

**ROTARY CLUB****OF WODEN INC.****Board Directors**

President: Ros Osbourne  
 Secretary & Public Officer: Keith Avent  
 Immediate Past President: Shukry Sahhar  
 President Elect: Gary Scott  
 Treasurer: Lyn Svanosio  
 Club Operations: Des Pain  
 Membership: John Widdup  
 Community & Fun: Bernadette Cappello  
 Rotary Foundation: Jeff Ibbotson  
 Youth: Gary Scott

**Other officers**

Vocational: Carlo Binutti  
 Bulletin: Robin Cromer, John Gray,  
 Alec Philip & Bruce Wyatt  
 Attendance Chief: Norma Donaldson  
 Program: Phil Ibbotson  
 Sergeant Chief: Bruce Wyatt  
 PR & Media: David Fox  
 Archives: Keith Avent  
 Member data: Ken Goard  
 Webmaster: Robin Cromer

**Contact Information**

PO Box 637 Woden ACT 2606

Secretary: [keith.avent@bigpond.com](mailto:keith.avent@bigpond.com)**Previous Issues of the Raven:**<http://www.rotarnet.com.au/woden>**Organiser of the Rotary Spring Cycle - Held annually in September****The back page**

Watch your thoughts; they become words.  
 Watch your words; they become actions.  
 Watch your actions; they become habits.  
 Watch your habits; they become character.  
 Watch your character; it becomes your destiny.

Frank Outlaw, from "The Gift of Wisdom" Axiom Publishing

**Last week's attendance**

**Guest speaker:** Bob Buckley  
**Visitors:** Marcus Donnelly, John Robson  
**Visiting Rotarians:** 0  
**Members present:** 17 **Make-ups:** 0  
**Countable:** 16 **Percentage:** 53.33%

**APOLOGIES****BY 3 PM TUESDAY**

Norma Donaldson  
 6231 6680  
[normad@apex.net.au](mailto:normad@apex.net.au)

**DINNER ROSTER**

| Program               | This week - 22 July                    | Next week - 29 July  |
|-----------------------|--|--|
|                       | DG Michael Pedler                      | Dr Jim Peacock - CSIRO Fellow<br>GM Crops, facts and fallacies |
| <b>Introduction</b>   | Alec Philip                            | Annemarie Driver   |
| <b>Appreciation</b>   | Piers Booth                            | Ajit Banerjee  |
| <b>Fellowship</b>     | Robin Cromer                           | Des Pain   |
|                       | Noel Hart                              | Des Henderson-Kelly  |
| <b>Raven Recorder</b> | Piers Booth                            | Gary Scott   |
| <b>Birthdays</b>      | Norma Donaldson & Dorothy Macklin 22/7 | John Widdup 26/7   |
| <b>Anniversaries</b>  |  |  |



# THE RAVEN

THE WEEKLY BULLETIN OF THE ROTARY CLUB OF WODEN

Meetings 6.00 for 6.15 pm each Wednesday, Federal Golf Club, Gowrie Drive, Red Hill

**Meeting last week**

Gary Scott presided over the meeting in his Mikado like role of Sergeant, Past President, President Elect and Acting President.

Gary opened the meeting in the forced absence of our newly anointed President. Ros was unable to attend owing to a severe fall, from which we all hope she has a speedy recovery.

**Sergeant Gary introduces himself as Acting President**

Sergeant Gary admitted to his sin of omission on a recent parking job at Thoroughbred Park. He incidentally failed to fine himself but acted in his G & S role of judge and jury, virtually slandering and fining upright club stalwarts.

**Attendance**

**Norma** has returned and is again the contact person for dinner arrangements. Please notify all cancellations and new bookings to her before 3.00 pm on the **Tuesday**, as final dinner numbers must be given to the Golf Club by that time.

Email: [normad@apex.net.au](mailto:normad@apex.net.au) or  
 Phone: 6231 6680 [leave messages]

**Subscriptions**

The Board has set membership fees for 2009/2010 Rotary Year at \$240. Fees and now due so please pay the Treasurer as soon as possible. Subs can be paid by direct debit to the club's CBA account (still RC of Canberra Woden):-

**BSB: 062 905****Account No: 1007 3240****Dates for your diary**

**Aug 20:** Western Desert working party  
**Sep 5-12:** Adventure in Citizenship (RAIC)  
**Sun Sep 27:** Rotary Spring Cycle  
**Sat Oct 17:** Parking at Thoroughbred Park  
**Oct 23-25:** District Conference in Cooma  
**Feb 26-28:** Parking at Royal Canberra Show

**Tonight**

**Michael Pedler**  
 District Governor

**July marks the new Rotary Year**

## Measurement of athletic performance

The guest speaker Bob Buckley, was introduced to the club by Bruce Wyatt who reminded us that Bob had been a speaker previously. His alma mater was Qld University as a BA (Hons) Computer Science and he now works for the Australian Institute of Sport as a data analyst in performance modelling.

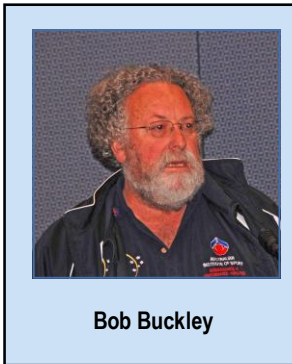
His CV states: "A Performance Analysis Unit was established at the AIS in 2002 to provide a focus for the use of information and communications technology for coaches to develop athlete performance in training and competition environments. One of the key features of performance analysis is in integration of disciplined insights into learning and performance. These insights range from the expert observations a coach makes to those that sports scientists, sports medicine practitioners and physical therapists provide."

The Performance Analysis Unit: make permanent records of performance; observe in a systematic way; record and analyse selected aspects of performance; and provide quantitative and qualitative information."

Bob said that although they had no guidelines in their work, they were set up as a secret team whose

individuals are good but together they are dangerous.

They use devices on players similar to those as used on guided bombs, tracking and measuring speed, acceleration and location. They study the working energy, the physiology, genetics, training, injuries, recovery, biochemistry, psychology and nutrition of the athletes, also using devices like strain gauges on oars, GPS systems, techniques in slip-streaming in cycling and in the effects of altitude.



Bob Buckley

In order to benefit the athletes, there have to be coaches who can utilize this information and in addition some coaches who may be intuitive. However, there are still many unknown factors such as to why Ethiopian runners oxygen capacity remains high even when they run at lower elevations.

His talk was followed by many probing questions. Des Henderson-Kelly in his vote of thanks to Bob mentioned Professor Henry Cotton the first sport physiologist in Australia, who trained the famous Forbes Carlisle.

Raven Reporter - Bob Harvie  
Photographs - Robin Cromer

**Winery visit & tasting:** Our Director of FUN, Bernadette, asked for expressions of interest in a tour of Lerida Estate winery. Planned date is Sunday 1st November starting at 11.00 am for a cost of \$10. There is a restaurant for those wishing to eat afterwards. The response from members indicated the tour was likely to be a goer!

## Rotary Exchange student Jess McConnell

Hello to everyone back in the wonderful world of Oz.

Well I've just made it to 24 weeks today and as of last Thursday it was exactly 192 days and on the 24th its 6 months... Not that anyone is counting but as we just had a 6 months party, we were expected to know.

So far this year I have visited 8 different countries, 8 different major Switzerland cities, failed 2 English tests (do you no what conjunctive verbs and reported speech are, cause I do now), lived with 2 very different families, eating more new food than I thought existed, preformed in a play in German and had lines, am currently in a musical, made a bunch of friends from Switzerland and a lot of other countries, re-defined every comfort zone I had, gained a second language which although not fluent is getting a lot better, walked in a parade, had the greatest moments of my life and still haven't got into any major trouble.

Over the last 2 weeks we had the Rotary Euro-tour. This consisted of 38 exchange students, 5 countries, 1 Rotary and 3 Rotex leaders, 12 days and 1 bus. We had a blast and came

back having everyone as a friend. It started with a short overnight stop in Ausberg Germany followed by 3 days in Prague and the Czech Republic,

After Prague it was 3 days in Vienna, Austria. It was wonderful to final be back in a country where we could read the signs and ask questions fluently. We did a tour, saw another couple of churches, got lost, met some Australian exchange students in Austria and went to a classical concert where everyone was dressed up Victorian style. The Austrians love their Mozart.

From Austria it was a trip down south to Italy. We stayed in a small town central to Verona, Florence and Pisa and spent 1 day in each. The final night was filled with laughter and tears as everyone preformed, got flags signed, traded items and said our goodbyes, we spent the entire night talking and working out how in the future we were all going to meet up.

Hope everything is going great for everyone back home and the weather isn't to bad. We have sunny skies and warm days. Jess

(There was more ..... Ed.)

## Rotary Scenic Cycle

An agreement has been signed between our Club and the RC of Gungahlin on our respective roles in running the Cycle event.

Essentially, Woden retains 'ownership' of the event, organises the various approvals and collects

income from riders.

Gungahlin will undertake the marketing, seek sponsorship and provide a PR manager. Both clubs will be represented on a co-ordination committee and funds will be split 50:50.

Welcome Gungahlin!