





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 lib-

rary, 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 amazing speakers. It should be an exciting responsible member to report on the Speaker for experience for us all. 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 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 supporting the Rotary on 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

PROGRAM/GUEST SPEAKER

23 MAR Pride of Workmanship Awards

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.

OUOTE OF THE WEEK

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

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

2

16 MAR

APOLOGIES & GUEST

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 emerging. and

09 MAR Fellowship Meeting

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

Pav 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





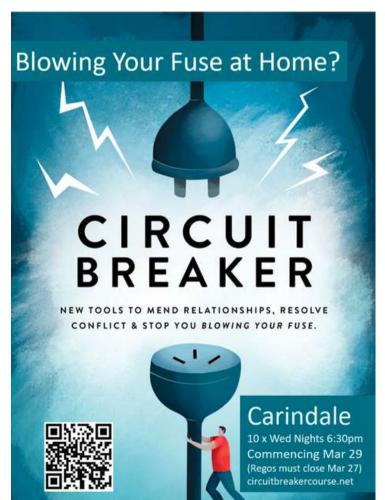
Our latest Paul Harris Fellow – Maria Jockel

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



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 ^(C).

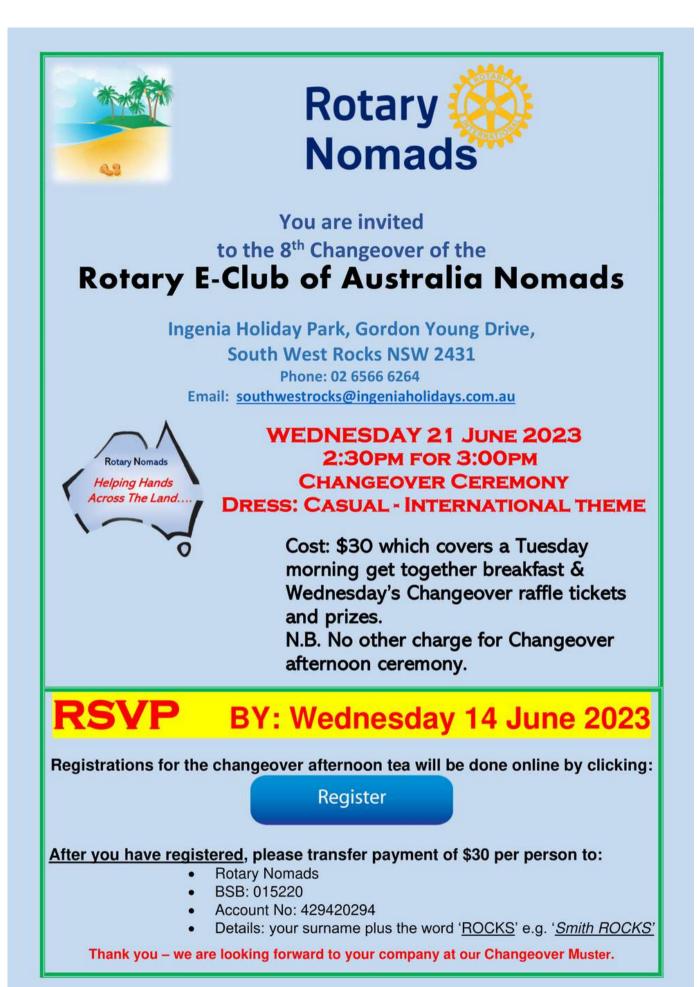
In other news, Noela, please click **here** to watch a short video of Sebastian I took with my phone. Sebastian is very grateful for all the visual equipment you have generously donated to assist with his visual activities. He is a brilliant and ambitious young man, and all the effort you put into supporting 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 ^(C).

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

Kind Regards, Winnie



Rotary Nomads



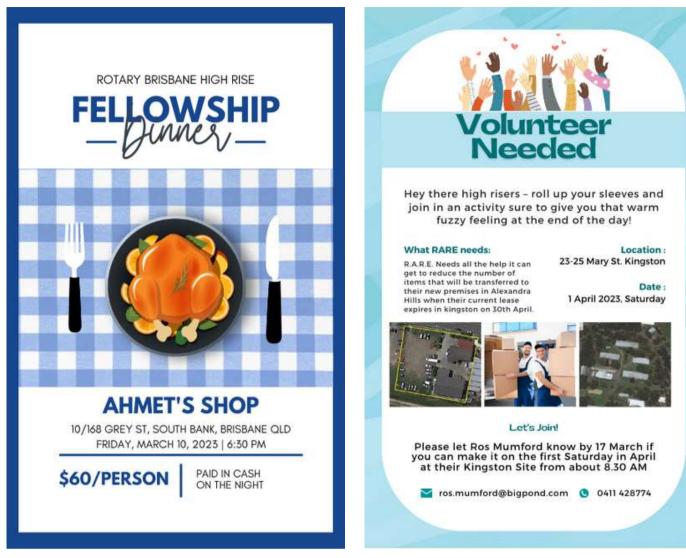
Attention

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



R.A.R.E is Relocating

Send your Pledges

Art Show Sponsors



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Announcements



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/



<u>Register</u> 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



TEAM NAME

tigh Rise Kolary

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.