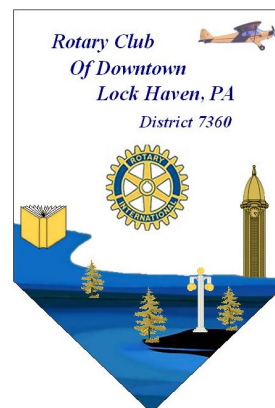


The Downtowner

<http://rotaryclintoncountypa.org>

**Rotary of Downtown Lock Haven
Meets Tuesdays, 5:15 PM at
KCnet (Keystone Community Network)
18 East Main Street
Lock Haven PA 17745**

District 7360 Club 61484



Editor, Diane Whitaker October 23, 2012

CLUB ANNOUNCEMENTS

October Program Coordinator – Gail Nestlerode

Oct 30 – Canceled due to Hurricane Sandy

Oct 23 – Gayle Miller of Jersey Shore and Gayle's Healthy Lifestyle Cuisine demonstrated making a healthy green smoothie by taking raw vegetables (kale, spinach, and parsley), add fruits (orange, banana, and 3 pineapple chunks), add a quart of water and blend in a Vitamix blender. "Any green vegetable and fruit in a mixture of 60% fruit and 40% greens will provide the enzymes needed to help the body heal itself. " For more information, workshops, private or group lessons call 570 398-0328 or e-mail gayledmiller@gmail.com.

Please visit these sites regularly:

District 7360: <http://www.district7360.org/>

DT LH website:

<http://www.rotaryclintoncountypa.org/index.html>

DT LH Facebook: Rotary Club of Downtown Lock Haven

MARK YOUR CALENDARS:

November 11, 2012 (Sunday) Lock Haven Holiday Open House, 12 – 4 PM – we will sell our Hometown Hero's shirts at the Downtown Lock Haven, Inc. office. Watch for the sign-up sheet

**Tuesday, November 20 noon at Haywoods on the Green.
Combined Thanksgiving Meal - Buffet to include: Turkey, Stuffing, Mashed Potatoes, Gravy on the side, coleslaw, cranberry sauce, choice of Apple or Sweet Potato Pie, and Beverages (soda, ice tea, water, hot coffee or hot tea). Cost per person is \$12.
Head count per club to Loretta by Thursday, November 15, 2012,**

Bottom Line: What Rotary milestone is happening on 17th of November?

*Answer: **Ride to end polio** - Rotary has made great strides in the effort to eradicate polio, but it's vital to complete the job. On 17 November, General Secretary John Hewko and a team of Rotarians will be taking part in a bicycle ride to raise money for polio eradication. [Read more](#) [Read "Fundraising cyclists"](#) Rotarians: [Log in to contribute](#) For more information visit: www.rotary.org*

Next Week's Question: Who established International Day for the Eradication of Poverty?

Answer in next week's The Downtowner!



*Your contribution to Every Rotarian,
Every Year makes humanitarian projects possible.*

Have news – send it to missmarple19@yahoo.com