

“BE THE INSPIRATION”

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

Tonight’s meeting #2160

This week: 22/10/18

COMMUNITY SERVICE
YOUTH DEVELOPMENT IN KINGBOROUGH

Speaker: **CAROL SWARDS**

Chairman	PP Ewan Cameron
Registration/Raffle prize	PP Else Phillips
Assistant	Rtn Kathleen Page
Meet’n Greet/Décor/TT Steward	PP Malcolm Wells

Next meeting 29/10/18 **NOTE: PARTNERS’ NIGHT**

VOCATIONAL SERVICE
HUON AQUACULTURE
Speaker: **FRANCES BENDER**

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

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

“TO BE IGNORANT OF WHAT HAPPENED BEFORE YOU WERE BORN IS TO BE EVER A CHILD. FOR WHAT IS MAN’S LILFETIME UNLESS THE MEMORY OF PAST EVENTS IS WOVEN WITH THOSE OF EARLIER TIMES.”

Cicero (106-43 b.c.e.)

Leave of absence: PPs Lois Haas, Paul Jack.

Last week’s meeting took the form of a quite extended group get-together of the Rotary Clubs of d’Entrecasteaux Channel, Hobart, Huon Valley, Kingston, Salamanca and Sandy Bay and the Sandy Bay Rotaracters. The chair was taken by **AG Marion Cooper**.

Before the main address, there were “commercials” from the various clubs in support of their assorted efforts. These were

- An appeal for part sponsorship for a participant in the Windeward Bound Leadership Challenge (Hobart),
- A Melbourne Cup lunch at the RYCT in support of the above
- A quiz night and silent auction at the RYCT ditto
- Derby Day lunch at Home Hill Winery on November 4 at \$70 per person (d’Entrecasteaux Channel)
- The Has Beans performance in support of the Windeward Bound Leadership Challenge (Salamanca)
- Invitation to all clubs to attend Kingston meeting on October 29 for guest speaker Frances Bender of Huon Aquaculture (Kingston)
- A night at the movies to see “Bohemian Rhapsody” to fund TRF’s End Polio Now campaign

The formal proceedings began with a remarkable break from protocol with the toast to “Rotary International” being proposed by Sandy Bay’s PP Bob Calvert, instead of D G Ross Carlyle.

The principal address was by **Captain Sarah Parry**, master of “Windward Bound”, who has held a master’s certificate for some 45 years, following service in the Royal Australian Navy.

In Bordeaux, France, at an international maritime conference, Sarah was named 2017 International Sail Trainer of the Year – an honour richly deserved.

Sarah’s story is tied up with the conception, construction and operation of *Windward Bound* and the challenge offered to young people to step out of their comfort zones, take control of the ship and, eventually, their lives.

It began in the 1980’s when Sarah was entranced by seeing “Young Endeavour” under sail in Sydney Harbour, and later, in her then vocation as a television producer, when on a shoot with “Eye of the Wind”, she determined sailing would be her future.

Moving to Hobart, she was able to purchase scrap timber from a demolition site at MacQuarie Point for \$15, and with free for removal of huon pine from the breaking up of the old Derwent steamer “Excella”, she was on the way. There was also timber from the breaking up of the former ferry Melba and with the closure of the old ANM warehouse at Pavilion Point there was the builder’s yard, leased free from the Tasmanian Government.

In partnership with the Hobart City Council youth worker, the North Hobart Rotary Club, Tasmania Police and the cooperation of the state’s legal system, the building of Windward Bound was able to use the latent talent of a whole subculture of tear-away young people to find some useful purpose in life, and keep them away from what would most assuredly be a life of crime.

In 1995, the ship was rolled out and hit the water with fitting out taking up most of 1996. By a strange coincidence, the masts, spars and rigging for Windward Bound all came from “Young Endeavor”, the ship that inspired Sarah 15 years earlier.

All that upper work was transported free from Sydney to Hobart by Union Bulkships. Her maiden voyage was to Port Davey and her second across Bass Strait. Windward Bound marked the bi-centenary of Matthew Flinders’ circumnavigation of the continent by following his course and managed to call in at 120 ports along the way with all arrangements and accommodation in the hands of the 120 Rotary clubs in those ports. In the past 18 months, Windward Bound has completed 27 voyages

Many of those “fringe of society” kids have now married and have families and are part of the regular community in which they live.

The only paid member of the crew is the First Officer, Susie Graney, well-known to Kingston Rotarians and the Kingborough community in general, and who served in the RAN for some 18 years.

One of the rules for the young people taking part in the challenges is to part company with their i-pads and phones as part of a psychological break and deal with life at sea in a sailing ship and the day to day problems and tasks that arise because, as Sarah says, “They can’t run away from it”.

The running cost is around \$385,000 a year with insurance eating up \$60,000 of this total. The rest covers continual maintenance and port charges. This results in the ship only having 120 to 130 what Sarah called “useful days” out of the year’s 365..

Following Captain Sarah’s presentation, we were treated to an address by the District Youth Service Director, Membership Director (It’s everyone’s responsibility, and the memorable question: “If we’re 70 years old now, what will be in 10 years?”) and the District Governor on PolioPlus, The Rotary Foundation and Food Plant Solutions.

Adriana Taylor was named a Paul Harris Fellow by the Huon Valley Rotary Club. It was a big night.

FROM THE EDITOR'S DESK

WORLD POLIO DAY – WEDNESDAY 24TH

With this event only two days away, it's timely to remind ourselves it's only through vigilance and public vaccination programs in the last three countries where the wild polio virus is endemic, and in those recently declared polio-free, that we can ensure our children, grand-children and future generations remain polio-free.

Those fortunate to be born in the post-polio decades have no experience of children and young adults, once fit and able, being struck down by the paralysing virus, or recognise the health issues that continue in their old age.

They don't understand until we finally relegate polio to the history books, its dangers still lurk.

Although India was declared polio-free in 2014, the virus is still found in neighbouring Pakistan and Afghanistan, and in Nigeria. This means polio-free countries like India stay under constant threat of re-infection.

To prevent this, regular national immunisation days and monthly local immunisation clinics are held.

Welcomed by public health nurses, school teachers, village elders and young mothers, it is heart-warming for these immunisation teams to know the children they vaccinated on that day won't be crippled or paralysed by polio.

We are now so close to eradicating polio – Let's finish the job with continuing fund-raising targeted specifically for Rotary's *End Polio Now* project.

THERE IS NO HIGHER HONOUR THAN HUMAN SERVICE. TO WORK FOR THE COMMON GOOD IS THE GREATEST DEED.

NOTICE BOARD

DUTY ROSTERS FOR THE NEXT FOUR MEETINGS

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

November 5
Chairman PP Doug Ralph
Registration/Raffle prize Rtn Chris Terry
Assistant PP John Peterson
Meet 'n Greet/Décor/TT Steward PP Ewan Cameron

November 12
Chairman PP Jill Sward
Registration only PP Malcolm Wells
Assistant PP Annette Psereckis
Meet 'n Greet/Décor/TT Steward PP Simon Finlay

November 19
Chairman PP Lex McIndoe
Registration/Raffle prize PP Rod Williams
Assistant Rtn Chris Terry
Meet 'n Greet/Décor/TT Steward Not required

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

OCTOBER IS COMMUNITY DEVELOPMENT MONTH

(Wed) 24 WORLD POLIO DAY

(Thu) 25 LOUI'S VAN

(Mon) 29 **NOTE: PARTNERS' NIGHT**

VOCATIONAL SERVICE – HUON AQUACULTURE
– Speaker: FRANCES BENDER

NOVEMBER IS THE ROTARY FOUNDATION MONTH

(Mon) 5 **NOTE: PARTNERS' NIGHT**

SPECIAL EVENTS
MELBOURNE CUP EVE SPECIAL

(Mon) 12 CLUB SERVICE – ASSEMBLY

(Mon) 19 DAYS4GIRLS – ST CLEMENTS COMMUNITY
CENTRE – BEACH ROAD

VOCATIONAL VISIT – TASMAR RADIO
Host and Speaker: BRIAN MUIR (PHF)

**REGISTRATION/RAFFLE
ASSISTANT
MEET 'N GREET/DÉCOR/TT STEWARD**

Rotarians who are on roster for these duties and will not be attending are reminded it is their responsibility not only to advise the attendance officer of their absence, but also to arrange a replacement for the allocated task. This applies particularly to the provision of the raffle prize.

**REEL2REEL: HELPING YOUNG AUSTRALIANS EMBRACE
THEIR BODIES**

With our news often flooded with images of perfect looking people who seem happy, successful and beautiful, it's quite easy to fall into the trap of questioning our own lives and worth. Australian Rotary Health Mental Health Research Grant recipient Dr Siân McLean says most of what we see on social media is a 'Highlight Reel' of people's lives, but showing one's 'real self' on social media can be beneficial for all.

These views have led Siân to start developing a new web-based program called '**Reel2Real**', to help young adults in relation to their body dissatisfaction, eating behaviours, and mood. Reel2Reel uses a social media literacy approach to improve people's awareness and understanding of the way social media works and how it can influence how they feel about themselves, particularly for body dissatisfaction.

Siân and her research team at Victoria University have been working with a web development company to translate the program from paper to an interactive, engaging, and fun platform. They have also begun inviting young people to be involved in the research, which will test the program's effectiveness. Siân believes taking a web-based approach will be great for providing help to people who either live a long way from traditional health services, or who feel reluctant to use those services due to concerns about stigma. Over the next five years, Siân hopes to be able to provide young people with a web-based program that is easily accessible, engaging and interesting to use that will contribute to positive mental health.

Q: HOW MANY NOSTRILS DO YOU HAVE?

A: Four. Two you can see; two you cannot.

This discovery came from seeing how fish breathe. Fish get their oxygen from water. Most of them have two pairs of nostrils, a forward-facing set for letting water in and a pair of “exhaust pipes” for letting it out again.

The question is, if humans evolved from fish, where did the other pair of nostrils go?

The answer is they migrated back inside the head to become internal nostrils called *choanae* – Greek for “funnels”. These connect to the throat and are what allow us to breathe through our noses.

To do this they somehow had to work their way back through the teeth. This sounds unlikely but scientists in China and Sweden have found a fish called *Kenichthys cambelli* – that shows this process at its half-way stage. The fish has two nostrils – like holes between its front teeth.

Kenichthys cambelli is a direct ancestor of land animals, able to breathe in both air and water.

One set of nostrils allowed it to lie in the shallows and eat while the other poked out of the water a bit like a crocodile’s.

Similar gaps between the teeth can also be seen at an early stage of the human embryo. When they fail to join up, the result is a cleft palate. So one ancient fish explains two ancient human mysteries.

The most recent research on noses, incidentally, shows that we use each of our two external nostrils to detect different smells, breathing different amounts of air into each to create a kind of nasal stereo.

1. South Korea	13.5	procedures per 1,000 population
2. Greece	11.5	“
3. Italy	11.5	“
4. United States	9.9	“
5. Colombia	7.8	‘
6. Taiwan	7.7	“
7. Japan	7.7	“
8. Brazil	7.4	“
9. France	7.2	“
10. Mexico	7	“



YOU READ IT HERE FIRST

- Walk up all the 18,000 steps at Sydney Olympic Stadium and you’ve climbed the equivalent of Mount Everest
- Swiss businessman Ueli Anliker had Mercedes customize his McLaren SLR a tiny bit. It took a team of 35 men 30,000 man hours to whack 25 layers of red paint onto the ugly thing and apply 5kg of gold dust, 600 rubies and boost the power of the motor from a stonking 477kW to a stupid 744kW. The result is a land missile that looks like it was designed by a four-year-old who was high on mushrooms at the time
- Mohammad Ashan, a mid-level Taliban commander in Afghanistan, walked up to a police checkpoint in 2012, pointed to the wanted poster he was carrying featuring his face, and asked for the \$100 finder’s fee. US soldier Matthew Baker said, “We asked him, ‘Is this you?’. He answered with an incredible amount of enthusiasm, “Yes, yes, that’s me! Can I get my award now?”
- A fully-trained military dog can smell an unwanted intruder at a distance of 1,000m
- The length of the longest male head of hair on the planet is 6.8m, courtesy of Vietnam’s Tran Van Hay

- In the 30 years since Barry Hughes turned 21, he's been banned from driving for...30 years. The 53-year-old Victorian has spent 12 years in jail for his boozy ways and has clocked up a shameful ton of drink-driving offences
- Two embryos in a womb can fuse during the early stage of pregnancy, creating a single embryo with two different sets of DNA – this gives the winning embryo “patches” of traits, often referred to as “mosaicism”
- The approximate cost of a basic ghost-hunting kit – including an EMF (electro-magnetic field) meter is \$180
- The first motion picture was shown in December, 1893. Unbelievably, it took 12 months until someone made a porno! It was called *Le Coucher de la Mariee* (Bedtime for the Bride)
- According to new research, Viagra and other drugs used to treat impotence do not noticeably improve men's relationships
- Electronics giant Sony has filed a patent for a “smartwig”. The hairpiece can monitor your health, give directions and even change its shape
- More than one million Xbox One consoles were sold across the world in the first 24 hours after its launch
- According to an experiment, if a couple sit and face each other for three minutes, their heart rates will be in sync. It didn't work for couples not in a sexual relationship, though
- Australia loses one per cent of gross domestic product, or \$15 billion, to intellectual property theft every year
- Using social media has overtaken porn as the most popular activity on the web
- Mushrooms are genetically more closely related to humans than they are to plants
- The word “dinosaur” (meaning “terrible lizard”) was coined by English biologist Richard Owen in 1841
- A handshake transfers more germs than a kiss

The last word: I was on a bus the other day and I was listening in on a couple's conversation about how rude eavesdropping is. I leaned over between the two and said, “I tend to agree”.