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Rotary Foundation:	Jeff Ibbotson	Webmaster:	Robin Cromer
Youth:	Gary Scott		

**Previous Issues of the Raven**

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

**Contact Information**

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**The back page**

This bulletin's name reflects the ancient Scandinavian God Woden or Odin – the supreme God and Alfadur (All-Father). He drew wisdom from the well of the Giant Mimir. He had two ravens called Hugin and Munin (Thought and Memory) who flew forth every day and returned at night to tell him what they had seen, so contributing to his wisdom.

The land bought in 1837 by classical scholar Dr James Murray was named 'Woden'. From 1962 onwards Woden Town was built on that land.



**Attendance last week**

**Guest Speaker:** Virginia Rasheed  
**Visiting Rotarians:** George Pratt  
**Other Guests:** Nil  
**Members present:** 15  
**Makeups:** 5  
**Percentage:** 68.965 %

**APOLOGIES**

**BY 3 PM TUESDAY**  
**Norma Donaldson**  
**6231 6680**  
**normad@apex.net.au**

**DINNER ROSTER**

	<b>THIS WEEK – 2 June</b>	<b>NEXT WEEK – 9 June</b>
<b>Program</b>	John Robson "Sailing"	Emma Baldock "Grandparents"
<b>Introduction</b>	Mike Rodd	Ian Excell
<b>Appreciation</b>	Robyn Singleton	John Robson
<b>Fellowship</b>	Christine Bell	Des Henderson Kelly
	David Fox	John Gray
<b>Raven Recorder</b>	Christine Bell	Gary Scott
<b>Birthdays</b>	Nil	Phil Ibbotson 9 June, Jenny Fox 12 June
<b>Anniversaries</b>	Nil	Nil

**PARKING AT THOROUGHRED PARK**

Friday 25 June: Gary Scott (Leader), Bob Harvie, Ros Osbourne, Pat Schmidt



**THE RAVEN**

THE WEEKLY BULLETIN OF THE ROTARY CLUB OF WODEN

**Meetings: 6.00 for 6.15 pm Wednesdays, Federal Golf Club, Gowrie Drive, Red Hill**

**Organiser of the Rotary Spring Cycle Ride of Canberra.**

**Held annually in September or October.**

**HONORARY MEMBER - Frank Macklin**

I was born in 1921 at Chinchilla in south-western Queensland, and apart for the last thirty years in Canberra, I was constantly on the move. I attended seven different schools in Queensland and New South Wales finishing up at Maitland Boys High School in 1937.

I joined the Bank of NSW at Gunnedah in 1938 and worked in fourteen different branches. In 1941 I joined the army but later transferred to the AIF and served for over four years during which time my unit saw service in Port Moresby, Morotai and Labuan.

On my return to civilian life I rejoined the Bank at Queanbeyan. In 1949 I was stationed at Urana in the Riverina where I met Dorothy and was married in 1951. Following our wedding we moved to

Port Kembla for seven years. We have two children, David who is a Manager with Optus, and Julie who has worked for over thirty years at the John Curtin School of Medical research. We have two grandchildren.

My first position as a Bank Manager was at Nimbin following which I had terms at Alderley in Brisbane and then Dorrigo where I joined Rotary in 1969.

I continued my membership at Crookwell and then here at Woden from 1977. I retired in 1982. I have enjoyed Rotary and have made many friends.

Due to poor health I have been unable to attend meetings but I look forward to receiving the Raven each week.

(Frank is too modest – he is a Paul Harris Fellow as well. Ed.)



**Dates for your diary**

**Racecourse parking – roster at foot of page 4**

**16 June – Michelle Jester, Ambass. Scholar**  
**23 June – Club Forum – Plans for 2010-2011**  
**30 June – Changeover Dinner**  
**7 July – Mike Rodd "South Africa"**  
**21/22 Aug – District Conference - Hellenic Club**

**TONIGHT**

Our own member

**JOHN ROBSON**

**"Sailing"**

**June is Rotary Fellowship Month**

## Last week

Phantom Sergeant Bruce opened the meeting and welcomed President Ros.

Bruce's fines session was lucrative and he went to great pains to highlight that not only had he been responsible for the recent Icelandic volcano eruptions, he was also responsible for it stopping. He also showed off by being able to pronounce the volcano's name.

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## Guest speaker - Virginia Rasheed

Our guest speaker for the evening was from ACT Community Nursing.

Virginia was warmly welcomed by Phil Ibbotson, who had recently benefited from the services of a community nurse visiting to tend to his scald burn, which almost certainly averted a stay in hospital.



She spoke of her role of coordinating community courses for people in Canberra with chronic illness. She has a specialized role in chronic pain management.

Some of the other services provided by Community Nursing include acute care support, aged care and rehabilitation, wound management, domiciliary care amongst others.

Virginia described the methods by which people can register to access services through the Community Health Intake.

While home visits are made, ACT Health also has ambulatory clinics in all of the Health Clinics which perform services such as stitch removal, wound dressing, post-chemotherapy and cardiac surgery monitoring, injections.

Virginia talked about her specialized area of chronic pain management, and the various causes, management options and services such as the wound clinic and self management courses. Notably, the long waiting list (>12 months) for the wound clinic was mentioned.

Virginia was pleased to field a variety of questions from interested members and was thanked by Christine.

A number of brochures and a schedule for courses on "Living a Healthy Life with Long-Term Conditions" were distributed. The contact phone number for *Community Health Intake* is: 6207 9977.

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## Have you arranged a dinner roster swap?

It is appreciated that you cannot predict all of your commitments many weeks ahead and inevitably you will find yourself rostered on a night you cannot attend Rotary. In these circumstances all you need to do is arrange a swap with a fellow member.

**BUT PLEASE REMEMBER TO ADVISE THE RAVEN EDITORS OF THE SWAP.**

## Club News

**Indigenous Health Scholarship:** President Ros reported on the challenge of finding another Indigenous Health Scholar – none of which have been forthcoming from ANU or UC. There is a potential recipient in the form of a former RAIC delegate from Katherine, who is currently studying medicine in Sydney. Investigations are continuing.

**Donations to Rotary Foundation:** If you are contemplating a donation to Rotary Foundation please note that the exchange rate to the US\$ is changing. It is best to make such donations before 1 June, to take best advantage of the exchange rate.

**Promotional Dinner receipts:** President Ros advised that receipts for donations made at the Promotional Dinner last month should be available next week. These have been held up due to the receipt book being unavailable.

**Photos of Western Desert Health Project:** The District Conference is calling for presentations. The plan is to prepare another Power Point presentation on our Western Desert Health Project. Anybody with photos or other contributions to make please contact President Ros.

**Western Desert Health Project:** We look forward to welcoming back tonight the working party lead by Shukry. This, the 9th working party, comprised Shukry and Helen Sahhar, the Silver Fox, Norma Donaldson and John Robson. The cupboards due to be installed by the Working Party fell foul of the wet roads and were delayed in arrival but the team were kept busy with fencing. They worked until midnight on Friday installing the kitchen ready for the plumber to return and connect everything up. One of the next tasks is to source the 'chillers' required to cool the water used in the dialysis units.

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## Sunset at Kintore - John Widdup



### RAVEN REPORTER

Bernadette Cappello

### PHOTOGRAPHERS

John Gray  
Des Pain  
John Widdup