

# American Meteorological Society – St. Louis Chapter Meeting

## Joint meeting with Kansas City and Columbia chapters



**Date:** 26 February 2020

**Location:** Shakespeare's Pizza, Columbia, MO

**Social Time:** 6:00–7:00 p.m.

**Meeting Time:** 7:00–9:00 p.m.

### Officers in Attendance:

Matthew Beitcher – *Vice President*

Michelle Elmore – *Secretary*

**Total members in attendance:** 12 from St. Louis chapter  
43 total

### Introduction: *Matthew Beitcher*

- Introduction and Welcome to February 2020 joint chapter meeting

### Old and New Business: *Michelle Elmore*

- Last meeting held at Saint Louis University
  - potluck dinner
  - officer elections were held
  - Ben Herzog (NWS, St Louis) presented on “*The August, Missouri Tornado on May 21, 2019*”

### Meeting:

- A pizza buffet dinner was enjoyed during a social hour before the meeting
- A discussion panel was hosted to discuss mental health in the field of meteorology; panelists included:
  - Jim Sieveking (Science and Operations Officer, NWS, St. Louis)
  - Matt Beckwith (Meteorologist, KOMU 8, Columbia)
  - Henry Rothenberg (Meteorologist, WTVF 5, Nashville, TN)
  - Jaclyn Valadka (Psychology Doctoral Candidate, University of Missouri-Columbia)
  - Alyssa Otten (Meteorology Master's Student, St. Louis University)
- Panelists discussed:
  - what they do
  - their experiences with imposter syndrome and how they've handled it
  - their experiences with survivor's guilt during severe weather events
  - the relationship between shift work and mental and physical health
  - how the recommend the meteorology community move forward to further address common problems with mental health in meteorological careers

### Closing Remarks:

- Check back on our Facebook page or Local AMS website for more details on future meetings when they become available!  
<http://www.eas.slu.edu/Weather/AMS/>