

The Orange Peel

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

Next Meeting Friday, Feb 23, 2024

Speaker - Kara Green - ABLED

Greeters - Tommy Peno and Russ Rheams

Invocation - Sue Frost

Vocation - Tommy Peno

Prospector - Deanna Maddock

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?



Applied Behavioral Learning For Exceptional Development

Speaker-chair **Brad Squires** introduced **Kara Green**, the Executive Director for ABLED.



ABLED is committed to the development of social skills, employment training, independent practical living skills and the overall happiness of adults with disabilities. ABLED exists to foster skills for individuals with disabilities so that they may lead more self-sufficient and independent lives.

Kara's oldest son, now 21, is on the Autism spectrum and she had a hard time finding places for him to engage with peers so she founded ABLED in early 2020. She was joined by Dara Schnieder (now Program Director) and Catherine Hickenbotham

Recap of the Meeting Jan 9, 2024

Guests

Kara Green - ABLED

Jeff Berns - guest of Brad Squires

**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!

(Program Coordinator) to fill the needs for quality after school social and enrichment programs for teenagers and young adults with developmental disabilities.

Although she started as a social group for adults with disabilities, she learned that they needed more robust services. ABLED now focuses on job training with the hopes that they can move from in house training to on the site training.

ABLED has a great board of directors who come from all aspects of life. Dara, the program director has 20 years of working with teens and adults. Catherine, the program coordinator has 10 years of experience in supportive living services. All of the people who are ABLED volunteers are California DOJ finger printed before they can work.

A focus on social recreation is the foundation of ABLED and they serve local individuals but they have clients who come as far away as Elk Grove and West Sacramento.

Besides social services, ABEL provides 505 Job Training thru Alta. They get training in trades such as janitorial, food service, food safety, administration, clerical, and landscaping. They receive help with interview skills and help writing a resume. After graduation they can come back at any time to brush up on skills.

ABLED works with each client to find them a job that they can be passionate about.

ABEL's primary funding is from Alta California Regional Center which creates and maintains partnerships to support people with developmental

disabilities. ABLED also receives grants from Golden 1. ABEL is a self determination vendor. The services they provide is free to all clients and there is no cap to the age of people that ABEL supports. Kara said that they even have clients that are over 50 years old. In 2023 ABEL supported 140 clients.

A typical day at ABLED begins with socializing from 8am to 9am as people arrive. The curriculum started at 9am and can include topics such as understanding and controlling emotions, hygiene, money math, etc. After lunch there is afternoon curriculum.

The rest of the day is devoted to practicing skills such as janitorial, administration and landscaping. It takes 12 to 18 months to get a person ready for competitive employment. ABLED is a safe place for the students to learn skills, to practice them and if they fail to try again without stress.



Many of the clients were isolated by the Covid pandemic. ABLED has given them a safe space for work and fun. Last year the social events included a pool party, bowling, a dance, and an ugly sweater Christmas Party. Everyone is welcome to come to the social events including family members and teens.

ABEL is located at the back of the Bank of America and besides classrooms and offices, there is a large space for social activities. ABLED rents the space out to local organizations for events. Kara invited the Rotary Club to come by for a tour.

For more information, visit <https://linktr.ee/abledcalifornia>

When Kara finished her presentation and answered questions, President Don presented her with a thank you gift; a wooden pen made by past president Bob Kurtz.

Announcements

Dennis Sarkisian, Community service. The next **Rotary House** yard cleanup will be on Saturday, 17-February from 9am to 11am, weather permitting. Let Dennis know if you are planning on attending. Please bring yard tools as you've done in the past.

Oak Park Rotary House

4070 2nd Avenue
Sacramento, CA 95817

On Sunday, February 18th, Sacramento County Regional Parks, Therapeutic Recreation Services (TRS) is hosting a basketball seeding tournament in preparation for establishing **Special Olympics** teams for future competition.

They are seeking volunteers for serving as scorekeepers or timers for mini games during each of two shifts, 8:30 am to 1 pm OR 12:30 pm to 5 pm. Lunch will be provided to registered volunteers. **Bill Wagner** said his Knights of Columbus group will be making and serving lunches for 550 people at the event and he needs volunteers to help (6:30am to 11:30am).

The tournament will be held at:

La Sierra Community Center

5325 Engle Road
Carmichael

To volunteer, please sign up via email to TRS@saccounty.gov or calling TRS at (916) 484-2044. Please let Dennis know if you volunteer.

The American River **Trail cleanup** will be on Saturday, March 9.

Dave Shepherd said that the **Growing Past Today** event will be held on Saturday, March 2 to support 70 unhoused families and children. For this year's event he need volunteers to shop for items to be included in the bags of food from the Food Bank. He needs the shoppers to buy and deliver the items by Tuesday, Feb 27. He also need volunteers on Friday, March 1 to deliver the food bags to Christian Brothers High School. He needs either 2 trucks or 4 SUVs for the bags.

Steve Blair, Treasurer, will send out invoices for the money owed in the Joe Surra Football Pool. You can pay by Zelle, check, cash or credit card. The Orangevale Rotary board voted to pay for the club members' half year dues (value of \$60) so there will be no invoice in your mailbox. (Thanks to the board!) The next invoice will be sent April 1 for your meals.

Don Russell, Club Chairperson, started off with a joke - How do you get a country girl's attention? It's a tractor.

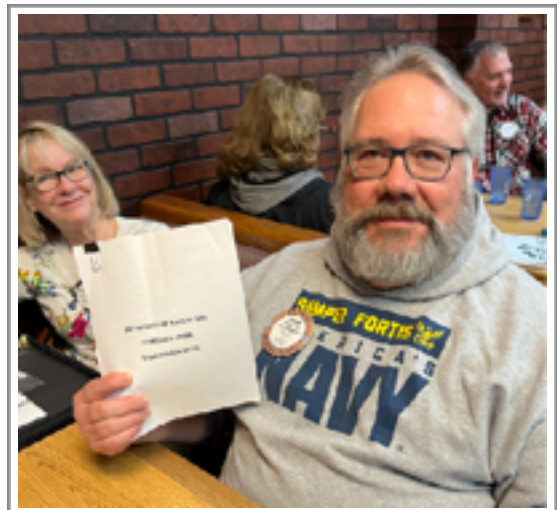
Last Tuesday was the Dine-Around at Pitch and no ladies showed up; just the men. Didn't the lady Rotarians receive his email reminder? On February 3, Diana Newton will host a **"Cocktails, Candles and Cotton Candy"** party at her home. Her address is 6805 Douglas Blvd, #83, in Granite Bay. Don passed around a signup sheet. Don also passed around the page in the Voter Pamphlet that listed the three voting locations in Orangevale.

Janice Howarth, Foundation Chair, said that the winners of the super bowl pool were: First Quarter - **Eileen Hernandez**, Second quarter and Third quarter - **Russ Rheams**, and Final quarter was won by a **friend of Jeff Valtman**.

Vocational Talk

Past-President Tommy Peno bragged that he could speak every language but Greek. He asked someone to name a language and that person said "Chinese". Tommy replied that it was Greek to him!!

Tommy served in the Navy for 4 years, 2 months and 7 days as a Machinist Mate. He was aboard the submarine named USS Augusta (aka Gussy) and he learned a lot of Navy slang which he wanted to share with us. Referencing the "Dictionary of Navy Slang Compiled From Various Sources" he gave us some examples.



- **A-Gang:** The Auxiliary Division of the Engineering Department. Members known as "A-Gangers." Also known as the only gang on the boat.
- **O-gang:** A term made up by A-Gang for the Officers.
- **Bug Juice:** Kool-Aid-like beverage in dispensers on the mess deck. Before the turn of the century bug juice was also used as a replacement for cleaning agents to clean decks with. It was also used to clean copper.
- **Angeles and Dangles** (Submarine Service): Placing the boat in extreme angles (also known as up and down bubbles) soon after leaving port, to see whether anything breaks loose. Similar consequence noises while on patrol are not desired. Usually results in plates just cleaned, half the bug juice machine, and that night's dessert ending up on the floor and aft/forward bulkhead.
- **Bubblehead:** A sailor in the Submarine Service.
- **Bilge Rat:** Someone who works in the engineering spaces.
- **Bravo Zulu:** Originally "BZ" was a signal meaning "Well Done." It is sometimes co-opted by seniors praising subordinates in one form or another.
- **Burn a Flick:** Watch a Movie.
- **Butter Bars:** Refers to the gold-colored bars designating the rank of Ensign (the lowest rank for commissioned officers).
- **The Chop:** Supply Officer. Taken from the Supply Corps' pork-chop-shaped insignia.
- **IDIOT:** Pronounced "Eye-Dee-Ten-Tango." Similar to "bulkhead remover," an inexpensive way to derive enjoyment from inexperienced personnel. "Recruit, go get me an ID10T form, and step on it!"
- **Hollywood Shower (or Hotel Shower):** A shower taken aboard a ship in a civilian manner, i.e. in which the water stays on throughout the shower, wasting much of it. (cf. Navy Shower) Definitely frowned upon.
- **NUB:** (Traditionally rhymed with "tub", in recent usage commonly rhymes with "tube"). New Useless Body, Non-Usable Body, New Underway Buddy, or Nuclear Unqualified Body. Term referred to newly reported sailors with no qualifications or experience. Usually tasked with dirty and nasty jobs often referred to as "Shit Work"
- **Zarf:** A cupholder on a submarine. It's very simple and may be riveted to any available vertical sheet metal.
- **Zero:** Officer. Term derived from their paygrade; o-1, o-2, etc.

Prospector

Prospector Deanna Maddock said that the fines would be \$2 today. She asked for a show of hands of the members that are football fans so she could avoid asking her questions about football.

- What year was the first Super Bowl held? Janice said 1912 and the answer was 1967.
- Who played in the bowl? Patty guessed wrong. It was the Green Bay Packers against the Kansas City Chiefs.
- Where was it held? Josh said the moon. No, it was the Memorial Coliseum in Los Angeles.



- Who won? Keith guessed the Green Bay won and he was correct!
- What was the final score? Don guessed it and was wrong. It was 35 to 10.
- What was the cost of a ticket to the first Super Bowl? Steve guessed \$15. Almost, it was \$12 and the game did not sell out.
- How much did a 30 second commercial sell for? Brad guessed wrong. It was \$40K.
- How much was the cost of a 30 second commercial for the most recent Super Bowl? Dave was close with his guess of \$6.5 million. It cost \$7 million.

Deanna put on a baseball cap with a racing logo. She switched to questions about the Daytona 500.

- Where is it held? Florida.
- What was the first year the Daytona 500 was held? 1959.
- What does the 500 mean? Audrey knew that it is a 500 mile race. How many laps are run? It's 200 because the lap is 2.5 miles!
- Who has the most wins? Rob guessed Richard Petty and he was correct. How many times did he win? Rob guessed 26 but the answer was 7.
- Which make of car has won the most times? Bryan guessed Plymouth. No, it was Chevy.
- How many times has a Chevy race car won? Jim guessed 75 but the answer is 25.

- Which four presidents have attended the Daytona 500? Trump, both Bushes and Ronald Reagan.



Deanna asked which club member is the biggest Jeff Gordon fan? It turns out that it is **Don Russell**. Deanna gave him a 6-pack of Jeff Gordon commemorative bottles of Coke.

Someone left a feather down vest at the Crab Feed. It was Janice's vest and she paid \$5 to get it back.

Happy fines:

- **Josh Famstead** is happy that his two children now know how to tie the chair lift.
- his flight home and he got to spend an extra day playing with his grandchildren.

- **Rob Auernig** is happy that his daughter is signed in to work at Casa.
- **Mairy Droese** is happy to be leaving on an RV vacation.

Next week is Deanna's last week as Prospector. Think about who you want to replace her.

The Orange Ball

Patty Wolff found the orange ball last week so the raffle started afresh this week with ten balls (including the orange ball) and \$39. Mairy Droese had the winning raffle ticket but she pulled a no-winning white ball out of the basket. Boo-hoo!

The Thought for the Day

"If you treat an individual as he is, he will remain as he is. But if you treat him as he were what he ought to be and could be, he will become what he ought and could be." - Johann Wolfgang von Goethe.

Have Fun and Share Rotary!

Fun Places and Faces



Three Interact students helped with the Rotary house yard clean up - Cab Cano, Isaac and Eli Durgin. The Rotarians were Dave Shepherd, Catherine and Steve Blair, Mike McKibbin, Dennis Sarkisian, Janice Haworth, Deanna Maddock, Don Glover and Mairy Droese.

