



**Board Directors**

**Other officers**

President: Shukry Sahhar  
 Secretary & Public Officer: Keith Avent  
 Immediate Past President: David Fox  
 President Elect: Ros Osbourne  
 Treasurer: Noel Hart  
 Club & Membership: John Widdup  
 Community & Public Relations: Bernadette Cappello  
 Vocation & Internal Leadership: Norma Donaldson  
 International & Foundation: Neale Emanuel  
 Youth Development: Gary Scott

Bulletin: Robin Cromer/John Gray  
 Attendance Chief: Norma Donaldson  
 Attendance Desk: Bernadette Cappello  
 Program: Phil Ibbotson  
 Sergeant: Neale Emanuel/David Fox & Gary Scott  
 Archives: Keith Avent  
 Member Data: Ken Goard  
 Webmaster: Robin Cromer

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**Previous Issues of the Raven**

Web: <<http://www.rotanet.com.au/canberrawoden>>

**Organiser of the Rotary Scenic Cycle Tour of Canberra.  
 Held annually in September.**



# THE RAVEN

THE WEEKLY BULLETIN OF THE ROTARY CLUB OF WODEN

## SPECIAL FRONT PAGE NEWS

### Anyone for a weekend at Thredbo?

- At last week's Board meeting a proposed trip to Thredbo was discussed and approved.
- \* **WHEN?** - 2 nights, from Friday 13th March to 5 p.m. Sunday, 15th.
  - \* **WHERE?** staying at Brindabella Ski Club new lodge in Thredbo Village.
  - \* **WHAT CAN WE DO THERE?** Anyone for golf? tennis? chairlift? alpine walks, picnics, swims, fishing, painting, lying in the shade, high altitude cappuccinos etc.?
  - \* **HOW MUCH?** \$110.00 per person for the 2 nights, plus park entry.
  - \* **BRING YOUR OWN** bedlinen, towels, food and drinks.
  - \* **PLEASE NOTE** Brindabella Ski Club is a self-help organisation. The Club expects that occupants clean their room and ensuite, and also that each person does a cleaning chore in the common rooms, before leaving for home.
  - \* **INTERESTED?** Please contact Norma Donaldson at [normad@apex.net.au](mailto:normad@apex.net.au), or phone 6231 6680, or sign up at the next Wednesday dinner meeting. I shall get back to you with more details and booking arrangements.

### FIND YOUR HIKING BOOTS!!

### The back page

#### MORE HUMOUR FOR LEXOPHILES (Lovers of Words)

- \* A boiled egg is hard to beat.
- \* He had a photographic memory which was never developed.
- \* A plateau is a high form of flattery.
- \* If you jump off a bridge in Paris you are in Seine.
- \* When she saw her first grey hairs she thought she'd dye.
- \* Santa's little helpers are subordinate clauses.

### Attendance last week

**Speaker:** Sean Battams (St John Ambulance)  
**Other Club guests:** AnneMarie Driver & Robyn Singleton  
**Othe guests:** Honorary Member Frank Macklin  
**Members present:** 25  
**Makeups:** 1 (Jim Grainger)  
**Percentage:** 82.14

### APOLOGIES

**BY 3 PM TUESDAY**  
 Norma Donaldson  
 6231 6680  
[normad@apex.net.au](mailto:normad@apex.net.au)

### New dinner badges!

With the change in the Club's name late last year, the Board has decided to arrange preparation of new dinner badges for all members and partners. The cost will be met from Club funds. The opportunity will be taken to modernise the design, using a rectangular shape. You will be asked to check the information to appear on your badge, and your partner's where relevant, and to select the type of fixing you want. *Secretary Keith Avent.*

### DINNER ROSTER

	THIS WEEK - 4 February	NEXT WEEK – 11 February
<b>Program</b>	Dr Duncan Steel	Jeff Ibbotson
	Space science	Therapeutic Goods Administration
<b>Introduction</b>	Ajit Bannerjee	Carlo Binutti
<b>Appreciation</b>	Carlo Binutti	Lukas Strohmayer
<b>Fellowship</b>	Lukas Strohmayer	Peter Evans
	Ray Newcombe	Eric Taylor
<b>Raven Recorder</b>	Ken Goard	Gary Scott
<b>Birthdays</b>		
<b>Anniversaries</b>	Keith & Yvonne Avent 4 Feb.	Des & Helen Henderson-Kelly 10 Feb.

### Dates for your diary

**27/28 Feb & 1 March** – Canberra Show parking  
**13 to 15 March** – Possible weekend at Thredbo  
**Sat 30 May** – Our Club's 40th Anniversary Event

### TONIGHT

**We welcome tonight**

**Dr DUNCAN STEEL**

**who will speak on "Space Science"**

**February is World Understanding Month**

## Last Week

In spite of the heat and threat of marauding kangaroos some 32 members and guests rose, at the behest of Sergeant David Fox, on the opening of the first official meeting of our club at Red Hill Golf Club and to welcome President Shukry. He in turn welcomed guests Ann-Marie Driver, Robyn Sinclair, honorary member Frank Macklin and our Guest Speaker.

We were bombarded by two sergeants, David and Neale, who laid on the fines at a furious rate to the usual rowdy responses.

Peter Evans in a matter dear to his heart, introduced the guest speaker (a much younger ex-serviceman and an airman at that) who was to tell us about artificial resuscitation and the St John Ambulance Association.

Sean Battams spoke eloquently on the need for people to phone 000 in case of emergency where the respondents are qualified to send ambulances and give advice on how

to attend to incidents of any kind. However as a routine, one should carry gloves and a breathing mask.

St John Ambulance advises the remembrance of the letters DRABCD as a procedure in an emergency.

The D stands for danger. There could be a problem with traffic, with live electricity, of bleeding, other people being hurt and cross infections, hence the gloves. The most common causes of death are cessation of breathing and bleeding, so these must be first attended to.

R stands for – R they conscious? Firstly speak clearly asking their name and if no response firmly squeeze the arm without moving the body. If no response call OOO.

A is for airway. Their tubes must be open and clear. Closely examine inside the

mouth then gently turn the head back so moving the tongue and airway. If there is a foreign body, blood and mucus, roll the head to the side and scoop it out.

B is for breathing. Check by listening, feeling, and looking at the chest. If no sign is found within 10 seconds close the nose and apply 2 breaths through a mask just sufficiently to make the chest rise.

C is for checking for breathing. Start CPR heart massage on the mid-chest using the heel of one hand on top of the heel of the other hand so as not to break the ribs. Kneeling upright by the body, depress the chest by a third of its depth 30 times at a steady heart rate followed by another two breaths, ie 150 pumps and 10 breaths in 120 secs. Continue until you are relieved, exhausted or there are positive signs of life such as movement. Stop any bleeding in any way possible.

D is for defibrillator. Contact security staff in any building or place to locate this. The sign “AED” shows the location of defibrillators in the community. Be aware of not touching the patient when the machine is operating and try to ensure dry surrounds. The machine gives instructions as to the process. This should start the heart until help arrives.

Many questions followed the interesting and informative talk. It was thought that perhaps the Club should ensure some are qualified to apply CPR in view of our public commitments and also the supply of defibrillators could be a Rotary Project.

Piers provided the obligatory ‘Thank you’ and Rotary Pen.

The new venue appears successful and the tasty Yorkshire pudding was enjoyed.



## Club News

**Canberra Show parking:** President Shukry, supported by Gary Scott, exhorted members to gather support from family to staff the carparking from 27 February to 1 March. Gary induced Ajit to volunteer his million plus family from the north with the proviso that we feed them.

**Rotary Western Desert Project:** David Fox reported the project has gained a finalization of planning and insurance risk and liability. The application for a matching grant has been taken up by a Korean Club – this will bring the total grant amount to \$24,000. Lucas has turned the heat on the ABC to gain publicity for the project.

**DG Phil Mewett illness:** All club members are sorry to hear of Phil’s health situation and we extend our warm support to him and Denise for a speedy recovery.

**NYSF hosting:** Ros Osbourne thanked those who had supported the Sunday hosting program and members in turn thanked her for having hosted delegates from the 2nd forum.

## Board Bytes - Keith Avent

At the Board meeting on 28 January, some of the items discussed were:

**President-Nominee:** Gary Scott has accepted the nomination as the Club’s President for 2010-11.

**Increase in membership:** We expect to induct 3 to 4 new members in the coming weeks – particularly due to John Widdup’s work as our membership development guru.

**First Aid and Club activities:** Following the talk by Sean Battams on First Aid last week, it is planned to survey members’ knowledge of and interest in this field, and to take a closer look at how we manage First Aid availability for our service activities.

**Show parking 27 Feb to 1 March:** Don’t forget that show parking will be coming up.

**Rotary Western Desert Project:** Things are taking shape for a matching grant application in collaboration with a Korean Rotary Club.

**Bruce Drake Community Service Award:** Members are invited to propose nominees for this award. Let Bernadette know.

**Marion Bateup – Australian Rotary Health Research Indigenous Scholar:** Marion, our sponsored nursing trainee for indigenous health, has reported on her studies to date. We hope to have her visit us shortly.

**Rotary Youth Leadership Award (RYLA):** We have sponsored Ross Dyson for the RYLA seminar held recently.

**Weekend at a ski lodge:** Norma Donaldson will be checking member interest in a weekend stay at a ski lodge in Thredbo during March. (See details on page 1 of this Raven.)

**India in the park program:** The Board approved a donation of \$300 towards the “India in the Park” program on 7 Feb. We will use the occasion to publicise our Club and Rotary.

## From the Editors

In last week’s Raven we recorded that Christine Lewis was a guest. How we gave Christine Bell that name is anyone’s guess - our apologies to Christine. But it just goes to show how keen we are to see the Club’s membership increase.

RAVEN REPORTER

Bob Harvie

PHOTOGRAPHER

John Gray