

## COULD YOU BE OUR NEW LEADER?

There have been a number of changes in the management of the Centre over the past few months. We hereby advise the membership that Greg Talbot nominated President resigned late in November 2019. The day after Barry Heggie also resigned from the Committee. Both had cited personal circumstances for their resignations mid-term. A special meeting was held on the 5<sup>th</sup> December 2019 to appoint a new president until the Annual General Meeting. Expressions of interest were called from the current Committee Members. One was nominated but did not accept. No other Committee Members were prepared to self-nominate. At the time a proposal was put forth by our then Centre Coordinator, Renae Barron. She volunteered to be appointed to the role of President. Renae has worked in a paid role for the association for 4 years and is strongly aligned to the clubs mission. Renae has demonstrated excellent leadership ability and was deemed aptly qualified to take on the role. Renae will lead the committee remotely and ensure our meetings are correctly conducted. The role of spokesperson can be played by any member of the committee and this will be managed. The President provides a great deal of support and practical help to the Centre Coordinator. Who better to support our new Coordinator than our outgoing Coordinator? Renae's strong commitment to the centre motivated her to stand up for the role so that she could support our new Coordinator Lu Boutell for the first 4 months in the role and ensure continuity for the association. The Committee unanimously voted and appointed Renae Barron as an honorary member and President until the next Annual General Meeting in June 2020. However, as this appointment is only a temporary measure, the call goes out to everyone in the membership.

If you are a good leader and believe strongly in what our centre achieves and provides each day. Come forward and have a discussion with our Centre Coordinator Lu about nominating this year for our new President or a Committee Member.

## Council elections to be held at the Centre

**Saturday 28<sup>th</sup> March**

Activity closures Friday 27<sup>th</sup> and Saturday 28<sup>th</sup>  
please see noticeboard

## Rock n Roll Dance Party 2020

Friday 5<sup>th</sup> June – Route 66

Saturday 6<sup>th</sup> June - The Mustangs

Tickets on sale soon

**Volunteers needed please see Lu.**

## Seniors Expo Kirra Hill

The Cooly Rec Club were out and about promoting our wonderful club on Tuesday, 4<sup>th</sup> February. Sue - Yoga, Christina - Cuban Dancing and myself attended the Age friendly voice project and Senior Expo at Kirra Hill Community Centre.



## PRESIDENT'S REPORT

Hello to all members and visitors,  
While the opportunity to act as President came out of necessity I am happy do it. By now many of you will

have met our **new Coordinator Lu Bouttell**. Lu has had an eventful welcome to our association with changes to management, weather extremes and several incidents to deal with. Let me say that she has handled them all with a calm and collected approach. Lu has taken on a big job, there is much to learn but from what we have seen so far, the future is bright and her focus is in the right place. News just in, we have since had another resignation from the Committee midterm. We thank and **farewell Allan Gottschalk** for his service to the association for the past 9 months. If anyone has interest in being considered now for a role on the Committee, please make a time to speak with Lu our Centre Coordinator. Our **application** with The Australian Charities and Not-for-profits Commission (ACNC) for deductible gift recipient status is still under review. Our **3<sup>rd</sup> quarter financials** have come in from the bookkeeper. We are sitting well with most income and expense channels coming in at or close to budget. Our cash profits are slightly above the budget. The profits will be directed towards for some work that the Gold Coast City Council wants the association to complete following a routine building inspection last year. The Committee has **approved further plumbing works** to address problems we have around the eastern side of the building. This work will be completed by our contracted plumber Steve Pickett. Approval was also given to spend on new computer hardware in the office following some IT issues. Just a reminder to display your **parking permits** on the front lower left of the windscreen. If you do not want to attach the parking permits just park in the rear carpark which is not monitored. We have recently reviewed the Hairdressers contract and thank Suzie and Ivan for their continued support of the club into the future. I would remind every member and volunteer that the **Code of Conduct** is in force and displayed on the noticeboard. If you find yourself with a **grievance** you must follow the procedure. Firstly, bringing up your grievance with the Centre Coordinator if not resolved you may put the issue in writing to the Secretary of the Management Committee. You may also have the opportunity to have a meeting with the Management Committee to talk about the issue. The main thing is you must not air your grievance at large. Talking about an issue with people who have no power to bring about a resolution only causes more trouble and disharmony. Over the years several petitions have been brought in and are usually conducted in secret. Individuals who choose to bring in a petitions or those who sign petitions may also be addressed by the Management Committee for a breach of the Code of Conduct. Please let us afford each other the respect and courtesy we all deserve by following the right

channels when issues arise so we can maintain the harmony and healthy environment. If someone brings raises an issue to you send tell them, if they want it resolved they must go and see the Centre Coordinator. Your committee is in the process of reviewing our **strategic plan**. Our strategic plan is available to view on our website for any interested members. To finish on a positive note, the **2019 Christmas Party** far exceeded expectations. We are in the process of looking securing a bigger venue for this year. If you missed it there are some photos and videos on our facebook and website.

**Renae Barron (President)**

### **COORDINATORS REPORT**

Dear Members & Visitors,

Firstly, thank you for making me feel so welcome, it has an been an absolute pleasure meeting many of the members of the Cooly Rec Club. The past two months have flown for me stepping into Renae's well-worn shoes and getting a grasp of the many facets of the Coordinator role. Renae has given me a comprehensive handover and I feel extremely fortunate to have her ongoing support as President. Renae's knowledge and expertise of our association is invaluable.

994 members have renewed and paid to date including 74 new members joining over the past month. If you haven't renewed your membership, please do at your earliest convenience. Volunteers are checking memberships through all the activities so please make sure you bring your card every time you come into the club.

Our association operates on volunteer power covering all activities, a huge thanks to all the Activity Coordinators and their volunteers for doing such a fabulous job and for creating such a happy and inclusive atmosphere. Please don't forget to assist them by signing in and paying before your activity begins.

I would like to welcome new Reception volunteers, Robyn and Sylvia, both are a valuable addition to our Reception Team. Suitably experienced volunteers are needed to work in Reception, if you have a friendly outgoing personality, cash handling experience and are available on either a Thursday or Friday please pop in and see me. We thank and farewell Ian Harrison who has volunteered for the association for many years and wish him well on his retirement.

Border Rockers have commenced hiring the hall on Thursday nights and are welcoming all Rock n Roll dancers. Hall hire enquiries are on increase with the hall being utilised most evenings.

Women's 8 Ball commenced on the 29<sup>th</sup> of January, ladies if you are interested please come along Wednesday 12.30-3.00pm, Bill, Malcolm and Bob from Men's 8 Ball have volunteered to provide some tuition for the group. Tuesdays Gentle Exercise activity has a new format and now incorporates a variety of age and body appropriate exercises delivered by qualified personal trainer. The activity is growing, and I am now seeking Expressions of Interest for a suitable qualified/experienced person to lead the activity. Please pop in and see me if you are interested. Due to popular demand Tai Chi is splitting into two classes on Mondays, commencing 9<sup>th</sup> March. Beginners Tai Chi and exercise class will run from 9.30-10.15am and advanced Tai Chi and exercise will run from 10.30 to 12.00. All new beginners are most welcome.

Pete has replanted the herb gardens so please help yourself to the fresh mint, chillies, basil and parsley over the coming weeks as everything grows.

Expressions of interest for Mystery bus tours and Chess Players have been put on the noticeboard, let the Reception Volunteer know if you are interested.

From the 1<sup>st</sup> of April we won't be supplying disposable or reusable plastic cups. I would like to encourage all members and visitors to **refill their own reusable water bottles** in place of plastic disposable cups. This change is sustainable, environmentally friendly and will contribute to improved infection control. Water bottles will be available to purchase for \$1.00 during the changeover in case you forget to bring your own. Jugs can still be refilled and used with the glasses provided.

**Corona Virus update** – As the threat increases, members have voiced their concern regarding overseas travellers infiltrating our community. We do advise anyone returning from travelling overseas to use common sense regarding returning to the centre and whether a period of isolation is necessary. The Cooly Rec Club will be following recommendations and advice from the Department of Health in all matters regarding the Corona virus. Please be vigilant hand washing or sanitising and use safe coughing etiquette, these infection control measures are effective and strongly advised. Most importantly

please stay home if you are unwell, and don't hesitate to pop in and see me if you have any concerns.

Lu Bouttell (Centre Coordinator)

## **Fit and Strong—How weight training can improve your quality of life**

Growing old can be a difficult and scary process. However, we can improve our health and quality of life and live a more engaged, fuller life through weight or resistance training. Our chronological age need not be our biological age. So, weight or resistance training, can reduce our pain levels which in turn allows for greater ease of movement, fewer restrictions, and to generally feeling better with less negative stimuli coming into our bodies. Also, the stronger our core, the better our balance so we are less at risk of falls. Another big plus is that the more we move across the midline of our bodies—right leg, left arm lifts for instance—the more our brain has to work across its midline building more neural pathways. It is also a great way to gain muscle mass, increase bone density—and that is a biggie as bone loss is a part of the aging process unless you add weight bearing exercises to a workout. So it protects the body against osteoporosis which may also lead to improvement in balance, resulting in fewer falls as mentioned above. Weight training also increases the strength of connective tissue and even enhances cardiovascular fitness. A resistance training routine has been shown to lower blood pressure, in some cases as effectively as taking medication does. Always see your doctor of course before taking yourself off any medication. Weight training can also improve our metabolisms, and digestion. Another area of quality of life is that of urinary continence/incontinence. The stronger our core the more we reduce those daily leaks. It may help you sleep better and may also prevent disease.

On top of being able to move around with less pain, improving our strength and muscle capacity through weights (whether body weight/free weights/weighted machines or therabands), weight or resistance training also improves our emotional, mental and cognitive health through biological mechanisms in our bodies.

However, it is important, as it is in any form of activity in which we are moving our bodies, that you train with a knowledgeable and qualified trainer, someone who knows how to give modifications, who knows how to spot if someone is struggling, who can instantly spot if the weight or resistance band is the correct weight or resistance for you and who knows

how to prescribe exercises that are not only safe but compound, meaning that you are training more than one body part at a time. And it should be enjoyable—a little bit of effort, and a little bit of ease. Here in the Centre, weight or resistance training is available to you—ask at Reception for the latest timetable.

### Out and about with the Choir Group



Singing Group - sharing beautiful memories with the residents at Bangalore Wednesday 26<sup>th</sup> February.

**Tweed Shire Council are running programs for over 65s and over 50s Aboriginal and Torres Strait Islander people from February to June 2020.** The programs offer skills and connection both face to face and online to ensure independence and creative methods of supporting people to stay living in their own home safely for longer. The program includes - **Shop Don't Drop – Stand Together – Mister Chef – Dementia Music Therapy – Art & Dementia Friends – Stretch Your Mind and Mature and Determined.**

These programs are funded by the Commonwealth Home Support Program (CHSP) Innovation Grant (full details available via the link below) <https://www.tweed.nsw.gov.au/HomeSupportPrograms>

# HOME HELP



It's never too early to talk about getting some extra help. Knowing what aged care services are available before you need them will help prepare you to make decisions about your future. This is particularly important if you are caring for someone but haven't yet had an assessment yourself. Receiving help with regular activities at the right time can help you manage better at home. Our centre is funded by the Australian Government to provide social group activities. As a service provider we must maintain a level of funded customers to keep meeting our grant conditions. We currently have several vacancies on our social support program. Our funded customers can attend activities at a reduced rate. Give Lu our new Coordinator a call and arrange a time to come in for a coffee and chat about what services may be available to you.

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## NORFOLK ISLAND

Norfolk Island is one of Australia's most intriguing destinations! With a fascinating history, proud culture and stunning scenery, now is the perfect time to visit!

 <p><b>BURNT PINE BOUTIQUE APARTMENTS</b> Adults only accommodation with breakfast daily</p> <ul style="list-style-type: none"> <li>• Return airfares, including all taxes</li> <li>• Return airport transfers on Norfolk</li> <li>• 7 nights in a self-contained one bedroom Apartment</li> <li>• Rental car daily</li> <li>• Continental breakfast daily</li> <li>• Half day Island Tour</li> </ul> <p><b>Priced from TWIN SHARE</b> Ex BNE: \$1529.00 per person</p>	 <p><b>KENTIA HOLIDAY ACCOMMODATION</b> More than 2 people travelling? Stay in one of Kentia's self-contained Villas or Cottages.</p> <ul style="list-style-type: none"> <li>• Return airfares including all taxes</li> <li>• Return airport transfers on Norfolk</li> <li>• 7 nights in a self-contained two bedroom / two bathroom Villa</li> <li>• Rental car daily</li> <li>• Half day Island Tour</li> </ul> <p><b>Priced from QUAD SHARE</b> Ex BNE: \$1390.00 per person</p>	 <p><b>RESORT &amp; DINNER DEAL</b> Stay at SOUTH PACIFIC RESORT with breakfast daily and enjoy 3 popular dinner tours</p> <ul style="list-style-type: none"> <li>• Return airfares including all taxes</li> <li>• Return airport transfers on Norfolk</li> <li>• 7 nights in a Garden Room</li> <li>• Continental breakfast daily</li> <li>• Rental car daily</li> <li>• Half day Island Tour</li> <li>• Progressive Dinner: Island Fish Fry &amp; Night as a Convict</li> </ul> <p><b>Priced from TWIN SHARE</b> Ex BNE: \$1582.00 per person</p>
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There's more to NORFOLK ISLAND

Terms and conditions apply. Prices based on 'K' class seat and bag fare. Subject to availability and confirmation at time of booking. \*Great deals are available all year round! Check out our hot deals at [www.norfolkislandescapes.com.au/hot-deals](http://www.norfolkislandescapes.com.au/hot-deals)  
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