

# The Orange Peel

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

## Next Meeting Friday, Jan 23, 2026

- Speaker** - Lauren Pulitz - Millennial Momma Therapy
- Greeters** - Audrey Smith-Wiberg
- Invocation** - Mary Shear
- Vocation** - Jeff Valtman
- Prospector** - Audrey Smith-Wiberg
- 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?**

## Growing Together

President Deanna Maddock introduced the speaker, **Jessica Hopp**, as a community leader, founder of **Growing Together** and her boss! (Deanna is Jessica's Administrative Assistant).



Jessica is an International Board Certified Lactation Consultant (IBCLC) which is a healthcare professional specializing in breastfeeding and lactation. When she worked at the UC Davis Neonatal Intensive Care Unit (NICU), she got interested in the oral motor skills of babies born with clef pallets. That became her specialty.

Jessica and her husband adopted a three-week old baby and she learns a lot about breast pumping. A woman's body is amazing. Even if she didn't have a baby, she can develop milk for an adopted baby by using a breast pump every two hours. That activity can tell a woman's body to start making milk.

Jessica along with other lactating professionals in our community are ready to help new mothers. This lead Jessica to start a service uniting mothers with the professionals and working out the insurance hiccups to pay for those services. Jessica started out by helping one breast feeding mother in 2024 and in 2025 she had 48 providers under her.

The name Growing Together (formerly known as Infant Instincts) reflects her mission to support families at every

## Recap of the Meeting Jan 16, 2026

### Guests

**Jessica Hopp** - Growing Together

**Lauren Pulitz** - Millennial Momma Therapy

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

### Visiting Rotarians

#### 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"**

stage of the journey—from the earliest days and beyond.

Growing Together is a collective of lactation consultants, doulas, and perinatal specialists dedicated to supporting families from pregnancy through postpartum. Whether they are navigating sore nipples, sleepless nights, or the emotional rollercoaster of new parenthood, Growing Together is here to help with practical solutions, expert advice, and zero judgment.

Growing Together offers an in-office, in-home, and virtual approach bringing the care to the mother, wherever it is needed most. From birth support and breastfeeding guidance to postpartum mental health check-ins.

Jessica takes care of the back end "stuff" so that the insurance pays for services, she makes sure the providers get paid and the family gets the help they need. We offer an in-office, in-home, and virtual approach- bringing the care to you, wherever you need it most. From birth support and breastfeeding guidance to postpartum mental health check-ins.

Jessica said that her business is finally successful and why the matters is that everyone knows someone that is pregnant. If her business can help a lot of community members then they are happy and want to stay in the community.

Jessica want so get the awareness out about Growing Together and that it provides services such as Dual care, First-time mother education, options for birth, postpartum birth, breast feeding, lactation consultation, etc.

An example would be when a mother takes her baby in for its first checkup and she is told that the baby is not gaining weight. This may be a time when Growing Together can help help mother explore oral issues, etc.



In 2026, Jessica is going to work on networking with pediatricians so they can refer families to her services. Right now it's been more word of mouth, friends recommending friends.

Growing Together is located in the building at the northwest corner of Main Street and Madison in Orangevale. This new space has four office suites and a group space in the back that could be used for classes such as breastfeeding, postpartum, lounge tied, CPR for infants, car seat safety, etc. Jessica is also excited to start support groups for mothers.

President Deanna thanked Jessica 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, **Lauren Pultiz** will talk about new mother's mental health.

[GrowingTogetherNetwork.com](http://GrowingTogetherNetwork.com)

## **Announcements and Committee Reports**

The **Orangevale Community Open House** will be held at the Orangevale Grange on January 24. The club will have a table at the event. **Joni Cyr** needs volunteers to "Smile and Share Rotary" from 8:15am to 11:15am.

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.

**Dennis Sarkesian** thanked the dozen rotarian volunteers who worked at the Food Bank last Friday. Food was given to 79 families with a total of 229 community members served. The next opportunity to volunteer is Friday, February 6.

**Bill Wagner**, Rotary Foundation chair, said that it's that time of year to start 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 invoice to members who have balances due. Check for his email and pay up!

**Don Russell**, Club chair, said that it was National Appreciate a Dragon Day. How long does a jousting tournament last? Until knightfall. What did the cheese say to itself in the mirror? “Looking Gouda!”

The last Dine Around was held at Mode and 26 members showed up. Thank you for supporting owner Tracy who is fighting leukemia. Besides helping financially, you can donate a pint of blood on Feb 28 at the Mode blood drive.

The next **Dine Around** will be held Wednesday, January 14 at 5:30pm at **Mode Brewing**. President Deanna said that the owner **Tracy** is being treated for Leukemia. Don wants us to support her by giving love to Mode Brewing.

Don is getting ready to make his **135th blood donation at Vitalant**. He is offering a “Ride Along” to the members on Thursday, January 21 at 2:45pm. He’d like people to come with him to see what’s involved in giving blood. It will be a 30 minute visit. Don said “Who knows the life you save might be someone you know or in my case, someone I don’t know.”

## Rotisserie

While President Deanna had Rotisserie, she learned that the Rotary chick is a female. She had been reunited with her small rotisserie baby and Deanna showed the two of them off. Deanna gave the little rotisserie family to **Don Glover** to take care of for the next week.

## Crab Feed Event

**Steve Blair** spoke about the **Crab Feed** coming up January 31. Time is running out to get the donations for the silent auction to Deanna. Each item needs to have a donation form. It would help if you additionally could type the item description into the on-line website. Visit [OVcrabfee.org](http://OVcrabfee.org). Scroll down on the left hand side and click on “Donate Item”. An online form will pop up that you can fill in. When you bring the item in, please attach the paper donation form. If you also filled in the online form, put a note on top pf the paper form letting Deanna know.

B sure to bring in the items for the baskets. Lorie, the basket maker lady, will need them asap. Steve will send out an email with the basket lists to remind us of what we need to bring. You can drop auction times off at Deanna’s or she can come pick them up. Gift cards are a great item to donate. They can be added to the baskets.



Steve talked about a premium item that he got for the auction. Its a Trager BBQ grill with 1000 square inches of grill space. The value is \$2,000. It weights 240 pounds so it won't be on display at the auction. He'll deliver it to the winning bidder.

Bill Wagner described another premium auction item - a trip to Nashville with American Airline airfare and hotel included.

## Vocational Talk

**Audrey Smith-Wiberg** had a hard time coming up with something for her Vocational talk this time around, as she'd already talked about insurance, Special Olympics & Pitbull's. She finally decided she could talk about how Don and her have been successfully married 40 years this coming October.

The two things she attributes to her successful marriage are: THE WISDOM of this BOOK (and she held up her bible) AND, keeping your paperwork up to date—(and she unfolded and held up a paper TARGET)! On a more serious note, let me tell you about my journey with guns!

As some of you may know, **Don** was in the Army and has always owned and been comfortable with guns. He has done some hunting and participated in target shooting over the years. Along with that, their oldest son **Zach**, who always being interested in making a buck, started selling things on Craig's list and Facebook. As you know, you oftentimes meet strangers in parking lots, and different places, at least when you are young and still crazy enough to do so. Because of this, he decided to get his Concealed Carry Weapon Permit and recruited his father to do so along with him.

This meant more exposure to guns....on the counter, cleaning guns, ammunition etc. around the house and she was nervous to even pick up a gun. Zach then lobbied for her to overcome her fear by learning about guns and reminded her that being a business owner and having cash around, it would be a good idea to be able to protect herself if ever necessary (she did have a few incidents at her office that preceded this comment).

She finally decided she did want to overcome her fear of the guns since they were not going away anytime soon. She proceeded to take a few shooting classes and learned about how to shoot, how to deal with a malfunction, etc. and shoot.



Audrey and a good friend decided to take a safety class for women in business. The class was to be taught by a retired CHP officer. When they arrived for the class, they signed in and sat down. The "class" started with the reciting of the pledge of allegiance to the flag. The teacher then said that there are two guest this evening. That's when Audrey found out that the "class" was actually a meeting of the "Armed Women of America" meeting and she didn't know! They meet monthly and their mission is Safety. So Audrey joined.

Audrey did take classes from certified instructors with multiple credentials, including CPR. As they love to say at the beginning of each class after we recite the 4 safety rules— "we want everyone to leave the range today with the same amount of holes you came with!"

In case you are curious, the 4 safety rules are:

1. Treat EVERY FIREARM as if it is LOADED
2. NEVER point a FIREARM at something you are not willing to destroy
3. Keep your finger OFF the trigger until you are ready to shoot
4. Know your target and what is BEYOND it

## Prospector

Audrey Smith-Wiberg asked for someone to recite the four rules for gun safety. Tommy Peno volunteers and he nailed it. Then Audrey moved onto happy fines:

Some of the things people were happy about -

- **Licia Green** was happy that her daughter got back from UNR safely and it's her birthday month.
- **Deanna** was happy to have her boss and her friend visiting today.
- **David Shepard** was happy that his birthday was yesterday.
- **Visitor Jessica's** birthday was the next day. (Prospecting was paused while Happy Birthday was sung).
- **Keith Wright** was just happy to be here and he got second place in a trivia contest.
- **Janet Cahill** was happy that she got to spend a week in Yosemite.
- **Jim Buntin** is happy to be playing his trumpet at three upcoming events.
- **Cindy Morris** was happy that her youngest daughter decided to break up with her boyfriend.
- **Tommy Peno** was happy to hang out with Janet and her husband and to get to know them better.
- **Joni Cyr** was happy to be a Rotarian.

## The Orange Ball Raffle

This week, there were eight white golf balls and one orange golf ball. The pot of money was \$55. **Joni Cyr** pulled out a white ball, therefore not winning the pot of money and she'll be selling raffle tickets at the next meeting!

