

THE ROTARWAVE



THE ROTARY CLUB OF SURFERS PARADISE

PO BOX 5267, Gold Coast MC. 9726

<http://surfersparadiserotary.org>

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Meetings – Monday 6.30pm – FabGes Restaurant – Mantra Legends Hotel – Surfers Paradise



President Adrian

Date	11.02.19	18.02.19	25.02.19
Chair	Jeff Bignell	Donna Gillett-Shaw	Alan Midwood
Door	Phil Dunsford	Stuart Fairley	John Lenehan
Fellowship	Stephen Beckett	Don Kissell	Catherine Palin Brinkworth
Toast	Secretary Sue	Treasurer Sheila	Sargeant Peter
Thanks	Bill Crouch	Alan Guignon	Kirk Mason



Our Guest Speaker, Vivien Hsu, being thanked by Kiah following her presentation.

Forthcoming program

Date	Speaker	Topic
11 Feb	John Lenehan	Member behind the badge
!8 Feb	T.B.C.	
25 Feb	Golden Wheel Villas	Dinner with the Residents

THE ROTARY FOUR WAY TEST

Of the things we say and do:

Is it the TRUTH?

Is it fair to ALL CONCERNED?

Will it build GOODWILL, and BETTER FRIENDSHIPS?

Will it be BENEFICIAL to all concerned?

Vivien came to Australia when she was 15 years old. She was educated in Perth where she achieved a Degree in Medicine and Pharmacy. Vivien moved to the Gold Coast 18 years ago.

“How we can be Healthy”

“You have a Life. Enjoy your Life”

Often in life, health takes the second priority yet health is the foundation of Life.

Health concerns:

- 1 Chronic Pain
- 2 Chronic Disease
- 3 Weight Challenges

Pain is not all bad. It is a protective mechanism.

Diabetes is the Number 1 chronic disease with heart problems and depression and suicide following.

Your body needs a holiday too.
Alcohol is liquid carbs – Seek 2 alcohol free days a week.
Sitting is the new “smoking”, (Slow death) but there’s no second hand smoke.
Weight management – Be kind to your body.
“Living is moving.”



Vivien Hsu introduced by Catherine.

Information from the meeting:

Bill White

Golden Wheel Villas – We’re still looking for a pensioner couple to fill a unit. Ad to appear in paper.

Numbers are required for the Dinner with the Residents on Monday 25 February.

A working bee will be held on Saturday, 23 February from 8 am.


Bill and Alan Midwood met with RYDA rep. Of the 36 schools in the district only 4 support RYDA. It seems the cost of \$20 per student is off putting.

President Adrian

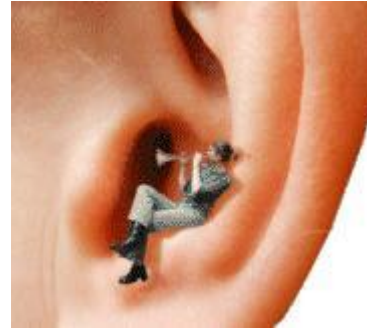
President Adrian thanked Donna for her efforts in catering of the Australia Day breakfast.

The board decided to donate \$1500 to the RISE program that the teachers run in the community.

\$550 was approved to continue support for six Indonesian children through RAWCS.

Our eyes  are always the same size from birth,

but our nose  and ears



never stop growing.

There are only four words in the English language which end in 'dous': tremendous, horrendous, stupendous, and hazardous.

(You're not possibly still doubting any of this, are you ?)

There are two words in the English language that have all five vowels in order:

'abstemious' and 'facetious.'

(Okay, admit it, you just went through a-e-i-o-u in your head)



A 'jiffy'  is an actual unit of time, 1/100th of a second.