

The Orange Peel

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

Next Meeting Friday, June 20, 2025

Speaker - speaker -

Greeters - Mike

McKibbin and Don

Glover

Invocation - Bert Smith

Vocation - No vocational talk until the next administration

Prospector - Keith

Wright

Raffle tickets - Bill
Wagner

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?**

Tommy's in Charge!

When President Catrina Womack went on vacation she asked Past-President Tommy Peno to fill in for her. For some unknown reason, he wasn't able to help her.



Today, he wanted to make up for not supporting President Catrina and he offered to lead the meeting. So while she sat in audience

and relaxed, Tommy, a two-time president took to the podium and proceeded to run the meeting.

Tommy reminded the members that there would be no speaker today because after the meeting we will convene at the Orangevale Grange. Bob Kurtz will take our annual club photograph.

Tommy spoke about Flag Day which is celebrated on June 14. It commemorates the adoption of the flag on June 14, 1777. It has been celebrated since

Recap of the Meeting June 6, 2025

Guests

Summer Frosh -

Orangevale Live Intern

Manny Dirar - Carlton

Senior Living (Rebecca's
boss)

Rebecca Frieholtz -

Carlton Senior Living

Activities Director

Don Wiberg - husband of

Audrey Smith-Wiberg

Derek Maldonado -

Deanna Muddock's
partner

Ernie Womack - President

Catrina's husband

Visiting Rotarians

None

District 5180 Governor

Steve Turner

2024-2025

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

1916 when President Woodrow Wilson issued a presidential proclamation. Flag Day is not an official federal holiday.

Today the flag has 13 strips and 50 stars. When did the flag first have 50 stars? It was 1960 when Hawaii gained statehood. There have been 27 versions of the American flag. Did you know that there are six American flags on the moon?

From Memorial Day through July 30, Safe Credit Union is collecting worn out American Flags. There is a drop off box at each branch. After the collection period, there will be a Flag Folding Ceremony. There is a specific way to retire the flags. The flags will be distributed to groups such as the WVF and the Boy Scouts who will perform a flag retirement ceremony.

The Paul Harris Fellow Induction

Foundation Chairperson Bill Wagner made a presentation of a Paul Harris Fellow recognition. It is The Rotary Foundation's way of expressing its appreciation for a substantial contribution to the Rotary Foundation programs. It is named for our founder, Paul Harris, a Chicago lawyer who started Rotary International with three business associates in 1905.

Rotarians can designate a Paul Harris Fellow as a tribute to a person whose life demonstrates a shared purpose with the objectives of The Rotary Foundation. Personal contributions to Rotary Foundation are an important element of Foundation funds enabling Rotarians and others to show their personal support for the Rotary

Foundation, doing good in the world.

Today we have the honor and pleasure of recognizing **Diana Newman** as she becomes a Paul Harris Fellow as a special expression of appreciation. A world of peace and goodwill comes closer to reality today as Diana becomes a **three-time Paul Harris Fellow**.

Bill said that it gave him great pleasure to present the emblem of appreciation given to a Paul Harris Fellow - a pin with three sapphires.

Bill said to Diana “please accept our congratulations and sincere thanks, for your commitment to our common goals of world understanding and peace”. With that, everyone in the room stood up and applauded Diana.



A Special Presentation - Caregiver of the Year

Audrey Smith-Wiberg spoke about a subject close to her heart.

“As some of you know, my mom has dementia and has been in Memory Care at Carlton Senior Living on Oak Avenue for about 18 months now. Needless to say, this has been a very challenging time for our family. I am often overcome with sadness as I watch my mom struggle with confusion and depression. It's a journey that can feel overwhelming, and there are days when it seems like a dark cloud hangs over us.



Despite that, there are blessings to be appreciated - bright spots that remind us of the goodness and care that still shine through. Today, we are here to acknowledge one of those blessings. Would Rebecca please join me up front?

Rebecca Frieholtz is the Activities Director in the Memory Care Unit at Carlton Senior Living here in Orangevale. Now, I haven't received official confirmation, but my

suspicion is that she is an angel on loan from heaven.

Rebecca does so much more than just organize activities for the residents in Memory Care. She loves on them day in and day out! I've seen her break out in dance with a resident who suddenly decides it's time to move to the music. I've watched her lovingly redirect a resident who, in a moment of frustration, starts to destroy a craft they spent hours creating. The list of her kindnesses is endless.



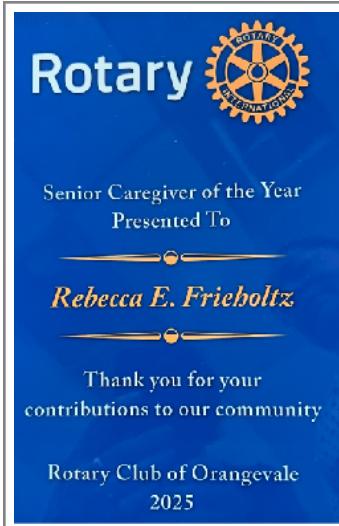
Photo by Summer Frosh - Orangevale Live Intern.

What makes Rebecca so special is her ability to bring compassion and joy into every interaction. Her care goes beyond duty - it's in the way she shows kindness, patience, and unwavering support, not only to the residents but also to their families. She has been a source of light for us during some of our darkest days.

Rebecca, thank you. Thank you for your endless compassion and dedication. You make such a profound difference every day, and you are a true blessing and an inspiration to everyone who knows you.

With that said, it is my great honor to present to you the Rotary Club of Orangevale's Caregiver of the Year Award. This award is a small token of our immense gratitude for the extraordinary love and care you bring to your work. Please join me in celebrating Rebecca-someone who truly embodies what it means to be a caregiver. Thank you, Rebecca".

When Audrey approached Manny with the idea of honoring Rebecca, he was "over the moon". Manny had to come up with an excuse to get Rebecca to come with him to the Rotary meeting. Rebecca was surprised, teared up and graciously accepted the plaque that Audrey presented to her. The members stood and applauded.



Announcements

Don Russell, the club chairperson, said that today is National “Weed Your Yard Day”. Why do gardeners hate weeds? Give them an inch and they will take a yard!

The Dine Around last Tuesday at Divided Sky was fun. The next one will be held on July 8. Don is looking for a place to hold an ice cream social. Attendees will bring a pint of their favorite ice cream and toppings will be provided. If you would like to host the social, let Don know.

Don said that he would like to tell you a joke about pizza but it would be a little cheesy.

Treasurer Steve Blair thanked everyone for paying the breakfast invoices. Now he would like everyone to pay their Baseball Pool invoices. He is sending an invoice at the end of every month throughout the baseball season. If you make a payment to The Rotary Foundation instead of the club, let Steve know so he can take your name off the list.

Mairy Droese attended Past President Chris Lauritzen’s memorial service. The church was full of his friends and family. About a dozen Rotarians and spouses attended. Four speakers talked about their life with Chris and Mairy learned a lot more about Chris. She passed around the bulletin from the service.

Dennis Sarkisian, Community Chair, gave a Food Bank summary. It was another nice day serving at the Orangevale-Fair Oaks Food Bank last Friday. We did a fair amount of prep work, bagging, boxing and carting groceries for today's recipients, as well as setting up for future distribution. In partnership with our Fair Oaks Rotary friends, we handled a fairly steady flow of clients throughout our shift. We loaded vehicles with groceries for 76 families in need, providing food for a total of 235 children and adults. It was the first time that we did not have any new applicants.

Please note that we **will not** be serving at the Food Bank in July, since the first Friday is Independence Day. Our next scheduled date to serve is Friday, August 1st.

Thank you for your ongoing dedication to serving others.

Joni Cyr, Membership Chair, will be gone on vacation for two weeks. If a membership application is needed, they are stored in the podium.

Licia Green volunteered to the Rubber Chicken with her on her next trip. Stay tuned for vacation photos!

Prospector

Keith Wright is the prospector and he apologized for being absent. He was out of town on travel and he had a nasty cold for two weeks.

Keith doesn't know how long the Prospecting tradition has been carried on in the club. He acknowledged that it plays an important role of raising money. However Keith doesn't like the putative model. He would like Prospecting to be more uplifting and that it should match our club's culture and the 4-Way Test.



Keith proposed that the punishment be replaced with celebration to uplift the club. So today, Kieth asked for good news contributions.

The first member to share their good news was **Horacio Oropeza** who just returned from a Cancun vacation with his family. He was happy that they made it back to California. This was a real vacation instead of a visit to his Mexican family. One of the highlights was when he took his children to an amusement park/pageant. Over two-hour pageant, the history of Mexico was reviled in a way that his children got to learn about and connect with the country of Mexico.

Joni Cyr revealed that she is getting ready to go on a two-hour flight in order to take an Alaskan cruise. She has not been on a plane for twenty-five years and she is nervous. She has practiced driving to the airport and she has gotten anti-anxiety medication from her doctor. This is a special trip for Joni and her husband. It is a gift from her daughter who will take care of their son Joey while they are away.

Patty Wolff was happy that she successfully hosted her first Bunco party at her house. It's been a long time since laughter filled her house and her heart.

Audrey Smith-Wiberg just returned from a two-week RV trip with Don and they had fun and got along great! And they're still married!

Bryan Daniel is happy the Jeff Valtman is back to Rotary (and work)!

Lorie Rheams's daughter and son-in-law were boarding an airplane to Southern California. They were going to their daughter's graduation. As they were sitting down, they came across Lorie's son! Lorie was happy that her children are grown up and get along!

Bert Smith listed the names of the members who helped her review the scholarship applications for the Laird Smith Scholarship. Bert made a donation to the Laird Smith Fund.

Steve Blair was happy that the stage at the Orangevale Grange was finished just in time for the dedication.

Jeff Valtman is happy to be back to Rotary and work after his surgery and recovery. He said that his wife is a saint.

Keith wrapped up by saying that this type of prospecting might not bring in as much money but it lets us grow together as a family.

The Orange Ball Raffle

There were 8 balls and \$78 in the pot. This week, **Bill Wagner** had the winning red ticket AND he pulled out the orange ball. He didn't win last week but he won this time!!! And Bill will be selling raffle tickets at the next meeting.



The Thought of the Day

Past President Tommy didn't have an inspiring quote. Instead, he spoke from his heart. Remember why we're here... We're here to do good work for the community, for our friends and family and for the world! And remember the 5th test of the 4-Way Test... Have fun!!

Ribbon Cutting for the New Stage at the Orangevale Grange

