



Cambridge Courier – 2020/21

Our next Rotary Meeting: Wednesday, 12 May

Speaker: Adam Hewber

Topic: Ability Heroes Project

On Duty 12/05/21:

Speaker intro & thanks: Mike Graham

Set up/Pack up: Brian Downing

NEWS FROM OUR LAST MEETING

Terpsy Christou is an Holistic Health Coach and Beauty Therapist, and at Peter Wagner’s invitation she came to address us on the topic of Essential Oils (EO) and their use in modern society. It all started about 10 years ago when Terpsy couldn’t easily fall asleep at night, and so she started experimenting with EOs to solve the problem. They did, and Terpsy has established a business aimed at promoting health, wellness and beauty. EOs have a history that goes back to about 3500 BC in ancient Egypt, and they were used by the Yellow Emperor in China around 2600 BC. Medicine cabinets have been found in Israel too, dating back to the days of King David some 3000 years ago. The protocols used in those times are still valid today. EOs are powerful plant extracts – e.g. 1 drop of peppermint oil is the equivalent of 28 cups of peppermint tea – which need to be used sparingly and which must be of good, pure quality. Certified EOs can be applied aromatically, topically or internally depending on the needs of the user, and Terpsy gave a number of examples such as taking lemon oil in water to boost the immune system. Lemon oil is made from the lemon zest rather than the juice. Terpsy used lavender on one occasion to apply to her burnt hand, and this fixed the problem very quickly. Beware of lavender though; it can cause nightmares unless it is mixed with juniper berries. Cassia (Chinese cinnamon) also boosts the immune system, and frankincense is helpful in a range of circumstances. Terpsy is holding a workshop on 13th May; please see Peter Wagner’s email dated 5th May.

Coming up soon – Wednesday 19 May

Speaker: n/a – Club Forum

Topic: n/a

Speaker intro & thanks: n/a

Set up/pack up: all members please

GENERAL NEWS ITEMS

- Max Puddey gave an update on the Community Shed Project, and the building phase has now been completed. Lights and power are available, and recent rains revealed a few leaks which the builders will attend to. There are now 75 members and 45 to 50 prospective ones in the wings
- Peter McSkimming confirmed that the Arbor Day event at Lake Monger is expected to go ahead on Friday 25th June. It will include 5 primary schools, an Aboriginal sector and a tree planting sector
- We are helping the Salvation Army with their annual collection at the Floreat Forum on Thursday 20th May, and we now have a full complement of helpers. Thanks go to all who have offered to assist
- The next Bunnings Homebase Sausage Sizzle is scheduled for Saturday 19th June. A note for the diary!



I need a new compass; can anyone point me in the right direction?

Birthdays: John Travlos (30 Apr)

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 (0438 462 917 or 9446 2917) or email (libbylarsen@westnet.com.au).**

Bulletin Editor: Roger Veary.