

**“BE THE INSPIRATION”**

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

Tonight’s meeting #2163

This week: 12/11/18

**CLUB SERVICE ASSEMBLY**

Chairman	PP Jill Sward
Registration/Raffle prize	PP Malcolm Wells
Assistant	PP Annette Psereckis
Meet’n Greet/Décor/TT Steward	PP Simon Finlay

Next meeting 19/11/18 **NOTE: 6.00 p.m. START**

**COMMUNITY SERVICE VISIT TO TASMAR RADIO**  
Host: **BRIAN MUIR (PHF)**

Chairman	PP Lex McIndoe
Registration/Raffle prize	PP Rod Williams
Assistant	Rtn Chris Terry

**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](http://www.rotaryclubofkingston.org)

**THOUGHT FOR THE WEEK**

**“MUSIC HATH CHARMS TO SOOTHE THE SAVAGE BREAST,  
TO SOFTEN ROCKS, OR BEND A KNOTTED OAK.”**

William Congreve (1670 - 1729)

**Leave of absence:** PPs Lois Haas, Paul Jack.

Last week’s meeting, Melbourne Cup Eve, was again an evening of mirth and merriment and an opportunity for all to show off their “Fashions on the Field” finery.

Looking to next week’s meeting, a visit to **TasMar Radio**, Rotarians are advised to be at the station for a **6.00 p.m.** inspection tour conducted by Brian Muir, a recipient of a Paul Harris Fellow recognition by this club.

**PP Lex McIndoe** will be distributing a map during tonight’s meeting, giving directions on how to reach the site atop Queen’s Domain. Following Brian’s tour and address we shall all repair to the “Black Buffalo” for a meal and the usual Rotary fellowship gathering.

It is also suggested we arrange some car-pooling due to the limited space at the Tasmanian Maritime (TasMar) radio base.

**YOUR CLUB BULLETIN**

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](mailto:billbrundle@hotmail.com)

**FROM THE EDITOR'S DESK**  
**THE FOUNDATION THAT HOLDS US UP**

In many ways, The Rotary Foundation (TRF) is an invisible presence in our club. Most of what we do on a weekly basis, we do without the active involvement of TRF. Our Foundation is invisible in the same way the foundation of a building is invisible when we're in it; just because we can't see it doesn't mean it's not holding us up.

The foundation that enables Rotary to take on polio is the same foundation on which our Rotary service is built. For more than 100 years now, since it began with a donation of just \$26.50, it has supported and strengthened our service.

Because of The Rotary Foundation, we Rotarians know that if we have the ambition and put in the work, very little is truly beyond us.

It is an incredibly effective model that no other organisation can match. We are completely local and completely global with local skills, connections and knowledge in more than 35,000 clubs in almost every nation in the world.

We have a deserved reputation for transparency, effectiveness and good business practice, and because we are highly skilled professionals, as well as volunteers, we achieve a level of efficiency that few organisations can approach.

Put simply, a dollar given to The Rotary Foundation has a great deal more muscle than a dollar given to most charities. This statement is verifiably true and is reflected in our rankings by independent organisations.

It is our Foundation that lets us make good on our core beliefs – that we can make a difference, that we have an obligation to do so, and that working together, as well and efficiently as we can, is the only way to effect real and lasting change.

**NOTICE BOARD**

**DUTY ROSTERS FOR THE NEXT FOUR MEETINGS**

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

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November 26	
Chairman	Pres Jill Sward
Registration/Raffle prize	PP Roger Bastone
Assistant	PP Malcolm Wells
Meet 'n Greet/Décor/TT Steward	Rtn Imogen Fullagar

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December 3	
Chairman	Pres Jill Sward
Registration/Raffle prize	PP Neil Bester
Assistant	PP Rod Williams
Meet 'n Greet/Décor/TT Steward	Not required

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December 10	
Chairman	Pres Jill Sward
Registration only	PP Ewan Cameron
Assistant	PP Roger Bastone
Meet 'n Greet/Décor/TT Steward	Rtn Bruce House

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

## NOVEMBER IS THE ROTARY FOUNDATION MONTH

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

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

(Mon) 26 CLUB SERVICE – ANNUAL GENERAL MEETING and ASSEMBLY

## DECEMBER IS DISEASE PREVENTION AND TREATMENT MONTH

(Mon) 3 COMMUNITY SERVICE – ANNUAL VISIT TO KINGSTON FIRE STATION

(Mon) 10 THE ROTARY FOUNDATION –  
Speaker: PP JEFFREY MICHELMAN (PHS) –  
ROTARY CLUB OF JACKSONVILLE OCEANSIDE,  
FLORIDA

### 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.**

## CHALLENGING ASSUMPTIONS ABOUT MENTAL HEALTH

As part of October's Mental Health Month, PhD researcher Sonja Pohlman encouraged all of us to challenge our assumptions about mental health. Sonja is part of a research team at the University of Newcastle, who were awarded an Australian Rotary Health Mental Health Research Grant to investigate alcohol use in young people with severe mental ill health.

It is an area which continues to be misunderstood and has a significant impact on individuals, families, and communities. The team is trying to develop a better understanding about what sort of relationship young people have with alcohol and also develop a telephone intervention to reduce hazardous use in this population.

Sonja believes one of the real challenges in the current environment is that everything is so visible, particularly now that we are able to do a Google search on any kind of topic. Whether it's something we read in the media or talk about, we are all researchers who evaluate information in our environment on a daily basis, so the better we can critically look at this information, the better choices we can make and that opens windows of possibility for change and growth. The same goes for mental health.

We need good evidence-based resources to combat stigma and myth that surrounds many areas of mental health, and to provide people with access to the best quality treatment and services. The grant from ARH allows the team to contribute to a body of research that is meaningful and will be translated to those in the community who will benefit.

**A:** Antarctica. Parts of the continent have not seen rain for 2 million years.

A desert is technically defined as a place that receives less than 254mm (10”) of rain a year.

The Sahara gets just 25mm (1”) of rain a year.

Antarctica’s average annual rainfall is around the same, but two per cent of it, known as the Dry Valleys, is free of ice and snow and it never rains there at all.

The next driest place in the world is the Atacama Desert in Chile. In some areas, rain has not fallen there for 400 years and its average annual rainfall is a tiny 0.1mm (0.004”). Taken as a whole, this makes it the world’s driest desert, 250 times as dry as the Sahara.

As well as the driest place on Earth, Antarctica can also claim to be the wettest and windiest. Seventy per cent of the world’s fresh water is found there in the form of ice, and its wind speeds are the fastest ever recorded.

The unique conditions in the Dry Valleys of Antarctica are caused by so-called katabatic winds (from the Greek word for “going down”). These occur when cold, dense air is pulled downhill simply by the force of gravity.

The winds can reach speeds of 320kmh evaporating all moisture – water, ice and snow – in the process.

Though Antarctica is a desert, these completely dry parts of it are called, somewhat ironically, oases. They are so similar to conditions on Mars that NASA used them to test the Viking mission.

(Source: TRANSPARENCY.ORG)

1. Somalia	8	score on corruption index
2. North Korea	8	“
3. Afghanistan	8	“
4. Sudan	13	“
5. Myanmar	15	“
6. Uzbekistan	17	“
7. Turkmenistan	17	“
8. Iraq	18	“
9. Venezuela	19	“
10. Haiti	19	“

(Note: 0 = HIGHLY CORRUPT, 100 – VERY CLEAN)



**YOU READ IT HERE FIRST**

- Standing at 99.6m tall, The Centurion is Australia’s tallest tree. The 500-year-old Swamp Gum is located in Tasmania. It’s one-third the height of Sydney Tower
- The Mitsubishi car logo is a take on the crests of the Iwasaki and Yamanouchi families, one of which founded the shipping company that kicked off the automotive giant in 1917
- The five Islamists convicted on charges of attempting to attack Fort Dix in New Jersey in 2007 made two dumb mistakes. They sent their jihadi video featuring them firing weapons and shouting “Allahu Akbar!” to a store to be turned into a DVD. A worker dobbed them in to the cops. On top of that, the fort is one of the best-defended places in America. It even has a prison on the premises
- During the Vietnam war, an estimated 10,000 human lives were saved by military canines
- In one year, all the hairs on the average human head can grow to a combined length of 16km

## NOTES FROM TONIGHT'S MEETING

- A US study found that people with ADHD may live longer than anyone else. A dopamine gene linked to ADHD was 66 per cent more common in people who lived to be 90 or older
- The largest-ever barbecue was held in Paraguay in 2008, and saw 20,000 people chomp their way through 12,000kg of meat
- Ten movies were spawned by reported paranormal events that occurred at 112 Ocean Avenue, Amityville, Long Island, during the 1970s
- ABBA's Frida Lyngstad was the result of a Nazi eugenics experiment called the Lebensborn Program when the Nazis occupied Norway in WWII
- According to a study by astronomers, there are now 10 times more asteroids capable of hitting Earth than previously thought
- There is a species of sea slug found on the Great Barrier Reef that penetrates its female partner's genitals and her head at the same time
- The original basketball basket was closed at the bottom; a ladder was needed to retrieve the ball
- Plants are able to recognize their close relatives and grow less aggressively when surrounded by "family members"
- The bullwhip was the first man-made object to break the sound barrier
- The Japanese 50-yen coin has a hole in its centre to save on material costs, deter counterfeiters and help people find them more easily in their pockets
- The average person produces around 100 watts of power while resting; that number can rise to 2,000 watts during intense exercise
- If all the Rubik's Cubes ever sold were stacked on top of each other, they would reach from the North pole to the South Pole
- One in four Facebook users does not bother with privacy settings

The last word: My greatest fear is dying before having the chance to wipe my internet browser history.

