



# Cambridge Courier – 2020/21

*Our next Rotary Meeting: Wednesday, 17 March*

**Speaker: Alexandra Holcbarova**

**Topic: Strategies to Improve Your Life**

*On Duty 17/03/21:*

*Speaker intro & thanks: Mike Graham*

*Set up/Pack up: Rod Lane*

### NEWS FROM OUR LAST MEETING

We welcomed Helen Davidson once again to deliver the Schools Programme talk on Brave Parenting – the 8 ‘R’s. The topic is very pertinent in this day of social media etc., and Helen set about outlining each ‘R’ for the benefit of those present. **Regulation** is a brain based skill that takes time to develop, but practise makes progress. Deep breathing helps to bring about calmness; **Rating** skills enable a child to be rational about coping with challenges e.g. not getting their own way; **Role modelling** is essential so that the child is shown how to deal with a situation. It fosters being rational and how to cope with challenges; **Respect** is developed through a healthy hierarchy, an essential ingredient in any family; **Rules** exist abundantly in modern societies and strong boundaries prepare children for life. Don’t be afraid to say “no”, and don’t let your child catch ‘influenza’!; **Routine** is something that brains love because it brings stability; **Risks** are a two edged sword – acceptable and unacceptable. Let your child take acceptable risks such as climbing a tree (only 1 in 4 Aussie kids climb trees these days!), but reduce unacceptable ones, such as accessing pornography, by talking about them; and finally **Rewards** should be available and dispensed as often as possible. And don’t forget to display your unconditional love to your children. A number of questions rounded off a most interesting morning.

### Coming up soon – Wednesday 24 March

**Speaker: Erica White**

**Topic: Aged Care Assessments**

*Speaker intro & thanks: Peter McSkimming*

*Set up/pack up: David James*

### GENERAL NEWS ITEMS

- Our meeting on 24 March is a Community Talk at the usual time with breakfast, and all Wives, Partners and Friends should come along. Please advise Libby if you wish to bring guests. The topic ‘Aged Care Assessments’ is very pertinent. *Not to be missed!*
- *The Ladies Social Committee has organised a purely social event for all Members, Wives, and so on! It’s a picnic at Matilda Bay reserve, to be held on Wednesday 24 March from 6.00 pm. It’s BYO everything, and will be an informal opportunity to chat to everyone and get to know them. Not to be missed either!*
- Apart from our regular Wembley Junior Cricket Sausage Sizzles, we have a full scale one coming up at Bunnings Innaloo on Sunday 18<sup>th</sup> April. We’ll be starting to draw up the roster soon!



**Sign: Do not cross this paddock unless you can do so in 9 seconds; the bull can do it in 10!**

*Birthdays: none this time*

*Wedding anniversaries: none this time*

*Rotary anniversaries: none this time*

We meet at the Cambridge Bowling Club, Howtree Place, Floreat (near the Forum), 7.10 am for 7.30 am. **IF A MEMBER CAN’T ATTEND OR WANTS TO BRING A VISITOR, PLEASE ADVISE LIBBY LARSEN BY MONDAY MORNING via telephone (9446 2917) or email (libbylarsen@westnet.com.au).**

Bulletin Editor: Roger Veary.