

CAMBRIDGE COURIER

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

Wednesday 23rd August 2023

Speakers: Karen O'Connor & Marjolijn Goodrich

Topic: Cycling Without Age

On Duty: Speaker Host, Introduction & thanks: Peter McSkimming

Set up/Pack up: Rory Beattie

Coming up soon

Wednesday 30th August 2023

Speaker: DG Ineke Oliver

Topic: Official DG Visit (with other Clubs attending)

Speaker Host, Intro & thanks: **PDG Ross Ledger**

Set up/pack up: **Mike Mullin**

GENERAL NEWS ITEMS

- We extend sincere condolences to Graham & Anneitta on the recent loss of Graham's Dad, aged 99.
- A very big thank you to the Social Committee for organising our Winter Warmer Lunch, and to all those ladies who provided delicious slices for dessert!

NEWS FROM LAST WEEK

Sharon Alexander identified a need in the community almost 10 years ago, and so O2B Organised was born to provide professional organiser services to those people who need to de-clutter and to re-organise their household. As John Lennon said "Life is what happens when you're making other plans", and Sharon's services are tailor made to suit the needs of individual clients. Sharon went on to explain that there are four steps to the process: Step 1 – Organise the paperwork. This will enable you to access items that you need when you need them, and it is essential to keep vital documents together in one place; Step 2 – Implement household systems and routines. For example, create a specific drop zone for keys and you'll never have to search for them again; Step 3 – Organise your wardrobe. Use the space for clothes that are linked to your current activities and that are actually the right size for you, and donate the excess to one of the many charities that can pass them on to the needy; Step 4 – Prepare for the unexpected. It is far better to be proactive than reactive e.g., lodge a copy of your front door key with a neighbour. In general terms Sharon advised us all to keep things simple, otherwise complications will derail the systems. Clearly labelling things is also a very useful thing to do. The process of de-cluttering needs to be practised so that one gets into the habit, and Sharon emphasised the preference to pass things on rather than throwing them away. In this electronic age we were also advised to scan important documents, photos etc., and to keep the scanned items on your computer. Scanned copies of important legal documents can easily be given to one's relatives as an extra safeguard. All those present enjoyed the event – very pleasant and very useful!



Mum told him to put on clean socks every day. By the end of the week he couldn't get his shoes on.

Birthdays: Jean McSkimming (12 Aug); Mike Graham (17 Aug)

Wedding anniversaries: David & Judy James (21 Aug); Jim & Mary Anne Berry (26 Aug)

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).

Bulletin Editor: Roger Veary