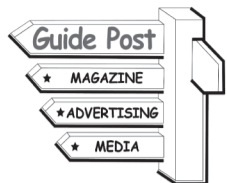


DEADLINE FOR ADVERTISING & ARTICLE STRICTLY ON 20th EACH MONTH.



Notice Board



MEETINGS - SOCIAL

The Rotary Club

The Rotary Club of Dili meets every Tuesday at Timor Plaza in the Maubara Room on Level 5, 6.30pm for 7.00pm. You are welcome to attend if you are a visiting Rotarian or someone who wishes to come to a meeting to find out more about Rotary International. No formal invitation is necessary. Contact us via SMS: +67078239954 for further information. Find us on Facebook <https://facebook.com/RotaryClubofDili/> or www.rotarydili.com



MEETINGS - SOCIAL

Quiz Nights

Come to our 'lots of fun' Fortnightly Quiz Night! Come to Dili Beach Hotel, on the beach road between Castaway and the Australian residential compound in good time to be settled in by 7.30pm. It's usually no problem getting a lift home as there's always someone going in your direction - just ask me to tout for one. But ask early enough, not when you're the last person in the bar. Prizes of good books. The charge is \$5/person or \$1 if you work at Bairo Pite Clinic. If anybody would like to donate GREAT books or other prizes, bring them along or let me know where I could collect. Come either in teams of four, five or six (broad demographic mixtures maximize chances of success) or ready to make new friends - I can put you in a team. Email me on tracey_morgan@yahoo.com for the date of the next night.

CAR FOR SALE



Toyota RAV 4 - 2007 for sale Km: 92,600 (10/7/17) Colour: Silver grey Serviced: Regularly at AI services (ask Leigh) Price: REDUCED to \$10,500 Comments: Excellent condition. Reliable. 2,000 cc motor. Permanent 4WD. Would be happy to drive this car at home in Australia. Phone: Mark 7764 9474 or email: markmcloughlan@gmail.com

HIRE - VENUE SOCIAL FUNCTIONS

The Xanana Cultural Centre Available for Hire

Perfect for self catered functions and conveniently located in the city and with your choice of either enclosed and open facilities, it will be a unique and interesting venue for your next function or get together. Contact the Library and Museum Coordinator 'Margarida' by phoning: 331 2890 business hours or mobile: 7787 4372 or email: xgreadingroom@gmail.com

DILI HASH HOUSE HARRIERS

The Hash House Harriers is a world-wide organisation & the Dili Hash House Harriers (DH3), with people from many countries & walks of life. We meet at a different location every Saturday between 4pm and 4:30pm. Walkers and runners follow trails set by "hares" and see sights of Dili and surrounding districts rarely seen. We reunite after the exercise for refreshment and a bit of fun, then often go out to dinner afterwards. We strongly encourage Timorese members. Each walk or run costs only \$10 for drinkers or \$5 for non-drinkers or Timorese. You can find the location for the next walk and run at <https://facebook.com/DiliH3>



KLIBUR DOMIN TIBAR

Klibur Domin has been providing health care and disability services to the people of Timor-Leste since 2000. Operated by Timorese for Timorese, we are working with the Ministries of health and of Social Solidarity. Help us help Timor-Leste by becoming a friend of Klibur Domin. You can donate your time, goods and services or money. Contact us on kliburdomin@gmail.com or phone 7723 3488 and check us out at the website www.kliburdomin.org



If you want to let or rent a house, sell a car or any unwanted goods contact us on magazine@guideposttimor.com before 20th of each month. It's FREE!

SCIENCE - NATURE

Fish sauced? Goldfish turn to alcohol to survive icy winters



Scientists have decoded the secrets behind a goldfish's ability to survive in ice-covered lakes. They've worked out how and why the fish turn lactic acid in their bodies into alcohol, as a means of staying alive. Some goldfish were found to have levels well above legal drink-driving limits in many countries. The researchers say the work may help with the study of some alcohol impacts in

humans. Scientists have known about the peculiar survival abilities of goldfish and their wild relatives, crucian carp, since the 1980s. While humans and most vertebrates die in a few minutes without oxygen, these fish are able to survive for months in icy conditions in ponds and lakes in northern Europe. Researchers have now uncovered the molecular mechanism behind this ability. In most animals there is a single set of proteins that channel carbohydrates towards the mitochondria, which are the power packs of cells. In the absence of oxygen, the consumption of carbohydrates generates lactic acid, which the goldfish can't get rid of and which kills them in minutes. Luckily, these fish have evolved a second set of proteins that take over in the absence of oxygen and convert the lactic acid to alcohol, which can then be dispersed through the gills. "The second pathway is only activated through lack of oxygen," author Dr Michael Berenbrink from the University of Liverpool, UK, told BBC News. "The ice cover closes them off from the air, so when the pond is ice-covered the fish consumes all the oxygen and then it switches over to the alcohol." The longer they are in freezing, airless conditions the higher the alcohol levels in the fish become. "If you measure them in the field the blood alcohol goes up above 50mg per 100 millilitres, which is the drink-drive limit in Scotland and northern European countries," said Dr Berenbrink. "So they are really 'under the influence'." Despite the fact that the fish are literally filled to the gills with alcohol, it's not the drink that kills them. If the winter lasts too long, they run out of fuel that's stored in their livers and die. The researchers say there are some very important lessons to be learned about evolutionary adaptation that produces a duplicate set of genes that allows the species to maintain their original function but also to keep the back-up set if it also delivers useful function. "The ethanol production allows the crucian carp to be the only fish species surviving and exploiting these harsh environments, thereby avoiding competition and escaping predation by other fish species with which they normally interact in better oxygenated waters," said lead author Dr Cathrine Elisabeth Fagernes, from the University of Oslo, Norway. "It's no wonder then that the crucian carp's cousin, the goldfish, is arguably one of the most resilient pets under human care." Scientists have also calculated for fun, how long it would take to produce an alcoholic drink from the fish excretions. "If you put them in a beer glass and closed them off, it would take 200 days to get it up to 4%," said Dr Berenbrink. "In nature, it just would not happen." *BBC*

ENTERTAINMENT

LL Cool J is first rapper to land Kennedy Center honour



LL Cool J will be the first hip-hop artist to receive a Kennedy Centre honour later this year. He will be awarded alongside musician Lionel Richie, singer Gloria Estefan, TV writer Normal Lear and dancer Carmen de Lavallade. The awards annually celebrate arts figures for their contributions to American culture. LL Cool J tweeted: "To be the first rap artist honoured by the @kencen is beyond anything I could

have imagined." He added: "Dreams don't have deadlines. God is great." At 49, he ties with Stevie Wonder as the youngest artist to receive the honour. Set to take place on 3 December in the Kennedy Centre Opera House, this will be the first ceremony to take place under President Trump. As is the tradition, the President and First Lady will have dinner with the honourees and a White House reception followed by a range of performances in the Kennedy Center Opera House. LL Cool J, less commonly known as James Todd Smith, told The Washington Post: "I am blown away. This is the biggest musical award you can receive. To be recognised by your country, and to be able to represent hip-hop as an art form is amazing. I'm surprised, grateful, humbled and honoured." Lear, who created 1970s sitcoms including All in the Family, told the New York Times he would not be attending the ceremony: "This is a presidency that has chosen to neglect totally the arts and humanities - deliberately defund them - and that doesn't rest pleasantly with me." But LL Cool J said he wouldn't be put off. "I don't have any stunts planned. I'm not saying I need to be there backslapping and all of that, but this time, this one ain't about him," he said, referring to President Trump. He continued: "I'm not going to block my blessings or let the political divide stop me from embracing my art. I'm banking on the goodness and the optimism of people to say: 'You know what? I get it. Let this guy have this honour.'" LL Cool J is no stranger to accolades and awards having won two Grammys for best rap solo performance in 1992 and 1997 and four NAACP Image Awards for his role as special agent Sam Hanna in NCIS: Los Angeles. *BBC*

From the "TRIVIA BOOK"

There are 40,000 muscles and tendons in an elephant's trunk. This makes it very strong and flexible, allowing an elephant to pluck a delicate flower or lift a huge log. The trunk is used for touching, grasping, sucking, spraying, smelling, and striking. Contrary to popular belief, they are not afraid of mice nor is an elephant's memory necessarily the best in the animal kingdom. Although it is not apparent from a distance they are covered with hair. At close range, one can discern a thin coat of light hairs covering practically every part of an elephant's body.