

ROTARY BEACON



The Morehead City Evening Rotary Club



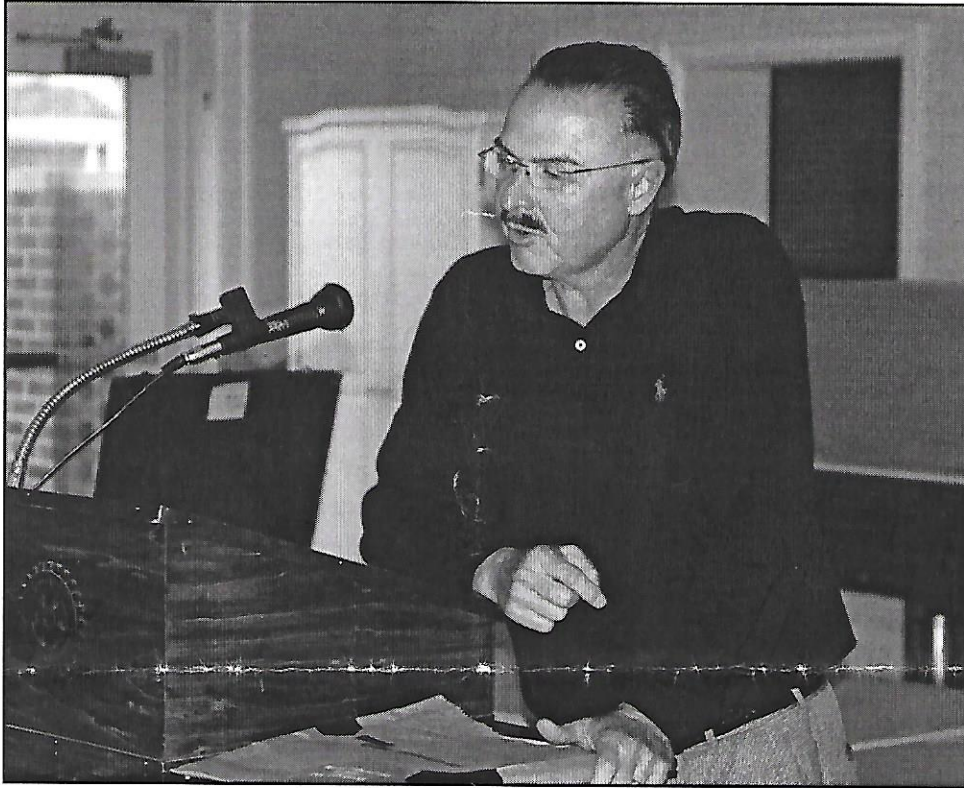
Chartered May 19, 1925

April 14, 2011

Rotary Motto: Service Above Self

www.mhcrotrary.99k.org

Volume 5, Issue 35



"The solution to weight control is eat less"

Obesity Plagues Many Americans And Takes Huge Toll on Health Care System

Jim Phillips had the program last week. His guest speaker was Dr. William Hall. Dr. Hall recently opened a medical facility in Morehead City called Facials and Filler Spa. Dr. Hall said the primary mission of the Spa was to help people with weight control. "Most people eat between 2,000-3,000 calories per day. In order to lose weight rapidly," Dr. Hall said, "one must cut calories drastically... consuming as few as 500 per day. This is possible on our HCG Diet Plan. If one sticks to this plan, it is possible to lose 20 pounds in a month. The HCG diet helps the body burn fat it has already stored. But I must be honest with you and say that you cannot cheat on the diet. If you follow the program, the HCG Diet will keep you from over-eating, control your hunger and preserve muscle tone. Another benefit of this diet is that you do not have to exercise to lose weight. Of course it is best to exercise because the two go naturally together...but weight can be lost without a lot of extra exercise"

Dr. Hall said the that women lose weight less rapidly than men for some reason. He did not elaborate on the reason for this difference.

The clinic is open to anyone interested in weight loss or other services provided. Dr. Hall invite Rotarians to visit the Spa without an appointment.

The Object of Rotary

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster-**FIRST.** The development of acquaintance as an opportunity for service;

SECOND. High ethical standards in business and professions; the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society;

THIRD. The application of the ideal of service in each Rotarian's personal, business, and community life;

FOURTH. The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

TONIGHT'S SPEAKER

Council Renfrow has the program tonight. His guest speaker is Emily Renfrow with Financial Planning and Investments. Emily can be read each Wednesday at 7:30 am on FM 107.1

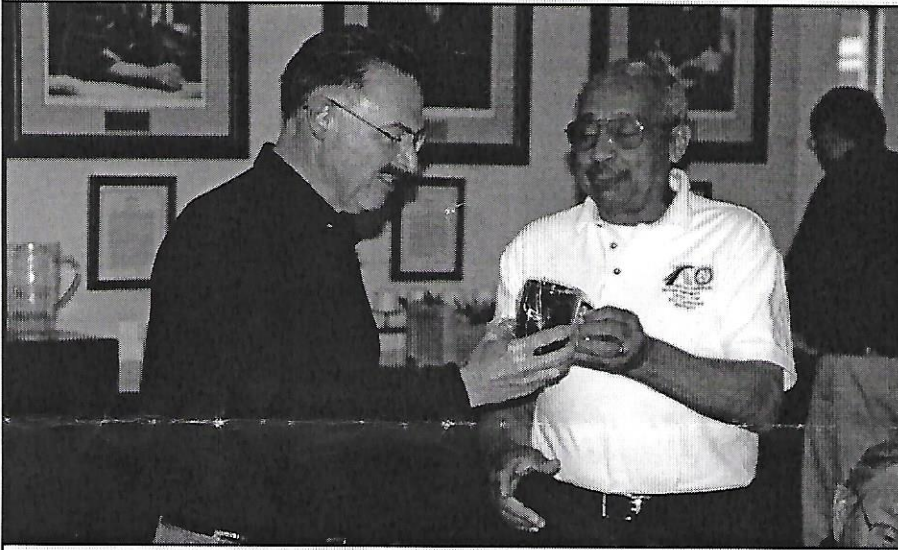
The 4-Way Test, found below, was created in 1932 by Rotarian Herbert J. Taylor and is one of the most widely quoted statements of business ethics.

The Four-Way Test

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOOD WILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

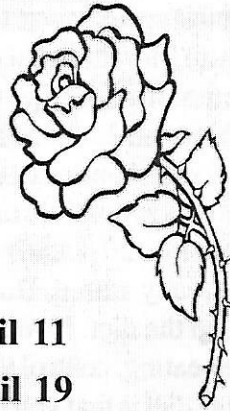
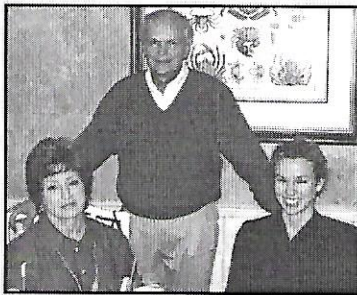
Program Schedule for April-June

<u>Date</u>	<u>Rotarian</u>	<u>Ave. of Service</u>
April 14	Council Renfrow	Inter. Service
April 21	Dick Rogers	Inter. Service
April 28	Demus Thompson	Inter. Service
May 5	Milton Tripp	Club Service
May 12	Neil Whitford	Club Service
May 19	Brian Boyette	Club Service
May 26	David Bradley	Club Service
June 2	Jim Chalk	Voc. Service
June 9	Win Chalk	Voc. Service
June 16	Darden Eure Jr.	Voc. Service
June 23	Shelby Freeman	Voc. Service
June 30	Jim Garner	Voc. Service



President James Walker, presents the traditional coffee cup to Dr. William Hall for his speech on Obesity & weight loss.

April Anniversaries



Jim & Barbara Chalk.....April 11

Sonny & Corinne Geer.....April 19

Earl & Maxine Lewis.....April 30

April Birthdays

James Walker
Winn Chalk

April 19
April 22

ROTARY CLUB OFFICERS

PRESIDENT
James Walker

PRESIDENT-ELECT
Dave Lindsay

SECRETARY
Jim Gregson

TREASURER
David Hall

PAST PRESIDENT
David Bradley

Avenues of Service Directors
Dick Rogers, Voc. Service
Jim Chalk, Com. Service
David Bradley, Inter. Service
Stanley Harrell, Club Service

Sergeant-at-Arms
Bet Dowty

ANNOUNCEMENTS

--Club Officers will be installed June 30th at the First Methodist Church. A special dinner menu is planned. Wives are invited. Tommy Noe will conduct the installation ceremony.

--Earliest figures indicate that the Magic Show just about broke even. A final report will be posted in the *Beacon* next week.

--Thanks to Jim Gregson the bulletin can now be read online. If you miss a meeting you can access the bulletin by going to this website:<http://mhcrotaary.99k.org>

--New Member Installation Night is scheduled for May 5

Ace of Spades Drawing

443 Cards Remain in Deck



Tonight's Jackpot

\$355.00

CHRISTMAS CHEER FUND

\$12.76