

## What's Coming Up?

**May 26** – Mary Markwalter, Classification business meeting

**Newman Student of the month: Tim Castle**

### For the Calendar:

- **May is Mental Health month**
- **June programs – Dennis Renner and Les Seltun**
- **June 2 – Alternative School Graduation ceremony – 7:30 pm in the FEMA room**
- **June 13 – Community Kitchen service day – need 2-3 volunteers from 4:00-6:00 pm**
- **June 30 – Gavel Exchange Social – 5:30 – Quarry/Tapas outdoors**

## What you missed –

**May 12** – Jen Pope, Boards & Bars/Roots – Jen spoke about her new business Roots and all the things to come there. She'll have Nutrition counseling, meal planning, food for sale, etc. Check out her website for more details.

<https://www.rootsnutritioncounseling.com/>

**May 19** – Katie Behr, Prairie Ridge – Katie spoke about mental health and the programs Prairie Ridge offers to help with mental health in our community.

<https://prairieridge.net/assertive-community-treatment-2/>

<https://prairieridge.net/integrated-health-home/>

<https://prairieridge.net/renew-fep/>

## Reminders:

**Don't forget to wear your pin when we meet!**

### Mason City Sunrise Board Members:

President: Nate Bothwell - 2022

Past President: Alyse Hesley - 2021

President Elect: Theresa Price - 2023

Secretary: Les Seltun - 2022

Treasurer: Eric Levenhagen - 2022

Foundation Chair, Shelly Schmit - 2022

Club Service, Ruth Miller - 2022

Community Service, Jen Arends - 2022

International Service, Dennis Renner - 2022

New Generations, Lynn Ptacek - 2022

Vocational Service, Les Seltun - 2022

## Check out our website:

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

### Sunrise Rotary Buddies

January - Jen Arends & Alyse Hesley

February - Dennis Burke & Lee Olson

March – Tim Coffey & Eric Levenhagen

April - Nate Bothwell, Theresa Price

May - Mary Markwalter & Lynn Ptacek

June - Dennis Renner & Les Seltun

July - Andy Hubbard & Lindsay Schmidt

August - Rich Malinaric & Amanda Ragan

September - Gary Herring & Ruth Miller

October - Bob Friedrichs

November - Dan Pope

December - Shelly Schmit