



Rotary Club of Orangevale
District 5180
August 18, 2023 Meeting

GUESTS:

Casey White – Speaker

ANNOUNCEMENTS:

The Underground in the Sunrise Mall is still requesting donations of clothes for children and teens. They particularly need boys underwear sizes 5-12. Please new underwear and socks only. Since the original announcement, Lorie Rheams has delivered 100 boxes of clothes and many bags of food. Keep getting the word out, thank you.

Mairy Droese wanted to thank everyone who helped fixed up Bob’s yard. She especially liked the coordinated effort after she set it up then left us to finish.

CRAB FEED

Deanna Maddock– The first crabby committee meeting will be September 20 at 6 pm at the Rheams.

The Committee sign up sheet was passed around to select committees.

We’ll need to start collecting auction items, which will go to Janice and she has the forms for submitting the items.

FOUNDATION

Janice Howarth advised us that the RI District Polio Foundation is doing another push to collect for vaccinations to end polio. You can update your donations on line.

MEMBERSHIP

Joanie Cyr says that our District Membership Plan has been turned in.

She also gave a plug for the local 20/30 club’s pickleball tournament on October 1. See her about joining the tourney.

CLUB

Don Russell said our last dine around on August 29 at El Gallo was attended by at least a dozen people. Our next dine around will be September 19, and Don is asking for suggestions for places to go.

Food Truck Friday is near Dezi BBB and Sean’s office, so go and enjoy the food!

Don Russell is also encouraging all to go to continue to donate blood, theres a serious shortage and every pint is needed.

VOCATIONAL :

Jonathon Spangler was our vocational speaker, and he decided to tell us about Fantasy Football Leagues. He’s a member of several.

Fantasy Football leagues have been around since 1962. Each member picks players from the league and are given points depending upon how each NFL player’s stats are week to week. He says it gets people into following other teams than their local team as well as providing socializing with other teams with get togethers with the other players.

Jonathon has played in 57 leagues, and as 21 overall wins.

What does the winner get? TO make the loser do something, usually embarrassing.



FYI legally, Fantasy Football isn't gambling. Ask Jonathon for the code section that exempts it.

PROSPECTOR:

David Sheppard started off his time as prospector by fining Sue Frost for violating the separation of church and state.

Noone provided David dirt, so everyone had to deal with trivia.

Don Russell had to pay \$2 for not knowing Bvs last opponent and the score.

Deanna had to pony up for not knowing our oldest Rotarian present (by years of service) was Jim Buntin (36 years!)

Jonathon ponied up for not knowing the next longest was Mairy Droese.

Mary Droese had to pay for not realizing she was next longest. Welcome back Mairy!

Bob Kurtze missed the question of whose 10 year induction anniversary was today. (It was Tommy) And who else was indoctrinated --er --inducted? Our own Lorie Rheams, although she's been a member for more than 10 years.

Jeff Valtman didn't know how long, so paid for not knowing Lorie has been a member for 26 years.

Bill Wagner was fined for back talk, and many were fined for lack of knowledge regarding pop songs, although everyone knew Simon and Garfunkle referenced Joe Di Maggio in Mrs. Robinson.

Happy fines Brian and Bobs birthdays, and they weren't fast enough to stop the OV whir from sullyng the air with the birthday croak.

SPEAKER:

Casey White was introduced as head of Disconnect to Reconnect (D2R) a 501(c)(3) non profit organized to help veterans.



All of their team members are prior military, Casey joined the Marines at 18 when he was recruited from Highschool. He served as an Intelligence Analyst in Iraq and Afghanistan. He's been out for 10 years.

Since joining civilian life, he's been helping vets with PTSD to deal with their issues. About 11% of recent vets have PTSD compared to around 2% in the general population. He's found that being outdoors to recreate helps them reconnect. He sets up recreation, and adventure hikes with peers which helps vets deal with their stress, anxiety and depression issues. These activities can include camping, hunting, back packing, hiking, water sports, disc golf, triathalons, and things as simple as BBQs with families. 97 vets have joined the various activities.

He says they are planning a trip to Washington for a mountain biking, and have other activities in the pipeline.

On October 2, 2023 they are having a Golf Extravaganza at Cameron Park and they need sponsors (Jonathon's already in), volunteers, raffle prizes and, of course, golfers. Questions elicited more information. They have a mix of both formal groups

and informal activities. Diana suggested paddleboarding, and offered lessons for those who need them. D2R helps veterans navigate issues before real problems arise. All of the staff are volunteers. They are building their finances and advertising to find veterans, some by social media, much by word of mouth. Once they have built their band up, they can use funds for cost of activities, food etc. They have a range of veterans who show up – from 30 to 50, with the age range depending upon the activity planned.

The Boardwalk is hosting a Vet Jam on November 11 at 6 p to get the word out further.



RAFFLE:

The raffle was won by Sue Frost. I guess the violation of the constitution paid off for her, but, then it didn't because she picked the white ball.



7 am September 7, Board Meeting at Ashleys

Thought for the day: it's not whether you get knocked down, it's whether you get back up.
again.

Vince Lombardi

NEXT WEEK:

- Greeters: Tommy Penno and Katrina Womack
- Invocation: Sue Frost
- Vocational Speaker: Katrina Womack
- Speaker: Tanya Baker from Casa Robles.

Have a great week and share Rotary!