

Rotary



Club of Jefferson City Breakfast

Speakers

March 12, 2025

Keith Jackson - Founder and Exec. Director
P. Greg Frank; H. Kim Guthrie

March 19, 2025

Jennifer Urich
P. Bob Asahl; H. Doug Hayter

March 26, 2025

Rick Mihalevich
P. Bob Sfredo; H. Jay Jordan

April 02, 2025

Forrest Gossett
P. Stephen Stark; H. Kit Freudenberg

April 09, 2025

David Keller- Dist. 6080 IFSR Chair
P. Greg Frank; H. Forrest Gossett

Club Meeting

Jefferson City Breakfast
Meets at Hy-Vee Meeting room
3721 W Truman Blvd
Jefferson City, MO 65109-0536
Time: Wednesday at 07:00 AM

Events

March 12th

The Follow-On Mission

March 19th

Hummingbirds!

March 26th

Update on Rock Island Trail

April 2nd

An Overview of the MO Public Service Commission

Birthdays

Stanley Hutson

March 31st

James Keller

April 1st

William M. Lockwood

April 8th

The Follow-On Mission

This week's guest speaker will be Keith Jackson - Founder and Exec. Director of the Follow-On Mission. The organization's mission is to save lives with Adrenaline Therapy. This work and service is incredibly important because we are losing more Combat Veterans and First Responders to suicide than in the Line of Duty. Be sure to attend and learn more about this worthy service for our vets and first responders.



Calendar Check-in



March through April 25th -

- **Sell your Spring BBQ meal and raffle tickets! If you were not able to pick up your packet last week, then get with Patrick Prenger.**
- **Sign-up to work at the Spring BBQ.** Workers are still needed for all shifts, from prep, to serving and clean-up. **All members are expected to work and contribute.** I have attached the sign-up sheet so you can see where we still need help. Looks like we are also in dire need of roasters. Get with Patrick soon to secure your time slot to volunteer and serve. The BBQ flyer is also attached. This year, it comes with a QR code for ordering meal tickets.
- March 12-15th - volunteer to work at the ABLE Used Book Sale
- March 12th, 19th and 26th - Little Explores Discovery Center Supply Drive. Get with your team leader on supplies assigned to your group. Donations will be accepted on these dates. Kit will deliver donations to the Center.
- March 28-29th - PETS Columbia, MO
- April 14th, Board Meeting 5:15pm
- April 25th club sponsored Spring BBQ

Obesity, A Dysregulation of a Body's Metabolism

Dr. Andrew Wheeler, with the University of Missouri Health Care (MUHC), described obesity as a chronic disease and dysregulation of a body's metabolism. Complications of obesity hits every part of the body, including increased risk of heart disease, joint disease and cancer and shortens people's lives. It's a chronic disease that requires ongoing therapy. Just a small amount of added weight

places stress on the joints. There are various tactics to lose weight (lifestyle change, severe reduction in calories, Rx and surgery), each with varying degrees of success. In most cases, weight lost is regained if diet or treatment is stopped. There are surgical procedures that can be effective for those who are morbidly obese. With weight loss, you can start seeing remission rates for the other chronic diseases, such as diabetes, sleep apnea, elevated cholesterol, heart disease.



Years of Service

[James L. Wieberg](#)
35 Years

[David E. Griffith](#)
4 Years

[Joseph N. Scheppers](#)
31 Years

[Kimberly Guthrie](#)
3 Years

[Donald L. Neumann](#)
10 Years

[Eric A Hoy](#)
1 Year