

# The Metro Memo



VOLUME 27-38

WEEKLY NEWSLETTER FOR THE COLUMBIA METRO ROTARY CLUB

APRIL 1, 2020

**Meeting Note:** Due to the coronavirus pandemic, this week's meeting was conducted via Zoom videoconferencing. Thanks to the 28 members, 2 guests and 2 speakers who attended today's online meeting.



Metro Board of Directors will meet **April 8** via Zoom videoconferencing at 1:00 p.m. An invite from **President Cathy** will be forwarded.

**President Cathy** informed members that discussion will be held regarding possible financial assistance the club could provide to the city or county during these troubling times.

The Clean Up COMO event originally scheduled for **April 11** has been cancelled. New volunteer opportunities are being explored.



*Members with Guests*

<u>Member</u>	<u>Guest</u>
Sarah Read.....	Chris Horn
Rob Christensen .....	Lindsey Cunningham
Rob Christensen .....	Sophie Cunningham
Cathy Scroggs.....	Jaime Freidrichs

**REMEMBER THE 3 C's!**  
Stay healthy and help stop the spread of coronavirus, influenza and other illnesses by following the 3 C's:

- Cover:** Cough into the crook of your elbow or into a tissue that is immediately thrown away.
- Clean:** Frequently wash your hands with warm water and soap for 20 seconds—about the time it takes to sing Happy Birthday twice.
- Contain:** Stay home when you are sick until you have been free of fever for 24 hours.

Visit [cdc.gov](http://cdc.gov) for additional information. For a better us.

Jean Leonatti  
Antarctica Travels

*Happy Birthday to Rotarian Gena Patton on April 5!*

*It was announced that Rob Bartel has had some setbacks. He is back at Rusk Rehabilitation Center for more therapy. Please keep Rob and his family in your thoughts and prayers as he recovers.*

*Members expressed condolences to Jim Cherrington on the passing of his father this past week.*



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## Lindsey and Sophie Cunningham Return to COMO

Sisters Lindsey and Sophie Cunningham spoke to members about their world travels during the past year. The sisters both graduated from Rock Bridge High School in Columbia and excelled for the University of Missouri women's basketball team. They last spoke to Metro Rotarians just before Sophie began her WNBA career with the Phoenix Mercury.

Sophie gave an overview of her first year as a professional basketball player. She appears in 32 WNBA games and started in 5 of those. She led all rookies in free-throw shooting percentage during the year making 30 of 34 attempts (88.2%). At the conclusion of the season, she had about ten days before the start of the Australian Women's National Basketball League (WNBL). In Australia, she played for the Melbourne Boomers and had a very good year. She averaged 11.6 points per game, 3.6 rebounds per game and 2.3 assists per game. She noted the biggest difference between the WNBA and international play was the fundamentals. Internationally, the players are not quite as athletic as WNBA players, and fundamentals are focused on more. Members were reminded that the WNBA players are not paid nearly the same as their counterparts in the NBA, and most players venture overseas to play as soon as the WNBA season concludes. It was pointed out that more money could be made playing overseas than here in the U.S.

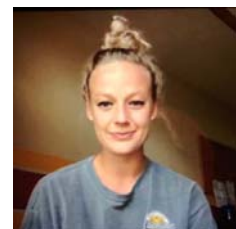
Lindsey informed members that she worked planning events and marketing for a golf course during her time in Australia. Both commented on the relaxed atmosphere and the benefits of living close to the beach. They loved the beautiful islands nearby and experiencing 85° weather at Christmas. They spoke about the huge fires that occurred during their time there, and the poor air quality that resulted. Sophie recalled one basketball practice they were having (indoors) where the air was so smoke-filled that they couldn't see the goal on the opposite end of the court!

One special highlight that Sophie wanted to share was the opportunity to meet the late Kobe Bryant. She spoke of how the NBA legend spoke to her team in Phoenix last year and shared words of wisdom. She stated his words meant a lot and she was very happy to visit one-on-one with him.

Looking ahead, Lindsey indicated that she plans to stay in the mid-Missouri area and is currently exploring employment opportunities in the medical sales field. Sophie is busy preparing for the start of her second WNBA season, and she is awaiting word on when it may begin. Once the WNBA season concludes, Sophie indicated she is considering offers to continue playing in Spain, Turkey or Russia.



*Lindsey*



*Sophie*



*Sophie & Kobe*