



# Burleigh Breaker

Weekly newsletter of Burleigh Heads Rotary

## Meeting 44/2016: Thursday 17 November 2016

### With great guests +Breakfast meetings

6.45am for 7am

Surf Club, Burleigh Heads  
Cnr Gold Coast Hwy & Goodwin  
Tce, Burleigh Heads

### Guests, makeups and apologies

We warmly welcome visiting Rotarians and guests to our weekly breakfast meetings. Please contact:

Anthony: 0407 194 509  
tony.zirilli@gmail.com  
by 5pm Wednesday

### Guest speakers

Find out more about our these on our website

Nov 24, 2016

Jim Anderson

Executive Director - Plus One Care

Dec 01, 2016

Club Member David Ungar

Update on the Mobility Scooters project

Dec 08, 2016

Member Behind the Badge

Club Member - Maurizio Piazza

Dec 15, 2016

Club Member Russell Thompson

On stamps

### RI formalities

Rotary District 9640

RI International President: John Germ

District Governor: Michael Irving

Rotary month: Rotary Foundation Month



### Club Officers

President: Catherine

Immediate Past President: Jo

President Elect: Richard

### Committee Chair Officers

Membership: Colleen

PR/Webmistress: Evita/Jo

Rotary Foundation: Bren

Club Admin: Jacqueline

### Board

Executive Secretary: Charles

Treasurer: Teresa

Club Service: Allan

Community Service: Richard

International Director: Johnny

Youth Director: Anthony

Vocational Service: Paul

### Chairperson:

President Catherine gave us all a warm welcome.

- Get Well card for Trevor M
- Thank you Allan for the submissions put in with council and success of the grants - (Division 12 & 14)

### Apologies:

Brad K, Anthony Z, Trevor M, Johnny B, David U,

### Guests:

Karen Thomas

Rachel Spencer

Hon Michael Hart

Sam Fells - Builder and Project Manager Services

Tom Welch - Chartered accountant and brokerage company

Ben Pearce - Peak Health Club

Jan Pearce - Peak Health Club

Taylor Kane



Dec 8, 2016  
Member Behind the Badge  
Maurizio Piazza

Thursday 22 December

Last meeting of the year.  
Wear your Santa Hats and  
bring along a Secret Santa  
gift up to value of \$10  
(unisex & tasteful)

Jan 19, 2016  
[Member behind the Badge](#)  
Club Member - Shobha

Board meetings  
6-8pm, first Wednesday of  
month, Burleigh Heads SLSC  
Next board meeting (8th  
June) will be a joint one with  
the New AND Old Board  
invited/expected to attend.

**Club Assembly:** first  
meeting after Board meeting

**Rotaract meetings:**  
Mondays: 2<sup>nd</sup> & 4<sup>th</sup> Monday of  
each month @ The Surf Club

## Directors Reports:

### Secretary:

- Rotary Xmas cake sales - order for our scooter recipients
- If anyone else would like to place an order and sell at their work place please speak to Charles

### Club Services Report - Allan

- Bunnings BBQ: 27 November. Still need a couple more volunteers to fill the afternoon spots to assist with clean up and getting stock back to sheds.
- Councillor Pauline Young grant successful \$2450 for the Disability Awards to be held in February...stay tuned. Allan will be looking for members to be apart if this committee. If you are interested please express your interest NOW so we can get the ball rolling.

### Membership

- Any member surveys please hand them

### Community

- Date for Xmas party Saturday 17 December from 1pm onwards at family event which goes into the night.
- Volunteers to help run the tennis tournament
- Slippery Slides, BYO picnic, BYO drinks, Pony rides, BYO swimmers
- Melanoma March 6 2017 will be passing through on his walk and has touched base with us in regards to what we can do. Jo K will ring Hayley and follow up.

### International

- Bren - has huge load of books from Elanora School head to Brisbane today. RAWCS ships the book sin containers to our near Pacific neighbours Vanuatu, Solomon Islands anywhere needing school resources. Books are full set of resources.
- Earle Haven Retirement Village - doing another hospital bed removal.

### Youth

- President Catherine attended the Miami State High Academic Excellence Awards - a phenomenal evening with so many students excelling and doing bridging courses for university.
- We were thanked by the school for our continued support.
- Lacey Wright - picked up 3 awards

### Black Tie Update

- Andy - great support from our club members to date with tables sold.
- Bill Gates is matching our fundraising efforts - we hope to raise \$30,000

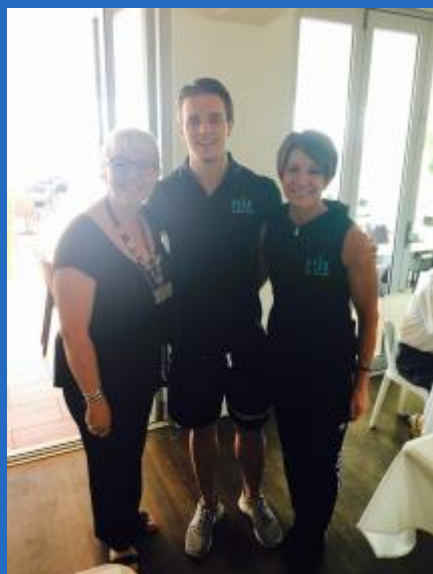


ROTARY AUSTRALIA  
WORLD COMMUNITY  
SERVICE

## Guest Speaker

Jan and Ben from Peak Health Club

- Total wellness health facility - they are a private gym and wellness centre
- Family business
- Functional health - have 3 private studios where they work on all levels of fitness for all ages
- What is functional fitness? Everything you are doing daily to perform tasks (twisting to grab something, bending down to pick up things)
- Create fitness plan that individualized and catered for each person's specific needs
- Do function test prior to commencement of fitness plan to see where your range is at and see what areas you need to work on to strengthen your mobility, flexibility, rotational ability, joint mobility, stability, core stability.
- Techniques to build your motor skills and develop your coordination, assist your posture etc.
- Sessions are 30 minutes - (average 10 people per group)
- Personal training sessions - are specifically designed for the individual. Through the assessment phase and identification of issues (if any) via chiropractic assessment exercises can be tailored to strengthen these areas and assist.
- Group sessions are maximum 10 people to make sure that the trainer can give each individual attention.
- Work closely with the team so that each client is looked after
- Offer today is to come in for FREE class. NO obligation to commit
- Variety in training
- Think about your posture - if you sit at a desk all day. Get up suck your belly button in and roll down to touch your toes, rotate your body and rolling and stretching.
- Packages? You can pay weekly, fortnightly, or buy a pack of sessions



**Rotary**  
humanity makes sense

You're invited to  
a Black Tie Charity Dinner to  
Help End Polio In The World

Live Music by Millenium Band  
Special Guest MC- Ian Cousins  
50 Silent Auction Prizes  
\$199 Per Head ALL Inclusive



Date: Saturday, 18th March 2017  
Time: 7pm  
Venue: Marriott Surfers Paradise  
Dress: Black Tie

Book Your Tickets and Tables Online  
[GOLDCOASTTICKETS.COM.AU](http://GOLDCOASTTICKETS.COM.AU)

Now is our chance to save the world.  
To make sure no child is disabled by Polio ever again.  
Join in. Speak Out. Donate. Be Part of History.  
- BW Gates



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BILL & MELINDA GATES FOUNDATION

MARRIOTT SURFERS PARADISE

92.5 GOLD FM

myjewelleryshop

## Happy Fines

- Receipt of grant
- Happy to get vegie garden put in at the refuge
- Happy to attend Rotaract
- Made it through our harsh winter
- No suit to work today
- Happy to get back into fitness
- Holiday overseas
- Youth of today are definitely making inroads in our world
- Wonderful family
- Great things about Rotary
- Happy be here and excited about the weekend
- Ray of sunshine out of hospital
- Happy to wake up every morning
- Great turn out of members at the meeting
- Can't beat the view
- 2 days of beautiful moons we now have beautiful day to follow

## Heads and Tails

Paul Jaffar (great to see you) was our official tosser this morning  
Richard won the round and received a lovely

## PARTNERS WELCOME

### CLUB EVENTS

Saturday 17 December, 2016  
Club Annual Christmas Party

Venue: Richard's Place

Time: From 1pm

BYO PICNIC & DRINKS

Activities:

- Tennis
- Pony rides
- Slippery slides

April 2017 (Date TBC)

Inaugural Duck Race



## Contact us

BurleighHeadsRotary@gmail.com  
www.BurleighHeadsRotary.com.au

### Social media

BurleighHeadsRotary



## Membership

Active 41 members. Honorary: 4 members

In attendance today: Members 21 Guests 8

**Call of duty** new roster was sent out by President Catherine this week. If you need a copy and didn't receive this please email President Catherine

## Thinking of you

Thoughts and best wishes for a speedy recovery to Trevor May for his hip operation

To any club members or partners who are not enjoying the best of health, we wish you all the best and look forward to seeing you in the near future.

## Financials

Direct debit details to pay into the Club's Bank Account:  
BOQ: Rotary Club of Burleigh Heads, Club Account  
BSB 124014 Account No. 12151911

Please put the reason for your payment in the reference section when making the transaction

