



**Rotary Club of Orangevale
District 5180
March 8, 2024 Meeting**

Guests

-- Ernie Womack and Derreck Maldonado

Announcements

--**Janice** – **Mike McKibbin** was presented his two stone Paul Harris Fellow award. Thank you, Mike!

Janice also reminded us that only two members have not made a \$24 donation to qualify the club as a 100% EREY Club (Every Rotarian Every Year).

--**UPCOMING DATE** – March 23 is the District Assembly. If you'd like to go, **Catrina** has space in her car.

--**David**– Growing Past Today was a great event. As always the Queen of cotton candy, **Dianna**, was a hit!

--**Dennis**– We had 10 volunteers who helped serve 71 families (191 people). Bike trail was fun too!

--**Prez Don**– Passed around a Thank You letter from Special Olympics. Thank you, **Audrey** for bring this to us.

-- **Don** – Dine Around on March 13. Gas Light on Sutter Street at 5:50pm, 717 Sutter Street. Sounds good!

Also, please consider donating blood. It saves lives.

-- **Mike** – Interact had a small turnout at the past meeting, only 10 kids, but great conversations. They decided to donate \$120 to the Easter Basket Program. Way to go!

Vocational

Rob was telling us that he is celebrating 35 years in business. Auto Body work is hard stuff with many variables. He truly believes there are NO good insurance agencies, only good agents. He reminded that it's important to look at your coverage and see if you have enough. Remember, only if you're 51% or more at fault is the accident your fault. Along with that...most important...is anyone hurt, next, get off the road and out of the way. If you cannot move your car and you're worried you don't have towing coverage, call Rob and he will help!

Prospector

Dianna asked lots of questions about necessary slimy creatures called worms. There are 3 different kinds, night crawlers (eat meat) and live 6 feet down, red worms (eat vegetables) and double every 60 days, and earth worms. All are necessary and serve valuable needs in our world. It was really fun, and of course, we all enjoyed it and paid money for our lack of knowledge.

Speaker

Our guest speaker, **Bonnie Reyes** is from the Alzheimer's Association. They are funded by grants. She explained the differences between Dementia – which develops slowly...often seen as a slow processing speed. Alzheimer's disease consists of 3 types. Risk factors include age. At 65 it doubles every five years. There are many symptoms...memory loss that disrupts daily life, challenges in planning or solving problems, difficulty completing familiar tasks, confusion with time or place, trouble understanding visual images and spatial relationships, new problems with words in speaking or writing, misplacing things and losing the ability to retrace steps, decreased or poor judgment, withdrawal from work or social activities, changes in mood or personality.

They do have a 24-hour hotline...800-272-3900. You can find them on line at alz.org

Raffle

With 7 balls and \$69 in the pot **Rob** found the white one. And the pot continues to grow.

Thought for the Day

"March, when days are getting long, Let thy growing hours be strong to set right some wintry wrong".

---Caroline May

The last picture is from the food bank. I forgot to let everyone know that last Saturday there was a food drive. Though a good amount was gathered, the food bank is suffering from a severe shortage. Normally, this rack is stacked with crates of canned food...on both levels. If you can find time to make a donation of goods or cash, it will be extremely welcomed.



