



DISTRICT 9640
CHARTERED 1972



ROTARY CLUB OF
BROADBEACH
GOLD COAST QLD

THE ROTARLIGHT

THE OFFICIAL WEEKLY BULLETIN OF
THE ROTARY CLUB OF BROADBEACH INC

PO BOX 5220, Q SUPER CENTRE, MERMAID BEACH QLD 4218
Phone 0403 122 349 Email: broadbeachrotaryclub@gmail.com

MEETINGS TUESDAYS AT 6:00PM for 6:30PM
CROWNE PLAZA HOTEL GOLD COAST HIGHWAY SURFERS PARADISE

2014 - 15 LEADERSHIP TEAM



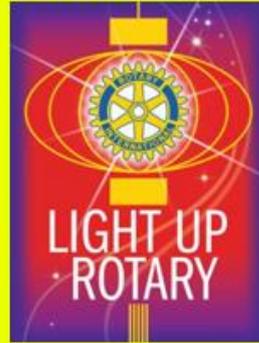
CLUB PRESIDENT
JOHN MONKS



9640 DIST GOV
WENDY SCARLETT



RI PRESIDENT
GARY HUANG



2013 - 14 BOARD AND OFFICERS

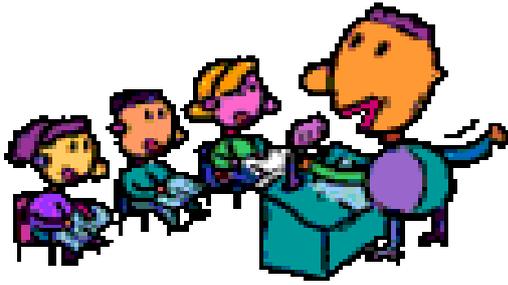
CLUB PRESIDENT: JOHN MONKS
VICE PRESIDENT: BILL REX **PRESIDENT ELECT: BILL REX**
SECRETARY: TONY LEWIS **TREASURER: NEIL JONES**

DIRECTORS/STANDING COMMITTEE CHAIRS

BOB JORDAN **PAULINE ARMSTRONG** **NOEL HODGES**
CLUB ADMINISTRATION **MEMBERSHIP** **SERVICE PROJECTS**

BRUCE KUHN **JOHN CURR**
YOUTH SERVICES **ROTARY FOUNDATION/INTERNATIONAL**

SERGEANT Co-Ordinator: RUSS HUTCHISON **ROTARLIGHT EDITOR: JOHN MONKS/BILL REX**
IMMEDIATE PAST PRESIDENT: NEIL BALDWIN **WEBMASTER: JIM HAWKINS**



SPEAKERS

Date	Speaker	Subject	Speaker Host
3 rd . March	Partners Night	Rotary Friendship Exchange Team from Canada	Neil Jones
10 th . March	Club Members	Think Tank	John Monks
17 th . March		T.B.A.	



DOOR DUTY ROSTER

Date	Attendance 1	Attendance 2
3 rd . March	Harold Busch	Chris Thomsen
10 th . March	Harold Busch	Pauline Armstrong
17 th . March	Harold Busch	Ian Cowen

CONGRATULATIONS DUE THIS WEEK

Birthdays 	Anniversaries 	Inductions 
March 1st - Malcolm Davies March 5th - Carol Baldwin		March 1st - John Harding 1988

LAST WEEKS MEETING

ATTENDANCE 		MEETING INCOME 
Broadbeach Members	26	
Honorary Members (Ian Cowen & Uwe Seifert)	2	Bunnings Sausage Sizzle Sausage Sizzle Bunnings Friday 20 Feb. washed out

Member's guests (Troy Morris and Paul Woodman)	2	Fines \$76.95
Visiting Rotarians (Adrian Crowe, Surfers Sunrise)	1	Copper Pot \$14.70
Guest Speaker (Jeff Allen)	1	
TOTAL	32	



It has been an excellent week in the best Rotary Club in District 9640.

We all had a goodnight at the last meeting where our Guest Jeff Allen, Life Coach and man of many talents addressed our Club on the power of the mind, meditation etc. I note that he is also a hypnotist and that is probably the reason why some Members were nodding off.

We welcomed Hon. Members Uwe Seifert and Ian Cowen, guests Troy Morris and Paul Woodman as potential new Members and visiting Rotarian, Adrian Crowe. I presented a certificate of appreciation to Troy who, as the Head Honcho of Nationwide Towing, generously donated the removal cost of our 3 containers from the Old Gold Coast Hospital to the Broadbeach Rotary Hub site. No doubt Membership Director Pauline will follow up these potential members. Paul is an electrician and I will ask him for a quote to connect power to our new building at the rear of the Hub.

Club administration Director Bob Jordan spoke sausage sizzle rosters and new tee shirts.

Membership Director Pauline discussed the very valid reasons for the cancellation /postponement of our Rotary Day due to the cyclonic conditions.

Kevin O'Brien outlined the Young Achiever of the Year Program for this year 3 meetings ago and Kevin discussed the various sources of applicants and the necessity for all Members to source applicants. He reminded the membership to support him in this 10th year of this worthwhile program in the sourcing of suitable candidates.

We are now nearing the date of our visit to our New Zealand Sister Club of Tauranga to their 70th Anniversary, along with Kasaoka Club in Japan on 14-15 March 2015. It is also the anniversary of our 3 sister clubs agreement.

There is a Rotary Friendship Exchange going in Milan Italy 15-25September 2015. I have the details if anyone is interested in applying.

There is a Polio Plus movie night at 6.30pm on 01/03/15 at the Gold Coast Arts Centre for \$20 per head showing the second best exotic Marigold Hotel if you are interested and a New Horizons Ball by the Southport Club on 07/03/15 at \$150 per person. Contact me for further details.

There is also a Danish GSE team welcome dinner at VMR Main Beach on 08/04/15 at \$22 per head if anyone is interested in participating.

Nominations are invited for the 2014/15 Rotarian Active Spouse/Partner Service Awards by 01 March 2015. I have the details should anyone wish to nominate a Spouse/Partner.

Probus Travel Insurance is now available to Rotarians. I have the details should anyone be interested.

I have enclosed an email in the Rotarlight from DG Wendy about the collection District 9570 is arranging for Cyclone Victims in Rockhampton which will be delivered on the ground where needed via RAWCS and donations are fully tax deductible. For those who do not want a tax deduction, I will pass a collection hat around at the next meeting for this worthy cause.

Thank you to all members who work tirelessly on our Projects and running of the Club in General.

Sergeant Rusty (Who needs to buy a new watch starting the meeting 5 minutes early) was in fine form and did an outstanding job boosting our ailing general account by \$76.95.

The sausage sizzle last week was washed out.

Please mark your diaries for the District Conference at Goondiwindi 17-19 April. If you plan on attending you need to book your accommodation ASAP as nominations are now open.

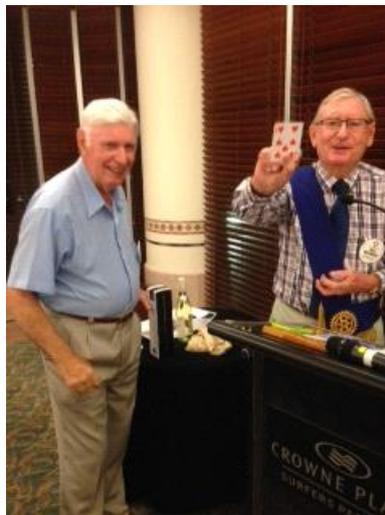
We do not have a guest speaker at our next meeting as we are hosting the Rotarian friendship Team from Canada, who will no doubt talk to us about their country.

Hoo Roo
John

IMAGES FROM LAST WEEK







SCRIBE

To: the Members of Broadbeach Rotary

Re: Speaking at your meeting - SUMMARY - 24th Feb 15

Hello all, it was a great evening for me. Thank you very much. I'm pleased the group got involved and hopefully there were some reminders for all of us.

It seems we are not always at choice if we consider other people, circumstances and even ourselves.

This is confirmed in the notion of the Serenity Prayer – *'God grant me Serenity to Accept the things I cannot change, Courage to change the things I Can - and Wisdom to know the difference.'*

The good news is we have so much choice we never get around to exercising, that we will literally never run out of things that are within our capacity to manage or change. For

example, we will always be *responsible* for how we react to any given situation regardless of who or what threatens us. *We can't control them, but we can work on controlling us.*

Every time you and I have a negative thought we reinforce the behaviour into our nervous system. Each thought requires millions of neurological connections to fire off in a particular order and pattern to create that thought. *When we make a conscious choice* to substitute a different (positive) thought, we literally change our self by changing the neural routing of the nerve cell firing order. When practiced, it is like creating a groove in the mind which becomes strengthened each time we have that or like (positive) thoughts.

'You become what you think about all day long' the late Earl Nightingale.

Commendations to all of you. You make a difference!!!

Cheers, Jeff

'10 BREATHS' Technique

1. Sit in silence (eyes closed) with an 'intent' to **relax and 'let go' of everything** (no attempt to achieve anything)
2. **Count from 10 down to 0, one count per breath.**
That is – Observe the breath in, then observe the breath out. On the outbreath, silently count '10'. Observe the next breath In and observe the outbreath. Silently count '9' and so on.
3. Follow the breath ... ie. **observe the breath** with all your attention, while silently counting down (have natural, normal breathing)
4. When thoughts come in, allow them to flow by, just like clouds in the sky (no judgement)
5. If your attention does get hijacked by your thoughts, simply **return to the technique**

Enjoy the **relaxation, joy, and rejuvenation** that follows from this simple technique.





FRIDAY FUNNIES - HA HA HA

From Paige

Your story about the Canadian border reminded me of the Australian version I read in "Mere Male" (a magazine column) years ago

The "mere male" decided to travel back from Melbourne to Sydney via the coastal highway instead of the freeway. Raved about the view the whole time, and it didn't twig.... until he hit the South Australian border.... that the ocean should have been on the right, not on the left!

A donkey had an IQ of 186. He had no friends at all though. Because even in the animal kingdom, nobody likes a smart-ass.

In the frozen foods department of our local grocery store, I noticed a man shopping with his son. As I walked by, he checked something off his list, and I heard him whisper conspiratorially to the child, "You know, if we really mess this up, we'll never have to do it again."

A college senior took his new girlfriend to a football game. The young couple found seats in the crowded stadium and were watching the action. A substitute was put into the game, and as he was running onto the field to take his position, the boy said to his girlfriend, "Take a good look at that fellow. I expect him to be our best man next year."

His girlfriend snuggled closer and said to the surprised young man, "That's the strangest way I ever heard of for a fellow to propose to a girl. Regardless of how you said it, I accept!"

"Human beings, who are almost unique in having the ability to learn from the experience of others, are also remarkable for their apparent disinclination to do so." -Douglas Adams

New to town, I was eager to meet people and make friends. So one day I struck up a conversation with the only other woman in the gym. Pointing to two men playing racquetball in a nearby court, I said to her, "There's my husband." Then I added, "The thin one--not the fat one."

After a slightly uncomfortable silence she replied, "And that's my husband - the fat one."

Two skeletons used by the professor of anatomy found themselves stowed away in a dusty closet. After several weeks of boredom one turned to the other and asked, "What are we doing shut up in here anyway?"

"Got me," admitted his companion. "If we had any guts we'd bust out of here."

She was standing in the kitchen, preparing our usual soft-boiled eggs and toast for breakfast, wearing only the tee shirt that she normally slept in. As I walked in, almost awake, she turned to me and said softly, "You've got to make love to me this very moment!"

My eyes lit up and I thought, "I am either still dreaming or this is going to be my lucky day!"

Not wanting to lose the moment, I embraced her and then gave it my all; right there on the kitchen table.

Afterwards she said, "Thanks," and returned to the stove, her T-shirt still around her neck.

Happy, but a little puzzled, I asked, "What was that all about?"

She explained, "The egg timer's broken."

From John

This one, from Column 8 in the Sydney Morning Herald, might start a flood of metric conversion jokes and stories for those of us old enough to remember.

"At metric conversion time my mother asked the butcher for two pounds of sausages," "On being told they were now kilograms, she said 'Oh well, I'll have two pounds of kilograms then'."

This was triggered by an earlier story that John Moxon, of Northmead recalled that "My mother, bless her, caused great hilarity in the 1970s when she embraced the metric system, and asked the butcher for 'a kilometre of sausages'."

From David

I work as a Chaplain part time and these came through from one of my peers that I thought you might like to use the in the funnies.

They're Back! Those wonderful Church Bulletins! Thank Goodness for the church ladies with computers. These sentences actually appeared in church bulletins or were announced at church services:

The Fasting & Prayer Conference includes meals.

Scouts are saving aluminium cans, bottles and other items to be recycled. Proceeds will be used to cripple children.

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

For those of you who have children and don't know it, we have a nursery downstairs.

Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.

At the evening service tonight, the sermon topic will be 'What Is Hell?' Come early and listen to our choir practice.

Please place your donation in the envelope along with the deceased person you want remembered.

The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.

This evening at 7 PM there will be a hymn singing in the park across from the Church. Bring a blanket and come prepared to sin.

Weight Watchers will meet at 7 PM at the First Presbyterian Church. Please use large double door at the side entrance.

And this one just about sums them all up

The Associate Minister unveiled the church's new campaign slogan last Sunday: 'I Upped My Pledge - Up Yours.'

Q: What do snakes put on their kitchen floors?

A: Rep-tiles!

Q: What did the clock say to the watch?

A: Tock to you later.

Q: Why did the spider go to the computer?

A: To check his web site.

Q: What do you call a knight who is afraid to fight?

A: Sir Render

Q: What makes a man think about a candlelight dinner?

A: A power failure.

Q: Why did the orange use suntan lotion?

A: It didn't want to peel.