

“BE THE INSPIRATION”

The Rotary Club of Kingston meets at the Kingborough Bowls Club, Margate, Mondays 6.30 for 7.00

Tonight’s meeting #2157

This week: 1/10/18

CLUB SERVICE
ASSEMBLY

| | |
|--------------------------------|-------------------|
| Chairman | Pres Jill Sward |
| Registration/Raffle prize | Rtn Kathleen Page |
| Assistant | PP David Moore |
| Meet ‘n Greet/Décor/TT Steward | PP Roger Bastone |

Next meeting: 8/10/18

COMMUNITY SERVICE
THE BEACON FOUNDATION
Speaker: **NICK PROBERT (tbc)**

| | |
|--------------------------------|-------------------|
| Chairman | PP John Peterson |
| Registration/Raffle prize | PP Mike Percey |
| Assistant | Rtn Chris Neilsen |
| Meet ‘n Greet/Décor/TT Steward | PP Rod Williams |

PLEASE NOTE: This Bulletin was prepared from the information available at the time of printing.

WHAT ELSE IS HAPPENING IN OUR CLUB?
ANYTHING WE NEED TO KNOW?
CHECK OUR CLUB WEBSITE: www.rotaryclubofkingston.org

THOUGHT FOR THE WEEK

FORTY IS THE OLD AGE OF YOUTH; FIFTY IS THE YOUTH OF OLD AGE

Leave of absence: PPs Lois Haas, Paul Jack, Else Phillips.

After **President Jill Sward** opened the meeting, **Rtn Imogen Fullagar** told us her daughter, **Mia**, had so far raised \$3,500 of the \$8,000 target needed for her overseas humanitarian project. With one year to her departure, she has taken employment at Salamanca Fresh. Imogen thanked those Rotarians who had provided references for employment.

PP Mike Whitehouse distributed statements on the funds so far raised for **drought relief**, highlighting the outstanding work of the seven Rotary districts in the affected areas in so far distributing, through the National Farmers’ Federation, \$1.6 million of the \$4.5 million so far raised. The slogan for the project is “Well-being, not Welfare” as there is growing concern regarding the mental health issues now coming to the surface.

PP Malcolm Wells expressed his thanks to all those Rotarians whose combined efforts had contributed to another successful **Fun Run and Walk** the preceding Sunday. There was a very special “thank you” to Hazell Brothers for their assistance with the road closures and infrastructure work. There had been 312 participants and the club benefited by around \$2,400 to \$2,500.

President Jill read from a letter received from **Edna Pennicott** in which Edna expressed surprise and gratitude for the trolley and the groceries therein we presented to her a couple of weeks ago.

Then it was the turn of **PP Kim Pitt** to provide an insight to the battle of Trafalgar in 1805.

In a highly informative, and at times slightly risqué, presentation, Kim took us back to the times and tactics of 1805 off Spain's Cape Trafalgar where the British and Allies (France and Spain together) were to do battle on October 21.

The British force of 27 was slightly outnumbered by the Allies' 33 and the usual battle formation was to have the ships draw alongside the foe and battle it out with cannon broadsides. Most ships of the line had a total of around 50 cannon per side that were able to bear on the enemy and changing direction would leave the ship exposed as there were not any cannon directly fore or aft.

The French had received orders to assist Napoleon's faltering Italian campaign with the assistance of the Spanish, but were hampered by a British naval blockade south of Cadiz

The tactics employed by Admiral Nelson were somewhat different from the usual set-piece battle in that he ordered his fleet in two columns attacking the centre of the enemy fleets. Although risky, he had faith in his men with their discipline, superior sailing skill and greater rate of fire, and thus counter any tactical disadvantage by this unorthodox maneuver.

Kim then showed a series of graphics detailing the entire battle plan and its execution resulting in a victory with the Franco-Spanish fleet shattered. However, the human toll was severe, with fighting at such close quarters. Apart from the surrender of some 20 ships to the British, around 14,000 men were lost, half of whom were taken prisoner with those 20 ships, while the British lost around 1,500 men, either killed or wounded.

Of the "Allied" fleet, only 11 of the 33 made it back to Cadiz that afternoon while there was not any loss by the British.

This put an end to any ambition Napoleon may have had of invading Britain and ensured the dominance of Britain over the seas for the next 150 years.

FROM THE EDITOR'S DESK

SOME FRIGHTENING STATISTICS FOR MEN

- Boys and young men are more likely to die from external causes such as accidents and suicide whereas older men are more likely to die from disease of the circulatory system and cancers
- 1 in 688 men will be diagnosed with breast cancer
- The suicide rate for men is 3.5 times higher than for women
- The leading cause of death for Australian males is heart disease (Includes angina, heart attacks and blocked arteries) i.e. 24 per cent of the population
- Each day around 32 men learn they have prostate cancer
- Females have a life expectancy of 83.7 years
- Males have a life expectancy of 79.2 years
- More men die from prostate cancer than women die from breast cancer
- 60 per cent of men do not exercise sufficiently to obtain health benefits
- 95 per cent of men do not consume sufficient fruit and vegetables
- 86 per cent of men are either overweight or obese
- 31 per cent of men have a chronic health condition

NOTICE BOARD

DUTY ROSTERS FOR THE NEXT FOUR MEETINGS

October 8
Chairman PP John Peterson
Registration/Raffle prize PP Mike Percey
Assistant Rtn Chris Neilsen
Meet 'n Greet/Décor/TT Steward PP Rod Williams

October 16 (Tuesday)
Chairman AG Marion Cooper
Registration only PP John Peterson
Assistant Rtn David Oxley
Meet 'n Greet/Décor/TT Steward Not required

October 22
Chairman PP Lex McIndoe
Registration/Raffle prize PP Else Phillips
Assistant Rtn Kathleen Page
Meet 'n Greet/Décor/TT Steward PP Malcolm Wells

October 29
Chairman PP John Peterson
Registration/Raffle prize PP Annette Psereckis
Assistant PP Mike Percey
Meet 'n Greet/Décor/TT Steward PP Neil Bester

It is the responsibility of the rostered Rotarian to arrange a replacement if/when unable to attend.

FOR THE DIARY OCTOBER IS COMMUNITY DEVELOPMENT MONTH

(Mon) 8 AUSTRALIAN ROTARY HEALTH'S "LIFT THE LID ON MENTAL HEALTH" HAT DAY

COMMUNITY SERVICE – THE BEACON FOUNDATION – Speaker: NICK PROBERT (tbc)

(Sat/Sun) 13/14 EPILEPSY BARBECUE TRAILER AT WOODBANK GARDEN, HUON ROAD, LONGLEY

Note: (Tue) 16 CLUB SERVICE – GROUP FORUM – **HUONVILLE BOWLS CLUB** – 6.30 for 7.00

(Sat) 20 BBQ TRAILER FOR DOWN SYNDROME FUNDRAISER – PARLIAMENT HOUSE LAWNS

(Sun) 21 MEGA MARKET AT DRU POINT

(Mon) 22 DAYS4GIRLS AT ST CLEMENTS COMMUNITY CENTRE

COMMUNITY SERVICE – YOUTH DEVELOPMENT IN KINGBOROUGH – Speaker: CAROL SWARDS

(Sat) 27 HALLOWE'EN NIGHT – SENIOR CITIZENS CLUBROOMS – REDWOOD ROAD – ROTARIANS TO PROVIDE SALADS

(Mon) 29 **NOTE: PARTNERS' NIGHT**
VOCATIONAL SERVICE – HUON AQUACULTURE – Speaker; FRANCES BENDER

YOUR ROTARY PIN IS ONE OF THE GREATEST "ENTRÉE CARDS" YOU CAN DISPLAY. WEAR IT WITH PRIDE AND MAKE IT WORK FOR YOU.

‘LIFT THE LID ON MENTAL HEALTH ’
HAT DAY FOR AUSTRALIAN ROTARY HEALTH

As we read in the DG’s latest O & N, Kingston Rotarians will be pleased to learn that all money raised from the weekly fines session and donations to the “Blue Billy” will go to this campaign. This will be in addition to our participation in “Hat Day” on Monday, October 8, of which we shall be informed later.

It is hoped the campaign will enjoy the same level of success as the “Prostate Socks” promotion and there will be statewide coverage in print, radio and TV.

FOOD PLANT SOLUTIONS

“STUNTING”

The first 1000 days from conception are critical in a child's development. If children do not receive adequate nutrients during this time, they can suffer irreparable damage - both physically and mentally.

Stunting is the most common affliction and it is estimated that it affects 165 million children under five years old - one out of every four. Stunting - or low height for age - traps people into a lifelong cycle of poor nutrition, illness, poverty and inequity and potentially becomes intergenerational.

The damage to physical and cognitive development, especially during the first two years of a child's life, is largely irreversible.

A child's poorer school performance results in future income reductions of up to 22% on average. As adults, they are also at increased risk of obesity, diabetes and cardiovascular disease.

If we prevent stunting (and it can be prevented), these people as adults, will have the cognitive ability to make informed choices.

Then we have real, lasting change. It can be achieved.

Please consider how you can positively make a difference – www.foodplantsolutions.org or info@foodplantsolutions.org

LIGHT THE NIGHT

Today, another 35 Australians will be told they have blood cancer. In their darkest hour. Will you be the light?

The Leukaemia Foundation’s “Light the Night” is a unique fundraising event bringing Australia’s blood cancer community together for a moving ceremony and short lantern walk

Kingston Rotarians and family have been requested by the Leukaemia Foundation to support, their local “Light the Night” event that will be held from 5.30 p.m to 7.30 p.m on Friday, October 5, at Kingston Beach.

For more information go to www.lightthenight.org.au and enter the postcode 7050

Can you be their light?

YOUR CLUB BULLETIN
DO SOMETHING DIFFERENT

Every week there are lots of things happening to/with our members and our Club. Input by way of a joke, article, unsubstantiated rumor, notice, etc., is always welcome. The Kingston Rotary Bulletin has been recognized many times as the best in Tasmania but there is always room for improvement. Send material to billbrundle@hotmail.com

ROTARY YOUTH DRIVER AWARENESS (RYDA)
YOUNG DRIVERS AND WHY THEY SOMETIMES MAKE
TERRIBLE DECISIONS

Young people aged 17-25 are over-represented in road crash statistics and this is often due to their high risk behaviour as a driver or passenger. Recent research from Edith Cowan University confirms that it is usually not their fault. Brain studies show the frontal lobe — which is responsible for decision-making, impulse control, sensation-seeking, emotional responses and consequential thinking — does not finish developing until our early-to-mid 20s. A teen’s developing brain places them at greater risk of being reactive in their decision-making, and less able to consider the consequences of their choices.

So it’s reasonable to expect, in a car situation, that a 17-year-old will know they should not speed. However, they are less adept at choosing not to speed in the presence of coaxing peers whom they wish to impress. The difference between what teenagers know and what they choose can be explained in terms of “cold” and “hot” situations. Cold situations are choices made during times of low emotional arousal. During these periods, teenagers are able to make well-reasoned and rational decisions. Hot situations refer to choices during periods of high emotional arousal (feeling excited, anxious, or upset). Hot situations increase the chance of teenagers engaging in risk-taking and sensation-seeking behaviours, with little self-control or consideration of the possible consequences of their actions. The impact of emotional arousal on decision-making explains why teenagers might discuss, for example, the negative consequences associated with drinking and drug-taking, but then engage in those very behaviours when with friends.

Overall, teenagers’ psychosocial immaturity makes them more likely to:

- seek excitement and engage in risk-taking behaviour
- make choices on impulse
- focus on short-term gains

HOW OUR LIVES ARE SPENT
 (Source: American Bureau of Labour Statistics))

| | |
|----------------------|----------|
| 1. Sleeping | 28 years |
| 2. Working | 24.4 ‘ |
| 3. Watching TV | 8.5 “ |
| 4. Housework | 5 “ |
| 5. Eating/drinking | 3.5 “ |
| 6. Socialising | 2 “ |
| 7. Shopping | 1.3 “ |
| 8. Using computer | 1 “ |
| 9. Relaxing/holidays | 1 “ |
| 10. Reading | 1 “ |



YOU READ IT HERE FIRST

- Gina Rinehart, Australia’s richest woman, pockets \$1 million every half an hour. If it takes you seven seconds to read this sentence, she’s pocketed \$4,200 (based on \$598 per second)
- On September 3, 1967, Swedes stopped driving on the left-hand side of the road and switched to the right. Known as “H Day”, it kicked off at 4.50 a.m. All cars stopped, swapped sides, waited for 10 minutes...then the chaos began, right? Wrong. Swedes already drove cars with the wheel on the left, so their view of the road improved straight away, and there were fewer crashes than before
- Abdullah Hassan al Asiri attempted to assassinate Saudi Arabia’s Prince Mohammed bin Nayef in 2009...by shoving half a kilo of explosive up his bum. When he detonated it near his target, his body took most of the blast. He died; the prince was slightly hurt
- The fatality rate for the avian flu variant H5N1 that has caused four outbreaks in humans since 2003 is 60 per cent
- The first selfie was taken by American photography pioneer Robert Cornelius in 1839

NOTES FROM TONIGHT'S MEETING

- Australia's Michael Milton is officially the world's fastest disabled man on skis – the absolute legend clocked a blistering 213.65kmh in 2006
- Thirteen per cent of Scottish people have red hair – this is the highest proportion of any nation in the world
- There are two dog breeds used by the Australian military – the German and Belgian Malinois shepherd
- Back in 2009, Tricha Jackat, then 37, had been on the turps when she bumped into cops, who told her not to get behind the wheel. She ignored them, and when they pulled her over on a road in Maroochydore, Qld., she was drunker than a skunk. Despite it not being her first conviction, she avoided jail but copped a \$750 fine
- A study of mice showed the fear of a smell can be passed down through generations. Rodents whose dad or granddad were given an electric shock after smelling a cherry blossom were more frightened around it than other mice, and could identify it at lower concentrations
- Instagram photos with predominantly blue colours in them receive 24 per cent more likes on average than other colours. Worst shade for likes? Orange and red
- A new study says people who declare support for charities on social networking sites are less likely to donate money
- Cops in the Indian state of Madhya Pradesh are offered cash incentives (around 60 cents a month) to grow a moustache, which their bosses believe makes them better equipped to carry out their duties
- Archaeologists in China have found the oldest fossil record of insects mating: two 165-million-year-old bugs having sex
- In August 1995, a chicken fell into a well in southern Egypt, and six people drowned trying to rescue it. The chicken survived
- A group of yanks has created an alternative to the ski lift: a parachute dubbed "upski" that uses wind to pull you up a mountain
- Top female hand models can earn \$1,200 a day

The last word: A family of tomatoes was walking down the street, and the baby tomato started to lag behind. The papa tomato turned around and called "Ketchup!"