

# The Metro Memo



VOLUME 33-43

WEEKLY NEWSLETTER FOR THE COLUMBIA METRO ROTARY CLUB

APRIL 22, 2026

## Members with Guests

Member	Guest
Warren Prost.....	Debbie Prost
Pat Hostetler.....	Lynn Hostetler
Valorie Livingston .....	Ron Fauss
Valorie Livingston .....	Anne Omer
Win Burggraaff.....	Ruth Pojman
Win Burggraaff.....	Trudy Pojman



Members will meet **April 23** at 5:30 pm in the MBS parking lot to pick up trash along our Adopt-a-Spot streets.

The Metro Board of Directors will meet **May 13** at 1:00 p.m. at the Columbia Country Club.

The 16<sup>th</sup> Annual Float Trip is planned for the weekend of **July 25** near Steelville. For more information, contact **Casey Buckman** or watch for more information as the date approaches.

## NEW MEMBERS PROPOSED

**Susan Johnson** has been proposed for membership in Metro Rotary. Susan is a retired public school administrator, and her proposed classification is Retired. Susan's proposal was submitted by **Sandra Logan**.

**Ron Fauss** has been proposed for membership in Metro Rotary. Ron is the owner of Branding Iron Marketing, and his proposed classification is Branding/Marketing. Ron's proposal was submitted by **Valorie Livingston**.



Congratulations to **Rebecca Knipp** who will celebrate 7 years as a Metro Rotarian on **April 24!**

## April Peace Challenge



Pope Francis recognized that "living in peace is also living in harmony with Earth."

Our challenge as peacebuilders during April, which is recognized worldwide by Rotary as Environmental Sustainability Month, is to do something that is good for the environment!



Do you know someone who would make a great Rotarian? If so, the process to nominate him/her is simple. An application form is available on the Metro website at <https://tinyurl.com/23v53s44>.

Once you have the information completed, please forward to **Victoria Brees** at [maybrees@hotmail.com](mailto:maybrees@hotmail.com).

## Rotary's Seven Areas of Focus



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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 contributors were **Victoria Brees, Rob Christensen Sarah Read, Shelley Sigholtz, Shane Winter, and Mark Claypole.**

Today, members learned about the Arabia, a side wheeler steamboat that sank in the Missouri River on September 5, 1856. It was rediscovered in 1988 by a team of local researchers in what is now Kansas City, Kansas. Its recovered artifacts are housed in the Arabia Steamboat Museum.



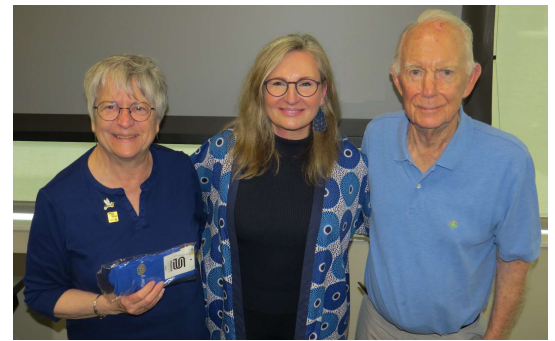
## please note

Metro's Community Service Committee would like to assist local organizations whose missions align with Rotary's to help youth, education, and the environment. If you know of an organization/group/project that could benefit from additional funding, please see page 3 of this newsletter for an application form to complete.

## Rotary Sure Start Program Will Help Those in Need

Ruth Freedom Pojman is the niece of Metro Rotarian **Dr. Win Burggraaff**. She is also a member of the Rotary Club Vienna Maria Theresia (RCVMT). Ruth traveled to the Ukraine/USSR on a Youth Peace Exchange trip in 1988. She was the first American to study at Moscow State University in the Fall of 1990, and she has an extensive career of working internationally in roles with U.S. Agency for International Development (USAID) and with UNHCR, the United Nations Refugee Agency.

Members learned that RCVMT is currently partnering with the Rotary Club Kyiv Sophia on the *Rotary Sure Start* project which supports pregnant women and young mothers and their toddlers who have been affected by war and displacement in Ukraine. RCVMT provides early education, therapy, and parental support.



President Sarah, Ruth, and Win

The *Rotary Sure Start* project supports the renovation of the third floor (approximately 754 square feet) of a four-story community center operated by Save Ukraine in Irpin, Kyiv Oblast. Founded in 2014, Save Ukraine has emerged as the largest humanitarian organization dedicated to rescuing abducted Ukrainian children and providing critical support to children and families affected by war. The dedicated facility space will offer children and their families psychosocial, medical, and educational support, including early childhood development programs, parenting education, and assistance for pregnant women. The project will cover at least the first year of operational costs.

The child-friendly space will include a play and learning area, therapy room, classroom, and hygiene facilities, all designed to provide a safe and supportive environment for young children and their parents. Services will be offered on an out-patient basis, allowing families to attend daily sessions while continuing to live in their homes or temporary shelters.

Ruth informed members about the crisis of child sexual abuse and trafficking in Ukraine. Displaced individuals are more vulnerable, and exploitation has surged. It was noted that caregivers, overwhelmed by basic survival, often leave children exposed to traffickers. The *Rotary Sure Start* program will fill a critical gap for those in need.

Members were encouraged to consider supporting the RCVMT global grant application **2693650** which can be located under Rotary's area of focus "Peacebuilding and Conflict Prevention" as well as "Improving Maternal and Child Health." Please visit <https://my.rotary.org/en/donate> if you would like to contribute to this program.

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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](mailto: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)

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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 [columbiametrrotary@gmail.com](mailto:columbiametrrotary@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: \_\_\_\_\_

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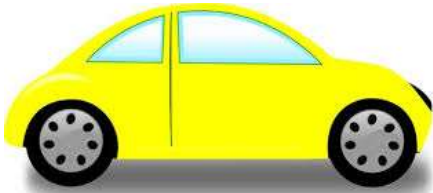
APRIL 22, 2026



rotary  
youth  
exchange  
DISTRICT 6080

A host family for Lotta is needed for the March-May time period. All that is needed is an internet connection, a bed, and a warm heart. If you, or someone you know, would consider this opportunity, please contact **Warren Prost** at your earliest convenience.

## Volunteer Drivers Needed



An Afghan family is in need of some assistance driving two girls from their home to Rock Bridge High School in the morning and returning home in the evening. The driver must be a female, and this would require an approximately ½ hour time commitment each way.

This would be an “on call” need, as assistance would only be necessary when the father is out of town working. Please contact **Sarah Read** if you are interested in volunteering or learning more about this opportunity.



**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.



Our strategic plan helps keep our club focused and energized. That plan is reviewed and updated every three years, and it is again time for that review! To help us as we start that process, please complete the following survey:

<https://www.surveymonkey.com/r/59N9SW5>

There are only six questions, so this should be quick. Results will be shared at a later club meeting. We want to hear from YOU! If you have any questions, please contact **Sarah Read**.



*Welcome on Board !*

Metro welcomed **Josh Rickard** as a new member during today's meeting.



*Josh and Scott*

Josh is a Threat Detection Engineer with Sublime Security. His classification is Software Security Engineer. Josh's proposal was submitted by **Scott Christianson**.

Please take the time to welcome Josh to Metro at your earliest convenience.

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Dues invoices for the 2022-2023 fiscal year have been emailed to members. Please remit your payment timely to Treasurer **Rebecca Knipp** online or to P.O. Box 109, Columbia, MO 65205.



The District 6080 Conference will be held **May 5-6** at the Bass Pro White River Conference Center in Springfield. Friday evening is the annual Shrimp Feed, and Saturday's agenda has speakers scheduled to speak about local and international projects, as well as discussions on Fund Raising & Membership.

To register, please visit <https://rb.gy/ibjtx1>.

## 2024-2025 Committees Forming

Metro Committees for the 2024-2025 year are beginning to be organized. Please contact President-Elect **Penny Kuhns-Knarr** if you have a specific committee (or two) you would like to be a part of for the upcoming year.

If needed, a brief description of each committee is listed on the Metro website on the Committees page which is located under the About Metro drop-down header.

Metro welcomed Robin Westphal as a new member today's meeting.



*Margaret and Robin*

**Robin Westphal** is the Executive Director of Daniel Boone Regional Library. Her classification is Library-Administration. Robin's proposal was submitted by **Margaret Conroy**.

Please take the time to welcome Robin to Metro at your earliest convenience.



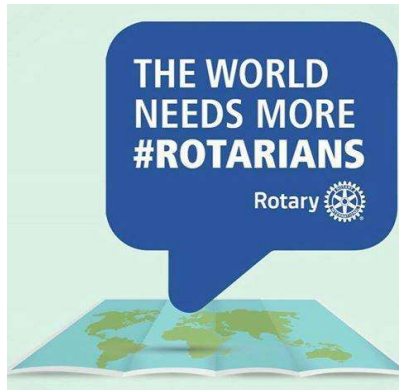
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## Please Recycle Old Magazines

Members are encouraged to bring their copies of *Rotary* magazine to future meetings once they have completed reading the magazines. The issues will be recirculated to spread the word about Rotary in our community.



**The Rotary Four Way Test**

1. Is It Truth?
2. Is It Fair To All Concerned?
3. Will It Build Goodwill And Better Friendships?
4. Will It Be Beneficial To All Concerned?

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*Now Accepting  
Orders for*

**AFGHAN NAAN**

**FRESH BAKED BY LOCAL AFGHAN WOMEN  
TRADITIONAL RECIPES, NO PRESERVATIVES**



Eat or freeze within a day or two. Afghan naan reheats very well in a 400-degree oven for 5-6 minutes. Each naan is about 10-12 inches in diameter.

#### PRICE LIST

\_\_\_ 1 naan for \$7 \_\_\_ 2 naans for \$10 \_\_\_ 3 naans for \$12

Order online through the QR code or at [AfghanWomensCommunityAid.com/bread](https://AfghanWomensCommunityAid.com/bread). Or email [afghanbreadco@gmail.com](mailto:afghanbreadco@gmail.com) to be sent our online order form. Payment is made by credit card on our secure Square page.



Afghan Bread Company is a project of Afghan Women's Community Aid, a Missouri-based nonprofit organization founded through a project of Columbia Metro Rotary Club.

**Please place your order by Sunday, April 20!** Bread will be ready for pickup at three locations or limited delivery is available. Pick up times are late afternoon on Tuesday, April 22, at Rock Bridge Christian Church, midday on Wednesday April 23, at Columbia Metro Club, or on campus at the Student Center on Wednesday, April 23, through the Afghan Students Association.

Your order will provide income for five local Afghan women who volunteered to be part of this pilot project. They will bake the bread from traditional Afghan recipes in the CoMo Cooks commercial kitchen following all local health department guidelines.

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## Rotary's 7 Areas of Focus



Basic Education & Literacy



Maternal & Child Health



Peace & Conflict Prevention/Resolution



Disease Prevention & Treatment



Water, Sanitation & Hygiene



Community & Economic Development



Support the Environment

If you chose to pay your 2025-2026 Rotary dues in two installments, the second payment is now due. Please remit your payment timely to Treasurer **Rebecca Knipp** online or to P.O. Box 109, Columbia, MO 65205.



Members are invited to volunteer for the next Sleep in Heavenly Peace Bed Build scheduled for March 7 from 8:45 a.m. – 12:00 noon at the Community United Methodist Church (3301 West Broadway).



If you have an interest in volunteering, there is a bed delivery day scheduled for **March 29**. Please contact **Shane Winter** if you would like to help.

## Rotary Action Groups



Rotary Action Groups are independent entities affiliated with Rotary that each have a specific humanitarian focus, such as economic development, peacebuilding, addiction prevention, ending modern slavery, or environmental sustainability. Organized by Rotary members and nonmembers, the groups include people around the world who have knowledge, experience, or an interest in the topic.

If you would like to know more about this program or just see what groups are available, please visit <https://my.rotary.org/en/participate/programs/join-a-rotary-action-group>.

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## February Peace Challenge



Rotary's theme for February is Peacebuilding and Conflict Prevention/Resolution Month.

**President Sarah** reminded members to evaluate the information they receive and convey throughout month.



Metro's Board of Directors has implemented a "Snack Card" opportunity for members. Each card will cost \$10, which will provide five (5) punches for the purchaser to partake in tea/coffee/cookies during a regular weekly meeting. Cards will be available for purchase at our weekly meetings, or you can currently purchase one online.



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



## 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.