



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 Thursdays at Noon in the Paonia Town Hall

District 5470

Club 1180 - Chartered 12/20/22

Vol 59 Issue 32 - October 15, 2020

LAST MEETING: October 8, 2020 (via Zoom)

President Bliss presided.

Visiting Rotarians: None

Other Guests: None

Key Guest: No key guest

(Annette now has the key).

ANNOUNCEMENTS:

- We had only a 65% turnout for the Zoom meeting today.
- Kids Pasta Project for Friends of Gueoul went well. Sold out lasagna. Additional donations received. Goal for matching funds exceeded.
- Highway Cleanup scheduled for Friday, October 30th.
- Will begin delivering dictionaries to the third graders around the beginning of November.
- If the Club would like to sponsor an exchange student for year '21-'22, we would need to let them know by November 20, 2020. Contact Greg if you are interested.
- No North Fork Children's Christmas Party this year. Gift bags will be distributed to the children instead along with a frozen pizza for the family. Wrapping will be done by invitation at Memorial Hall in groups of 20 or so, multiple shifts. Contact Pam for more information.
- Senior Connections Fall Service Saturday to be held on November 7th. Meet in Town Park. Cohorts that consider themselves Covid-safe around one another will work as teams.
- Committee Chairmanship positions available for:
 - Public Relations Committee. Facebook familiarity (or willingness to learn) would be helpful.
 - Fundraising Committee. Ideas for non-contact fundraising needed. Contact Pam or Randy.
- Anyone wishing to take over as Newsletter Editor is welcome to do so. Contact a Board Member.



PROGRAM: Princess Beef
Cynthia Houseweart

President Bliss introduced Ms. Houseweart, owner of Princess Beef.

Ms. Houseweart explained that Princess Beef is in the business of selling organic, grass-finished beef directly to customers in the valley. She started the business in 1999 with one steer. This year she sold 53 animals to over 150 people.

She said she graduated from Colorado College in 1993 with a degree in art history. A fellow art student's family had a 2000-acre ranch on Fruitland Mesa and arranged a two-day cattle drive as a post-graduation adventure. Ms. Houseweart said she really loved the family and became their ranch hand for the next 13 years. They were unconventional ranchers and studied wholistic management and other environmentally friendly techniques, such as grass-finishing and rotational grazing.

She holds certifications in animal welfare and grass finishing. The cattle are no longer branded. All grazing is done on private land. Low-stress stock handling techniques are used and the animals are kept calm.

Calving is done in March and April as opposed to January, which is more common. The animals are a little smaller and do not require assistance during birth. Across-the-fence weaning is utilized to minimize stress on the calves and their mothers. Weaning is done at 8-months as opposed to the more common 6-months. Inoculations are not required since the cattle live in a healthy environment and are not sent to a feed lot. Any animals that require antibiotics for treatment of disease are not sold as Princess Beef.

Feeding is done with hay that came from the field being used so as to return nutrients to the soil. Additional hay from nearby ranches is also used.

Eating Princess Beef is analogous to eating a home-grown tomato versus a store-bought tomato. The beef is dry-aged for a minimum of two weeks which enhances the flavor. While most of the beef is sold as large portions (quarter, half and whole), smaller packages of ground beef are available at the ranch and at Farm Runners. The entire animal is ground in these cases.

UPCOMING MEETING PROGRAMS:

Date	Speaker	Program	Member
10/15/20	Luke Reschke	Water Commissioner	Jackie Parks
10/22/20		Polio Update Video	Bill Bishop
10/29/20		Fifth Thursday	
11/05/20	Mary Marshall	Solar Forward Project	Sarah Bishop
11/12/20			Norm Lewark

