



The Cog

Rotary Club No. 3503

P. O. Box 544,

St. Marys, OH 45885.

www.stmarysrotary.org

April 24, 2013

Call to Order

President Robbie Burke called the meeting to order. Rev. Bill Maki offered the prayer, followed by the Pledge of Allegiance. While there was one visiting Rotarian – Kurt Meier of the Sidney Club – other employers introduced their individual guests: Bill Maki, Rick Green, Jim Heinrich, Dan Burke, Jeff Squire, Keith Fledderjohann, Kathy Sampson, Marty Dodrill, Tami Sanford, Lorraine Fischio. Alex Pittman led the singing of “Vive le Rotary.”

Happy Dollars

Robbie Burke, Dan Burke, John Wale, Don Hinckley, Jeff Squire, Marty Dodrill, Linda Hames, Keith Fledderjohann, Rick Green, Bill Maki, Tami Sanford, Jim Heinrich.

Announcements

John Wale reminded everyone that this Saturday, April 27, will be “Dueling Pianos” at the VFW.

Rotarians can come for dinner or the music – or both dinner and entertainment.

Robbie announced that Thursday, May 9, 2013, is the World Community Workshops at Defiance College.

May 17th – 19th will be this year’s District Conference to be held at Put-In-Bay.

Our Rotary club Annual Banquet will be held the evening of June 13, 2013.

There will be a Rotary Board meeting next Wednesday, May 1, at 10:45 a.m.

Program

Lorraine Fischio, chair of the Administrative Professionals’ Day committee, introduced our speaker for today, Kendra Ferrall, the massage therapist at the “Wishing Well” in St. Marys, 153 E. Spring St.

For those unfamiliar with the various treatments a massage therapist may offer, a visit to the “Wishing Well” would be a good start. Kendra wants the Spring Street facility to be a holistic treatment center that offers chiropractic service, facials, pedicures, and even treatment of children with cancer. But most often she coaches clients about maintaining health and relieving stress.

There are several kinds of stress, including both physical and emotional, which affect one million U.S. workers per day! Fully half of work absences are due to stress, but every dollar

employers invest in massage/wellness therapy returns \$3.50 to them.

Many techniques are employed at “Wishing Well” to relieve stress, included an onsite nutrition and juice bar, aroma therapy, vitamins, herbs, essential oils, and nutrition advice. Meditation and prayer are included; sufficient intake of water keeps the system in balance, and relaxing music CDs offer a calming atmosphere. Five or more hours of sleep per night works like a medicine.



Environmental stress results from toxins absorbed by the skin and present in shampoo, makeup, cleaning supplies and other sources. Toxins are also present in meat, poultry, fish, eggs and milk. When hormones are introduced, and a massage can remove such harmful substances from the body. Contact with essential oils helps the body stay in balance down to the cellular level.

From chair massage to acupuncture to helpful advice on lifestyle, the “Wishing Well” promotes better health.

Kendra also distributed envelopes containing healthy oils that can be placed under a pillow.

Queen of Hearts

Gary Newton won \$19.00 from today’s drawing, but not the Queen.

Other special gifts included 5-10 minute chair massages from “Wishing Well,” an item from Hudson’s Jewelers, and floral table arrangements. Winners included Mark Ashman, Jan Heinrich, Linda Vogel, Robbie Burke, a Burke employee, a Heinrich employee, Beth Noneman, Ken Strickland, a Wale employee, and a Fledderjohann employee.

Upcoming Programs

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| 5/1 | Susan Pittman - Rotary Literacy Program |
| 5/8 | Do Nguyen – Maumee Rotary Club – “Traveling to Vietnam and Cambodia with Gratefulness” |

Upcoming Greeters

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| 5/1 | Marty Dodrill |
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**Please note: All Rotarians scheduled to greet, please be in place by 11:30 a.m.*

The meeting was adjourned following the recitation of the Four Way Test of the Things We Think, Say or Do:

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

Cog Editor: Alex Pittman