

# The Metro Memo

VOLUME 31-30

WEEKLY NEWSLETTER FOR THE COLUMBIA METRO ROTARY CLUB



JANUARY 24, 2024

## Thank you . . .

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

## Members with Guests

Member	Guest
Tim Sullivan.....	Mary Jo Worthington
Sarah Read.....	Alex Harms



*Happy Birthday to Adam Blumhagen today!*

*Please keep Sarah Johannaber in your thoughts and prayers as she recovers from injuries sustained in a recent automobile accident.*

*Also, please keep Audrey Spieler in your thoughts and prayers as she undergoes eye surgery tomorrow.*

*Congratulations!*

to **Margaret Conroy!** She won a \$50 gift card to Shakespeare's Pizza donated by **Warren Prost**.

## HOPE ROAD

A DOCUMENTARY ABOUT CHILD SEX TRAFFICKING

HOSTED BY:

**Rotary**  
Club of Columbia-Metro  
District 6080 Peacebuilders

**STOP**  
HUMAN TRAFFICKING  
COALITION OF CENTRAL MISSOURI

**THURSDAY, JANUARY 25, 2024**

**REDI HUB**  
500 E. WALNUT, SUITE 103  
COLUMBIA, MISSOURI

**DOORS OPEN AT 5:30PM**  
**FILM STARTS AT 6 PM**

Join us for a film that is both challenging and inspiring, followed by a broader discussion on human trafficking.

Light Refreshments Will Be Provided.



Metro members will volunteer at the Food Bank on **February 1** from 5:30-7:30 p.m. Please watch for an email from **Shane Winter** to sign up.

Metro's Annual Trivia Night fundraiser will be held **February 2, 2024**. Please see page three of this newsletter for details of how you can participate.

Metro's Board of Directors will meet **February 14** at 1:00 p.m. at the Columbia Country Club.

Nominations are now being accepted for Metro's 2024 Vocational Service Award. A nomination form is on page four of this newsletter, and a link is posted on the club website. Deadline for nominations is **March 13**. Please consider nominating someone you think worthy of this honor.

Applications for 2023 RYLA attendees are being accepted through **March 13**. This program is designed for incoming or outgoing high school sophomores. To nominate someone for this leadership opportunity, please visit <https://rb.gy/gocoto>. If you have any questions, please contact **Sarah Read**.

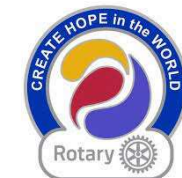
The next member/guest fellowship event will be held in March at Hexagon Alley (111 South 9<sup>th</sup> Street). Please watch for more details in early March.



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## DUES REMINDER!

If you chose to pay your annual Rotary dues in two installments, please note that the second payment for the 2023-2024 year is now payable.

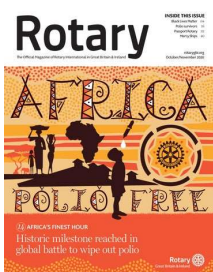
Please submit your timely payment to club treasurer **Rebecca Knipp**.



## PLEASE RECYCLE

Members are encouraged to bring their copies of the *Rotary* magazines to future meetings once they have completed reading them.

The issues will be re-circulated to spread the word about Rotary in our community.



## Happy Hat

Assistant Sergeant-at-Arms **Shane Winter** invited members to share good thoughts and news about the topic of their choice. Today's contributors were **Shane Winter, Adam Blumhagen, Mark Claypole, and Audrey Spieler**.



## Weather Alert

**PLEASE NOTE:** Metro bylaws state that if the Columbia Public Schools cancel classes due to inclement weather, Metro Rotary will not meet. Please keep this in mind as winter weather continues.

## Missouri Vocational Rehabilitation Program

Mary Jo Worthington (right) spoke to members today about the Missouri Vocational Rehabilitation (VR) program.

The mission of VR is "empowering people with disabilities through employment." Mary Jo shared that up to 1 in 4 adults in the U.S. has some type of disability. The most common disability involves difficulties in the cognition area. It was noted that many disabilities are "invisible" (i.e., chronic fatigue, post-traumatic stress, depression).



VR works with individuals through counseling, job searches, and training to help them gain employment. Employers receive a qualified candidate who generally has a better attendance record and a higher retention rate than normally seen.

Two resources she spoke about included:

- The Job Accommodation Network (<https://askjan.org/index.cfm>) is the leading source of free, expert, and confidential guidance on job accommodations and disability employment issues. One way to use this resource is with the A to Z search function. You can look up any disability along with information about suggested accommodations, things to consider, and other tips.
- The Employer Assistance and Resource Network on Disability Inclusion (EARN) (<https://askearn.org/>) offers information and resources to help organizations of all sizes recruit, hire, retain, and advance people with disabilities. Tips are posted to help businesses get started as an inclusive and accessible workplace.

### NEXT WEEK'S PROGRAM

**Dr. Janice Dawson-Threat**  
**Executive Director**  
**Grade A Plus, Inc.**

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DECEMBER 27, 2023



## 17<sup>th</sup> Annual Metro Rotary Trivia Night

- What:** Fundraiser to benefit **Girls on the Run Heart of Missouri** and other Metro charities
- When:** Friday, **February 2, 2024**  
Doors open 5:30 p.m. Dinner at 5:45 p.m. Trivia begins at 6:30 p.m.
- Where:** Knights of Columbus Hall (2525 North Stadium Blvd.)
- Tickets:** Only \$35 each or \$275 for a table of 8  
Ticket includes a dinner buffet catered by Big Daddy's BBQ, beer, soft drinks, set-ups, and ten rounds of trivia fun!
- Who:** All friends, business associates, family members and other Rotarians are invited to join in the fun. Trivia night tickets are available to be purchased online at [www.columbiametrorotary.org](http://www.columbiametrorotary.org).



### The Following Sponsorship Opportunities Exist!

(Please contact **Sarah Johannaber** or **Shane Winter** if you would like to be a sponsor.)

#### Presenting Sponsor

**TL Properties LLC**  
(Tom Rose)

**SUPPORTING SPONSORS**  
Columbia Insurance Group

Law Office of Lori Neidel, LLC  
(Lori Neidel)

**TICKET SPONSOR**  
Winter Financial Coaching, LLC  
(Shane Winter)

**FOOD SPONSORS**  
Charlene Boyes

**BEVERAGE SPONSORS**  
Casey Buckman Photography  
(Casey Buckman)

Hy-Vee

**TROPHY SPONSOR**  
Victoria Brees

**MEDIA SPONSOR**  
The Columbia Missourian  
(Shelley Sigholtz)

**ROUND SPONSORS**  
Andrew Stone Optometry  
(Josh Stanfast)  
Boone-Central Title Company  
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J. Scott Christianson  
Katie Essing  
Les Gelband  
Jean Leonatti  
House of Brokers Realty  
(Ginny Northcutt)  
Optimized CFO + Controller Services  
(Rebecca Knipp)  
Warren Prost  
Reinhardt Construction  
(Susan Hart)



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## METRO ROTARY 2023-24 Vocational Service Award Nomination

One of the ways that Rotary Clubs encourage vocational excellence and the practice of high ethical standards is through the presentation of a vocational service award to deserving individuals or organizations.

Metro Rotary joins with all Rotary clubs in stressing that their members conduct the affairs of their businesses and professions in accordance with the principles of high ethical standards while recognizing the worthiness of all useful occupations and the obligation to contribute their talents to address the problems and needs of society.

Each member is encouraged to participate in the nomination of an individual or organization in our community for this award who exemplifies the following attributes:

- Adheres to the highest ethical standards in their work, including the fair treatment of employers, fellow employees, associates, vendors, competitors, and the public.
- Contributes their talents to addressing the problems and needs of the community.

From the nominations submitted, the Vocational Service Committee will select one of the nominated persons or organizations as the one to be awarded the 2023-24 Vocational Service Award from Metro Rotary. This award will be made at a regular club meeting with the recognition of the recipient and the presentation of a plaque or other honorarium.

Please complete the form provided below, scan and send your nomination to [columbiametrorotary@gmail.com](mailto:columbiametrorotary@gmail.com) or give to **Cathy Scroggs**. Support information for your nominee is welcomed and can be attached.

My nomination: \_\_\_\_\_

Nominee's vocation and title: \_\_\_\_\_

Reason(s) why nominated: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Your name: \_\_\_\_\_

Best way to contact you: \_\_\_\_\_

**Review of Nominations is scheduled to begin on Wednesday April 3, 2024.**