

## CAMBRIDGE COURIER

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

**Wednesday 30<sup>th</sup> August 2023**

**Speaker: DG Ineke Oliver**

**Topic: Official DG's Club Visit**

**We will be joined by Members of 4 other Rotary Clubs today**

**On Duty: Speaker Host, Introduction & thanks: PDG Ross Ledger**

**Set up/Pack up: Mike Mullin**

### Coming up soon

**Wednesday 6<sup>th</sup> September 2023**

Speaker: Carol Redford

Topic: Astro Tourism

Speaker Host, Intro & thanks: **Peter Burns**

Set up/pack up: **Peter Pearse**

### GENERAL NEWS ITEMS

- Geoff Ivanac was inducted into our Club on 23<sup>rd</sup> August – welcome Geoff & Natasha!
- Graham McHarrie gave us an update on the Karya Mulia school in Surabaya where we have contributed to much needed renovations.
- The combined Fete with St Edmund's will take place on 18<sup>th</sup> November.
- Jeremy reported on more Peace Pole action.

### NEWS FROM LAST WEEK

We heard about a very interesting global not-for-profit organisation at our most recent meeting – Cycling Without Age (CWA). Karen O'Connor and Marjolijn Godrich were the Speakers and we learnt that CWA was started by Ole Kassow in Copenhagen in 2012 because he wanted to help elderly people who are suffering from loneliness and social isolation. This simple act of kindness resulted in CWA spreading across the globe like wildfire, and today it exists in 52 countries. The Perth chapter of CWA in Australia started in 2017 and today there are over 40 chapters around the country. Volunteers pedal trishaws around one of 11 locations in Perth, and the passengers do not have to pay for the service. Most of the passengers are ladies over the age of 80, but younger people with disabilities are also included. Loneliness is said to be more dangerous than obesity, and CWA provides a vital link because it is intergenerational, interactive and inclusive. Physical and mental benefits are felt by passengers and volunteers alike. In WA there are three special programs at the moment, namely More Rides for More People in More Locations; Ride 4 a Reason; and Ride 4 All. The first aims to expand the service; Ride 4 a Reason is a collaboration between CWA Perth, the Boronia Correctional Facility in Bentley, and SwanCare Retirement Community also in Bentley; and Ride 4 All enables passengers in wheelchairs to be included. Funding for CWA comes from 4 major sources – Grants; Sponsorships; Donations; and Bequests and people can help the charity by becoming a volunteer, a supporter or an advocate. Marjolijn has been nominated for a Local Hero Award (\$20K for CWA) and we can vote at <https://www.westfield.com.au/innaloo/news/srQ3iS3EgkCMAFqAtmn6k/local-heroes-2023>. Why not?!



***A guy was convicted for stealing a calendar. He got 12 months.***

**Birthdays:** Mike Graham (17 Aug); Mary Beattie (3 Sep)

**Wedding anniversaries:** Mike & Yvonne Graham (31 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](mailto:libbylarsen@westnet.com.au)).**

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