

Soroptimist International Sacramento Newsletter May 2019

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President's Corner

Submitted by President Sarah Lee

I pen this President's Corner from the beautiful beaches of Nevis, West Indies. I'm blessed by my company with a top performer award trip (I think



this counts as an SOS!) and Mark and I are enjoying some much needed time away together.

I'm always interested and invested in the lives of women of girls wherever I travel. I learned that in Nevis, women have been strongly supported by the SKNLP (St. Kitts-

Nevis Labour Party) whose motto is: For the good we can do". They fought for women's right to vote and their right to a free secondary education which allowed them to pursue studies in the sciences which opened doors to medical careers for women. The SKNLP has also strongly promoted women in

leadership. Nevis had already had two female Speakers of the House before the United States had their first female speaker in Nancy Pelosi.



I love these reminders that the effort to improve the lives of women and girls is not exclusive to Soroptimist International and is truly a global effort. As we support the work of Soroptimists, I hope we also encourage and spread the word about all the other great works happen with the ultimate goal of improving the lives of women and girls!

In Gratitude, Sarah Lee

S.O.L.T.

Article by Membership Committee

Soroptimist Alphabet Soup Soroptimist Abbreviations and Key Names

Dream Programs from S.I.A. Live Your Dream - For women who are heads of household who are getting education to improve their economic situation

Dream It, Be It (DIBI) - A Self-improvement training program for high school girls for career preparation and self-esteem building.

Laurel Society Federation Planned Giving – different levels at \$1,000 increments

S.I. Soroptimist International

International President is Mariet Verhof-Cohen from the Netherlands

S.I. Meetings Are held every two years and are called Conventions

S.I.A. Soroptimist International of the Americas (our Federation, 1 of 4)

S.I.A. President is Elizabeth Di Geronimo from Venezuela

S.I.A. President Elect is Tina Mei-Kang Pan from Taiwan

S.I.A. Meetings Are held every year and are called Conventions

S.N.R. Sierra Nevada Region (Our Region) – 60 clubs in 6 districts

Region Governor is Lane Parks from S.I. Citrus Heights

Region Governor Elect is Sarah Carrasco

SNR Meetings Are held once a year in April, and are called Region Conferences

District 3 Our club is a member of District 3 – 10 clubs

District Director is Tracey Edwards from S.I. Elk Grove

District Meetings Are held once a year, in the Fall and are called meetings

S.D.R. Soroptimist Development Retreat is held once a year by SNR in Reno in July. (All members are welcome to attend)

S.O.L.T. Soroptimist Orientation and Leadership Training (That is what this committee is attempting to do.)

Remember all this – there may be a test!!!!



Aunt Bonnie on Physical Therapy

By Bonnie Coleman

"A must read for anyone who has ever had PT".

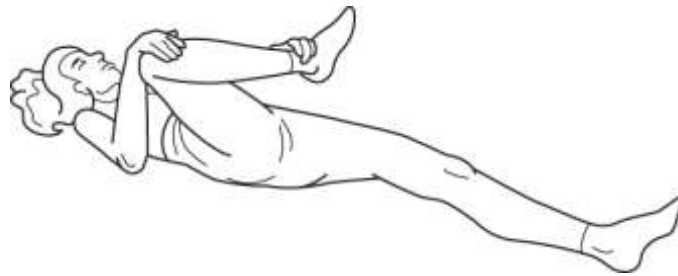
Life is a series of moments and milestones: first tooth, learning not to bite oneself or others, learning to walk, falling and skinning one's knees, getting a car, getting a ticket. On it goes as we navigate life. It really is just one darn thing after another, often in reciprocal pairs like learning a skill and learning the consequences of practicing that skill. I seem to be in one of those reciprocal cycles although I'm not sure what the causal event was, unless it was simply to be doing whatever it was for a long, long time. In short, I am learning the joys of physical therapy, or PT to those in the know.

I have never demanded that my body be all, or even most, of what it could be and it mostly met my reasonably low standards with few complaints. However, I just finally got an Owie that won't go away. My reliable little collection of bones and muscles has finally refused to cooperate anymore. I began with amazement and denial but my body continued to respond with a consistent "Nooo. Don't wanna. I'm gonna hurt you until we stop." So here we are, in Physical Therapy.

I am surprised and relieved to say it is not tough. It's even kind of fun: the people are nice and the homework is time-consuming but not difficult. They give us little picture cards to remind us what they want us to do 15 times a session, 3 sessions a day so thinking is kept to a minimum. The only problem there is that I forget to count - I take this no-thinking-thing perhaps farther than I should.

A couple of times a week we clients go in to see our therapy staff and show off our progress. If we dress

up in little logo t-shirts with the name of their business on them, it get us a chance to win a prize! I don't know what it is because I haven't won yet but I'm sure I'll be delighted when I win. Lots of cheery, fit people bringing us little cups of water and proposing we do easily mastered physical chores that anyone could do (except counting; I still can't count - my mind is too busy doing other things) and maybe balancing; I have a tendency to list a bit the right. But "a man's reach should exceed his grasp or what's a heaven for?" (Browning, Robert, a favorite of mine).



We learn lots of little skills we used to take for granted and for which the

staff members are wonderfully supportive. Presumably we reach our goals at some time and graduate. And then there's that prize to look forward to (see para 2 re: logo t-shirts, above). If this seems to you like pre-school, I can only say I wish I had gone when I was age-appropriate but this is the next best thing. I have totally mastered my Long Arc Quads and Straight Leg Raises and perhaps someday I'll bend my knees again without wincing. So there!

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!



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.

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

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) The Operating and Service Budgets for the 2019-2020 club year were approved by the board. They will be presented at the Business meeting and posted in the newsletter and then voted on at the June Business meeting.
- 2) The membership application of Yoli Manzo was approved by the Board.

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

May Soroptimists!



Happy Birthday
Rose Coleman
Dawn Cornelius

May 5
May 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

May 3, 2019	Speaker + Business agenda	Elizabeth	confirmed	Lisa Loker, LCSW, Eating Disorders
May 17, 2019	Meeting w/ Speaker	Donna K.	confirmed	Joan Werblum, Sacto. Coalition of Chronic Care
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	Lunch, 12-2 pm, Old Spaghetti Factory, 1625 Watt Ave. <i>Invitation to follow</i>

Women's Golf Day 2019

Tuesday, June 4th

1:00pm - 5:00pm

El Macero Country Club

44571 Clubhouse Drive

El Macero, CA



Women's Golf Day is a four hour experience where women and girls can experience golf for the first time or where current players can play and engage with other women interested in the sport. There will be teaching lessons provided by our pros from the golf shop on putting, chipping, driving and hitting out of bunkers.

On top of that, refreshments will be provided at the end of the event, so plan your schedules to include an extra hour or so!

Please RSVP by May 30th to:

Mary Kobane: mary.kobane@wfadvisors.com

Cell #916-213-2229

Work #916-491-6334

My Sister's House **EMPOWERMENT** *18th Anniversary*

Monday • May 13, 2019

Crest Theater

VIP Doors • 4:30pm
General Admission • 5:30pm
Show Time • 6:00pm

Gala

Local Artists, Celebrities, & Community Leaders



My Sister's House

- Music
- Comedy
- Dance
- Live & Silent Auction

Purchase Pre-Sale Tickets at
www.my-sisters-house.org

\$30 • General Admission
\$35 • General Admission (After May 1st)
\$100 • VIP Admission



My Sister's House

Serving Asian and Pacific Islander and other underserved women and children impacted by domestic violence, sexual assault, and human trafficking by providing culturally appropriate and responsive safe haven, job training and community services. 24-hour Multilingual Helpline: 916-428-3271

Soroptimist International of Sacramento
Proposed Operating Budget
2019-20

Income	
Dues	
Active Members	7,820.00
Life Members	288.00
New Members	1,050.00
Total Dues	<u>9,158.00</u>
Other Revenues	
Attendance and hospitality	420.00
Mixer receipts	800.00
Weekly Luncheon Income	10,700.00
Summer Luncheon	600.00
Total Other Revenues	<u>12,520.00</u>
Investment	
Interest Short term CD	
Total Income	<u>21,678.00</u>
Expense	
District, Regional & Federation Expense	
District Meetings	
SNR Development Retreat	1,800.00
SNR Conference	2,400.00
SIA Biennial Convention	2,500.00
Total Dist, Regional & Federation Expense	<u>6,700.00</u>
Dues Expenses	
Federation Dues	4,724.88
Regional Dues	1,375.00
Total Dues Expenses	<u>6,099.88</u>
Committee Expenses	
Public Relations	150.00
Roster Expenses	250.00
Attendance & Hospitality	420.00
Membership	500.00
Mixer expenses	800.00
Total Committee Expenses	<u>2,120.00</u>
Officers' Expenses	
President	200.00
Treasurer	330.00
Corresponding Secretary	100.00
Total Officers' Expenses	<u>630.00</u>
Program Expenses	
SIS of the Year	100.00
Programs - Speaker Gifts	200.00
Programs - Speaker Lunch	341.40
Total Program Expenses	<u>641.40</u>
Other Expenses	
Weekly Luncheon expense	9,132.45
Summer Luncheon	600.00
Office expense	200.00
Taxes & Licenses	100.00
Installation	500.00
Storage	1,200.00
Total Other Expenses	<u>11,732.45</u>
Other Operating Expenses	
Account expenses	
Credit card charges	500.00
Total Other Operating Expenses	<u>500.00</u>
Total Expense	<u>28,423.73</u>
Net Income	<u>\$ (6,745.73)</u>

**Soroptimist International of Sacramento
Proposed Service Budget
2019-20**

Income	
Investments interest	
Interest-Savings, Short-term CD	1,000.00
Total Investment interest	<u>1,000.00</u>
Contributions	
President's Appeal	200.00
Scholarship donations/memorials	1,000.00
Total Contributions	<u>1,200.00</u>
Fundraising Income	
See's Candy	12,000.00
Crab Feed	20,000.00
Total Fundraising Income	<u>32,000.00</u>
Miscellaneous Income	
Operating Interest	1,000.00
Total Miscellaneous Income	<u>1,000.00</u>
Total Income	<u>35,200.00</u>
Expense	
Other Service Expenses	
Fund Development technology	750.00
Insurance	600.00
Website	8,400.00
Credit Card discount	300.00
Money Matters Program	100.00
Random Acts of Kindness	1,000.00
Dream it, Be it Program	2,000.00
Live Your Dream	200.00
Scholarship Expenses	750.00
Total Other Service Expenses	<u>14,100.00</u>
Scholarships/ Awards	
O'Brien Scholarship	3,000.00
Stone Scholarship	5,000.00
Chin Scholarship	18,000.00
General Scholarships	1,000.00
Dream it, Be it Scholarship	1,000.00
Live Your Dream Awards	6,000.00
Total Scholarships/ Awards	<u>34,000.00</u>
Contributions/Grants	
International Goodwill	1,100.00
Christmas Contribution - Shriners	200.00
Laurel Award	1,000.00
Sponsorship grant	2,000.00
Major Service Project	20,000.00
Blanche Edgar/Shirley Godfrey	10,000.00
SNR Regional Donation	1,000.00
SI President's Appeal	1,200.00
SIA Foundation	2,000.00
Total Contributions/ Grants	<u>38,500.00</u>
Total Expenses	<u>86,600.00</u>
Net income before release of assets	-51,400.00
Release of assets	36,000.00
Net income	<u><u>\$ (15,400.00)</u></u>