





03 July 2025 — Maternal and Child Health Month

hotair@rotarybrisbanehighrise.com

International Toast:
Rotary Club of
Sebastopol Sunrise
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### The President's Post:

"Oh what a night it was!" Thanks first to Margot and Rosemary for organising something very special. A special thanks too, to our 25/26 District Governor for not only attending but also for provoking our thinking. Then a big thank to all who attended. You were ready to engage and that built a memorable atmosphere. Rob, MC'ing with his usual composite ease, drew us in yet again!

Congratulations to Murray Bell, the world's most recent Paul Harris Fellow (PHF). Your work on building the Art Show has been enormous.

Susita, Garth, Jane and Jimmy, so good to have so many Rotaractors with us.

I know how well served this club has been by a long line of incredible presidents. Friday night reaffirmed what an incredible group of talented people we are. And even though it is a critical time for us to focus on membership, we can have some confidence in knowing we have a strong line of presidents in waiting.

Your feedback through the Survey and Group Discussion has helped make our way forward clear. We look forward to presenting the outcomes from our Planning Day over the next few club meetings. Yes it may take that long; there were 7 pages of action points!

Congratulations Jane and thank you again for your fine leadership this past year.

Looking forward now to our next meeting!

### **Greg Beard**

## **Upcoming Meetings & Events**

Thu 03 Jul Weekly Meeting @ United Service Club - RSVP

Paddington Rotaract - Project RISE

Thu 10 Jul Joint Meeting with Paddington Club - RSVP Art Show Training @ United Service Club

Thu 17 Jul NO MEETING - ART SHOW GALA

Thu 24 Jul Weekly Meeting @ United Service Club - RSVP

Amanda Jackes, Woodfordia

Thu 07 Aug Weekly Meeting @ United Service Club - RSVP Wendy Mulcahy, DVERT - Domestic Violence

**Education Relationship Training** 

Thu 14 Aug Joint Meeting with Paddington Club - RSVP
David Muir, Voluntary Assisted Dying

Thu 21 Aug Weekly Meeting @ United Service Club - RSVP Nigel Chamia, Brisbane Sustainability Agency

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





Help us honour the achievements of President Susita Das and the FY 24–25 Board, proudly welcome Incoming President Gareth Seeto and the FY 25–26 board, and reflect on a decade of connection, service, and growth.

- Enjoy a gourmet canapé package (included with your ticket)
- Toast the night away with drinks from our private cash bar
- Reconnect with Rotaractors, Rotarians, Alumni, friends, & family
- Share and celebrate your favourite Rivercity memory

This is more than just a changeover - it's a celebration of everything we've built together over the past 10 years. We can't wait to celebrate with you!

Tickets: https://www.trybooking.com/events/landing/1423718

### Past President's Review:

At the Changeover Dinner last Friday night I was asked to give a review of my year as President:

Good evening and welcome to Mark Williams District Governor for this coming year, and my fellow Rotarians, partners and friends. And a very warm welcome to Greg, Ann-Maree and their family.

This time last year, when Dylys passed the baton on to me, it seemed a long year that was before me. While it doesn't seem like yesterday, the year has certainly passed quickly.

It is rather daunting when you take up the position of President and look around this particular Club and acknowledge the many wonderful Past Presidents and knowing it was a hard act to follow. But now we are here at the end of the year and I would like to share my year in review. Before I do that I have a most enjoyable one last task to perform as President – to present 2 Paul Harris Fellows (PHF): Murray Bell for the great work he has undertaken as Chair of the Art Show Committee; and our Honorary member Margaret Rix for her ongoing support of the club (she was unable to be there).

Stephanie A. Urchick as the serving President of Rotary International had the theme THE MAGIC OF ROTARY and I like to think we met this goal and made some magic for the recipients of our work.

It is said the better the people you have working with you the better you look. Well I had such a team. When I say your name would you please stand until at the end we give all the people standing and those who are unable to join us tonight a rousing round of applause:

Dylys – Past President and a fantastic organizer of guest speakers.

Cindy - Treasurer extraordinary

David – hard working organiser of all the volunteer work we performed over the vear.

Bill - who kept the major projects coming fast

Deb - who worked hard as the Membership Director

Ann-Maree - who worked diligently as our Marketing guru

Jennifer – who kept us on the straight and narrow as our Secretary

Greg – who oversaw us all.

Susan – who arranged for the Club to donate an improved amount to the Foundation.

Loretta – who had a quick learning curve about all things Youth and delivered in spades

While not on the Board but who worked tirelessly on Fellowship and all things United Services Club, please stand up Rosemary and Margot. And Steve Knight who did a fabulous job of getting Hot Air out each week.

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#### Past President's Review - continued:

Well back to making magic:

- I am sure we made some magic for the clients of 3rd Space. They now have a sleeping area that is not only painted but has black out curtains from the daylight.
- Act for Kids have an outside seating area where social workers can discuss issues with caregivers as an alternative to an interview room.
- The Mamba School in Tanzania has a netball court and a badly needed upgrade to the living quarters for the teachers.
- We made the decision to support Coffee Brigade with this years Art Show and an offer to make the sandwiches once a month.
- We were part of the District Tree Planting corridor for kolas and working at RARE to get much needed material support to our Pacific neighbours.
- Maternity Africa were given enough Care Packs to service one hospital for a year.
- We raised money within our Club to become part of a quest by various Rotary Clubs to provide Shelterbags for homeless people.
- Other projects we raised money for within our Club was the Flood Appeal, Ridewest, Polio eradication and the Rotary Foundation.
- We continued a long association with the Flexi School at Milton by providing 2 bursaries to students and funds for their Support Dog.
- I know we made magic for Hugh Bunce who loved his year that he spent in Denmark as an Exchange student and while our Danish student didn't see out the year she told me she was very very happy with her exchange parents and the time she spent at the Club.
- It was magic for me when I attended my first K'gari Anzac Day that is organised by our Club.
- · We sponsored 3 leaders for the RYLA program
- We made magic for numerous people when we delivered flowers on both Valentines Day and Mothers Day.
- A number of our Club members wrapped Christmas presents at Toowong Shopping Centre

Of course the big item I haven't mentioned is the Art Show. It not only brought in over \$25,000 that allowed us to support so many charities, it was also a significant project and a number of our members worked tirelessly to ensure it was a success. Bill Phillips was the leading light for the show held in July last year and the Planning for this year, as we have just heard, was passed onto Murray Bell whose work will come to fruition in a couple of weeks.

While these are most of the activities we ran there were some other incidental activities I haven't mentioned.

When I was putting this report together I realised how good it would be if we knew approximately how many hours we had spent in our volunteer work. At an extremely rough estimate of just the big ticket items a few of us came up with 410 hours which at the minimum wage set for Australia comes to \$10,229.50.

There are 2 major areas which our Club has had numerous volunteers over the past year which have not been factored into this figure – they are our Exchange students and the Art Show. I didn't even try to estimate the figure for these two projects but Greg I think this would be an interesting statistic to have by the end of your year.









### Past President's Review - continued:

While all this serious work was going on thank goodness we had a group that was looking after the fun bit. They provided a huge variety of events for us to take advantage of – such as dinners, a poetry night, theatre nights, croquet, movies and time away for some to attend Anzac Day on K'gari. It was all good fun and your work was appreciated.

While we have a healthy number of members of course we would like to attract more people to High-Rise. Over this last 12 months we lost 2 members and we gained 2, with some others in the wings to be inducted.

With all this activity how do we communicate all this to not only our members, past members and people thinking of joining which leads to our Marketing. We have increased our presence on Facebook and Instagram as well as completing some sought-after changes to the website such as developing a calendar as well as another great year of Hot Air. Thank you to all who have worked so hard to improve the profile of High-Rise.

Greg, thank you for the support you have given me throughout the year and for the many phone conversations we have had in this last 12 months. I have no doubt you will have a great and a successful year as President.

One of the aspects of being President I hadn't envisaged happening was that I would get to know nearly everyone in High-Rise so much better. I have really enjoyed that and look forward to continuing these relationships.

I think we should be proud of the community spirit that has built up in High-Rise probably since it's inception. It is a welcoming community, one that allows everyone to have a go and where members are willing and wanting to be involved in projects run by the club. There are areas that could be improved as have been pointed out through our recent survey and which I have no doubt will be addressed, but it's very important to not overlook what are the great aspects of being a member of this Club.

Thank you once again for supporting me this year and I look forward to being a feather duster.

### Jane Andersen



















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Central Plaza 1 Foyer, 345 Queen St Brisbane | 14-25 July





Brisbane Rotary ART SHOW

### **Exhibition - save the date!**

Showing for 12 days at Central Plaza 1 foyer, see over 200 artworks available for sale by talented Australian artists

- 14-25 July 2025
- Free entry
- Brisbane CBD location

## **Gala Evening - book now!**

A beautiful night of art, artists, creativity, food and wine, all while helping to make a difference.

- Tuesday 15 July from 6-8pm
- All proceeds go to beneficiary charities
- · Visit our website for tickets





Celebrate creativity
Support artists
Transform communities

Visit us at rotaryart.au

Central Plaza 1 Foyer, 345 Queen St Brisbane | 14-25 July

### **Phil's Spec Savers**

From: Northern RARE Deputy - Phil Saxby

Subject: THANK YOU from Rotary Australia Repurposing

Equipment [RARE] **Date:** 22 June 2025



I write to THANK the Rotary Club of Brisbane High-Rise members for their continuing collection of used spectacles for delivering through RARE to be cleaned, tested sorted and re-packaged by Lions "Recycle for Sight" programme. Spectacles are then returned to RARE for shipping into our recipient neighbouring countries.

Together in Rotary Service,

Phil Saxby, RARE Northern Region

### **Board Members 2025-26**

President Greg Beard
Past President Jane Andersen
President Elect Cindy Kemp
Secretary Ann Maree Buttner
Treasurer Cindy Kemp
Community Projects David Bunce

Marketing Ann-Maree Bennett

MembershipBill PhillipsRotary FoundationSusan RixYouthLoretta Lynch

Assisted By:

Fellowship Margot Baillie
Speaker Program Dylys 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 03 Jul Greg P (for Russell P) Bill P

Thu 10 Jul Wendy P Greg P (for Russell P)

Thu 17 Jul No Meeting – Art Show Gala Instead

Thu 24 JulSusan RWendy PThu 31 JulYvonne RSusan RThu 07 AugSteve SYvonne R

### International Travellers

Russell & Debbie Postle have just started their holiday in the UK and were enjoying a drink in London:



### **International Toast**

This week is we are celebrating the:

Rotary Club of

Rotary Club of Sebastopol Sunrise



In rural portions of Nigeria, a country with only one physician for every 2,500 people, many Nigerians seeking health services have to make arduous trips to seek medical care. The result, of course, is that a great many people simply don't receive care. While it would be ideal to get more doctors in remote regions, that would take years.

Dr. James K. Gude and Sebastopol Sunrise, California Rotarians are part of an effort to bring technology to bear on the problem, using telemedicine – the use of information technology to provide health care from a distance – to bring doctors to patients virtually. And thanks to a global grant from The Rotary Foundation, a team of health care professionals from Nigeria has been trained in telemedicine.

The Nigerian team are making good use of their new telemedicine capabilities. Those include a donated InTouch Health robot, a device that allows the remote physician to see and examine the patient and even hear the sound transmitted from a stethoscope to aid in making a diagnosis.

The club has worked with other Rotarians and with Dr Gude to bring telemedicine technology and training to several hospitals around the world, including facilities in Uganda, the Democratic Republic of Congo, and Zimbabwe.