

# Rotary



## Club of Jefferson City Breakfast

### Speakers

**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

**April 16, 2025**

Alan Mudd and Melinda  
Jennings

P. Steve Dinolfo; H. Randy  
Scherr

### 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 19th

**Hummingbirds!**

March 26th

**Update on Rock Island Trail**

April 2nd

**An Overview of the MO  
Public Service Commission**

April 9th

**International Fellowship of  
Scouting Rotarians**

### Birthdays

Stanley Hutson

March 31st

James Keller

April 1st

William M. Lockwood

April 8th

Donald L. Neumann

April 10th

## Happy St. Patrick's Day!

A little birdie shared this pic from who knows when. Couldn't resist re-posting it in honor of St. Patrick's Day, and the reason for the early bulletin. Have a great celebration!

### 5 facts about St. Patrick I bet you didn't know!

- St. Patrick wasn't Irish. ...
- Slavery was what brought St. Patrick to Ireland. ...
- The shamrock as an Irish symbol is said to have been popularized by St. Patrick. ...
- St. Patrick wore blue, not green. ...
- St. Patrick probably didn't drive all the snakes out of Ireland.



## On Tap this Week: Missouri Hummingbirds



Have you ever wondered about how many species of hummingbirds there are? What are the most common? How much do they weigh? How fast can they fly? How long do they live? What are their favorite plants? If you ever find yourself asking these questions, then we have a great program lined up for you! Jennifer Urich, board member with the Bittersweet Garden Club, has the answers and more, when she presents on Missouri Hummingbirds.

## 2 More Weeks for Little Discovery Supply Drive

We had 2 shopping carts full last week! Thank you to those that have already contributed to the supply drive. If you missed last week, don't worry. Kit is accepting donations for 2 more Wednesdays, March 19th and 26th. If you are not sure what supplies are still needed from your assigned team, please get with your team lead. No time to shop? Don't worry. Cash is accepted.



## BBQ Updates

WOW! The Work Sign Up for our fundraiser BBQ really filled up last Wednesday. Thanks to all that have signed up to date. In case you are still looking for where you can contribute your time and talent, below are the times and duties where help is still needed.



- 1 more for the Crew/Task from Noon to 4pm
- 2 more for the drive-thru and clean-up crew from 5:30 to close
- 2 more for the drive-thru raffle line from 4-5:30 pm
- 2 more for the drive-thru raffle line and clean up from 5:30- close

We also need 2 more roasters, so if you have one to loan out, please let Patrick know.

Try to turn in your ticket sales by April 9th, so we can get an idea of how many meals we need to prepare.

In regard to the raffle tickets, you only need to turn in the part with name and phone number.

## March Madness is Upon Us!



We will have our drawing on Wednesday for the men's NCAA basketball tournament. You don't fill out a bracket, you just draw an envelope with your team(s) inside. No skill necessary - just luck!

Each entry will be \$20. The raffle will bring in a total of \$800.

The proceeds will be as follows:

- \$400 for our BBQ beneficiaries
- \$280 for 1st
- \$ 80 for 2nd
- \$ 40 for 3rd

If there is interest, we will ask if anyone wants to auction their team(s) after each weekend of games.

## Snapshot of Rotarians setting up for ABLE Book Sale



cl

## Guest Speaker AJ Jackson with the Follow-on Mission

At last week's meeting, our presenter, Keith (AJ) Jackson, enriched our minds and understanding about some of the challenges many vets face as part of their PTS. This help comes in the form of adrenaline therapy. And the vehicle is race car driving. Vets with PTSD found that getting on a racetrack and driving with like-minded veterans gives them a sense of camaraderie and brotherhood; something most have missed from their time in service. Pulling together to help each other before, during and after the races strengthens the bonds forged while facing adversity on the track while developing lifelong friendships. It gives the participants a sense of not being alone when dealing with PTS symptoms. Many of the participants attempted to take their own life. Traditional therapies did not help. But adrenaline therapy has been shown to help when other therapies have not. And it's not just about the adrenaline-it's about healing, camaraderie, and proving to themselves that they are still capable of great things. Referrals to the Follow-on Mission come from mental health providers, other vets, and family members.



## 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