



IMAGINE
ROTARY

Rotary



Brisbane High-Rise

HOT AIR

20 APR 2023 | MATERNAL & CHILD
HEALTH



1 INTERNATIONAL TOAST



Today we toast the Rotary Club of Kings Lynn Priory - UK. The club meets at 6:30 PM every Wednesday. To foster connection among older adults who may have felt isolated during the COVID-19

pandemic, the club worked with a local cinema to offer discounted screenings through a Silver Mondays Cinema Club. Nearly 60 moviegoers turned out in November to watch Matilda the Musical.

FROM THE PRESIDENT – BARBARA LEDDY

A huge CONGRATULATIONS to Wendy Protheroe on her recent appointment as Director on the Board of the Rotary Foundation, Australia!

A well-deserved appointment to a hard working Rotarian of stellar status. We are all very proud of you, Wendy and wish you well on the stairway to bigger Rotary goals.

How thrilling it was for me to win the Joker Draw this week. I won a bean bag once, but can't remember any other significant wins. John actually bought 6 tickets & gave them all to me, so possibly he is the authentic winner. However, winners are grinners & I had the ticket!!

I have decided to invest the money in the Art Show by sponsoring the best Oil Category painting & also having a screen sponsorship. This will give High Rise a return when the spoils are divided. It does leave me with a bit left....an outfit for Changeover??

Well done Jane & her Membership team for the informative survey they produced on the health of the club. There is quite a bit of relevant information for forward planning for Dyls' Strategic Plan & some possible immediate changes which Jane will present to the Board this

week. I felt a bit surprised that only 23 (out of 42) members bothered to complete the questionnaire, as the health of the Club affects everyone. Jane & her team spent many hours on the survey & I believe Robyn Drake was responsible for the pretty graphs....well done Robyn!

I happened to hear the District Governor, Tim Keeler, present his visitor's speech to another Rotary Club this week. It was interesting to hear his message again & be able to digest his delivery more carefully.

One of the outstanding elements of a good Rotary Club, according to Tim, is communication.

I felt quite pleased that I have focussed on communication to Club members in my term as President. I was very pleased to hear that the survey showed that all members read all/part of Hot Air. When I became President, some members laughed at me for promoting the bulletin, claiming, "Who reads Hot Air"??

I had appointed a new member of the Club to take over the editing & was disappointed that some members had this attitude. Cindy took on the challenge to give HA a new look & I'm sure you

2 PROGRAM/GUEST SPEAKER

20 APR Interview - Racing & Business
Peter Tighe

27 APR Aim Lab
Stephen Pronk

04 MAY Syd Owen
Area Governor

3 ROSTER

ROSTER	20 APR	27 APR	04 MAY
Chair	Steve S	Angela	Zanthia
Set Up & Close	Angela	Zanthia	Craig
Greeter	Zanthia	Craig	Chris
Sergeant	Kit B	Greg P	Rob O

ACKNOWLEDGEMENT

The Brisbane High Rise Rotary Club acknowledges the First Nations people as the original inhabitants of the land we are on today and honours their Elders past, present and emerging.

APOLOGIES & GUEST

Notify of attendance, guests and apologies by 7.00am on Tuesday prior to the meeting

apologies@rotarybrisbanehighrise.com

HOT AIR EDITOR
cindy.kemp@strive-satisfied.com.au

DIRECT DEBIT

Pay for our meetings, fines, Joker Draw, events and subscriptions

BSB 084 - 034
Account Number
559347857

ROTARY GRACE

For the
Fellowship of
Rotary we Give
our thanks

FROM THE PRESIDENT – BARBARA LEDDY

all agree she has done a stellar job. I must add that for many years Hot Air had been diligently produced by several club members who had slaved to get it produced on time. For them, I think the Club must be most appreciative! Hot Air is the only way we can communicate certain information to the Club & some of us put in a lot of work to bring it to you.

I have also introduced reporting the Board activities to members after a Board Meeting (via Hot Air).

I hope that this practice is helping the Club feel the transparency, knowing what the issues &

discussions the Board Members partake in to endeavour to make the Club healthy & robust.

QUOTE OF THE WEEK

When I loved myself enough, I began leaving whatever wasn't healthy. This meant people, jobs, my own beliefs and habits – anything that kept me small. My judgement called it disloyal. Now I see it as self-loving.

~ Kim McMillen

Rotary Meeting

We had a great time at our recent meeting with the members of Rotary High-Rise. To add to the excitement, Barb won the Joker Draw this week. It's always a pleasure to spend time with such amazing members of our club.



Next Meeting

Interview - Racing & Business

PETER TIGHE
**INTERVIEW:
RACING & BUSINESS**

APRIL 20, 2023

Rotarians Out and About

Yvonne and her walking buddies Annie and Dan Ryan from Tugan are having a blast walking Chemin d'Arles despite the challenges - from blocked tracks to meeting all sorts of people in Gites along the way. The villages range from beautiful old French to the sad rundown and deserted. And yes, with the mountain photo, they did walk from down in the valley.



**Brisbane
ROTARY**



**ART
SHOW**



BRISBANE ROTARY ART SHOW

Planning for the relaunch of the Art Show is well advanced as it should be with less than three months to go before the staging of the event. High – Rise is playing both a leading and prominent role in the planning process with a host of members heavily involved. Margot is responsible for the Opening Night event and is coordinating manpower, Deb is all over the sales desk (probably not the best description) Angela is looking after all the behind the scenes details (a most important role which was so ably done by John Mosen in the past), Steve is managing the technology supporting the project and John is coordinating sponsorship. Our President, Barbara, and President – elect, Dyls, are keeping an eye on everything attending planning meetings regularly and offering support and encouragement. It's a very good team. We work well together along with the members from the other two Clubs partnering us in the project.

Entries by artists close off at the end of May. Our Curator, Simone, is happy with the trickle of entries to date. We can display about 350 pieces of art; normally entries are in the vicinity of 700; those entries not on display will be available for sale online.

There are three key issues to emphasise if we are to successfully stage the 2023 Brisbane Rotary Art Show:

1. We need full Club involvement in the receiving (15th July) and dispatch (22nd July) of the art works. The volunteer roster will be available shortly. Please do what you can; it is a case of all hands on deck.

2. Opening Night is on Monday 17th July; this is a wonderful event in Club activity. Not only are we asking all members and partners to attend but also please extend the invitation to your friends and anyone in your network. We are aiming for an attendance of 300. Reserve the date; tickets will be on sale shortly.

3. Sponsorship: High – Rise is leading the way in the generation of sponsorship \$'s. The financial success of the event is highly dependent on the level of sponsorship generated. Please give this some thought; you will know people in companies willing to support an event such as this. There are all sorts of sponsorship options available. Please either approach direct or give us the introduction. We need your help in this vital area.

Important: 15th (receiving art works), 17th Opening Night and 22nd (despatching art works) July

We are well on the way towards the reestablishment of the Rotary Art Show as a feature event in the Brisbane art scene. Great for artists and great for Rotary!

SYNOPSIS OF SURVEY ON

Rotary Club of Brisbane High-Rise

by Jane Andersen

Director Membership

The survey results were provided to the Club at the meeting on Thursday 13 April. There were 13 questions and 23 of the 41 members returned their questionnaires (thank you to those members).

There was a good representation of members who had been part of the Club over the 16+ years. And there was a variety of reasons that different members joined.

Club satisfaction rated – 13% were dissatisfied, 13% were neutral, 44% were satisfied while 30% were very satisfied. There were a number of improvements that were suggested and which will be considered.

21 Members felt welcome when they arrived while 2 Members felt it was different on different days.

38% of the Members were very satisfied with the meetings 35% were satisfied, 19% were neutral while 8% were dissatisfied. Some Members questioned the cost of each meeting and we had comments that some enjoy the format while others question aspects of the format.

In the past 12 months 17 Members reported they have not considered terminating their membership while 6 people have considered this action.

The favourite aspects of Rotary came up as the Meetings, being involved in Community projects and fundraising as well as the Social aspects.

Basically people didn't have least favourite aspects but one or two mentioned Welcome to Country, Sergeant Session, meeting weekly and the format of the meetings.

Members would like the Club to offer more Local projects and volunteering opportunities as well as Social outings.

The majority of people preferred both local and overseas projects

While just over ½ the Members spent between 3-5 hours doing Rotary work each week the other half spent considerably less time.

Everyone reported they read Hot Air with 53% saying they read it on email.

There were other suggestions that I have not reported here but will be considered over the next 12 months.

If anyone would like a copy sent to them of the Powerpoint presentation email me at esk127@outlook.com and I'll send you a copy.

RYEP

Rotary Youth Exchange Program

by **Greg Beard**
Youth Director



Brisbane High-Rise has been involved with the ROTARY YOUTH EXCHANGE PROGRAM, over many rewarding years. It is a program that offers an enormous opportunity for students between the ages of 15 and 19 to experience and study in another culture.

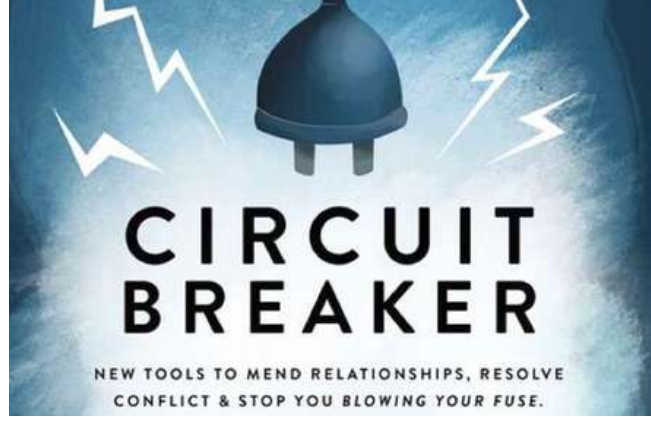
Exchanges last for up to a year. Usually in July our Australian participants will head overseas and then in January Overseas students will arrive in Australia. (so ideally they match a full school year) Covid had put an end to the program for a while

and unfortunately our exchange student at the time, Hannah Albury, had to come home early. However it is about to restart. Our first opportunity will be to accept an inbound student next January and potentially send a student out around July 2024.

If anyone is interested knowing more about this amazing program please speak to Greg Beard. You may know someone that the club might nominate as our outgoing student or even, be involved in helping to host an inbound student for a period of time.

The District website is still to be updated post covid, however there great information at the Australian Rotary website : <https://ryea.org.au/>

Circuit Breaker Report



We kicked off the first session of the ten week Circuit Breaker course last Tuesday 28 March at Carindale Salvos, and it was a great success. 4 guys came and Julie, my co-facilitator, and I were off and running.

The session started with introductions and an opportunity to briefly hear why each participant wanted to be involved. Straight away the guys openly shared about their anger problems and the ways this was impacting their key relationships. They all genuinely wanted to be there and were engaged and listening intently.

Next we watched the Video where Matt Boulton shared the first session. A really helpful tool is the anger / listening graph. The angrier we get the more that the important message we are trying to deliver is not heard - the opposite outcome we are hoping for by getting angry. Then we discussed the strategy of time out - walking away to cool down and never trying to resolve a conflict under the influence of anger.

There was a palpable sense of relief and hope amongst the participants as a significant step towards dealing with this destructive force in their lives was taking place.

This is such an important issue in our society, and it was great to be involved in giving some real support to the guys in attendance. Early intervention is key and so much more effective than trying to pick up the pieces after things get out of hand.

High-Rise is testing the water with this course. It's so effective and needed and I am keen to see many more of these courses running into the future - the start of something. We have funded the facilitator's workbooks and incidentals like tea and coffee, and have the option to also assist participants who struggle to pay the \$43 cost for the participant's workbook, to ensure that nobody misses out.

Rotary Nomads

Donation for NZ

YOU'RE INVITED TO THE

8th

CHANGEOVER OF THE

ROTARY E-CLUB OF AUSTRALIA NOMADS

Wednesday

21 JUNE, 2023

2.30 PM FOR 3.00 PM
CHANGEOVER CEREMONY

DRESS: CASUAL - INTERNATIONAL THEME

COST: \$30
covers a Tuesday morning get together breakfast & Wednesday's Changeover raffle tickets & prizes

Ingenia Holiday Park, Gordon Young Drive, South West Rocks NSW 2431
02 6566 6264 | southwestrocks@ingeniaholidays.com.au
RSVP BY 14 JUNE, 2023

REGISTER

After registering, please transfer payment of \$30 per person to

- Rotary Nomads
- BSB 015220
- Account No 429420294
- Details: your SURNAME plus the word 'ROCKS'
- e.g. Smith ROCKS

Donations for NZ Flood Appeal

How to Donate to the NZ Flood Appeal through Rotary Australia World Community Service (RAWCS)

- Go to the RAWCS website Home Page
- Click on EXPLORE PROJECTS
- On Page 1 of the projects list, you will see Project No. 60-2022-23: New Zealand Floods (RARF)** Rotary Australia Relief Fund
- Click on 60-2022-23
- Scroll down to click on Donate Now and/or Details
- Follow prompts for payment
- Receipt will be issued for tax deductibility.

Save the Date

To ensure we maintain our standards in 2023 we need your support along the following lines:

- Lock the date 10th June away now.
- Share the Date Saver attached among your network of friends. In the past many members have taken on the task of organising a table. It won't work that way with a Cocktail Party but please still organise a group if you can. Our target is 120 in attendance.
- Donations for raffles/auctions will be gratefully received. This is a primary avenue to raise money for St Judes on the night. Please let me know what you can do.
- Assist with the staging of the event. We have formed a small organising committee but will still need assistance particularly on the night.

THE ROTARY CLUB OF BRISBANE HIGH-RISE

Save the Date: Monday, 12th June

Cocktail Party 6.30pm St Lucia Golf Club, Carawa Street St Lucia

\$65 pp inclusive of drinks.



Gemma Sisia

Founder, School of St Jude, Tanzania

Hear Gemma speak on the amazing St Jude's journey - help launch her new book – and prepare to be inspired by Enoch a St Jude's graduate.

LIMITED Space – BOOK EARLY - Enquiries BILL on 0418780663

Bill Phillips, billphillips049@gmail.com

RFDS Light the Lanterns

LIGHT THE LANTERNS

An RFDS Celebration

**13
May
2023**

Royal International Convention Centre (RICC)
600 Gregory Terrace, Bowen Hills QLD 4006
6:30PM - 12:00AM
Enquiries: events@rfdsqld.com.au



ATTENTION ALL CLUB MEMBERS

We have upcoming presentation vacancies and are looking for volunteers

IF YOU OR SOMEONE YOU KNOW IS INTERESTED, PLEASE CONTACT DYLYS ASAP.



Announcements

Fellowship Dinner

ROTARY BRISBANE HIGH RISE

FELLOWSHIP

Dinner



MARU
157 ELIZABETH ST, BRISBANE CITY QLD 4000
FRIDAY, MAY 5, 2023 | 6:30 PM

\$40/PERSON

Rotary Peace Fellowship

Rotary Peace Fellowships

APPLICATION IS AVAILABLE



Get involved by

- Taking the All About the Rotary Peace Fellowship course
- Forwarding the fellowship announcement to your contacts
- Using our referral form
- Sharing a PowerPoint presentation about the fellowships
- Following the Rotary Peace Centers Facebook page

APPLY HERE
<https://www.rotary.org/en/our-programs/peace-fellowships>

Donation Drive

DONATE READING GLASSES

↓



We need your support!

Noela is off on a trip to Tanzania in May to attend the graduation of the Club's sponsor student, Irene. She will be making a detour via Uganda to a little village called Nkuringo. We along with a few other members have been supporting a little school in this village. The glasses will be distributed to people within the village.

Tree Planting



SAVE THE DATE
Annual Community Tree Planting

Mansfield - 23rd April, 2023