

The Metro Memo

VOLUME 33-36

WEEKLY NEWSLETTER FOR THE COLUMBIA METRO ROTARY CLUB



MARCH 4, 2026

Thank you . . .

J.D. Moran for presenting today's inspiration, leading members in the Pledge of Allegiance, and providing a fundraising opportunity.



J.D. has been a member of Metro since August 2023. He was formerly a member of the Columbia Evening Rotary Club, and he stated he enjoys all the dynamics and the organization of Rotary. He likes the variety of weekly programming and the connectedness he feels within community through our various club activities.

Members with Guests

Member	Guest
Valorie Livingston	Stefanie West
Tim Sullivan.....	Mandy VanDalsem
Casey Buckman	Ava Summers



Happy Birthday to **Charlene Boyes** on **March 5!**

Happy Birthday to **Maizie Brown** on **March 5!**

Happy Birthday to **Jean Leonatti** on **March 5!**

Congratulations to **Jim Cherrington** who will celebrate 29 years as a Metro Rotarian on **March 5!**

Announcements!

Members are invited to volunteer for the next Sleep in Heavenly Peace Bed Build scheduled for **March 7** from 8:45 am – 12:00 pm at the Community United Methodist Church (3301 West Broadway). Please contact **Shane Winter** if you plan to assist.



Metro's Board of Directors will meet **March 11** at 1:00 p.m. at the Columbia Country Club.

Metro's Community Service Committee would like to assist local organizations whose missions align with Rotary's to help youth, education, and the environment. Please see page 3 of this newsletter for a form to complete.

Applications are now being accepted for the 2026 Vocational Service Award. Your nominee should be someone in the Columbia community who represents the Rotary Four-Way Test in his/her vocation. Please see page 4 of this newsletter for an application.



March Peace Challenge



Our peace challenge for March focuses on the 5th Positive Pillar of Peace - "High Levels of Human Capital." This refers to an educated, healthy, and skilled workforce that helps to drive superior economic productivity, innovation, and organizational performance.

Our club is aligned with this because of our focus on education, and the many members who have worked in that field, or in fields related to economic productivity, social connection, and health all of which promote positive peace and reduce the likelihood of violence.

Relative to the "8 in 8" membership challenge, Metro members are encouraged to review the membership classifications list distributed recently by the membership community.

If you know someone who is invested in education, skill-building, and/or leadership development, invite him/her to an upcoming Metro meeting.

Congratulations

to **Micah Baker** who won a \$50 gift card to Sycamore Restaurant donated by **J.D. Moran**. Micah is employed by the Columbia Country Club, and he is responsible for ensuring our weekly luncheons proceed as smoothly as possible. We raised \$59 for Metro charities

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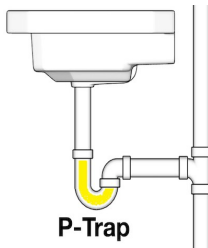
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Happy Hat

Sergeant-at-Arms **Casey Buckman** invited members to share good thoughts and news about the topic of their choice. Today's lone contributor was **Shelley Sigholtz**.



As he has done in the past, Sgt. Casey shared his vast knowledge of handman tips. Today, members learned that the primary purpose of a P-trap is to create a seal, preventing noxious sewer gases, odors, and pests from entering your home. If you did not know, a P-trap is a U-shaped pipe located beneath many plumbing fixtures (i.e. sinks, showers, tubs, etc.). Routinely made of PVC or brass, it connects to the drain outlet.



P-Trap

Rotary Leadership Training

The 48th annual Show-Me Rotary Leadership Training is scheduled for **March 20-21** at the Wyndham Executive Center in Columbia. This event is dedicated to preparing and inspiring incoming club leadership. Keynote speakers and breakout sessions are scheduled. If you plan to attend, please register on DACdb.



RYLA

Rotary Youth Leadership Awards

Nominations are now being accepted for the 2026 Rotary Youth Leadership Award Academy. This is a four-day/three-night service leadership academy held on the campus of the University of Central Missouri in Warrensburg.

RYLA is geared towards students who exhibit a heart for community service. The curriculum is designed to identify and enhance the qualities of servant leadership for each participant, educate them on how to successfully implement a service project, and inspire them to life a lifetime of "Service Above Self."

The first RYLA session will take place June 28 – July 1, and the second session will be July 12-15

If you know of a local student, or students, who may be interested in attending, please contact **Sarah Wolf** at your earliest convenience.



Thanks to all members who participated in the trash pickup last week.

Good Dads

Ava Summers (below) is the regional coordinator for north-central Missouri for Good Dads.



Good Dads is a local non-profit organization passionate about helping fathers be the best they can be – for themselves, their kids, and their community. Founded in 2015 in Springfield, Missouri, Good Dads today has 20 chapters throughout Missouri.

Ava informed members that more than 18 million children in the US live without their father in the home. Statistics show that children growing up without their fathers have a four times greater risk of poverty, are more likely to commit a crime, and are more likely to go to prison.

Good Dads has several programs in the Columbia area. One program involves four local elementary schools where fathers (stepfathers, grandfathers, uncles, etc.) can engage with their children in a school setting. Workplace programs are also very common and have proved beneficial for the families and the businesses involved. To learn more about what they offer, please visit www.gooddads.com/columbia/.

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Columbia Metro
Rotary Club

Community Service Committee: Community Support Proposal Form

Please complete the information below and return to Lisa Royse at roysel@health.missouri.edu.

Date: _____

Columbia Metro Rotary Member Name: _____

Community Organization Name: _____

Contact Person and Information at Organization: _____

Requested funding amount (maximum \$100): _____

Deadline for funds: _____

How does this organization contribute to our community and align with our club's mission to be a transformative influence in our community and in the world through our work with youth, education, and the environment? (2-3 sentences)

How will the organization use the funds if awarded? (2-3 sentences)

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COLUMBIA METRO ROTARY 2025-2026 Vocational Service Award Nomination Form

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.

Columbia 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 2025-26 Vocational Service Award from Columbia Metro Rotary. Plans are for the recipient to be recognized at a regular club meeting with a plaque or other honorarium.

The nomination period begins Wednesday, March 4, 2026. Review of Nominations will begin on Wednesday April 8, 2026. Please complete the form provided below and scan and send your nomination to columbiametrorotary@gmail.com or give your nomination form to Cathy Scroggs. Support information for your nominee is encouraged and may be attached.

My nomination: _____

Nominee's vocation and title: _____

Reason(s) why nominated: _____

Your name: _____

Best way to contact you: _____