The Metro Memo

CREATE LASTING IMPACT

VOLUME 34-13 | WEEKLY NEWSLETTER FOR THE COLUMBIA METRO ROTARY CLUB | SEPTEMBER 23, 2026

Thank you . . .

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



Adam has been a member of Metro since March 2022. He stated that he enjoys the fellowship with other members and the community of Rotary as a whole. In his spare time, he likes to run, and he enjoys being a member of Columbia Gadget Works.

Members With Guests

Member	Guest
J.D. Moran	Stacey Oldfield
Adam Blumhagen	Kathy Steinhoff

Happy Hat



Substitute Sergeant-at-Arms **Sarah Read** invited members to share good thoughts and news about the topic of their choice. Today's contributors were **Warren Prost**, **Michael Kramer**, **Sarah Read**, **Rob Christensen**, and **Lori Neidel**.

Members learned that September 21 is the annual International Day of Peace. This day serves as a reminder that peace requires active building, daily cooperation, and the presence of dignity and safety rather than just the absence of war. Metro has been a proud PeaceBuilder Club since September 2020.



Thank you to everyone who volunteered time and prizes for the Metro booth at last weekend's Harvest Hootenanny.

Thank you to everyone who enjoyed the three-person panel discussion last evening of the book *Defiant Dreams: The Journey of an Afghan Girl Who Risked Everything for Education*. It was reported that the event went very well.

On October 17, Metro will sponsor a team in the Walk to End Alzheimer's at Stephen's Lake Park. Please contact **Lisa Royse** or **Laura Royse** if you would like to participate.

Metro's Board of Directors will meet October 21 at 1:00 p.m. at the Columbia Country Club.

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.



The District Simplified Grant Metro was awarded includes funds for a playground cleanup at the Center for Early Learning-North (2191 East Smiley Lane) in north Columbia. Please watch for a sign-up sheet soon to see how you can volunteer.



During today's meeting, Metro welcomed **Brian Asbury** as our newest member.



Brian is the Marketing Representative for A-1 Foundation Solutions. His classification is Foundation Repair. Brian's proposal was submitted by **Laura Royse** and **Casey Buckman**.

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



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Happy Birthday to the following Rotarians this week:

Loretta Schouten ..... *today*
Ron Fauss ..... *September 24*
Margaret Conroy ..... *September 28*
Laura Royse ..... *September 29*
Lisa Royse ..... *September 29*

*Congratulations to **Brian Stockton** who will celebrate 1 year as a Metro Rotarian on September 24!*

*Congratulations to **Heather McArthur** who will celebrate 12 years as a Metro Rotarian on September 25!*

*Congratulations to **Warren Prost** who won a $50 gift card to Irene's donated by **Adam Blumhagen**. We raised $50 for Metro charities.*



FUNDING OPPORTUNITY

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.



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.

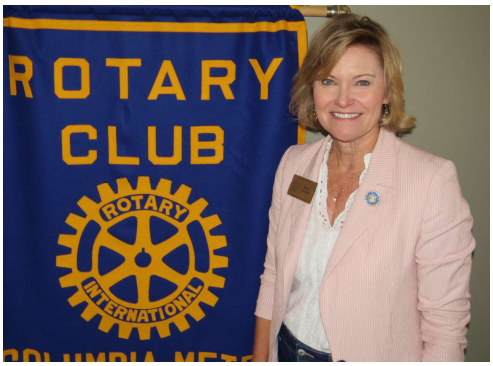
- Work/personal contact list
- People you do business with
- Community volunteers
- Neighbors
- Active civic leaders
- Colleagues/local professionals
- Teammates
- Anyone looking to network, grow personally, and serve others

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



Rep. Kathy Steinhoff

Missouri State Representative Kathy Steinhoff (below) represents the 45th district which covers the urban center of Boone County, specifically the area located south of Business Loop 70 in Columbia. She was first elected in 2022, and prior to her service, she was a math teacher in the Columbia Public Schools for 34 years.



Kathy spoke of her committee involvement at the state level. For several of the committees she serves on, she is the ranking minority member. One committee she spoke at length about was the Joint Committee on Education. Her educational background provides the passion she has for helping Missouri's school districts. She noted the challenges the legislature currently faces and spoke about difficulties that have arisen during tough budget talks.

Missouri's ranking near the bottom nationally for teacher compensation remains a hot discussion topic. Kathy informed members about the push to increase the average starting teacher salary. She also spoke about the importance of the state literacy standards being met to build the foundation for future learning for all students.

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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)

_____

_____

_____