



## ROTARY CLUB OF CAMBRIDGE CAMBRIDGE COURIER 2021 - 2022



District 9455 Western Australia

We usually meet at the Cambridge Bowling Club, Howtree Place, Floreat (near the Forum), at 7.10 am for 7.30 am.

### Our next Rotary Meeting: Wednesday, 30 March

**Speaker: Andrew Bolt**

**Topic: The WA Hay Industry**

*On Duty 30/3/22:*

**Speaker intro & thanks: Rod Lane**

**Square Pupil: Mike Mullin**

**Set up/Pack up: Peter McSkimming**

#### GENERAL NEWS ITEMS

- Rotary Youth Exchange is now a small scale family to family event due to the pandemic. Our student Eva from Churchlands will go to stay with a family in France for 3 months in the near future. Bon Voyage!
- 2<sup>nd</sup> April is a busy day; we have the Bunnings Sausage Sizzle at Homebase and the Bunnings Raffle Table at Innaloo. If you haven't yet volunteered please contact Pres. Jeremy urgently.
- Our new Club apparel has arrived. If you missed the ordering last November, please contact Jeremy asap.
- Ross Bolton of the Bowling Club advised that they have a new sponsor – Claret & Co. There is a mixed half dozen of wines available for \$100, and you can choose your own mix. See Ross for details.

### Coming up soon: Wednesday, 6 April 2022

**Speaker: n/a – Club Forum**

**Topic: n/a**

**PLEASE NOTE THAT THIS MEETING WILL TAKE PLACE AT THE COMMUNITY SHED PREMISES AT LAKE MONGER**

**Speaker intro & thanks: n/a**

**Set up/Pack up: n/a**

#### NEWS FROM OUR LAST MEETING

“Puncture and Repair” was the alternative title to Bruce Simcock’s talk about recovering from a stroke, and what an inspiring address it was. One morning in 2015 Bruce went for a customary ride along the coast during which he felt a tingling in his leg. He managed to get himself home and his wife Robyn met him in the driveway, took one look and got him off to hospital. He spent 8 weeks there and the stroke left him with a complex language disability called Broca’s Aphasia – which affects one’s language but not one’s intelligence – as well as Apraxia, a muscle weakness of the tongue that makes it difficult to move the mouth in the way needed to produce sounds and words. Bruce and Robyn have taken a positive attitude to the recovery process in the seven years since the event, and have based the recovery on the FAST principles namely, attend to the Face, Arms, Speech and allow Time. They have also adapted FAST to mean Fitness, Attitude, Support and Time, and together they have nurtured Bruce back to a very manageable situation. He now does pottery and is a member of the Lake Monger Community Shed, and he plans to do a barista course with his son in the near future. He has also been a volunteer at Rocky Bay. Bruce’s approach is to not be afraid of trying something new; have a go but avoid over-stimulation! He urges people to grab any support that they can get, and to take time to smell the roses! Bruce is a Vice-President of Aphasia WA which is planning a Conference in Perth during May. Bruce concluded his talk with a Nelson Mandela quote: ‘A winner is a dreamer who never gives up’. Well done Bruce and Robyn!



**Always remember that you are unique – just like everyone else!**

**Birthdays:** Peter Wagner (1 Apr); Peter McSkimming (3 Apr)

**Wedding anniversaries:** Rod & Margaret Lane (3 Apr)

**Rotary anniversaries:** none this time

**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](mailto:libbylarsen@westnet.com.au)).**

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