



**BULLETIN 16<sup>th</sup> October 2008**

**Where we meet**

Meets Thursdays 12.15 for 12.30  
Southern Cross Yacht Club, Mariner  
Place, Lotus Bay, Yarralumla

**President** Bill Andrews  
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**Secretary** Tony Brickwood  
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**Contact**

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Griffin Inc  
GPO Box 602 Canberra City ACT  
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**Apologies**

Please contact Pres Bill before 12  
noon Thursday of the meeting or  
earlier

**Last meeting details**

14 members  
50% attendance  
1 visiting Rotarian  
2 guests

**Meeting Co-ordinator**

October – Michael Rabey  
November – Sharon Green  
December – Bob Brading

**Rotary Grace**

For good food, good  
fellowship, and the  
privilege to serve,  
through Rotary we give  
thanks.



**The Ruff Olympics**

Our guest speaker last week needed little introduction. Ross Brown re-introduced a good friend to our club, Ian Ruff who shared his Olympic experience with us. Ian is an Olympic champion from the 1976 Olympics in Montreal. His story and photos took us down memory lane for a nostalgic look at how much things have changed in the sporting world. When Ian was 8 years old he suffered through Rheumatic Fever and was told that he would never be able to play sport – advice which he proceeded to ignore as he had plenty of energy and goals in life. He fell in love with sailing and in 1974 the 470 class of sailing boats was added as an Olympic class. Ian and team won the first ever national Titles and went on to Naples for the World Titles. Their boat arrived late unfortunately and they were having a great time – the result being they were flogged in Naples.

Now for three years in a row, Ian spent the Monday of the October long weekend in hospital for various injuries resulting from his adventurous and daring spirit. The last trip to hospital (1975) was for a torn ligament in his knee from water skiing, but this time...the Olympic trials were in the following February so a quick recovery was strong in his mind. Then his sailing partner's wife fell pregnant so he had no crew! Ian and his coach found a gentleman who was game to help Ian achieve his Olympic dream. A couple of problems with this were the gentleman lived in Sydney and had never sailed a boat with 2 people and more than one sail. For four days of every week, Ian then drove after work, 300kms from Taree to Sydney to train on Sydney harbor until they were kicked off the water each night for sailing without lights. Their coach was teaching them to sail by feel rather than sight. Ian and partner never finished a race in the trials as they knew they were fast but didn't want to let everyone know exactly how fast. When the Montreal Olympics finally came the weather was terrible for the sailing events. Ian's team persisted and with a few streaks of bad luck ended up with a Bronze medal. That year was terrible for Australian athletes bringing home 1 silver and 3 bronze medals. That was what started off the AIS. This man from Taree, now an Australian Olympic champion, returned home and after years of concentrating on how to be a champion, found there was no one teaching them how to be a normal person in society. This was a very hard transition and one that many a Champion suffers through. There were no sponsorships or scholarships in those days and everything was paid for and raised by the athlete.

Ian also shared many a story with us from the Montreal games, particularly about meeting the Queen. His mother was off getting supplies for Ian when the Queen and her entourage came by to inspect the English team. They weren't there but Ian was – head down in the boat in his Speedo's asking someone for a spanner. He received his spanner and a reply in a clipped British accent as the person standing behind him was Prince Philip! Ian's mother was devastated about missing the meeting with the Queen so when Ian saw her in the crowd he dragged his mother over to meet her properly. The Queen then said what a pleasure it was to meet you Mrs Ruff which was a memory that was one of Ian's mothers best – how proud of her son she must have been.

And how proud of Ian we are as a club and as his friends. This man has shown great courage, determination and carried a fantastic sense of humor through his life experiences.

## Coming Events and Speakers

Thursday 16<sup>th</sup> October – Nina Hicks from the Public Trustee Office

Thursday 23<sup>rd</sup> October – Maryam Blizard Indigenous Innovation Program

Saturday 25<sup>th</sup> October – 1980's STOMP

Thursday 30<sup>th</sup> October – Barry Howe – The Greenhills Project

Friday 31<sup>st</sup> October – District Conference Sussex Inlet

Thursday 6<sup>th</sup> November – Kirra Rankin - Ironwoman

## Door Roster

Thursday 16<sup>th</sup> October – Ross Brown and Peter Dawson

Thursday 23<sup>rd</sup> October – Fiona Carthew and Olek Gancarz

Thursday 30<sup>th</sup> October – Keith Gray and Sharon Green

## International Toast Roster

Thursday 16<sup>th</sup> October – Phil Hawke

Thursday 23<sup>rd</sup> October – Chris Gray

Thursday 30<sup>th</sup> October – Peter Holley

## Vocational Update Roster

Thursday 23<sup>rd</sup> October – Peter Holley

Thursday 30<sup>th</sup> October – Peter Petkovic

If you can't do any of the rostered duties please arrange your own replacement.

## The Rotary 4-Way Test

"Of the things we think, say or do:

Is it the TRUTH?

Is it FAIR to all concerned?

Will it build GOODWILL and BETTER FRIENDSHIPS?

Will it be BENEFICIAL to all concerned?"

## This Week

This Thursday Bill will be introducing Tina Hicks from the ACT Public Trustees Office to discuss the unusual work she undertakes particularly for those families where a deceased member overlooks the preparation of a Will. Very interesting!

Other dates to think about:

25<sup>th</sup> October - STOMP – can you help with the roster and attend, or provide a useful prize for the Silent Auction?

31<sup>st</sup> October – we are travelling to Sussex Inlet for the District Conference. Want to share a car?

## Club Programme

For all details of our Programme visit <http://www.canberra-burley-griffin-rotary-club.org/Program.html>



Pictured here is Frank West (visiting Rotarian) presenting a banner to acting and past president Ross Brown. Frank and his wife Val joined us from the Rotary Club of Chantries in England.

Bulletin editor

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