

The Orange Peel

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

Next Meeting Friday, Jan 16, 2026

Speaker - Jessica Hopp,
Growing Together

Greeters - Don Russell

Invocation - Bill Wagner

Vocation - Audrey Smith-
Wiberg

Prospector - unknown

Raffle tickets - Licia Green

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?**

Cervical Cancer Screening



President Deanna Maddock introduced the speaker, **Marissa Beshore**, a Health Education Director from the Office of Community Outreach and Engagement of the UC Davis Comprehensive Cancer Center. She started her talk by asking

“Has anyone not been touched by cancer?” As she expected no one raised their hands. “We’ve all been touched by cancer.”

January is Cervical Cancer Awareness month. Cervical cancer is one of the most preventable and treatable cancers. The good news is that the rates of Cervical Cancer are declining. Early detection offers more treatment options and more successful outcomes.

Sacramento county cases and deaths are lower than the state of California and this is largely due to screening. When breaking out the number of cases and death by race and ethnicity, the hispanic women have the highest rates. That is why

Recap of the Meeting Jan 09, 2026

Guests

Marissa Bashore - UC Davis
Comprehensive Cancer Center
Derek Maldonado - President
Deanna's main squeeze

Visiting Rotarians

Mary Jo Edwards - Assistant
Governor for Area 6

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"

community outreach is so important.

Marissa had two handouts about cervical cancer and the two-sided handouts have the information in Spanish on the back side. Sharing the handouts with the Hispanic community is important.

The Human Papilloma Virus (HPV) is the leading cause of cervical cancer. HPV is a common virus that affects men and women. It is spread through sexual transmission.

91% of cervical cancers are caused by the HPV virus. HPV is a very common virus and it increases cancer risk for 6 types of cancer - cervical, vulva, vaginal, penile, anal and oropharynx. Symptoms might take years to develop but a person is still contagious.

There are one 200 types of HPV and with the vast majority of them, you won't know you have it; you won't have signs of the virus. The body can clear most of the viruses but there are some that the body can't clear. These high risk strains cause the cancers.

To prevent Cervical cancer, get the HPV vaccine, get screened regularly, use condoms and pay attention to your body.

The HPV vaccine can prevent more than 90% of the cancers caused by HPV. It can be given to children starting at age 9 years old. It is safe and effective and has been given since 2011. Since then the number of cervical cases have decreased 65%.

Scotland and Australia have reduced the cervical cancer cases to almost zero by giving everyone the vaccine. By 2035, California wants 85% of the boys

and girls vaccinated.

The exciting news is that HPV self test are coming. They can be given in a doctor's office so that women don't have to have a PAP smear. Eventually you may be able to use the self test at home like the colorectal test.



Talk to your family and friends about the importance of screening for cervical cancer and the HPV vaccine. Protect children from cancer with the HPV vaccine. Talk to your child's doctor to learn more about the HPV vaccine that your child may need. Can we eliminate cervical cancer? Marissa said Yes!

President Deanna thanked Marissa for her important information and presented her with a handcrafted pen made by member Bob Kurtz. She stayed after the meeting to answer questions.

Announcements and Committee Reports

President Deanna Maddock had a favor to ask of the club members. **Eileen Hernandez** makes sure that special breakfast burritos are made for the members who request them. If you are not going to attend the club meeting, please text Eileen and tell her that you will not be attending. This will save Eileen time in the morning and the food will not be wasted. **Please Text Eileen at 916-367-9484 about your special order.**

The **Best of Orangevale** 10th Annual Award Celebration is coming up on **February 6, 2026**. That means that it is time to vote! Our Rotary club is a candidate for the Best Community Organization/Service Club in Orangevale.

Here is how to vote -

Visit the website **BestofOrangevale.com** and in the right-hand column, click on the "Best of Orangevale" logo. On the next page, scroll down to the category entitled "**Best Community Organization or Service Club**".



Scroll down the list, look for “**Rotary Club of Orangevale**” and select “**Vote For This Nominee**”. (You may get a popup message asking you to “Login or create an account”. It’s easy to do.)

After you place your vote, you’ll see the message “**You’ve Voted**”.

While you are on the website, vote for other favorite people/businesses in the community - for example Seam Palmer, Steve’s Small Car, L&M, and The Knights of Columbus. The voting ends on January 31st.

The **Orangevale Community Open House** will be held at the Orangevale Grange on January 24. The club will have a table at the event. President Deanna needs volunteers to “Smile and Share Rotary”.

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.

Dennis Sarkesian reminded everyone that it was the first Friday of the month and it was time to help out at the Orangevale Fair Oaks Food Bank. Editor’s Note: Dennis sent this status email about the impact of our volunteer work.

*Thank you for serving at the Orangevale-Fair Oaks Food Bank this brisk winter day. Serving alongside our Fair Oaks Rotary friends, we completed plenty of prep work, bagging and boxing groceries, then processing and loading groceries in vehicles of **79 struggling families, totaling 229 children and adults**. We also processed **5 new applicants**. It was nice receiving donations of canned goods, packaged food, and local produce from several thoughtful people in our community. Once again, thank you for volunteering your time and energy to serve those in need.*

Bill Wagner, Rotary Foundation chair, thanked **Don Russell**. His company Kimberly-Clark, is providing matching funds for anyone who signs up to be an EREY club (Every Rotarian Every Year). There are two members who have not signed up yet.

The clubs goal for donation to Polio Plus has been reached. The giving to the Annual Rotary Foundation fund has reached 65%.

Don Russell, Club chair, said he received a new stack of Dad Jokes for Christmas from Deanna). Today is National Apricot Day. Which city in California do all dentists visit? Floss Angeles.

The **Christmas party** was well attended and everyone had a good time. Thanks to **Don Glover** for hosting the party. Thanks to **Ernie and Catrina Womack** for hosting a great bar.

The last dark Friday, Don met up with **Patty Wolf, Bert Smith, Don Morris and Bill Wagner** at Starbuck for fellowship.

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.”

Mike McKibbin, Youth Chair, said that twenty-one Interact members attended the most recent meeting. They helped serve the families at the Christmas Basket program in December. Lorie Rheams said that they served 140 families. Members of the Interact club will help with the serving of crab at the Crab Feed later this month.

Lorie Rheams is looking for volunteers to help with the **Winter Sanctuary** dinner. She needs cooks and servers. Sunday, January 11 at 2:30pm (cooks) and 5:30pm (servers) at Divine Savior.

Crab Feed Event

Steve Blair spoke about the **Crab Feed** coming up January 31. He passed around a work matrix. It lists the jobs and who volunteered. Take a copy with you so you’ll

remember what you signed up to do. There are still members who haven't signed up to help - take a look at the jobs and sign up.

Steve is still looking for donations for the silent auction. Contact Steve if you want to give him the items before the next meeting.

Our favorite auctioneer **Paul Robbins** has retired and there will not be a live auction. Instead, the eight premium auction items (trips, Tahoe cabin, etc) will be online with the silent auction items. The premium items will be advertised on posters at key locations at the dinner. Bidding on the items will be open before the event. Take a look at them and start talking them up with your friends and family.

Vocational Talk

Don Russell started his vocational talk by saying “Yes, it was like any other selling day... I was working in Oakland as I frequently do and... believe me, I've worked the good, the bad, and the ugly in Oakland. The ugly is East 14th. I used to cover the dirt from the Oakland Colosseum down to Hayward and believe you me there was a lot of business in there and therefor a lot of WypAll wiping business.

But this stories isn't about the ugly, this is one of those beautiful days in the Good part of Oakland actually, it was in the upper hills of Oakland maybe even, in an area called Piedmont. I was working with my favorite distributor sales rep Kim Carlucci. Distributors -They buy stuff from me.

I work with them and help them sell my stuff like WypAll. Anyway it was lunchtime, it's customary I buy, and I offered to buy lunch. So, there's these two little restaurants we looked at them. One on the was burger joint. We agreed, & decided to go inside, the place was empty, it was a ghost town. We ordered and sat down, in a booth that was facing the doorway. I could see everyone coming & going. About that time our burgers arrive perfectly cooked. Mine a cheese burger. Mmmm! I love cheeseburgers!

OK, this was one of those moments you've heard about, the term “biting off more than you can eat”. I... did... exactly that... I didn't realize it at first ... that is what was happening, and then when I did, I looked at my Kim, a feisty 5-foot-two Italian gal. I looked at her. She looked at me. I put my hand up on my throat —she goes... Are you choking... I signaled with a shake “Yes” of my head. Yep, she stood

up and yelled out “Does anybody here know the Heimlich maneuver” and all of a sudden in the next booth over, I don't know where he came from. I don't ever remember him being there, This big African-American guy 6-foot-five stands up and says “I can help”, and he popped that burger bite right out of me! (The Heimlich maneuver is a first aid technique used to help someone who is choking by dislodging an object blocking their airway.)

Now ... As Paul Harvey would say... here's the rest of the story... like I said I remember the guy as an African-American gentleman. But it was much later. I don't know, maybe a year later that Kim and I were talking one day and somehow the conversation came up about the guy in the booth and me choking, I said something about the guy being 6-foot-five and a giant African-American man. She looked at me she says “He wasn't 6-foot-five and he wasn't African-American. He was 5-foot-10 and he was Mexican-American”. I don't know about you, but I think that day, whoever that was, it was my Angel & the hand of God and not my day.

Okay, so now you know why I pay it forward by donating blood every other month to Vitalant because, every pint that YOU donate saves three lives. Please consider a donation to Vitalant. Thank you for listening to my story.



Prospector

President Deanna asked what we are happy about. She went around the room from person to person with the gold pan allowing each member time to say what they are happy about and to put in money in the gold pan.

Some of the things people were happy about -

- **Joni Cyr** celebrated her 42nd wedding anniversary
- **Catrina Womack** had fun at Camp Bodega
- **Bert Smith** said that it is better to serve than to have to be served
- **Mike McKibbin** was happy to spend two weeks in Egypt with his family
- **Horacio Oropeza** was happy to spend time with his family
- **Jim Buntin** is happy to be back home from his recent travels
- **Jeff Valtman** is happy to be back after his treatments

Rotisserie

Sean Palmer had Rotisserie for the long Christmas and New Year's break. He decide to give the chicken to President Deanna who seemed pleased to receive the famous chicken!



The Orange Ball Raffle

It's a new year and a new start to the raffle. There were ten golf balls and \$55. Licia Green pulled out the white ball and she'll be selling raffle tickets at the next meeting.

Food Bank and the Winter Sanctuary photos

