

The Metro Memo

VOLUME 34-04

WEEKLY NEWSLETTER FOR THE COLUMBIA METRO ROTARY CLUB

CREATE
LASTING
IMPACT

Rotary

JULY 22, 2026

Thank you . . .

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

Jaime has been a member of Metro since October 2023. She stated she enjoys the service aspect of Rotary and the camaraderie with members. In her spare time, she enjoys traveling, reading, hiking, and soccer.



Visiting Rotarians

Member

Guest

Brad MartensSouth



Happy Birthday to **Warren Prost** on **July 24!**

Congratulations to **Laura Kogut** who will celebrate 12 years as a Metro Rotarian on **July 24!**

Congratulations to **Warren Prost** who will celebrate 4 years as a Metro Rotarian on **July 27!**

Congratulations to **Charlene Boyes** who won a \$45 gift certificate to Endwell Taverna donated by **Jaime Freidrichs**. We raised \$68 for Metro charities.

Announcements!

The 16th Annual Float Trip is planned for the weekend of **July 25** near Steelville. The date is rapidly approaching, so please contact **Casey Buckman** ASAP if you would like to be a part of this amazing experience.



A fellowship event is planned for **August 13** at Delia's Mexican Grill (1400 Cinnamon Hill) beginning at 5:30 p.m. All members are invited and encouraged to bring a prospective Rotarian.

Metro's Board of Directors will meet **August 19** at 1:00 p.m. at the Columbia Country Club.

Members will meet **August 20** at 5:30 pm in the MBS parking lot to pick up trash along our Adopt-a-Spot streets.

Invite a Friend to Rotary!



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.



During today's meeting, Metro welcomed **Stefanie West** as our newest member.

Stefanie is the Director of Marketing and Sports Medicine for Peak Sport & Spine. Her classification is Marketing-Healthcare. Stefanie's proposal was submitted by **Valorie Livingston**.



Please take the time to welcome Stefanie at your earliest convenience.



Please remit your payment for 2026-2027 membership dues timely to Metro Treasurer **Bette Wordelman** online or to P.O. Box 109, Columbia, MO 65205.

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Happy Hat

Assistant Sergeant-at-Arms **Michael Kramer** invited members to share good thoughts and news about the topic of their choice. Today's contributors were **Jean Leonatti, Ron Bodestab, Shelley Sigholtz, Sarah Read, Charlene Boyes, Rose Lloyd, Valorie Livingston, and Michael Kramer.**



Sgt. Kramer gave members a question to ponder: How many Rotarians does it take to change a lightbulb? Answers from members varied. However, if you

check with ChatGPT, the correct answer is "None. They form a committee, schedule a breakfast meeting, invite a guest speaker on energy efficiency, and the lightbulb gets changed by a volunteer from the community."

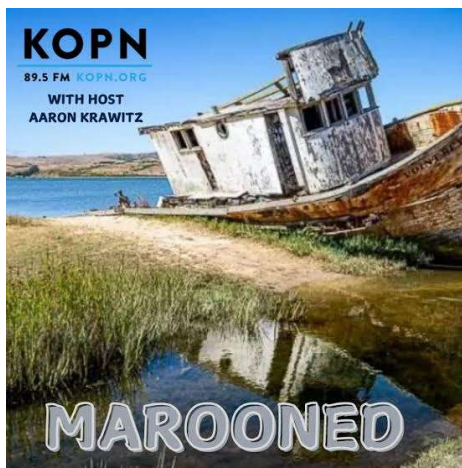


The benefits of smiling and laughing are:

- Boosts immune system
- Relieves stress
- Provides cardiac conditioning
- Lowers blood pressure
- Reduces pain
- Helps you stay positive
- Makes you feel good

"A smile is a curve that sets everything straight."

-- Phyllis Diller



This past **July 7**, Metro's **Michael Kramer** was a guest on the KOPN show Marooned. This program airs from 5:00-5:30 p.m. on the first Tuesday of each month on 89.5 FM.

Marooned is a show that asks each guest to name six musical numbers they would choose to bring with them if they were stranded on an island for the rest of their life.

To listen to Michael's six choices, please visit <https://www.kopn.org/programs/marooned/> and click on the July 7 link. Michael has indicated that if you would like to hear the full recordings of the songs he chose, you are welcome to contact him, or each selection can be found by searching on YouTube.

What six pieces of music would you choose?



District 6080 Governor Visits Metro Rotary

Brad Martens (below) is serving as District 6080 Governor for the 2026-2027 year. He is a member of the Columbia South Rotary Club.



Brad began with an historical overview of Rotary highlighting milestones along the way including the adding of international clubs (1921), the creation of The Rotary Foundation (1947), and allowing women to serve as members (1987).

He shared his personal journey in Rotary with members touching on memorable experiences which led him to serving in his current role.

Brad has been active at the local and district level, and he has traveled the world for Rotary service events and conventions. He encouraged members to *Create Lasting Impact*, both personally and professionally, during the 2026-2027 Rotary year.

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FUNDING OPPORTUNITY

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 complete the form below.



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)
