



Soroptimist International Sacramento Newsletter January 2019

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President's Corner

Submitted by President Sarah Lee

My friends! It's a New Year and it's one of the BEST MONTHS in our SIS Calendar . . . in January we are going to give away a lot of the money we have worked so hard to raise. We are going to learn more about The Boys & Girls Club of Sacramento and Reading Partners when they receive their grants on the 4th and we are going to meet and be inspired by the women who receive our Live Your Dream Award on the 18th.

As I have shared many times in the past, the Live Your Dream Award was the first luncheon I ever attended as a SIS guest. I was so moved and so inspired that I decided to visit again and the rest is history! I share this story with you again to encourage you to invite guests, especially to these award luncheons (Grants, Live

Your Dream, Scholarships), where we witness the fruit of our labor and our mission is so wonderfully expressed.



I would also encourage you to do your best to attend these luncheons as well and experience a renewed inspiration and motivation. We can sometimes get so immersed in the work and lose sight of our bigger goal. As Zig Ziglar said, *"People often say that motivation doesn't last. Well, neither does bathing – that's why we recommend it daily."*

I look forward to seeing you in January as we all bathe in inspiration and motivation!

Happy New Year!

Aunt Bonnie on the Psychology of Cats

By Bonnie Coleman

Some of you will be pleased to learn that Lilibet and I have reached a sort of detente - meaning some toggle flipped in her little brain a couple of weeks ago and she became a lap lounge, happily curled up on me while we watch TV (she is an avid TV watcher). She also sleeps at the foot of the bed and will chase the feather on the string beyond all reasonable expectations. However, this is all on her terms. She is the mistress of where and when she chooses to do anything.

I am working on getting her to let me pick her up and put her down in preparation for the eventual trip to the vet to get her spayed. We just went through having her in season and although she wasn't totally obnoxious, she does have a mighty set of lungs and I don't think either one of us want to repeat that experience. I am anticipating one chance at best to get her to the vet.



This doesn't seem unusual to me. I have spoken with cat staffers with way more experience than I have had and they tell me that their cats routinely run from them as if their doting owners beat them mercilessly on a daily basis. They cringe and scurry away as if their tails have been set aflame regardless of a total lack of evidence to support their pussycat paranoia. I have never heard this from a dog owner unless the animals were known to be rescued from an unfortunate situation before their present position.

I can only take this to mean that cats have rich inner lives, vivid imaginations, and a need for drama in their days. They may also need to keep their skill set sharp via drills and reenactments in response to hypothetical or real situations that could endanger them now or at some time in the future. For example: finding poison in this day's supper, alien possession of their owners, interruptions in the space/time continuum and spectral apparitions not evident to the mere human senses. All of these are situations arouse suspicious sniffing, hiding, screeching, jumping, and/or running around with wild eyes,

bushy tails and voices that make banshees sound like Enya by comparison.

And of course any of these behaviors may be in response to real spitefulness from some actual experience, a bad kitty dream, or kitty's own fevered brain. No way to know. With all of this bouncing around in their little noggins at any given time it's easy to see why a three mile car trip to the vet can come off like the apocalypse. Ah, Lili and I have much to endure together still. Oh and may I never take responsibility for an un-neutered animal again as long as I live.

Wear your Name Badge And Have a Chance to Win a Prize

Submitted by Nancy Wolford-Landers

Don't Forget - wear your name badge to all the Soroptimist Club meetings and you will have a chance to win a prize at each meeting.

Each person who is wearing their name badge at the meeting get a chance to win a prize at that meeting. We want everyone to be able to put names and faces together. With new members joining us this year, we want them to know who we are and for us to know who they are. Name badges can help us do that. See you at the next meeting with your name badge on. Thank you for cooperating.



will
raffle

Thanks to our CEO Partner!



S.O.L.T – Soroptimist International---Who we were/are America, Europe and Australia

Submitted by the Membership Committee

Many of our members know that our Club, Soroptimist International of Sacramento (SIS) is currently the fourth oldest Club in the world. But what exactly does that mean? It means that although Soroptimist began in Oakland in 1921 many women including our beloved Violet Richardson passed the torch to like-minded women outside the United States. While the Clubs in the USA were originally connected to the Rotary Clubs for men which promoted the support of professional women as well as the ideals of service and internationalism, by contrast the Soroptimist movement in Britain arose as a reaction against Rotarian and other masculine service organizations as women rejected sub-servant roles. The Soroptimist Club of London was started in 1923, followed by Soroptimist Club of Paris 1924, Netherlands 1927, Italy 1929, Austria 1929, Germany, Belgium, and Switzerland all in 1930, Estonia 1931, India 1932, Norway 1933, Hungary 1934 and Denmark 1936. The inauguration of the first Lithuanian club was interrupted by the start of WWII.

By 1952 at least one club existed in Australia. At the World Summit for Social Development, March 1995, Soroptimist International advocated for girls and women to have universal access to basic education and equal access to higher education. As of 2016, the Soroptimist movement continued to advocate for women's independence, and to provide practical assistance for women in need via means such as educational grants, domestic violence shelters and mammograms. SIS follows these ideals with our support of Scholarships, My Sister's House, and our

various Health Programs this calendar year. Next year perhaps information on Soroptimist clubs in South America, Philippines and Japan.

Stay Connected!

Submitted by Website Committee

Please be sure to visit our website at SoroptimistSacramento.com for announcements, club calendar, speaker info, and more. Members also have access to exclusive content, such as the member roster



and club bylaws, through the Member Log-In in the upper right corner. If you've never logged in before or need assistance, you can use the "Contact Us" form on the website or send an email to Lisa Bartoe, Website Committee Chair, at LJBartoe@yahoo.com.

If you're a Facebook user, you can find us on Facebook by searching for @SacSoroptimist, or visit our website SoroptimistSacramento.com and click the "Connect With Us" button in the bottom right corner of our home page. Once you find us, be sure to click "Like" to like and follow our posts.

Committee Chairs and others who have something to submit for the website or Facebook can contact Lisa Bartoe, Website Committee Chair, at LJBartoe@yahoo.com.

Personalize Your Social Security Payout Strategy

Submitted by Mary Kobane

Only you can decide if claiming Social Security at age 62 or waiting to claim later makes more sense. Lifestyle and philanthropic intentions, marital and employment status, and gender are all factors.

When do you claim?

If you're in a position to think through your Social Security claiming schedule, do it. It could mean thousands or tens of thousands to your annual retirement income.

Here's your choice: You can start receiving monthly payouts at the qualifying age of 62 like many people. Or you can hold out for a bigger payout down the road.

It's your call – and it could be a game-changer in retirement. Though an immediate need for funds will usually trump other considerations, delaying Social Security for just eight years – until age 70 – could mean up to 30% more from Uncle Sam every month.

Some key considerations will likely factor into your claiming strategy:

What's age got to do with it?

If 60 is the new 40, then 80 is the new 60. Longer life spans are only part of the story, though. The rest of it plays out every day in 21st century lifestyle and retirement expectations, not to mention philanthropic intentions or plans to help out the family or grandchildren.

Along with modern realities, retirees' multiple income sources and investments are changing traditional Social Security claiming patterns. It may make more sense to begin drawing funds from other income sources while delaying Social Security. Or you may even decide to put off retirement for a few years to make it possible.

What's your claiming combo?

If you're married or in a relationship, you'll want to look at where you both stand in relation to retirement. We're talking "still working" versus "already retired." Depending on your personal circumstances, a number of scenarios could apply, including:

- Both spouses or partners wait until 70 to claim
- One spouse or partner claims early while the other waits
- A lower-earning spouse claims a spousal benefit at or after full retirement age while deferring his or her own retirement benefit (available only to anyone born on or before May 1, 1950, from full retirement age through age 70)

Your claiming strategy may be as unique as your financial circumstances and retirement outlook.

What's your gender?

Longer life spans apply here, too. Women, on average, outlive men. Take gender into account in your claiming strategy. Look at your gene pool, retirement expectations, and whether or not you'll receive dependent Social Security benefits should you lose your spouse.

Give yourself the gift of planning ahead, especially as you approach Social Security eligibility, to help you get more from this valuable retirement income source.

Next steps

- Decide on a Social Security claiming strategy that works for you.
- Write it down, revisit it occasionally, and tweak it whenever necessary.

Wells Fargo Advisors does not provide tax or legal advice. Please consult with your tax and/or legal advisors before taking any action that may have tax and/or legal consequences.

This article was written by/for Wells Fargo Advisors and provided courtesy of Mary Kobane, First Vice President Sacramento, CA 916-491-6334

2018-2019

Soroptimist Offers Scholarships (SOS) and Donations

Idelle Claypool
Janet Galliani
Nancy Wolford-Landers
Mary Kobane
Carol Adams
Bonnie Coleman
Barbara Coulam
Jennifer Willis
Barbara J. Nash
Nilda Valmores

**Linda Byrne in Memory of Margaret Price, Idelle's sister-in-law \$50
Elaine Pesce donated \$200 to our Crab Fiesta**

Board Action Items –

- Moved, seconded and approved that:
"for the 2019-2020 club year, the budget be adjusted to reclassify Sponsorship account 70750 to a new Award account to be administered by the Project selection committee".

This motion is an administrative detail which will not need to be voted on by the club membership.



Officers and Board of Directors 2018-2019

President – Sarah Lee
First Vice President – Elizabeth Payette
Second Vice President – Jennifer Willis
Recording Secretary – Nancy Wolford-Landers
Corresponding Secretary – Regina Boyland
Treasurer – Kathy Platz
Assistant Treasurer – Phyllis Moist
Board of Directors
Carol Adams
Idelle Claypool
Kristy Fitzgerald
Lisa Bartoe
Glorian Martinelli
Parliamentarian (appointed) – Debbie Rubens

January Soroptimists!



Happy Birthday

Bonnie Coleman	January 1
Cathy Diepenbrock	January 1
Sarah Lee	January 3
Susann Hadler	January 6
Linda Byrne	January 18
Paula Wright	January 22

**SIS Program Schedule for
2018-2019**

Club Meetings will be held at Shriner's Hospital unless noted at Marriott

Meetings: 1st and 3rd Friday from 11:30-12:45

Socials: Planned by Hospitality Committee

Tentative Agenda

January 4, 2019	Speaker + Business agenda	Karen Smith, Project Selection	to be confirmed	Grant Awarded Recipients <i>** Karen wants to switch for a date later in the year</i>
January 18, 2019	Live Your Dream	LYD Ctte	confirmed	Live Your Dream Award Luncheon
February 1, 2019	Speaker + Business agenda	Dawn/ Donna/TBD	to be confirmed	Hold for FBI or Eating Disorders
February 15, 2019	Meeting w/ Speaker	Debbie	confirmed	Daniel Hahn, Sacramento Police Chief
March 1, 2019	Speaker + Business agenda	Karen S/Nancy	confirmed	Rachel Minnik, CEO, Reading Partners Program
March 15, 2019	Meeting w/ Speaker	Elizabeth/TBD	confirmed	Anti Bullying, Safe School Ambassadors Program, Erica Vogel, erica@community-matters.org and JPA rep
April 5, 2019	Speaker + Business agenda	Nancy	confirmed	Paul Helman, Railroad Museum- History, Wives of the Big Four
April 12, 2018	Scholarship Lunch	Scholarship Ctte	confirmed	Scholarship Award Luncheon
April 19, 2019				No Meeting
May 3, 2019	Speaker + Business agenda	Maggie	to be confirmed	Speaker TBD, Chocolate Fish Coffee Roaster or <i>** Karen Smith - Grant Recipients</i>
May 17, 2019	Meeting w/ Speaker	Elizabeth/TBD	to be confirmed	Opioid Addiction - Speaker TBD (Dr. Fishman, UCDMC Pain Center, or Kaiser)
June 7, 2019	Bus Meeting w/ Committee Sign Up	Jennifer Willis	confirmed	Committee Placement Sign Ups by Incoming 1st VP
June 14, 2019	Celebrating Success	Sarah (and team)	confirmed	Year End Review Mtg - President's Celebration
Week of June 17, 2019 TBD	Installation	Installation Committee	to be confirmed	

Crab Fiesta 2019

*All you can eat crab pasta dinner supporting
Soroptimist International of Sacramento, Inc.*



\$60.00 Per Person

Silent, Live & Dessert Auctions
Golden Raffle

When: Saturday, March 2, 2019

Time: 6 p.m. Cocktails and Silent Auction
(Please, no outside alcohol)

7 p.m. Dinner

Where: Annunciation Greek Orthodox Church Ballroom
616 Alhambra Blvd.
Sacramento, CA 95816

Purchase tickets online at www.CrabFiestaSac.org

***Presented by Soroptimist International of Sacramento, Inc.
www.soroptimistsacramento.org***



Funds raised at this event will be used to improve the lives of women and girls through programs leading to social and economic empowerment. A portion of this ticket (\$20) may be considered a donation.