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The weekly bulletin of the Rotary Club of Port Macquarie Inc

Volume 76 - No.18 Wednesday 15th November 2023

Club No. 17940 Chartered May 22nd, 1948
Website www.rotaryclubportmacquarie.com.au
Facebook - https://www.facebook.com/RotaryClubPortMacquarie/



Of ROTARY in Port Macquarie

The Rotary Club of Port Macquarie

P.O. Box 136, Port Macquarie NSW 2444 Australia

President - Ray Hodgson

President-elect - PDG Debbie Loveday

Vice President - Neil Porter Secretary - Frank Moxon Treasurer - Bob Cleland

Club Service Director -PDG Debbie Loveday

Community Service Director -Phil Perry

International Service Director -Ray Hodgson

Vocational Service Director -

David Mayne
Youth Service Director -

Neil Porter Environment Service Director -

Ted Giblin

Membership & Public Image -

PDG David Mayne
Rotary Foundation -

Rotary Foundation -Phil Perry

Club Meetings Wednesdays @ Port Panthers 5-30pm for 6pm start. BUT check program on page 2 for what is happening.

Club bank details - BSB 932-000 a/c 500 186 792

Past District Governors

Roger Dulhunty 1969-70 Ivan Meldrum 1975-76 Laurie Barber 2006-07 Debbie Loveday 2020-21 David Mayne 2021-22

<u>Bulletin Editor</u> - Kerry Medway kerrymedway1946@gmail.com

Assistant Editor - PDG Debbie Loveday dloveday@hdl.com.au



Dhukikhel Hospital Underway

Club President Dr Ray Hodgson brings us an update on the construction of the Mothers & Babies Hospital at Dhukikhel in Nepal -

"It's full steam ahead now for the construction of the Mothers & Babies Hospital in Nepal. Through our club and the massive help of Rotary International we've now raised \$1.8million. The target is \$1.9million, so we're really close now.

PDG David Mayne and his wife Heather are currently in Nepal inspecting the worksite (see photo below right). David is providing crucial guidance with the development of the hospital pathology lab and blood bank."







RI Theme 2023-24

<u>Date</u>	<u>Program</u>	<u>Speaker</u>	<u>Program</u>	<u>Program Chr</u>	<u>Sergeant</u>
Nov. 22nd	One hour meeting with optional meal @ Bistro	xxxxxx	Round-table discussion	Deb Loveday	Neil Porter
Nov. 29th	One hour meeting with optional meal at Bistro	Cameron Marshall	ABC Radio Morning Announcer	Neil Porter	Kerry Medway
Dec. 6th	One hour meeting with optional meal at Bistro	Club AGM	Annual General Meeting & Election of 2024/25 Board	Ray Hodgson	Glenda Barber

...... Invite from Andrew & Georgia Hinton

Work on the reconstruction of the new observatory at Rotary Park. >>

Replacing the Rotary built observatory in 1965





Is Your Low Fat Diet Killing You?

Tonight's guest speaker was Dr Penny Figtree.

We had 12 guests from the medical profession, people that Dr Ray Hodgson had invited to our meeting. Two visitors have expressed an interest in joining our club.

Dr Penny Figtree blew us all away with her fascinating talk on LOW CARBOHYDRATE DIETS. Penny spoke so clearly & simply outlining her diet that has brought healing to so many and contradicted many low fat diet programs being offered by so many in the health industry.

Dr Penny has a close relationship with Rotary having spent a year in Sweden as a Rotary Exchange Student which she said changed her life.

Her diet counselling has resulted in weight loss for all her patients and amazing results in diabetes management. Dr Penny offers a low-carb ketogenic diet & weight loss management. American Diabetes Assoc. acknowledges the benefits of low-carbohydrate eating.

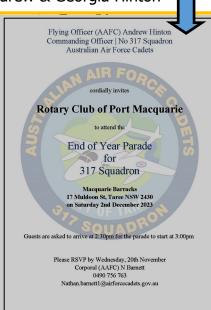
Dr Penny encouraged us to eat lots of meat, vegetables grown above the ground, eat cheese and exercise. No fruit...it is nature's candy. No junk food, sugar & starches. Check out Dr Penny's diet guide on her web-site. It could save your life!

www.drpennyfigtree.com

PLEASE BRING A WRAPPED PRESENT FOR AN ELDERLY RESIDENT ON THEIR OWN THIS CHRISTMAS

RSVP: DLOVEDAY@HDL.COM.AU BY FRIDAY 8TH DEC





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<u>Birthdays</u> November 2023

22/11 - Bill Nixon 22/11 - Terry Crossley 25/11 - Ray Hodgson

Wedding Anniversaries November 2023

21/11 - Ian & Gail Davis 25/11 - Frank & Narelle Moxon