



HOT AIR

20 August 2026 — Membership & New Club Development Month

hotair@rotarybrisbanehighrise.com



The President's Post

What Was

We were all enthralled this past week listening to Dr Tristan Wallis from Queensland Brain Institute. His presentation gave us plenty to think about, from how our brains change as we age to the impact of lifestyle choices on cognitive health and the exciting technologies emerging from brain research. We are hoping to organise a visit to the QBI later this year to see and learn more. Thank you, Tristan, for sharing your knowledge with us.

What Is

With gratitude and appreciation the Rotary Club of Brisbane High-Rise was able to present a well deserved Paul Harris Fellow to our member - Jane Andersen. Acts of Service are the lifeblood of organisations like Rotary and we welcome the change to recognise those actions in formal ways as well as the everyday thanks. Congratulations to Jane.

What Will Be

This week we are delighted to welcome Craig Carson from the Rotary Club of Brisbane Centenary, who will share the work of Beef Bank – Feeding the Community. I am looking forward to hearing more about this wonderful initiative and the difference it is making in our community. I hope you can join us for another opportunity to learn, connect and be inspired by the work of fellow Rotarians.

In Fellowship & Service,
Cindy Kemp

Upcoming Meetings & Events

- Thu 20 Aug Weekly Meeting @ United Service Club – [RSVP](#)**
Craig Carson, Beef Bank – RC Brisbane Centenary
Beef Bank - Feeding the Community
- Thu 27 Aug Weekly Meeting @ United Service Club – [RSVP](#)**
Dr Peter Ellerton, UQ Critical Thinking Project
Critical Thinking and Agency Against the Erosion of Professional Judgment & Public Disengagement.
- Thu 03 Sep Weekly Meeting @ United Service Club – [RSVP](#)**
Valerie Simons, ShelterBox
ShelterBox Australia

We acknowledge the traditional custodians of the land on which we meet today, the Yuggera and Turrbal people, and pay our respect to their elders past and present.

Rotary Grace: For the fellowship of Rotary, we give our thanks.

Rotaract Wrapup @ the Ekka



Jimmy Postle, Rotaract RiverCity, raising funds by auctioning the fruit and vegetable from the Rotaract stand at the close of the Ekka.



Membership and New Club Development Month

The Four Way Test is provided by Rotary for both ourselves and potential members - apply these principles to ensure we are living our personal and business lives in a manner that is expected of Rotarians. Rotarians are recognised as being people that others can trust and the Four Way Test provides a mirror for us to reflect upon.



FOUR-WAY TEST

FOUR QUESTIONS – 24 WORDS

THE UNIQUE STEP-BY-STEP PROCESS

IS IT THE **TRUTH**?

- Clarity
- Transparency
- Fact checking
- Ethical behaviour

PROCESS TO ACHIEVE DESIRED OUTCOMES THAT ARE ETHICAL, FAIR AND BENEFICIAL TO ALL

That we do our homework to collect information and to apply critical thinking by asking questions to know the difference between facts, beliefs, assumptions, and opinions as well as know what we don't know.

IS IT **FAIR** TO ALL CONCERNED?

- Inclusion
- Empathy
- Acceptance
- Belonging
- Accountability

That we use empathy to see other points-of-view in the context of the problems to be solved and the goals to be reached.

WILL IT BUILD **GOODWILL** AND **BETTER FRIENDSHIPS**?

- Trust
- Do good
- Feel good
- Have fun

That the process is civil, and there is a feeling of respect and openness to ask the "dumb" question, they can lead to creative and innovative answers. Also, people prefer to work with people they like, respect and trust.

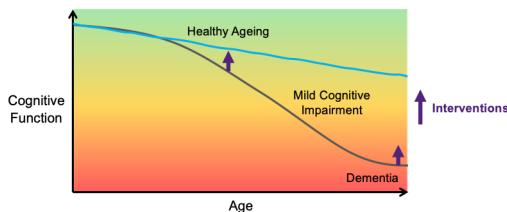
WILL IT BE **BENEFICIAL** TO ALL CONCERNED?

- What if scenarios
- Trade-offs
- Being creative and innovative
- Better decision making

That these are the conflict transformative answers and decisions that can lead to mutually satisfying solutions, that are sustainable and scalable. This can be an iterative process as we learn more from doing and continuously improving with time.

Last Week's Meeting

Last week's Guest Speaker was Dr Tristan Wallis PhD from the Queensland Brain Institute, and specifically the Clem Jones Centre for Ageing Dementia Research. QBI are working to understand how the brain works to then be able to slow the ageing process from an early age, rather than trying to reverse ageing later in life, with therefore a better outcome.



He gave a very quick but informative summary of the work they are doing and talked about how simple diet and lifestyle changes can assist: butter (Myristic acid), lion's mane mushroom (Hericene A), brazil nuts (Selenium) and physical activity (particularly high-intensity interval training), mental exercise (puzzles), good sleep, social networks (Rotary!), and good hearing (hearing degrades with age).

Some of QBI's current human trials bringing discovery research closer to translation:

Understanding degenerative dementias

The Nestor group studies major forms of degenerative dementia through clinical assessment, brain imaging, and mental ability tests. By understanding how these diseases affect the brain, researchers aim to identify new therapeutic targets and improve diagnostic accuracy.

Sleep apnoea and dementia

The Coulson group are exploring Alzheimer's disease and cognitive impairments linked to sleep apnoea. One study is investigating if cholinergic dysfunction can predict Alzheimer's progression.

Treatment-resistant depression

The Tye group is developing a diagnostic tool to identify blood-based biomarkers predicting antidepressant outcomes. Conducted in Australia and the USA, these trials use samples from patients undergoing ketamine therapy.

<https://qbi.uq.edu.au/profile/4019/tristan-wallis>

<https://qbi.uq.edu.au>



Guest Speaker Tristan Wallis, Roly Wells, Loretta Lynch & Robyn Drake



Cindy Kemp and Jane Andersen who had just been presented with a Paul Harris Fellowship



Ann Maree Buttner & Dyls Bertelsen



Margot Baillie & Ros Mumford



Cindy Kemp happy that Lindsay Marshall had taken over the desk duties.



Ann Maree Buttner not winning the Joker draw with Deb Le Garde behind.

Rotary Club of Hamilton 3rd Annual CRAFT BEER FESTIVAL

Saturday 22 August 2026, 11am-4:30pm
St Augustine's Church Lawn, 56 Racecourse Rd, Hamilton

Scan here for tickets!

Major Sponsor
Harcourts Local

Event Sponsors

Volunteers Needed:

GYMPIE MUSIC MUSTER

27-30 AUGUST 2026

the festival in the forest

BRISBANE KITE FESTIVAL

SUNDAY 23 AUGUST 10am-3pm
MINNIPPI PARKLANDS

Proudly supported by

**Cr Lisa
Atwood**

Brisbane South East & Carindale *Dedicated to a better Brisbane*

Rotary Number Plate Raffle

Q
L
D
RTY 001
Rotary
People of Action

A PERSONALISED NUMBER PLATE THAT SIGNIFIES
THEIR COMMITMENT AND DEDICATION TO ROTARY

YOUR **CHANCE** TO WIN

THE PRESTIGIOUS ROTARY IN MOTION LICENSE PLATE

TICKETS ARE \$5 EACH OR 5 FOR \$20
CONTACT CHRIS ELLIS 0419487737
DRAW DATE: FATHER'S DAY 6 SEPT 26
CHRIS.ELLISSBHROTARY@GMAIL.COM

International Toast

This week we are celebrating:
Rotary Club of Elthorne-Hillingdon, England



Rotary Club of Elthorne-Hillingdon member Sarah Gardner founded **Serving Our Superheroes** in 2020 during the pandemic to support caregivers, including staff of the National Health Service.

The name “was inspired by the everyday heroes we serve,” Gardner writes in the Rotary regional magazine serving Great Britain and Ireland. “What began with sewing laundry bags for NHS staff quickly grew into a registered charity” that distributes donated wash kits, toiletries, clothing, products for newborns, and other items. Rotarians and other volunteers deliver the items to hospitals, nursing homes, and care centres.

More recently Gardner formed Helping West London, a network of charities and organizations that share surplus supplies. “I like to say that I join the dots,” she says. “Rotary reflects that same spirit of connection.”

Board Members 2026-27

President	Cindy Kemp
Past President	Greg Beard
President Elect	Ann Maree Buttner
Secretary	Ann Maree Buttner
Treasurer	Loretta Lynch
Community Projects	Jane Andersen
Marketing	<i>Taking applications</i>
Membership	Deb Le Garde
Rotary Foundation	Susan Rix
Youth	<i>Taking applications</i>
Assisted By:	
Rotaract Liaisons	David Bunce & Lindsay Marshall
Fellowship	Margot Baillie
Speaker Liaison	Dyls Bertelsen
Administration	Rosemary Meadows
Hot Air	Steve Knight

Duty Roster

REMEMBER: *If you won't be there that day then it's your responsibility to arrange a replacement*

Setup, Greeter & Closedown	Chair
Thu 20 Aug Phil G	Helen F
Thu 27 Aug Deb Le G	Phil G
Thu 03 Sep Loretta L	Deb Le G
Thu 10 Sep Kym McC	Loretta L
Thu 17 Sep Suzy M	Kym McC