

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

<u>Rotarian</u>	<u>Guest</u>
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!



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 Alzheimer's will be held at Faurot Field. Please contact **Valerie Ninichuck** if you would like to be a part of Metro's team.



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

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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
contributor was **Rose Lloyd**. Rose
shared that her daughter is getting
married in a week and a half!



STOP MALARIA

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>.

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 at 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.