



Rotary



Brisbane High-Rise

HOT AIR

27 JUNE 2024 | ROTARY FELLOWSHIPS



1 INTERNATIONAL TOAST

Rotary Club of Bucyrus, Ohio



(details on page 5)

FROM THE PRESIDENT - DYLYS BERTELSEN

... working to connect all people

Ever since social disconnection gained attention during Covid, the spotlight has been firmly focused on 'loneliness - the silent epidemic'

"We're designed to be socially connected to others," says Associate Professor Lisa A. Williams, a social psychologist from the School of Psychology, UNSW Science. "When we don't have that, it can be just as distressing ... as not securing any other fundamental need."

"Everyone feels lonely sometimes: it's a normal response to changing life circumstances. Day-to-day, our social needs - and how they're met - also shift, so it's perfectly normal to have peaks and troughs. But prolonged loneliness can significantly impact health and well-being."

"Momentary loneliness is like being hungry right now. Chronic loneliness is like starvation: it can have dire consequences," A/Prof. Williams says. "Loneliness drives outcomes that can ultimately lead to premature death. Simply put, you can die of being lonely."

But non-profit charity Inclusive is working to combat the isolation, disconnection and loneliness that affects older Australians, First Nations people and others. Volunteers regularly 'visit' to engage with them through digital programs in a virtual community.

It's a brilliant, breathtaking idea - and it works! CEO

Rachael Cook and Tatia Power spoke powerfully at our breakfast last week about how their company is prioritising social connection as a vital health requirement. This is a life-saving activity we all need to know about. You can revisit the presentation slides [here](#). Find the Inclusive website [here](#). Volunteers to Inclusive are extremely welcome.

... supporting refugees around the world

World Refugee Day on 20 June puts a spotlight on a misunderstood group of over 117 million people who had been forcibly displaced by the end of 2023 (according to UNHCR, the United Nations refugee agency).

Writing for Rotary International news, Etelka Lehoczky claims that refugees are far from being a group that is without means and dependent on others. "There are studies suggesting that refugees actually contribute more to the economy than the value of the services provided to them," she writes, quoting Quentin Wodon, Chair of the Rotary Action Group for Refugees in Washington DC. Read the full article [here](#).

... and readying for Changeover Day

You need to make your bookings this week for the Rotary High-Rise Changeover Dinner 2024 that is coming up at Tattersall's Club on 5 July. Contact Hawys to secure your seat - hawysmcmanus@bigpond.com.

2 PROGRAM/GUEST SPEAKER

27 JUN **Derek Power**
Lang Park PCYC

04 JUL **No Meeting**
Changeover Dinner - all welcome

11 JUL **To be Announced**

3 ROSTER

ROSTER	27 JUN	04 JUL	11 JUL
Set Up & Close	Hawys M.	No Meeting	Rosemary M.
Greeter	Rosemary M.	No Meeting	Michael N.

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 5.00pm on Monday prior to the meeting

apologies@rotarybrisbanehighrise.com

HOT AIR EDITOR
hotair@rotarybrisbanehighrise.com

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 - DYLYS BERTELSEN

... Blue Edge Program

Brisbane High-Rise is excited to advise that the Blue EDGE Program was completed last week. A reminder of what the program entailed - Blue Edge (Educate, Develop, Grow, Empower) is a program of physical training designed to extend a young person's mind and physical capability. The program also included career education, motivational speakers and mentoring with a view to having youth actualise their potential.

The program ran for eight weeks, with two training sessions per week to build routine. The program outcomes included the development of personal relationships and building of rapport between Police, QBLAI (PCYC) Volunteers, participants and their families.

Take a look at these 2 videos and picture:

- <https://youtu.be/vzMONkOGYkg>
- <https://youtu.be/wzs96c8UEIM>



Community Table Project



Hi all!

Hope that you are all doing well! I wanted to email you about some updates on our Community Table project which has been growing over the last year!

Working Bee

We are holding a working bee at 22 Qualtrough Street, Woolloongabba next Saturday, 29 June 2024. This will be run between 9:30am and 12pm. We will be packing bags with condiments and non perishable items to hand out to vulnerable members of Brisbane on a weekly basis. Everybody is welcome! Please reply to this email if you are able to attend. Many hands make light work!!!

Signing up

Every Sunday, Rotary BRC along with volunteers delivers hot meals, sandwiches, biscuits, water and goodie bags to those in need. We are currently preparing 120 hot meals weekly and the need is growing!!!

We would love some support from other clubs for the continued success of this project.

Food preparation starts at 2pm at 22 Qualtrough Street, Woolloongabba. At around 4pm, we then head over to Riverside Drive, under the Go Between Bridge in West End to serve the food.

We also do a second distribution to Jeays Street, Bowen Hills. We normally

finish around 5:30pm-6pm. If you are unable to help with the full shift, that is fine too!!! Please bring a water bottle, hat and wear closed in shoes. If you would like to volunteer click on the sign up sheet so you can pick a day that suits you! There are also other opportunities like baking biscuits or collecting food from Fareshare on a Friday morning that I am more than happy to talk to you about as well. Some clubs have elected to sign up on a monthly basis too...

I am more than happy to come to a club meeting to discuss this project further. Or you are also welcome to email or call me at any time!

[SIGN UP NOW!](#)

Brisbane Rotary Art Show - Gala Cocktail Party

We would like to request to all Brisbane High-Rise members who follow our Facebook page to please re-share the post about our Brisbane Rotary Art Show Gala Cocktail Party being held on 16th July.

Let your friends know that you are going and that you are inviting them along for an evening of Art enjoyment together.



[LINK TO THE FB POST HERE!](#)

Up and Coming Guest Speaker

Great opportunity to invite guests



Derek is our Youth Club Programs Manager and has been a major part of shaping what PCYC Lang Park is today.

You will often catch Derek around the basketball court and is always down for a shoot around if there are odd numbers on a team!

Derek has been with PCYC for 14 years and has always said that the best part of his job is his engagement in youth programs and bringing the community together.



DEREK POWER

Lang Park PCYC

27 JULY 2024 | THURSDAY

Rotary Down Under



OBJECT OF ROTARY

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

- 1 The development of acquaintance as an opportunity for service;
- 2 High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society
- 3 The application of the ideal of service in each Rotarian's personal, business and community life;
- 4 The advancement of international understanding, goodwill and peace through a world fellowship of business and professional persons united in the ideal of service.

International Toasts



Today we toast the Rotary Club of Bucyrus, Ohio. The club meets at 11:45 AM every Tuesday.

Thanks to the Rotary Club of Bucyrus, Ohio, students received 6,600 pairs of glasses for the 8 April total solar eclipse. Julie Rexroad, a club member and science teacher, highlighted their foresight in securing a \$4,300 purchase so that all students in the county could experience this once-in-a-lifetime event, with northern Ohio next expecting totality in 2099.

CARNARVON GORGE/ BUNYA MOUNTAINS ROAD TRIP



Our family is planning a trip with Mette Feldthaus, 2024 Inbound Exchange Student from Denmark. We are planning a road trip to Carnarvon Gorge and the Bunya Mountains in September 2024. Some members have expressed an interest in joining the trip in part or all. All are welcome. The Plan: We will camp, there are always cabins/hotels/pubs and other options available at the other sites. It is a Road Trip. There are a lot of Kilometres, about 1500km, Sunday to Sunday. Dates are:

• Depart Brisbane, lunch at Chinchilla. (291km from Brisbane to Chinchilla)	Sunday, 15/09/24
• Chinchilla To Roma, overnight Roma. (181km Chinchilla to Roma)	Sunday, 15/09/24
• Arrive Carnarvon Gorge (268km from Roma to Carnarvon)	Monday, 16/09/24 (midday)
• Depart Carnarvon Gorge (268km from Carnarvon to Roma)	Thursday, 19/09/24 (midday)
• Overnight Roma in local pub	Thursday, 19/09/24
• Arrive Bunya Mountains (323km from Roma to Bunya Mountains)	Friday, 20/09/24
• Depart Bunya Mountains/Arrive Brisbane (238km from Bunyas to Brisbane)	Sunday, 22/09/24

BYO - BYO everything really. 4WD not necessary, I have done this trip in a 2WD sedan before. We will have a full car of our family + Mette, so can't offer spare seats. Much of this is National Park where no dogs are allowed.

Highlights

- On Tuesday, 20 September, we plan to do the main gorge walk at Carnarvon Gorge and a few smaller gorge "explorations" on Wednesday 21 September.
- On Wednesday, 21 September we plan to walk Mick's Gorge which is a short walk, with some rock-hopping - see photo above
- On the evening of Friday, 20 September, we plan to investigate Shackleton's Whisky Bar which is adjacent the campgrounds at Bunya Mountains.

Weather - if the weather is "really bad" we will probably only do the Bunya Mountains part as we have been "flooded in" at Carnarvon Gorge after very big rains before.

Rotary- upon investigation, there is no rotary club in Bunya Mountains, nearest is in Dalby who meet on Monday nights. Roma has a club who meet on Thursdays.

Contact - David Bunce on bunce@me.com

Disclaimer - this is not a difficult road trip, but there are some longish drives. We will pace ourselves to ensure everyone has a "good time" rather than focusing on timings. We need to be back in Brisbane on Sunday 22nd as we have barge bookings to Moreton Island the next day.

Announcements

Changeover Dinner - Rivercity



Meeting at Rotary Club of Hamilton



Change Over Dinner

Rotary Club of Brisbane High Rise

President Elect, Jane Andersen, would like to invite you, your partner, and guests to the

31st Change Over Dinner

COST: \$85pp incl 2 course meal and beverage on arrival

WHEN: Friday, 5th July 6.30-9.30pm
WHERE: Tattersalls Club, 215 Queen St, Brisbane
RSVP: by 26 June to Hawys McManus & advise dietary requirements
EMAIL: hawysmcmanus@bigpond.com
DRESS CODE: Business

Brisbane Rotary Art Show

Brisbane ROTARY ART SHOW

Tuesday 16 July 2024
18:30 - 20:30

Brisbane Rotary ART SHOW COCKTAIL PARTY

Dress to impress and be prepared to immerse yourself in a night filled with art, culture, and camaraderie.

- rotaryart.au
- Central Plaza 1, 345 Queen St, Brisbane
- 200+ curated art pieces up for sale
- Award winners announced
- \$75
- Canapés supplied by *M&M's*

[Click me to purchase tickets](#)

Rotary Art Show - Details



Exhibition Dates

Monday 15th July to Friday 26th July 2024

Opening Hours

Monday to Friday 8.00 am to 6.00 pm
Saturday/Sunday 10.00 am to 3.00 pm

Venue

Central Plaza One foyer (CP1 foyer),
345 Queen Street, Brisbane

Events

Art Show Gala Evening on Tuesday
16th July 2024

Providing opportunities for Sponsors to partner with us.
Please contact Murray Bell | 0438 105 799 |
murray@mbplanning.com.au

Rotary Art Show - Key Dates



Key Dates for the Art Show

Receiving: 13 July 2024 | Saturday

Cocktail Party: 16 July 2024 | Tuesday

Wine & Cheese Afternoon: 21 July 2024 | Sunday

Dispatching: 27 July 2024 | Saturday

Providing opportunities for Sponsors to partner with us.
Please contact Murray Bell | 0438 105 799 |
murray@mbplanning.com.au

Rotary Art Show - Volunteers Needed



ART SHOW VOLUNTEERS NEEDED

To nominate to volunteer, please go to the online
roster form and add your name in any vacant spots
using the link below

VOLUNTEER NOW!

Board Members 2023 - 2024

Board Members 2023–2024

PRESIDENT	DYLYS BERTELSEN
PRESIDENT ELECT	JANE ANDERSON
SECRETARY	ANGELA TILLMANNS
MAJOR PROJECTS DIRECTOR	BILL PHILLIPS
COMMUNICATIONS DIRECTOR	CINDY KEMP
YOUTH DIRECTOR	GREG BEARD
MEMBERSHIP DIRECTOR	JANE ANDERSEN
MARKETING & BRAND DIRECTOR	KYM MCCLUSKEY
TREASURER	LINDSAY MARSHALL
PARTNERSHIPS DIRECTOR	RUSSELL POSTLE
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