





THE SPOKES SPEAK - GEARED TO SERVICE

Rotary Club of the North Fork Valley

POB 1543, Paonia, CO 81428

WEB SITES: rotary.org rotary5470.org northforkrotary.org

Meeting Thursday at 5:00 PM at Rio Bravo in Paonia

District 5470

Club 1180 - Chartered 12/20/1922

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LAST MEETING: January 5, 2023

President Choszczyk presided

Visiting Rotarians: none Other Guests: none

ANNOUNCEMENTS:

- We had 60% attendance at the meeting today.
- Football Pool: We had 5 players this week. Kevin won with a respectable 11 correct. Two players got 10 correct, but Sarah took second place over Susie with the tie-breaker.

PROGRAM: Shannon Ullmann – Elevation Mountain Grown Herbal TeaShannon Ullmann of Elevation Mountain Grown Herbal Tea talked about her passion for creating healthy, yummy foods which contribute to a healthy environment. This led her to developing home-grown herbal teas, of which she shared multiple samples for each member to take home. She makes ten or more varieties, each named for a unique nearby geographic location.









UPCOMING MEETING PROGRAMS:

Date	Speaker	Program	Member
1/12/23	Natasha Leger	Citizens for a Healthy Community	Tanya Henderson
1/19/23	Nathan Cranson	The Lamborn Foundation	Joy Kauffman
1/26/23	John Seipel	"It's All Uphill from Here"	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





