



Soroptimist International Sacramento Newsletter September 2018

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President's Corner

Submitted by President Sarah Lee



It is with great pleasure that I pen my first President's Corner for our SIS newsletter! I am excited to welcome the official beginning of our

2018/2019 year and feel compelled to recognize the work that has already gone into making this year a success. The summer months are labeled as dark, but truly they never are. Some of the things our club does while we are "dark", including but not limited to:

- Our Board met over the summer and had a very fruitful planning retreat.
- We had several members attend the July SNR Development Retreat in Reno.
- A few of our committees have already held their first meetings.
- We published a Summer Newsletter.
- The Edible Gardens fundraiser was organized almost entirely over the summer months.
- We had our summer luncheon in August with 32 members in attendance where our members donated school backpacks to the Sacramento Children's Home.
- Members met to continue the work of sewing dresses for the Dress A Girl Around the World project.
- I had the distinct honor of representing our club in Japan at the SIA Biennial Conference.

I am so proud and so impressed with the serving hearts of SIS members that work even when they rest. As I reflect on this list, I see our club's engagement on the local, regional and international levels. I see our role in fundraising within our community and giving back to that community. I see our commitment to our own continuing education and educating others about the Soroptimist mission. I see our love for the mission we work to support: *Improving the lives of women and girls through programs leading to social and economic empowerment.* And when you love your work, it's not really work, is it?

So, let's roll up our sleeves and join in. Our summer activity has created great momentum as we begin our

year, let's keep it going! **Leaving a Legacy of Love** will happen one committee meeting at a time. In Gratitude,

President Sarah Lee

Thanks to our CEO Partner!



Debbie Arrington – Speaker for September 7
“Pretty and Tasty, Too: Trends in Edible Ornamental Gardening”



An award-winning journalist and lifelong gardener, Debbie is one of Sacramento's best known gardening experts. As the Sacramento Bee's home and garden writer, she covered those subjects extensively for almost 10 years as well as entertainment, food, sports and other topics. The Garden Writers Association just announced that Debbie won its national 2018 Silver Award for best newspaper article and its 2018 Gold Award -- its top national honor -- as best newspaper garden writer. She also won the 2015 GWA Silver Award for best newspaper garden column.

Before becoming a garden columnist in October 2008, she covered a wide range of sports for The Bee from big wave surfing and horse racing to women's basketball and NASCAR. She continues to write about several sports and is currently working on a book with her father, Jim Arrington, the world's oldest professional bodybuilder.

A Southern California native, Debbie worked for the Long Beach Press-Telegram and its sister Knight-Ridder newspapers for 20 years before moving to Sacramento in 1999. A longtime member of the Sacramento Rose Society, she is a consulting rosarian and has won numerous awards for her roses. She still gardens at both ends of the state.

In June, Debbie launched a new blog and gardening website for the Sacramento gardening community: SacDigsGardening. Find it on Facebook under "Sacramento Digs Gardening," then follow the links.

Dan Walters – Speaker for September 21 “Voter Information”

By Nancy Wolford-Landers



Dan Walters has been a journalist for nearly 60 years, spending all but a few of those years working for California newspapers. At one point in his career, at age 22, he was the nation’s youngest daily newspaper editor.

He joined The Sacramento Union’s Capitol bureau in 1975, just as Jerry Brown began his governorship, and later became the Union’s Capitol bureau chief. In 1981, Mr. Walters began writing the state’s only daily newspaper column devoted to California political, economic and social events. In 1984, he and the column moved to The Sacramento Bee, and in 2017 to CALmatters.org, a nonprofit news organization specializing in California issues. He has written more than 9,000 articles and his column appears in dozens of California newspapers, as well as those in other states.

Mr. Walters has written about California and its politics for a number of other publications, including The Wall Street Journal, and in 1986, his book, “The New California: Facing the 21st Century,” was published in its first edition. The book later underwent revisions and became a widely used college textbook about socioeconomic and political trends in the state. He is also the founding editor of the “California Political Almanac” and the co-author of “The Third House: Lobbyists, Money and Power in Sacramento,” published by the University of California. Mr. Walters frequently appears on CNN, Fox, and

other networks, commenting about political developments in California.

Membership Changes

By Membership Committee

Soroptimist International of Sacramento is growing!!! We already have new members lined up to join our club at the October 5th meeting, and we have plans for more new members to join later this year. If you know any ladies who might be interested in membership, please let the membership committee know and we will contact them. Or, better yet, invite them to a meeting as the club’s guest for lunch.

This will be a fun year for Soroptimist members. We plan to give out prizes for winning raffles for wearing your pin, and for bonding with your “buddy”. We will have contests – how about writing the best 1 minute “elevator speech”?

We will help shorten the business meeting by having an article about S.O.L.T. in the monthly newsletter instead of at the business meeting.

We will get better acquainted with each other this year, and hopefully, expand our opportunities for involvement. We will award Certificates for years of Service in Soroptimists. We will feature Newsletter articles about each new member, (and maybe a few long-time members). We will keep track of those members who miss meetings and check in with them.

We will expand our outreach by forming the “Friends of S.I.S.”. Former members who are no longer able to continue their membership, and newer potential members who are not quite ready for club membership, will be asked to join. They will receive our Newsletters and other club notices; and, will be asked to help out by volunteering at fundraisers and other Soroptimist events. That way we stay in touch with them and they with us, and we expand our club’s sphere.

All members, old and new, are important to us. We want to nurture our current members and encourage our new members, so we can continue to grow our club into the energetic and productive service club that we all want Soroptimist International of Sacramento to be.

Have a Chance to Win A Prize Wear Your Name Badge

By the Membership Committee

Everyone likes a chance to win prizes. Right???? Soroptimists are no different, in fact, maybe they **especially** like to win prizes. So, the membership committee is giving all members the opportunity to win a prize at each meeting.

Every time you wear your name badge to a meeting, you will receive a raffle ticket. At the end of the meeting, the winning ticket will be drawn and that lucky Soroptimist will win a prize.

We already have some new members lined up to join our club this year, and we want them to get acquainted with all of us as quickly and easily as possible. Wearing your name badge insures that everyone will know who you are, and you will know who they are. What a simple way to make sure we are all acquainted!

If you have lost your name badge or need a new one with a magnetic back, please let the membership committee know, and we will order you a new one. The price is \$20.00 incl. tax.

At the first meeting of the year on September 7th, let's see every member wearing their name badge.

S.O.L.T ... Soroptimist Orientation & Leadership Training

Submitted by Membership Committee

Our Club

I Soroptimist has something for every woman

A We are a world-wide federation of service clubs for women who share our mission. We have thousands of members in over 30 countries.

B. Mission is to improve lives of women & children (girls) in local communities and throughout the world, through programs which lead to education, and social and economic empowerment. **So we have an impact both locally and globally.**

II First time in history, there are four different generations in the workplace at once. Soroptimists realize this and are committed to offer pertinent and meaningful opportunities for community service to each different generation.

A. Silent generation born between 1925 and 1941. Grew up during World War II and generally exhibits a concern for the plight of others, they tend to be cautious as a generation, and best communication with them is through face-to-face contact.

B. Baby Boomer generation born between 1942 and 1964. They are known as the generation who questioned authority. They value creativity, they search to "break the mold", they enjoy networking events and they believe that Soroptimists are women at their best, helping other women to be their best.

C. Generation X, born between 1965 and 1981. This generation is very independent, they are determined to be involved, responsible and in control. They are risk takers and problem solvers. They are very E friendly and engage in a variety of online media.

D. Millennials/ Generation Y, born between 1982 and 2000. They will be the future of SIA. Because of growing up with the internet, they are over stimulated and easily bored. They realize they will change jobs often. Titles don't mean much to them, but they are goal oriented and like the silent generation, they are team players.

We, as Soroptimists, can offer something to each of these generations and we want to work

diligently to attract women in each of these generations. **We believe we get our strength from this diversity.**

We are the oldest club in the area, started in 1923, fourth oldest surviving club in the world. So, we have ladies from all age groups, ethnicities and professions. This diversity makes us stronger and more productive, and we have more fun!!!!.

III. Our Projects

A. Live Your Dream Award– Single Head of Household women reentering the work force

B. Dream It, Be It – High school girls career and self-development program

C. Soroptimists Stop trafficking – raises awareness about human trafficking, seeks to encourage citizens, law makers and service providers to focus on this global problem.

D. Scholarship Awards 6 - \$1,000 local colleges & universities

E. Major community Project(s) Chosen each year

F. Random Acts of kindness Hoodies, School supplies, Christmas gifts, Valentine Baskets, (individual participation)

G. Campaign to end Domestic Violence.

H. Money Matters - teaches individual financial responsibility

IV. Fund Raising Efforts.

A. See's candy store at Christmas

B. Crab Feed

C. Edible Garden Tour

We realize that even as we are all of different generations, have differing amounts of time and resources we can spend, we can all contribute in our own way because everyone is in our club for the same reason, to improve the lives of women and children, especially girls.

rumbling along for me just as it does for our more motivated sisters.

Aunt Bonnie Wanders through the Wasteland of Her Mind

Submitted by Bonnie Coleman

I've noticed a slight nip in the air these recent mornings, have you? Does it make you want to head to the kitchen and rustle up some nice piping hot gingerbread? Me neither. I rarely have a yen to rustle up anything in the kitchen to tell you the truth. I can't recall the last time I hustled my bustle to the old cook stove to rustle up anything more complicated than a glass of chardonnay. Been there, done that, then cleaned up the kitchen, and annotated the cookbook. And yet, life goes



If I thought you would believe me I would claim to be prevented by another travel mishap. It certainly happens to me often enough. There was the damp and mold at the yurt which stayed with me for a month, the wedding I attended in Canada while my underwear barely made it out of Denver; the tussle with TSA at John Wayne Airport for leaving my drivers' license at home (in my defense I hadn't planned to drive the plane); and the sheep/fox (or me)/liver fluke just for some recent examples. This trip I missed the light switch in my cousin's guest bedroom, spun around in the dark, caught my toe in the rug and hurtled through the dark to face-plant on the floor, cracking 3 molars and giving me a possible concussion. That resulted in a nearly 2 hour appointment to pull a wisdom tooth that was scheduled for 15 minutes. I still hurt almost everywhere. I've been home a month now and I



still can't find a comfortable position vertical or horizontal.

I'm considering grounding myself for my own good. I tend to attract the stupid, the weird and the just plain inexplicable facets of traveling. Maybe I should take up baking. If I don't burn the place down I'll have something to show for my efforts. And who doesn't like gingerbread.

Announcement

Submitted by Nilda

Are you interested in helping make a direct difference with young at-risk high school women?

If you would like to be part of the Dream It Be It Committee, we are meeting this Friday after club's meeting.

You should attend:

- 1) If you are interested in helping change lives.
 - 2) Are free, Thursdays 10 - 12 and get to SAVA (off Power Inn and Fruitridge)
- (Note - you don't have to go every week but at least some of the dates.)

Dream It, Be It -- reflects a special curriculum designed for Soroptimists. There is some flexibility of lesson plan but it does have some great ideas.

Please feel free to call or email me if you have questions. Otherwise look forward to seeing you Friday!

EScript

We are attaching the latest information on how to raise Money for our Soroptimist Club through shopping at selected stores. You can now register for the Script by texting. See below for information.

This is a very easy and painless way for our club to raise money. You are going to be shopping anyway, why not earn our club some money as well.

Thank you so much for your cooperation and participation.
Nancy, Fund Development committee member



Register with eScrip to earn every time you shop with these merchants:

Merchant	Keyword
eScrip Dining.....	dining
FoodMaxx.....	foodmaxx
Lucky.....	lucky
Mar-Val & Gene's Market.....	marval
New Frontiers Natural Foods.....	natural
O'Brien's Market.....	obrien
Sacramento Natural Foods.....	sac
Save Mart.....	savemart
SPD Markets.....	spd
Twain Harte Market.....	twain
Sierra Hills & Angels Food Market.....	sierra



Open a new text message and address it to 52236, then text the keyword for any merchant you like.



escrip.com

New Members

Submitted by Nancy Wolford-Landers

Kelly Ryan

4064 McKinley Blvd., #13
Sacramento, CA 95819
(303) 915-5000 Cell
kellyryantv@yahoo.com
CBS News Reporter

Phyllis M. Johnson

5422 Ingleside Way
El Dorado Hills, CA 95762
(916) 724-9100 Cell
Phyllis M. Johnson Insurance Agency
Owner
(916) 288-9090
Phyllism.johnson@allstate.com

Edible Gardens Tour

Submitted by Lisa Bartoe

The SIS **Edible Gardens Tour** (EGT) is just over a month away, and we need your help promoting the event! Posters and post cards are available by contacting Susann Hadler at susannhadler@yahoo.com, and in addition to other media coverage, email and print advertising, we also have a **Facebook** event and ad campaign running. If you are on Facebook, we need you to LIKE, SHARE and INVITE! Here's how:

- Visit our **Facebook** page at <https://www.facebook.com/SacSoroptimist>
- If you haven't already, click the button at the top to **Like** and follow our page.
- Click **Events** on the left.
- Click **Edible Gardens Tour 2018** in the middle of the page.
- Do any or all of the following!
- If you can't go or you're not sure yet, click the **Interested** button.
- If you are definitely going, click the **Going** button.
- To share the event, hover your mouse over the **Share** button, click **Share as Post**, add a message for your Facebook friends at the top, and then click the **Post** button.

- To invite your friends, hover your mouse over the **Share** button, then click **Invite Friends**, click **Select All** to invite all your Facebook friends OR click each person individually, and then click the **Send Invites** button.





**SOROPTIMIST INTERNATIONAL OF
SACRAMENTO EDIBLE GARDEN TOUR
SEPTEMBER 8, 2018
“MUSIC IN OUR GARDEN”**

Submitted by: Georgia B. Presnell

Soroptimist International of Sacramento’s EDIBLE GARDEN TOUR, under the chairmanship of Susann Hadler and Cathy Diepenbrock, is one of most successful charitable fund raising events promoted by our club. We want to give a special thanks to all of the members who have devoted many hours of service to this event to ensure its success.

Once again this year our Club has also been very fortunate to have a musical relationship with the SACRAMENTO SYMPHONICE WINDS. The professional musicians who have graciously volunteered this year will be providing music to each of our tour homes. There will be an ensemble at each home starting at 10:00 a.m. and intermittently at each home thereafter until the closing of our charitable event at 4:00 p.m.

I had the pleasure of meeting some of the musicians again when I joined them for a short period of time when they were rehearsing. These professional musicians are dedicated to their music and the perfection of their concert presentations.

This picture was taken at their rehearsal and if you recognize any of them on the day of our event, be sure to acknowledged them with a great Soroptimist “HELLO, so happy you could join us today”.

SACRAMENTO SYMPHONICE WINDS

Reading from left to right:

BACK ROW: Irene Warchauer, flute, Marilyn Thompson , clarinet, Kari Zimney, flute, Suzy Allen, clarinet, Sue Geddes, flute, Carol Kouklis, percussion/keyboard, Dave Katz, tuba, Tim Smith, French horn and Music Director, John Doolittle, clarinet/keyboard, Richard Bidlike, Clarinet.

MIDDLE ROW: Jeannie Brown (yellow blouse) flute, Charles Jensen, Clarinet, Marilyn Camarena, Clarinet, George Preston, Euphonium, Bill Hocking, trumpet.

SEATED IN FRONT ROW: Carrie Moore, clarinet, Bud Lange, trumpet, Marjorie Lehr, bass clarinet/Chairman, Membership committee/ Member, Publicity Committee and music coordinator with Georgia Presnell, S.I.S. Docent, for “Music In Our Gardens”.



Why We Our Members

You BELIEVE and TRUST in women's potential—
Soroptimist's *Live Your Dream Awards* enable an empowered woman to make her own financial decisions.



We are FOCUSED—
Our organization is creating collective impact for the specific social change of economically empowering women and girls who have faced obstacles.



You are CREATING IMPACT—Since the *Live Your Dream Awards* program began in 1972, over \$30 million in education grants have been disbursed to assist tens of thousands of women achieve their dreams. 82% report an increased standard of living for themselves and their dependents! To date, over 20,000 girls have participated in *Dream It, Be It*. 90% feel more confident about their future success!



You are fostering the RIPPLE EFFECT—For every woman to whom SIA grants a *Live Your Dream Award* there is a profound change made within herself, in her family, and her entire community. 97% of award recipients serve as a role model for their dependents!



You are INFLUENCERS and aligned with the United Nations—The UN Secretary-General António Guterres states, "Women's economic empowerment is at the heart of the 2030 Agenda." It is Soroptimist's dream as well.



Thank You!

Volunteer Week!

2018-2019



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

Board Action Items –

1. Approval of 2 new membership applications from: Kelly Ryan and Phyllis M. Johnson
2. Approval of a new membership application form.
3. Approval of the concept of forming a group of "Friends of S.I.S.". Women who have an interest in keeping informed of the clubs' activities and a willingness to help out on occasion, but who cannot commit to membership.

September Soroptimists!



Happy Birthday

Wendy Haydon	September 9
Venita Sivamani	September 9
Mary Kobane	September 22

**SIS Program Schedule for
2018-2019**

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

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

Socials: Planned by Hospitality Committee

Tentative Agenda

September 7, 2018	Speaker + Business agenda	Susann Hadler/Elizabeth	confirmed	Debbie Arrington, Journalist & Blogger
September 21, 2018	Meeting w/ Speaker	Nancy/Idelle	confirmed	Dan Walters, Voter Information-A review of what's on the ballot
October 5, 2018	Speaker + Business agenda (Marriott)	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	<i>Open - Possible topics: "Teen Violence" or CSUS Professor on Environment or UCD MIND on Autism/Neuro Research</i>
December 21, 2018				No Meeting
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
April 19, 2019				No Meeting
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/ Cttee 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 Cttee	to be confirmed	



Edible Gardens Tour 2018

Date: *Sep-08-2018*

TICKETS: \$20 in Advance / \$25 Day of Event

TOUR 6 AMAZING GARDENS & SUPPORT A GREAT CAUSE!

Benefiting **Saint John's Program for Real Change** & **Roberts Family Development Center**

Enjoy entertainment in the gardens provided by **Sacramento Symphonic Winds** and have a chance to talk with **UC Master Gardeners**.

Purchase tickets online, or on the day of the event at **Garden #1** (1308 43rd Street,

Sacramento CA 95819).

The following locations will also have tickets available for purchase after August 1:

East Sacramento Hardware

Fair Oaks Boulevard Nursery

Green Acres Nursery and Supply

The Plant Foundry

Talini's Garden Center & Nursery

4800 Folsom Blvd., Sacramento

4681 Fair Oaks Blvd., Sacramento

8501 Jackson Road, Sacramento

3500 Broadway, Sacramento

5601 Folsom Blvd., Sacramento

Event Sponsor Information

For information about sponsorships and advertising opportunities, please contact Susann Hadler (916) 455-2228 susannhadler@yahoo.com, or Cathy Diepenbrock (415) 377-0980 diepenbrocks@gmail.com

SAVE THE DATE FOR

high tea

SATURDAY
SEPTEMBER 29, 2018
11AM - 1PM

Chinese Community Church
5600 Gilgunn Way
Sacramento, CA 95822

\$35 if Payment Received by 9/18
\$45 if Payment Received After 9/18

To reserve your ticket, go to
my-sisters-house.org

For Event Registration & Info, contact
info@my-sisters-house.org

A safe haven for Asian Pacific Islander Women and Children
My Sister's House



SOROPTIMIST

Best for Women



**SOROPTIMIST INTERNATIONAL OF THE AMERICAS
SIERRA NEVADA REGION**

**OFFICIAL CALL TO DISTRICT 3 FALL MEETING
September 29, 2018
Hosted by Soroptimist International of Metropolitan Sacramento**

- TO:** District 3 Club Presidents, Officers and Members
Sierra Nevada Region Governor, Board Members, Committee Chairs & Coordinators
Sierra Nevada Region Federation Chairs
Sierra Nevada Region Past Governors
- FROM:** Tracey Edwards, District 3 Director
- WHEN:** Saturday, September 29, 2018 from 8:30 am to 2:30 pm
- WHERE:** Courtyard by Marriott Midtown
4422 Y Street, Sacramento, California, 95816
- COSTS:** Registration Fee is \$37 includes continental breakfast and lunch. Payment for registration is to be payable to SI Metropolitan Sacramento. Please use the attached registration form. Late fee of \$15 for all registrations received after September 20, 2018. Also attached is the registration form for Sales Tables. Questions, please contact Deborah Braver, of SI Metropolitan Sacramento at deborahbraver@earthlink.net or Karen Edgren at kedgren2@yahoo.com.
- FOCUS:** Shoes 4 Sacramento (S4S) – Region Project
- S4S gives shoes to women’s shelters and programs (including St John’s Shelter and Women’s Empowerment), Girl Scouts, numerous school clothing closets, and to homeless groups. We are asking for donations of the following:
- 1) Usable Shoes for girls, boys, women and men.

Please consider coming to this meeting with ideas and information resulting in details to immediately implement programs as a District instead of each club being overtaxed in developing and implementing its own project. What a vision!

