

# The Metro Memo



THE NEWSLETTER FOR THE COLUMBIA METRO ROTARY CLUB

VOLUME 17-41

[WWW.COLUMBIAMETROROTARY.ORG](http://WWW.COLUMBIAMETROROTARY.ORG)

## Opening

**President Bill Costello** welcomed members, visitors and guests to today's meeting. **Erin Lampkin** led the group with the invocation and Pledge of Allegiance and **Jim Sharrock** introduced our visitors and guests.

## Attendance

### Members with Guests

**Tim Springer** .....Jan Neitzert  
**Mizuho Komataini**

### Visitors from Other Clubs:

Sean Spence - South  
Kris Bezenek - Downtown

## Announcements

Thanks to **Barb Danuser** and **Andrew Stone** for greeting members and guests as they arrived at today's meeting.

The Vocational Services Committee asks that you please make award nominations for the 2010 Vocation Services Award. This award can be to an individual or company meeting the two criteria of service and ethics. The nomination form is on the Metro website at <http://columbiametrorotary.org/wp-content/uploads/2010/04/2010-Vocational-Service-Award1.doc> and is due to **Sandra Logan** or **Joy Block** by April 16<sup>th</sup>.

The Fellowship Committee is starting the planning process for our annual Charter Night gathering. Charter Night will be held on June 11<sup>th</sup> from 5:30 to 8 pm at the Kliethermes model home in the Cascades, 2310 Redmond Ct.; cost per attendee is \$10. Please RSVP to [DonnieRay@Ludwig.com](mailto:DonnieRay@Ludwig.com) with the number of adults and children who may attend.

**Jennifer Deaver** announced that Stephens College will host Anne Deaton for *True Confessions of a High Heeled*

*Leader* on April 8<sup>th</sup>. Register at [www.stephens.edu/trueconfessions](http://www.stephens.edu/trueconfessions)

Many thanks to the dozens of local Rotarians who pitched in to host this year's Group Study Exchange team from South Korea, complete with vocational visits, lunches, home-stays, dinners, presentations, shopping, ice cream breaks, a baseball game, etc. We hope that our new friends Mr. Choi, Lee Wun, Shim, Lee Tu, and Park had nearly as much fun as we did.

Currently the Rotary District 6080 is searching for a team of young professionals from the ages 25-40 to join their team leader Rotarian and Past district Governor, Joe Beltz from Mountain Grove, Mo for a cultural exchange to Australia in the Spring of 2011. Visit [www.rotary6080.org](http://www.rotary6080.org) to learn more about this opportunity and to download an application.

**Barb Danuser** is selling chances to win 4 tickets to the St. Louis Cardinals vs. Cincinnati Reds game on May 1<sup>st</sup>. Chances are \$10 each and proceeds benefit the Palliative Care Program at Boone Hospital Center.

## Family of Rotary

**Norm Benedict** had his usual "This date in history" report and **Beth Lammers** announced anniversaries for those Rotarians who became members to Metro in April.

## Sergeant-at-Arms

**Stuart Scroggs** filled in as Sergeant at Arms for **Brad Nelson** and since it is Masters Week asked: who were the only 2-time winners of the Masters from the State of Missouri? The correct answer is Tom Watson and Horton Smith. All tables had incorrect answers and were fined except for one.

\*Note – **Brad** will be assessing fines to those who do not wear their Rotary pin, so please try to wear your pin to the meetings every week!

## Upcoming Programs

**April 14**.....Get Physically Ready to Enjoy Outdoor Recreation Activities  
Damon Motley  
Boone Hospital Well Aware

**April 21**.....TBD

**April 28**.....Classification Talks

## Assignments

Metro Rotary appreciates having the following members provide the raffle prize, sell the tickets, say the invocation, and lead the pledge. Please show your support by purchasing tickets that enable us to support our charities.

### Raffle/Invocation/Pledge:

April 14.....**Mike Pitts**  
April 21.....**Kristi Ray**  
April 28.....**Cindy Whaley**

### Next up for Greeters:

April 14.....**Shane Winter**  
& **Les Borgmeyer**

April 21.....**Mike Grellner**  
& **Tina Ehrhardt**

April 28.....**Bette Wordelman**  
& **John John**

## Program Summary

"The Cure for What Ails Ya"  
Mo Parks & Recreation Association  
**Jan Neitzert, Executive Director**



# The Metro Memo



THE NEWSLETTER FOR THE COLUMBIA METRO ROTARY CLUB

VOLUME 17-41

[WWW.COLUMBIAMETROROTARY.ORG](http://WWW.COLUMBIAMETROROTARY.ORG)

Missouri Parks & Recreation Association (MPRA) serves as the voice for parks and recreation in Missouri on the local, state and national level. The non-profit association, whose members work to provide opportunities for all the state's citizens to enjoy quality leisure activities, is dedicated to promoting public support for parks and recreation and public awareness of the contribution of recreation to a balanced life.

It just so happens that today, April 7<sup>th</sup>, is "World Health Day".

Jan started her talk by letting everyone know how "sick" we all are and gave some Missouri Health statistics. The top 5 "killers" in Missouri are:

1. Heart Disease
2. Cancer
3. Stroke
4. Kidney Disease
5. Diabetes

Missouri ranks near the bottom in the United States in all of the above categories.

She picked on **Dr. Tom Rose** a little bit and thanked him for the use of his props; one of which she said was "horny goat weed".

She went on to talk about the Government Healthcare Reform Bill and what is missing. She indicated that what is missing is a good healthy form of common sense! There are about 1,100 pages of the Bill and only 50 of them address prevention.



95% of Missourians agree that active use of parks and recreation programs and the outdoors leads to happier, healthier lives.

92% of Missourians agree that it is important to spend tax dollars for parks and recreation.

95% of Missourians say that parks and recreation is very important to the health and fitness of our citizens.

Jan not only emphasized how important it is to be active but also the importance of proper nutrition in a balanced life. She encouraged everyone to take advantage of the many local parks and recreation programs and the outdoors to maintain a healthy lifestyle.

"Prevention is cure – go get it!"

Please support your local parks and recreation department.

## Raffle

Congratulations to **Shawn Barnes** the lucky winner of a \$40 gift certificate to Bass Pro Shops courtesy of **Erin Lampkin**. The raffle raised \$72. Winners of insulated totes donated by Mo Parks & Recreation Association were **Jim Spieler** and **Mike Grellner**.