

# The Orange Peel

2023-2024 | President Don Morris | "Have Fun and Share Rotary"

## Next Meeting Friday, Jan 5, 2024

**Club Assembly** - no speakers - break into Avenue of Service groups

**Greeters** -  
Catrina Womack and Don Morris

**Invocation** -  
Bill Wagner

**Vocation** -  
Unknown

**Prospector** -  
Don Russell

## The Four-Way Test

**Is it the TRUTH?**

**Is it FAIR to All Concerned?**

**Will it build GOOD WILL and BETTER FRIENDSHIPS?**

**Will it be BENEFICIAL to all concerned?**

## American Heart Association



**President Don Morris** introduced our last speaker of the year, **Monica Alleje**, from the American Heart Association of the Sacramento. She is the Community Impact Director and partners with the community to

increase heart health education.

The American Heart Association (AHA) is a national organization and its priorities are Access to care Research, Quality of care, Advocacy, Social Impact, and Emergency Cardiovascular care. ([heart.org](http://heart.org))

AHA's work covers the Sacramento, Stockton and Modesto areas. In the last year the American Heart Association of Sacramento has:

- Provided Blood Pressure (BP) cuffs to three community clinics serving 21,000 people and enhanced clinic protocols in under-resourced and rural areas.
- Taught over 1,000 students the importance of healthy eating and physical activity.
- Trained nearly 200,000 community members with the life-saving hands-only skill of CPR.

## Recap of the Meeting Dec 15, 2023

### Guests

**Monica Alleje** - American Heart Association (Sacramento branch)

**Jenny Roberts** - American Heart Assoc.

**Jessie Hernandez** - past member and father of Eileen Hernandez

**District 5180 Governor Sidney Smith**

**District 5180 Theme "Go Meet Do"**

Saying Yes to our fellowship means:

- We get to **Go** places we never would have gone!
- We **Meet** people we never would have met!
- We **Do** things we never would have done!

- Raise awareness about cardiovascular disease during Heart month and Wear red Day, uniting people for a common goal of ending heart disease and strokes.

The introduction of vaping and flavored tobacco products has undone 20 years of The American Heart Association's work to reduce tobacco usage.

Shut down efforts to block California's flavored tobacco ban through relentless work on Prop 31 at the Supreme Court, protected more than 2 million youth in CA.

### Heart Disease and Stroke Statistics - 2023 Update

- The US death rate attributed to Cardiovascular Disease (CVD) is 224.4 deaths per 100,000 people.
- Someone dies of CVD every 34 seconds.
- Someone dies of a stroke every 3 minutes and 17 seconds.
- 25.5% of US adults have high LDL cholesterol.
- 9.7 million US adults have undiagnosed diabetes
- 29.3 million US adults have diagnosed diabetes
- 115.9 million US adults have pre-diabetes.

In the Sacramento region one-half million people have High Blood Pressure and Diabetes. High blood pressure is impacted by family history, your age and your sex. These are factors you can't control.

**Be aware of your key five numbers** - Total Cholesterol, HDL (good) Cholesterol, Blood Pressure, Blood Sugar and Body Mass Index (BMI). These numbers are important because they will allow you and your healthcare provider to determine your risk for developing Cardiovascular Disease. Get a cardio check up so you know your numbers!

Yet, high blood pressure is preventable and treatable. Good heart health promotes better brain health and can reduce the risk for cardiovascular disease, stroke, and dementia. The American Heart Association has defined 8 Key Measures for improving and maintaining cardiovascular health.



#### Four Key Health Behaviors

- **Eat better** - Healthy diet - Adhering to a DASH or Mediterranean diet.
- **Be more active** - Physical activity - 150 minutes or more of moderate-intensity aerobic activity OR 75 minutes of vigorous -aerobic activity per week.
- **Quit tobacco** - not smoking or vaping.
- **Get Healthy Sleep** - Adequate sleep - Getting 7 - 9 hours of sleep per night

#### Four Key Health Factors

- **Manage weight** - Healthy weight - a body mass index of less than 25.
- **Control cholesterol** - Blood lipids - less than 130 mg/dL of non-HDL cholesterol.
- **Manage blood sugar** - no history of diabetes and fasting blood glucose of less than 100 mg/dL.
- **Manage blood pressure** - Less than 120/80 Hg

Take the American Heart Association "My Life Check" <https://mlc.heart.org/>  
Take action and talk to your health provider.

#### To Save a life using Hands-only CPR plus AED

1. Call 9-1-1 and ask someone to get an AED device
2. Get directly over the victim. Put the heel of one hand in the center of the chest and put your other hand on top of the first hand.
3. Then push hard and fast in the center of the chest until help arrives. Give 100 to 120 compressions per minute using the same tempo as the song Stayin' Alive.

In the question and answer portion of Monica's talk she went over the proper steps for **taking your blood pressure at home**. Here are the steps:

1. Sit in a comfortable chair with your back supported for at least 5 minutes before taking your reading.
2. Put both feet flat on the ground and keep your legs uncrossed.
3. Rest your arm with the cuff on a table at chest height. Make sure the blood pressure cuff is snug but not too tight.



Visit <https://www.validatebp.org> to shop for home blood pressure cuffs recommended The American Heart Association .

After Monica's talk, President Don thanked her for her speech and presented her with an Orangevale Rotary mug.

## Vocational Talk

**Bill Wagner** is a Certified Financial Planner and he wants each of us to ask ourselves, "What's missing from your retirement plans?" You don't know what you don't know. Always consult with a Certified Financial Planner.

Bill spoke about the **Knights of Columbus** Golf Tournament. He is looking for sponsors or donations for the tournament before the end of the year.

Bill read a story out loud:

I don't know how long it had been since these neighbors had even talked to each other. I think it had been about two years, maybe. And it started over the dumbest thing; it was just that, a stray cat. I mean one of them thought it was theirs and then it went over to the other porch, there, across the little field, the valley there, and the other farmer took it in. Each of them thought it was their cat.

Every time they started talking, they'd start arguing about it, and then they just quit talking.

So that when the traveler came through looking for work, one farmer said, "Well yeah, you say you're a carpenter, I've got some work for ya. You see that house across this field here? That's my damned neighbor. You see this little ditch here in the middle? Well he calls that the creek. He dug that with his plow. He went up on the hill and changed the way the spring comes down.

"The creek. It's got a little trickle running through there. Well if he's going to try to divide us up with that thing I just assume finish the job. I want a fence, all the way across. I don't even want to have to look at him. Can you do that?"

And this carpenter said, "Well yeah, I could do that. I would need whole lot more wood, but I could get started with what you got in the shed there, you'd have to go into town."

And by the time this farmer comes back, driving up that rutted road in his old truck full of that lumber. He looks out into that field where his new fence ought to be, and that carpenter has built, a bridge. Out of his wood, onto his land, and here comes his neighbor walking across his bridge on to his land, hand out stretched, big old stupid smile on his face, coming right up to his truck.

And his neighbor says, "You're a brave man. I didn't think you'd want to hear the sound of my voice again. I just feel like such a damned fool, can ya, can you forgive me?"

And this farmer finds himself saying, "Aw hell, I knew that was your cat." And he looks over and the carpenter is walking away. He says, "Hey! Hey I got some more work for ya if your a..."

The Carpenter says, "You'll be fine. I'm needed elsewhere."

## Announcements

**President Don Morris** told us about a recent decision by his board at the last board meeting. Money collected by the prospector last month along the money raised at

the “Driveway Party” social totaled \$2290. The “prospector” money is usually deposited in the Club’s administration budget. At the meeting, the board members decided that all of the \$2290 should be moved into the Club’s Charitable Fund.

Annually the club allocates \$10,000 from the Charitable Fund for school grants. This year the club received school grants totaling \$13,000 in requests. At the meeting, the board approved giving all of the requested money. And the \$2290 went toward the fulfillment!

**Lorie Rheams** spoke about the annual Christmas Basket program. Doors open at Orangevale Grange at 8am on Saturday, Dec 16 for volunteers who are helping out.

The people who made up Christmas “baskets” will drop them off between 9am to 10am. Then from 10am to 11am, the baskets contents will be surveyed and added to, such as **Don Russell’s** donation of Kleenex and toilet paper (thanks, Don).

From 11am to 12noon, the families will pick up the Christmas baskets! If you can volunteer to help with this project, you will find it very heart warming. This year the project will help 47 families, the most ever. And this year we got more community families to volunteer to make up baskets than ever before.

**President Don** said that \$2,500 was allocated in the annual budget for the basket program and the club received a \$1,000 matching grant from the district.

**Lorie** spoke about the **Winter Sanctuary** program which will be held at Divine Savior Church during the week of January 14 - 21. Our club will be cooking dinner on Sunday, January 14 and Lorie is in charge of cooking.

She needs volunteers starting at 3pm in the kitchen at the church hall. The work involves food preparation and cooking, plating the food, serving food and cleaning up. Guests will arrive for dinner at 6pm (25 volunteers and 25 guests).

**Deanna Maddock** talked about the Crab Feed and she needs some volunteers to solicit bakeries and stores for donations of cakes. The donated deserts are for the **Cake Dash**. Bob Kurtz normally manages this part of the Crab Feed but will be unable to perform this duty. Volunteers will also be needed on the day of the Crab Feed to pick up the cakes and get them safely to the Divine Savior kitchen.

The **last Crab Feed meeting** before the big even will be held on **Wednesday, January 10 at 6pm** in the home of Russ and Lorie Rheams.

**Mike McKibbin** reported on the last **Interact** meeting of 2023. Twenty-two students were in attendance. The club members have been very busy with activities such as attending the community Christmas tree lighting. The students asked for Speech Contest applications which Mike will provide at the first meeting of the new year.

**Bryan Daniel**, chair of the International committee and he is looking for suggestions for an overseas project. Please contact him if you have any ideas.

**Dennis Sarkesian** reminded the everyone that our next shift at the Fair Oaks Orangevale **Food Bank** is Friday, 5-January, 9am to 12:30pm.

The next **Rotary House** yard clean up is Saturday, 17-February.

**Don Russell**, Club Service Chair, started off with a joke. Q: Why are Christmas trees bad at sewing? A: They are always dropping their needles.

The Christmas party at the McKibbin's home had 24 attendees and 16 white elephant gifts. Thank you Mike for hosting the party! During the past six months, Don has scheduled eight club service events.

The club will be dark for the next two Fridays (this means there are no Rotary meetings for the rest of the year). However if you want to meet up for a coffee, join Don at **Starbucks** (corner of Hazel and Maddison) on Friday, Dec 22 and 29 at 7:30am.

**Upcoming events:** **Dine-Around** Pizza night on Tuesday, January 9 at 6pm. On February 3, Diane Newton will host a **“Cocktails, Candles and Cotton Candy”** party at her home in Granite Bay.



Visitor Jessie Hernandez

## Prospector

**Prospector Jeff Valtman** asked questions about the National Parks in California. Which park is home to a bird that was brought back from the brink of extinction? Pinnacles NP. Which park has the biggest Tree? Kings Canyon NP. Which park is named after a tree? Joshua Tree NP. Name one of the sites to see in the most visited park? Half Dome in Yosemite NP.



**Happy Fines - Mairy Droese** is happy to be home from a six week trip. **Phyllis Macdonald** is happy to be picking up her daughter Fiona and Fiona's boyfriend, both from Scotland. **Mike Mckibbin** is happy to be going to Spain with his family on Wednesday. **Steve Blair** is happy to be able to make up a Christmas basket for the annual Christmas Basket program.

**Bert Smith** is happy that her son has been promoted in his law firm. **Audrey Smith-Wiberg** is happy that she visited **Bob Kurtz** and he completed his first treatment and looks good. Janice is just happy! **Jessie Hernandez** is happy to be here and he loves you all!

**Prospector Jeff** auctioned off the prospector job. **Don Russell** will be your new prospector in January 2024!

## The Orange Ball

There was no orange ball raffle today. It will be revived in January.

## The Thought for the Day

"Dreams come true; without that possibility, nature would not incite us to have them." -John Updike

**President Don** ended the last meeting of 2023 by saying - Happy last day of Hanukah, Happy Festivus, Merry Christmas, Happy Kwanzaa, Happy New Year! See you next year! and as usual - **Have Fun and Share Rotary!**



## Fun Places and Faces

The Christmas Basket event was held at the Orangevale Grange and 47 families received baskets this year.



Lorie Rheams - the ring leader and master Elf!!



Santa Jeff directed the traffic and kept things moving smoothly!



The weather was perfect and lots of Rotarians and friends of Rotary showed up to help! There were lots of jolly faces!



Faithful friends who are dear to us, gather near to us once more!

