

# The Metro Memo



THE NEWSLETTER FOR THE COLUMBIA METRO ROTARY CLUB

VOLUME 17-42

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

APRIL 14, 2010

## Opening

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

## Attendance

### Members with Guests

**Bob Unrath**..... Steve Spellman  
**Mike Pitts**..... Casey Buckman

### Visitors from Other Clubs:

Bob Schattgen - Northwest  
Dean Gregory - South  
Jaime Fredrichs - Rotaract

## Announcements

Thanks to **Les Borgmeyer** and **Shane Winter** for greeting members and guests as they arrived at today's meeting.

**Bill Costello** thanked **Gena Patton** for her good work on our newsletters. There is a copy of last week's newsletter at each table. You can also see the newsletters on our website.

Partners In Education week is May 6th thru the 13th. **Tom Rose** reported there will be a parade on the 6th at 6pm. We will have representatives from our Club walking in the parade. A breakfast will be held on the 13th. Towards the end of the school year, our bookmarks will be given out.

**J. Scott Christianson** will hold a campaign kickoff event and fundraiser on Saturday, April 24th at MoJo's from 4 to 7pm.

**Kimberly Earnest** told us about the Jay Dix Challenge to Cure Walk, Run and Race to be held at 9am on Saturday, May 8th in Flat Branch Park. You can register online at [www.challengetocure.com](http://www.challengetocure.com) or see **Kimberly** for a registration form.

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>. Next week there will be a Vocational Services committee meeting following the regular meeting to discuss and possibly pick an award winner. They are hopeful to give out the award in mid-May.

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. So far we have 41 members and 75 guests signed up to attend.

Teacher Appreciation week is scheduled for May 3rd thru the 7th. If you would like to honor a teacher, the Columbia Public School Foundation is holding a fundraiser where for \$10 they will send your favorite teacher a candy bar. Order forms are available at the sign in table. The deadline for ordering is April 26th.

Dean Gregory announced Columbia Rotary South and Columbia Sunrise Southwest is holding a Two Club Golf Tourney on Friday, April 23rd from 3 to 5pm at Country Club of Missouri. It is \$75 per player or \$300 for a team of 4.

Each player can only use two clubs in this 9-hole tourney. All proceeds will be donated to Partners in Health for their rebuilding efforts in Haiti.

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.

## Proposed New Member

**Steve Baumgartner** has proposed **Jaime Freidrichs** as a new member to Metro Rotary. **Jaime** is the Director of Development for Woodhaven in Columbia and her proposed classification is "Non-Profit - Development".

## Family of Rotary

**Norm Benedict** gave us several facts on "this date in history." He also referred us to this past weekend's Columbia Daily Tribune to view a write up, press release talking about our good work on the Satara Water Project. Happy Birthdays were given out to **Chris Dohm** and **Sandra Logan**. A big congratulations to **Rob Christensen** on the birth of his new granddaughter.

## Sergeant-at-Arms

**Brad Nelson** gave his Sergeant-At-Arms report. He told us several jokes, one included a top ten list of things not to say to an officer. He also spoke about the recent shooting that occurred in Columbia. He wanted us to know it was not a random shooting so we don't have to worry about being shot at out of the

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blue. **Brad's** goal for raising funds this year is to hit the \$1,000. In order to get there, he gave us a trivia question. Each table that answered the question incorrectly was fined a dollar. Because **Brad** recently attended a TASER training, his question was, "The TASER was introduced in 1993, how many are currently being used in the US today?" The answer was 600,000. Being a nice guy, **Brad** decided to let all of those people answering incorrectly out of the fine if they were wearing their Rotary pin.

## Upcoming Programs

**April 21**.....Katy Trail Merchants Assoc.  
Lisa McClary  
Boonville Chamber of Commerce

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

**May 5**.....Kids Day  
Louise Beasley, KMOS-TV

**May 12**.....Truman State University  
Troy Paino, President

## 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 21.....**Kristi Ray**  
April 28.....**Cindy Whaley**

### Next up for Greeters:

April 21.....**Mike Grellner & Tina Ehrhardt**  
April 28.....**Bette Wordelman & John John**

## Program Summary

*Get Physically Ready to Enjoy Outdoor Recreation Activities*

**Damon Motley**  
**Boone Hospital WELLAWARE Program**

**Tim Springer** introduced our speaker. His name is Damon Motley. He is with the WELLAWARE program through Boone Hospital. His program was on "How to get ready to exercise."



*Damon Motley*

He said the first thing is that you need to know your numbers. This will help you determine your risk factors for health problems. 50% of Missourians are not getting the required amount of exercise per week of 150 minutes. Half of all people who start an exercise program will not continue after the first three months.

Their number one excuse is lack of time. There are four chronic health conditions, they include: heart disease, stroke, cancer and diabetes. The four main reasons for these health conditions are: smoking, obesity, poor diet and a sedentary lifestyle. If you choose to do the opposite of these four main reasons, you will cut your risk factors by 78%.

Damon equates exercise to health insurance. Our current state of health care is to be treatment oriented. But, it is much better to be proactive with physical activity and a good diet. Being healthy is a choice. The human body was meant to move and move frequently. Damon suggests on to sit for more than two hours at a time.

There are four fitness fundamentals. They include flexibility and posture, muscle strength and endurance, cardiovascular endurance and body composition. Body composition includes, BMI, body fat %, lean body mass and waste circumference. Men should have a waste circumference of less than 40 inches. Women should have a waste circumference of less than 35 inches.

10 Ways to Improve your Physical Activity:

1. Put goals in writing
2. Tell everybody
3. Get a workout buddy
4. Surround yourself with reminders
5. Visualize success
6. Set multi-tiered goals
7. Piggyback onto regular activities
8. Break goals into small steps
9. Make it personal
10. Set SMART goals

Specific  
Measurable  
Action plan  
Rewarding  
Time-line



1601 E. BROADWAY  
LOWER LEVEL

M, W & F - 5:45 AM - 7 PM  
T & TH - 6:45 AM - 7 PM  
SATURDAY - 8 AM - NOON

Damon ran us through a stretching activity. Then he gave us one final thought.....JUST DO IT!!!!

## Raffle

Congratulations to **Sandra Logan**, the lucky winner of a \$40 gift certificate to Makes Scents courtesy of **Mike Pitts**. The raffle raised \$51.

Thanks to **Marcia Machens** for providing the notes for the April 14, 2010 Metro newsletter.