

THE SUNRISE SIGNAL *Mar 26, 2009*

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

Rotary Monthly Theme: **Rotaract**

www.MasonCitySunriseRotary.org

PROGRAMS

Today -- **Dr Bob Friedrichs**
Nutritional Therapy

Apr 2nd – T B A

Rotarian(s) of the Month

Mar – **Jennifer Farwell**
Lacey Gansen

Apr – **Scott Tornquist**
Mary Markwalter

March Birthdays

NONE



Debbie Friedrichs, Guest of her husband Dr. Bob

WHAT YOU MISSED IF YOU WERE ABSENT

Our meeting began with a short business agenda, with our club leadership roster for 2009-2010 being presented and approved.

President: Bev Eckholt
Pres Elect: Scott Tornquist
V P: Mary Markwalter
Sec/Treas: John DiMarco
Board: Bob Friedrichs (10)
Board: Dennis Burke (10)
Board: Jennifer Farwell (10)
Board: Lee Olson (11)
Board: Mike Johnston (11)
Board: Rich Malinaric (11)

Thanks to each for saying **yes** when asked to serve in this important club position.

Proceeds from our January Basketball Tournament will soon be distributed. If you have suggestions, be sure to contact a Board Member.



**Dr. Ron Masters, Discusses
“Energy Remedy”**

Bob Friedrichs introduced Dr. Ron Masters a veteran of 45 years as a Chiropractor in Mason City and M C Noon Rotarian.

Dr. Masters sat on the interview Board when our Dr Bob took his Iowa State Certification Tests.

Ron told us our body is managed by a series of energy pulses, that move unnoticed until a pulse runs into a barrier or blockage, which then scatters the energy into a fractured state and creates pain. Locating the blockage and eliminating it will allow the energy wave to resume normal activity and eliminate the pain. Follow up treatments will maintain the body's wellness.

CLUB LEADERSHIP 2008-2009

President: Gary Herrig
P E: Bev Eckholt
V P: Scott Tornquist
Sec/Treas: John DiMarco

Past Pres: Vicki Hornbuckle '09
Vacant: 2009
Jennifer Farwell: 2009
Bob Friedrichs: 2010

Vacant: 2010
Lee Olson: 2011
Rich Malinaric: 2011

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