

CAMBRIDGE COURIER

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

Wednesday 13th March 2024

Activity: No normal meeting today – a Sundowner instead at Jackadder Lake

On Duty: Club Host: n/a

Set up/Pack up: n/a

Coming up soon

Wednesday 20th March 2024

Activity: We hear about Audiology Australia – Jordan Bishop

Club Host: Don Holywell

Set up/pack up: Rory Beattie

GENERAL NEWS ITEMS

Rod Lane has had a spell in hospital, and we wish him a speedy recovery. Our thoughts are with Margaret too.

President Frank drew the attention of Members to the Set up/Pack up Roster which has been published by Libby, and urged them not to miss their turn!

NEWS ABOUT OUR CLUB, ROTARY GENERALLY & OUR WORLD

Please see Pres. Frank's email dated 2nd March for details about the Sundowner on 13th March. We hope that many people will be able to come along, and thanks to the Ladies Social Committee for this initiative.

The Strength for Life Program was introduced to us by Kairi Watty who has been the Program Manager for the last 4 ½ years. The Program falls under the auspices of the Council On The Ageing (COTA) WA, and it is an individualised strength and balance exercise program designed to help people over the age of 50 get fit, stay strong and improve their balance. The Program has two tiers, the first of which is designed for people who are managing complex health conditions, whilst the second is for people with few medical risks but may be managing chronic conditions. Both tiers are delivered by qualified and accredited professionals, and typically require a referral by a GP. Each participant has their own plan devised for them, and this is reviewed every 3 months. At the moment there are around 6000 participants in WA, and they are looked after by 44 providers. Tier 1 has an initial fee of \$90 with subsequent sessions costing \$15 or less, whilst Tier 2 charges are \$45 and \$10 respectively. A very worthwhile investment!!



More Hillbilly medical terms: 'Barium' is what you do with those who have passed away!

Birthdays: Jan Puddey (7 Mar)); Ross Ledger (8 Mar)

Wedding anniversaries: none this time

Rotary anniversaries: David James ('19); Cate Barlow ('19)

IF A MEMBER CAN'T ATTEND, OR WANTS TO BRING A VISITOR, PLEASE ADVISE LIBBY LARSEN BY EARLY MONDAY MORNING
Either by telephone (0438 462 917) or email (libbylarsen@westnet.com.au).

Bulletin Editor: Roger Veary