen on taking up yoga.

[Reflective Practice](#)

[Why You Should Make Time for Self-Reflection \(Even if You Hate Doing It\)](#)

Social and Volunteering Committee Update

As the Rotary year comes to an end, the social and volunteering committee were still keeping busy, with events held every month in and around Brisbane.



April saw a great turnout of Rivercity members for a Bronco's game, where members were selling 50/50 raffle tickets for MND and Me. This was the second time the club has done this event, and will likely to look to it in the future. May saw a few members volunteering at the Mother's Day Classic, braving the cold morning to help the event run smoothly.



We rounded out the year with the MS Brissie to Bay bike ride, with club members directing and cheering on riders through the course.



Finally, a big 'thank you' to the entire club for stepping up, giving so much of your free time and helping out numerous charities over the year! While there was a few early mornings, both the club and the charities we supported very much appreciated your support and commitment.

Meeting & Vocational Committee Update

The Meeting & Vocational Committee has been kept busy this quarter launching the District 9600 CBD Cluster Initiative Mentoring Program, teaching our Rotaractors how to sew and collating your feedback to help the incoming board prepare for their Rotaract year.

We also checked in with two of our club members, Kim Elston & Joshua Cunningham to understand a little more about their professions and Riley Thornton filled us in on all things Rotary International following her trip to the Rotary International Assembly earlier in the year.

It's been a busy year all up but we're proud of the opportunities we've afforded club members to aid their personal and professional development and we can't wait to see what next year holds in store!

Events Committee Update

With a build-up that was months in the making, we finally turned it on for Shine for Shelterbox, and what a night it was! 150 guests gathered at Six Feet Under for a night of drinks, canapes and live music, with over \$4,000 raised for Shelterbox!

It couldn't have been done without the hard work of club members, our entertainment throughout the night, those who donated raffle prizes as well as Big Letter Co who helped make the night one to remember! A special thank you to those who also made it on the night, Rivercity appreciates all who supported our event, and a very worthwhile charity. Check out some of our amazing Rotaractors below!





Despite dimming the lights on Shine for another year, our attention turns to Changeover, with a dinner planned to help us celebrate an amazing year. We hope to see you there!

Club Member News

It wouldn't be a Rotaract Club of Brisbane Rivercity End of Financial Year without some last-minute inductions. This quarter we welcomed Georgina Whittaker, Rosie Starr and Jillian Schomberg as new club members.

Georgie, Rosie and Jill have been front and centre at our volunteering and social activities alongside our regular club meetings. Rosie and Georgie have also taken up positions on the 2020 Board as Directors/Officers. Welcome aboard guys!



Board Member, Jane Hillyard, was recently recognised as a Paul Harris Fellow by the Rotary Club of Brisbane High-Rise.

Being recognised as a Paul Harris Fellow formally recognises Jane's service to Rotary within Rotaract and the RYLA Program and the impact it's had on the personal development journey of many young people.

Everyone at Rivercity wishes Jane the biggest congratulations!



Editor's Interesting Fun Fact

Koalas have fingerprints that are surprisingly close to human fingerprints.

The Final Say...

We round out the last Churchill Room for the Rotary year with a massive thank you to Róisín and the 2018/19 board for all of your hard work and leadership in all areas of the club!