



Soroptimist International Sacramento Newsletter February 2021

SIS Mission: *To provide women and girls with access to the education and training they need to achieve economic empowerment.*

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President's Corner Jennifer Willis

February is Black History month. I found an interesting list of African American inventors and scientists in Wikipedia at <https://rb.gy/vn2bxx>.

My parents were my most important African American role models, and, with my recent move, I was reminded of the struggle my parents must have experienced during the 1950's, 60's and 70's. One decision to live and raise their five children in the best neighborhood they could possibly afford (location, location...).

In mid-1969, they were seeking their second home and they were blessed to find a white realtor who did not follow the redlining practice of only showing them houses in black neighborhoods, but he showed them houses based on what they could afford. They made an offer on a home in Carmichael. We later learned from neighbors to not sell to my parents, the previous owners did sell that home to them. And my parents successfully turned opinions around by being good neighbors and upgrading the property with a landscape makeover and new paint (which two other families on the Circle later chose for their house color).

My Junior/Senior year stands out as one for activism and advocacy exploration. A week



month, and I found an interesting list of African American inventors and scientists in Wikipedia at <https://rb.gy/vn2bxx>. My important African American role move, I was reminded of the struggle my parents must have experienced during the 1950's, 60's and 70's. One decision to live and raise their five children in the best neighborhood they could possibly afford (location, location...).

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into my El Camino High Junior year I met with a guidance counselor, realized by changing one class required for Seniors I would have the necessary credits (because I had attended three years of summer school) and talked my parents into allowing me to graduate in June 1970. That same year, I was exposed to the

Black Panther Party in Oak Park. The Black Panther Party's foundation was from a long struggle of social justice which caused them to create the free breakfast program, free medical clinics, and sickle cell screening. I remember writing a paper that year where I drew my fist on one side and my hand with a two-fingered peace sign on the other as symbols for expression of ideas, and the difference in approaches to civil rights. My parents were not too keen about my exposure or the "radical" ideas they saw and heard via the media about the Black Panther Party. In hindsight and after some more recent historical perspective, I realize, just like today, media coverage shapes public perception. Reviewing events through the

lens of the *Sacramento Union or Bee* was sometimes quite different than the story told by the black-owned *Sacramento Observer*.

I am hopeful that as national and worldwide events continue to unfold, people will keep an open mind, seek understanding of similarities, and find solutions to the major issues that must be addressed. As Soroptimists, we can carry out Soroptimist International President Sharon Fisher's "pledge to actively work within our communities and networks to uphold the human rights of all."

Gratefully,
President Jennifer L. Willis

Guest Speaker for March 19 **Submitted by Karen Smith**

Our featured speaker on Friday, March 19th is Brigida Harrison, mother, coach and board member of Girls on the Run of Greater Sacramento.

Brigida's involvement in Girls on the Run (GOTR) began in 2013 when her daughter signed up for what she thought was just an after-school running program. As a lifelong runner, Brigida was excited to see her daughter's passion for the sport grow. She also realized that what her daughter got out of the program was so much more than running. Two years later, Brigida became a coach for Girls on the Run and saw first-hand the impact the program makes on young, adolescent girls. GOTR has been lifechanging not only for the girls but also for Brigida. She made a commitment to continue the mission of the program by joining the Board of Directors in 2018 as the Director of Business

and Community Relations where she continues to serve today.

Girls on the Run is an after-school program that meets twice a week in small teams and teaches life skills through dynamic, interactive lessons and running games. The curriculum is taught by certified Girls on the Run coaches, like Brigida, and includes three parts: understanding ourselves, valuing relationships and teamwork and understanding how we connect with and shape the world at large. The program is a 10-week program that culminates every year with a 5k run in May. Girls on the Run® is a 501(c)3 non-profit organization dedicated to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.

Aunt Bonnie

By Bonnie Coleman

Well, here we go, closing out another year; a year like any other. Oh, who am I kidding, 2020 was the worst year since we've been counting years, and that's saying something. It had everything except war and I'm sure if I think hard I will remember one of those going on somewhere - there usually is. And it's beginning to leak into our shiny new year. No matter what your political or philosophical bent, 2020 offered something to offend, hurt or damage you. It was a mean, spiteful little collection of days, the likes of which I hope we don't see again. Actually, one of the news channels said it was the 6th worst year since the Black Death 1346 - 1353. But that was 8 years long and we've just finished our first year. Hopefully, we won't have to count that much longer.

Then I went in search of some good news that I could cheer you with (i.e. plagiarize) and I came across two stories in "Safe Haven", my Sister's House Newsletter. For those whose Yule revelry eclipsed your usual reading of that newsletter let me give you a brief synopsis. It appears that our intrepid Nilda Valmores, and her supporting people have garnered two multiyear grants, one from Blue Shield of California Foundation and one from the U.S. Department of Justice. Together they



amount to more than a million dollars for her target group. Obviously someone has not been sitting on her laurels and carping on the good old days when we weren't required to be homebound or masked. Yea, Nilda! It made me proud for her (and also, truth be known, kind of measly about myself). But then, the Holidays have not been my forte since *I Learned the Truth about Santa!* Sorry, no spoilers here. I ain't that kind of writer. It's

been years since I was a grant writer too, for that matter.

My point is that some people did good things in a very bad, bad year and deserve a jolly round of something good, just for going against the grain, much less winning the awards. Huzzah! Huzzah! And the Villagers rejoiced.

Popular German Cuisine

By Wendy Haydon-Schneider

I cook a lot for us – I am always trying new recipes, and because the recipes I use come from American cooks using American products, sometimes I have to modify the recipe by using something similar, something that I can find in German grocery stores. So far, everything has turned out good!

I thought I would share with you some popular German cuisine. All photos and recipes are from this website. I have not tried these specific recipes, but I have made several of these dishes!
<https://www.expatica.com/de/lifestyle/food-drink/best-german-foods-with-recipes-106759/>

Wurst (sausage) with Sauerkraut: no, I've not 'made' either of these. We buy them both from our local Metzgerei (butcher)! Wurst can be made from beef or pork. Spices and methods preparing them vary by region. The photo below looks to me like a beef wurst.



Rouladen: yes, I have actually made these, but mine did not look this pretty! I need to practice. It usually consists of bacon, onions, mustard and pickles wrapped in thinly sliced beef which is then cooked. Very tasty!



Käsespätzle: a German pasta, Spätzle is especially popular in the south of the country. These soft egg noodles are made from wheat flour and egg and are often topped with cheese (Käsespätzle) and roasted onions. No, I've not made them, but I want to try!



Eintopf: this literally translates to 'one pot'. It is a stew. The name refers to the way of cooking rather than its contents. Most recipes contain the same basic ingredients: broth, vegetables, potatoes, and pork, beef, chicken, or fish. I make this often!



Sauerbraten: meaning 'sour' or 'pickled' roast, is one of the country's national dishes. You can make a pot roast by using many different types of meat, which you marinate in wine, vinegar, spices, herbs, and then season for up to ten days. I made this a couple of weeks ago for the first time – it was delicious! I didn't serve it with the Spätzle (shown in the photo below), though. I served it with Kartoffelklöße (potato dumplings).....my first time making those also!!



Kartoffelpuffer: oh I love these, and yes, I have made them!! They are shallow pan-

fried pancakes made from grated or ground potatoes mixed with flour, egg, onion, and seasoning. I usually see them served with applesauce or a creamy white garlicky sauce. They are popular at the outdoor Christmas markets!!



Brezel (pretzel): I love these too! I used to buy them at a kiosk near my bus stop and munch on a still-warm one while waiting for my bus. Or we buy them at the Backerei (bakery) and serve them with dip! Yum! If you're going to keep them overnight, be sure to remove the salt, or they will be ruined. I've not made these (yet!), nor have I baked the ones in the frozen section in the store. I prefer to buy them baked and fresh and ready to eat!



Schnitzel: a favorite of mine is Jägerschnitzel (schnitzel with a creamy mushroom sauce). Yum! Yes, I have cooked this! Schnitzel is a pounded-thin slice of pork or veal that is breaded and fried.



Schwarzwälder Kirschtorte: Germany's most favorite cake! It literally means 'Black Forest cherry torte'. It gets its name from Schwarzwälder Kirschwasser, a liqueur distilled from tart cherries. In fact, German law mandates that Kirschwasser must be present in the cake for it to be labeled a Schwarzwälder Kirschtorte. Layers of rich chocolate cake, cherries, and whipped cream are topped off with more cream, maraschino cherries, and chocolate shavings. I don't bake this – but we do buy it and enjoy it!!



Apfelstrudel: translates to apple strudel, it comes from Austria, but is popular in Germany too. It consists of buttery pastry filled with apples that are flavored with sugar, cinnamon, and raisins. I've not baked it, yet, but I do foresee doing so!



I hope that if you have an opportunity to visit Germany, you will try some of these German specialties! And of course, let me know you are coming here, and if at all possible, we can arrange to spend some time together exploring this beautiful country!



Official Invitation to District 3 Winter Meeting

“Moving Forward”

To: District 3 Club Officers and Members, SNR Governor, Board Members, Federation Chairs, Committee Coordinators and Past Governors

From: District 3 Director Idelle Claypool

When: Saturday, February 20, 2021, 10 am – 12 pm

Join Zoom Meeting

<https://us02web.zoom.us/j/83780644973?pwd=UGFCZnNURE5wTEZwTU1yUIZSVzc2UT09>

Meeting ID: 837 8064 4973

Passcode: 559882

One tap mobile

+13462487799,,83780644973#,,,,,0#,,559882# US (Houston)

+16699009128,,83780644973#,,,,,0#,,559882# US (San Jose)

Dial by your location

+1 346 248 7799 US (Houston)

+1 669 900 9128 US (San Jose)

+1 253 215 8782 US (Tacoma)

+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)

+1 301 715 8592 US (Washington D.C)

Meeting ID: 837 8064 4973

Passcode: 559882

Find your local number: <https://us02web.zoom.us/j/kXMmweoN0>

Agenda:

<https://rb.gy/54s7u8>

Officers 2020-2021

President – Jennifer Willis
1st VP (co-VP) – Phyllis McMaster Moist and
Cathy Diepenbrock
2nd VP – Karen Smith
Treasurer – Kathy Platz
Asst Treasurer – Alice Jarboe
Secretary – Mary Anne Selvage

Board of Directors 2020-2021

Mary Locke
Paula Wright

Parliamentarian - Regena Boyland

Board Action Items

Consent Agenda

- Treasurer's Reports
- Minutes of January

New Business Discussion and Vote

- Approve See's Candy "Yum-Raising"
Virtual
Fundraiser <https://rb.gy/6xtdu4>
- Committee Structure & Chairs
Review <https://rb.gy/o7t6sh>
- Upcoming SIS Schedule
Review <https://rb.gy/9rrgwt>
 - Feb 19th Live Your Dreams
Award
 - Feb. 20th District Meeting
 - Call to Winter
Meeting <https://rb.gy/3i3vse>; Agenda <https://rb.gy/54s7u8>
 - March 2nd Board Meeting
 - March 5th Business Meeting
 - March 19th Speaker's Meeting
- Brigida Harrison – Girls on
the Run

SOROPTIMIST OFFER SCHOLARSHIPS (SOS)

- Barbara Coulam
- Pat Canterbury
- Karen Smith
- Carol Adams
- Regena Boyland
- Idelle Claypool
- Cindy Cox
- Sally Day
- Cathy Diepenbrock
- Eva Garcia
- Phyllis Hayashi
- Alice Jarboe
- Karen Kouretas
- Mary Locke
- Glorian Martinelli
- Phyllis Moist
- Barbara Nash
- Elaine Pesce
- Mary Anne Selvage
- Minisha Trivedi
- Jennifer Willis
- Nancy Wolford-Landers

Barbara Coulam donated to SOS for Nancy
Wolford-Landers sister
United Way - \$20.76

February Soroptimists



Glorian Martinelli
Alice Jarboe
Carol Adams
Mary Locke

February 8
February 17
February 19
February 25

**Soroptimist International
of Sacramento**



Please join us by Zoom/Phone for the February 5 Business Meeting. Please click on this link to join: <https://rb.gy/trqbwpx>

Meeting ID: 961 4882 9724 Passcode: SIS

Phone +1 669-900-6833 Passcode 069531

Call Karen Smith at (916) 390-0095, if you have problems getting in.

Following is the Agenda link, which includes all item attachments: <https://rb.gy/ng9cyz>

Thank you for your membership, interest, and support; take care and stay safe!

With warm regards,

Jennifer

President Jennifer L. Willis

(916) 539-1730

SIS Calendar 2020-2021

2/2/2021 Tuesday 6:00 - 7:15 p.m. Board Zoom

2/5/2021 Friday 11:30 a.m. - 12:30 p.m. Bus. + General Zoom

2/19/2021 Friday 11:30 a.m. - 12:30 p.m. General LIVE YOUR DREAMS (LYD) Awards
Zoom Cathy Diepenbrock

3/2/2021 Tuesday 6:00 - 7:15 p.m. Board Zoom

3/5/2021 Friday 11:30 a.m. - 12:30 p.m. Bus. + General Zoom

3/19/2021 Friday 11:30 a.m. - 12:30 p.m. General Brigida Harrison GIRLS ON THE RUN
- Zoom Karen Smith

