



CAMBRIDGE COURIER

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

Wednesday 19th August 2026

Activity: Christine Tonkin: Making a Pilgrimage – Walking the Camino

On Duty: Club Host: Jim Berry

Set up/Pack up: Peter Pearse

Coming up soon

Wednesday 26th August 2026

Activity: City of Perth Surf Lifesaving Club speaker plus Student Council visit

Club Host: Jeremy Wood

Set up/pack up: Max Puddey

GENERAL NEWS ITEMS

- 26th August 2026 School Student Leaders will attend and hear Nancy Shaw talk on "100 miles Cape to Cape Ultra Marathon"
- 2nd September 2026 we will host Barbara Vintcent, who in 1993 was a Rotary Exchange student from Mossel Bay in South Africa with the City Beach Rotary Club

NEWS ABOUT OUR CLUB MEETINGS, ROTARY GENERALLY, & OUR WORLD

Lindy Sinclair spoke on the topic of "Ageing Well - Thoughts on Geriatric Medicine" at our recent meeting. Lindy originally came from Kimberley in South Africa and she attended the Stellenbosch University and later lived in Johannesburg.

Following a break in, having two cars stolen and being attacked in their own home, she, together with her husband and two sons, immigrated to Australia in October 2025. Here she specialises in what she terms "Lovely Medicine - Holistic Medicine". She told us that in Australia a person is considered old from the age of 65 (50 for Indigenous people), and that, based on the latest statistics in Australia, the life expectancy of a male is 84 and a female is 86. Lindy covered a number of topics including 'What is ageing?', 'The importance of physical activity', and 'Cognitive activity & good nutrition'.

Lindy told us about how she conducts a comprehensive geriatric assessment and who needs it most, and she also touched on the matter of driving a car and a person's capacity to do so, as well as how doctors can allow people to continue to drive under restricted conditions.



Four fonts walk into a bar. The barman shouts "Out! We don't want your type in here!"

Birthdays: Margaret Lane (23 Jul); Robyn Wagner (23 Jul); Jean McSkimming (12 Aug); Mike Graham (17 Aug)

Wedding anniversaries: none this time

Rotary anniversaries: Peter McSkimming ('65 Cunderdin)