



Cambridge Courier – 2020/21

Our next Rotary Meeting: Wednesday, 24 March

Speaker: Erica White

Topic: Aged Care Assessments

On Duty 24/03/21:

Speaker intro & thanks: Cate Barlow

Set up/Pack up: David James

NEWS FROM OUR LAST MEETING

This meeting turned out to be an interactive session led by Alexandra Holcbarova, and the topic was ‘Strategies to Improve Your Life’. Alex started with the quote ‘Ten men wisely led will defeat 100 without a head’, and pointed out that it is our thoughts that dictate our feelings – therefore thinking can change our lives. We tend to judge ourselves by comparing our situation with others, but this leads to wanting to look better or wishing to live in better circumstances, whereas we should aim to *feel* better. The average person has about 70,000 thoughts a day, and these, together with our behaviour patterns, lead to the results or outcomes that we experience. Our behaviour and feelings are often blamed on external events or other people, but it is our own responsibility to take charge of our thoughts so that we achieve positive feelings. Often procrastination is a fallback action, and we fall into the trap of taking refuge in our ‘comfort zone’. We are then effectively allowing our past to shape our thoughts and therefore our feelings, and this can have an adverse effect on our lives right now. We must set goals to shape our lives, and if this involves adopting a new habit, then having identified this new habit, we should think about why it is important to us and how it should be implemented. In addition to positive thinking we can use other ways of maintaining a calm demeanour, for example using breathing techniques. Another contributing factor to feeling good is balancing our self-focussed thoughts with thoughts about other people, so a mix of strategies is often the way to go.

Coming up soon – Wednesday 31 March

Speaker: Brian Downing

Topic: My Personal Glimpse of Swiss History and Culture

Speaker intro & thanks: Peter McSkimming

Set up/pack up: Stan Robins

GENERAL NEWS ITEMS

- Our next meeting is about Aged Care Assessments (at the usual time with breakfast), but please advise Libby asap if you wish to bring a guest. *Not to be missed!*
- *The Ladies Social Committee presents a purely social event for all Members, Wives, etc. It’s a picnic at Matilda Bay reserve. Date: Wednesday 24 March from 6.00 pm. **It’s BYO everything!** Don’t miss it!*
- The Town of Cambridge has invited us to do a sausage sizzle at the Youth festival at Perry Lakes on Friday 9th April between 10.00 am and 1.00 pm. Please set aside the date; more details soon.
- *Wembley Junior Cricket Sausage Sizzles go into recess after 26 March, but we will be calling for volunteers soon for an important fundraiser, the Bunnings Innaloo Sausage Sizzle on Sunday 18th April.*



Everyone who hates getting a speeding ticket, raise your right foot!

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.