

World Mental Health Day, October 10 – see pages 8 & 10

HOT AIR

10 Oct 2024 — Economic & Community Development Month

hotair@rotarybrisbanehighrise.com

International Toast:
Rotary Club of Plymton,
Devon, UK
See Page 10



Russell Postle (L) presenting Roly Wells with his Paul Harris Fellow



Lindsay Marshall holding Phil Breene's book Civil 55 and Jane Postle holding the Phil's Honorary Membership

The Presidential Point:

It was really wonderful to have Roly Wells surprised at Rotary last Thursday. As Phil Breen's proxy, Russell Postle, presented Roly with a Paul Harris Fellow for the work he has done with water availability in a number of countries. Roly told us all he was very pleased to receive the Award for the work he has done as a civil engineer, working as a mining engineer.

We also awarded Phil Breene with Honorary Membership which his daughter, Jane Postle, accepted on his behalf.

I am looking forward to seeing the photos of the painting of 3rd Space, taking place over the weekend. Lesley Leece who is the CEO of 3rd Space is going to be the guest speaker this coming Thursday, hopefully everything goes smoothly while there is some fun as everyone works.

Don't forget everyone to bring in some items for the raffle to be held at the film afternoon for Maternity Africa. I think earlier is better than later as the items need to be packaged up.

Jane Andersen

**Guest Speaker
This Week**



Lesley Leece, CEO

Upcoming Meetings & Events

- Thu 10 Oct Weekly Meeting @ United Service Club – [RSVP](#)**
Lesley Leece, CEO 3rd Space
- Sat 12 Oct Art Afternoon @ Maleny – [RSVP to Tom](#)**
Tom Davison's house, 2-5pm – see page 5
- Thu 17 Oct Weekly Meeting @ United Service Club – [RSVP](#)**
Craig Wappett, Understanding US Political System
- Thu 24 Oct Weekly Meeting @ United Service Club – [RSVP](#)**
Karyn Walsh, CEO of Micah Projects – see Page 5
- Sun 27 Oct Movie Event at New Farm Cinemas – [RSVP](#)**
Fundraiser for Maternity Africa – see Page 4
- Thu 31 Oct Weekly Meeting @ United Service Club – [RSVP](#)**
Club Assembly

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

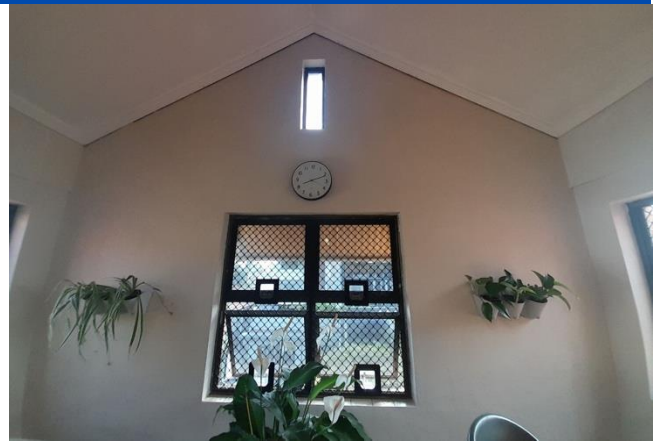
3rd Space Painting Refresh – The Finished Work

Thanks to the large enthusiastic and hard-working volunteers from both RiverCity Rotaract and High-Rise. The Rotaractors really got into it on Sunday, especially in the Laundry, and then came back for more, and with more people, on Monday. With such good support by both clubs we managed to complete even more work than was originally planned.

Have a look at the in-progress pictures on the following pages to see the change happening. The result is fantastic and really appreciated by 3rd Space.

And, like any good Rotary activity, everyone had fun (except when Steve K was pushing you to put more paint on) and there was lots of food to keep us going. Special thanks to Lilli from 3rd Space who made us excellent coffee – can't work without good coffee!

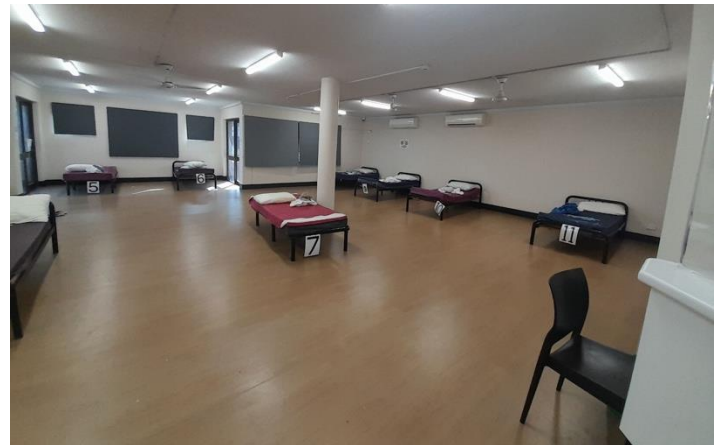
We also thank Bunnings Newstead for their generous support.



Upper level end wall which was touched up at top



Dormitory area – all walls and columns painted – were several colours



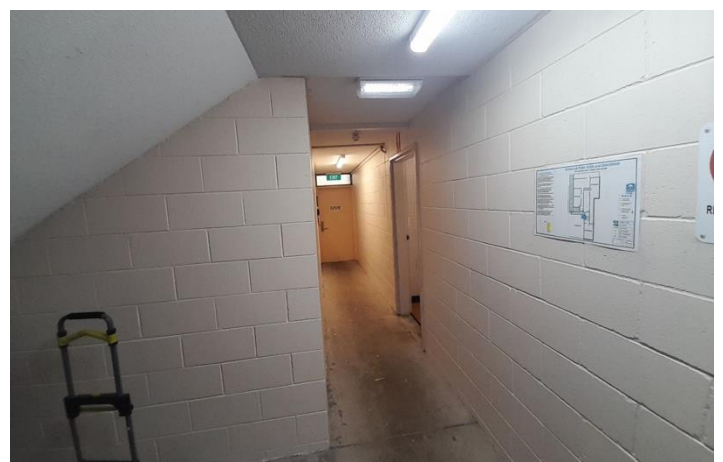
Passage to Laundry – repainted in same colour



Laundry – extensively cleaned & repainted same colour



Central stair looking up to top level – the light walls used to be olive green and the handrail was a badly scratched light blue

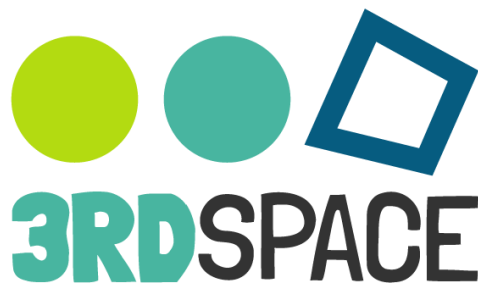


Staff Exit at bottom of central stair – used to be olive green

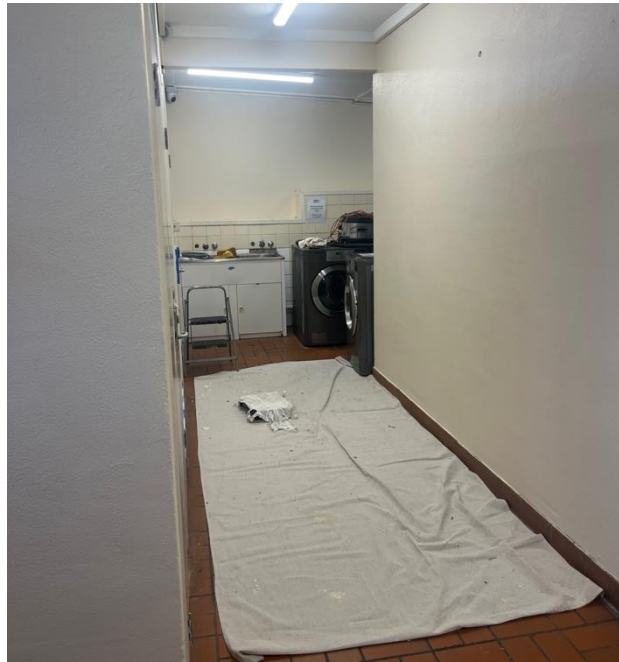
3rd Space Painting Refresh – Dorm Room



3rd Space Painting Refresh – Central Stair & Passage



3rd Space Painting Refresh - Laundry



3rd Space Painting Refresh – Coffee & Food!



Thanks to



NEWSTEAD
for their support
of this project



Last Week's Meeting



Lindsay Marshall, Jane Postle, David Postle, Steve Knight



Inbound Youth Exchange Student Mette and Jane Andersen

This was the first time Mette had been to one of our meetings. Look for her in the 3rd Space painting photos – she was hands on and into that project.

As mentioned in **The Presidential Point** on Page 1, Jane Postle was there to receive the Honorary Membership awarded to her father Phil Breene.



Susan Rix, Noela Phillips, Ann Maree Buttner, Loretta Lynch

12 Oct - Maleny Art Afternoon

Date: Saturday October 12th
Time: 2-5pm
Address: 42 McCarthy Shute Rd, Maleny
Phone: 0417 143 019
RSVP: davisont@bigpond.com

High-Risers, you are invited to Maleny to a social event at Tom Davison's house. Bring something to drink and eat, and your favourite piece of art - painting, sculpture, glasswork, etc - to talk about. Tom is unveiling his large artwork from St Judes and repaired by Phil Gough, which Phil will talk to. Phil will also bring some of his African paintings.

So it's a literature and art weekend. Tom's house overlooks the Glass House Mountains and is a pleasant place to relax and interact.

If you wish to stay nearby on Saturday night then accommodation at Tranquil Park with spectacular views is recommended:
<https://tranquilpark.com.au/>

The weekend 12-13 October is big in the Hinterland Mountains:
• There is the Sunshine Coast Writers Festival with authors talking in panels on Saturday morning Oct 12th from 9am to 1pm in the Maleny Community Hall so that fits in before the social at Tom's home: <https://iamnambour.com.au/sunshine-coast-hinterland-writers-festival/>

• On the Sunday Oct 13th there are more author events in Montville. Also the Maleny Arts Council have a Grammy® Award-winning jazz artist Nicole Zuraitis performing at the Maleny Community Centre from 2pm: <https://www.malenyartscouncil.com/>

It's all happening!

Tom Davison.



Lindsay Marshall and Russell Postle are both supporting the RFDS by participating in the Oceans to Outback October challenge:

Lindsay is walking 247km:

Please support my challenge to walk 247 kms in October, whilst working full-time, by donating to the RFDS who provide vital emergency assistance to Outback Australia. Why the 247 km distance? With the fact that I now can no longer ride a bike, I decided to take on one of the cycling distances instead as a salute to the great times and friends I have cycled with over several decades. Any support would be greatly appreciated.

<https://www.oceanstooutback.org.au/fundraisers/LindsayMarshall/oceans-to-outback>

Russell is cycling 609km:

<https://www.oceanstooutback.org.au/fundraisers/russellpostle/oceans-to-outback>

Shelterbags – Time to Pay!

Send your \$93 payment
to our club account and
let Cindy know



4 October 2024

The President
Rotary Club of Brisbane High-Rise

Dear Jane,

Thank you and your club members for their commitment to the **Shelterbags for the Homeless Project**.

Our goal was \$20,000 donated = 200 Shelterbags. Actual \$21,500 = 220 Shelterbags.

The orders have now been forwarded to RC Bowral for onforwarding to Shelterbags South Africa in late October, enabling delivery in Feb prior to the 2025 winter.

Your club will shortly receive an invoice for the number of bags you have ordered from the Rotary Club of Bowral with their banking details. Each bag will cost \$93 including freight costs from South Africa.

The freight costs are to Sydney so if any clubs have contacts within the transport industry who can help get the bags to Brisbane (free!!) could they contact either Bill Dominguez dominguez.wp@gmail.com or myself so we can make contact.

We have had an amazing response from Rotary Clubs all over District 9620 to our project with **220** Shelterbags requested.

We are very appreciative of this wonderful support for our fellow Rotarians.

We started this project a little late in the 2024 year, in 2025 we would like to restart this worthwhile project, more about this when new dates are confirmed.

Once again thank you to the following clubs and their members

Albany Creek	Hamilton
Brookfield	Kenmore
Brisbane High-Rise	Logan
Brisbane Inner North	Mt Gravatt
Brisbane Centenary	Paddington
Brisbane Inner West	Redcliffe Sunrise
Caboolture	Salisbury
Carindale	Wynnum/Manly

In the meantime if you require any further information on the Shelterbags, or assistance in establishing connections with your local outreach organisations, please contact us.

Regards
Wayne Rushton
Rotary Club of Paddington wrushton131@gmail.com 0418 769 413



High-Rise Members, do you know someone who should attend RYLA? If they want to be sponsored, then you need to **submit a nomination to us NOW and it will be reviewed by the Youth Committee for endorsement before the end of November.**

Exciting News 📣

RYLA 2025 Applications are NOW OPEN! 🚀

Are you ready to take your leadership skills to the next level and have an unforgettable experience?

🌟 District 9620's Rotary Youth Leadership Awards (RYLA) is BACK, and we're looking for passionate young people aged 20-30 to join us at Camp Cooby from 2nd to 8th of February 2025!

🌿 Nestled just north of Toowoomba with stunning lake views and a welcoming atmosphere, Camp Cooby is the perfect place to challenge yourself, meet new friends, and build leadership skills that will empower you for life!

Whether you're a young professional, a student, or anyone looking to grow, RYLA offers a unique opportunity to develop your leadership, personal growth, and citizenship skills. Plus, you'll connect with amazing mentors, fellow participants, and local Rotaract Clubs working to make a difference in the world!

🌟 Applications are open NOW with limited spots so don't wait! Successful applicants are sponsored by Rotary clubs or employers, so this is your chance to make an impact. Are you up for the challenge? Apply today and kickstart your leadership journey!

🔗 <https://forms.gle/cfJYGe1w1uw6etje8>

Thursday 10 October – World Mental Health Day



LIFT THE LID
on mental illness

Lift the Lid on Mental Illness is Australian Rotary Health's National annual fundraising day for mental health research.

The campaign, founded by ARH Vice Chairman Greg Ross, started in 2016 in partnership with Rotary Clubs of Victoria. The event was such a success that it has now been extended to all Rotary Clubs across Australia.

Each year approximately 1-in-5 Australians will experience a mental illness and in order to help future generations of young Australians, we need to look ahead through research and find out how we can prevent this type of illness occurring.

You can support this wonderful initiative by making a donation on **World Mental Health Day, October 10** to your local Rotary Club or to Australian Rotary Health. As we are also celebrating Hat Day, you are invited to hold an event and wear your most eye-catching hat.

For further information <https://australianrotaryhealth.org.au/lift-the-lid/> or contact the Australian Rotary Health office on: (02) 8837 1900 admin@arh.org.au #LiftTheLidOnMentalIllness

Movie Night – New Farm Cinemas
Sunday 27 October – 3:30pm
Maternity Africa Fundraiser



LEE

Starring Kate Winslet and Jude Law.

A portrait of the great American war correspondent, Lee Miller, "whose singular talent and ferocious tenacity gave us some of the 20th Century's most indelible images".

- WHERE** New Farm Cinemas
701 Brunswick St, New Farm
- WHEN** Sunday 27 October, 3.30pm
- COST** \$25 + Pizza - Menu at right - **must pre-order.**
- RSVP** Friday 18th October with your Pizza order to:
Yvonne Robson yrobson@gmail.com
- PAY** Please pay in advance by Direct Deposit (remember to let Cindy know) or at a meeting.

TOASTIES

- Chicken & Camembert w/ fries & tomato sauce 15
- Ham, Swiss Cheese & Chutney w/ fries & tomato sauce 15

PIZZA

- Margherita (V) Diced Tomato, Mozzarella & Oregano 15
- Ham & Cheese Smoked Leg Ham & Mozzarella 15
- Pepperoni 15

Help Rotary provide care packs for destitute new Mothers.



World Mental Health Day, Thursday October 10

International Toast

This week we are celebrating the:
Rotary Club of Plymton, Devon

Social media campaign strives to break the stigma of mental health



After Darren Hands (RC Plymton, Devon), invited speakers to talk about mental health at a District 1175 (England) conference a few years ago, he and other local Rotarians were inspired to do more. "It was very powerful, and afterwards we thought, 'What can we as Rotarians do when it comes to mental health? We're people of action but not mental health professionals. But surely there's some-thing we can do to help,'" says Hands.

They came up with a social media campaign called "Don't Bottle It Up," which encourages people affected by depression, anxiety, or other issues to reach out for help. "The majority of people with mental health issues wait over a year to talk to someone," explains Hands. "Hopefully we can help break down some of the stigma through this campaign."

Darren Hands has made it easy for Rotary members to participate in the "Don't Bottle It Up" campaign. "Simply take a photo of yourself holding a bottle and send it to me," says Hands, who posts it on social media and adds local health statistics to make the message more relevant.

Launched in 2017 in District 1175, the campaign features local athletes and celebrities posing with a water bottle and the message "Don't Bottle It Up." The ads note that one in four people in the United Kingdom have some form of mental illness, and urge people not to suffer in silence.

Two years later, the initiative launched nationally in the UK and in Ireland. The group has a Facebook page and a website, and today 28 public figures and about 60 Rotarians have shared their image and message on social media.

"We have no direct way of knowing that the campaign has made a difference," notes Hands. "But if just one person who has suicidal thoughts or is suffering from depression or anxiety sees one of these images and decides to seek help or at least talk to someone, to me, that will be a success." [Click here for more info.](#)

Darren Hands: dazhands1971@gmail.com

Rotary Race Day Luncheon

20th October 2024

Come join us for a day of excitement in the Champagne Gardens at the Sunshine Coast Turf Club - Corbould Park.

The Day Includes

- Entry to the Members area at the Sunshine Coast Turf Club
- Entry to the Champagne Garden - directly opposite the winning post and the bird cage
- 2 course lunch
- Glass of Champagne on arrival

Cost - \$100 per person

Book Online

For Corporate Sponsorship and Bookings - Contact Carl on cpmheath@hotmail.com

The day will raise funds for Rotary Australia Repurposing Equipment program which sends containers of repurposed vital medical and educational equipment to developing countries.

Rotary Race Day Raffle

Win \$5,000

1st Prize - \$5000

5 x draws of \$100 each

Book Buyers Prize - \$500

ONLY \$5 TICKET OR **\$20 FOR A BOOK OF 6 TICKETS**

DRAWN AT THE ROTARY RACE DAY 20TH OCTOBER 2024

BUY TICKETS ONLINE

All profits of the Rotary Charity Race Day Raffle go to the Rotary Australia Repurposing Equipment Program which sends containers of repurposed vital medical and educational equipment to developing countries.

Rotary Caboolture, THE MAGIC OF ROTARY, Rotary Bribie Island Environmental Repurposing

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 10 Oct	Yvonne R	Steve S
Thu 17 Oct	Steve S	Zanthia T
Thu 24 Oct	Zanthia T	Craig W
Thu 31 Oct	Craig W	Roly W
Thu 07 Nov	Roly W	Andrew A
Thu 14 Nov	Andrew A	Margot B

Board Members 2024-25

President	Jane Andersen
Past President	Dylys Bertelsen
President Elect	Gregory Beard
Secretary	Hawys McManus
Treasurer	Cindy Kemp
Community Projects	David Bunce
Marketing	Ann-Maree Bennett
Membership	Deb Le Garde
Projects	Bill Phillips
Rotary Foundation	Susan Rix
Youth	Loretta Lynch
Assisted By:	
Fellowship	Margot Baillie
Speaker Program	Dylys Bertelsen
Administration	Rosemary Meadows
Hot Air	Steve Knight