



# The Serving Tray

Rotary Club of Kirksville -- Charter 371 -- District 6040

[www.kvrotary.org](http://www.kvrotary.org)



April 15, 2026 - Volume #76



**CHECK PRESENTED TO SHOES FROM THE HEART:** Donnie Bonuchi (right) accepted our \$168 check awarded from funds the club obtained through its flags program. He said Shoes from the Heart operates in 21 states. In addition to the new shoes donated to schools, gently used shoes are collected for the Red Cross for disaster relief. In Missouri, new shoes are also donated to veterans free of charge.

**NOMINATIONS FOR RAY KLINGSMITH DISTINGUISHED SERVICE AWARD ARE DUE BY MAY 6.** The award will be presented on June 3. See nomination form attached to cover email.

## ELLIE CUMPTON ON RESPIRATORY TECHNIQUES

In Matt Eichor's introduction we learned that Ellie Cumpton is a current Medical Education Fellow and third year medical student. She is from California, Missouri and received her undergraduate degree at Mizzou in Columbia. Her husband is in active duty for the Army National Guard and they will be moving to St. Joseph, Missouri this summer where Ellie will start clinical rotations.

The research Ellie is conducting is assessing the interest in respiratory techniques after being educated on the benefit of them. She said diaphragmatic breathing reduces stress, lowers cortisol and blood pressure. Ellie had us place our hands on abdomen and chest and go through a three-part breathing exercise. She thanked us for taking part in today's breathing education and asked us to fill out a brief survey asking about our experience and offering opinions.



Questions? Contact Ellie at [sa212091@atsu.edu](mailto:sa212091@atsu.edu) 573-821-6590 or her advisor Patricia Sexton at [psexton@atsu.edu](mailto:psexton@atsu.edu) 660-626-2294. Questions about rights as a research participant? Robert J. Theobald Jr. [rtheobald@atsu.edu](mailto:rtheobald@atsu.edu) or 660-626-2316.

**50-50 Drawing:** Ryan Huseman did not pull the ace of spades; pot now up to \$1,447. Happy Bucks \$35

### Guests:

**Donnie Bonuchi** (Shoes from the Heart), accompanied by Shaylee Ferguson

**Jennifer Jesse** (guest of John Dungan)

**Mindy Bryant** (proposed member)

**Announcements:** See Page 2

### Upcoming Programs:

**April 22:** Alan and/or Hannah Perry/Cheha Buffalo Ranch

**April 29:** President Sue Thomas/TSU Update



Dates to Remember!

## UNITE FOR GOOD

Rotary Club of Kirksville  
2025-2026

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### Announcements

- Flag Updates - Jeff

#### Events!

- Shoes Caravan in Kirksville - **April 20th, 4:30 - 6:30 PM, @ MA Bank**
- Earth Day cleanup on **April 25th @ 1:00 cleaning up Steer Creek**
- District Conference ! **April 24-25th** at Rotary Youth Camp in Lee's Summit.
  - 25th Anniversary of the Shoe Roll Call
- Purple Pinky Donuts will be delivered at **April 29th** meeting.