

Date (Time):	February 15, 2023, at 8:30 a.m.
Topic:	Monthly Meeting
Attendees:	Sabrina Plattner UAMEZCOPH, Annemarie Medina UAHS, Carolina Vea AZCC, Dedra Clark-McGee, PCHDH/Healthy Pima, Nancy Gamboian-PCC, Lucy Howell The Force for Health Network, Brenda Picasso.-AZ Health Zone, Alura Benally PCHD, Jenn P.-Garden Kitchen, Nancy Temper-Garden Kitchen, Isabel Georgelos YWCA, Chinna Garza-First Things First, Marsharne Flannigan. -PCC
Apologies:	
Meeting Facilitators:	Co-Chairs Annemarie Medina, Sabrina Plattner
Minutes Prepared By:	Carolina, Sabrina and Annemarie

Agenda Topics	Responsible	Discussion
<ul style="list-style-type: none"> • Updates Stress Strategies and Tax Credit committees 	Annemarie, Carolina & Sabrina	<ul style="list-style-type: none"> ○ Tax Credit Update: <ul style="list-style-type: none"> ▪ Working with BeachFleishmann on advocacy of Public-School tax credit and how to contribute to low-income schools. ▪ Pushed out a campaign in December and is still spreading on social media for this tax season. ▪ Received Qualtrics data about reach, the reach was good and are waiting to see actual impact. ▪ Lauren is working on an evaluation and survey for BeachFleishmann. ▪ Nancy (Garden Kitchen) suggested adding a list of all schools that need additional funding from tax credits—SP to work with Lauren to reflect this suggestion. ○ Stress Strategies Update: <ul style="list-style-type: none"> ▪ Hoping to roll out Tai Chi intervention this semester, struggled to find instructors on short notice. ▪ We are moving towards training teachers to teach Tai Chi and getting them certified with all costs covered, training TBD. ▪ has a student interested in working with the students as an exposure. ▪ working with Rivera for updates to Zen Den and start a school garden.

Review and update to Causal Loop Diagram (CLD) exercise	Annemarie	<ul style="list-style-type: none"> ○ Looking at the Excel spreadsheet and an activity to collect connections for target areas we are looking to working with in Pima County on the areas of the CLD.
<ul style="list-style-type: none"> • Next steps/focus areas 		<ul style="list-style-type: none"> ○ Connecting with Dedra, using Lucy’s format for creating database of activities happening in the region ○ Chinna provided this link mapping out local organizations: https://embed.kumu.io/577aeb2d8781538f27973b93f8766913#arizona-ece-landscape-map
Member Activities and Announcements		<p>Nancy (GK)-getting new sites and community partners, programs are spreading especially. Open house PA Food demo second Saturday of every moth 10 to 11:30 am</p> <p>Isabel-YWCA- Women’s leadership conference at the UAHS March 10</p> <p>Nancy and Marsharne- capital request for equipment for PCC</p> <p>Lucy- Heart Health Month and challenge to earn your badge, highlighting Black History Month and Health Literacy skills https://www.theforceforhealthlibrary.com/tucsonmoveatespring https://theforceforhealth.com/courses/heart-health-awareness</p> <p>2) Black History Month Challenge - https://theforceforhealth.com/courses/reflecting-on-400-years-of-american-and-african-history/</p> <p>3) New Technology and Me Launch -National program with local host capabilities - https://theforceforhealth.com/events/technology-and-me-welcome-launch-and-overview-hybrid-event/</p>
<p>Next meeting: Wednesday, March, 15 2023 Zoom meeting invite to follow Hope we see you there!</p>		

Date (Time):	April 19, 2023, at 8:30 a.m.
Topic:	Monthly Meeting
Attendees:	Sabrina Plattner UAMEZCOPH, Annemarie Medina UAHS, Veronique Villalba Garden Kitchen (GK), Nancy Tepper GK, Carolina Vivian-Vea AZCC, Nancy Gamboian PCC, Cara Deery Sarver Center, Alura Benally PCHD, Brian Eller AZDHS, Dedra Clark-McGee PCHD, Brenda Piassco AZHZ, Lucy Howell Force for Health
Apologies:	
Meeting Facilitators:	Co-Chairs Annemarie Medina, Sabrina Plattner
Minutes Prepared By:	Sabrina and Annemarie

Agenda Topics	Responsible	Discussion
Stress Strategies and Tax Credit committees	Sabrina	Shared report on the Tax Credit Placement Ad for SUSD and Rivera Elementary with the AZ Daily Star and on Facebook. Positive outcomes from reports with online user engagement.
	Annemarie	Stress Strategies is in holding pattern to hear when the teachers will get trained on the Tai Chi to implement in the Fall in 2023. MPH Intern will be working on the evaluation of the implementation for Rivera Elementary Looking for an intern at the UA to get trained and implement the Tai Chi intervention
Input on CLD	Annemarie	Presented at the Association of Medical Colleges- on Partnerships and relationships and mentioned Activate Tucson.
		Shared the CLD and Lucy shared it on her Force for Health Website. https://theforceforhealth.com/groups/activate-tucson/

<p>New and upcoming opportunities for advocacy</p>	<p>Sabrina</p>	<p>Work with the State Legislators on changing the structure of the inequitable public-school tax credit. It can only positively change the schools funds for the betterment of the schools and the communities the tax credits serve.</p> <p>Nancy – PCC community rep from th reservation that there is not enough information coming out to the tribal communities on health and wellness opportunities for their residents.</p> <p>Lucy- The Force for Health is working with the past director for Center for Aging in creating a health literacy program in digital form.</p>
<p>Member Activities and Announcements</p>		<p>Veronique- GK has new centers working with and reaching out to others to max out our capacity and Pascua Yaqui community now has 9 gardens and incorporate with behavioral therapist.</p> <p>Nancy GK-Senior Walking Program is back and it’s getting hot. We are now doing patio or indoor physical activities from stretching and movement. Working with VA hospital and their participants on a garden and mindfulness Zen Garden by painting rocks through art therapy.</p> <p>Allura- Covid Care Kits (Covid test, thermometer, hand sanitizer, pulse ox and gloves) are available to give out at the PCHD on Wednesdays from 10 am to 2 pm and take as many as needed. PCHD got approval for the next year. You can also contact PCHD to have them delivered to your organization or community. Contact Alura Benally at Alura.Benally@pima.gov</p> <p>Dedra- The PCHD Community Health Improvement Plan (CHIP) is available to look at on our website. https://static1.squarespace.com/static/5a21a88bcd39c3ec782756ed/t/6418b0d8d63f2e379eacbcff/1679339740638/CHIP+Final+23066+-+HD+-+Comm</p> <p>Brian- https://www.azdhs.gov/topics/index.php AZ School Health Coalition and the next full coalition meeting is on April 20th, from 3:00-4:45 pm Chair, Brian Eller, will be leading his first coalition meeting and provide coalition updates. Register at: https://azedgov.zoom.us/meeting/register/tZEkcOmoqj0qE9NSYK5pCYLSR01gRLXbkIY5#/registration on For more information contact azschoolhealth@gmail.com</p>

		<p>Cara- Southern Arizona Heart Walk on this Saturday April 22, 2023, at 8:45 am on Reid Park DeMeester Outdoor Performance Center 800 S Concert Place Tucson, AZ https://www2.heart.org/site/TR/HeartWalk/WASA-WesternStatesAffiliate?pg=entry&fr_id=7824 Might want to check out this for Tai Chi resources https://aging.arizona.edu/local-resources Training courses at College of Medicine on CPR training on how to intervene on a cardiac emergency. Monthly CPR training for Wildcats and community members. Tuesday May 9th https://forms.office.com/Pages/ResponsePage.aspx?id=BXjXo7rKUmTfWRd9QEyiHJ8AeGS7cBPKbcJ8F86aTdUNkFVMVZOVDhSNU0MkVNQ0VHSDg1Wlg1QS4u</p> <p>Brenda- Lots of lessons with schools on nutrition and wellness. Hiring for a Program Coordinator at the AZHZ https://arizona.csod.com/ux/ats/careersite/4/home/requisition/14212?c=arizona Summer Food Service Program is getting ready for summer, and we can produce nutrition education and present information out to our community.</p> <p>Links: Action of Healthy Kids https://www.actionforhealthykids.org/wp-content/uploads/2023/04/2023-EKHW-School-Toolkit_v1.pdf</p>
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**Next meeting: Wednesday, May 17, 2023, Zoom meeting invite to follow
Hope we see you there!**

Date (Time):	June 21, 2023, at 8:30 a.m.
Topic:	Monthly Meeting

Attendees:	Annemarie Medina UAHS, Nancy Tepper GK, Carolina Vivian-Vea, UArizona Cancer Center, Cara Deery Sarver Center, Alura Benally PCHD, Dedra Clark-McGee PCHD, Brenda Piassco AZHZ, Lucy Howell Force for Health, Carolyn Owens, 501 Navigation, Daniela Diamenta, BEYOND, Kelli Anne Moore, COPH MPH student intern,
Apologies:	
Meeting Facilitators:	Co-Chairs Annemarie Medina, Sabrina Plattner
Minutes Prepared By:	Annemarie Medina

Agenda Topics	Responsible	Discussion
Stress Strategies and Tax Credit committees	Lauren	Shared report on the Tax Credit efforts. (see attached). Plans to expand and explore additional opportunities along with a deeper evaluation comparing past data once it is received.
	Annemarie	Teachers were not available for Tai Chi training at this time. We decided to move forward with a remodel of the Zen Den and calming corners along with the creation of a staff Zen Area. Sabrina and Annemarie are meeting on site June 22 to take “before” pictures and review item requests for numbers, sizes, etc. The plan is to have the rooms ready when the Fall semester starts in early August. The list of items requested is attached. Please review and notify Annemarie or Sabrina if you have or would like to provide any of the items.
Member Activities and Announcements		Nancy Garden Kitchen-Happy to post any relevant info on the KG social media, please send for review. Thursdays 7:00-8:30am come work in the garden for fun and fellowship. GK located at 32 nd and 4 th Ave.
		Dedra, PCHD Healthy Pima- Call to Action for task force members. Healthy Pima is working on the timeline with the hospital partners for the 2023 Community Health Assessment (updated to CHA from CHNA). This year will include a community survey to expand the community voice. If you have info for the HP newsletter send to Dedra.
		Annemarie, UAHS, AZ Board of Regents approved the new College of Health Sciences (Midwifery, Physician Assistant, Doctor of Physical Therapy, Genetic Counseling and Clinical Translational Sciences degrees)
		The new restaurant, El Bolo, A Wolfgang Puck café, will open on Aug 21 in HSIB. Invite to follow. A new digital art installation is going up in HSIB June 23-26, Come watch the artist at work. Hundreds

	<p>of lights displaying low resolution images High School student group tours are continuing, please let Annemarie know if you have any groups who are interested in a day at HSIB.</p> <p>Cara- Sarver Heart Center, Fall lecture series with Osher Lifelong Learning Institute, 6-part educational series. All are welcome. In Oct Sarver is hosting a Heart Failure Symposium featuring all UArizona physicians. More info to come.</p> <p>Brenda- AZ Health Zone, Summer Food Service Program is continuing for summer, planning is underway for the upcoming school year.</p> <p>Carolina Vivian-Vea, UA Cancer Center, hiring for 2 positions in area of nutrition. Open to Jr/Sr Public Health students, nutrition or medical students with an interest in nutrition.</p> <p>Lucy, Force 4 Health, Hosting a virtual challenge July1-Aug 31. Reminder that all AT members are given a free membership to F4H.</p> <p>Carolyn, 501 Navigation, Free federal grant writing training Aug 10 from 12:3-2 at Mission Library. Please register here: https://pima.bibliocommons.com/events/6449b2526550263000ed3744 Update contact info for Carolyn to carolynowensgrantwriter@gmail.com and website https://www.carolynowensgrantwriter.com/</p> <p>Daniela, BEYOND, Meet me at Maynards is back on site starting 6/26 for a mural walk. Market is open with specials for participants. Hikes in Mt.Lemmon are scheduled for the 1st Sat of the month July 1 and August 5. Beginner level. Please pre-register at https://www.beyond-tucson.org/programs/meet-me-at-maynards</p>
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Next meeting: Wednesday, August 16, 2023, Zoom meeting invite to follow

Have a fabulous summer and stay cool!

Date (Time):	August 16, 2023, at 8:30 a.m.
Topic:	Monthly Meeting
Attendees:	Sabrina Plattner UAMEZCOPH, Annemarie Medina UAHS, Nancy Tepper GK, Veronique Villalba GK, Chinna Garza FTF, Brenda Piassco AZHZ, Isabel Georgelos YWCA, Caroline Vivan-Vea AZCC
Apologies:	
Meeting Facilitators:	Co-Chairs Annemarie Medina, Sabrina Plattner
Minutes Prepared By:	Sabrina and Annemarie

Agenda Topics	Responsible	Discussion
Update on Stress Reduction and Rivera Zen Den	Annemarie	Rivera Elementary School's remodel of their Zen Den before and after pictures see attached photos. Nancy suggested three panel privacy screens for the classrooms and suggested working with a woodshop that would work with us to create private screens. Veronique suggested looking for community partners for knitting stress balls and weighted blankets etc. Annemarie suggested using PCC pipe to build privacy screens. Chinna- Aviva Diva's is good group to reach out that help create items for community needs.

<p>Tax Credit & Policy Brief</p>	<p>Sabrina</p>	<p>Went over the (attached) Policy Brief that Lauren Erdelyi UAMEZCOPH PhD. Candidate researched and created. Looking to engage state legislatures for advocacy efforts on the Public School Tax Credit reporting timeline legislation changes.</p>
<p>AT Website and awareness campaign</p>	<p>Annemarie</p>	<p>Daniela is looking over our AT Website and Annemarie will be working on adding more content. Looking at getting the word out about AT through our members to help get more community members engaged in AT efforts.</p>
<p>Member Activities and Announcements</p>		<p>Isabel – the YWCA Women’s Business Center is starting a program called the Junior Hussle to engage at risked youth in learning about entrepreneurship, it will be trauma informed to help them launch a business that they want to create for their community.</p> <p>Nancy- All is welcome to help tend our garden at the Garden Kitchen on Thursday morning at 7:00 am. People who enjoy gardening and help harvest and take some produce with them. The Garden Kitchen is located at 2205 S.4th Ave. Veronique- GK took the summer to revamp programming for the upcoming year. They received funding for a mural at the GK and will be having a listening session for south Tucson residents to share what they would like to have on the mural. The early childhood team will be doing workshops with Head Starts this Fall. The workshops are an Active Play training for the home and at early childhood centers. Look for more events in the community at theGardenkitchen Instagram and Facebook page for their events and community partners events.</p> <p>Brenda- Hunger Walk Sept. 9, 9 am to 12:00 pm https://www.communityfoodbank.org/hungerwalk/</p> <p>Living Streets Cyclovia is Sunday Oct. 29th https://www.cycloviatucson.org/cycfall23.</p> <p>Children Advocacy Center is sponsoring the showing of the film Resilience Sunday Sept. 17th at loft from 1 pm to 4 pm. https://loftcinema.org/film/a-celebration-of-resilience/</p>

		<p>Sabrina- Feast for Your Brain, engagement event on Saturday Sept. 23, 10 am to 3 pm at the UAHSIB https://publichealth.arizona.edu/calendar/2023-feast-for-your-brain</p>
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**Next meeting: Wednesday, September 20, 2023, Zoom meeting invite to follow
 Hope we see you there!**

Date (Time):	October 18, 2023, at 8:30 a.m.
Topic:	Monthly Meeting
Attendees:	Sabrina Plattner UAMEZCOPH, Annemarie Medina UAHS, Rianna Henert UAMEZCOPH, Leigh Nilsen UAMEZCOPH, Rianna Hernet UAMEZCOPH, Veronique Villalba GK, Nancy Tepper GK, Isabel Georgelos YWCA, Lucy Howell Force for Health, Becky Welp RD Nutrition Resolved, Brenda Picasso AZHZ, Nancy Gamboian PCC
Apologies:	
Meeting Facilitators:	Co-Chairs Annemarie Medina, Sabrina Plattner
Minutes Prepared By:	Sabrina and Annemarie, Leigh & Rianna

Agenda Topics	Responsible	Discussion
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<p>Updates on Tufts Project and future focus of AT</p>	<p>Annemarie</p>	<p>Annemarie- Want to determine what AT’s focus should be for 2024. Previously we focused on programs that reduced obesity but that is almost impossible to show definitive data on. Grants usually do not support infrastructure. Our MOU with BEYOND expires on 12/31/23 and the Catalyzing Communities grant with Tufts ends in Feb 2024 although we will continue our relationship with Tufts and the 10 other communities. We will let the MOU with BEYOND expire and revisit it if there is a grant that we feel is beneficial and will support staff capacity to manage it. Trying to function with just volunteers is not feasible and has proven to be a challenge.</p> <p>Open discussion on future focus for AT</p>
<p>Strategic Planning 2024</p>		<p>Lucy- likes the idea of being under a fiscal as it broadens opportunities and connections throughout the community. Everyone is in their own world, and we need to come together and connect Tucson’s community efforts across the board. Is impressed by advocacy and ability to pull together funds. Quarterly chat to connect with everyone with opportunities, comments, etc. also allows networking of different programs.</p> <p>Isabel- program in the high schools teaching young girls about leadership and campaigning methods through meeting/ working with community leaders. Girls shared about food insecurity, not being able to have conversations with adult females in their lives, parents are working and aren’t always available to be consistently present. Important to give them options/resources so they are less likely to resign to worse decisions. Has a program that allows an adult-child open conversation relationship to help combat the issue of parents not being able to be consistently present. Thinks a more long-time funding is needed as they don’t have the time to constantly be chasing grants/money around. A more cohesive and timely approach to consistently provide support resources without needing to pause when funds run out. Utilizes WhatsApp, a texting app that runs on WIFI rather than cellular data.</p> <p>Becky- AT is a collective place for all the organizations to be represented on. AT’s website should be where all links and resources are in one spot. Allows community members a starting place. Common goals across the board, but have each program focus on different aspects based on what they are already. Maybe we need to make the effort to advocate for Activate Tucson being the place to come for these sorts of things. A place for programs to share their updates consistently.</p> <p>Nancy T- social media has been a huge tool for the Garden Kitchen, helping to promote our and others' programs. Further, we need to make TikTok videos. It reaches those to whom the messages should be delivered.</p> <p>Veronique- need to utilize student workers/interns to jumpstart. Utilize social media that is already connected & up-running to connect with community. “This is Tucson” website. Each generation</p>

	<p>knows how to reach their own, so the cross generation is what is going to really help us. Looking for student interns: I think focusing on schools that have people that go into community/social work such as college of education, nutrition, etc. As well as campus orgs that do volunteer or community work such as the cultural centers under the Thrive Center</p> <p>Leigh- utilize interns to get all your ideas up and running before using remaining funds, once funds are allocated then you can investigate hiring someone. Could be useful to promote intern needs within the school, could also investigate other majors for this rather than specifically Public Health majors. Could also open opportunities to high school students to get volunteer, real world experience. College is getting extremely competitive and high schoolers are looking more for experiences to enhance their applications.</p> <p>Sabrina- Great idea to promote via social media. I use it as well to promote programing and the tax credit and other projects for our center. Would be great to have AT do the same for our members.</p> <p>Brenda- utilizes meetings to learn information about different programs in order to share with her community so it's important to keep this in mind as human connection is essential.</p> <p>Annemarie- Next steps. Review casual loop diagram (attached) and identify organizations that are working in those areas and send to Sabrina and Annemarie. Intern (TBD) will connect with them to get approval to place them on the AT website and research others to include (with approval)</p> <p>If you have a relationship with any of the city council members or County supervisors, let us know so once the AT site is updated and ready we can present to them as a community resource and start to promote at events (we have water bottles and workout towels with the website address)</p>
<p>Member Activities and Announcements</p>	<p>Rianna/Sabrina- Healthy Habits Tucson, looking for volunteers 55+ to work with boys and girls club to learn about healthy habits. https://zfcphp.arizona.edu/community-programs Nancy G- https://www.azhealthzone.org/be-active/ Isabel- I would also offer collaboration with our next year's Hope 2 Women Summit. Let me know if you are interested. Igeorgelos@ywcatuson.org Lucy- https://theforceforhealth.com/groups/team-up-greater-tucson/ Summary- share updates and information for your programs with Annemarie so she can share them. Start thinking of ideas of connections with the community. Work on starting up a blog, website, social media presence.</p> <p>Carolyn Owens: Grant writing workshops</p>

Both of these trainings are free

Presentation October 25, 2023 at Juan Valdez Library, 101 N. Stone (downtown, parking under the library) 12:30 to 2 p.m. on the 3rd floor in the Tortolita meeting room

link to register: <https://pima.bibliocommons.com/events/6506a3a91be0d33300869af1>

Title: Level Up Your Grant Writing Skills!

Synopsis: Carolyn Owens is a grant writing consultant who has obtained millions of dollars in grant awards over her 25-year career. This training is for people with some grant writing experience to sharpen their skills. Bring your laptop and be ready to practice logic models, management plans, and more!

Also Nov 16th at Mission library, 12:30 to 2:00 p.m., 3770 S Mission Rd (at Ajo)

<https://pima.bibliocommons.com/events/64cd3cef70573a3000ad7fbb>

Title: Soup to Nuts – A Step by Step guide to Creating a Grant Application

Join us for a step by step walkthrough of the process of finding, reviewing, and creating a grant application with lots of examples and practice.

For both - Please bring your own paper, laptop, or tablet for writing practice.

**Next meeting: Wednesday, November 15, 2023, zoom meeting invite to follow.
Hope we see you there!**

Date (Time):	November 15, 2023, at 8:30 a.m.
Topic:	Monthly Meeting
Attendees:	Sabrina Plattner UAMEZCOPH, Annemarie Medina UAHS, Leigh Nilsen Intern UAMEZCOPH, Veronique Villalba GK, Isabel Georgelos YWCA, Brenda Picasso AZHZ, Nancy Tepper GK, Lucy Howell Force for Health, Becky Welp RD Nutrition Resolved
Apologies:	
Meeting Facilitators:	Co-Chairs Annemarie Medina, Sabrina Plattner
Minutes Prepared By:	Sabrina, Annemarie and Leigh

Agenda Topics	Responsible	Discussion
Updates on Tufts Partnership	Annemarie Medina UAHS	Not funding after February, but bridge funding until funding opens again. Smaller team, but still helping best they can. Planning final gather/event for communities participating. Regroup on how we want it to look like moving forward.
AT Website Info	Leigh Nilsen	<p>Leigh- website walk through. The first month was focused on main updates/refresh of the website with the information/resources we already have. Next month's focus is collecting more resources, adding additional tabs, yearly recap. Resources collected through google form, will meet with Annemarie to go over if they should be added to website. Collect contacts and invite newer organizations to join committees and monthly meetings. Updated policy brief</p> <p>Beck Welp- Are we doing SEO and keyword optimization? I am not an expert, but I do those things for my own website and can help a bit with that if needed.</p> <p>Nancy Tepper- Seems the Garden Kitchen logo is on a Tucson Village Farm listing. We are related, through Cooperative Extension, but separate entities. Advocacy tab 2023 highlights</p> <p>Lucy Howell- Mental Health Tab, Environment Tab, get rid of footer to look more professional, RSS feed, move force for health under youth. hierarchy of directory based on activity within committee.</p> <p>Annemarie- get involved tab includes newsletter, get involved with Activate Tucson</p> <p>Open Discussion- limit website to nonprofit organizations? Focus on unserved schools, communities. Slippery slope on who you can say no to, where do we draw the line with the website & Activate Tucson. Decide how we decide as a</p>

		<p>group/committee to promote them and add them to the website & committee. Refresh Activate Tucson mission and what we advocate for. Inclusivity balance</p>
<p>Member Activities and Announcements</p>	<p>Everyone</p>	<p>Isabel Georgelos YWCA- women in business meeting, looking for questions to ask them if anyone has any ideas, monthly Spanish & English Coffee Chats. BUILD Academy Business Showcase Graduation today 11/15/23, 6pm at YWCA. Cafecito Anniversary, 11/16/23 6pm at YWCA, Women’s Business Networking Group. Lucy Howell- Southern Arizona Community Foundation for consortium. Brenda- 12/9 market on the move with Tucson Village Farm. holiday market Nancy- working on mobile farming van to provide access for smaller farms for local markets Veronique- knife skills workshop Leigh- Activate Tucson Now- Organization Information: https://docs.google.com/forms/d/e/1FAIpQLSd74GsJuiySpxF9p2E_I5IgB9N_jaYkrbWKJOwANz4p6rRXQw/viewform?usp=sf_link Activate Tucson- Events & Fundraisers: https://docs.google.com/forms/d/e/1FAIpQLSczn135yo5T6VH6luXQoOPqAX8XjOffUPbMNyCKbpy3qxK-Dw/viewform?usp=sf_link</p>
<p>No Meeting in December! Enjoy the Holiday Season! Next meeting: Wednesday, January 17, 2023, Zoom meeting invite to follow Hope we see you there!</p>		