

CAMBRIDGE COURIER

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

Wednesday 29th May 2024

Activity: A night out at Time 4 Thai Restaurant in Woodlands

On Duty: Club Host: n/a

Set up/Pack up: n/a

Coming up soon

Wednesday 5th June 2024

Activity: Christine Tonkin MLA – What I Have Learned about our Community as an MP

Club Host: **Peter Wagner**

Set up/pack up: **Rod Lane**

GENERAL NEWS ITEMS

The Social Committee needs new blood!! If any Member or Partner is interested, please contact Pres. Frank or Pres. Elect Max Puddey asap. It'll be worth it!

Changeover Night is on Wednesday 3rd July at the Wembley Golf Course – in the evening. Details will be circulated shortly, and a RSVP will be needed.

NEWS ABOUT OUR CLUB, ROTARY GENERALLY & OUR WORLD

Our very own Member Geoff Ivanac took to the podium this week to tell us all about retirement planning through the lens of a 100-year-old life. Geoff opened his remarks by saying that we have one wild and precious life, but these days it is much longer than previously due to medical progress in particular. There should be three levels: 1. Establishing financial security; 2. Contributing to society; and 3. Acquiring wisdom from experience. In previous times we experienced two phases, namely childhood followed by adulthood, but now we have a third phase called retirement. Our working life in modern times may consist of many activities which lead to various sources of income, and it is becoming easier to take sabbaticals in this phase, during which time a totally different activity is followed. These days we need to embrace a wider range of values, for example Healthy Longevity (eat, sleep and exercise well); Long Life yearning (brain health in which you don't think of yourself as old because anxiety leads to mental deterioration); Creativity; Passion for Purpose; Happiness (do things that make you feel happy); Adopt a Growth Mindset; and establish Financial Security. As the Japanese say "Everyone needs a purpose, and only staying active will make you want to live for 100 years". Geoff gave examples of what he has done to embrace the modern scene, including being a member of a Surf Life Saving Club. On all of this a Churchill remark is pertinent: It's wise to look ahead, but difficult to look further than you can see.



Lance is not a common name today. However, in medieval times people were called Lance a lot.

Birthdays: Helen Mullin (23 May); Fran Ledger (28 May)

Wedding anniversaries: none this time

Rotary anniversaries: Rod Lane ('85)

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