

The Orange Peel

2024-2025 | President Catrina Womack | "Share Rotary"

Next Meeting Friday, April 11, 2025

Speaker - Giulano Kornberg - Sacramento Symphony

Greeters - Steve Blair, Keith Wright

Invocation - Bert Smith

Vocation - Eileen Hernandez

Prospector - Licia Green

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?

Runnin' For Rhett

Brad Squires introduced **Larisa Perryman** who is the Executive Director Of **Runnin' For Rhett**. She



joined Runnin' For Rhett in 2013 and since then has run ten half-marathons and 2 - f u l l marathons. She is married to her husband Eric and has three children.

Runnin' For Rhett is a 501c(3) nonprofit community group with a vision for *nurturing healthy communities through fitness and nutrition*. Their Board of Directors is made up of 12 board members and their Mission is to *Inspire people to MOVE INTO LIFE*.

From the Runnin' For Rhett (R4R) website, this is the story of Rhett. "Rhett Seevers was born on February 7, 1997. His proud parents, Beth and Randy Seevers brought home their bundle of joy to join their family of four. At four months, they were

**Recap of the Meeting
Apr 4, 2025**

Guests

**Larisa Perryman and
Carrie Spencer** - Runnin'
For Rhett

Jessica Greenfield -
Miller's Ace Hardware

**Visiting Rotarians
None**

**District 5180 Governor
Steve Turner
2024-2025**

**The 2024-2025 Rotary
International presidential
theme is "The Magic of
Rotary"**

devastated by the news that their little boy had severe cerebral palsy and would face a life full of challenges. They dove in headfirst and learned all they could about his disabilities. On March 13, 2004, after 7 years of full-time care, love, and devotion, Rhett passed away at home unexpectedly with his family by his side.

In the spring of 2005, as the anniversary of Rhett's death approached, a friend of Beth's introduced her to running. She learned of the 1st annual Shamrock'n 1/2 marathon. It was ironically being held on the first anniversary of Rhett's passing. Completing the run was such an inspiration to Beth. The following year, she asked that her friends and family join her. Join her they did; 35 additional friends and family donned the first baby blue running shirts that year. In the spring of 2007, with the addition of an organized training group, over 125 people participated in the race.

On December 7, 2007, the "Runnin' for Rhett Non-Profit" was founded. The organization has now inspired 1000's of youth and adults in the Sacramento area.



Randy and Beth Seevers are still active with the organization today. They started out helping people train to run in marathons from 5Ks to full

marathons. Over 17 years, 40,125 people and children have trained with Runnin' For Rhett.

The Adult Fitness Program, is known as the **Blue Crew**, is a community fitness group that meets regularly to train for targeted races, participate in a variety of exercise activities, connect with others through social events, volunteering and fundraising. Currently there are 328 active members.

There are Blue Crews for running, walking, walk-to-run, hiking, biking, Zumba, Jazzercise, snowshoeing, and pickleball. Using the [meetup.com](https://www.meetup.com) web site, there are "blue crews" that meet all over the Sacramento region that help members exercise and holds them accountable to reach their goal.

Carrie Spencer who is here today with Larisa is a Blue Crew captain and leads a once-a-week group running group on the American River Trail in Fair Oaks. The meet up point is on Mondays at the Fair Oaks Brew Pub in old Fair Oaks. To learn more, sign up using the link on RunninForRhett.org web page which takes you to the [MeetUp.com](https://www.MeetUp.com) page.

We know that people are healthier when exercising with others. You can join for a free 30-day trial. It's \$20/month after that (single person) or \$35/month for a family of 4 people. There are benefits for joining such as training plans, a tech t-shirt, race signup discounts, etc.

Through 17 years of fundraising, Runnin' For Rhett has funded fitness programs for 52,366 youth (at \$42 per child) and put back \$2,199,372 back into the community. Runnin' for Rhett's Youth Fitness Program is designed to combat childhood obesity in at-risk youth by educating young people and their families on fitness and nutrition. Runnin' for Rhett makes training available at no charge to schools in the 4-county Sacramento area.

The R2R Youth Fitness Program started in 2010 at two school training 102 students. It now serves 7,000 youth across 140 Sacramento area schools annually. During the season, students participate in a twice-a-week after school training program and get a baby blue t-shirt and wrist band, a timed entry into a 5K race, and a race finisher's medal.

A school who wants to have this program must apply. The focus is on schools with students from low-income families, Title I schools and schools with Special Education Programs. The school must commit to having a 2-day per week fitness program for 5-to-7 weeks.

A selected school will receive a stipend of \$75-\$300 (based on the participants). Each student receives physical and nutritional coaching as well as a race entry and a finisher's medal. There is no cost to the student or family. The cost of the program per trainee is \$42 which is covered by R4R.

Weekly the students get five minute training about exercise, nutrition, safety, Rhett Seaver his Cerebral Palsy. A nutritionalist from Kaiser will teach the parents about the importance of hydrating and eating the rainbow.

In 2019, with funds received during the Big Day of Giving, Runnin' For Rhett started giving away 1,000 pairs of new running shoes to the students in the fitness program. To date Runnin' For Rhett has given away 4,779 pairs of shoes.

In 2021, the sports apparel company Oiselle donated 800 sports bras to Runnin' For Rhett. Now it's a stand alone non-profit named Bras for Girls and they are a permanent partner with Runnin' For Rhett which has received 2,908 bras to date.

Larisa said that Runnin' For Rhett would like to have relationships with elementary schools in the Fair Oaks and Orangevale area.

Runnin' For Rhett is always looking for volunteers to help with their fundraisers and runs. Visit their website RunninForRhett.org for more information.

After Larisa finished her talk, President Catrina thanked her and presented her with a hand crafted wooden pen (Made by Bob Kurtz).



Announcements

President Catrina passed around a get well card for **Jeff Valtman**. Then she went through several announcements. The Growing Past Today event will be at Christian Brothers High School on Saturday. **Diana Newman** will take her cotton candy machine to the school and Don Russell will help her.

Catrina passed around Rotary placards that will be used in the community to identify projects we have worked on.



Audrey Smith-Wiberg passed around a signup sheet for the Special Olympics VIP Prom on April 11. Help is needed with setup, serving food and the cleanup. About 100 people are expected at the event.

The Big Day for Service committee has asked our club to make a video for social media. Let Catrina know if you want to participate in the video. The song chosen for the video is "Everybody Dance Now". Just a reminder - The Big Day of Service is May 17.

The next Rotary board meeting is Monday at the Chamber of Commerce. June 9 is the District 5180 Awards night at Safetyville in Rancho Cordova.

In-coming president Dianna Maddock went to the District Assembly last Saturday, along with Janet Cahill and Audrey Smith-Wiberg. Deanna went to a grant writing class and now she is ready to write grants.

Steve Blair gave everyone a heads up that he is going to send out an invoice for this quarter's meals.

Dave Shepard said that the first game of American River Girls Softball opening day was postponed due to rain. It is rescheduled for Friday, from 4pm to 10pm. Come join Dave for a photo opportunity at the new snack bar.

For the Big Day of Service, we will be enhancing the dog park at Pecan Park. And weeding the butterfly garden. Dave will send out an eVite for the signup.

Joni Cyr said that if she is not at a meeting and a prospective new member is attending, give them an information packet that she keeps in the podium. Joni will be helping at the Big Day of Service. She will be staffing a table for youngsters to make magic wands. She needs some helpers.

Rob Auernig has schedule another vocational event for the members. On April 25, after the club meeting we'll visit the CCHAT. Licia Green will lead the tour. Look for an eVite in you mailbox.

Don Russell the club chairperson said that today is International Carrot Day. What is the difference between a unicorn and a carrot? A unicorn is a funny beast and a carrot is a bunny feast.

The next Dine-Around will be on Tuesday, April 8 at the Iron Horse, located at 460 Palladio Parkway at 5:30pm. The next social event will be a spring fling at Licia Green's home on May 3.

Jessica Greenfield, owner of **Miller's Ace Hardware**, attended the meeting so she could speak to everyone for a few minutes about a fundraiser at the store. She is taking donations for Make A Wish. Her disable son got his wish fulfilled by Make A Wish. Jessica had stars with her on which a \$10 donor could write their names. Each star will be hung on the wall of the store.



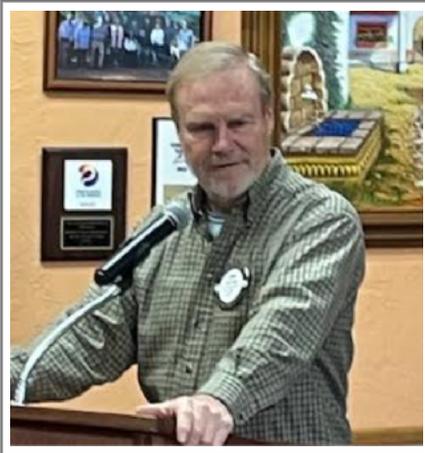
Brad Squires helped to pass around the stars. Because there are 250 children in the Sacramento are with wishes, Brad pledged to donate \$250.

President Catrina told a story of the early days of Orangevale Rotary when attendance was poor. A live chicken was given to the most tardy member. That member had to keep the chicken alive and to give it to the next person who didn't attend the meeting. With that motivation, the attendance numbers improved because no one wanted to end up with the chicken.

In memory of that time in our club's history, Catrina gave the chicken to **Kirk Camunez**. He brought it back today. Catrina decide to give it to **Brad Squires**, even though his attendance is very good! She told him to "make sure and bring it back!"

Vocational Talk

Steve Blair attended UC Davis and graduated with a degree in civil engineering. He went into construction management and worked on a variety of projects such as a nuclear plant, a fusion project, Target, Walmart, a mid-rise building in San Francisco's, a sport center at UC Berkeley, a theater in Elk Grove and several hospitals.



Soon after Steve joined Rotary he participated in "Paint the Town" project. Lorie Rheams found a senior woman who lived in Orangevale and her home really needed to be painted. On the day of the painting, she was told to stay inside while a group of a dozen or so Orangevale rotarians converged on the house.

While the home owner made lunch for the crew, the rotarians taped off the windows and set up a paint sprayer. First the house was painted and then the trim was painted. When the painting was done, the woman was asked to come out and look at her home. Steve said the expression on her face reminded him of the homeowners on the remodeling TV shows. She was so overcome with joy that she cried. People ask - when did you become a Rotarian instead of just attending Rotary meetings. That day, Steve said he became a Rotarian.

Rob Auernig had a comment in respond to Steve's vocation talk. Rob said that Steve is a special person. He helped Rob clean out and reorganize our storage unit. They spent the afternoon building new shelves. Rob thanked Steve for his help.

Prospector

New member **Licia Green** is the prospector this month. She started with some easy fines - Bert was late and Brad mispronounced one of the name of his guest.

Licia had quiz questions about the history of our Rotary club. She has been studying the our pages on club runner.

When did the Orangevale Rotary club start? **April 1960**

The Folsom club started our club. Which Folsom Rotarian headed up the Folsom committee to start our club? **Dr Carl Sundahl.** (BTW, He has a Folsom elementary school named after him)

Who was the first club president? **Richard Bacon**

What local business did he own? **Orangevale Glass**

How many members joined the OV Rotary club in the first year? **30**

Which club member has the longest tenure in Rotary? **Jim Buntin**

Which honorary member has the longest tenure in Rotary? **Dennis Metzler**

On Club Runner, in the member rooster, there should be a photo of each Rotarian. The following people don't have a photo and they were fined. Janet, Kirk, Mike McKibbin, Tommy, and Audrey.

Now for some baseball quiz questions.

The Oakland A's moved to Sacramento; what is their name now? **The Athletics.**

Who is their biggest rival? **The Los Angeles Angels**

What was the last year that the A's won the world series? **1989**

Who owns the Athletics? **John Fisher**

John Fisher inherited his wealth. What retail business was started by his family?
The Gap

Happy Fines

Audrey Smith-Wiberg is happy because today is International Jeep day, and she owns a jeep (and so does Mairy).

Don Russell is happy that his girlfriend bought him a new iPhone. The iPhone asked him if he wanted to try the built-in Satellite feature. He tried it and he was impressed.

Mairy Droese is happy that they enjoyed their annual 5-week RV trip to Mesa, Arizona. She is also happy that she and Dick celebrated their 4-year wedding anniversary on Thursday. (And he hasn't left her behind at a highway rest stop). And lastly, Mairy is happy that she and Dick are about to take a 2-week Viking cruise from Florida to Nova Scotia and down the St Lawrence River to Quebec City and Toronto.

The Orange Ball Raffle

There were 6 balls and \$103 in the pot. This week, **Dennis Sarkisian** had the right ticket. Luck was with him because he pulled out the orange ball!! Dennis said that he wanted the winnings to go to “Runnin’ For Rhett”. Good move Dennis! He will be selling raffle tickets at the next meeting!



The Thought of the Day

Today, Larisa Perryman from Runnin’ For Rhett reminded us that movement is more than exercise — it’s a way to honor those who can’t. Let’s lace up our shoes and ‘Move Into Life’, turning inspiration into action in our community!

Have a great weekend... Don't forget to SHARE ROTARY with your favorite people.

Two photos from the American River Trail clean up Feb 22.



Look at what happy couple came out for their first American River trail clean up!!

This is the sign at the beginning of our one mile on the American River trail. Dave Shepard, Donna Detmeks, Deanna Maddock and Janet Cahill.

Photos from the last Food Bank work party (April 4)



Food Bank receives big bags of vegetables!



The vegetables are put into smaller bags for the families.



Naughty carrots are discovered in the bag of carrots!



Enthusiastic volunteers at the dry goods packing area!



Another weird carrot!