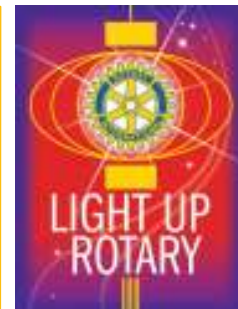




Rotary Gold Coast



Presidents meeting report

We met in the Paradise Room of the GCAC and proceeded to put in place a 'slow-motion train-wreck', or so it was described by our Sergeant, Brian Kidd when it came his turn to extract some goodly dollars from the 35 people that were there. Our attendance was increased by a number of visiting Rotarians, one of whom, Brian Pearson from Broadbeach Rotary thanked us for being the most supportive club at the last ROMAC fund-raiser, the movie night where more than twenty of us were treated to some belly splitting laughter in the showing of "The Second Best Marigold Hotel". What a hoot, and we raised some good \$\$\$'s too for this most worthy cause.

One of our guests was allowed time to expand on a project that was near and dear to their hearts, an address that caused some consternation, concern and disquiet amongst some – I'm writing this on my 68th birthday and in all those years I still have not grasped why we can't be accepting of differences amongst even our own – call me naïve, or just a slow-learner if you want. But I know I'm happy that way.

There were several reports on the New Horizon's Ball and Charity auction which we held only 5 days prior to this meeting. Gratitude was expressed to all our sponsors, donors, the band, the Marketing and the IT Companies that helped enormously and free of charge, and of course all those that helped in any way to make the night the success it was; particularly the organising committee and more particularly Chawki. (see elsewhere in this publication for greater particulars of the evening).

The big news of the night was left to our Treasurer, David Baguley, to announce (insert drumroll) we made a profit, a handsome profit, a profit that was about 50% greater than last year, a profit that shows we are on to making this event bigger and better and more rewarding next year, yes folks...northwards of \$14,000!!!!!!

Brian Kidd was awarded a special pin for introducing a new member to GCR, John Bird, who I'm quietly confident will be a hard worker and a great asset to our club. In Brian's capacity as Membership director he reminded us all to bring along a guest at our next meeting when we have Miriam Dwyer address us from Mates4Mates, very appropriate in this the 100th anniversary of the Gallipoli landings.

Finally our Chair for the evening and organiser extraordinaire for 'Opera in the Vineyards' Peter Laurence, exhorted us to get our act together and register for the staging of this fabulous event. Genik and I are looking forward to the weekend and hope you will be there too to enjoy the music, good food, good wine and good company.

Mar 26 #152

We meet 5:45 for 6:15pm the 2nd and 4th Thursday of the month at The Gold Coast Arts Centre + mid month birthday/ anniversary dinner + all members at Board meeting 2nd Thursday + quarterly vocational meetings with time and place TBA.

You're welcome to join us - advise Chawki 0410 002 403, email mango@winshop.com.au if possible.

Feb meeting roster

If you're unable to attend please directly arrange a replacement before the meeting.

Thank you.

Welcome guests

- Sue Fosket

Front desk

- Kevin Stapleton

Meeting chair

- Peter Laurens

International toast

- Mark Urquhart

Sergeant

- Nancy Smith

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Club President

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Australia the most expensive country in the G20

Australians are living in the most expensive G20 economy in the world. A study by the World Bank shows the costs of goods and services in Australia are elevated around the levels of pricey European countries Switzerland, Norway, Denmark and Sweden.

Overall, Australia ranks as the fourth most expensive economy out of 177 countries measured by the price level index (PLI). It takes into account people's purchasing power and a country's exchange rate.

Economists believe the major factors that have pushed up local prices are the mining boom, high exchange rate, unbroken economic growth for 22 years, oligopolistic major industries, relatively low unemployment and high labour costs for business.

Expensive by international standards

The Economist Intelligence Unit's worldwide cost of living survey published in January found Sydney and Melbourne were more expensive than New York and London and among the top 10 most expensive cities in the world. They ranked fifth and equal sixth, behind Singapore, Paris, Oslo and Zurich. The lowest prices are in Africa, Asia and the Pacific, where PLIs range between 35 and 45 for countries such as Egypt, Pakistan, Myanmar, Ethiopia Bangladesh, India and Vietnam. The director of the centre for economic performance at the London School of Economics, John Van Reenen, said high prices partly reflected that people want to live in economically successful Australia. "However, as the commodity boom and China's growth slows, Australia will face a more challenging time ahead," Professor Van Reenen said.

MARCH

1 Ted Fong (36 yrs) + Bruce Roddick (32 yrs)

4 Tony Nesci

7 Horizons Ball, Hotel Mercure

9 Nancy & Hugh Smith (42 years)

10 Richard & Narelle Flanagan (31 years)

10 Andrew Chan + Caroline Mercer

12 Board meeting

12 Club meeting

12 Joan Baguley

14 Kathy Hogan

15 Caroline and Richard (43 years)

16 Eddie Klimowicz

17 Nan Baldwin + Greg Bowler + Jennifer Rakauskas

20 David Baguley (16 years)

26 Club meeting Miriam Dwyer,

Mates4Mates

29 Kevin & Lindy Campbell (39 yrs) + Tony & Agnes Nesci (26 yrs) + Don & Helen Stalker (45 yrs)

APRIL

MEETING ROSTER

Welcome guests - Viv Mallinson

Front desk - David Baguley

Meeting chair - Eddie Klimowicz

International toast - Joe Kertesz

Sergeant - Brian Kidd

1 Joe Kertesz, Brian & Lexi Kidd (25yrs), Richard Flanagan (29yrs), Peter Laurens (27yrs)

2 Lynda Hynes 5 Jill Ellis

6 Joan McDermott, Kerry Wood

7 GSE team welcome dinner Ashmore RC

9 Board meeting 9 Club meeting

11 Nancy Smith

12 Rana Baguley, Tom Tate (1)

16 Birthday dinner meeting venue tbc

17-19 District Conference Goondawindi

20 Chawki Gazal

21 Tini Rosenberg, Andi & Ann Marie von

Zeppelin (40 yrs), Sue Foscett (12 yrs),

Mark Urquhart (12 yrs)

25 Club meeting

28 Yew Chaye Loo

30 Andy Csabi (15 yrs)

MAY

MEETING ROSTER

Welcome guests - Jenny Bao

Front desk - Phil Rosenberg

Meeting chair - Dean Catrell

International toast - Jill Ellis

Sergeant - Nancy Smith

1-3 Opera in the Vineyard (Peter)

1 Jenny Bao (6 yrs), Kevin Campbell (22 yrs) Don Stalker (20 years)

2. Carol Allan, Jill Ellis, Kathy Hogan, John Kelly, John Lander, Lyn MacArthur, Phil Rosenberg & David Wood all 3 years

7 GSE Team Farewell Dinner

14 Board meeting + Club meeting

15 Phil Rosenberg

22 John & Pam Goldsteini (42 yrs)

24 Kevin Stapleton

23 Geoff & Margaret Prentice (50 years)

28 Club meeting

29 ROMAC Trivia Challenge (Phil)

30 Ted Fong, Helen Stalker

Meetings/events Birthdays Wedding Anniversaries Member's Club Anniversaries



How does Rotary fulfill your need for service and fun?

I've been volunteering with Rotary ever since I was a kid. Well, since I was 18. Originally, I joined for my own selfish reasons. I wanted to meet new people and find a girlfriend. I didn't join because of some great desire to help change the world. I hadn't had much experience with that at the time. But I soon realized what a difference I was making.

The fulfillment I get out of Rotary is knowing I have done something to help improve someone else's life. I think wanting to make a difference in the world is one of the most important virtues a person can develop.

I'm inspired by the people I meet in Rotary, the passion they pour into their roles, and the results they get. These people live, eat, and breathe the culture of the organization. And this is rewarded by the huge amount of goodwill and support that Rotary receives.

It's also about the fun. "Fun is good," said Dr. Seuss. So I put my own unique perspective on the Service above Self mantra by trying to inject liveliness in all our club's volunteering efforts. If we didn't enjoy our Rotary service,

we wouldn't turn up!

I enjoy making a contribution to my community, and I enjoy the fun I can have in Rotary. It gets me out of my own circle. I meet people from all walks of life, and basically feel like, "It doesn't matter where you come from, we're all equal as Rotarians." Our world today is fast-paced, and it's easy to forget how important it is to build community and have fun. If everyone in the world made an effort every day to have a positive impact on someone's life, especially people they don't know, the world would be a vastly better place.

I guess it's kind of ingrained in me by now. That's part of the reason why I joined Rotary and stayed with it for 16 years. How does Rotary fulfill your need for service and fun? - *Evan Burrell, Rotary Club of Turramurra, NSW*



The Rotary Foundation rises on expert list of top nonprofits

The Rotary Foundation has continued its steady growth, moving up 35 spots to 85th in The Chronicle of Philanthropy's annual ranking of the top 400 nonprofit organizations in the United States.

The ranking is based on monetary contributions from private sources and reflects the increasing generosity of those who support Rotary's mission.

According to The Chronicle of Philanthropy, The Rotary Foundation received \$239,576,000 in 2013, a 32.4 percent increase from the previous year.

"This clearly shows our members recognize the unparalleled value of giving to their Foundation," says John Hewko, Rotary's general secretary.

"They know that by giving to the Foundation their dollars have a much greater impact. And friends of Rotary respect that the Foundation puts their gift to great use."



Taking Aspirin at night may boost heart benefits

Millions of adults take an aspirin every morning to ward off heart disease. But a new study suggests that the pills might be most effective if taken right before bed.

Taking a daily aspirin helps thin the blood and prevent platelets from clumping, lowering the likelihood of heart attacks and stroke. Cardiovascular events are about three times more likely to occur in the morning, when blood pressure and platelet activity are typically at their highest levels.

In the new study, researchers looked at 290 heart disease patients who were using aspirin to help prevent future heart attacks or strokes. The patients took 100 milligrams of aspirin once a day. In one phase of the study, they took the aspirin first thing in the morning, for three months. In a second phase, they took the aspirin right before bed.

Ultimately the researchers found that morning platelet activity was reduced to a much greater degree when the aspirin was taken at night. The timing of the aspirin, however, had no impact on morning blood pressure levels.

The lead author of the study, Dr. Tobias Bonten, said it **may make more sense for daily aspirin users to take the medication before turning in each night, rather than first thing in the morning.** Dr. Bonten pointed out that some other cardiovascular medications are also taken in the evening. Certain statins are taken at night, for example, to counteract cholesterol production that occurs during sleep. Scheduling aspirin at night might be similarly useful. "I think in most Western countries, people take aspirin in the morning," he said. "It's already one of our most effective medications. But maybe we can improve it a little bit more by switching the time." - *Anahad O'Connor, New York Times*



The New Horizons Ball

"A night of fun for a lifetime of hope"

As your President and as someone also playing a small part in the organisation of the evening I was somewhat on tender hooks as our major fund raiser for the year unfolded. As it turned out, I had no cause to worry whatsoever. Drinks around the pool went off without a hitch, it was a glamorous setting with every-one in their finery drinking champagne and nibbling on the served canapés. The weather also cooperated by cooling down to a pleasant temperature and holding off on the threatened rain.

Inside the atmosphere was at once inviting and elegant, the band played some cool dinner music, a tasty three course meal was served and the scene was set for a great night.

We had invested considerably in a corporate imposter who really delivered, and I know that many at my table were taken in by his accent and delivery. A funny twenty minutes or so.

We presented a cheque for \$10,000 to The Suns Horizon programme, the reason for us being there, the band gained momentum and before long the "joint was jumpin"!!

Many hours of hard work went into making this the success it was, and heartfelt thanks to our sponsors, the many donors, the band, Apple Marketing, Clear IT Solutions, and all who helped to organise it, but most importantly we would agree that without the load carried by a certain "Shifty" character, this may have never happened; thanks Chawki.







Photo taken
at actual opera

Opera in the Vineyard

Friday 1st May to
Sunday 3rd May 2015

Friday 1st May Carpoolers arrange own leaving time (+/- 4 hours drive) for Tenterfield's Settlers Motor Inn (02 6736 2333) for two nights @ \$104 per night up to two people, \$119 for three. **Peter Laurens will book the hotel; let him know what you need.** You pay on departure.

6:45 pre drinks dinner at Tenterfield's **The Corner Life and Style**, only a 5 minute walk from the motel to this delightful restaurant/shop. Two course set menu at \$49.50 p/p. Excludes all drinks. A minimum of twenty people needed otherwise you'll be advised of alternative arrangements.

Saturday 2nd May Depart motel at 10:15am via coach - included in your \$180 p/p opera ticket - to Ballandean Estate winery for lunch and the Opera*. Drinks are an extra expense. This is a black tie event. In the evening we'll wander down the street and choose a restaurant for a casual dinner.

Sunday 3rd May Depart at 8.30am for those who wish to return via the scenic route on the Bruxner Highway through Lismore. This is about 40 kms shorter than the inland route but takes about an hour longer due to the scenic, winding road. Look forward to a relaxed lunch traditionally in the Brunswick Heads Hotel's garden. Alternatively suggestions welcome.

***Please ASAP your payment** for Opera tickets at \$180 p/p to Peter Laurens at ComBank Bundall 064 214 10055552. Remember to include your name/s.

Booking close off date Friday 17 April 2015. Tour leader Peter Laurens mobile 0416 116 764, email laurens@onthenet.com.au





You don't have to be famous to enjoy a fun night out!

ROMAC Trivia Challenge

All you need is to join your clubs' team at this year's ROMAC Trivia Challenge to enjoy the humorous photos that accompany the questions, the camaraderie and, of course, that you're helping ROMAC whose Mission is *"To provide specialist treatment for children from developing countries in the form of life saving and/or dignity restoring surgery not accessible to them in their home country."*

Show everyone that yours is the smartest Rotary Club on the Gold Coast and accept this lighthearted challenge. Bring your partners, friends and potential new members (before someone else invites them!) to the friendliest, most fun night out you've had ever since... well, you'll know the answer to that one too!

Date: 6:30 for 7:00pm, Friday 29th May 2014.

Venue: Paradise Showroom, Arts Centre Gold Coast.

Cost: \$65 p/p including dinner. Payment in advance your club's coordinator please.

RSVP: To your club's on-to-trivia coordinator, or contact Phil Rosenberg on 0412 374 363 or philrini@hotmail.com

A request: Please consider helping Rotarian volunteers continue saving children's lives with your club donation: \$1,000, \$1,500, \$2,500, \$5,000 or whatever you can. If possible please bring your cheque, payable to ROMAC, who will issue you a receipt.

On behalf of the children whose lives you'll save, thank you.