



## Soroptimist International Sacramento Newsletter October 2018

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### President's Corner

Submitted by President Sarah Lee

On Saturday, September 29, 2018, I had the pleasure to attend the District 3 Fall Meeting with Elizabeth Payette and Janet Galliani. I arrived at this meeting feeling inspired by the opportunity my membership in Soroptimist International gives me to positively impact my community. That inspiration was magnified as the meeting progressed and I listened to updates from all nine clubs in our District and heard from the guest speaker, Amaya Weiss, Executive Community Director for the Sacramento City Unified School District.



There were 65 in attendance at the District 3 Fall Meeting with all nine clubs represented. Present were three Regional Officers, one Sierra Nevada Region Coordinator, four Federation Liaisons, our District Director, five club Presidents, 49 members and 2 guests.

Governor Lane Parks gave a very engaging welcome and update. I find Governor Lane's passion for the Soroptimist mission and commitment to strengthening our brand identity through our Dream Programs to be commendable. Last Biennium, Governor Vicky's project was Dress A Girl Around the World, to which our club contributed 45 dresses. However, Governor Lane's project will not be an outside project, but rather, she is focused on bringing our Region to 100% participation in the Dream Programs. Our District does have 100% participation in the Live Your Dream Program but we do not yet have 100% participation in the Dream it Be It program. During my club update, I shared our club's willingness to welcome volunteers from other clubs who are seeking to participate in the Dream It Be It program but don't yet have their own program launched. It would be wonderful to work collaboratively with other clubs.

Our guest speaker, Amaya Weiss, was equally engaging and inspiring. She shared with us the Hope Closets she has established in every school in her district. These closets are stocked with items needed by the students, which may vary from school to school. Hope Closets are stocked with groceries, clothing, shoes, school supplies, toiletries, warm jackets, feminine hygiene products, the list goes on. These items come entirely through donations. Ms. Weiss said something in particular that has really stayed with me: "I don't want your money, I want your time". This statement was powerful because I think it's easy to write a check but it's harder to give our time. I know our membership has expressed a desire for more hands-on projects and certainly, there is a need in our community for our time, not just our money.

There is much great work we have done and there is much more great work left to do. I look forward to doing the work alongside all of you.

In Gratitude,

President Sarah Lee

### Thanks to our CEO Partner!



### Aunt Bonnie is Out of Away

By Bonnie Coleman

Well, I'm suffering from one of my recurring existential problems: I am out of "away". Totally, inexorably without any away. This happens to me oftener than I would like, in part because I live in what, if it were on the water, would be considered a "dinghy". Although, given a little more time, I could have the same problem on the Queen Mary.

It starts innocently: Something catches my eye because it's just sitting there, where it



should not be...in the open and in the way. Now I am fundamentally a fairly orderly person, or so I aspire. You know, "a place for everything and everything in its place". So I pick up the thing and carry it into another room, then another. then the garage; I open drawers and closets until I finally realize that I have used up all of my away. There is no more away. Drawers that once were tidy and organized now bulge with stuff. Closets that were airy and open are threatening to explode. I must regroup.

This is painful to me for several reasons. I got this way because I'm good at hunting-and-

gathering. I like the stuff I've brought home and I've grown more attached to it over time.

Secondly, it's time-consuming evaluating every lovely thing with an eye to discarding it. And, finally, the pain



**District 3 Fall Meeting**

of rejecting perfectly good stuff is like death by a thousand paper cuts. That's how I got in this over-burdened mess in the first place.

There are others who don't have this problem either because they don't think of shopping as a contact sport or they form no attachments. There are even people who get paid to come in and throw away the perfectly good stuff of others. They have mantras like the one above, or "if you haven't worn it in six months toss it out". Well, six months ago we were heading into Summer and of course I haven't worn my parka in the past six months, in Sacramento, when it's 105 degrees. Or "if you bring in a new thing you have to discard one other thing". I am emotionally unable to be so callous with something I have loved. And the two things will look so good together, especially when I lose those 10 pounds, or 20 or whatever. And besides as soon as a thing is gone a need will arise that only that thing will satisfy. There is no solution that my agile little mind cannot defeat. And yet there comes a time when purging cannot be avoided.

So, here I go, into the breach, with a heavy heart and a garage full of empty boxes. Pray for me. And if you haven't heard from me by the next newsletter send emergency workers. And more boxes.

## **New Members**

### **Submitted by Pat Canterbury**

#### **PHYLLIS JOHNSON**

Join me and the rest of our Soroptimist members in welcoming Phyllis Johnson into our Club at the October 5 meeting. Phyllis is looking forward to continuing our outreach to the Greater Sacramento community as we support our partnership with other philanthropic organizations. Among Phyllis' hobbies are her family; she and her husband Keith, her high school sweetheart, and their three children, sewing, (we could have used her skills this summer with our girls' dresses project), shopping and working with the community.

Phyllis is originally from Memphis but calls Sacramento home now. She looks forward to helping SIS continue to make an outstanding contribution to her new hometown.

#### **KELLY RYAN**

Kelly is thrilled and honored to be a new Soroptimist member. She was looking to join a volunteer organization when her friend and member Mary Locke suggested she attend a meeting. She was impressed by the other members she met and inspired by the dedication of the club to help transform the lives of women and girls.

Kelly is a paddleboard enthusiast who also likes snow skiing, kickboxing and yoga. She enjoys traveling and her latest jaunts have taken her to Argentina and scuba diving in the Cayman Islands.

Kelly recently began a new career as a financial advisor after more than 20 years as a television journalist. She looks forward to using her communication skills in any way she can to help expand SIS's outreach to others. Those attending the October 5 meeting will have an opportunity to meet Kelly in person. Be sure to give her a warm Welcome.

## **S.O.L.T - Soroptimist Orientation & Leadership Training**

### **10 Things Truly Confident People Do Differently**

#### **By Membership Committee**

Plagiarized by Nancy Wolford-Landers from Dr. Travis Bradberry

Truly confident **Soroptimists** inspire others and they make things happen. Their focused pursuit is driven by these habits which we all emulate and absorb:

1. **We speak with certainty** – We deliver our ideas with conviction. You rarely hear us say "Um, I am not sure", or "I think".

2. **We seek out small victories.** -

Confident people like to compete, and challenge themselves.

3. **We exercise** - People who exercise feel more competent socially, academically, and athletically. They have more self-esteem.

4. **We don't seek attention** - We don't try to prove we are important. We seem to bring the right attitude.

5. **We don't pass judgment.** - We don't pass judgment on others because we know that everyone has something to offer, and we don't need to take others down in order to feel good about ourselves.

6. **We get our happiness from within.** - In order to be confident in *what you do*, you have to be happy *with who you are*,

7. **We listen more than we speak.** - This is true because we don't feel we have to prove anything. We know by actively listening and paying attention to others, we are much more likely to learn and grow.

8. **We take risks.** - When we see an opportunity, we take it. We don't stop to worry about what could go wrong. Fear doesn't hold us back because we know if we never try, we will never succeed.

9. **We aren't afraid to be wrong.** - Self-assured people know what they are capable of and don't treat being wrong as a personal slight.

10. **We celebrate other people's successes.** - Confident people aren't worried about their own relevance because we draw our self-worth from within. So, we are able to enjoy the success of others without feeling threatened by it.

Building self-confidence is a journey, not a destination. To become more confident, you must be passionate in your pursuit of a greater future.

**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 will get a chance to win a raffle 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.

**Guess Who!**



Do you recognize these two? The real question is where are they? Karen and I ran into each other at Bryant Park in New York City about 3 weeks ago! And then again at the Library a few hours later. Small world!

**Speaker for October 5  
Submitted by Elizabeth Payette**

Monika Howard, Program Manager of White House Counseling Center, will speak to the prevalence and impact of early childhood trauma. She brings more than 20 years of experience as a school counselor and psychologist and is working toward completion of her PhD in international childhood trauma. White House Counseling Center, a program associated with the San Juan Unified School District, provides therapeutic programs to children who've experienced abuse and violence."

## **Speaker October 19**

### **Submitted by Elizabeth Payette**

#### **Biography for Terrence Smith, MD, MPH**

For the past 18 years Dr. Smith has worked at the Mae Tao Clinic in the border area between Thailand and Burma (Myanmar) training local staff in techniques of emergency obstetrical care, neonatal resuscitation and infection disease prevention and care. The Mae Tao Clinic serves thousands of displaced, migrant and refugee populations from Burma each year.

In 2013, he founded Metta Calana ([www.mettacalana.org](http://www.mettacalana.org)) a non-profit organization. Working with the Karen Department of Health and Welfare, Metta Calana delivers medicine, family planning supplies, equipment and training to rural health posts in eastern Burma.

When not in Thailand, Dr. Smith works as a primary care physician at the Davis Community Clinic. He previously served as Section Chief for Program Policy in the Maternal and Child Health Branch of the California State Health Department and as Technical Consultant for Doctors of the World.

He obtained his medical degree at UC Davis and his public health degree at UC Berkeley. His hobbies include woodworking, hiking and travel. He lives in Clarksburg.

## **GoGoGrandparent – A New On-Demand Transportation Option for Seniors**

**Submitted by Elizabeth Payette**

A few years ago, my sisters and I began the conversation with my mother about no longer driving. Mom lives in the rainy northwest where the sun sets early and wet roads pose a hazard. Although she denied it, her reaction

time had diminished, especially on crowded freeways and when confronted with careless drivers. My mother is sharp as a tack and very active. While she lives in a senior living community with a shuttle van that regularly goes to shops and medical appointments, she wasn't keen on giving up the freedom and independence to hop in her car on a whim. However, after a few near misses, at age 90 she relinquished her keys and sold the car.

What made the decision easier was a new, nationwide ride service, GoGoGrandparent. GoGo works on a similar model as Uber or Lyft, but is geared for seniors who may need additional assistance or don't want to deal with the technology of cell phone apps. GoGo's drivers are trained to patiently help riders with walkers or groceries and provide extra time and help. The service is easy. The rider calls a main number from their land line or cell phone to summon a car – on either end of the ride, no app required. If needed, they can speak with a representative. Registering Mom as a ride client was simple. We went online to [GoGoGrandparent.com](http://GoGoGrandparent.com) (or call (855) 464-6872) and entered her home address, phone number, and credit card. When she wanted to request a ride, she dialed the main number and pressed '1' for pick up. Similar to Uber, there are drivers in the area, so there wasn't a long wait and drivers show their ID. The company logs where the client is dropped off, so a return trip is as simple as dialing and pressing the menu option for a picked up. There are additional menu options that can be set up for frequently visited locations. The ride fee is charged to the credit card on file. I was listed as her emergency back up and could track the success of her rides from California and call the company, if needed.

Getting older and the inevitability of giving up driving is a reality, but using GoGoGrandparent's simple ride service helped ease the transition for my mother and made her feel special.

# **FIRST SORPTIMIST INTERNATIONAL OF SACRAMENTO MIXER**

**SAVE THE DATE!**

**Where: Sac Yard Community Tap House**

**1725 33<sup>rd</sup> Street (Between Stockton and P St.)**  
**<http://sacyard.beer/>**

**October 10, 2018**

**5:30 PM**

This is a new and lively Tap House in East Sacramento. We have not worked out all the details, but expect great beer (or good wine and sodas if you are not a beer drinker). We have not worked out all the details, but we aim to keep the cost to around \$20 per person, including food and one beverage of your choice.

They have a beautiful outside area that should be perfect in the early fall. They have a cornhole court and I'm thinking a little friendly competition and prizes would be in order. Definitely bring a friend.



# How to Play Bag Toss (a.k.a. Cornhole)

*Toss the bags so they land on the board or even better, in the hole!*

Intro: Originating in the 14th century, Cornhole has been a favorite game for hundreds of years. Getting bags to land on the boards or in the holes earns players points. Bag Toss 2 is our exciting variation of this old traditional game. The slot, which is worth 5pts, is the only difference between our Bag Toss 2 and the traditional Cornhole game.

Basic Game: Play Cornhole can be played in two formats: singles or doubles. In singles, the two players stand on either side of the board and aim their toss to the same board. A round is complete when each player has thrown 4 bags, taking turns after every bag. Once all 8 bags have been thrown, the players walk to the other board and tally their scores. During doubles play, partners stand directly across from one another and compete against their opponent. Whichever player or team scores the most points in one round is the first player or team to throw in the next round.

The playing field has two boards separated by 27 feet from front edge to front edge. The front edge of the board is the foul line.

Earning Points: To earn points, you must outscore your opponent for the round. The difference in score is your earned points. Points are scored by throwing the bag:

- On the board - 1pt
- In the hole - 3pts
- In the slot - 5pts

A player or team that scores at least 21pts by the completion of a round is the winner.

Additional Rules: Lanes – Players pick a lane (one side of the board or the other) and must stick to that lane during the game. If both players want the same lane, then the players will flip a coin or spin a bag to decide.

Throwing First – Easiest way to determine who throws first is to spin the bag. One player spins the bag so that it lands on the board. The seam of the bag or a marking pointing to a player will give that player honors. The player that scores first in a round goes first for the next round.

Dead Bags - Any bag that touches the ground is not worth any points. When a bag hits the ground, but rolls onto a board, that bag does not earn any points and can be removed.

Set and Match - A set is the best of three games. A match is the best of any number of sets (generally 3, 5 or 7).

## 2018-2019

### Soroptimist Offers Scholarships (SOS) and Donations

**Idelle Claypool**

#### Board Action Items –

1. Moved, seconded and unanimously approved that the directions to the Scholarship committee be changed to solicit scholarship applications only from females, in keeping with our mission to serve women and girls.
2. Moved, seconded and unanimously approved that the directions to the Project Selection committee to change to request the County to provide only names of girls and women for Gifts at Christmas and Valentine baskets, in keeping with our mission to serve women and girls.



**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

### October Soroptimists!



### Happy Birthday

Idelle Claypool

Maggie Bender-Johnson

October 2

October 10

# SIS Program Schedule for 2018-2019

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

**Meetings: 1<sup>st</sup> and 3<sup>rd</sup> Friday from 11:30-12:45**

**Socials: Planned by Hospitality Committee**

## Tentative Agenda

October 5, 2018	Speaker + Business agenda	Elizabeth	confirmed	Monika Howard, Childhood Trauma and Treatment Options, School Psychologist
October 19, 2018	Meeting w/ Speaker	Elizabeth	confirmed	Dr. Terry Smith, Thai-Burma Refugee Metta Catana clinic
November 2, 2018	Speaker + Business agenda (Marriott)	Donna	confirmed	Joan Werblum, Sacramento Coalition for Chronic Care
November 16, 2018	Meeting w/ Speaker (Marriott)	Dawn	to be confirmed	Hold for FBI
December 7, 2018	Speaker + Business agenda	Dawn	confirmed	Women Veteran's Issues, Jackie Kirkwood, Women's Veterans Alliance, jackieusmc75@gmail.com 916-698-5022 AND Jade Smith, Sac Veteran's Resource Ctr, 916-393-8387, jsmith@vetsresource.org
December 14, 2018	Meeting w/ Speaker	TBD	TBD	Open - Possible topics: "Teen Violence" or CSUS Professor on Environment or UCD MIND on Autism/Neuro Research
<b>December 21, 2018</b>				<b>No Meeting</b>
January 4, 2019	Speaker + Business agenda	Karen Smith, Project Selection	to be confirmed	Grant Awarded Recipients ** Karen wants to switch for a date later in the year
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
<b>April 19, 2019</b>				<b>No Meeting</b>
May 3, 2019	Speaker + Business agenda	Maggie	to be confirmed	Speaker TBD, Chocolate Fish Coffee Roaster or ** Karen Smith - Grant Recipients
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	



Wendy Haydon  
Werner

Birth: Sept. 9

Wendy Haydon 2017

Home: Jakob-Steffan-Strasse 14  
Mainz, Germany 55122  
email: whaydon@sbioglobal.net  
phone: 049-06131-381423

Mail Address: (or use home address--requires  
international postage)

PO Box  
CMR#67 Box 2285  
APO AE 09096

Year join: 2009-2014, 2017 to current Active  
Member # 422553

Interests: Travel, reading, sewing, hiking, working  
out, dancing, music, volunteer

2018-2019 Concert Series *"... and the heart replies"*

# Life, Love and Legend



Halcyon Transfigured – Sochinski

Salvation Is Created – Tschesnokoff

... and more, by wind band icons Jack Stamp,  
Clifton Williams, Tim Mahr, Mark Camphouse!

Sunday, October 14, 2018 – 2:30 pm

\*\* Doors open 2:00 pm \*\*

**Center for the Arts, Rio Americano High School**

General Admission \$15 4540 American River Dr, Sacramento

Student (11-17), Sr (65+) \$10 [www.sacwinds.org](http://www.sacwinds.org) for map

Tickets at the door - Free parking - Info: (916) 489-2576





My Sister's House saves the lives of women and children affected by domestic violence, sexual assault, and human trafficking.  
24/7 Multilingual Help Line: 916-428-3271

IT'S THE YEAR OF THE DOG.  
BRING YOUR DOG!!!

#IWUFFMYSISTERSHOUSE



- TEAM REGISTRATION DISCOUNT
- BEST RACE BREAKFAST TREATS
- COSTUME CONTEST
- FAMILY FUN

## My Sister's House

5k Walk/Run • Kids ½ Mile Race

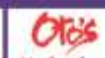
**Saturday, October 27, 2018 • William Land Park**  
Registration 8am • Kids ½ Mile Run 8:30am • Run 9am

More info and registration: [www.runforasafehaven.com](http://www.runforasafehaven.com)

#IWuffMySistersHouse Join our online community: [f](#) [t](#) [@](#)



The Woo's!  
Dorel, Nancy, Alyson and Marie!





SOROPTIMIST INTERNATIONAL OF SACRAMENTO NORTH

## BUNCO PARTY

SATURDAY, **October 13, 2018**

9:30 A.M. – 2:30 P.M.

\$25/PERSON

at

WELLSPRING WOMEN'S CENTER

3414 4TH AVENUE

SACRAMENTO ,CA

There will be light refreshments and coffee in the morning from Starbucks. Lunch of homemade soups will be provided

Great raffle prizes - tickets 6 for \$5.00.

If you've never played Bunco before, we will teach you. It's easy and fun, plus you spend time with friends old and new. Don't forget to bring prospective members to join in the fun!

Make your **reservations** today! Checks should be made to **SISN** **you may also pay at the front door**

Contact person Kathy Scheidegger at: [kdshy1@comcast.net](mailto:kdshy1@comcast.net) Phone#452-1312 or cell 709-9453

# JOIN US FOR A FUN TIME