

The Metro Memo

VOLUME 33-45

WEEKLY NEWSLETTER FOR THE COLUMBIA METRO ROTARY CLUB



MAY 6, 2026

Thank you . . .

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

Warren has been a member of Metro since July 2022. He is a multiple Paul Harris Fellow (+8), a Rotary Major Donor, a Rotary Benefactor, and a member of the Rotary Bequest Society. He stated he enjoys the diversity of Metro's membership.



Welcome on Board!

Metro welcomed two new members during today's meeting.

Susan Johnson is a retired Public School Administrator. Her classification is Retired. Susan's proposal was submitted by **Sandra Logan**.



Sandra and Susan

Ron Fauss is the owner of Branding Iron Marketing. His classification is Branding/Marketing. Ron's proposal was submitted by **Valorie Livingston**.



Valorie and Ron

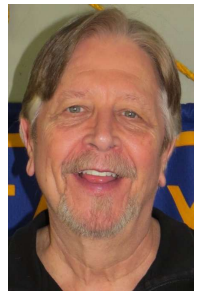
Please take the time to welcome Susan and Ron to Metro at your earliest convenience.

MEMBER RECOGNITION

Congratulations to **Sara Jeffrey** who was recently recognized by Big Brothers Big Sisters of Central Missouri as the 2026 Big Sister of the Year! Sara has tirelessly devoted her time and efforts to help her "little" reach her potential and do BIG, incredible things!



Also, congratulations to **Ron Bodenstab**, and his wife Davida, of the Lichtenstein Foundation! During Woodhaven's Signature Event last week, they were recognized for their extraordinary generosity and unwavering commitment to strengthening Missouri communities. Woodhaven stated, "through their philanthropic leadership and support of nonprofit organizations, they have made a profound impact on underserved populations, youth and families."



Members with Guests

<u>Member</u>	<u>Guest</u>
Joy Sweeney	Kalynn Ramsey
Joy Sweeney	Jamie Bolyard



Happy Birthday to **Robin Westphal** on **May 12!**

Congratulations to **Tom O'Connor** who will celebrate 22 years as a Metro Rotarian on **May 12!**

Congratulations to **Anna Drake** who won a \$50 gift card to Ozark Mountain Biscuit & Bar donated by **Rotarian**. We raised \$81 for Metro charities.

COLUMBIA METRO ROTARY CLUB

www.columbiametrorotary.org

CHARTERED JUNE 10, 1993



The Metro Memo

VOLUME 33-45

WEEKLY NEWSLETTER FOR THE COLUMBIA METRO ROTARY CLUB



MAY 6, 2026



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

On **May 23**, members will tour the former Missouri State Penitentiary in Jefferson City. The tour will be from 12-2 p.m. Please contact **Shane Winter** if you plan to attend.

Metro's 33rd annual Charter Night celebration is planned for **June 5**. Watch future newsletters for details.

The 16th 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.

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 **Loretta Schouten**, **Jaime Freidrichs**, **Joy Sweeney**, and **Casey Buckman**.



EACH ONE BRING ONE



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.

May Peace Challenge



Achieving a peaceful life involves a deliberate approach to transform conflict into understanding. As May is Youth Service Month, members are encouraged to help a younger person build and/or practice the three skills below to provide a better foundation for peace.

1. **Ander management** – identify the physiological and emotional signs of anger before they escalate.
2. **Empathy** – actively work to understand the needs, emotions, and worldview of others, even in conflict.
3. **Critical thinking** – evaluate situations by examining different viewpoints, not just your own.

"Peace is not a dream. It is a responsibility."

-- Paul Harris



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 4 of this newsletter for an application form to complete.

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?**

The Metro Memo

VOLUME 33-45

WEEKLY NEWSLETTER FOR THE COLUMBIA METRO ROTARY CLUB



MAY 6, 2026

EnCircle Technologies Provides Important Training

Jamie Bolyard and Kalynn Ramsey (right) serve as the Outreach and Training Specialist and the Director of Community Employment Services, respectively, for EnCircle Technologies.

Founded in 2013, EnCircle Technologies is now a program of Woodhaven which specializes in educational and vocational training for neurodivergent students and adults, particularly those with autism. A class schedule was shared with members highlighting three areas of focus:

1. Social Skills – These classes practice communication, relationship building, teamwork, job interviewing, and other skills to help navigate work and life.
2. Therapeutic Rec – Participants can try new recreational activities that will help get them more involved in the community and improve their health



Jamie & Kalynn

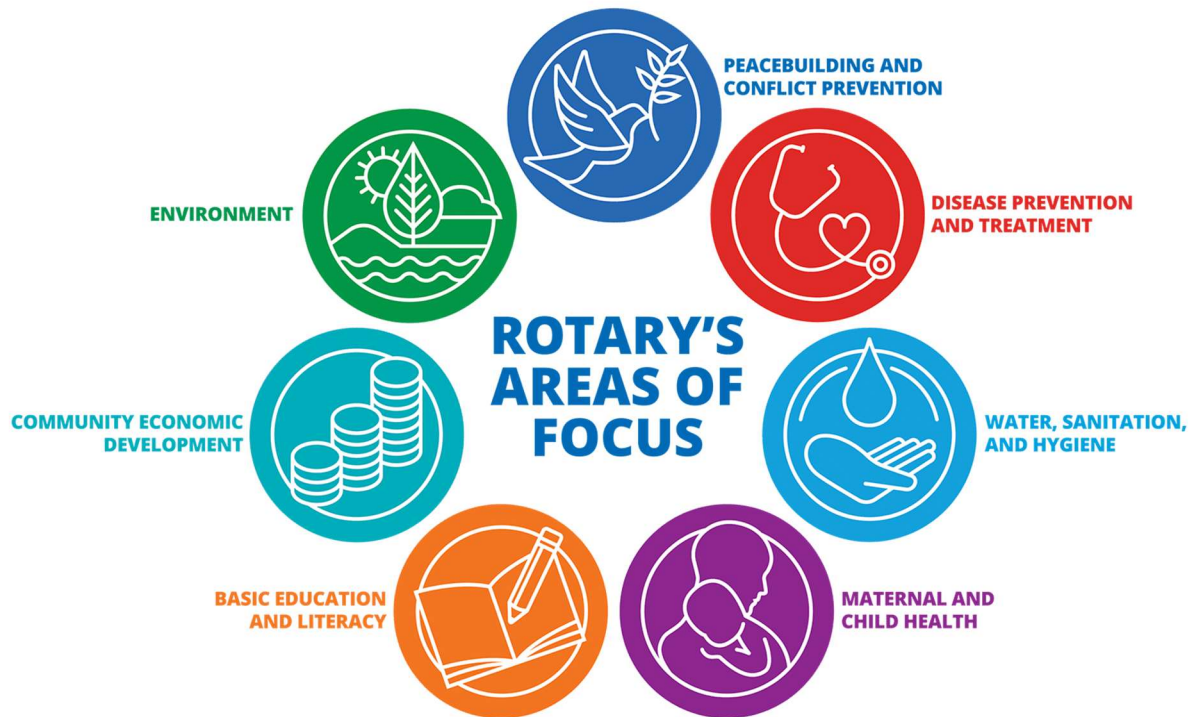
while meeting new people.

2. Tech Classes – Students can learn technology skills in web development, programming, and office software.

EnCircle believes that while no student will ever outgrow their neurodiversity, they believe the students will grow into it. They strive to empower and support students to understand that their diagnosis or disability is just one part of their identity and who they are as a person.

EnCircle provides a community where all people with disabilities and their families can live as independently as possible, with dignity and pride in who they are by leading self-determined lives willed with meaningful experiences.

To learn more about EnCircle and their programs, please visit <https://rb.gy/2z4j9o>.



The Metro Memo

VOLUME 33-44

WEEKLY NEWSLETTER FOR THE COLUMBIA METRO ROTARY CLUB



APRIL 29, 2026



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)
