

Rotary Fellowships Month

Chartered 29th May 1923

Rotary International Club 17787

BULLETIN 17th JUNE 2024



OPENING: Peter Saxby (left) opened the meeting late at 12.55pm, due to some technical issues, with 15 in attendance, including 3 guests (right): the guest speaker Associate Professor Miguel Renteria and Zuriel Ceja—QMIR Berghofer, and Maria Efthymiopoulos.



APOLOGIES: Phil Saxby, Phil Gresham, Bruce McNaught, Brian Kenny, James Delahunty, Juan Laporta.

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 the People of Australia.

Kimberley, WA



Rotary Fellowships are international groups that share a common passion. Being part of a fellowship is a fun way to make friends around the world, explore a hobby or profession, and enhance your Rotary experience. Rotary Fellowships began informally in 1928 when Rotarians with a shared interest in the language Esperanto joined together.



er. In 1947, a group of Rotarian boating enthusiasts began flying the Rotary flag from their crafts, calling themselves the International Yachting Fellowship of Rotarians; this fellowship now boasts the longest continuous existence.

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Club of South Queensferry

The Rotary Club of South Queensferry, UK, was founded in 1977, has about 30 members, and meets on Thursdays at 6:45pm to 9:00pm at Thirty Knots, 2 Newhalls Road, South Queensferry.



In July 2023, long-serving member of the Rotary Club of South Queensferry Gordon McNally became President of Rotary International - the world governing body of Rotary.

Rotary is the largest voluntary humanitarian organisation in the world with 1.4 million members and 46,000 clubs in over 200 countries.

Gordon, a dental surgeon, was a Queensferry resident for many years before moving to Yetholm in the Borders on his retirement. He was **President of the Rotary Club of South Queensferry from 1991-92**, served as **District Governor of Rotary District 1020** and went on to become **President of RIBI** which administers Rotary in Britain and Ireland.

Sandy Mackenzie, President of the Rotary Club of South Queensferry, said: 'We were all delighted to hear that Gordon had been elected President of Rotary International for Rotary year 2023-24. He has been a valued member and honorary member of this club for over 38 years and has shown great commitment to the Rotary movement worldwide. Gordon will be **only the sixth President of Rotary International from Great Britain and Ireland** and the **second president from Scotland**. We wish Gordon and his wife Heather well for the presidential year and hope to welcome them to the club whenever his schedule permits.'

Gordon said: 'I had just clambered out of the garden pond after clearing duckweed when the message came to tell me I had landed the biggest Rotary job of all. I didn't go into the process blindly. It is something you would not enter into without being prepared to make the commitment.'

Gordon believes that now is the perfect time to move Rotary forward as the changes forced on the clubs by Covid restrictions may have accelerated changes in the way we do things by up to five years.

'I feel one of the most important things is that I am going to follow Jennifer Jones as RI President. Jennifer, a Canadian, was the first woman president and I get on well with her. I have heard some Rotarians say: "I just want to get back to normal and back to the way we used to do it." We can't afford to go back to the old ways. The pandemic has focused our attention and made us aware of the communication technologies that are out there. We must make best use of them.'

Clearly because of his medical background, health will be a high priority when Gordon considers the issues during his term of office. Children and mental health too. Asked how he might describe himself, Gordon laughed. 'I would like to think that I am out-going. I can relate well to people right across the spectrum, which probably comes from my professional background. I like a laugh as well. After all you have to like a laugh when you support Hibernian Football Club.'

During his latest visit to the Hawes Inn, Gordon said it was a pleasure to be among his ain folk in the club to which he belongs. He wished to thank the club for its support over thirty-nine years. A wonderful Rotary journey.

Club projects include:

Environmental Projects:

- ◇ Beach Clean-Up and Litter Picking in and around South Queensferry.
- ◇ Queensferry Planting.
- ◇ Purple for Polio Crocus Planting .
- ◇ Dalmeny (Adopt a Station) Planting.

Community Projects:

- ◇ Primary and High School Support Activities (e.g. mock job interviews).
- ◇ Christmas Carol Service.

Fundraising Projects:

- ◇ Queensferry Care (QCCC) Golf Day.
- ◇ Santa's Sleigh.



Above: Santa arriving at the annual switch on of the Christmas Lights in South Queensferry.

PRESIDENT
Phil Saxby



Queensland Brain Institute Rotary Presentation Event

Saturday 15 June 2pm – 3.30pm



Presidents' Dinner

DATE: Friday 28th June 2024

TIME: 6.30 for 7.00 pm

VENUE: Blackbird Bar and Grill, 123 Eagle Street, CBD

RSVP: Friday 14th June

COST: \$150 per person, drinks excluded

NETT PROCEEDS to the Rotary Foundation

DRESS: Coat and Tie—Evening Attire

All Club Members and Guests are Welcome

Guest Choice from **SELECTED MENU**

DIETARY REQUIREMENTS: Please email psaxby@ozemail.com.au

PARKING: [Available online at Wilsons Riverside, \\$7 night rate](#)

TICKETS: [Only Available Online](#)



2023-2024

President

Phil Saxby

2024-2025

President

Angela Murphy

PRESIDENT
Phil Saxby

Rotary 
District 9620

DG PAUL ROGER & DGE SUE MULRANEY
INVITE YOU TO JOIN THEM IN CELEBRATING THE

*District 9620
Annual
Changeover*

 **CREATE HOPE
in the WORLD**  **THE MAGIC
OF ROTARY**

Sunday 30.06.24
From 12-3pm (Registration from 11am)
Club Noir
3994 Pacific Hwy, Loganholme

TICKETS \$65
2-COURSE LUNCH INCLUDED (CASH BAR AVAILABLE)

RSVP/BOOK ONLINE BY COB 19TH JUNE
DRESS: DRESSY CASUAL (PLEASE NO DENIM)

BOOK NOW::
[HTTPS://EVENTS.HUMANITIX.COM/
ROTARY9620-CHANGEOVER-2024](https://events.humanitix.com/rotary9620-changeover-2024)



ROTARY CLUB OF HAMILTON • BRISBANE

CRAFT BEER FESTIVAL

TICKETS \$25 (INCLUDE GLASS AND 1ST DRINK)

SATURDAY 27TH JULY 2024, 12-5PM
ST AUGUSTINE'S HALL, 56 RACECOURSE ROAD

LIVE MUSIC

LOW & SLOW BBQ & SAUSAGE SIZZLE

EXPERT TASTING INTRODUCTION

30+ CRAFT BEERS

WWW.HAMILTONFESTIVAL.BEER

SUPPORTING LOCAL CHARITIES

SPOT THE MEMBER

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

Queensland Brian Institute Presentation Event—Saturday 15th June



Above & from Left: **Professor Pankaj Sah - Director QBI and Rotary Club member**, Dr Daniel Blackmore—Healthy Ageing, and Associate Professor Fatima Nasrallah—Deciphering the Concussion Puzzle; Making Sport Safer.



MEMBER SPOTS



Keith Watts advised the club that past member, Mario Pennisi, passed away on June 7th. The funeral will be held on Wednesday 19th June, 10.30am at St Bernard's Catholic Church, Upper Mount Gravatt. A minute's silence was observed and Keith delivered a brief history of Mario's involvement with the RCOB.



Ed van Goethem provided the club with a brief report on Help Industries. He advised the meeting that they may be visiting the club in August to discuss their situation.

GUEST SPEAKER— Associate Professor Miguel Renteria, Team Head Computational Neurogenomics QIMR Berghofer—Youth Suicide



Associate Professor Miguel Rentería leads the Computational Neurogenomics Lab in the Mental Health & Neuroscience Program at the QIMR Berghofer Medical Research Institute. He is the recipient of a prestigious AI & Val Rosenstrauss Fellowship from the Rebecca L. Cooper Medical Research Foundation, and an honorary Global Atlantic Fellow of the Global Brain Health Institute, University of California, San Francisco.

He holds a degree in Genomic Sciences from the National Autonomous University of Mexico (UNAM), a Master of Public Policy from the University of Oxford, and a PhD in Human Genetics from The University of Queensland. Previously, he was also an NHMRC-ARC Dementia Research Development Fellow, which enabled him to conduct postdoctoral training at the APDA Center for Advanced Parkinson's Research in the Department of Neurology, Brigham & Women's Hospital and Harvard Medical School, in the United States.

Differences in brain structure linked to suicide attempts

A large international study, led by QIMR Berghofer researchers, has found a new link between brain structure and the risk of suicide attempt among patients with depression, shedding light on the biological basis for the behaviour.

The global collaboration of more than 60 scientists found differences in three key brain regions in people who suffer from depression and have attempted suicide in the past, compared to the brains of healthy controls and people who suffer from depression but had no history of suicide attempt.

The research findings have been published in the journal *Biological Psychiatry*.

The researchers examined brain imaging and clinical data from almost 19,000 people, including 694 people who had attempted suicide, 6,448 people who were diagnosed with depression but had not attempted suicide, and 12,477 healthy controls.

Senior researcher Dr Miguel E. Rentería from QIMR Berghofer's Genetic Epidemiology group said their findings suggest that people who had attempted suicide had a slightly smaller thalamus and right pallidum, as well as lower surface area of the left inferior parietal lobe, compared to the other groups.

"The most significant difference was in the size of the thalamus – one of the brain's processing centres for sensory signals, which has historically been viewed as a passive gateway in the brain. We found the left and right thalamic regions in the brains of people who had attempted suicide were slightly smaller than in people in the other two groups. There was no difference in the size between the two groups with no history of suicide attempt," Dr Renteria said.

"We found the difference in the architecture of the pallidum was only obvious on the right hemisphere in people who had attempted suicide. Conversely, the small reduction in surface area of the inferior parietal lobe was mostly observed on the left cortex.

"Our research provides a better understanding of the biological basis of suicidal behaviour, and is an important first step towards developing more effective and targeted suicide prevention and intervention strategies and treatments in the future."

MRI scans and clinical measurements were gathered from 18 international research groups, in a collaboration with the ENIGMA consortium's working group on major depressive disorder.

Study senior co-author Associate Professor Lianne Schmaal, head of the Mood & Anxiety Disorders Research Program at Orygen and Centre for Youth Mental Health at the University of Melbourne said the project was the largest and most comprehensive neuroimaging study of suicide attempt to date.

GUEST SPEAKER— Associate Professor Miguel Renteria, Team Head Computational Neurogenomics QIMR Berghofer—Youth Suicide



“It’s still not certain what causes these small structural changes, whether it is the behaviour that causes the brain regions to shrink or the other way round, but it highlights several brain areas that we need to better understand,” Associate Professor Schmaal said.

“Suicidal behaviour is varied and complex, and is a considerable health concern in both developed and developing countries. It is more common in people living with mental illness. If we can expand research into the driving mechanisms of suicide, we can hopefully help reduce its personal and societal burden.”

The lead researcher on the study, Mr Adrian Campos from QIMR Berghofer’s Genetic Epidemiology group, said it was the first large-scale study to find a robust association between brain structure and suicide attempt risk.

“The strength of this international study is in the numbers – and that can only be achieved through strong collaborations between researchers around the world,” said Mr Campos, who has been undertaking the research as part of his PhD studies.

“Previous studies have had quite small samples sizes but by examining the brains of almost 19,000 people from Europe, North America, Asia and Australia, we could provide strong statistical evidence of the role of brain structure in suicidal behaviour.

“Although our research included participants from over four continents, we would also like to broaden the study to Africa and South America to provide as full a picture of the role of brain architecture as possible.”



PhD student, Zuriel Ceja showed the club a presentation entitled, “The Impact of Suicide and Our Fight to Prevent It.” Excerpts of the presentation are presented below, with their kind permission.

The Impact of Suicide and Our Fight to Prevent It

QIMR Berghofer

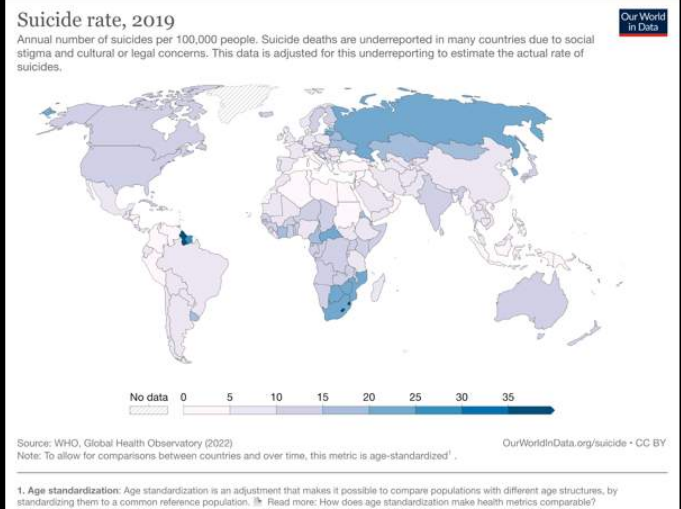
Miguel Renteria & Zuriel Ceja



Let’s take a moment to **acknowledge every life** lost by suicide and the suffering that it brings when it touches our lives.

The Devastating Impact of Suicide

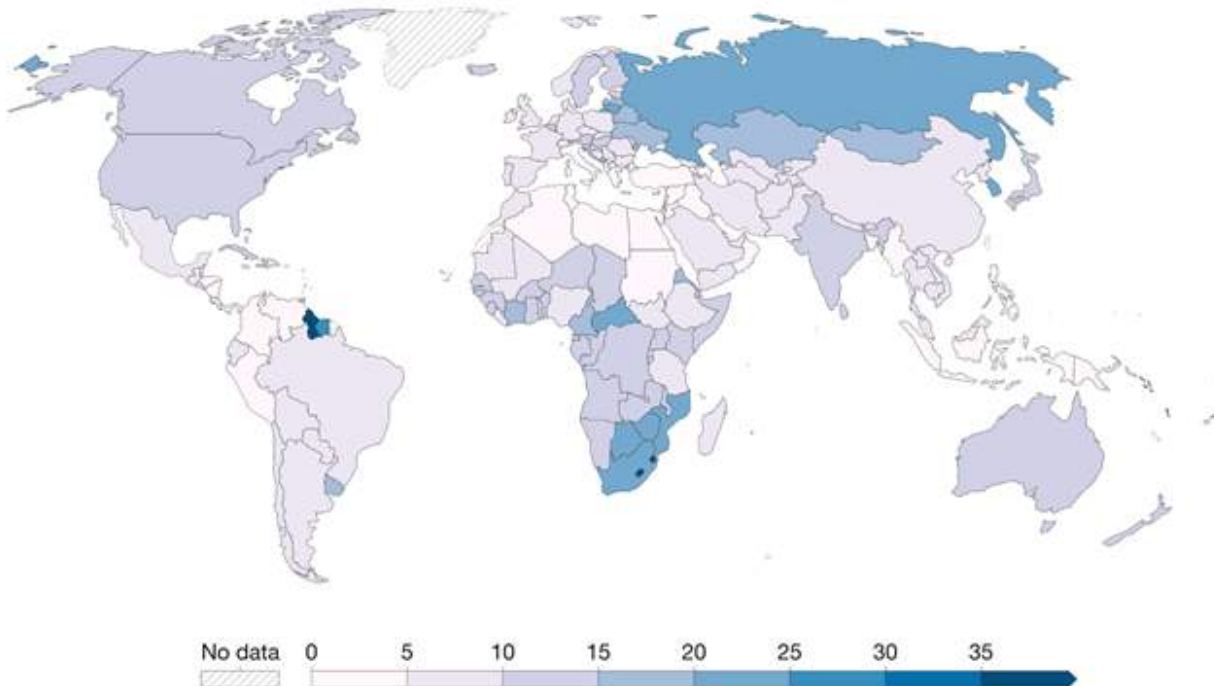
- **Statistics:** Globally, over **700,000 people die** by suicide each year. It's the **fourth leading** cause of death among 15-29-year-olds (WHO, 2021).
- **Economic Cost:** **Direct costs** (healthcare, funeral expenses) and **indirect costs** (lost productivity, years of potential life lost).
- **Personal Impact:** Each suicide profoundly affects **families, friends, and communities**.



World Health Organization (2023)

Suicide rate, 2019

Annual number of suicides per 100,000 people. Suicide deaths are underreported in many countries due to social stigma and cultural or legal concerns. This data is adjusted for this underreporting to estimate the actual rate of suicides.



Source: WHO, Global Health Observatory (2022)

Note: To allow for comparisons between countries and over time, this metric is age-standardized¹.

OurWorldInData.org/suicide • CC BY

¹ Age standardization: Age standardization is an adjustment that makes it possible to compare populations with different age structures, by standardizing them to a common reference population. [Read more: How does age standardization make health metrics comparable?](#)

GUEST SPEAKER— Associate Professor Miguel Renteria, Team Head Computational Neurogenomics QIMR Berghofer—Youth Suicide



The Impact of Suicide in Australia

- Mental health problems, cost of living and personal debt, social isolation and loneliness, and housing and affordability are frequent risk factors.
- Suicide rates increased in the last 10 years and is expected to increase even more.
- The median age of SD is 45.6 years, compared to 82.2 years for all causes of death.
- Males are ~3 times more likely to die by SD than females.

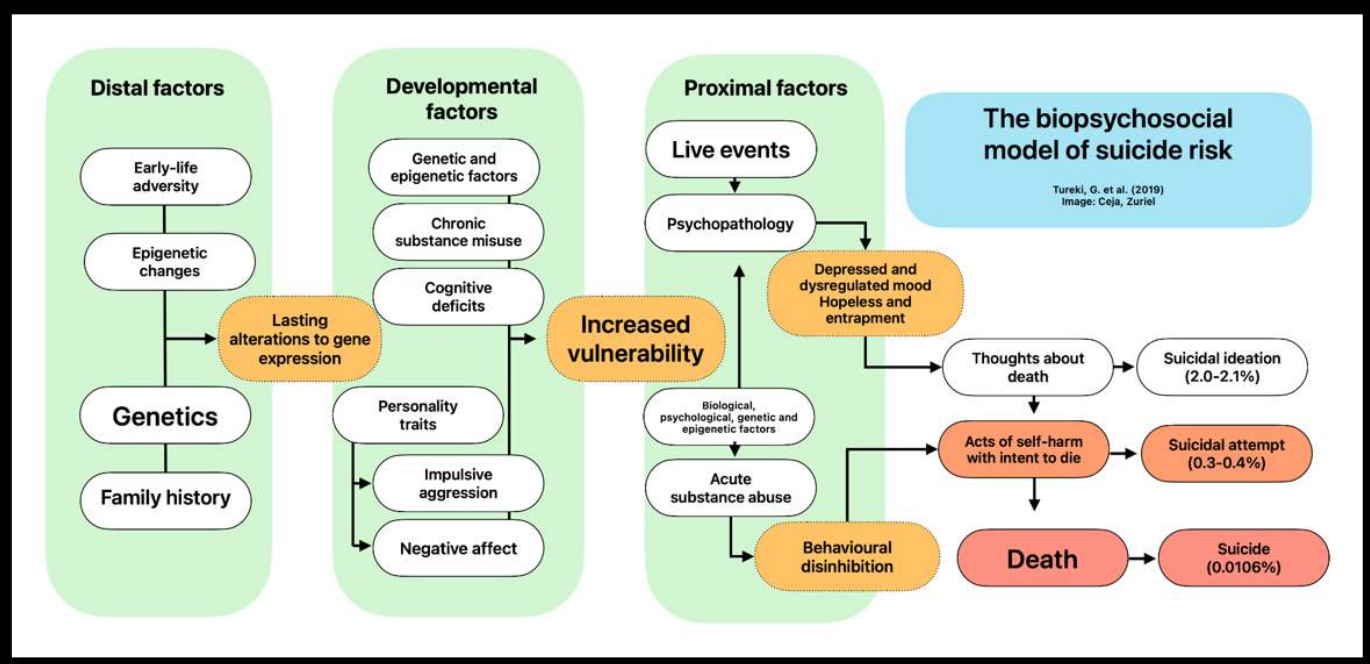
Suicide Prevention Australia (2022)

The Impact of Suicide in Australia

“As a single mother working more than full time with three children, the increased cost of living including rent and bills has actually had me at a point where it would be easier to end it all. There is no relief in sight. There is no reprieve.”

Suicide Prevention Australia Survey (2022)

The Complexity of Suicide



GUEST SPEAKER— Associate Professor Miguel Renteria, Team Head Computational Neurogenomics QIMR Berghofer—Youth Suicide

Ongoing Efforts in Suicide Prevention

- **Public Health Campaigns:** Awareness campaigns to reduce stigma and encourage people to seek help.
- **Crisis Intervention Services:** Hotlines and emergency services provide crisis support.
- **Policy Initiatives:** Focused on improve mental health services, access to care, and research funding.



Suicide Prevention Australia Survey (2022)

Suicide prevention has important limitations

“Additional funding free support services more awareness and education paid lived experience targeted resources co-design more helpline providers affordable support services more peer support federal, state and territory government cooperation less wait times better trained clinicians a skilled and diverse workforce focus on human connectedness wrap around care empowerment”

Suicide Prevention Australia Survey (2022)

Suicide research has important limitations

- **Lack of funding:** Commonwealth, state and territory, and philanthropic donations are the main source of funding.
- **Lack of researchers:** More researchers and teams working on suicide prevention is need it.
- **Lack of well trained clinicians:** More and better trained to support the increasing number of individuals seeking help.
- **Quality and quantity data lack :** Robust data available enable better research outcomes.

“National data is state based and inconsistent. We need reform in each state to standardise the identification, collection and analysis of suicide and social determinant related data”

Suicide Prevention Australia Survey (2022)

Bridging the Gap: Our Research on Suicide Prevention



- **Research Focus:** The genetic and neural roles on suicide.
- **Methods:** Study associations between genetic markers and brain imaging and suicide risk.
- **Innovations:** New methodologies that could more accurately predict suicidal risk, allowing for earlier and more effective interventions.

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Insights from Research

- **Genetic component:** We identified **specific genes** associated with a **higher risk** of suicidal behaviour.

Related to **dopamine**, **oxytocin**, and circadian rhythm dysregulation, **depression** and **alcohol dependence**, and **stress response** mechanisms.

- **Neural component:** We identified **brain structures** associated with a **higher risk** of suicidal behaviour.

Related to **decision-making**, **impulsivity**, **affect**, and **emotional regulation**.



The Importance of Our Research



- **Early Detection:** We aim to identify individuals at a higher risk, providing an opportunity for preemptive support.
- **Integrative modelling:** Biological and genetic factors integrated with environmental factors, to develop **personalised approaches**.
- **Training based on evidence:** Understanding suicidal behaviour allow us to **create better** and **consistent** training guidelines.
- **Reducing Stigma:** Helps to **reduce stigma** and promote a more **compassionate understanding** of mental health.

How You Can Help

- Care for each other
- Promote healthy social connections and community values
- Teach coping and problem-solving skills
- Identify and support people at high risk
- Ask, Listen and stay, Get help, Follow up
- Collaborate, contribute, and cooperate with research teams

Lifeline
13 11 14

Kids Helpline
1800 55 1800

**Young, LGBTIQ+,
Aboriginal and Torres
Strait Islander people**
eheadspace.org.au

Carers Australia
1800 422 737

Thank you so much

QIMR Berghofer
Miguel Renteria & Zuriel Ceja



Left: Denise Schellbach presents Zuriel Ceja (centre) and Miguel Renteria (right) with the Club's Certificate of Appreciation for being Guest Speakers.

RAFFLE & SERGEANT



JOKER RAFFLE There was no raffle today.



SERGEANT Michael Stephens asked who had birthdays on the week-end and most members had to cough up—because they didn't know that King Charles and Princess Catherine had their birthdays last week-end! Sgt Michael also found PE Angela guilty of coercive behaviour for forcing Miles do the tech work and meeting set up for the coming year—PE Angela was fined. Sgt Michael then attempted to fine Denise Schellbach for not running the raffle, however, Michael had to rescind the fine because Denise threw the gavel at him and laid the law down!! Lesson learnt—never attempt to fine Denise!!



The Four Way Test

of the things we think, say and 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?

MEETING DATES

JUNE	Mon 24	11.30 am	BOARD MEETING at Fridays
	Mon 24	12.15 pm	Meeting at Fridays
JULY	Mon 1	12.15 pm	Changeover Meeting at Fridays
	Mon 8	11.30 am	QBI Meeting at Fridays
	Mon 8	12.15 pm	Meeting at Fridays

MEETING ROSTER

DATE		PRESIDENTIAL DUTY	CHAIR	INTERNATIONAL TOAST	ROTARY INFO SPOT
JUNE	Mon 24	MARK WILLIAMS	DAN ADLER	CELIA GRENNING	KEITH WATTS

GUEST SPEAKERS

JUNE	Mon 24	Warwick Willmott	Senior Geologist, Author, Qld Museum
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CALENDAR DATES

JUNE	Fri 28	6.30 pm	Presidents' Dinner	Dinner Parking	Blackbird Bar & Grill, Riverside, 123 Eagle St.
	Sun 30	12.00 pm	District 9620 Annual Changeover		Club Noir, 3994 Pacific Hwy, Loganholme. Bookings
JULY	Mon 1	12.15 pm	Changeover Meeting		Fridays
	Sat 25	12.00 pm	RC of Hamilton Craft Beer Festival		56 Racecourse Rd, Ascot. Bookings Required

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



**CREATE HOPE
in the WORLD**

[2025 Rotary International Convention](#)

21-25 JUNE 2025—CALGARY, CANADA

Rotary

Rotary Club of Brisbane
District 9620

