

## ***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 at Rio Bravo in Paonia**

**District 5470**

**Club 1180 - Chartered**

**12/20/1922**

**Vol 61 Issue 43 - Dec 8, 2022**

**LAST MEETING: December 1, 2022**

President Choszczyk presided

Visiting Rotarians: none

Key Guest: No key guest

Other Guests: none

#### **ANNOUNCEMENTS:**

- We had 64% attendance at the meeting today.
- Football Pool: We had 9 players with scores ranging from a low of 4 correct to our winner with and 10 correct – Peggy. Marsha was runner-up also with 10 correct but she lost on the tie breaker.
- Gift wrapping for the North Fork Children’s Christmas Party will be Saturday, Dec. 3rd from 1:00 to 3:00 pm at Hotchkiss Memorial Hall (Next to the Library). Everyone is welcome to come help. There will be door prizes.
- The North Fork Children’s Christmas Party will take place Saturday, December 10<sup>th</sup> from 11:00 am to 1:00 pm at Hotchkiss Memorial Hall. Volunteers should show up about 10:30 am. Setup will be Friday morning, Dec. 9<sup>th</sup> from 9:30 am until 11:00 or so.
- FARM STEW, the organization run by Club member Joy Kauffman, will be holding a dinner on Thursday, December 8<sup>th</sup> at 6:00 PM at The Trading Post on Black Bridge Drive in Paonia. The dinner is by donation.
- Paonia Madrigal Singers will be performing on Saturday, Dec. 3 and Sunday, Dec 4 at 1:30 and 3:30 pm at Steve Peterson’s (?) winery on Lamborn Mesa.

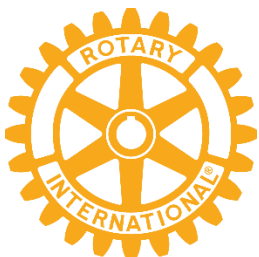
#### **PROGRAM: Liz Evans – Vitality Wellspring Health Center**

A very active and exciting program was presented to Rotary this week by Liz Evans of Wellspring Vitality. She talked about Hands on Body Work, Core Alignment Therapy and Restorative Movement and much more. She then proceeded with an interactive demonstration whereby Club members participated in some of the exercises that injected enthusiasm and vitality to the gathering.



**UPCOMING MEETING PROGRAMS:**

<b>Date</b>	<b>Speaker</b>	<b>Program</b>	<b>Member</b>
12/8/22	Halley Parks Albers	Solar Energy	Marsha Grant
12/15/22			Claire Dauwe
12/22/22		no meeting	
12/29/22		no meeting	
1/5/23	Shannon Ullman	Elevation Mountain Grown Teas	John Coombe
1/12/23			Randy Campbell
1/19/23			Joy Kauffman
1/26/23			Carol Kiese
2/2/23			Ulli Lange
2/9/23			Josh Langille-Hoppe
2/16/23			Norm Lewark
2/23/23			Betsy Marston
3/2/23		Business Meeting	
3/9/23			Bob McHugh
3/16/23			Ruth Morehouse
3/23/23			Jackie Parks
3/30/23		Fifth Thursday	
4/6/23			Kevin Parks
4/13/23			James Schott
4/20/23			John Seipel
4/27/23			Peggy Szvetecz



The  
**Rotary**  
 Foundation

