

The Port Wheel

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
1948 - 2024

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 -

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

Bulletin Editor - 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 -

"Its 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."



CREATE HOPE
in the **WORLD**

RI Theme 2023-24

Club program - If you are unable to fulfil your role, swap with someone & advise Port Wheel Editor Kerry.

Date	Program	Speaker	Program	Program Chr	Sergeant
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



Dr Ray Hodgson introducing Dr Penny Figtree

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

Flying Officer (AAFC) Andrew Hinton
Commanding Officer | No 317 Squadron
Australian Air Force Cadets

cordially invites

Rotary Club of Port Macquarie

to attend the

End of Year Parade for 317 Squadron

Macquarie Barracks
17 Muldoon St, Taree NSW 2430
on Saturday 2nd December 2023

Guests are asked to arrive at 2:30pm for the parade to start at 3:00pm

Please RSVP by Wednesday, 20th November
Corporal (AAFC) N Barnett
0490 756 763
Nathan.barnett1@airforcecadets.gov.au

ROTARY CLUB OF PORT MACQUARIE PRESENTS A

MERRY CHRISTMAS Party

WEDNESDAY DEC 13

5.30 FOR 6.00PM

AT GARDEN VILLAGE CAFE

2 COURSE MEAL \$45PP PAYMENT IN ADVANCE WOULD BE APPRECIATED
BSB: 932 000 A/C 500186792

PLEASE BRING A WRAPPED PRESENT FOR AN ELDERLY RESIDENT ON THEIR OWN THIS CHRISTMAS
RSVP: DLOVEDAY@HDL.COM.AU BY FRIDAY 8TH DEC

Birthdays
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

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