

# The Port Wheel

The weekly bulletin of the Rotary Club of Port Macquarie Inc

**Volume 76 - No.20 Wednesday 29th November 2023**

Club No. 17940 Chartered May 22nd, 1948

Website [www.rotaryclubportmacquarie.com.au](http://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](mailto:kerrymedway1946@gmail.com)

**Assistant Editor** - PDG Debbie Loveday

[dloveday@hdl.com.au](mailto:dloveday@hdl.com.au)



## ROTARY

# Survival



As we trudge towards the end of 2023, our club is looking to make some significant decisions about the way we do Rotary and seeking younger new members.

Despite some great speakers and captivating programs put together by PDG Debbie Loveday & the wiping of having to pay for meals each week, things have not seemed to improve. We are still only averaging 10-12 members attending each Wednesday!

Plus the ages of our membership is increasing and making it more difficult for us to participate in fund-raising & other projects our Rotary Club has been well known for in its 75 years. Without the help of several great helpers, we could hardly manage our Rotary Book Shop and Yearly Book Sale, our club's major fundraising and we struggle to do more in the community.

### Wednesday to Mondays?????

Because several of our members find it difficult to attend meetings on Wednesday nights, the possibility of moving our weekly meetings to a Monday night was discussed last week. This matter will be put to a vote at our AGM next Wednesday & a recommendation sent to our club board.

Listening to our guest speaker Dustin Welbourne last week, it is very clear that we need to make some significant changes to the way we present Rotary. In last weeks club bulletin, PDG Deb Loveday spelled out several Social Media & Interactive Content we will need to adopt if we are to attract a younger demographic to Rotary and our club. It is clear that we can't do Rotary the way we did when many of us joined 20-30-40 years ago. Using podcasts & social media is the way we need to go forward to bring ourselves into the C21st.

We are all in for some BIG challenges. Incoming President Deb Loveday & the new board would appreciate any suggestions and support for what we should do to enhance the great work of Rotary into the 2020s.

## Biting into a Keto Diet

Two weeks ago, Dr Penny Figtree (pictured right) addressed our Rotary meeting & shared her insights into a LOW CARBOHYDRATE DIET.



Several of us Rotarians who were present have taken up the KETO diet challenge with some already encouraging signs of weight loss and fresh vitality & health emerging.

Its early days, but eating lots of meat, vegetables grown above the ground, eggs & cheese with exercise is proving hopeful. No fruit, no junk food lowering sugar & starches!!!

Check out Dr Penny's diet guide.

Go to -

[www.drpennyfigtree.com](http://www.drpennyfigtree.com)



**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
Dec. 6th	One hour meeting with optional meal @ Bistro	AGM	Annual Meeting & Youth Protection Update	Ray Hodgson	Glenda Barber
Dec. 13th	Christmas Party @ Garden Village RSVPs needed	Final meeting for 2023	Xmas Party @ Cascades @ Garden Village..... See advert below—RSVPs	Deb Loveday	Kerry Medway

First gathering in 2024 - BBQ Party @ Shelley on January 24th @ 5-30pm

## Cameron Marshall ABC Mid North Coast

Tonight's guest speaker was Cameron Marshall.

Cameron's deep voice has been a part of the Port Macquarie ABC radio for 25 years. He has been a great supporter of Rotary and regularly has given our Giant Book Sales a plug.

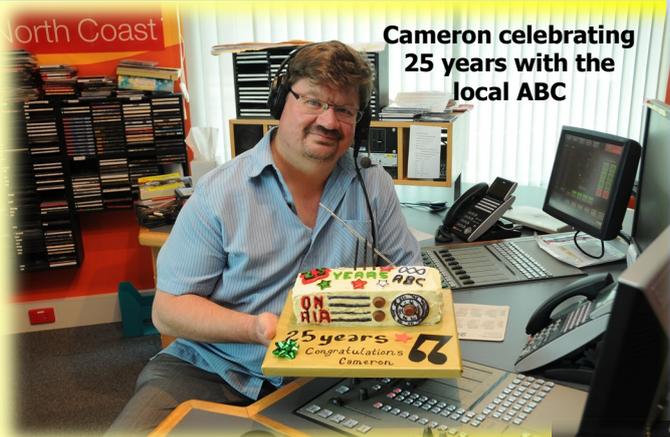
Cameron has been with the ABC for 33 years. After school he started in the book trade, then the Land Tax Office & then promoting a removalist business. Finally he found his niche with radio & began at a commercial radio station in Tasmania.

Cameron entertained us with some cracking stories of radio glitches & stuff-ups in radio from stories from Tasmania, Broken Hill & here in Port Macquarie. He has played parts in several re-enactments such as playing the parts of the discoverer of Broken Hill Charles Rasp, Lachlan Macquarie & John Oxley here in Port Macquarie, On each occasion there was a humorous incident with a horse stepping on his foot, low tide making it difficult to land at Port Macquarie's wharf & the canon firing & causing Cameron to cry an expletive!

Cameron was excited to meet several Members of our club doing some amazing things. He interviewed Phil Perry re. the Rotary Lodge, Ross Nancarrow re. Human Trafficking in Nepal, Bob Cleland re. the Rotary Book Sales & Lorryl Rumble re. the 200th Anniversary of St Thomas church in 2024



< Cameron is pictured here with Phil Perry & Ross Nancarrow



Cameron celebrating 25 years with the local ABC

## Club News

Stay in the Know!

- January 24th - Shelly Beach BBQ
- January 31st - 2024 return to Rotary (or on Monday 29th!!)

**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 December 2023

- 2/12 - Sue Gaukroger
- 26/12 - Phil Perry
- 27/12 - Donna Nancarrow
- 28/12 - Kerry Medway

### Wedding Anniversaries December 2023

nil

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