

# The Orange Peel

2025-2026 | President Deanna Maddock | Show up, Give back, Get things done, and Have fun!

## Next Meeting Friday, Jan 30, 2026

**Speaker** - Steve Blair - getting ready for the Crab Feed fundraiser

**Greeters** - Jeff Valtman

**Invocation** - unknown

**Vocation** - None

**Prospector** - Audrey Smith-Wiberg

**Raffle tickets** - No sales at this meeting

## The Four-Way Test

**Is it the TRUTH?**

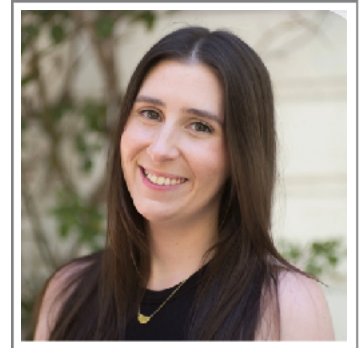
**Is it FAIR to All Concerned?**

**Will it build GOOD WILL and BETTER FRIENDSHIPS?**

**Will it be BENEFICIAL to all concerned?**

## Millennial Mama Therapy

**President Deanna Maddock** introduced the speaker, **Lauren Pulitz**, who works in the same office as Deanna!



Lauren is the Millennial Mama behind Millennial Mama Therapy, and she is licensed marriage and family therapist (LMFT). She has lived in Fair Oaks for ten years and since connecting with last weeks speaker, Jessica Hopp of Growing Together, she has come to love the Orangevale community.

Lauren provides therapy for moms and parents. It is hard to be a parent and there is no “right” way to be a parent. A parent might be told “you ought to do it this way” which is a deconstructive unrealistic cultural expectation.

The parent should factor themselves into the equation; caring for themselves so they can show up for their children. No one thing works for every parent.

Lauren was a therapist before she had children so when she got pregnant, she thought she was prepared. She learned so much on the fly after birthing. Hormones can affect the mental health of a mother and parenting can be helped with therapy. Lauren learned she was dealing with anxiety and ADHD.

Lauren displayed a graph of women’s estrogen level. The only cycle its regular, but with a pregnancy, the estrogen

## Recap of the Meeting Jan 23, 2026

### Guests

**Lauren Pulitz** - Millennial  
Momma Therapy

**Derek Maldonado** - President  
Deanna's main squeeze

### Visiting Rotarians

None

### District 5180 Governor

**Megan Ellinghouse**  
2025-2026

### Rotary International President 2025-2026

**Francesco Arezzo**

The 2025-2026 Rotary  
International presidential  
theme is **"Unite For  
Good"**

level starts to rise and reaches its peak just before delivery. After the delivery the hormones drop significantly and that can be a tough change to a woman. Taking care of a baby and a marriage is hard.

Postpartum depression, aka baby blues, is linked to the hormone drop. After two weeks the mother usually feels better. If it lasts longer, then it may involve neurochemistry or an identity shift (can't get dressed or go out) or hormones. Some of us carry a switch in us and the situation of a birth can turn on the psychosis but it is treatable.

The Village concept - society is evolving towards this. Before the industrial age, there were ten caregivers for every child. That number has dropped but that is improving today.

Lauren runs a group called the Mama Mess Hall - a support group in her practice that was built for parents. Its a one-hour virtual meeting for parents to talk about issues unique to parenting. For example, when do you need a lactation consultation?

Lauren tries to see her clients every week or whatever fits for them. A parent can come see her six weeks in a row or six times a year. There is no need to be seen all the time. A parent can see other "villagers" if they need to. Lauren has a flexible cancellation fee. If a child wakes up sick, it's OK to cancel.

Lauren takes care of herself so she can show up for parents. Among her clients are mental health practitioners, couples for couples therapy and nurses. Mothers come to her to process their traumas of giving birth. Nurses sometimes need to process the traumas they experience through their work.



Fathers show up to sessions too, and she wishes more would. Lauren loves working with fathers. Being a dad is hard but in different ways than a mother.

To learn more about Lauren and the services she provides, visit her website: <https://millennialmamatherapy.com/>

President Deanna thanked Lauren for her important information and presented her with a handcrafted pen made by member Bob Kurtz. She stayed after the meeting to answer questions. Next week, there will be a speaker. It will be a meeting devoted to getting ready for the crab feed event.

## Announcements and Committee Reports

**President Deanna Maddock** said that the planned **Blood Drive** at Mode Brewing & Kitchen is being increased two days instead of one - **Saturday, February 28 and Sunday, March 1** - because the response has been so great. It is important to visit the Mode website and to sign up for an appointment. **ModeBrewing.com**

On Monday, January 26th, the **Fair Oaks Rotary Club** will host speaker Wyn Spiller, the trustee for The Rotary Foundation. The meeting place is the **Fair Oaks Community Club House** and the doors open at 6:00pm.

The **Polar Bear Plunge** at the Orangevale Park, which was postponed, has been rescheduled to Saturday, January 31, at 11:30am.

**Janet Cahill** said that the next time to serve at the Food bank is Friday, February 6. She will send out invitations this week to serve.

**Bill Wagner**, Rotary Foundation chair, has the grid for the **Super Bowl Football Pool**. There are 100 squares in the pool and Bill said it costs \$10 per square. Write your name down in your selected squares. After you pay for the squares, write "paid" next to your name. The monies collected will be split 50-50 between the winners and The Rotary Foundation. The pay out will be:

- \$75 for the first quarter score
- \$100 for the second quarter score
- \$125 for the third quarter score
- \$200 for the final score
- and \$500 to The Rotary Foundation

**David Shepard**, Treasure, sent out meal invoice to members who have balances due. Check for his email and pay up!

**Rob Auernig**, Vocational Chairperson, said that he is going to send out a Club Runner email about the vocational tour to Siemens Mobility in Rancho Cordova. The tour will be Saturday, February 7 and the number of participants is limited. So watch for his email and reply right away if you want to be included.

**Don Russell**, Club chair, said that it was National Measure Your Feet Day. What do your feet say in a theater? The shoe must go on! Don donated blood this week and he ran in to Bert Smith at Vitalant. He awarded Bert a Fortune Cookie for going to Vitalant. Remember when you make a donation, mention our Rotary Club number which is 57. If you donate on February 14th to 16th, you will get a \$25 gift card.

The next **Dine Around** will be on Wednesday, **February 11** at 5:30pm at **Fair Oaks Brew Pub**.

## Rotisserie

**Don Glover** did not attend the meeting so he will take care of Rotisserie for another week.

## Crab Feed Event

**Steve Blair** spoke about the **Crab Feed** coming up January 31. There are people who bought groups of tickets and they haven't entered their guests names and phone numbers. The reason for getting this done as soon as possible is that it will make the check-in and check-out faster and the bidding easier. Steve read of the names of the people who bought tickets. If you know them, help out and ask them to fill in the guest info.

At the next Rotary meeting, Steve will lead everyone through training. Everyone will learn about every job at the crab feed so we can each other out with their tasks and if asked, we can answer our guests' questions.

Your bidder number will be your phone number. If you didn't buy a crab feed ticket because you'll be working, send an email to Russ if you want to use your phone number to bid on auction items.

President Deanna will be sending out text messages leading up to Crab Feed with reminders such as bring cash for tipping your servers.

## Vocational Talk

**Jeff Valtman** said that he is starting my 15th year in Orangevale Rotary. Looking back he remembers the hands-on projects the club has performed. For example, remodeling the Twin Lakes Food Bank in Folsom and building shelving units. We poured concrete at the Orangevale Food Bank, helping neighbors with yard cleanup, and giving out Christmas Baskets.

When I really felt like I was a Rotarian and making a difference, I was at Green Oaks Elementary School handing out dictionaries - the kids were sitting on floor in the gym and as I handed a dictionary to a 3rd grader, she looked up at me and asked, "this is for me, and I can keep it?".... and I said "Yes, and it has a label inside to write your name on. The little girl said "thank you so

much - this is my first book"... at that moment, I was so moved, it made me so proud to be a Rotarian.

This is one of the reasons the Rotary Dictionary program is so important to me. Rotary has been handing out Dictionaries for 23-24 years! ...WHY 3rd GRADERS?..... because educators identify this age as the critical transition year where students shift from learning to read,... to reading to learn.

Third grade teachers overwhelmingly view the Rotary dictionaries as valuable tools, highlighting the dictionaries importance for fundamental literacy. Especially for those students who might not have resources at home.

Last year we handed out 328 dictionaries to 3rd graders in 7 schools and the cost was \$3600. Many of the teachers have messaged me saying Thank you so much, and the kids love having their own dictionary.

One of the sponsors for this years Crab feed - said he was motivated to sponsor because his daughter came home very excited that she got a new dictionary from the Orangevale Rotary. With that being said, I am offering myself, starting next year, to take charge of our Rotary Dictionary program - so we can give every 3rd grader in Orangevale their own dictionary to use for reference, literacy and enjoyment of learning something new. (Round of applause!)

At the end of Jeff's talk, **Russ Rheams** said that if there are leftover dictionaries from the Dictionary Program, they get put into the Christmas baskets of the non-english speaking families.

## Prospector

**Audrey Smith-Wiberg** asked questions about **Hugo, the Pigmy Hippopotamus**, who was recently born at the John Ball Zoo in Grande Rapids, Michigan.

- **How much did Hugo weight at birth?** Eleven pounds.
- **What is Hugo known for doing?** Zoomies (outburst of frenzied activity).
- **After Hugo was born, he gained weight quickly. How many pounds per day, did he gain?** Two pounds per day until he weighted 60 pounds.
- **How many pigmy hippos are alive today in the world?** 2,500 hippos.
- **What is Hugo's mother's name?** Penelope.
- **What does the name Hugo mean?** Smart and spirited personality.
- **How fast can a pigmy hippo run on land?** 18.5 mph.
- **How long doe pigmy hippos live?** 35 to 45 years.



Happy fines:

**Steve Blair** was happy that he went skiing with his two grandsons (6 and 8 years old). They don't get tired like grandpa does!

**Don Russell** gave money for his birthday, a buck a year. He gave \$101 towards his Paul Harris.

**Russ Rheams** is happy that his son's cancer surgery was successful and the results are clear.  
**Bert Smith** paid because she was late.

## ***The Orange Ball Raffle***

This week, there were seven white golf balls and one orange golf ball. The pot of money was \$76. **Don Russell** pulled out a white ball, therefore not winning the pot of money and he'll be selling raffle tickets at the February 6th meeting!