The Metro Memo

CREATE LASTING IMPACT

VOLUME 34-08 | WEEKLY NEWSLETTER FOR THE COLUMBIA METRO ROTARY CLUB | AUGUST 19, 2026

Thank you . . .

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



Tim has been a member of Metro since May 2016. He stated he enjoys the positive attitude of Metro Rotarians and the commitment to service events and projects. In his spare time, he enjoys fishing and spending time with his two sons.

Members With Guests

Member	Guest
Casey Buckman	Raven Curd
Susan Hart	Rebecca Roesslet
Scott Christianson	Jason McKinney
Les Gelband	Jen O'Laughlin
Les Gelband	Michelle Merk
Les Gelband	Kim Miller
Les Gelband	Leanne Skinner
Les Gelband	Siri McCleary
Les Gelband	Kim Berry
Les Gelband	Katie Jennings
Les Gelband	Buffy Stapleton
Les Gelband	Chika Beatty
Les Gelband	Salli Cathro
Les Gelband	Vicki Brown



Metro's Board of Directors will meet today at 1:00 p.m.

Members will meet August 20 at 5:30 p.m. 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 **Cathy Scroggs** who won a $25 gift certificate to Sake Japanese Bistro and Bar, a $25 gift certificate to Murry's, and two lottery tickets donated by **Tim Sullivan**. We raised $68 for Metro charities.



*Congratulations to **Joy Block** who will celebrate 24 years as a Metro Rotarian on August 21.*

*Congratulations to **Sarah Wolf** who will celebrate 2 years as a Metro Rotarian on August 21.*

*Best wishes to **Sarah Wolf**, and her husband Dennis, as they are expecting their second child to arrive this week!*



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

Need help coming up with a list of possible names to invite to a Metro meeting? You may find one, or more, of the following sources helpful.

- Work/personal contact list
- People you do business with
- Community volunteers
- Neighbors
- Active civic leaders
- Colleagues/local professionals
- Teammates
- Anyone looking to network, grow personally, and serve others

Once you have the information completed, please forward to **Victoria Brees** at maybrees@hotmail.com.



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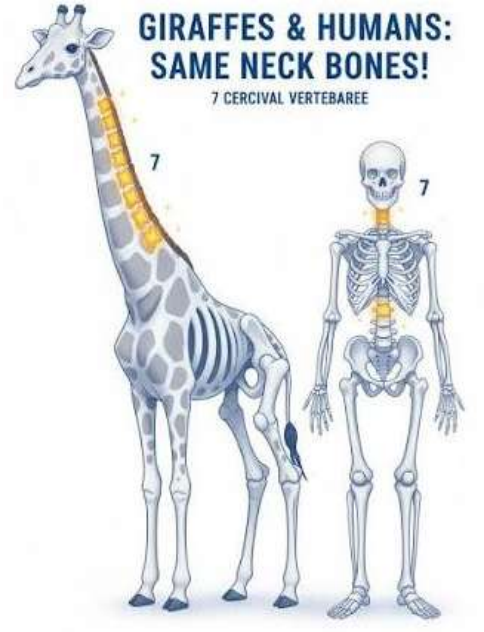
Happy Hat



Sergeant-at-Arms **Casey Buckman** invited members to share good thoughts and news about the topic of their choice. Today's contributors were **Tom O'Connor**, **Scott Christianson**, **Jan Beckett**, **Jason McKinney**, **Joy Sweeney**, and **Casey Buckman**.

Spine-Tingling Trivia

Metro members learned some interesting facts today about spines.



Another fun fact is that the "pop" you hear during a chiropractic adjustment isn't actually your bones cracking. It's a process called tribonucleation. Inside your joints is a "lubricant" called synovial fluid. When a joint is adjusted, the quick change in pressure causes dissolved gases (oxygen and nitrogen) to form a tiny bubble.

Metro's Partner in Education

Today's program was presented by Metro's Partner in Education, the Preschool Program at the Columbia Public Schools. This has become an annual tradition, and the program is always enjoyed by members.



Nicole Langston, Director of the Preschool Program, led members through fun exercises which showed how CPS teachers work with their students on a daily basis to improve skills such as attention, time management, organization, prioritization, and working memory.



Members learned that students are continually exposed to activities that help them to maintain their composure, show empathy, and share positive intent. They see the good results that can come from positive choices as well as the consequences that can result from bad choices.

Nicole shared how staff and students work together to deal with situations involving perception, attention, unity, free will, acceptance, love, and intention. The importance of setting limits and making choices within oneself is thought to be a key in bringing out the best in everyone.



Literacy remains a key focus area for Rotary International. Since April 10, 2003, Metro Rotary has enjoyed serving as a Partner in Education with the Columbia Public Schools. Originally, Metro partnered with the Title I program, and that relationship has now transitioned into supporting the district's Preschool Program.

Over $30,000 has been awarded to district classrooms to support student needs, and Metro Rotary was proud to sponsor the library that exists within the Center for Early Learning-North. In addition to the funding, thousands of hours have been volunteered by Metro Rotarians (and spouses) reading to students and listening to students read.

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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.

Rotary 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)

_____

_____

_____