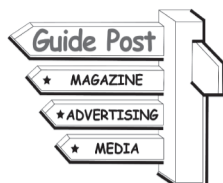


DEADLINE FOR ADVERTISING & ARTICLE STRICTLY ON 20th EACH MONTH.



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 Moby's (previously Hotel Dili and Gino's Hotel), on the beach road opposite Largo de Lecidere just east of the World Bank, 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.

Traffic Menace of the Month

(I phased this out about a year ago. I and others miss it because it is amusing. It is fascinating just how stupid and thoughtless some people can be. So I will put one in occasionally.)

OK. Look at the big, white cross. Are you telling me this was the absolute closest you could park to the kerb? Three metres? You could park another car in the gap. Don't you think at all? Have you no consideration? No logic? Would it have been that hard? You are blocking half the road. Forget it. You are past salvation.



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 'drinking club with a running problem'. The Dili Hash House Harriers (DiliH3) is the local branch. Everyone is welcome and our members are 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 \$5. You can find the location for each week's run and walk at <https://facebook.com/DiliH3> - On-On!



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!

TRADE MARK CAUTIONARY NOTICE IN TIMOR - LESTE

Kraft Foods Group Brands LLC, of 200 East Randolph Street, Chicago, IL 60601, does hereby provide notice that it claims proprietorship of the trade mark

PLANTERS

in relation to:

Preserved, frozen, dried and cooked fruits and vegetables; processed peanuts and other processed nuts; edible seeds; snack mixes consisting of dehydrated fruits and processed nuts

Convenience foods and savory snacks; snack mixes containing chocolate.

Seeds; snack mixes containing seeds and nuts; raw nuts; fresh nuts; unprocessed nuts.

Kraft Foods Group Brands LLC cautions that any use of the trade mark or any confusingly similar trade mark in relation to any of these goods, similar goods, or similar services would be seen as infringement of their rights and that they will take such action deemed necessary to protect those rights.

Kraft Foods Group Brands LLC can be contacted care of their address for service:

**AJ Park, Level 22, State Insurance Tower,
1 Willis Street, Wellington 6011, New Zealand**

ENTERTAINMENT

Katy Perry: I'm a victim of social media pressure Katy Perry says she is



a "victim" of social media because of society's pressure to share every move online. The singer and American Idol judge says Instagram and Twitter are proof of the "decline of civilisation". She also encouraged fans to not care about social media and to instead live their lives. Perry has over 68 million Instagram followers and 108 million Twitter followers, but says she would rather not

document her whole life online. "It's hard because I'd rather not care about that and just live my life," she told Refinery29. "We buy clothing and products or pose a certain way or go to an event to get a picture - it's not good for us as a society. I think it's actually the decline of civilisation if we're going extreme about it." The 33-year-old says she is trying to find a balance in what she posts online, because she is as susceptible to the pressure as everyone else. Perry is not the first star to talk about the pressure of having a social media account, especially ones with big followings. **Celebrities who have spoken out about social media:** ●Selena Gomez says when she found out she was the most followed person on Instagram, (she currently has 132 million followers) she "freaked out". ●"It had become so consuming to me. It's what I woke up to and went to sleep to. I was an addict, and it felt like I was seeing things I didn't want to see." ●That's the reason she regularly takes breaks from posting content, she told Vogue in 2017. ●Justin Bieber's 96 million Instagram followers got too much for him in 2016 when he accused them of online bullying over his then-girlfriend Sofia Ritchie. ●"If you guys are really fans you wouldn't be so mean to people that I like," he wrote in a post on the platform. ●The problems didn't stop, so Bieber quit the platform for six months. ●Star Wars actress Daisy Ridley said becoming famous made her delete her social media. The 25-year-old quit Instagram last year. ●In an interview with Radio Times, she says she did it because of how bad it is for mental health. ●Ridley said: "The more I read about teenage anxiety, the more I think it's highly unhealthy for people's mental health. ●She added: "It's such a weird thing for young people to look at distorted images of things they should be." ●Cinderella actress Lily James agreed with her comments, telling the BBC: "I'm not on Twitter, I don't want to always have something to say, I want to save that for my life. ●Also I think, especially as a young person, you change your opinions every second, so [you shouldn't] put something down in concrete that's going to come back and haunt you." ●Ed Sheeran famously took a year-long break from social media in between his second and third albums as he said he was spending too much time on his phone. ●"I find myself seeing the world through a screen and not my eyes so I'm taking this opportunity of me not having to be anywhere or do anything to travel the world and see everything I missed," he wrote in December 2015. BBC