



CAMBRIDGE COURIER

Information about our next Rotary Meeting (usually held at Cambridge Bowling Club, 7.10 for 7.30 am):

Wednesday 17th September 2025

Activity: NO NORMAL MEETING TODAY – instead Sikh Heritage Trail; see Frank’s email 9/09/25

On Duty: Club Host: n/a

Set up/Pack up: n/a

Coming up soon

Wednesday 24th September 2025

Activity: Dick Pot - Collectors coins, stamps and banknotes (Members – bring along any that you have for a ‘show & tell’ if you wish)

Club Host: Christine Tonkin

Set up/pack up: David James

GENERAL NEWS ITEMS

- Jim Berry asked for volunteers for the RSL Poppy Day collection. Details to follow
- We were reminded to wear Rotary T shirts on 24 Oct – Ride the Train for Polio awareness
- Jeremy needs help on 19 Sept: there are 4 Peace Pole ceremonies and he can do only 3 of them. Volunteer to help if you can please
- Bridgetown weekend reminder 30 Oct/2 Nov

NEWS ABOUT OUR CLUB MEETINGS, ROTARY GENERALLY, & OUR WORLD

Marty Kallane - ultra marathon runner, business owner, and navy veteran - came along to talk about “doing miles for mental health” – how running marathons has changed his life. We all have the ability to find strength during times of hardship, and Marty demonstrated very clearly how he managed to do that. WA born, Marty found himself in Sydney during his early years, and he was in the navy and then the police force during that time. He suffered much trauma including marriage woes and alienating his five children, but he was helped by some very good friends and found that if you believe in yourself, you can do anything. Seven years ago, Marty gave up drinking and smoking and took up running, and in so doing he started to raise funds for headspace (which provides a free and confidential mental health service for youngsters between 12 and 25). More importantly though his aim was to establish awareness of the mental health dangers that exist and what to do about them. When headspace became government funded, Marty turned his attention to the Veterans Transition Centre (VTC) which provides respite services for veterans and their families. He found that RSL sub branches didn’t really talk to one another, so by running ultra marathons through their areas he has been able to rectify this. He is one of only 11 people who have completed 3 particular runs in a year!



The problem with kleptomaniacs is that they take things literally.

Birthdays: Marina Petrelis (14 Sep)

Wedding anniversaries: none this time

Rotary anniversaries: none this time