The Metro Memo

CREATE LASTING IMPACT

VOLUME 34-12 | WEEKLY NEWSLETTER FOR THE COLUMBIA METRO ROTARY CLUB | SEPTEMBER 16, 2026

Thank you . . .

Sarah Read 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 March 2004. She stated that she likes the Rotary motto of *Service Above Self*, and she enjoys being a part of a group that produces results and promotes peace. In her spare time, Sarah likes to walk, read, and spend time with her family.

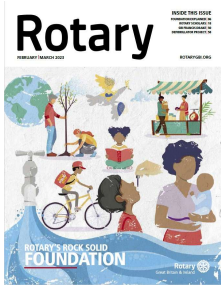
Members With Guests

Member	Guest
Laura Royse	Brian Asbury

Visiting Rotarians

Member	Club
Teri Walden	Columbia South
Brock Rule	Impact

Please Recycle Old Magazines



Members are encouraged to bring their copies of *Rotary* magazine to future meetings once they have completed reading the magazines. The issues will be recirculated to spread the word about Rotary in our community.



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

On September 19, Columbia Center for Urban Agriculture will host its 17th Annual Harvest Hootenanny from 4:00-8:00 p.m. at Columbia's Agriculture Park. Metro will display its Fishbowl Frenzy booth again for this event. Even if you are not working the booth, please take time to stop by and visit Metro's volunteers.

IMPACT Rotary is currently doing their annual mums fundraiser. If you would like to support them, please contact Brock Rule at brockjrule@gmail.com or 816-305-7853 to place your order.

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 **Ron Fauss** who won a $50 gift card to Target donated by **Sarah Read**. We raised $74 for Metro charities. As a bonus, there was a second item donated (a $15 Taco Bell gift card) which was won by **Lisa Royse**.

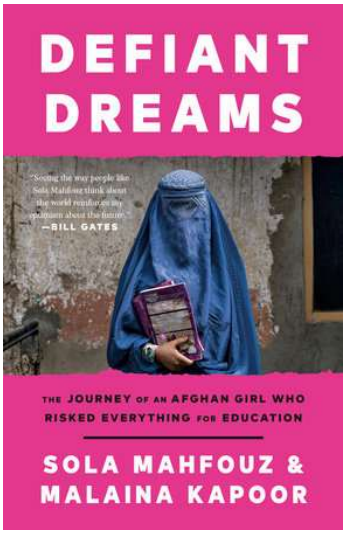


NEW MEMBER PROPOSED

Brian Asbury has been proposed membership in Metro Rotary. Brian is the Marketing Representative for A-1 Foundation Solutions. His proposed classification is Foundation Repair. Brian's proposal was submitted by **Laura Royse** and **Casey Buckman**.

Upcoming Book Discussion

On September 22, Metro's Sarah Read will mediate a three-person panel discussing the book *Defiant Dreams: The Journey of an Afghan Girl Who Risked Everything for Education*. This is a powerful memoir by Sola Mahfouz and Malaina Kapoor that chronicles Sola's secret self-education and escape from Taliban-controlled Afghanistan.



The discussion will be held from 6:00-7:30 p.m. in Swallow Hall Room 101 on the University of Missouri campus (920 South College Avenue).

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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 **Mark Claypole**, **Bill Costello**, **Tom O'Connor**, **Laura Royse**, and **Sarah Read**.

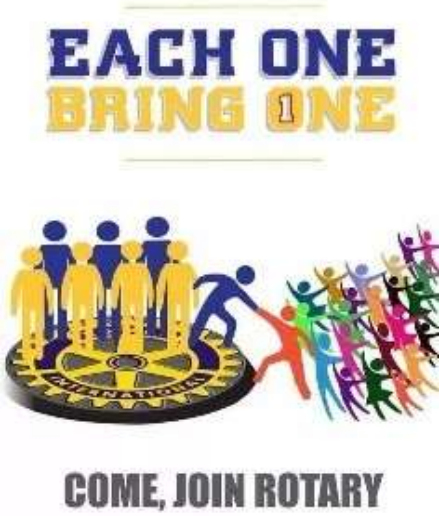


Members learned today that waving is a primal, nonverbal social signal rooted in evolutionary survival, signaling safety, intention, and social connection. Waving promotes group bonding and signals positive engagement, occurring more often in friendly, relaxed environments. Research shows that acknowledging someone's courtesy of a wave makes them feel valued and increases their likelihood of responding positively.

NEXT WEEK



District 45
Missouri State Representative
Kathy Steinhoff



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.

service above self

MEALS ON WHEELS

Teri Walden (below) is the Executive Director of Meals on Wheels (MOW) of Columbia. This 501(c)(3) organization was founded in 1972 and now serves a noon meal five days a week to hundreds in our community. Since August 1, they have been using a building at the Columbia Center for Urban Agriculture to prepare and provide their daily meals.



Last year, MOW delivered 51,284 meals to 332 people. According to recent data, the need for food among individuals 65+ has increased 14%. Clients are very appreciative of the food, and many have testified that "the food is delicious."

Meals are delivered by a dedicated group of volunteers who enjoy visiting with the clients. MOW operates on a sliding fee schedule based on the federal poverty level. This allows each client to pay according to their financial status.

If you would like to assist with MOW, please contact them online at www.mealsonwheelscolumbia.org. They welcome as many volunteers as possible.

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September is National Suicide Prevention Month



This is a time dedicated to raising awareness, sharing resources, and breaking the stigma surrounding mental health issues.

How we care for and support each other in our clubs and in our communities is an important part of building positive peace. We all have opportunities to reach out and let others who are struggling know that they are seen, valued, and cared for.

Members were encouraged to look online for these helpful resources:

- Seize the Awkward offers advice for starting a difficult conversation with a friend who might be struggling. https://seizetheawkward.org/
- National Alliance on Mental Illness (NAMI) publishes a good summary of signs of risk. https://www.nami.org/co-occurring-conditions/risk-of-suicide/
- Find a comprehensive toolkit that will help you plan ways to engage on this important issue at the American Foundation for Suicide Prevention. https://afsp.org/get-help/
- The United Career Institute also has resources, including a summary of how the semi-colon has become a symbol of suicide prevention. https://unitedcareer.edu/suicide-prevention-month/

Sobering statistics: Over 49,000 people die by suicide in the United States each year. This averages out to approximately one suicide death every 11 minutes. Suicide ranks as a leading cause of death for teenagers and young adults aged 10-24. White males account for a large majority (~68%), and those aged 85 and older experience some of the highest overall suicide rates by age.

For immediate support, call or text 988 to reach the 988 Suicide & Crisis Lifeline, available 24 hours a day, 7 days a week.

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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)

_____

_____

_____