The Metro Memo

CREATE LASTING IMPACT

VOLUME 34-17 | WEEKLY NEWSLETTER FOR THE COLUMBIA METRO ROTARY CLUB | OCTOBER 21, 2026

Thank you . . .

to **Sara Jeffrey** for presenting today's inspiration, leading members in the Pledge of Allegiance, and providing a fundraising opportunity.



Sara has been a member of Metro since August 2023. She stated she enjoys the service aspect of Rotary and working with members on projects. Outside of work, she enjoys time at the gym, traveling, and serving as a Big Sister.

Members With Guests

Member	Guest
Audrey Spieler	Mike Bode
Audrey Spieler	Recil Skinner

Family of Rotary

*Congratulations to **Jaime Freidrichs** who will celebrate 3 years as a Metro Rotarian on October 23!*

*Congratulations to **Pat Hostetler** who will celebrate 25 years as a Metro Rotarian on October 24!*

*Happy Birthday to **Josh Stanfast** on October 27!*

*Metro members extend their condolences to **Penny Kuhns-Knarr** on the passing of her sister. Please keep Penny's family in your thoughts and prayers.*

News & Announcements

Metro's Board of Directors will meet at 1:00 p.m. today. All members are welcome to attend.

On November 5, members will volunteer to pack lunches for families at the Ronald McDonald House (1110 South College Avenue) from 10:00 – 11:30 a.m.

The District 6080 Conference is planned for November 6 in Columbia. Please see page 3 of this newsletter for details.

The annual All-Columbia Rotary Thanksgiving luncheon is planned for November 11 at the Elk Park Event Center (4747 East Elk Park Drive) at 12:00 noon. Tickets are $25 each, and attendees are asked to bring a toy to be given to a local non-profit to distribute this holiday season.

On November 17, Metro is once again assisting the City and the County with a vaccination clinic to be held from 10:00 a.m. – 1:00 p.m. at Rock Bridge Christian Church. Please see page 4 of this newsletter for details. Metro's Peacebuilders have developed a vaccine dialogue guide that you are encouraged to use, if needed. It is located on page 5 of this newsletter.

Nominations are being accepted for a charitable partner for Metro's Annual Trivia Night to be held on February 5, 2027 at the Knights of Columbus Hall.

*Congratulations to **Mike Bode** who won a $50 gift card to D. Rowe's donated by **Sara Jeffrey**. We raised $72 for Metro charities.*

Each One Bring One

Anyone who brings a guest to Rotary during the month of October will have his/her name entered into a drawing that will occur the first week of next month. If you bring a guest each week, your name will be entered four times! How exciting would it be to win a prize simply for bringing a friend and/or a colleague to one (or more) of our weekly meeting(s) and helping them learn more about Rotary and our activities?



The District Simplified Grant Metro was awarded includes funds for cleanup of the nature playground at the Center for Early Learning-North (2191 East Smiley Lane). Please contact **Sarah Read** if you would like to help on November 5 from 1:00-4:00 p.m. Some of the duties planned include:

- Further cleaning/pruning of classroom window area
- Trim bushes and trees from corner walk area so kids can climb
- Trim plants growing on fenceline through fence

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Happy Hat



Assistant Sergeant-at-Arms **Michael Kramer** educated and entertained members with PolioPlus trivia and then invited members to share good thoughts and news about the topic of their choice with donations this month going to PolioPlus. Today's contributors were **Sandra Logan**, **Mike Bode**, **Susan Brandt**, **Karen Brown**, and **Victoria Brees**.

November is Rotary Foundation month. To honor this special time, you may be eligible for any of the following during the month of November:

- Through June 30, 2027, any member who signs up for Rotary Direct will have 300 points transferred into his/her account for Paul Harris recognition.
- 100-point transfer to any member's account who is signed up for Rotary Direct as of November 30, 2026
- Match on a **1:1** basis any new Rotary Foundation donations (excluding Rotary Direct donations that happen to occur in November) up to a maximum of **$300 match**.

WORLD POLIO DAY 24 OCTOBER

Rotary | END POLIO NOW

In recognition of World Polio Day on October 24, Metro has set a goal of raising $500 during the month of October to support Rotary's PolioPlus program. The fundraising collection is being marketed as "Change for Change."

Members are encouraged to bring any loose change they have available to meetings during the month of October (cash will be accepted as well). At the conclusion of the last monthly meeting, a tally of the cumulative donations will be taken and reported to the club. Start saving your change today!



Sir Ken Robinson was a famous British author, speaker and professor of education sciences. He gave one of the most-viewed TED Talks in history (https://tinyurl.com/4bdwpk8e).

Sir Ken was a polio survivor who was knighted by Queen Elizabeth II in 2003. An interview with him can be found here: https://tinyurl.com/ycxx77es. He talks about getting polio as a child at minute 2:50 in the interview.

"Life With Polio"

Polio survivor Recil Skinner (below) spoke to members about her life experiences. A native of northwest Missouri, Recil contracted polio at the age of 3.



She spoke about the process of being transported to the hospital and the huge supportive role her parents and doctors played in her care. She noted the differences in health care that were available then, as compared to today, and talked of her time in an iron lung and utilizing a chest respirator.

Recil informed members of challenges she faced during her school years. She also spoke of her visits to Warm Springs, Georgia which became famous for the visits of President Franklin Roosevelt to immerse himself in the warm spring water to ease his polio pain. Recil visited the hospital there twice; once for bone surgery, and then again for muscle surgery. She informed members of how polio does not affect every muscle the same way. Thus, the need for surgery to assist the weaker muscles.

A retired eductor, Recil taught in the Hamilton, Bunceton, Chillicothe, Prairie Home, and Columbia school districts. She indicated she also enjoyed the time she spent working with inmates at the Fulton State Prison.

Recil expressed her sincere appreciation for the time and money Rotary International has spent trying to eradicate polio.

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District 6080 Conference

November 6, 2026
9:30 a.m. – 4:30 p.m.
Columbia Center for Urban Agriculture
Community Welcome Center
1769 West Ash Street, Columbia, Missouri

$50 for Rotary members and $25 for Rotaractors

Register today at
https://www.dacdb.com/mmp-login/?EventID=77938650



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PROTECT YOUR HEALTH

Local Vaccination Clinic

Join us at our upcoming community clinic to get vaccinated. Walk-ins and pre-registrations are welcome!



30 Tuesday Nov. 17

10 a.m.– 1 p.m.

Rock Bridge Christian Church
301 W. Green Meadows Rd
Columbia, MO 65203

SKIP THE WAIT — PRE-REGISTER ONLINE!

1. Visit **patients.vaxcare.com/registration**
2. Enter Clinic Code: **MO16926**
3. Select your appointment time!

Please bring your ID and insurance card if available.

city of Columbia
Columbia/Boone County Public Health & Human Services

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Rotary District 6080

Let'sTalk About Vaccines

A Rotary District 6080 Peacebuilders Dialogue Guide

This dialogue guide is part of the District 6080 Peacebuilders' efforts to build Positive Peace. One of Rotary's key areas of focus is disease treatment and prevention. Vaccines play a key role in both prevention and treatment. Rotary has had a lead role around the world in the administration of polio vaccines, helping to reduce polio cases by 99.9% worldwide. Smallpox vaccines eliminated smallpox entirely. In recent years, the subject of vaccines has become politicized, introducing confusion and doubt as to their efficacy. Peace is another area of focus. Free flow of information is a key part of building Positive Peace. This guide is intended to help Rotary clubs plan and facilitate dialogue within their clubs and communities about the ways in which vaccines promote public health.

Key Questions Getting Started

My Friend/Neighbor/Relative is Wary of Vaccines. What Can I Say?

We all care deeply about friends and family and our own health. And we have many different sources of information and experiences. So approach conversations with an assumption of goodwill, a desire to learn about the other's thinking, and open-ended questions. Here are some you might use to start the conversation:

- What vaccines did you have as a child? What memories do you have of those?
- What vaccines did your children have? Why? What was your experience with those?
- What are your current thoughts on vaccines? Have your thoughts changed over time?
- Are there some vaccines you are more comfortable with than others? Why?

Key Questions Go Deeper

As the Conversation Moves Forward You Might Ask:

- What kinds of information do you find useful when evaluating risks and benefits of different vaccines?
- How do others you know think about vaccines? What questions do you have about vaccines?
- How might we balance individual freedom and community health when approaching vaccines?
- Do you feel misunderstood by people who have different beliefs? In what ways?
- Is there something about my beliefs that you don't understand or have questions about?

Wrapping Up

As You Wrap Up, You Might Ask:

- Is there anything that you've learned or that has surprised you during our conversation?
- Where do we go from here?

As you move through these questions, you can confirm what you are hearing and offer your own experiences and thoughts. At the start of the conversation you might even share this guide and suggest you each take turns answering the questions and summarizing what you are hearing. If the discussion starts to get heated, you can agree to disagree, saying something like "we share a concern about health and have different thoughts and experiences. I appreciate you sharing yours." Follow up at a different time by sharing relevant information and staying curious.

Key thoughts

We all care deeply about friends and family and our own health so approach conversations with goodwill, a desire to learn, and open-ended questions.

- Approach conversations with empathy, not judgment.
- Recognize that vaccine hesitancy often comes from fear, not refusal of science.
- Your role is to listen, understand, and share reliable information.
- Focus on shared goals: health, safety, and community well-being.

UNITE FOR GOOD - VACCINES SAVE LIVES

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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)

_____

_____

_____