

# THE SUNRISE SIGNAL *April 02, 2009*

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

Rotary Monthly Theme: **Magazine Month**

[www.MasonCitySunriseRotary.org](http://www.MasonCitySunriseRotary.org)

## PROGRAMS

Apr 2<sup>nd</sup> – Joe Buttweiler  
Editor, M C Globe Gazette

Apr 9<sup>th</sup> -- Jo Haferman  
Caring Pregnancy Center



Rotarian(s) of the Month will:

Give the Classification Talk the first week of the month

- Greet guests and give the prayer for each meeting during the month

Rotarian(s) of the Month

Apr – Scott Tornquist  
Mary Markwalter

May -- Robin Edgar  
Bob Friedrichs

## Upcoming Events

April 25<sup>th</sup> –Ditch Cleaning

May 9<sup>th</sup> – Central Park  
Flower Garden Planting

## WHAT YOU MISSED IF YOU WERE ABSENT

Our own Dr. Bob wrapped up the months series of Wellness programs with his remarks concerning a healthier lifestyle for us all.

He emphasized our food choices will impact our health in many ways.

We all must have food to sustain our lives, and he points out there is both GOOD & BAD food choices for us to make.

As we have heard from previous speakers, our choices should be to eat more natural food, including fruits and vegetables. An adequate intake of water is also necessary.

In Dr. Bob's practice, he can and does offer a series of rather non invasive tests that will develop a picture of your current health condition allowing a medical professional to recommend proper nutrition choices.

Eating properly and supplementing your diet with all

natural vitamin supplements was something he recommended.

He also touched briefly on the topic of Body Cleansing also known as Body Purification. He is familiar with a program developed by Standard Process and he distributed a limited number of booklets that describe their program.

The month long series of wellness programs certainly opened the eyes and minds of our club members with the intent of suggesting several options that may lead to our better health. We should all thank Dr. Bob for his coordination of these programs.



Dr Bob, Photo by Dennis Burke

### 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

[www.rotary.org](http://www.rotary.org)

[www.district5970.org](http://www.district5970.org)

[john.last@mchsi.com](mailto:john.last@mchsi.com)