



THE SPOKES SPEAK - GEARED TO SERVICE

Rotary Club of the North Fork Valley

POB 1543, Paonia, CO 81428

WEB SITES: www.rotary.org www.rotary5470.org www.paoniarotary.org

Meeting Thursdays at Noon in the Paonia Town Hall

District 5470

Club 1180 - Chartered 12/20/22

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LAST MEETING: September 28, 2017

ANNOUNCEMENTS: Kids Pasta Project dinner will be held on 10/30 at Delicious Orchards. We need 50 people to attend. Donation jars will be set out for our different projects instead of holding a silent auction.

Members of the PHS student council attended the meeting. They were Clay Campbell, Slater Podgorny, Randi Rapke, and McKenna Palmer. All are two sports athletes, and members of the National Honor Society. It was wonderful to have them join us!

The Paonia Chamber of Commerce Octoberfest will be held at Edisea Warehouse on 10/14.

Bill Bishop won the football pool even though he thought the Broncos would lose. He donated his winnings to the scholarship fund.

Remember to feed the polio jar. Also, pay your dues.

PROGRAM: Lisa Delaney introduced Lisa Ganora, director of the Colorado School of Clinical Herbalism. The school is currently located in Boulder, but is developing a campus in Paonia at the former Fresh and Wyld facility. The local manager is building structures to accommodate people coming to workshops. The barn will be torn down and rebuilt to become a major work space. Ganora will move to Paonia in 18 months when the school is fully up and running.

Ganora has an academic background in both natural health, traditional studies (biology and chemistry) and herbalism. Doctors practiced clinical herbalism in the 19th and 20th centuries prior to the manufacture of pharmaceuticals. They used natural products - botanicals - to treat patients and wrote texts and treatises on their practice. These written materials are now available via the Internet.

Our society has a strange attitude toward herbalism. It is a fundamental practice in Chinese medicine, that we have accepted for years. But we think the North American version is weird.

Clinical herbalists formulate treatments starting with the personal disposition of the patient being treated. They start with dietary and lifestyle changes to improve ones health, then apply specific herbs. Many patients, who are already being treated with drugs, seek out herbalists to help them find the cause of their condition. Ganora has herbal suppliers she trusts; she does not buy herbs from China. Wild herbs are becoming rare, so one should buy cultivated ones.

Herbalists need to be well educated in chemistry and botany to know which plants or parts of plants are poisonous,. For example, purple elderberry seed are safe to eat. When the seeds are any other color, they, and any other part of the plant, are poisonous. Herbalists are not a licensed profession in the US, though they are in the UK, Australia and New Zealand. In Germany, physicians train as herbalists.

The School is regulated by the Colorado Department of Occupational Schools. It cannot treat

pregnancy, cancer or children under 2. The school started 30 years ago and has doubled in size. There are now 8 programs serving approximately 80 students at a time. Locally, the school is providing four to five workshops with approximately 20 students attending each one. Ganora expects the number of offerings and students to increase over time.

ROTARY INTERNATIONAL: October is Economic and Community Development month, one of Rotary's 6 major themes. Nearly 1.4 billion employed people live on less than \$1.25 a day. Rotary members promote economic and community development and reduce poverty in under served communities through training, well-paying jobs, and access to financial management institutions. Projects range from providing people with equipment to vocational training. Our members work to strengthen local entrepreneurs and community leaders, particularly women, in impoverished communities.

Free vegetable gardens sprouting up around France: Imagine a community where the residents are all free to plant, grow, harvest, and eat healthy food whenever they want without having to pay for it. Sound too good to be true? That's exactly what residents of more than 20 cities and towns in France are doing through a project called Potalib - potager libre - free vegetable garden. Launched by the Rotaract Club of Versailles, Potalib was inspired by the Incredible Edible project, an international food-sharing movement founded by Nick Green in England.

The club registered the Potalib name, created a brand, and now sells the project as a kit to French institutions, local communities, and corporations. The materials include seeds for as many as 18 kinds of vegetables, information on how to cultivate them, and 12 wooden bins, each about a cubic meter in size and filled with around 270 kilograms of soil. In cities where the gardens are planted, the club sponsors a festive opening-day ceremony, featuring a free meal cooked by club members and a professional chef.

"The goal is quite simple: To give everyone, from the wealthiest to the poorest, the opportunity to eat quality vegetables," says Club President Thibaut Mathieu. Potalib also offers the homeless a reliable source of free healthy food. Mathieu says that people readily take responsibility for maintaining the vegetable gardens and no instances of theft, hoarding, or vandalism have been reported. Instead, Potalib is bringing communities closer together.

Outside of France, Rotaract clubs in Belgium, Canada, and Germany have inquired about duplicating the project. "We receive, on average, four new applications from cities per week," says Mathieu. He credits the project's success to the Rotaract club's sponsor, the Rotary Club of Versailles. "They have always given us good counseling. Without 'our' Rotarians, we would not be here today."

UPCOMING MEETINGS:

Oct 5 - Natasha Leger, Citizens for a Healthy Community

Oct 12 - Business meeting (cont.)

Oct. 19 - Kathy Steckel or Katie Hedley, North Fork Ambulance Assoc.

Oct. 26 - Steve Smith, Paonia Bread Works

Nov. 2 - Steve Morris, West Elks Search and Rescue

