

“BE THE INSPIRATION”

The Rotary Club of Kingston meets at the Kingborough Bowls Club, Margate, Mondays 6.30 for 7.00
Tonight’s meeting #2169

This week: 14/1/19

CLUB SERVICE
THE NEXT SIX MONTHS and
THUMBNAIL SKETCH – Rtn EVA MARJANOVIC

Chairman	Pres Jill Sward
Registration/Raffle prize	PE Imogen Fullagar
Assistant	PP Neil Bester
Meet ‘n Greet/Décor/TT Steward	Rtn Gilbert Jeffrey

Next meeting: 21/1/19

COMMUNITY SERVICE
THE SALVATION ARMY: Speaker BRAD WATSON

Chairman	Rtn Steve Miller
Registration/Raffle prize	PP Alan Gluyas
Assistant	PDG Bill Brundle
Meet ‘n Greet/Décor/TT Steward	Rtn Ross Jones

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

“LEARN TO OBEY BEFORE YOU COMMAND.”

Solon (638 – 559 b.c.e.)

Leave of absence: PP Lois Haas.

Last meeting:

Rotarians and their guests turned out in great numbers for our annual Christmas get-together, held again this year at the North West Bay Scout group headquarters.

The heavens opened.

The rain fell in equally great amounts.

SEMI-ANNUAL DUES NOW PAYABLE

This is a reminder to those Kingston Rotarians who have arranged to pay their annual membership fee in two installments of \$125, the second is now due and payable.

If any member is finding difficulty in meeting the financial obligation, he or she may speak in confidence to President Roger.

For Electronic Funds Transfer:
Payee: Rotary Club of Kingston
BSB: 067 105
A/C: 10381786

Remember to enter your name on the Reference line

FROM THE EDITOR'S DESK
THE TOLERANCE OF DIFFERENCE

Sometimes there is a temptation to criticize the laws, customs and traditions of another country that may seem strange or contrary to ours. In some instances illegal practices or customs of one nation are completely lawful and acceptable in another.

As members of an international organization dedicated to world understanding and peace, it is expected that Rotarians will exercise restraint in judging our Rotary friends and citizens from other countries when their behaviour seems unusual to us.

There is a Rotary policy that has been in place for close on 86 years that relates to this dilemma of international relationships.

The statement was adopted in 1933 and says because it is recognized that some activities and local customs may be legal and customary in some countries and not in others, Rotarians should be guided by this admonition of tolerance:

“Rotarians in all countries should recognize these facts and there should be a thoughtful avoidance of criticism of the laws and customs of one country by the Rotarians of another country.”

The policy also cautions against “. . . any effort on the part of Rotarians of one country to interfere with the laws or customs of another country.”

As Kingston Rotarians, we strive to strengthen the bonds of understanding, goodwill and friendship, and trust these policies to provide good advice and guidance.

WORLD UNDERSTANDING STARTS ON OUR DOORSTEP.

NOTICE BOARD

DUTY ROSTERS FOR THE NEXT FOUR MEETINGS

January 21
Chairman Rtn Steve Miller
Registration/Raffle prize PP Alan Gluyas
Assistant PDG Bill Brundle
Meet 'n Greet/Décor/TT Steward Rtn Ross Jones

February 4
Chairman Pres Jill Sward
Registration/Raffle prize Rtn Bruce House
Assistant PP Ewan Cameron
Meet 'n Greet/Décor/TT Steward Rtn Bruce Lewis

February 18
Host Rtn Bruce House
Special Guest Rtn Gilbert Jeffrey
Assistants PE Imogen Fullagar
Meet 'n Greet/Décor/TT Steward Rtn Peter Makepeace

February 25
Chairman Pres Jill Sward
Registration/Raffle prize Rtn Ross Jones
Assistant PP Alan Gluyas
Meet 'n Greet/Décor/TT Steward Rtn Eva Marjanovic

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

FOR THE DIARY

JANUARY IS VOCATIONAL SERVICE MONTH

(Mon) 21 COMMUNITY SERVICE – THE SALVATION ARMY -
Speaker: BRAD WATSON

NOTE: NO MEETING 28TH

(Tue) 29 BOARD MEETING

(Thu) 31 LOUI'S VAN VOLUNTEERS

FEBRUARY IS PEACE AND CONFLICT RESOLUTION MONTH

(Mon) 4 COMMUNITY SERVICE – ANNUAL VISIT TO
KINGSTON BEACH SAILING CLUB and SCHOOL

NOTE NO MEETING 11TH

GUEST SPEAKERS

We have always had the benefit and challenge of a range of extraordinary speakers come to our Club. The task of locating and persuading speakers to visit us has fallen to PP Roger Bastone. To ease the burden on Roger, this is a plea for all members to be vigilant in finding interesting people with a range of talents and ideas to speak to our meetings and widen our knowledge. All suggestions, with contact details, if possible, should be given to PP Roger at 0421 992 359 or rbastone2000@yahoo.com a.s.a.p.

BUILDING FUTURE LEADERS

TRAINING DAYS

There are three modules available for participation and these are scheduled to take place on Sunday, February 17 (Module 1), Saturday, March 2 (Module 2) and Saturday, May 4 (Module 3).

PDG James Wilcox is now accepting enrolments for all three or any one or two.

All are free of charge and are open to every Rotarian in the state.

Club nomination is not necessary and newer-inducted Rotarians are especially welcome and have a great deal to gain from these days.

Expressions of interest are now welcomed by PDG James whose contact details are by phone **6391 1747** or **0439 911 747** or by e-mail to jkwilcox@bigpond.net.au

WELCOME

To our newly inducted Rotarian, Eva Marjanovic, we welcome you into the Family of Kingston Rotary and trust your time with us will be both lengthy and mutually beneficial.

We hope you will take every opportunity that Rotary offers, because, as it's often said, "Rotary takes ordinary men and women and gives them extraordinary opportunities to do more with their lives than they had ever dreamed possible."

“HEALTHY MIND” AWARDED AN ARH GRANT

The Black Dog Institute Research Fellow, Peter Baldwin, has been awarded an Australian Rotary Health grant for his e-health project, “Healthy Mind”, a mental health app specially tailored for individuals with borderline to mild intellectual disabilities, a varied condition that roughly 3 per cent of Australians live with making it the nation’s most common primary disability.

Healthy Mind is the first app of its kind in the world and will be made available to any Australian living with an intellectual disability. It combines core aspects of cognitive behavioural therapy (CBT) with accessible and engaging tools that can be used on any device with an internet browser.

Free of charge, Healthy Mind aims to manage psychological distress as well as making daily life less daunting and easier to handle for those living with an intellectual disability.

The Rotary grant will finance a random control trial of young people with intellectual disabilities aged between 16 and 25 throughout New South Wales and Victoria and will test the efficacy of the app to determine how helpful it could be for people living with intellectual disabilities. Young Australians living with an intellectual disability are particularly vulnerable to mental illness and experience a significantly higher rate of anxiety and depression in comparison with their peers.

The software is still in the development stage and has been modelled on the more broadly focused myCompass, an original e-health app from the Black Dog Institute that helps to combat depression and anxiety.

The app will begin its trial in June this year and once the testing phase has been completed, researchers and developers hope to make Healthy Mind available toward the end of 2020.

THE 10 FATTEST-EVER PEOPLE

(Source: Wikipedia)

- | | | |
|----------------------------|-------------|--------|
| 1. Jon Brower Minnoch (US) | Peak weight | 635 kg |
| 2. Manuel Uribe (Mexico) | “ | 597 |
| 3. Carol Yager (US) | “ | 545 |
| 4. Walter Hudson (US) | “ | 544 |
| 5. Rosalie Bradford (US) | “ | 544 |
| 6. Michael Hebranko (US) | “ | 500 |
| 7. Patrick Deuel (US) | “ | 486 |
| 8. Robert Earl Hughes (US) | “ | 485 |
| 9. Mayra Rosales (US) | “ | 470 |
| 10. Kenneth Brumley (US) | “ | 469 |



YOU READ IT HERE FIRST

- Company founder Ferruccio Lamborghini spent time with a Spanish fighting bull breeder and liked the beasts so much he put them on all his cars
- In 2003, US citizen Lyman Faris plotted to destroy the Brooklyn Bridge, killing thousands. Couple of problems there: it was crawling with cops, and Faris’ plan was to cut the hundreds of suspension cables with a blowtorch which would have taken years. He called it off with the code phrase “The weather is too hot”. Clever.
- There are 1,200 professional haunted house attractions operating in the US
- Baseball is a British invention. It had its first run in England in 1749, 41 years before Americans were first recorded playing it
- The Inagawa-kai yakuza clan sent 100 tonnes weight of supplies (food, clothes, batteries etc.) to those affected by the 2011 Tohoku earthquake and tsunami
- The heaviest ever Playboy Playmate was Anna Nicole Smith, in 1992, at 63.5kg

NOTES FROM TONIGHT'S MEETING

- To cope with the extreme water pressure, most of the creatures that live below the photic zone are very small (less than 25cm in length) and are made of mostly jelly-like flesh with minimal bones and bladders
- Since their creation in 1992, more than two billion pairs of Havaianas thongs have been manufactured – more than enough for everyone in China
- England batsman Geoff Boycott faced 8,568 balls in Ashes Tests but never once hit a six
- Around 170,000 more people than normal will pull a sickie after the Australia Day public holiday
- Between 9.00 p.m. on New Year's Eve and 3.00 a.m. on New Year's Day is the most dangerous time of the year for violent crime
- More than 3,500 Aussies work as lifeguards as their main occupation
- The highest temperature ever recorded in Australia is 50.7 C, recorded on January 2, 1960, at Oodnadatta Airport, SA
- Around 3.2 million Aussies are on holiday this summer, at an average cost of \$1,152 per person
- According to the latest count, there are 10,685 beaches in Australia
- The most popular date of the year for marriage is February 27
- Bitten by one of Australia's 300 species of mosquito this summer? You'll always be nipped by a female, which will live for around two to three weeks
- Paddle Pop sales generate more than \$70 million every year
- Thirty-one Aussies have died since 1996 by watering their Christmas tree while the fairy lights were plugged in
- Eight-eight per cent of people who set New Year resolutions will fail to stick to them
- Around 65 per cent of beachgoers globally think budgie-smugglers are "acceptable"
- Each summer 50 per cent of Australia's 54,000 bushfires will be started deliberately

The last word: The ox is a mysterious animal. It is often mistaken for a hug and a kiss

