



# HOT AIR

District 9600  
Serving the Heart of Brisbane  
10 October 2013



## WENDY'S WISDOM

This week we meet on World Mental Health Day.

A day to remember the importance of having a laugh, sharing fun and building resilience to prepare us to face the days that are rocky.

'Celebrate positive events in your life and value the strengths that have helped you get through more challenging times'. Take time to reflect on some of your personal successes, maybe with your family, in your work or in your Rotary life. For some its knowing that when the going gets tough we have the ability to reach within and make it through.

'Connect with others by paying attention to close relationships or by reaching out to make new friends'. It can be easy to let chances to keep in touch with the friends that frame your life slip by. I meet regularly with Lynn, a special friend and count the times we get together and our conversations as essential for my well being. Last Sunday I shared coffee with Bill. We talked about families, Rotary, work and ourselves and it just felt good. Thank you.

'Grow by expanding your horizons and trying something new that creates meaning and purpose for your own personal journey'. I've done heaps of that in the past month. Tried kayaking and snorkeling for fun, learned about Sponge Bob and his influence on so many young people, experienced the giving nature of some of our Australian celebrities and been humbled by an invitation that's going to stretch me.

Just remember, 'At age twenty we worry about what others think of us; at forty we don't care about what they think of us and at sixty we discover they haven't been thinking of us'.

Let's make a pact to celebrate both alone and together our big and small successes, keep taking steps to push our personal boundaries and continue to enjoy the friendships we have with each other. Wendy

	10 October	17 October	24 October	31 October	07 November	14 November	21 November	28 November
<b>CHAIRMAN</b>	Diana	James	John K	Steve	Mark L	Barbara L	John L	Frank
<b>SET UP</b>	James	Sylvia	Steve	Mark L	Barbara L	John L	Frank	Bill L
	Sylvia	John K	Mark L	Barbara L	John L	Frank	Bill L	Elizabeth
<b>CLOSE DOWN</b>	John K	Steve	Barbara L	John L	Frank	Bill L	Elizabeth	Kym
	Steve	Mark L	John L	Frank	Bill L	Elizabeth	Kym	Gary
<b>SERGEANT</b>	Kit	Caroline	Greg	Lindsay	Rob	Russell	Kit	Caroline

## INTERNATIONAL TOAST

We toast the Rotary Club of Bang **Bangladesh** – District 3821.

## GUEST SPEAKERS

<b>10 October</b>	<b>Ron Jenyns</b>	Boating and Business
<b>17 October</b>	<b>Tim Innes</b>	Air Commodore RAF Amberley
<b>24 October</b>	<b>St Judes</b>	Felix Mollé is a much loved member of the St Jude's family. Felix is from the Maasai tribe and he works as a Visitor Coordinator at St Jude's

## ATTENDANCE 03/10

MEMBERS -	36
VISITING -	6
ROTARIANS	
GUESTS	-
ATTENDING	62%

## APOLOGIES / GUESTS and MAKEUPS

NOTIFY OUR CLUB BY 1700 TUESDAY PRIOR TO THAT WEEK'S MEETING AT:  
[apologies@rotarybrisbanehighrise.com](mailto:apologies@rotarybrisbanehighrise.com)  
[make-ups@rotarybrisbanehighrise.com](mailto:make-ups@rotarybrisbanehighrise.com)

## PayPal

PREPAY FOR OUR MEETINGS, EVENTS, SUBSCRIPTIONS AT:  
[rotarybrisbanehighrise.com](http://rotarybrisbanehighrise.com)  
 GO TO THE MEMBERS SECTION

## ROTARY GRACE

*O Lord and giver of all good, we thank you for our daily food. May Rotary friends and Rotary ways help us to serve you all our days.*



## Interplast™

Repairing bodies & rebuilding lives in the Asia Pacific region



## 'HANDS ON' TRAINING FOR HAND SURGERY

From 6 to 15 July 2013, Interplast contributed to a one-week training activity focusing specifically on hand surgery and rehabilitation in Colombo in Sri Lanka. Based principally at the National Hospital of Sri Lanka as well as at Ragama Rehabilitation Hospital, and funded by Planet Wheeler Foundation, the trip's strong emphasis on providing mentoring support and teaching opportunities has generated positive feedback from local surgeons and occupational therapists.

For further information check out the Interplast website at [www.interplast.org.au](http://www.interplast.org.au), contact your Interplast District Chair, **Maureen Hall PP 0411 492 005** or the Glenda Sherwin-Lane, Rotarian Coordinator at the Interplast Office on 03 9249 1231

### CLUB FUNCTION

Hello all HighRise Rotarians,

Frank has very kindly organised a tentative booking for 2 VIP tables of eight at this years Octoberfest. He is able to hold these 16 places until the end of this week. It certainly looks like a great night out.

Details are as follows-

**VIP Table Package in the Bavarian Corner at the Premium Oktoberfest Experience**

**Date - Friday 18th October 4pm to midnight**

**Where - RNA Showgrounds**

**Cost - A table of 8 is \$779 (approx \$97) per person**

This Includes - Entry into the festival, Drinks on arrival and 1 round after that, a Bavarian Gourmet Experience (yes, food), entertainment for the evening, and a darn good time!!!!!!

As Frank needs to know as soon as possible please register your interest with me at the meeting tomorrow or by return email.

### VOLUNTEERS WANTED FOR SYDNEY CONVENTION 2014



If you wish to register a preliminary expression of interest now, you can do so by emailing  
Barry Philps at philpsb@aol.com or  
Marilyn Mercer at mmm@myisp.net.au.  
You will be notified when you can apply online.



The Rotary Club of Hamilton invites you to join in as they swim the last lap for Polio.

Saturday October 26 2013 –

**NUDGE COLLEGE POOL**

All funds raised will go to the

**Rotary International Polio Campaign** and other local charities supported by Club.

**All charities or clubs that participate in the Swimarathon will receive the monies they raise, less \$20 per swimmer to End Polio Now.** For further information, please go to our website [www.hamiltonrotary.com](http://www.hamiltonrotary.com)

### HIGH-RISE CHRISTMAS BASH



**TWAS THE NIGHT BEFORE CHRISTMAS....**  
(well, a couple of weeks actually)

Three weeks until Christmas no sign of a mouse,  
With Rotarians stirring, there's fun in the House.  
Wine bottles in hand and carried with care,  
There's hope that the HighRisers soon will be there.

Children are home; pets in their beds,  
Revelers have sugarplums that dance in their heads.  
The taxis are here, its time to get started  
There could be trouble ahead, hope no one gets carted.

The fare's cooking merrily all warm in the ovens,  
With glitter gracing tables that are set for the dozens.  
All eyes are a twinkle all cheeks are like cherry,  
They've opened the wine and things are a merry.

Buzz Bistro Emporium is now all a clatter,  
HighRise Rotarians have started to chatter,  
Of the good they have done, it's made them all pleased,  
At home in Australia and way overseas.

Their friendship, camaraderie, never ending support,  
Our family of HighRisers now holding court  
There's never an obstacle to challenge this gang  
Get set for this bash to go off with a bang

With love in your hearts bring your joy and your whistle,  
It's time for the party and you all know that this'll  
Be a time to celebrate, rejoice and unite,  
With a Happy Christmas to all, and to all a "Great Night".

**Where...**Buzz Bistro Emporium, 1000 Ann St Fortitude Valley

**When ...**6.30pm, Friday 6<sup>th</sup> December

**Dress ...**Christmassy

**BYO ...**Drinks

**RSVP ...**Yvonne - yvrobson@gmail.com

## RAWCS - Rotary Australia World Community Service Ltd

### Low Cost Shelters - Bangladesh

Forty two Low Cost Shelters built at the Heather Kinross Rotary Shelter Bangladesh were completed and opened on the 10<sup>th</sup> March 2010 by Kalyan Banerjee RI President 2011-12 during a visit to Bangladesh.

These Low Cost Shelters were built to commemorate Glen Kinross's tenth anniversary as R I President.

To celebrate Glen Kinross's 50th year in Rotary, as a district project, it is planned to build a further 40 units at a cost of US \$2,000 a unit. This construction is being supervised by PDG M Jamlaudin (Jamal) and the Rotary Club Narayanganj Midtown RD-3290.

Twenty one were construction between November 2010 and February 2011. A further ten units were completed in December 2012

Each unit displays a plaque naming the Benefactor or Rotary Club.

The Low- Cost Shelters was an initiative of Glen Kinross Pres R I 1997-98 Glen's theme was "**Show Rotary Cares**"

Over ten thousand houses (low cost shelters) have been built in 18 countries. The value of the scheme goes far beyond the acquisition of buildings.

**"It is a life-changing experience for some of the world's most underprivileged people"** Harold Sutcliffe (Rotary Club of Hamilton).

All enquiries contact Gary Lillcrap 0418181381

GRLNQEYE@BIGPOND.COM

## RAWCS: MAKING A DIFFERENCE IN LIVES AROUND THE WORLD.

### THE LEVERITT PHOTO ALBUM

PHOTO 1

Reindeer sausages for lunch

Anchorage, Alaska

PHOTO 2

At the Tsingtao brewery, Quingdao, China

The man has beer and sausages – what more would you want!!!!

