



Soroptimist International Sacramento Newsletter June 2019

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President's Corner

Submitted by President Sarah Lee

This year has flown by and I can't believe I am penning my very last President's Corner. I want to take this opportunity to thank you all for the honor of serving as your President in the 2018-2019 year. I learned so much about the organization and my passion for the mission grew exponentially as I watched each of you pour yourselves into improving the lives of women and girls . . . in so many big and small ways.



This experience has improved this woman's life in a very significant way. The friendships that both began and deepened for me this year with fellow Soroptimists, I treasure. My hope for SIS, as we move forward into 2020 and beyond, is that we would make every effort to develop these friendships deeper. As we support one another, we will be better equipped to serve our community. Improving the lives of women should start with the women directly around us . . . me and you. If we want a world that supports, respects and encourages women, we must first start by doing that for each other.

Our last Mixer of the year was Bunco and honestly, I regret we didn't have many more Bunco Mixers! What a perfect opportunity to mingle, chat, laugh and get to know each other better. Thank you to all who could join us! I hope we have many more afternoons of laughter together.

I hope I have served you well and helped to build a Legacy of Love.

Wishing you all a wonderful summer. Get lots of rest and return energized and excited for the work that remains ahead of us!

In Deepest Gratitude,
Sarah Lee
President 2018-2019

S.O.L.T.

Article by Membership Committee

10 Good Reasons to Attend SNR's Soroptimist Development Retreat (SDR)

July 27th & 28th

1. Meet other Soroptimist members (including from the Sierra Pacific Region)
2. Become a better Soroptimist
3. Get Soroptimist inspired and re-motivated
4. Learn about "How to increase the impact of your club in the community"
5. Learn how to do every specific Soroptimist officer's job (President, Treasurer, Secretary etc.)
6. Learn about "How to out-smart the Work-Life Balance"
7. Learn better communications.
8. Learn better report writing skills
9. Learn about "Truth or Dare - Leadership"
10. Have a BLAST !!

This SDR is unique as it will be presented by two regions. Sierra Nevada Region Governor Lane Parks & Sierra Pacific Region Governor Gail Dekreon along with their 2018-2020 Boards.



Aunt Bonnie Salutes Modern Men

By Bonnie Coleman

Aunt Bonnie is cheered to learn that men are assuming more of the domestic tasks from shopping to child care. Sure the young fathers still hold their tiny progeny like little footballs, but hey, they have a lot more practice with footballs and it's probably in the best interests of everyone that they continue this behavior. And men of all ages will grill meat in the outdoors, which is convenient because it still leaves the women the house the run of the kitchen so they can continue to make snacks, salads, vegetables and desserts, etc. etc. Men are also seen in the grocery stores pushing carts around. Of course they are often on the phone to the women at home asking which brand they should get and if it should be extra spicy or regular which younger men, which is probably all for the better too.



I am thinking about some of the older men I have encountered recently trolling the aisles. One in particular caught my eye because he nearly caught my cart, my purse, and my sleeve. Picture, if you will, a tall man powering his little cart dead center down our shared aisle, looking at a spot about 5 inches over my head. Obviously, a man with a mission; possible a former ranger still on patrol. He was marching along at a good clip and we missed one another only because I slipped behind one of those promotional cardboard kiosks groceries clutter the aisles with to show off new stuff. Obviously, or obliviously he didn't have it on his list because he didn't even break stride to take a peek.

In the next aisle over I encountered another older gentleman who was doing deep research on salad dressings...every one of them. He was so entranced with his pursuit that he didn't notice that a) I and several other women were also in the aisle b) we were all asking his pardon for trying to pass c) we were all balancing our behinds over the cold case on the other side as we tried to squeak past him, and d)

most salad dressing are much of a much from brand to brand anyway.

The next aisle over was a Weekend Father, with a swarm of helpful children each lobbying for his or her own preferences as "what Mom always buys". They were unrelenting and he was outnumbered, though trying manfully to act in control. He would have bought anything that got him out of the store and back to his Barcalounger before the Big Game started. (As an aside, why is the next game to come on TV always the Big One? Are there never any Little Ones?)



Lastly, there are our Millennial and Gen-x gents who are pushing their carts with aplomb and a confidence that tells you this ain't their first rodeo. They know the difference between "natural" and "organic" and when it matters. They know what they want and they aren't going home without it. These men are our future. They are the men who will give women the freedom to think thoughts besides what can I put on the table in less than 20 minutes that my horde of hangry humans will eat? They are the men who can make you believe that a woman can become President of these United States of America! Modern Men we salute you! Now, please don't screw it up or let us down.



Thanks to our CEO Partner!



Stay Connected!

Submitted by Website Committee

Coming Soon – A New Website!

We are excited to report that a snazzy new SI Sacramento website is now under production! In case you hadn't heard, in April, the Board unanimously approved the Website Committee's recommendation to move forward with the development of a new custom website on a more current software platform and engage the services of our current provider, Peak Design. (You can check out their portfolio at



www.peakdesign.net.) The project is now underway with a timeline that puts deployment of the new site at the end of the summer. That means we may very well have the new site up and running just in time for the new club year!

Here are some of the **highlights** of the new site and cool things to look forward to:

- **New Look & Feel!** In addition to a whole new layout, the colors, logos, etc. will be more in line with SIAs (Soroptimist International of the Americas) brand standards, which means much more color and updated graphics, for an overall updated, more modern look and feel.

- **Responsive and mobile-friendly!** The site will scale to accommodate many devices and browsers – mobile, tablet, etc.

- **CRM and Email Marketing!** Integrated CRM (Customer Relationship Management) and email marketing will allow for more automation, ease-of-use and streamlined communications.

- **Updated Event Calendar!** Integrated event management will simplify and streamline event postings, communication, registration and payment.

- **Online payments!** We will continue to offer online payments, but with newer functionality and much better integration.

- **Member Roster!** The roster will be mobile-friendly, adding convenience and ease-of-use.

- **A History Page!** The addition of a "History" page under "About Us" will highlight the history of the club and allow for easy

updates.

- **New and Improved Collections!** Better-looking collections of photos, newsletters, committee duties, procedures, PR materials, etc. will also be easier to use and keep updated.

- **Functional and Easy-to-Use!** Have we mentioned that the new site will be much easier to learn, use, and update?

Keep an eye out for the new site at the end of the summer! In the meantime, if you have any questions or comments, please reach out to Lisa Bartoe, Website Committee Chair, at ljbartoe@yahoo.com.

The Case of the Bent Spoke

Written By Patricia (Pat) Canterbury

Patricia (Pat) Canterbury's latest novel, *The Case of The Bent Spoke* won an Honorable Mention for Best Young Adult novel at the 25th Annual Northern California Publishers and Authors (NCPA) Awards Banquet. Pat is hard at work on the last novel in the series, *The Secret of Sugarman's Circus* which she anticipates being in bookstores by the end of summer 2019.



PATRICIA E CANTERBURY =^..^=
[The Secret of Sugarman's Circus](#) A Poplar Cove Mystery due Summer 2019
[The Case of the Brent Spoke](#), A Poplar Cove Mystery 2019 NCPA Young Adult Honorable Mention
ISBN 978 1 941857 74 2
[Sycorax's Daughters](#) 2018 Brom Stoker Finalist-- Anthology
ISBN 978 1 941958 44 5
[The Geaha Incident](#) An Afro-futuristic mystery
ISBN 978 1 941859 56 8
[The Secret of Morton's End](#), A Poplar Cove Mystery
ISBN 978 1 941850 20 9
[Carlotta's Secret a Delta Mystery](#) Option for a motion picture

www.patmyst.com

Four Ways to Invest More Confidently in a Volatile Market **Submitted by**

Mary Kobane
First Vice President
Wells Fargo Advisors

When financial markets fluctuate, even the calmest investors can start to question their financial strategies. But volatile markets can present opportunities, says Tracie McMillion, head of global asset allocation strategy for Wells Fargo Investment Institute (WFII).

“Financial markets are frequently volatile—that’s their nature,” she says. “Over longer periods of time, that volatility can add up to attractive portfolio growth.”

McMillion shares an analogy that compares this worry to seasickness: “If you stare at the waves directly ahead of you (the current financial market), the water may look bumpy and turbulent, and you might feel ill at ease. However, if you look outward at the horizon



(your long-term investment goals), the ocean as a whole appears to be on a fairly even keel.”

In addition to focusing on your financial horizon, here are some strategies you can use to help weather economically turbulent times.

1. Match your investments to your time horizon. The simplest way to feel more

comfortable about your investments is to align them with your financial calendar, no matter what happens in the financial world this month or year. For example, do you need some of your money fairly soon, or want it close at hand in case of an emergency? If so, McMillion says you should consider investments such as cash holdings and short-term bonds that shouldn't lose much, if any, value over the short term.

On the other hand, if you won't need some of your investment money until you retire multiple years in the future, equities or longer-term bonds are worth a closer look. Those investments carry more risks but also offer potentially better returns.

2. Know what to expect from your assets.

Some investors lose confidence because they don't fully understand how their investments work. In that case, McMillion says, some knowledge of typical asset behavior is a good thing.

Consider reading up on different types of investments and asking questions of your financial advisor. Once you know how your investments are more likely to perform in certain financial markets, you can help ensure that your investment strategy is in line with your tolerance for risk.

3. Tune out the noise. By "noise" McMillion means the constant barrage of financial reports from the 24/7 news media. "It's common for the financial markets to temporarily get a little bit messy as they sort through the current news cycle," she says.

However, investors usually don't need to react to the everyday financial news, no matter how topsy-turvy things may seem. "Remember: The U.S. news tends to report on

a very small slice of available investments, particularly U.S. large company stocks," she says. "Your portfolio, if it's diversified as it should be, probably isn't going up and down to the same degree as these stocks. Your portfolio changes are probably much more moderate."



4. Regularly revisit your plan. There's no such thing as a completely set-it-and-forget-it investment strategy, McMillion says. It's always smart to check in regularly with your investment advisor. "Your life circumstances may change, or your financial goals could shift," she says. "You'll feel much more confident that your investments are doing their job if you review them regularly with your advisor."

Wells Fargo Investment Institute, Inc. is a registered investment adviser and wholly owned subsidiary of Wells Fargo Bank, N.A., a bank affiliate of Wells Fargo & Company.

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
Eva Garcia
Phyllis Moist
Pat Canterbury

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

Board Action Items –

- 1) Minutes approved of the April 30th Board meeting.
- 2) no treasurer's report was submitted
- 3) A membership application for Mary Anne Salvage was approved.
- 4) It was moved, seconded and unanimously approved to award \$10,000 from the Blanche Edgar/Shirley Godfrey fund to Single Mom Strong for their Empowerment Center furnishings.
- 4) It was moved, seconded and unanimously approved to sign the contract with the Greek church for the Crab Fiesta to be held on March 7, 2020, at an increased room rental cost of \$5,000
- 5) it was approved to spend unspent Public Awareness committee money along with Membership committee money to help pay for a vendor booth at the Sacramento

Business Journal's Women Who Mean Business Award Luncheon on June 21st.

Officers and Board of Directors 2019-2020

President: Elizabeth Payette
Vice President: Jennifer Willis
Second Vice President: Lisa Bartoe
Recording Secretary: Phyllis McMaster Moist
Corresponding Secretary: Donna Kistler
Treasurer: Kathy Platz
Assistant Treasurer: Kristy Fitzgerald

Board of Directors At Large - 2019 - 2020:
Nancy Wolford Landers (filling the position vacated by Kristy Fitzgerald as she assumes Asst Treasurer role)

Board of Directors 2020 - 2022:
Kris Lea and Lauren Buchanan

****Continuing Board of Directors: Idelle Claypool and Carol Adams****



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

June, July and August Soroptimists!



Happy Birthday

| | |
|------------------------|-----------|
| Georgia B. Presnell | June 7 |
| Barbara J. Nash, MD | June 9 |
| Zahra Hamdani | June 20 |
| Phyllis McMaster Moist | June 29 |
| | |
| Kathleen Platz | July 2 |
| Janet Galliani | July 6 |
| Elizabeth Payette | July 9 |
| Elaine Pesce | July 12 |
| Marjorie Matsinger | July 20 |
| Linda Roberts Sweeney | July 21 |
| Cindy Petersen | July 22 |
| Phyllis Hayashi | July 27 |
| Rosalie Gladden | July 29 |
| Donna Kistler | July 29 |
| | |
| Patricia Canterbury | August 6 |
| Bonnie "Bo" York | August 6, |
| Eva Garcia | August 10 |
| Hyrum Gray | August 11 |
| Ramona Moenter | August 19 |
| Deborah Rubens | August 19 |

**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

| | | | | |
|---------------|--------------------------------------|---------------------------|-----------|--|
| June 7, 2019 | Celebrating Success + Bus. Agenda | Sarah and team | confirmed | Year End Review Mtg - President's Celebration |
| June 14, 2019 | Installation | Installation Committee | confirmed | Social 11:30, Lunch and Installation 12:00pm, Old Spaghetti Factory, 1625 Watt Ave. |



Come Join Us!
S. I. Sacramento's
All-Member Retreat
&
Summer Luncheon



Facilitated by Tracey Edwards, District 3 Director, the retreat is an interactive time for all members to build camaraderie, focus the club's direction and goals, meet with your committee members, and kick off the year together as we are *Moving Forward to Innovate, Develop, and Grow*. Summer luncheon to follow.



When: Saturday, July 13th 9:30am-1:30 pm

Where: Shriners Hospital, Auditorium

Coffee, Morning Snacks & Lunch provided. No Cost.

Hosted by Debbie Rubens

Wear your favorite casual summer attire

RSVP by July 9th to Elizabeth Payette,
epayette79@gmail.com. Questions? Call (916) 768-1215



Moving Forward: Innovate, Develop, and Grow



Save the Date

SOROPTIMIST DEVELOPMENT RETREAT

July 27th & July 28th

**FOR THE FIRST TIME TWO REGIONS ARE COLLABORATING TO PRESENT
THE 2019 SOROPTIMIST LEADERSHIP DEVELOPMENT RETREAT.**

*Atlantis Casino
Resort Spa*

3800 S. Virginia Street, Reno, NV

*Making Dreams Come True
so that*



*Girls with Dreams
Become Women with Vision*

Presented by

Sierra Nevada Region Governor Lane Parks
& the Sierra Pacific Region Governor Gail Dekreon
along with their 2018-2020 Boards

OVER 20 WORKSHOPS TO CHOOSE FROM

*"How to Outsmart
the Work-Life Balance"*

"Demystify the Treasurer's Job"

*"How to Increase the Impact of
Your Club in the Community"*

"Dream It, Be It, You Got this!"

*"Live Your Dreams,
Maximizing and Recruitment"*

"Truth or Dare - Leadership"

**INSPIRING SPEAKERS
AT LUNCH AND DINNER**



SOROPTIMIST
Best for Women®



**SIERRA PACIFIC
REGION**