

The Orange Peel

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

Next Meeting Friday, May 30, 2025

Speaker - - Suzann Gosvich - Growing Past Today

Greeters - Bryan Daniel, Rob Auernig

Invocation - Bill Wagner

Vocation - Donna Detmeks

Prospector - Keith Wright

Raffle tickets - Joni Cyr

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?

Ancient Wisdom for Modern Wellness

Norm Plotkin was a Government major at California State University at Sacramento. After graduating, he working in Governor Pete Wilson’s administration. He started as a clerk and he enjoyed working on campaigns even though it gets “dirty”. He joined a lobby firm for the automotive after market petroleum business - small oil vs. big oil.

In 2011, Norm got cancer and had to stop his current lifestyle in order to heal. The cancer was caught early and his oncologist removed his thyroid. Norm took up yoga, meditation and pilates. It changed his life.



He authored a book entitled “Take Charge of your Cancer”. In it, he wrote about the seven proven steps to healing and recovery from cancer.

Recap of the Meeting May 16, 2025

Guests

Norm Plotkin - Violet
Wellnes Center

Dr Tran Li - Violet Wellness
Center

Michelle Richie - Bright &
Sparkly Cleaning Service

Derek Maldonado - guest
of Deanna Maddock

Visiting Rotarians

None

District 5180 Governor

Steve Turner

2024-2025

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

Norm went back to school and learned Hypnotherapy, also known as guided hypnosis. He practices hypnotherapy and talks clients back to their earliest memories which give him clues to their conditions. One in eight people have anxiety (focusing on the future with anticipative anxiety). Anxiety medication can help but the patient misses the clues to their condition.

Norm got an office in old Fair Oaks where he practiced hypnotherapy. All the while, he continued his schooling and studied many wellness disciplines.

In 2020, he published another book entitled "Master Mind Master Life". It details the history of hypnosis, what science has to say, and the many applications for health and wellness using hypnosis and hypnotherapy.

Norm talked about health in America. The standard American diet is sad. Half the people suffer form chronic diseases such as obesity, heart disease, etc. Modern medicine is symptom management. Doctors have become symptom managers of ongoing diseases and conditions.

Disease is cause by an imbalance. There is a better way. Traditional Chinese Medicine (TCM) helps one live in concert with the work around us. TMC is an ancient healing system that aims to restore balance and harmony in the body, mind and spirit. It views health as an interconnectedness of all things. TCM is a framework for higher dimensional wisdom based on Taoist philosophy. A healthy body starts with a healthy mind.

While attending a conference on buddhism and

spirituality, he met Dr. Tran Li, who is an acupuncturist. They share a passion for staying healthy. Together Norm and Dr Li wrote a book entitled “Meditation and the Meridians” which was published in 2023. It helps the reader understand the subtle energies of the body and how to use mindfulness to integrate this understanding into their health regimen

Dr Li is a third generation acupuncturist and she has an acupuncture clinic in downtown Sacramento. She opened a second office in the same building as Norm. Together they decided to start a wellness spa which opened this year. It is a blend of eastern and western modality. The spa is named the Violet Wellness Spa. The spa offers services for the body, mind and spirit.

For the body there is face, body and hair rejuvenation, as well as a variety of meridian massages. The collaboration of massage therapy and acupuncture is offered for pain relief through to relaxation.

For the mind, there are services for anxiety and depression, smoking cessation, weight loss and past life journeying, and the use of Tarot cards therapeutically.

For the spirit there are meditation sessions including an introduction to meditation. There are classes on Tai Chi and Qi Gong, Facial Meridian Yoga and meditation with meridian focus. The classes are in person, on line or private.

The Violet Wellness Spa is located on 4125 Temescal Street in old Fair Oaks. the phone number is 916-873-1453. For more information visit their website at VioletWellnessSpa.com

Norm and Dr Li passed out coupons for buy one, get one facial acupuncture. Their books were available for sale and they stayed after to answer questions.

President Catrina thanked the speakers and presented them with a hand-crafted wooden pen (made by rotarian Bob Kurtz).

Cleaning for a Reason

President Catrina introduced a guest with an Orangevale business, Michelle Richie. Michelle told us about her cleaning business named Bright & Sparkly Cleaning

Service. Her company is partnering with “Cleaning For a Reason” which provides a free house cleaning for cancer patients. It is a Texas-based non profit. After the initial cleaning, the patient can get future cleaning a cost.

Michelle has organized a fundraiser:

CHARITY YARD SALE
May 31st, 9 AM - 6 PM &
June 1st 9AM-3:30 PM
6216 Main Street, Orangevale

Name Your Price Charity Yard Sale!
Face painting, Pink Lemonade and Popcorn
Cleaning for a Reason
No One Fights Alone

All Proceeds go to Providing Free Cleanings to Cancer Patients

For more information about her business, visit brightnsparklycleaningservice.com

For more information about Cleaning for a Reason, visit cleaningforareason.org

Announcements

President Catrina had a list of upcoming events to sign up for and to put on your calendar.

On Saturday, May 31, there will be a work party for cleaning up the **Louis Pasteur Track**. For the new members, this is a walking/running track at the school that our Rotary club built and maintains. Bring rakes, shovels, clippers.

Monday, June 9, 6pm to 8pm - **Rotary District Awards and Recognition night** - will be handed at the Safety Center, aka Safety-ville on 3909 Bradshaw Road, Sacramento. Catrina is looking for volunteers to bring an appetizer and to help with the tear down.

The **Orangevale Summer Palooza** will run June 6-8. On Saturday, the **Red, White and Blue Parade** will be held in Orangevale. Our club will have a float in the parade. The **decorating party** will be on Friday, June 6 at Catrina’s house.

President Catrina sent the rubber chicken home with **Keith Wright**.

Don Russell, the club chairperson, said that today is National Love a Tree Day. What did the tree wear to the pool party? Swim trunks!

The last Dine Around was super fun and event the newest members were there! The next **Dine Around** will be Tuesday, June 10, 5:30pm at a location to be determined.

What award did the guy who invented the “knock-knock” joke receive? The “no-bell” prize!

Vocational Talk

Bryan Daniel was the vocational speaker. Bryan’s family moved to Benicia when he two years old. He met a kid down the street from his home and the kid became his best friend and that friend is Bob Kurtz!

Bryan was active in the Boy Scouts and became an Eagle Scout. In 1964 he graduated from high school and went to Hawaii to attend the University of Hawaii. Six years later, graduated with a degree in Chemistry. (He joked and said that he packed a three year degree into six years!).

Bryan’s sister had a girlfriend who was struggling with her chemistry homework. Bryan helped her and they started dating and today they have been married for 53 years.

During the Vietnam war, Bryan’s “draft lotto” number was 49 out of 365. So instead of being drafted, he joined the airfare. He attended officer training school and then pilot training which were the hardest 53 weeks of his life. The class and study time amounted to 12 to 16 hours per day!

Some of the experiences that Bryan has had in his life are scuba diving, surfing 15 foot waves, running two marathons, hiking two 50 mile hikes with the Boy Scouts. He hiked to the bottom of the Grand Canyon twice and he climbed to the top of a volcano. He also participated in 100 mile bike rides!

Bryan wrapped up his talk by saying he got to fly supersonic (faster than the speed of sound(Mach 1)) and he is proud to say he is an Air Force veteran!

Prospector

Keith Wright was the prospector and he told us that today is National Barbecue Day so he had several questions designed to relieve us of our dollars.

What is the BBQ technique which calls for cooking meat at a low temperature for a long time? Low and Slow

What is a Texas crutch? It is a technique of wrapping a brisket in foil or butcher paper during smoking to keep the meat moist.

What are the two temperature zones on a grill? Direct and indirect heat.

What is the 3-2-1 method of cooking baby back ribs? 3 Hours of smoke, 2 hours wrapped, 1 hour unwrapped equals 6 hours of cooking.

What BBQ action keeps the meat moist? Spritzing and/or mopping.

What technique keeps bark from burning during long barbecuing? The Texas Crutch.

What is reverse searing? Start with low heat and finish with high heat.

What is the Snake method? Line the briquettes in a circle and light the first one which will light the second one and so on.

Why should you remove the membrane from the back of ribs? To improve the tenderness.

Of course, all barbecue techniques require a beer in ones hand.

Happy Fines

Jim Buntin was happy to go to band camp with his people.

Patty Wolff was just happy.

Donna Detmeks was happy because she is moving next weekend.

The Orange Ball Raffle

There were 10 balls and \$35 in the pot. This week, **Joni Cyr** had the right ticket and she pulled out the white ball. too bad, so sad. Joni will have the honor of selling raffle tickets at the next meeting.

The Thought of the Day

“Wellness isn’t just about avoiding illness; it’s about creating a life that feels good to live.” Let’s carry forward the inspirations to nurture our own well-being and support others in their journeys.

Have a great week... and go out and share “The MAGIC OF ROTARY”

*Photos from the Big Day of Service. May 17, 2025.
Here we are at the Kick Off at Bella Vista High School.*



Our Rotary Booth at the Kick Off - Don Russell, Keith Wright and President Catrina Womack.



President Catrina was interviewed on Channel 3!



Bert Smith and Joni Cyr sharing the joy!



Lori and Russ Rheams snuggle up with Deanna Maddock. It was a cold morning!



Keith Wright, the keeper of the rubber chicken!

Is that how you show respect to the chicken?!?!

More photos - Big Day of Service at the Dog Park



More photos in Part 2 of the Newsletter...