The Metro Memo

CREATE LASTING IMPACT

VOLUME 34-18 | WEEKLY NEWSLETTER FOR THE COLUMBIA METRO ROTARY CLUB | OCTOBER 28, 2026

Thank you . . .

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



Tom has been a member of Metro since May 2004. He stated he enjoys the international component of Rotary, and he has enjoyed participating in two exchanges. Away from Rotary, he enjoys being an advocate for solar energy, and he also performs with the wildly popular Mobile Funk Unit.

Members With Guests

Member	Guest
Rob Christensen	Valerie Zumwalt
Bill Costello	Eric Margheim

Visiting Rotarians

Member	Club
Joe Weston	South



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.



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.

Metro's Board of Directors will meet at 1:00 p.m. on November 18 at the Columbia Country Club. All members are welcome to attend.

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.

Volunteers Needed

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



*Happy Birthday to **Shane Winter** today!*

*Happy Birthday to **Karen Brown** on October 30!*

*Happy Birthday to **John Fierke** on October 31!*

*Congratulations to **J.D. Moran** who won a $50 gift card to Columbia Art League and an individual bundt cake donated by **Tom O'Connor**. We raised $51 for Metro charities.*

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Happy Hat



Assistant Sergeant-at-Arms **Tim Sullivan** educated and entertained members with PolioPlus trivia, this day in history trivia, and World Series trivia. **Sandra Logan** 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 **Wade Schuette**, **Tim Sullivan**, **John John**, **Win Burggraaff**, **Les Gelband**, **Valorie Livingston**, **Shelley Sigholtz**, **Mark Claypole**, and **Sandra Logan**.

Invite a Friend to Rotary!

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.

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**.

FUND the FUTURE

Using Virtual Reality in the Workplace

Eric Margheim (below) is the founder of BeThere Immersive, a workforce development and virtual reality founded in 2023.



Eric informed members of how his company uses software combined with 360-degree virtual reality video to provide interactive job simulations, and AI coaching. This platform brings real workplaces to life so that people can literally "step into the job" before their first workday. This has proven to be successful in elevating engagement and maintaining employees throughout many corporations.

Members learned that this offering has become very popular with companies and can assist with recruiting, onboarding, training, and retention of employees. Some of the partner companies Eric mentioned included the Missouri Highway State Patrol, Diamond Pet Foods, Ranken Technical College, and MFA, Inc.

Eric noted that this platform can be adjusted to whatever an organization may be wishing to focus on. By creating market-specific scenarios, businesses have found that turnover can be reduced, productivity can increase, and overall safety improves.

If you would like to learn more about this interesting process, please visit www.bethereimmersive.com.

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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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Rotary

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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

COUNTY OF BOONE MISSOURI

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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)

_____

_____

_____