



Rotary Club of Grand Junction
P.O. Box 1888
Grand Junction, CO 81502

Service Above Self For Over 100 Years

Club 1167

Chartered September 11, 1919

Founded June 17, 1919

District 5470

UPCOMING DATES

Meetings/Programs

Program Committee

Ken Mabery, Co-Chair

Lee Borden, Co-Chair

Upcoming Programs

4/12	Andrew Golike, CoorsTek
4/19	Dalida Sassoon Bollig, Business Incubator Center
4/26	Hans Schmoldt, Rotary Service Project in Ukraine
5/3	Melissa Schreiner, CSA Extension, Japanese Beetle
5/10	Jaid Beacham, Karis Inc.
5/17	Rotary Fellowship
5/24	Tom Walch, Grand Valley Power
5/31	Dr. Perry Cabot, CSU Extension, Water

Upcoming Events and Meetings

4/15	District 5470s Assembly in Montrose
4/17	Horizon Sunrise Rotary's A La Mode
4/19	Rotary Foundation Third-Quarter Meeting
4/19	Evening Group
4/22	Rotary Members Happy Hour Receptions
4/24	1 st Grade Literacy Sticker Party
4/25 to 4/28	1 st Grade Literacy Deliveries
4/26	Board Meeting
4/29	GJHS Community Bowl
5/5	D51-Rotary Tree Planting
5/12	G.J. Rotary Foundation Golf Tournament
6/9 to 6/11	Palisade Rotary's Beer Booth at the Bluegrass Festival (they will be needing volunteers)

First Grade Literacy Delivery Dates

As a reminder, this is the project where the five Rotary Clubs in the Grand Valley deliver reading books to every First Grader in District #51. The Sticker Labeling Party is Monday April 24th at 7:30 AM. Coffee and donuts will be provided. It will be held at the Riverside Educational Center Wearhouse (1101 Winters Ave). Next, you will take the books from the Sticker Labeling Party and deliver them to the schools over the rest of that week. Schedules of delivery times are being developed and you will be able to sign up from specific schools starting the week of April 10th.

Calling All Smart People in the Club (that means you):

Recruitment of Rotarians for the GJHS Community Bowl

The GJHS Academic Team is putting on their annual Community Bowl event again this year on April 29th!

The Noon and the Evening Groups of the Rotary Club of Grand Junction will be entering teams—and we need smart people (which is all of you). We need at least four team members each. If you are interested, contact Katie Davis for the Evening Group Team and Aaron Tice for the Noon Group Team message.

HAPPY HOUR RECEPTIONS With the Past Presidents, April 22nd

Join us for some "Rotary Hospitality." This is an awesome opportunity to get to know fellow Club Members. The Happy Hours Receptions are on Saturday, April 22 from 5:45-7:30PM. Several Past Presidents have agreed to open their homes to us, in locations throughout the area, and will be offering beer, wine, non-alcoholic options, and light appetizers for your enjoyment. Please RSVP to Barb Bowman, bowmanallen@outlook.com, no later than April 7th. Before the event, we will share with you the address of the Past President's house who will be hosting you.

Board Meetings will be held
at 5:00 pm every second
Wednesday of the month at
Bookcliff Country Club, 2730 G Rd.
Grand Junction, CO

Club Meeting

Wednesday, 11:45 am,
Bookcliff Country Club
2730 G Rd,
Grand Junction, CO

Evening Rotary Group

1st & 3rd Wednesday, 5:30 pm,
Edgewater Brewery
Check with Club Secretary
for upcoming location.

Horizon Sunrise

Thursday at 7:15 am,
Redlands Community Center
625 24 1/2 Road
Grand Junction, CO

Redlands Rotary

Friday at 12:00 pm,
Ocotillo Restaurant at Redlands Golf Club
625 24 1/2 Road
Grand Junction, CO

Palisade Sunrise

Tuesday at 7:15 am,
Wine Country Inn
777 Grand River Drive
Palisade, CO

Rotary Club of Fruita

Tuesday at 12:00 pm,
Fruita Civic Center
324 N Coulson St.,
Fruita, CO

Newsletter copy deadline for weekly announcements,
letters, stories, program info, etc. is
Monday, week of publication, 10 am

April 12 2023



IMAGINE
ROTARY

The
Spokesman
The Rotary Club of Grand Junction Weekly Bulletin



Aaron Tice
President
2022-2023

BOARD OF DIRECTORS

Aaron Tice
President

Steve Schultz
President Elect

Peter Booth
Secretary

Sharon Woodward
Treasurer

Kelly Anderson
Immediate Past President

Barbara Bowman
Past Presidents' Representative

Mari Garland
Club Administration

Sheree Fukai
Public Relations & Media

Merritt Kinsey
Paul Harris Chair

Ken Mabery
Community Service

Joe Kuntz
Community Service

Niki Hunn
Service Projects

Andy Sweet
Membership Development

Katie Davis
Evening Group Representative

Sam Kevan
District Governor

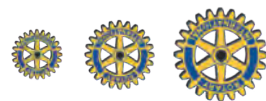
Kelly Anderson
Assistant District Governor

Jennifer Jones
Rotary International President

Andrew Golike, Manager, CoorsTek and Chair, Grand Junction Area Chamber of Commerce

Andrew Golike is the plant manager for CoorsTek in Grand Junction. He has also the Chair of the Grand Junction Area Chamber of Commerce Board. Mr. Golike has held diverse responsibilities including global multi-site management. Mr. Golike holds a BA in Business Management from Colorado Mesa University. He is a lifelong resident of western Colorado.

CoorsTek is the international partner of choice for companies requiring the unique, high-performance properties of products manufactured from engineered technical ceramics and advanced materials. CoorsTek delivers outstanding value through unsurpassed expertise in materials engineering; broad research, development, and manufacturing capabilities; collaborative relationships, and operational excellence. For more information about CoorsTek, including product information and company history since 1910, visit CoorsTek.com .



Rotary Club of Grand Junction Spokesman Notes for 4/05/2023 By: Michael McCormick



President Aaron Tice called to order at the Bookcliff Country Club.

Words of Inspiration- Sheree Fukai shared her thoughts on what “a great life” looks like. Most people would agree that a great life includes something worth living for, maybe even something worth dying for. Many endeavors of a great life would be devoted to something bigger, greater, grander than yourself, something that inspires you, energizes you, pulls you forward. Something that responds to your unique talent or touch and ultimately, makes a difference in the world around you. Leading “a great life” means knowing in your Rotarian heart that you left the world better than you found it.

Chris Unfug, Merritt Kinsey, Kelly Anderson and Company led the group in the singing of “Star Spangled Banner” and “Take Me Out to the Ballgame”. Thank you singers!

Guests

Rick Adleman introduced his guest **Claudia**, who is a Feinzig Rotary Scholarship recipient who attends CMU.

Merritt Kinsey introduced **Jody** a visiting Rotarian from York, Pennsylvania as his guest today.

Niki Hunn introduced her son **Nick**, who President Aaron correctly pointed out isn’t a guest, he is a member of the club. Niki also announced that her entire staff of Thomas

Hunn Jewelers are coming to the Evening Group meeting tonight at Edgewater Brewery.

Announcements

President Aaron, Sheree Fukai and Barb Bowman announced that the Past Presidents are hosting a happy hour get together on April 22nd that is open to all club members. Please join in the fun!

Steve Harrington announced an upcoming fundraising golf tournament sponsored by Colorado Federal Credit Union to benefit Mesa County 4H and Future Farmers of America.

Steve Schultz announced the Grand Junction Rotary Foundation board will be meeting April 19th at 11am at Bookcliff. Everyone is welcome to attend.

Merritt Kinsey announced that he, his wife Lois, Barb Bowman and Deb Kovalik recently took a trip to Morocco. While they were there Merritt attended a Rotary meeting and exchanged club banners. Merritt also presented President Aaron with a head scarf Merritt purchased while in Marrakesh.

Dave Huerkamp announced an upcoming JUCO committee meeting next Tuesday at 5:30pm to be held at the Ale House. Anyone interested in joining the JUCO host committee is encouraged to attend.

President Aaron announced that the

Community Bowl (knowledge bowl) is happening April 29th, 2023. This is a fundraising event to support the GJHS Knowledge Bowl participants who travel to compete against other bright students from around the country. Please see President Aaron or Peter Booth for more information. Peter Booth 1st Grade Literacy book delivery day is coming up. There will be a book “sticking” party to place Rotary stickers and information on each book that will be given out to the 1st graders. The sticking party will be Monday April 24th at 730am at Riverside Education Center warehouse (1101 Winters Avenue). May 5th the Rotary Club will be planting trees at some of the School District 51 schools- please sign up to help with planting trees. President Aaron shared that the Rotary Club One Man Scramble is happening in May- please get involved with the Rotary One-Man Scramble.

Today’s Program

President Aaron gave a great presentation on NAD (Nicotinamide adenine dinucleotide). What is NAD? Nicotinamide adenine dinucleotide (NAD) is a coenzyme central to metabolism. Without NAD in our bodies and functioning normally, we wouldn’t be able to continue living. NAD in our bodies allow energy to transfer from one cell to the next- and helps convert food into cellular energy. We also use NAD to ensure proper cellular functioning, to protect our DNA as we age, to maintain a healthy metabolism, and to maintain

our circadian rhythms. There are tested and effective supplements available for people whose NAD levels aren’t sufficient to maintain good body functions.

President Aaron emphasized that regular exercise and other stress management activities combined with healthy diet and adequate NAD levels contribute greatly to long term health and the slowing of the effects of aging on the human body. Please visit Google Scholar or see President Aaron for additional information on NAD and its impact on healthy living!

Happy Bucks

Peter Booth gave \$20 happy bucks in honor of the soon-to-be constructed Grand Junction Rec Center.

Niki Hunn gave \$20 happy bucks because her husband and son was to fly to Lafayette, LA- but the trip was cancelled due to flight problems. The good news is Bob and Nick were home to enjoy a family gathering that included a visit from out-of-town family who were in Grand Junction for a short stay.

Jody the visiting Rotarian gave happy bucks because she felt so welcome during her stay in here in Grand Junction.

Kirk Rider gave happy bucks in honor of the newly approved Grand Junction Rec Center... great job and thank you to all that made this happen!

Chris Unfug gave happy bucks for his recent ski run down “Spiral Stairs” at Telluride Ski Resort- a Black level ski run that he first experienced when he was 20 years old. He was pleased and relieved to have made it down the run safely now that he isn’t 20 anymore. Congrats Chris- you are only as old as you feel... except when you are as old as you are!

Barb Bowman was happy bucks for a cancelled road trip north and for the passing of the vote in support of the building of the Grand Junction Rec Center.

Mari Garland gave happy bucks in honor of being happy while watching it snow (once again) at her again- even though she is ready for the snow to end for the season.

Ken Mabery gave happy and hopeful bucks in anticipation of an upcoming Cardiology appointment- we hope you feel

the appointment ends with some positive news!

Dave Huerkamp gave happy bucks because her daughter made it back from a month-long tour of Texas and for the great time he had bowling with some of his fellow Rotarians.

Jim Hale gave happy bucks after returning from a fun trip to Hawaii to visit family. all of their kids and grandkids live on the Kona coast and one of their daughters recently graduated from a Master’s Program in Social Work. While in Hawaii, Jim and his three kids participated in a triathlon and finished the event successfully and safely.

Bob Czarnecki gave happy bucks in honor of the spring flowers that have emerged in his yard.

Dale Beede gave happy bucks to honor Dave Huerkamp’s nice gesture of buying some of the club members raffle tickets for today’s drawing. Dale is also happy to be hosting 30 family members at his house this weekend. Dale said his wife Susan was taking the lead hosting job and he was trying to support her as best he can.

Niki Hunn gave additional happy bucks and offered to buy any Rotarian who attends the evening meeting tonight a ‘first round’ of beer.

Raffle

Peter Booth won today’s raffle- congratulations Peter!



Aaron of Casablanca

April Service Anniversaries by Jan Pomrenke

I really must do better
With these **Annies** we have
To celebrate great service
With more smiles and laughs
A bunch of years in total
this month it seems

Charlie Sours...44 years
has the most Rotary dreams

Two gentlemen tie for second

Mike Blackburn...33
and **Larry Wild**...33

Because they were incited to be inducted
On the very same day...they were so excited
They were not indicted....;-)

Then **Robert Bray** with 31

Followed by **Joe Warner** with 20

And **John Duffy**... an odd 19

Lou Ludington has reached a great 16

As well as **Dick Hart**.....16
Is the best part

Followed by **Vance Wagner** now at 12

I've made this brief for a celebration to follow
We don't want any of these folks to feel
slightly hollow!

Later in April

When we hope Covid 19 has died out
It's been three years
SOON
We hope we can shout!!!
Then
We can have

Rotary Congratulations
We hope it abides
Now

To our Service Anniversary folks

Happy Happies to All...
For Your Service Above Self!
****Stay safe....Stay well
Wear your mask as needed
And gloves as well!*****

