

Due to the altitude of the location it is cool & misty until mid-morning by which time the temperature we are working in is in the high 20's. Every hour or so 2 of the kids who aren't at school bring around a tray of water & biscuits for the volunteers sweating in the sun. After a lunch of soup or veges & rice, work resumes until Australian designated knock-off time of 4:10pm.

The guys go up to the showers to see if their black surfaced 5L 'camp shower' water is hot enough to hang on a pulley poised over a large plastic wash basin for the afternoon ablutions.(the women volunteers have hot water from an electric hot water wall unit!) Fresh clothes & a decent wash maketh the man (& woman) & a seat is found in one of the vans to go to Oi's Noodle House in the local village where a large bottle of Chang beer costs 40Baht (\$1:20A). During our R & R time, Piers Booth, our Group Leader from Woden Rotary Club passes round the 'Wiffle' stick which allows the holder to speak uninterrupted on any subject he/she likes - a time to praise, a time to laugh & occasionally a time to gripe.

As dusk falls the Group makes its way back to the Centre for dinner which might include chicken or meat, stir fried vegetables & rice followed by yoghurt & tea or coffee. The children eat earlier & fill in the time between their dinner & the evening sing-song by cleaning up, finishing the day's laundry & all the other daily tasks. At 8 o'clock the kids gather in the open sided assembly hall and sing wonderful Akha songs interspersed with prayers giving thanks for the day just past. Then there's a melee of enthusiastic goodnights, high fives & some cuddles as all the kids stream off to their Rotary built dormitory accommodation.

The volunteers are all tuckered out by the unaccustomed rigours of the day and head off to their 36 person, double bunk, mosquito netted accommodation to settle down for the night before the power goes off at 1/4 to 9 after another productive & satisfying day at the Children of the Golden Triangle Training Centre.

*Neil & Georgia Renfree, Canberra Rotary Club Volunteers*

## Roster:

	<b>This week</b>	<b>Next Week</b>
Program	Bernadette Capello Surviving Medication	Andrea Clifford The Australian Rugby Choir
Introduction	Peter Evans	Neale Emanuel
Appreciation	Ian Excell	Bob Harvie
Sergeant	Val Bland	Val Bland
Fellowship	David Fox John Gray	Des Henderson Kelly Rex Hunt
Raven Recorder	Ken Goard	Bernadette Capello
Birthdays	nil	nil
Anniversaries	nil	Ian and Val Excell 3rd May
Trash & Treasure	23rd Apr David Fox-Ken Goard 7th May May Piers Booth-Ajit Banerjee	30th Apr Carlo Binutti-Pamela Best 14th May Robin Cromer-Eric Taylor

# The Raven

*The Weekly Bulletin of the Rotary Club of Canberra-Woden Inc.*

*No 42 Vol 38 Wednesday 19th April 2006*

## *This Week:*

**Bernadette Capello**

on

## **Surviving Medication**

Bernadette is a Community and Consultant Pharmacist, Justice of the Peace, Formula 1 Racing Enthusiast. Educated at St Clares College Canberra 1983-1989, University of Sydney 1991-1994. Graduated with Bachelor of Pharmacy. Began work in 1994 at Southlands Capital Chemist as a graduate. Registered in 1995. Accredited as a consultant pharmacist in 2001 permitting conduct of medication review services for residents of aged care facilities, DVA veterans, domicilliary patients. Volunteer work in Calcutta in 1999 working as a pharmacist with a medical charity called Calcutta Rescue which conducts street clinics around the city for the poor.

## *Last Week:*

President John opened the meeting with the following announcements:

- He had written to PDG John Lawrence congratulating him on behalf of the Club for the Service Above Self Award presented to him for his efforts for the Akha Children in Thailand.
- Monthly working bees are being held at the Greenhills Centre to restore and develop outdoor facilities damaged by the bushfires. Working bees start at 9am on 22 April, 20 May, 17 June etc. As a donor of \$2000 the Club has been nominated as a 2005/06 Bronze Sponsor of the John Loutitt Rotary Hall.
- Parking Volunteers will be nominated for duties next week.
- President Elect Ray Newcombe announced the District Assembly meeting on 6/7th May and invited members to attend.
- Des Henderson Kelly advised that Murray Crowe is in Calvary Hospital and invited members to visit him.
- Phil Ibbotson met Past Member Bill Edwards who asked that he be remembered to Present Members.



**SERVICE Above Self**

## Guest Speaker, Ken Goard spoke on the subject Clean Water — Boil or Strain?

Rain is the primary source of all our water. We rely on stored water in the ground, from bores, artesian storages, wet-lands, lakes or rivers. Remember, these are slowly renewable resources and potable water (drinkable) is only 2% of all water world-wide.

The level of purity determining if it is useful for drinking or for industry is expressed as salinity, a measure of electrolytes (sodium, phosphorus, nitrates) as mg/litre. It is best to be below 500mg/l, but ground-water varies from 500 to 3,000 mg/l. Total dissolved solids will be high in storm or domestic effluent or sea-water.

Ground water is a limited resource - and there are always arguments about who owns it, or who should have access to it and we must take steps to conserve it.

1. Stop waste. Priority One is to use less water at all times. And the better way is to use fresh potable water for human consumption only. We should ban its use for gardens, paths, and car-washing. Business needs to look for economies in industry and in agriculture.
2. Upgrade new and existing dams and weirs.
3. Install rainwater tanks in new houses and apartments.
4. Use recycled effluent, storm-water, and grey water.
5. Use desalination as an alternative water supply where appropriate.

In the ACT and Sydney there are geographic limitations to the extent of catchments, the building of dams, rain shadows and the use of virtual dams. Thus the choice is to Recycle or Desalinate.

There are problems with both processes. The water has to have solids removed by coarse filtration, piping to get the water to the processing plant and returning it to the distribution network. Community attitudes have to be overcome, and the heavy burden of energy required also needs to be assessed.

These are features common to both processes, and the quality of the source, the level of purity desired and the source of energy used determines the final cost. Having cleaned out the various solids, there are two practical choices. The waste or sea-water is boiled and the steam condensed. Filtering is through successively finer strainers, and is making headway against distilling as technology improves and is getting cheaper. Both methods require buckets of energy, and the concentrated brine must be safely disposed of.

A Recycling plant is best situated within a metropolis, near industry. Location of Desalination plants near the shore can make use of the sandy sea-bed off-shore as filters. Ideally, the output from either system should be distributed for human use and quality manufacturing.

To sum up - water conservation is vital for everyone !

*With thanks to Ken Goard and Neale Emanuel.....*

**Attendance matters:** Honorary Member: Frank Macklin; Number of Members present 26; Percentage 82.76%

## A Day in the Life of a Volunteer at the Children of the Golden Triangle Project, North Thailand. *(With thanks to Trevaskis Times, April 2006)*

We are woken at 5:30 am to the sweet singing of some 300+ children welcoming the new day with song. Some of the 36 volunteers climb down from their mosquito net covered bunks to wander round in the gloom of the dormitory finding their work clothes with the aid of a torch. We then head off to the ablutions block being greeted by sleepy hulloos from little people aged from 5 years on. We then stand around discussing the programme for the day drinking black tea out of a stainless steel mug while the kids go about their morning chores of sweeping paths, watering plants in the nursery, moving gravel or bricks around the site and making breakfast which for them is sweetened rice on a thali plate. Our breakfast includes a fried egg, cut up tropical fruit, cook it yourself toast & jam with yet another cup of tea.

At 8:30 many of the kids pile into the back of the Centre's ute for the first of many trips to the local Thai school about a kilometre away. The volunteers wander off to their work groups which are loosely organized by a volunteer foreperson to paint large moulded fibre cement roof tiles, fabricate steel door & window frames, cast concrete slabs, install PVC drainage, paint steel roof trusses & purlins & lay concrete blocks. All these activities relate to the construction of a 26m x 6m building to provide sleeping & bathroom accommodation for staff or volunteers.

The electrician in our group is kept busy repairing & installing necessary lights & power points while some of the others with expertise in management & accounting help David & Asa Stevenson, the founders of the Akha Training Centre, with strategic planning, refining accounting systems and preparing submissions for future funding. Yet another group including an architect, a surveyor & two engineers head for the hills to reconnoitre possible sites for three schools which are proposed for three of the Akha Hill tribe villages. Three amateur photographers take photos of sponsored children to keep their sponsors up to date on the children's progress & activities. The kids in our group related well to the kids on site & as well as pulling their weight on the building project, provided the Akha children with learning activities & fireworks fun.

### Board members 2005-06

President	John Widdup
Secretary:	John Gray
Immed. Past President:	Peter Evans
President Elect :	Ray Newcombe
Treasurer:	Noel Hart
Club service:	Ray Newcombe
Community Service:	Bruce Hall
International Service:	Piers Booth
Vocational Service:	Shukry Sahhar
Youth Service:	Gary Scott

### Office holders

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