



## **THE SPOKES SPEAK - GEARED TO SERVICE**

### **Rotary Club of the North Fork Valley**

POB 1543, Paonia, CO 81428

WEB SITES: [rotary.org](http://rotary.org) [rotary5470.org](http://rotary5470.org) [northforkrotary.org](http://northforkrotary.org)

Meeting Thursday at 5:00 PM held via Zoom

District 5470

Club 1180 - Chartered 12/20/1922

Vol 61 Issue 5 - February 3, 2022

**LAST MEETING:** January 27, 2022

President Bliss presided.

Visiting Rotarians: none

Other Guests: Claire Dauwe - Annette's guest

Key Guest: No key guest

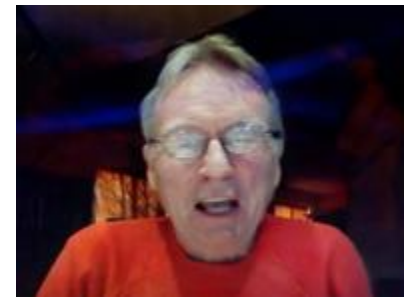
(Annette now has the key).

#### **ANNOUNCEMENTS:**

- There was 56% attendance at the meeting today.
- Hope West Hospice is sponsoring a grief support group called Mending Hearts. Information is available on the Hope West web site.
- Meetings will be likely be continued via Zoom at 5:00PM for the month of February due to ongoing Covid outbreak. Will be reassessed at the end of the month.

#### **PROGRAM: The Magic Tide - Norm Lewark**

Club member Norm Lewark gave an explanation of how the temporal bone, a part of the human skull complex, controls the circulation of spinal fluid in the brain and spinal column. Included was a short history of his path to learning about this and how he applied it to his practice.



#### **UPCOMING MEETING PROGRAMS:**

Date	Speaker	Program	Member
2/3/22			Nick Lypps
2/10/22			Betsy Marston
2/17/22			Bob McHugh
2/24/22			Ruth Morehouse
3/3/22			Jackie Parks

**THE FOUR WAY TEST - Of the things we think, say or do:**

- 1. Is it the TRUTH?**
- 2. Is it FAIR to all concerned?**
- 3. Will it build GOODWILL and BETTER FRIENDSHIPS?**
- 4. Will it be BENEFICIAL to all concerned?**

