

# The Metro Memo

VOLUME 33-47

WEEKLY NEWSLETTER FOR THE COLUMBIA METRO ROTARY CLUB



MAY 20, 2026

## Thank you . . .

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

Margaret has been a member of Metro since April 2018. She stated that Metro is the third Rotary club of which she has been a member, and she originally joined a Rotary club for community involvement purposes. After moving to Columbia and visiting Metro, she joined our club because our service vision most closely mirrors hers.



On **May 22**, members will tour the former Missouri State Penitentiary in Jefferson City.

Members will meet **May 28** at 5:30 pm in the MBS parking lot to pick up trash along our Adopt-a-Spot streets.

Metro's 33<sup>rd</sup> annual Charter Night celebration is planned for **June 5** at Tolton High School (3351 East Gans Road) beginning at 5:00 p.m. Tickets are \$20 per person.

The Metro Board of Directors will meet **June 10** 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.



Happy Birthday to **Win Burggraaff** on **May 21!**

Congratulations to **Tim Sullivan** who will celebrate 10 years as a Metro Rotarian on **May 25!**

Congratulations to **Lisa Royse** who will celebrate 5 years as a Metro Rotarian on **May 26!**

Metro Rotary sends its deepest condolences to **Win Burggraaff** and his family on the passing of his wife **Isabel**. Isabel was a dedicated supporter of Metro's Partner in Education program for many years. Please keep Win and his family in your thoughts and prayers.

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!

## Members with Guests

Member	Guest
Ron Fauss .....	Meredith Stone
Pat Hostetler.....	Lynn Hostetler
Audrey Spieler .....	Marilyn Calbert
Tom O'Connor.....	Travis Kroner
Tom O'Connor.....	Nick Durkin
Warren Prost.....	Lotta Vulsieck
Tim Haas.....	Charlotte (YSE)
Tim Haas.....	Igor (YSE)

## Visiting Rotarians

Member	Club
Tim Haas.....	Jefferson City West

## Congratulations

to **Mark Claypole** who won a \$50 gift card to Club Car Wash donated by **Margaret Conroy**. We raised \$63 for Metro charities.

## 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](mailto:maybrees@hotmail.com).

## NEW MEMBER PROPOSED

**Stefanie West** has been proposed for membership in Metro Rotary. Stefanie is a Certified Athletic Trainer and serves as the Director of Marketing & Sports Medicine for Peak Sport & Spine. Her proposed classification is Marketing-Healthcare. Stefanie's proposal was submitted by **Valorie Livingston**.

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## Happy Hat



Substitute Sergeant-at-Arms **Michael Kramer** invited members to share good thoughts and news about the topic of their choice. Today's contributors were **Mark Claypole, Warren Prost, Sarah Wolf, Jean Leonatti, Victoria Brees,** and **Valorie Livingston.**

Michael shared interesting information about the Rotary Club of Nauru. Nauru is a tiny island nation in the southwestern Pacific Ocean.



## Matching Opportunity!

For a limited time, District 6080 will match new individual donations to The Rotary Foundation, **up to \$500 per donor.** This is a "first come, first serve" opportunity until District's designated resources are used up. ACT FAST if interested to fast-track your way to a new Paul Harris level!

### How it works:

1. Make your donation to The Rotary Foundation (Annual Fund, PolioPlus, or other eligible fund) by calling 1-866-976-8279 or going on-line at [www.rotary.org/give](http://www.rotary.org/give).
2. Send confirmation of your donation to John Horton, District Foundation Chair at [john@JohnJHorton.com](mailto:john@JohnJHorton.com).
3. The district will apply matching recognition points to your Rotary Foundation account, up to a maximum of 500 points.



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. Anger 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.



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.

## LOTTA VULSIECK – INBOUND YOUTH EXCHANGE STUDENT

Lotta Vulsieck (below) is an inbound youth exchange student from Germany who Metro was pleased to sponsor this year.



Lotta shared her experiences throughout the year starting with the youth exchange orientation. She shared highlights from her school year and stated she really enjoyed being on the Hickman soccer team. She also emphasized homecoming and prom as two events she really enjoyed.

The creation of many lifelong friendships is what she will remember most from this year, and she indicated she will miss the many coffee shops, the numerous food options, and Target when she returns home.

Lotta closed by thanking her three host families Tina & Chris Hardin, Ila & Nick Durbin, and Debbie & Warren Harms for opening their homes to her and helping her throughout this year. She expressed her appreciation to Metro for sponsoring her, and she encouraged our club to continue giving other students the wonderful opportunity that she experienced.

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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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