The Metro Memo



VOLUME 31-09

WEEKLY NEWSLETTER FOR THE COLUMBIA METRO ROTARY CLUB

AUGUST 30, 2023

Thank you . . .

to **Ginny Northcutt** for presenting today's invocation, leading members in the Pledge of Allegiance, and for providing a fundraising opportunity.

Members with Guests

Rotarian G

Tom O'Connor...... Diana Moxon

Tom O'Connor...... Marie Hunter

Sherry Major Jaime Freidrichs

Tonya Ford Stacie Kane



Congratulations to **Joe Allison** who will celebrate 1 year as a Metro Rotarian on August 31!

Congratulations to **Tom Trabue** who will celebrate 1 year as a Metro Rotarian on August 31!

CONGRATULATIONS

to **Jim Stock!** He won \$50 cash from the personal vault of **Ginny Northcutt**. We raised \$72 for Metro charities!



72 for es!



Metro's Administration Committee will meet at 1:00 p.m. today.

Metro members will volunteer at the Central Missouri Food Bank on September 7 from 5:30-7:30 p.m. To sign up to assist, please visit https://twtr.to/w9nox...

Metro's Board of Directors will meet September 13 at 1:00 p.m. at the Columbia Country Club.

On September 16, Columbia Center for Urban Agriculture will host its 14th Annual Harvest Hootenanny from 4:00-9:00 p.m. at Columbia's Agriculture Park. Metro will have a booth at this event. Donations of non-chocolate candy, cash or \$5 gift cards are being requested. Please contact **Lisa Royse** you would like to donate or volunteer.

On September 23, The Stitch Initiative will again have their handmade clothing, bags, jewelry and more available for sale. Please stop by the Toasty Goat Coffee Company (515 South Scott Blvd.) to support our Afghan friends.

The next member/ guest fellowship event is planned for September 23 at Midway Golf and Games (5500 West Van Horn Tavern Road) beginning at 10:00 a.m. All members are invited and encouraged to bring their family members.

On September 30, the 2023 Walk to End Alzheimzer's will be held at Faurot Field. Please contact Valerie Ninichuck if you would like to be a part of Metro's team.

Metro

Planning is under way for Metro's 2024 Trivia Night fundraiser. Please forward the name of any organization you would like to nominate as a possible partner to **President Laura**. Please note that we would like to follow Rotary International's lead and partner with a group focused in the area of mental health assistance or focused on empowering girls.

DONATIONS NEEDED Can you help??

If you would like to support Afghan ladies and The Stitch Initiative, please note that there are still items that are needed. If you have any of the following items to donate, please contact **Sarah Read** or **Loretta Schouten**.

- > small desk chair
- small table for sewing machine (an old desk or sofa table would be just fine)
- > sitting chair for room
- > double bed comforter
- > vacuum
- > small rug 5 x 7 or 8 x 10

COLUMBIA METRO ROTARY CLUB

www.columbiametrorotary.org

CHARTERED JUNE 10, 1993

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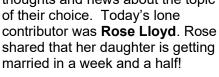
Rotary (B)

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Happy Hat

Substitute
Sergeant-at-Arms
Shane Winter
invited members
to share good
thoughts and news about the topic
of their choice. Today's lone





Sarah Read informed members about the Kampala Malaria Control Project which Rotary District 6080 supported in 2021. The district is again planning to support the project in honor of former DG Jacque Howard and is asking each club to contribute \$100. Metro has committed to supporting this cause.

To learn more about this project, below is a YouTube video link. In the video, you will be introduced to Past Rotary Club of Kampala, Uganda President Henry Nsamba as he describes the project while visiting an area that would very much benefit from the proposed project. The video depicts the challenges and obstacles the community faces with flooding during the rainy season and the impact it has on controlling malaria. The video can be seen at https://www.youtube.com/watch?v =RhNnEnCo2EQ.

COLUMBIA METRO ROTARY CLUB

MU Museum of Art and Archaeology

Marie Hunter (right) is the Deputy Director of the MU Museum of Art and Archaeology. The museum was founded in 1892 when professors Walter Miller and John Pickard began building a "study collection" of art and antiquities at MU.

The museum has more than 16,000 objects in its permanent collection. The items have come from six continents and span five millennia. They have paintings, prints, sculpture, and antiquities on display.

Marie gave a brief summary of the museum's history:

- 1896 the first collection was on display in Jesse Hall
- 1960s additional works were also displayed in Ellis Library
- 1976 the museum moves to Pickard Hall
- 2013 Pickard Hall is closed due to radioactivity concerns
- 2015 museum reopens at Mizzou North on the Business Loop
- 2020 museum operations are made virtual due to the pandemic
- 2021 collections are packed and transported to lower level of Ellis Library
- Today renovations are ongoing for a grand reopening

Several positive reasons for visiting the museum were noted:

- You learn ad your own pace and can focus on things that are of specific interest to you.
- Looking at and analyzing art releases dopamine in your brain which is the hormone that makes you content.



- Studies have shown that visitors to museums have a decrease in cortisol, the stress hormone, after they spend time with art.
- Looking at art gives us greater empathy, because we think about the context of the artwork and the events and emotions that might have inspired it.
- Enjoyable experiences tend to make people happier rather than spending money on possessions.
- Visiting museums makes people happier! According to a study done in the UK, going to museums improved people's happiness and perception of good health, even after other factors that might be influencing them were accounted for

In closing, Marie gave members an insight into a special attraction that will be available when the museum reopens. Visitors will be able to view five etchings by Rembrandt (on loan) as part of their European and American gallery. One of the etchings is a self-portrait.

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