

The Metro Memo

VOLUME 34-05

WEEKLY NEWSLETTER FOR THE COLUMBIA METRO ROTARY CLUB

CREATE
LASTING
IMPACT



JULY 29, 2026

Thank you...

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

Sarah has been a member of Metro since August 2024. She stated she enjoys the camaraderie of Metro members and the service aspect of Rotary. In her spare time, she enjoys reading, baking, and running.



The 16th Annual Float Trip was reported to be a success. Mark your calendar now for next year's float trip which is planned for the weekend of **July 24!** A huge thank you to **Casey Buckman** for organizing this annual event.

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.

Do you know of a 501(c)(3) organization in need of funding? If so, please contact **Ron Bodenstab** at your earliest convenience. He and his wife, Davida, are generously assisting qualified organizations.

Congratulations

to **Sarah Read** who won a \$50 gift certificate to Andy's Frozen Custard donated by **Sarah Wolf**. We raised \$48 for Metro charities.



Happy Birthday to **Tom Trabue** **today!**

Congratulations to **Carl Neitzert** who is celebrating 11 years as a Metro Rotarian **today!**

Congratulations to **Josh Stanfast** who will celebrate 5 years as a Metro Rotarian on **August 4!**

Congratulations to **Ron Bodenstab**, and his wife **Davida**, on their recent marriage!

Congratulations to **Anna Drake** who has an art exhibit showing at the Ankeny Art Center from **July 30-September 22** in Ankeny, Iowa. This exhibit highlights her transformation of discarded plastic bags through crochet, knotting, sewing, and other domestic handcrafts to question how we assign value to objects, emotions, and one another.

Membership Dues

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.

Members With Guests

Member	Guest
Ron Bodenstab.....	Kelly Hill
Ron Bodenstab.....	Angela Carson
Rob Christensen.....	Jenna Gerdes
Rob Christensen.....	Bill Valbracht

Have you invited
your friend
to join 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.

COLUMBIA METRO ROTARY CLUB

www.columbiametrorotary.org

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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 **Anna Drake, Jim Cherrington, and Mark Claypole.**

Members learned several fruit facts today:

- The durian is commonly referred to as the "king of fruits." It can range in size from 2 to 7 pounds. Its smell is very strong and sharp, and the fruit is often banned from hotels and public transit because it smells like onions or gym socks. It is commonly found in Southeast Asia (Thailand, Malaysia).
- A banana is a berry, but a strawberry is not. To qualify as a berry, the berry must form from one flower holding one ovary. The berry has an outer skin, a soft middle, and an inner core holding seeds.
- The largest tree fruit in the world is the jackfruit which has been known to reach in excess of 100 pounds. The jackfruit tree is usually found in the areas of South/Southeast Asia to Oceania.
- Missouri's official state fruit tree is the pawpaw tree. Pawpaw is the largest native edible tree fruit in the United States. Most pawpaw trees can be found in moist, shady areas along river bottoms, creek banks, and steep wooded slopes across the state.

Angel Flight Central

Jenna Gerdes (right, middle) is the Outreach Director and Development Coordinator for Angel Flight Central (AFC). The organization connects volunteer pilots with people who need transportation to medical treatment, specialty care, and other humanitarian reasons, all at no cost to passengers. Founded in 1995, the organization has numerous success stories to share.



Rob, Jenna, and Bill

Since its inception, there have been over 54,000 free flights for those in need. These flights cumulatively total over 17,000,000 nautical miles! Over 330 pilots have generously volunteered their time and fuel for this cause. In 2025, there were over 2,500 free flights, and Jenna shared that this year's number is on target to exceed 3,000. AFC serves ten states in the Midwest area (Missouri, Iowa, Nebraska, Illinois, Indiana, Minnesota, Wisconsin, South Dakota, North Dakota, and Kansas). Should a passenger need to go outside this ten-state region, arrangements are made with other charitable aviation groups to make a connection so that the flight can be continued. Of the passengers transported in 2025, 69% were adults/seniors, and 31% were under the age of 18.

AFC can assist both children and adults. Individuals participating in this program must be traveling for medical care (i.e. appointments, pre/post-op, clinical trials, and/or specialized treatments). There are no income requirements, but the individuals must be medically stable to fly. Generally, a five-to-seven-day notice is all that is needed to arrange for a flight.

AFC hosts an annual Wine Flight fundraiser, and Jenna invited members to consider attending. This year's event will be held November 21 from 6:00-11:00 p.m. at the Sheraton Kansas City Hotel at Crown Center. You can learn more about this event online at <https://www.angelflightcentral.org/wineflight>.

Jenna was flown to today's meeting by Metro's own **Rob Christensen**. Rob is a member of the International Fellowship of Flying Rotarians. This is a group of over 1,200 Rotarian pilots from six continents who share Rotary's commitment to fellowship and service. At the conclusion of today's meeting, Jenna was flown back to Kansas City by Rob's mentor Bill Valbracht.

If you wish to learn more about how you can volunteer to assist this organization, or if you know someone who may need to schedule a flight, please visit www.angelflightcentral.org.



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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)
