



# THE ROTARWAVE



**Rotary**  
Surfers Paradise



Volume 62 Issue 02 06.07.2026

Meetings – 1<sup>st</sup> & 3<sup>rd</sup> Mondays 5:45 for 6:15  
Gold Coast Tavern, Holden Place, Bundall

PO Box 5267  
GCMC QLD 9726



RI President  
Yinka Babalola



Club President  
Adrian Smallacon



District Governor  
Deb Frugtniet

## GUEST SPEAKER PROGRAM

| Date                     | Speaker        | Topic                   | Comment                                  |
|--------------------------|----------------|-------------------------|------------------------------------------|
| 20 July<br>Board meeting | Jackson Potter | Kingse Safaris          | Groups to East Africa and Community work |
| 03 August                | Manuela CEO    | Friends with Dignity    |                                          |
| 17 August                | Sophia McMahon | Chn Hospital Foundation |                                          |

## DUTY ROSTER

| Date      | Door           | Toast       | Thanks         | Chair |
|-----------|----------------|-------------|----------------|-------|
| 20 July   | Lyle Stevenson | Bert Shenko | Stuart Fairley |       |
| 03 August | Jeff Bignell   | Robyn Brown | Marilyn Byford |       |

**The Four-Way Test of the things we think, say or do** is a test used by [Rotarians](#) world-wide as a [moral code](#) for personal and business relationships. The test can be applied to almost any aspect of life.<sup>1</sup>

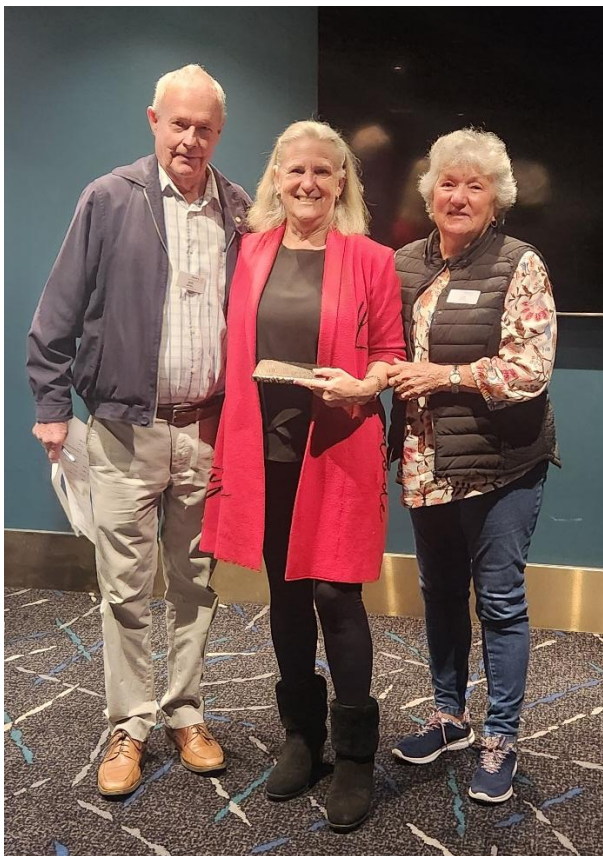
Is it the truth?

Is it fair to all concerned?

Will it build goodwill and better friendships?

Will it be beneficial to all concerned?

## Guest Speaker – Dr Jan Howes



### Rtn Lee Peters moving the Vote of thanks to Dr Jan Howes

Dr Jan gave an incredible talk about the research she, her husband and team have carried out in developing a safer alternative to Statins in maintaining the health of our arteries.



## From The Meeting

### Alan Guignon

#### Race Day

Reminder you can book tables and seats on Trybooking.

Also, don't forget to have a bottle of wine ready for the Raffle, and any really good prize you may be able to supply.

We have sold 13 tables already but we need to aim for more.

### John Monks

#### GWV

We are getting a quote from an architect for Stage 4 and will follow up

**THEY SAY WHEN YOU RETIRE YOU WILL TRAVEL MORE.**

**WHAT THEY DON'T TELL YOU IS THAT IT IS TO DOCTOR'S APPOINTMENTS**





*A touching story.....*



## *What is Celibacy?*

*Celibacy can be a  
choice in life,  
Or a condition  
imposed by  
circumstances.*

*While attending a  
Marriage Weekend,  
my wife and I,  
listened to the  
instructor declare*



,  
*'It is essential that  
husbands and wives  
know the things that  
are important to  
each other.."*

*He then addressed  
the men,*

*'Can you name and  
describe your wife's  
favourite flower?'*

*I leaned over,  
touched my wife's  
hand gently,  
and whispered,*

*'Self-raising, isn't  
it?'*

*And thus  
began my life of  
celibacy.....*