



The Churchill Room
31 December 2018

Rotaract
Rotary Club Partner



A Message from the Top Dog...

The first 6 months of the year have flown by for Rivercity! We've been kept very busy with numerous volunteering events and our annual trivia night. The club has also made excellent progress on our 2018/2019 goals.

Under the direction of Josh, we have finalised the club's constitution document! You can look forward to Josh presenting about it at our meeting in the new year. With this complete, incorporation will be the next step.

Jane has made appearances at many Rotary meetings to encourage participation in our Professional Development Evenings and is working towards bringing back the mentoring program.

Thanks to a very generous invitation from Rotary New Farm, some Rivercity members assisted at their annual Christmas Carols in the Park event by selling glow sticks and raffle tickets. In return for our efforts, RNF have donated a proportion of the money made on the day to our club. This is a perfect example of the kind of better connections we are aiming to have with Rotary clubs in our district.

I was very proud of all club members who came along and enthusiastically

helped with the trivia night as well as bringing along tables of friends to support. I hope this level of effort continues to grow for our Shine for Shelterbox event!

Rivercity is sitting strong at 25 members and I for one cannot wait to see how much we continue to grow in 2019! Wishing everyone a very relaxing and fun Christmas break.

Merry Christmas!

Until next time, yours in Rotary,

Róisín

Upcoming Club Events:

Date	Event
19 Jan	Rivercity Weekend Away
6 Feb	Professional Development Workshop Session One
9 - 10 Feb	Australian Rotaract Conference
20 Feb	Professional Development Workshop Session Two

Club Focus for the Next Quarter:

January	Understanding our Constitution
February	Professional Development Workshops
March	Professional Development Workshop/Event

A Helping Hand - Quickfire Links:

[Why New Year Resolutions Fail and How to Set Yourself up for Success](#)

[How to Gain Control of Your Free Time](#)

Dean's Pearls of Wisdom

With the New Year around the corner, most of us will make the decision to get healthier, to start running in the morning before work, and to cut down drinking (maybe). But for many, the #newyearnewme mindset only lasts a few weeks, meaning gym clothes are only busted out when you need something comfy to watch Netflix in.

Exercising and eating healthy can be a chore, and that's where most people fall off. As with any other aspect of your life, if you find something interesting or enjoyable, you're more likely to do it, compared to additionally having to find the motivation to do something you don't want to do. So, the key to exercising is to find an aspect of it that you enjoy. That can be going big in the gym, cutting down on your PB time in the pool or even the comradery you feel in a group session. Studies shown in the links below highlight how a gym buddy (or a bunch of gym buddies) can help you achieve your fitness goals quicker, meaning you can still squeeze in a pic for the gram before Summer is over.

[No. 1 Source of Motivation to Exercise More](#)

[Does Working Out with a Partner Affect Performance?](#)

Social and Volunteering

Committee Update

The Social and Volunteering Committee was again kept very busy this quarter delivering several different volunteering opportunities for club members.

Throughout the quarter, our club was proudly represented at the following events:

- National Bandanna Day - CanTeen Australia's major fundraiser that supports young people affected by cancer to cope with all aspects of cancer whilst also connecting them with other young people in the same boat.
- World's biggest garage sale – an organisation which aims to recycle, repurpose, reuse, and re-commerce goods in order to divert landfill and draw wealth from waste to reinvest back into local communities.
- Rotary Club of New Farm Light up Carols & Santa in New Farm Park

Check out our club members at the various volunteering activities below!





The Social and Volunteering committee also delivered a picnic in the park early in the quarter and rounded out the year with a pub crawl themed Christmas Party, with Christmas tree and all. This year, instead of Secret Santa, the club decided to donate Christmas Gifts to Best Friends Rescue a non-profit registered charity that saves & rehomes abandoned or unwanted dogs.



Looking toward 2019, we're busily gearing up for the annual Rivercity Weekend Away. It's sure to be a great weekend. We hope to see you there!

Meeting & Vocational Committee Update

The Meeting & Vocational Committee was kept busy this quarter preparing for the Professional Development Series which kicks off in early February. Keep your eye on your emails for more details to come soon!

Events Committee Update

Back in November, the Events Committee delivered our True Blue Australian trivia night.



The event was a smash hit, selling out our venue, Pig 'N' Whistle Riverside, with support from local Rotary clubs, our Rotaractors, along with colleagues and friends amongst the crowd.

The evening raised \$2,552 which has been donated to Rural Aid to support Australian farmers who are doing it tough.

After taking a well-deserved break, the Events Committee will turn their minds to our upcoming Shine for ShelterBox event.

ShelterBox is a disaster relief charity which provides much needed shelter to families who have lost their homes to conflict or natural disaster.

Club Member News

Charter president, Riley Thornton was recently recognised as a Paul Harris Fellow at the District AGM and Foundation Seminar.

Being recognised as a Paul Harris Fellow formally recognises Riley's commitment to Rotary's humanitarian and educational programs, and her dedication to the objectives of the Rotary Foundation.

Everyone at Rivercity wishes Riley the biggest congratulations!



This quarter we also inducted new club members, Crispin Scott and Nish Bandara.

Nish and Crispin have been quick to jump on board with our club activities attending several volunteering and social activities alongside regular club meetings. Welcome aboard guys!



Editor's Interesting Fun Fact
'Hippopotomonstrosesquippedaliophobia' is the fear of long words.