

THE SUNRISE SIGNAL *Mar 12, 2009*

Rotary Founded February 23, 1905 Club Chartered June 14, 1990

Rotary Monthly Theme: **Rotaract**

www.MasonCitySunriseRotary.org

PROGRAMS

Today -- **Dr Tony Slinger**
Choosing Wellness

Mar 19th – **Dr Ron Masters**
State Energy Remedy

Rotarian(s) of the Month

Mar – **Jennifer Farwell**
Lacey Gansen

Apr – **Scott Tornquist**
Mary Markwalter

March Birthdays

NONE

SAVE THE DATE
JUNE 20, 2009
JENNIFER & RUSTY
WILL BE MARRIED

1ST UMC, MASON CITY

RECEPTION TO BE HELD
AT THE SURF BALLROOM

President Elect Bev Eckholt completed the P E training held in Waverly Feb. 28th.

WHAT YOU MISSED IF YOU WERE ABSENT

Bob Friedrich set the tone for the month of programs dealing with health care and personal wellness.

Leading off the month was James Anastasi, who along with his wife Kathy are family counselors with their office in Mason City.

Jim began by asking the question, “When was the last time you were feeling really good?” Then he suggested we do more of **that** so we can feel good, more often.

Using the alphabet to enforce his points we learned the 5 “F’s”

Fight, Flight, Freeze, Fake It, Flourish. These can be reactions to stressful situations we encounter.

He then asked how we manage difficulty. Do we Avoid, Alter, Accept, Build, or Change.

5 “L’s” that can enhance our lives

L)abor
L)eisure
L)ove
L)earn
L)aughter

And then he ended with 9 “E’s”

E)xercise
E)at
E)xpression
E)moting
E)xpansion
E)xploration
E)xecute
E)xperience
E)xhale



Jim Anastasi

CLUB LEADERSHIP 2008-2009

President: Gary Herrig
P E: Bev Eckholt: 2011
V P: OPEN
Sec/Treas: John DiMarco

Past Pres: Vicki Hornbuckle ‘09
Diane Horning: 2009
Jennifer Farwell: 2009
Bob Friedrichs: 2010

Sue Followwill: 2010
Lee Olson: 2011
Mary Cooley: 2011

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