



# THE ROTARWAVE



**Rotary**  
Surfers Paradise



Volume 61 Issue 17 30.03.2026

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  
Francesco Arezzo



Club President  
Helen Derrick



District Governor  
John Ooman

## GUEST SPEAKER PROGRAM

Date	Speaker	Topic	Comment
20 April	Mattias Steljic	NYSF Awardee	
04 May	Public Holiday		
18 May Board Meeting	Natalie Lidgerwood	“Seed the ground – Saving waste	

## DUTY ROSTER

Date	Door	Toast	Thanks	Chair
20 April	Marilyn Byford	Robyn Brown	Bill Crouch	Alan Guignon
18 May	Stuart Fairley	Ron Derrick	Phil Dunsford	Alan Guignon

**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 – Bella Temple**

**Topic – “Kieser”**



Rtn Jeff Bignell presenting the pen to Bella Temple following her presentation.

Bella is an exercise scientist working for “Kieser”

The Kieser mantra is to Build Strength, Reduce Pain and Stay Active.

We offer clinician-led medical strength training on our unique, Swiss-engineered machines. Our goal is to help you stay strong, healthy and independent

Our methods are backed by research, from how you train to the design of our exclusive Swiss-engineered machines that make your training both safe and effective. No matter your age or physical condition, our science-based approach can help you build strength and improve your quality of life.

There are two clinics on the coast, at Bundall and Burliegh

### CLUB AWARDS

PDG Lisa Hunt presented the following awards to President Helen.

The first acknowledge our contribution to “End Polio Now”.

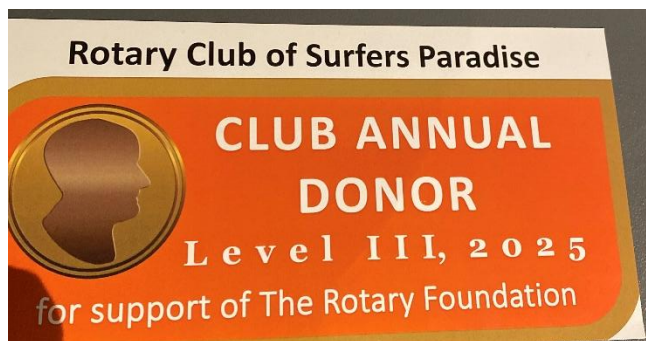


The second award recognised our club a the Number One club for donations per capita to The Rotary Foundation.



The third award was the Club Annual Donor, Level III for 2025.

Level III recognises donations in excess of \$500 per member.



Quite an accomplishment for our Club.

## Tri-District Conference

Districts 9560 9620 and 9640

Friday 1 May to Sunday 3 May

Royal Pines Resort, Gold Coast.

Cost \$175 per person Conference Fee

(Does not include Meals)

To register check the

District 9640 website.

also the Golf Day Flyer that provides information on how to register etc for those who like to play golf.

### Golden Wheel Villas

Acting Chairman, John Monks, called an Extraordinary General Meeting on Monday 20 April to elect the Board of Golden Wheel Villas.

The Members had been emailed seeking nominations for the Board. Nominations would

close on Tuesday 31 March. An election would be held during the Extraordinary General Meeting, if required.

A certain member was heard to observe:

*I've reached the age when my obituary will not contain the word Untimely.*

Does anybody know anything about drones? I bought this off a lad outside the pub last night and I can't get it to take off. 🤔🤔🤔



REMEMBER BACK WHEN WE USED TO EAT CAKE AFTER SOMEONE BLEW ALL OVER IT?

MAN, WE WERE WILD...

