

BRPC Bulletin

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November-December 2019

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BRPC Annual Meeting

The general membership of Boonslick Regional Planning Commission held its annual meeting on December 4, 2019. This year, the meeting was held in Lincoln County at the new Lions Club Community Hall in Moscow Mills.

Guest presenter for the evening was Dr. Arthur Mehrhoff, an experienced educator, contributor with *Missouri Life* magazine, guest speaker with the Cultural Heritage series, and author of several books. He spoke to the membership about creative placemaking and ways in which small towns can create the future they want.



Dr. Arthur Mehrhoff

Dr. Mehrhoff described the importance of cultural tourism, which is traveling to experience the places and activities that authentically represent the stories and people of the past and present. An example of an area in the Boonslick region with a rich cultural heritage is the German Heritage Corridor. Traditions and values have been acquired from the Germans who settled in the area. Placemaking can make this area a tourist destination.

Placemaking involves a collaborative process through which communities can tell their stories. It inspires communities to reimagine and reinvent public spaces, and strengthens the connection between people and the places they share. Dr. Mehrhoff expressed the belief that cultural heritage and placemaking are the path to a healthy future. He provided several resources for the group and encouraged them to consider a long view of placemaking in the Boonslick region in order to build a restorative economy on the solid foundation of our rich heritage.



BRPC Executive Director Chad Eggen recognized staff members and gave a brief overview of projects the organization has been working on during the year. He also outlined some upcoming and ongoing projects, and invited the membership to contact staff concerning any needs in their communities.

Director's Update

With the end of another calendar year, we take time to reflect and be thankful for all the good fortunes that have occurred over the past year. We especially remember the improvements to our communities from repaired levees and removal of dilapidated structures to community planning, economic development initiatives, transportation improvements and upgrades to public infrastructure.

Thank you to everyone who was able to attend our annual meeting this year. We had an enjoyable meal, time for fellowship, and a nice presentation on what we can do as communities and a region for creative placemaking.

Boonslick Regional Planning Commission is a member organization and here to serve you. If your community has issues to deal with, is in need of funding for a project, or if you simply have questions and would like someone to listen, then please don't hesitate to contact me at cegggen@boonslick.org.

The next BRPC TAC meeting is February 20 and the general membership meeting is March 23. Happy Holidays!



East Central Missouri Solid Waste Management District-Region I Annual Meeting



Dr. Sheldon Chesky Speaks to the Region I SWMD Membership

The East Central Missouri Solid Waste Management District, administered by Boonslick Regional Planning Commission, held its annual meeting Tuesday, November 19, 2019. Guest presenter for the event was Dr. Sheldon Chesky, owner and manager of BioSpan Technologies, Inc.

BioSpan Technologies is a research-focused manufacturing company which concentrates its activities on the development of innovative technologies. The company specializes in a wide range of chemical solutions with a green edge. Since 1993, these green solutions have been developed for asphalt and concrete preservation, industrial cleanup, and resource recovery.

BioSpan is one of the leading research companies working with environmental resource recovery and reuse of solid wastes. One of these unique formulations involves a nontoxic solution to dissolving polystyrene, instead of creating a hazardous waste. Dr. Chesky provided a very interesting demonstration for the Region I membership. He took a variety of polystyrene pieces and showed the group how they dissolve in the nontoxic liquid his company has developed. The polystyrene is then converted into polymers which strengthen and extend the life of roads, keeping it from landfills where it won't break down for hundreds of years.

Region I Planner Chad Eggen shared that the district will begin collecting polystyrene in our area which can be recycled by BioSpan. Details are being worked out concerning collection places and items that will be accepted. The City of Union has offered use of its recycling trailer.

Chad gave an update on district activities for the year, including the East Central Missouri Recycling Center and efforts to provide educational information to local school districts and other groups. If you have questions, he can be contacted at cegggen@boonslick.org or by calling (636) 456-3473.



Dr. Chesky Demonstrates the Nontoxic Product which Dissolves Polystyrene

Setting a Goal...Making a Plan...Working Step by Step to Achieve It!



Chuck Eichmeyer

As its name signifies, Boonslick Regional Planning Commission is a planning organization. One of our staff members epitomizes the importance of planning in being able to reach a goal. That individual is BRPC Project Coordinator Chuck Eichmeyer. Some of you may know that Chuck runs for exercise. Most of you are probably not aware of the number of miles he logs, his dedication to training, the recognition he has earned, or his incredible achievement of personal goals.

It all started in 2005 after his daughter joined her high school cross country team two years earlier. Chuck wanted to be able to capture the team on film, so his initial motivation was to be able to run with his camera gear. He started running on the track when the team was working out, and was happy when he was able to run 4 or 5 miles. As time passed, he began to run more and decided to set the goal of running 500 miles in one year. After attaining this, he continued to set new goals, increasing the number of miles each year.

Being competitive by nature, Chuck wanted to see how he rated with others who ran, and entered Go St. Louis in 2009, his first half marathon (13.1 miles). This led to many more races. The picture at right shows just a few of the medals and trophies he has acquired.



Chuck has placed several times in his division which is now the 65-69 age group. Recently, he received third place at a half marathon in San Antonio, Texas. In April of this year he came in first place at Go St. Louis. Chuck has traveled to 14 different states to compete in races.

Success with running is not something that just happened easily for Chuck. He works at it all year, including those extremely hot, humid days and those that are cold and snowy. Another picture at right shows Chuck on the coldest day he ran when the temperature was -5 degrees. The only times he doesn't run is if it is icy or there is lightning in the area.



Chuck runs on the Katy Trail by himself two days a week and with a group of running buddies dubbed the "McFun Runners" three days a week. He gets up 3:57 a.m. in order to meet his running goals. And yes—those extra three minutes before 4:00 are part of his detailed and strategic plan in making everything happen!

In 2018, Chuck came across a site challenging individuals to "Run Across America".. He decided to take that challenge and started at the Golden Gate Bridge in San Francisco on July 4. By uploading the miles run, participants would make their way across the United States to the Washington Monument. Chuck estimated that it would take him three years to complete this challenge.



In the meantime, on a related site he noticed a different challenge to run 2,019 miles in 2019. He decided to go for it. The most he had ever run in one year was 1,800 miles. He began preparing in August 2018 both mentally and physically to increase the number of miles he ran. He was running 27-30 miles per week and increased that to 45-55 miles per week. According to Chuck, motivation gets you started. Habit keeps you going.

(Continued on next page)

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BRPC Bulletin

Setting a Goal—Continued

We are proud to report that Chuck reached his goal of running 2,019 miles in 2019 on September 26. Due to increasing the miles he ran each day, he reached the Washington Monument in his Race Across America on Thanksgiving Day—November 28. This was over one and a half years earlier than he expected to finish! He is on track to run 2,700 miles this year. The total miles Chuck has run since his start to date is 16,878!

What does a goal setter do next? Make another goal, of course. Chuck has already signed up to run 2,020 miles in 2020. We recognize the planning and effort it took for Chuck to do what he set out to do, and are very proud of him.

If the staff here at Boonslick Regional Planning Commission can help your community with its plans and goals, please feel free to contact us!

CHUCK'S ADVICE

- Set goals that are achievable.
- Measure success along the way. It can help to make daily, weekly, monthly and yearly goals.
- Make a record—track everything.
- Look back at your progress and what you've accomplished to keep moving forward!

Recycle Christmas!



Bring your wrapping paper, boxes, lights, and trees to the East Central Missouri Recycling Center after the holidays.
(Please remove lights from real Christmas trees)

Holiday Closings

Boonslick Regional Planning Commission will close at the following times in observance of Christmas and New Year's Day:

- Tuesday, December 24—BRPC offices will close at 1:00 p.m.
- Wednesday, December 25—Closed
- Wednesday, January 1—Closed



*With sincere appreciation
for our membership and partners.*

*Merry Christmas
&
Happy New Year
Boonslick
Regional Planning Commission*