



IMAGINE
ROTARY

Rotary



Brisbane High-Rise

HOT AIR

09 MAR 2023 | WATER AND SANITATION



1 INTERNATIONAL TOAST



Today we toast the Rotary Club of Santiago Monumental - Dominican Republic. The club meets at 8:00 PM every Wednesday. The club and a Rotary Community Corps have been working for 15 years to address housing and sanitation issues in Los Cocos de Jacagua, Dominican Republic. They have created a library, community center, playgrounds, financial cooperative, and installed latrines. They have also built nine homes at a cost of \$10,000 each, with help from international partners in District 7710. This alliance promotes peace and offers Rotarians the opportunity to work together with local Rotarians and communities.

FROM THE PRESIDENT – BARBARA LEDDY

As I missed last week's meeting I asked a very responsible member to report on the Speaker for the day.

Russell Postle was our speaker on Thursday when he updated us on the Rotary Foundations - it was an informative session outlining the three foundations - the original Chicago based Foundation, and the two Australian based foundations. There is The Australian Rotary Foundation Trust which supports projects outside Australia and the Rotary Foundation Australia (PBI) which supports projects within Australia. A useful guide so each of us individually can choose the part of Rotary Foundation we wish to support.

Fortunately, we are able to access Russell on queries about the Foundation at weekly meetings. I'm sure he is more than happy to share his knowledge if you need more information on supporting the Rotary Foundation.

Don't forget that the Rotary District Conference is being held on 24 -26 March in the Brisbane City Hall. Tickets, I believe, are still available & a group of us have already registered. Do come & represent BHR as well as being inspired by some

amazing speakers. It should be an exciting experience for us all.

Another reminder that the Chicks in Pink fun run is happening on March 12. You still have the opportunity to donate on behalf of the group through the club run website. We have a team of 'pink' runners setting off at 6.55am including one of our male members who has a fetish about wearing ballet tutus. I have a personal passion about raising funds for Breast Cancer research as I am one of the lucky ones who is alive today because scientists & doctors made my recovery possible.

Remember, we still need used phones for our DV Safe Phone collection & sponsors for the Art Show in July. These aspects of our Club Strategic Plan are imperative for the success of the year & can't be overlooked for our Club to have the authentic record we have had in the past. Please give both projects your earnest attention.

QUOTE OF THE WEEK

You can never leave footprints that last if you are always walking on tiptoe.

2 PROGRAM/GUEST SPEAKER

09 MAR Fellowship Meeting

16 MAR

23 MAR Pride of Workmanship Awards

3 ROSTER

ROSTER	9 MAR	16 MAR	23 MAR
Chair	Bill P	Sarah	Russell
Set Up & Close	Sarah	Russell	Wendy
Greeter	Russell	Wendy	Susan
Sergeant	Greg P	Rob O	John Arvier

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

Last Week's Meeting

Last week, Russell Postle, shared valuable insights about three Rotary foundations. This information provided a useful guide for individuals in deciding which foundation to support.



Up and Coming Guest Speakers

Great opportunity to invite guests

9 MARCH 2023

FELLOWSHIP MEETING

Our latest Paul Harris Fellow – Maria Jockel


While in Melbourne last week, Susan Rix presented a Paul Harris Fellow to Maria Jockel, Global and National Immigration Leader at BDO. Maria assisted with legal matters on the Vascolyna project back in 2018/19. Maria did an amazing job in securing a Visa for Vascaolyna to come to Australia for medical treatment under very difficult circumstances.

The project would not have gone ahead without her and Russell Postle and Susan arranged for the recognition. The Paul Harris citation and medal have been sitting in Susan's office for years, waiting for COVID to be over so it could be presented to her in person. It was lovely to catch up with Maria and officially thank her on behalf of the Club.




Keeping your Cool Seminar

Blowing Your Fuse at Home?




CIRCUIT BREAKER

NEW TOOLS TO MEND RELATIONSHIPS, RESOLVE CONFLICT & STOP YOU BLOWING YOUR FUSE.



Carindale
10 x Wed Nights 6:30pm
Commencing Mar 29
(Regs must close Mar 27)
circuitbreakercourse.net



On Thursday the 23rd February, 21 men gathered at the Carindale Community Hub to hear Matt Boulton share about the Circuit Breaker Anger Course. New tools to mend relationships, resolve conflict and stop you blowing your fuse.

Matt Boulton shared the practical tools and strategies he's been using for over 22 years to help others to control their temper, resolve conflict and find new levels of peace, trust and intimacy in their relationships. The men who attended definitely took lots from it and some have already signed up for the 10 week course.

Steve Knight from Rotary went along to the event and the club is looking to support this program into the future. DV and men's health continue to be an important issue in our community and this is one way to make a positive contribution towards some solutions.



Letter from St. Jude & a Video from Seb

Thank You

Hello Noela,

Thank you for your email below, our accounts team are on the lookout, and once the funds hit our account, they will send the receipt to Maison Fleur.

Please pass on our sincere gratitude to the Rotary Club of Brisbane High Rise club members. We appreciate your thoughtfulness in always thinking of supporting The School of St Jude. I will wait to hear about which project they will decide on; however, I will be happy to assist with some ideas if you need them from our end 😊.

In other news, Noela, please click [here](#) to watch a short video of Sebastian I took with my phone. Sebastian is very grateful for all the visual equipment you have generously donated to assist with his visual activities. He is a brilliant and ambitious young man, and all the effort you put into supporting him is deeply appreciated. I have copied the email correspondence of the Rotary Club of Brisbane High Rise in this email so all other members also receive this wonderful news 😊.

Thank you for your unwavering support; together, we are educating the future moral and intellectual leaders of Tanzania!

Kind Regards,
Winnie

Watch Seb's Video

HERE



Rotary Nomads



Rotary Nomads



You are invited
to the 8th Changeover of the
Rotary E-Club of Australia Nomads

Ingenia Holiday Park, Gordon Young Drive,
South West Rocks NSW 2431

Phone: 02 6566 6264

Email: southwestrocks@ingeniaholidays.com.au



WEDNESDAY 21 JUNE 2023
2:30PM FOR 3:00PM
CHANGEOVER CEREMONY
DRESS: CASUAL - INTERNATIONAL THEME

Cost: \$30 which covers a Tuesday morning get together breakfast & Wednesday's Changeover raffle tickets and prizes.

N.B. No other charge for Changeover afternoon ceremony.

RSVP BY: Wednesday 14 June 2023

Registrations for the changeover afternoon tea will be done online by clicking:

[Register](#)

After you have registered, 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'

Thank you – we are looking forward to your company at our Changeover Muster.

Attention

We already have a group of eight from High Rise going down to stay at South West Rocks from Sunday till Friday for a week of fun.

Accommodation is either at cabins at the caravan park or in own caravans.

Announcements

Fellowship Dinner

ROTARY BRISBANE HIGH RISE

FELLOWSHIP

Dinner



AHMET'S SHOP
10/168 GREY ST, SOUTH BANK, BRISBANE QLD
FRIDAY, MARCH 10, 2023 | 6:30 PM

\$60/PERSON | PAID IN CASH ON THE NIGHT

R.A.R.E is Relocating



Volunteer Needed

Hey there high risers - roll up your sleeves and join in an activity sure to give you that warm fuzzy feeling at the end of the day!

What RARE needs:
R.A.R.E. Needs all the help it can get to reduce the number of items that will be transferred to their new premises in Alexandra Hills when their current lease expires in Kingston on 30th April.

Location:
23-25 Mary St. Kingston

Date:
1 April 2023, Saturday



Let's Join!

Please let Ros Mumford know by 17 March if you can make it on the first Saturday in April at their Kingston Site from about 8.30 AM

ros.mumford@bigpond.com [0411 428774](tel:0411428774)

Art Show Sponsors

ART SHOW SPONSORS

The Brisbane Rotary Art Show is coming together and we're counting on you to make it a financial success!

With five months to go, now is the time to get involved and support the show. From naming rights to basic screen sponsorship, there are a variety of opportunities available to meet every budget. Be a part of this spectacular event and make a difference in the lives of artists and the community. Don't miss this chance to showcase your support

For more details, please check your email or contact Bill Phillips.

Send your Pledges

JOIN US

BE A PART OF THE SERVIETTE APPEAL

Pay your pledge now to the club's bank account with reference ShelterBox[YOUR NAME]



Together, we can make a difference for those affected by the devastation in Turkey and Syria. Your pledge can help purchase shelter for families in need. Don't miss this opportunity to make a difference.

SEND YOUR PLEDGES

BSB: 084 034 Account: 55 934 7857

Announcements



Bryce's pink shirt has arrived for the "Chicks in Pink" fun run, supporting women with breast cancer. He'll be running the 5k course on March 12, starting at Southbank at 6.55 am and finishing at the Botanical Gardens. Donate to his page to help the cause!

<https://fundraise.mater.org.au/fundraisers/brycedavies/>

IMAGINE WHAT'S NEXT

REGISTER TODAY AT CONVENTION.ROTARY.ORG
MELBOURNE, AUSTRALIA | 27-31 MAY 2023

Rotary  MELBOURNE 2023 

REDUCED RATE OF \$575 UNTIL 31 MARCH 2023

The convention promises to be an inspirational event, with distinguished speakers, energizing breakout sessions, and abundant opportunities to brainstorm ideas for Doing Good in the World with Rotary and Rotaract members from around the globe.

Register now to get a **REDUCED RATE**, and encourage your friends to do the same. This offer expires on **31 March 2023**.

\$575 for Club members, Non-members, or guests, aged 31 or over.

International Women's Day Fun Run

International Women's Day
funrun
Supporting women with breast cancer
Presented by **NATIONAL STORAGE**

IT'S A PINK DAY

SUNDAY 13 MARCH, 2023
SOUTHBANK TO CITY BOTANIC GARDENS

T-SHIRT | RACE KIT | REWARDS | AMAZING PRIZES

MORE INFORMATION
FUNDRAISE.MATER.ORG.AU/

A graphic at the bottom of the poster showing four stylized runners in silhouette, colored in shades of pink, purple, and blue, running from left to right.

TEAM NAME

Rotary High Rise

With our help, Mater Chicks in Pink are able to care for many women with breast cancer by providing them with practical support, and fund research into making treatments more effective, so fewer lives are lost.

You could help by making a donation

<https://fundraise.mater.org.au/s/4348/70637/e>

Together we can make sure no woman feels alone when going through breast cancer.