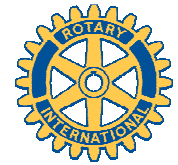


# The Metro Memo



THE NEWSLETTER FOR THE COLUMBIA METRO ROTARY CLUB

VOLUME 18-49

[WWW.COLUMBIAMETROROTARY.ORG](http://WWW.COLUMBIAMETROROTARY.ORG)

JUNE 22, 2011

## Opening

**President Cindy Whaley** welcomed members, visitors and guests to today's meeting. **Kimberly Earnest** led the group with the invocation and Pledge of Allegiance. **Steve Baumgartner** introduced our visitors and guests.

## Attendance

No information available.

## Announcements

Thanks to **Sandra Logan** and **Greg Johnson** for greeting members and guest as they arrived at today's meeting.

**President Cindy** announced that **Jim Phillips**, a visitor from the Quincy/Palmyra Rotary Club is requesting his membership be moved to our club, and that is in the works.

**Jim Stock** gave an update on the Rotary Foundation indicating that the contribution matching funds we had available have been used up, and we should see a couple new Paul Harris Fellows as a result of that campaign. However, he said if anyone still wants to donate, they will certainly accept those donations. He also said our club will probably qualify for the "Every Rotarian/Every Year" program.

**Casey Buckman** gave a report on the first ever Metro Rotary float trip last weekend. No Metro members made it, but guests that attended all had a great time.

**Youth Exchange:** We still need one more family to host our exchange student. Steve and Lynda Baumgartner will be the first family to host and Bob and Doris Scribner will be the 3<sup>rd</sup> family to host our student. We need a host family for the 2<sup>nd</sup> time frame the student is here. This host family **does not** have to be a Rotary family. Please consider your church members, friends and family.

**President Cindy** indicated that committee chairs will meet in July for their goal setting sessions. She also announced that **Bob Unrath** will fill **Britny Wright's** one-year term on the Board, and **Casey Buckman** will serve the remainder of **Beth Lammer's** two-year term.

**Jim Spieler** told the group that Metro is sending three students to RYLA this year, and one is **Katy Earnest**, **Kim's** daughter.

## Sergeant-at-Arms

**Steve Baumgartner** fined those members who have not updated their information on DaCdb. He also asked each table how many members do not have their photos on that website. The answer was just one, and members at tables guessing wrong were each fined \$1.

## Family of Rotary

**President Cindy** announced that **Beth Lammers** is resigning from the club at the end of the month for due to increased work demands. **Cindy** passed around a farewell card, as well a sympathy card for members to sign. **Beth's** mother recently passed away.

## Upcoming Programs

**June 29**.....**Cindy's Year in Review**  
**Cindy Whaley**

**July 6**.....**President's Address**  
**Jim Sharrock**

**July 13**.....**RYLA**

**July 20**.....**River Power Machines:**  
Producing electricity from...  
**Renee Hoagenson**

**July 27**.....**Alzheimer's Walk**  
**Marissa Todd**

## Assignments

Metro Rotary appreciates having the following members provide the raffle prize, sell the tickets, say the invocation, and lead the pledge. Please show your support by purchasing tickets that enable us to support our charities.

### Raffle/Invocation/Pledge:

**June 29**.....**Dave Holtgraewe**  
**July 6**.....**Jean Leonatti**  
**July 13**.....**Scott Heck**  
**July 20**.....**Lori Pewitt**  
**July 27**.....**Jed Friedrichsen**

### Next up for Greeters:

**June 29**.....**Liz Magee**  
& **Beth Lammers**

**July 6**.....**Todd Culley**  
& **Casey Buckman**

**July 13**.....**Rob Christensen**  
& **Jeanie Dzurick**

**July 20**.....**Marnie Clark**  
& **Pat Hostetler**

**July 27**.....**Eric Peterson**  
& **Valorie Livingston**

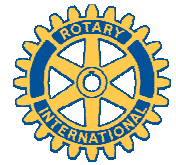
## Program Summary

**The MU Health Connection**  
**Wes Glenn**

**Rose Hayden** introduced **Wes Glenn** of the MU Health Connection, a wellness and exercise facility for seniors. The Health Connection is a partnership between the University of Missouri School of Health Professions and Stephens College. **Wes** is from Louisiana, MO, has a background in exercise science, and was a nationally ranked weight lifter.

 **School of Health Professions**  
*University of Missouri Health System*

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Wes gave the group several tips for getting acclimated to the heat and humidity of summer to meet exercise goals. Those tips include:

\*Exercise in the mornings and gradually build up workout times;

\*Get adequate rest between workouts, ideally a 5 to 1 exercise to rest ratio;

\*Have someone to workout with, especially someone about your same fitness level;

\*Bring your pet with you on your walk/runs;

\*Set fitness goals;

\*Stay hydrated to avoid heat exhaustion.

He reminded the group of the signs of heat exhaustion, as well as heat stroke, which is a medical emergency.

Wes then gave the group additional information about the program, saying that this coming Saturday, June 25, the organization is sponsoring a 5K Run/Walk. He said the Health Connection has a fantastic staff with great equipment. They also offer services such as massage, personal training, and health screenings, as well as yoga and Pilates classes. What makes the Health Connection different from a typical gym is the relaxed atmosphere and supportive environment for seniors.



**Rose Hayden** commented that the MU Health Connection started as a result of Dr. Marion Minor's interest in getting people with Arthritis to exercise in a safe environment. **Jean Leonatti** said that the latest research shows seniors have a serious problem with falls. To help prevent falls, seniors need to exercise to maintain core muscle tone.

## Raffle

Our speaker, Wes Glenn, won our raffle item, a \$40 gift Certificate to Flat Branch Brew Pub courtesy of **Kimberly Earnest**.

*Thanks to **Roma Wonneman** for providing the notes from the June 22, 2011 Metro Rotary meeting.*