

**Orange Peel**

**Rotary Club of Orangevale**

**District 5180**

Club Meeting - August 2, 2024

Members and guests were warmly welcomed by greeters, Rob Auernig and Tommy Peno. Club President Catrina Womack rang the bell to kick off the meeting. Tommy led us in the Pledge of Allegiance and Audrey delivered the invocation.

Two guests were introduced: Matthew Fox, our guest speaker; and Catrina’s husband, Ernie.

Prez Catrina made some announcements, mentioning the Farmers Market Thursday was fun and entertaining, featuring music performed by Ryder Thieves. Coming up on August 9th is Orangevale Summer Nights at the Grange, where the musical group Red Voo Doo will be performing. Catrina also made a pitch for Helping Hands Orangevale’s Salsa Cook-off fundraiser, August 17th at the Grange Hall. Lastly, she passed out flyers for the 2024 Rotary Charities Open golf tournament fundraiser on Monday, September 23rd at the Sierra View Country Club. Proceeds from the tournament will be donated to Keaton’s Child Cancer Alliance. Visit <https://birdease.com/RotaryCharitiesOpen> to register or provide sponsorship.

Community Service: It being the first Friday of the month, Orangevale and Fair Oaks Rotary clubs will be serving at the local Food Bank from 9 am to 12:30 pm this morning. Dennis mentioned that we have volunteers ready to serve.

Club Service: Don Russell announced our next dine around will be held on Wednesday, Aug 14th, location TBD will be either California Fish Grill, the Cliff House, or Pete’s Brew House. Stay tuned. Also, mark your calendar for our next ice cream social, slated for 6 pm, Friday, August 23rd at Audrey’s and Don Wiberg’s place.

International: Bryan Daniel raised awareness that the next Rotary International Convention will be held in Calgary, Canada, June 21 – 25, 2025. Since it is relatively close, he encouraged club members to consider attending, particularly those who have not previously attended an international conference.

Vocational Speaker: Jim Buntin spoke about his interest in bird watching and how there are so many different bird varieties in our area. Years ago, he took a class at UCLA on Birds, which further sparked his fascination with the various species of birds throughout the world. Jim shared photographs he has taken of various birds he’s spotted locally and elsewhere. Among the snapshots he shared were those of a bluebird, a western killdeer, a northern mockingbird, a bushtit, a yellow billed magpie, a black crowned night heron, a brown pelican from Costa Rica and an Atlantic puff kin from Scotland.A person standing at a podium

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Prospector: Before introducing the prospector, Prez Catrina reminded those in attendance that we do prospecting for fundraising purposes. It helps us defray costs associated with our social activities, which she would like to see us do more frequently.

Janet Cahill debuted as prospector and did a stellar job! (OK, shameless buttering up) Our newest club member dinged David for being absent the previous week, as was Don Russell for stepping out early. Jim was hit up for his and Joan’s wedding anniversary this month. Likewise, Bryan shelled out cash for him and Linda celebrating their anniversary in August. Those who provided Janet with tips on serving as prospector were duly fined for their unsolicited advice. Then, Janet deftly pivoted to questioning club members about the Olympics, stumping several and raking in Federal Reserve notes. Happy fines included Deanna for enjoying the exciting drag races she recently attended, Sue for her and Jack’s 40th wedding anniversary, and Dennis for a good medical check-up.

Guest Speaker: Our featured speaker, Matthew Fox, attended Chico State University where his education helped him prepare to be a personal fitness trainer. Serving as a fitness trainer since 2019, he enjoys helping clients become more fit and healthy for the long term. Matthew has seven primary certifications in Nutrition Sciences and Biomechanics. With prior experience helping clients at California Family Fitness, Matthew now owns and operates Fox Fitness, a private fitness studio in Orangevale.

Matthew’s forte is helping clients set long-term goals, chart a path toward achieving their objectives, and gain an understanding of proper exercise techniques and nutrition. Most importantly, he emphasizes maintaining the desired fitness level they have achieved for life. Matthew’s clients range from individuals undergoing rehab to those striving to reach peak fitness to excel in athletic competition. They typically have appointments at his studio 2 – 3 times a week. One client, an elderly lady, simply wanted to become fit enough to grocery shop independently without her daughter’s assistance. With Matthew’s guidance, she achieved that goal. Another client wanted to lose weight and get in tip-top shape to run in marathons. She achieved her goal and has competed in multiple races.

If you would like more information about services Matthew provides, visit: FoxFitnessOrangevale.com **A person standing at a podium

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**Raffle:** With a 1 out of 9 chance of picking the orange ball and winning the $51 prize, it was one of Janet’s tickets randomly picked by our guest, Matthew. Suspense mounted as Janet stuck a hand in the basket and picked out . . . a white ball. Better luck next time!

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Next Meeting, August 9th:

Greeters: Jim Buntin and Don Russell

Invocation: Jim Buntin

Vocational Speaker: Janice Howarth

Catrina capped the meeting off with a quote from Mahatma Gandhi: “The best way to find yourself is to lose yourself in the service of others”.

Before ringing the bell to close the meeting, Catrina urged club members “Share Rotary with your favorite people”.

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**Food Bank Volunteers**

**A group of people standing in a room with boxes

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**SERVICE ABOVE SELF**

