



Soroptimist International Sacramento Newsletter March 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

March is National Women's History month.
Please see highlights at
<https://womenshistorymonth.gov/>.

March is also a month of hope and tragedy to me personally. Recently my sister expressed that this is her hardest month because: Mom's birthday was March 1; Dad went into a coma on March 1 and died on March 5th; and Mom died on March 8th. Mom was a funny, quirky and an interesting person. She had a beautiful smile, was fiercely outspoken, very social, independent, and loving, and I miss her terribly. Like most children, I did not understand or appreciate all of who she was until I became an adult. Now I occasionally find



myself thinking that I sound just like her!

As we move into March and beyond, I plan to take some time out of each of our Business Meetings to solicit your ideas and to openly discuss our club. Please jot down your thoughts and come with your ideas and suggestions for where we go from here in the following areas:

- In-Person Meetings (once allowed)
- Speakers
- Membership Outreach
- Fund-Raising Projects

We are calling on your generosity to participate in our See's fundraiser (order [here](#)) and Random Acts of Kindness for the Sacramento Academic and Vocational Academy (SAVA) Charter schools' females in need of feminine hygiene products. Please see articles in this newsletter for further details.

Thanks again for your participation and encouragement. Let us continue to lift members and contact those who are not attending.

Gratefully,
Jennifer
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.

Request for Funding Assistance for SIS Dream It, Be It

Community Service Project 2021

Please see this link to review the complete "Request for Funding Assistance for SIS Dream It, Be It Community Service Project 2021" <https://rb.gy/x9tdzh>.

In summary, this request funds to provide Feminine Hygiene Care Packages to assist girls in need at four Sacramento Academic and Vocational Academy (SAVA) Charter schools under the Sacramento City Unified School District during the "Stay at Home" school closure due to COVID-19.

Various funding alternatives are being considered for this project. The SIS Board discussed and agreed to seek contributions as a Random Act of Kindness. Individuals may mail checks or donate online as follows:

- Mail to: **Mary Locke, 1433 47th Street, Sacramento, CA 95819**, or
- **SIS Website: click the R.A.K. (Random Act of Kindness) button at the bottom of the Donate page: Donate to SIS | Soroptimist of Sacramento (soroptimistsacramento.com)**

Thank you for your contributions!

Aunt Bonnie

By Bonnie Coleman

Aunt Bonnie Salutes Sacramentans! **April 2016**

At first I didn't notice anything unusual about the well-dressed woman coming out of the office building I was entering. Then I saw her touch her index finger to a spot over her upper lip and beneath her nose. It was fleeting, almost furtive, and then it was gone – an almost imperceptible, reflexive movement. I didn't give it much notice.

Soon after, an up-and-coming young business type was striding quickly from his car to a building in the purposeful way young men of that type are wont to do. Just before he went inside he made a quick back-and-forth motion to the spot where his mustache would have been in the 70's. He did it quickly, naturally, as men from another time might have doffed their hats to ladies. But it was definitely the same signal.

Following quickly thereafter a guy, in boots and work clothes made the same gesture using a red bandana to cover his grimy hand as he touched his upper lip. Then an older man with a folded, white handkerchief followed suit and a child approximated the same signal, less adroitly but much more enthusiastically, using every part from his fingertip to his elbow.



As time went on almost everyone I encountered was giving the same signal. What was the significance I wondered. Clearly there was intent coupled with purposefulness here. I pondered; I ruminated; I mulled.

Then, like a bolt, it hit me. I was witnessing the annual Sacramento Spring Salute. That hasty effort to scratch the itch and simultaneously check for dampness that comes over us every year at this time. Amidst the cycles of the warming and the cooling, the

dryness and the rain, the wind and the calm all of the flora in Sacramento go gonzo, flipping, bat-poop crazy.

Every plant, tree, and bush that can muster a spore, a bit of pollen, or any other form of histamine, irritation or nastiness goes into overdrive. Assaulted on all sides, we hapless humans are besieged by itchy eyes, wheezy breathing, scratchy throats, hoarse voices, coughing fits, and mostly, runny noses. How had I avoided, the therefore, failed to notice this annual plague? Again, I pondered, ruminated, mulled, etc. etc., you get it.

Finally, it dawned on me. In recovery from a nasty case of systemic hives, Aunt Bonnie was on five antihistamines plus two other medicines designed to protect me from the five antihistamines. A truck full of allergens would have had to run over me for me to have joined the throng of afflicted throng of Sacramentans. For the first time since moving to this blighted valley, I was sailing through Spring with no sniffing, sneezing, wheezing, throat-clearing, coughing symptoms. Free for once! Thank God, free for once! Sacramentans, I salute you!

Carnival in Germany

By Wendy Haydon-Schneider

Helau.....Helau.....Helau!!* That is what we say during Carnival Season, and we wave our hand in a big “hi” motion as we say it!¹ Yes, Germans consider Carnival to be the “fünfte Jahreszeit” (fifth season) of the year! It officially begins each year on November 11th at 11:11 a.m.

We just finished with Carnival Season at 11:59 p.m. on February 16th! Then Lent began on February 17th with “Ashermittwoch” (Ash Wednesday).

You are probably aware of Carnival in Rio de Janeiro (Carnaval do Rio de Janeiro) and Mardi Gras in New Orleans. They are all similar celebrations, and are celebrated around the globe, largely concentrated in Europe, South America (Brazil and Mexico) and in New Orleans, Louisiana and Mobile, Alabama. Some countries in Asia, especially around the Pacific region, also celebrate a local version of carnival.

What is Carnival in Germany? It is the time of year where Germans are allowed to lose control (and it lasts several months – haha!). There are parades, costumes, parties, balls, music, and beer during this time. In some cities, this celebration is the biggest of the year (bigger than Christmas and New Years Eve).

Depending on where you are in Germany, you might not notice people celebrating Carnival. In Berlin, for example, you need to look hard for Carnival celebrations. In other regions, Carnival plays a significant role in the culture. In the south, the towns close to the Black Forest celebrate Carnival more traditionally, using this time to reflect on the simple life and to keep old traditions alive.

There are also different names for Carnival; the three most common names for Carnival in Germany are Karneval, Fastnacht, and Fasching. Here is a map showing various names for Carnival!

Köln (Cologne) has the biggest carnival celebration in Germany, followed by Dusseldorf and Mainz (I lived in Mainz for 6+ years!). The celebrations in these big cities are full of colorful costumes, a lot of alcohol, joyful songs, and crazy parties.

Each region in Germany has its local Carnival songs, which are played over and over and over again at any party. The lyrics are either in the regional dialect or in standard German and mostly talk about the region from where



the song comes from. The music is intended to include the crowds to sing along, sway, or dance, and the lyrics are very easy to sing along, as they involve repetitive and simple chants.

Carnival, as many European traditions, has religious roots. It is the last chance to get wild before Lent. Although the origins of Carnival

¹ Calling out ‘Helau’ is a regional custom. In other areas of Germany, they use other greetings.

have a religious background, most Germans who celebrate it are not religious. The most popular theory about the origins of carnival in Germany goes back to pagan times. Before Catholicism arrived in Germany, there were multiple spring festivals to celebrate the end of winter. Some festivities would require people to wear scary masks to drive out the evil spirits and welcome a good crop season. Others, like the people along the Rhine, would have a festival in honor of their wine god Dionysus. When Christianity arrived in Germany, the Catholic church saw these festivities as a perfect celebration before Lent. So, it introduced the term Carnival, which has Latin roots (Carne Vale).

As years went by, Carnival was seen as the perfect 'last party' before Lent's regulations would kick in. During this period, there was a sense of equality of classes. Poor and rich people were able to mix. It was easy to do it because everyone used imaginative masks and costumes to hide their identity. The common people would also mock the political authorities through humorous and satirical speeches. These performances were also done with costumes and masks to avoid the participants to be recognized and later punished by the authorities.

The Carnival celebrated in Germany today is a mix of all of these things: a celebration before Lent with a lot of alcohol, funny costumes, and satirical speeches and parades. The important dates for Carnival in Germany are:

November 11th – the start of the Carnival Season – it's a day to celebrate!
Weiberfastnacht² (Fat Thursday) – six days before Ash Wednesday

Carnival weekend – smaller celebrations continue Friday, Saturday, and Sunday before Ash Wednesday – parties on Friday and Saturday evenings, and street parties and neighborhood parades on Sunday

Rosenmontag (Rose Monday) – big parades in cities happen then – having

imaginative floats, and it is common to see satirical ones mocking the German and US government – each float has lively music and people on the floats throw candies and other goodies to the people watching on the sidelines. Parade watchers wear very creative and colorful costumes! I love going to this parade!

Faschingsdienstag (Shrove Tuesday) – while many of the people who participated in the Carnival celebration might be recovering from a hangover on this day, others will attend one last celebration. Carnival ends at 11:59 p.m.!

In between the big parties of November 11th and Fat Thursday, there are many smaller and more traditional events happening in all the villages that celebrate Carnival. Germans love to have associations for everything, and yes, there are Carnival Associations who regulate the events! As the saying goes, what happens in Carnival stays in Carnival!

My friends, Chris and Maria, and I in 2019 out and about in Mainz on Weiberfastnacht,* in costume – I was very comfy in PJs and bathrobe!



Here are some Mainz parade shots – bands, floats, various groups in costumes! Some floats making political statements or making fun of politicians.

² Weiberfastnacht means Women's Carnival – it begins at 11:11 on Fat Thursday (the Thursday before Ash Wednesday). It is the beginning of the six-day peak of the Carnival Season. Remnants of the original purpose are that women are allowed to cut off men's ties and to kiss (on the cheek) whomever they want.



This year, due to COVID-19 (we have been in lockdown since November 2, 2020 and will remain so likely throughout March 2021), there were no parades, parties, gatherings, balls, or bar hopping. On the Carnival weekend before Ash Wednesday, there were, however, several Carnival programs on TV that we watched! Some were recordings of past Carnival shows (where the audience is packed in the room and dancers or comedians or storytellers perform on a stage), and one show was 2021 live (with very very few in the audience to allow for social distancing)! We had on Carnival hats and danced, ate our Berliners, and we celebrated at home. Here is a photo of our Berliners: they are a donut-sized pastry only available during Carnival Season – they are jelly-filled, very delicious!



Here are some photos that I took of the Carnival programs on TV – a small procession through the streets of Mainz with the “Big Heads” that are known to Mainz. Also, one of a live 2021 Carnival show that was in Mainz – the people sitting up at the ‘head table’ were appropriately social-distanced, shown with mannequins between them!



Here is a photo of a children’s Carnival program – it was in Cologne and was televised.



Sources used in this article: my husband (Werner Schneider) and <https://www.simplegermany.com/carnival-in-germany/>

Elaine Faber By Pat Canterbury

Elaine Faber was our guest speaker a few years ago when we were meeting at The Courtyard on Stockton Blvd. She is the author of the Black Cat Mysteries and the Mrs. Odboddy WWII Mysteries. Our members loved her and purchased many copies of both series which she brought with her.

Since Elaine's visit, she has published another Black Cat Mystery, *Black Cat and the Secret in Dewey's Diary*, which takes Kimberlee to Austria in search of a missing treasure in gold coins and leaves the cats at home to deal with their own intrigue.

Elaine also started a new series, *The Spirit Woman of Lockleer Mountain*, a somewhat paranormal story of a Native American 'spirit' who aids a town plagued by multiple problems and the search for a missing woman. The story takes place in a small town in the Sierra Mountain foothills. The new novel is a cozy as are her other books. The main character, Lou, is the owner of a septic tank cleaning service, The Pooper Scooper. (If Lockleer had a Soroptimist Club, Lou would be a member, probably the president.) She is just as professional, determined, and funny as our members.

If any of you would like to add Elaine's latest novels to your collection or begin a collection, you may contact her at elaine.faber@mindcandymysteries.com to order a book or two. She is charging \$13.00 (free shipping) and will take checks and cash or Venmo. E-books are also available through Amazon for \$3.99.

I enjoyed *The Spirit Woman of Lockleer Mountain*, especially how the clues to 'who and what' the Spirit Woman could be, and how she helps to unravel the town's problems, is intertwined in the story.
Pat Canterbury

See's Candy Spring Fundraiser



Buy delicious See's Candy to show your support for Soroptimists International of Sacramento (SIS), a non-profit service club. Profits from your purchases will go directly toward funding awards, scholarships and training programs for women and girls to provide access to education and training needed to achieve economic empowerment. Due to COVID, we weren't able to host our annual holiday See's store fundraiser, so we're offering this online option for spring.

Link [here](#) to connect directly to the See's Candy Company and the order will be mailed directly to you. The more you order, the smaller the shipping costs, and orders of \$65 or more are shipped free.

The store is open from February 19 – March 19th. Items ordered by the last day will be received before Easter. Please feel free to forward to friends and family!

Thank you!

Karen Smith and Phyllis Moist
See's Candy Fundraiser Chairs

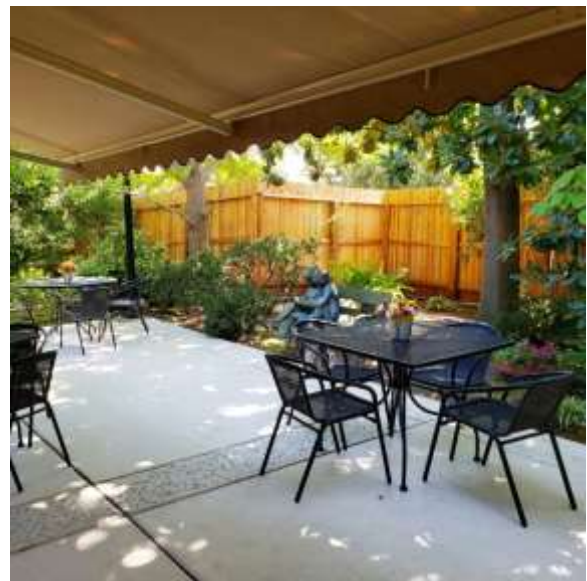
Order [here](#)

The Casa Gardens

Submitted by Janet Galliani

If you didn't see the announcement, Because of Covid restrictions, Casa Garden Restaurant closed down on March 17, 2020. But The Casa Garden Restaurant has officially gone out of business effective February 1, 2021. They had served Sacramento for 46 years, and Soroptimists for a number of them.

I am not sure how many years we had our weekly meetings there and delicious lunches. We also had celebrations and fundraisers. They will be truly missed.



District 3 Fundraisers

Idelle Claypool and Karen Smith

SIS Members,

Idelle Claypool forwarded this email below regarding a quilt fundraiser for Soroptimist International Sacramento South. Below is a clip from Good Day Sacramento telling all about the quilt and how to enter the raffle.

Tickets were sent to our club mailbox. If you'd like to purchase one or more, they are \$5 each and I can give you the payment information as well as get the ticket to you.

Please write to me if you are interested in purchasing a ticket for the quilt raffle.

Karen

Here is a link to their Good Morning Sacramento appearance and I have attached their flyer.
Idelle

<https://youtu.be/AfAgiupMZ0Q>

Soroptimist International
of Sacramento South

Raffle: Underground Railroad Quilt

Folklore tells us that these quilts were used to direct slaves to freedom. Quilts were made with all the same block. This quilt is a sample of the blocks that may have been used.

Machete Wrench Quilt block to guide the south and to guide the north. 	Wagon Wheel Told slaves to go to the wagon wheel and to go to the wagon wheel. 	Turnstone, Blackie Turnstone, Blackie, turnstone, Blackie, turnstone, Blackie, turnstone, Blackie.
Star's Paw Star's Paw, Star's Paw, Star's Paw, Star's Paw, Star's Paw, Star's Paw, Star's Paw, Star's Paw. 	Crossroads Crossroads, Crossroads, Crossroads, Crossroads, Crossroads, Crossroads, Crossroads, Crossroads. 	Low Cabin Low Cabin, Low Cabin, Low Cabin, Low Cabin, Low Cabin, Low Cabin, Low Cabin, Low Cabin.
Shuffle Shuffle, Shuffle, Shuffle, Shuffle, Shuffle, Shuffle, Shuffle, Shuffle. 	Star, The Star, The, Star, The, Star, The, Star, The, Star, The, Star, The, Star, The. 	Flying Geese Flying Geese, Flying Geese, Flying Geese, Flying Geese, Flying Geese, Flying Geese, Flying Geese, Flying Geese.
Quilted's Path Quilted's Path, Quilted's Path, Quilted's Path, Quilted's Path, Quilted's Path, Quilted's Path, Quilted's Path, Quilted's Path. 	The Secret to Freedom The Secret to Freedom, The Secret to Freedom, The Secret to Freedom, The Secret to Freedom, The Secret to Freedom, The Secret to Freedom, The Secret to Freedom, The Secret to Freedom. 	Star Star, Star, Star, Star, Star, Star, Star, Star, Star, Star, Star, Star, Star, Star.

Drawing held on April 13, 2021.
\$5.00 Per Entry
SISS
PO Box 22174,
Sacramento, Ca 95822
(209)-553-0512

Funds raised at this event are directed to individuals & projects making a difference for women & girls in our community. Past recipients include Weave, My Sister's House, and CASH (Community Against Sexual Harm). We also provide grants to head of household women and emancipated foster youth to further their education.

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

See Business Agenda

SOROPTIMIST OFFER SCHOLARSHIPS (SOS)

UPDATED IN APRIL'S NEWSLETTER

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

March Soroptimists



Guess March wasn't a popular month!

Soroptimist International
of Sacramento
BUSINESS MEETING AGENDA
UNITY DREAMS March 5, 2021
11:30 a.m. – 12:30 p.m.

Please click on this link to join: <https://rb.gy/trqbwv>
Meeting ID: 961 4882 9724 Passcode: SIS
Phone +1 669-900-6833 Passcode 069531
Call Karen Smith if you have problems getting in: (916) 390-0095

- | | |
|------------|---|
| 11:30 a.m. | Welcome, Call to Order & Pledge of Allegiance |
| 11:33 a.m. | Introduce Guests |
| 11:35 a.m. | Members Check-In & S.O.S (Soroptimist Offers Scholarships) |
| 11:40 a.m. | Random Act of Kindness Request for Funding Assistance for

SIS Dream It, Be It Community Service Project 2021
Moriah Theroux - Project Proposal link https://rb.gy/x9tdzh |
| 11:50 a.m. | Thought for the Day and S.O.L.T. |
| 12:05 p.m. | Consent Agenda Vote

<ul style="list-style-type: none">• February 5, 2021 Business Meeting<ul style="list-style-type: none">o Minutes: https://rb.gy/xt2ogw• Treasurer's Reports - (Same as last month's)<ul style="list-style-type: none">o Statement of Financial Position:
https://rb.gy/umuqxmo Operating Budget vs. Actual: https://rb.gy/oiwjezo Service Budget vs. Actual December
https://rb.gy/mqkkt4 |
| 12:08 p.m. | Upcoming SIS Schedule Review https://rb.gy/9rrgwt

<ul style="list-style-type: none">• March 19th Speaker's Meeting<ul style="list-style-type: none">o Brigida Harrison – Girls on the Run• April 2
SIS Business Meeting• April 16th Live Your Dreams & Scholarship Awards• April 30th – May 2nd Virtual SNR Annual Conference |
| 12:10 p.m. | Committee Reports and Announcements

<ul style="list-style-type: none">• Laws & Regulations – Committee Descriptions• Live Your Dreams• Dream It Be It• Scholarships |

- Public Affairs
- Membership
- See's Candy - Order here
- Other Committees & Announcements

12:20 p.m.

Open Discussion of SIS – as time permits:

- In-Person Meeting Suggestions (once allowed)
- Speaker Suggestions
- Membership Outreach
- Fund-Raising Ideas

12:30 p.m.

Adjourn with Soroptimist Pledge

I pledge allegiance to Soroptimism and to the ideals for which it stands: The Sincerity of Friendship, The Joy of Achievement, The Dignity of Service, The Integrity of Profession, The Love of Country.

I will put forth my greatest effort to promote, uphold and defend these ideals, for a larger

SIS Calendar 2020-2021

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

Continued

4/2/2021	Friday	11:30 a.m. - 12:30 p.m.	Bus. + General		Zoom	
4/16/2021	Friday	11:30 a.m. - 12:30 p.m.	General	SCHOLARSHIPS & LIVE YOUR DREAM AWARDS	Zoom	Karen Smith & Cathy Diepenbrock

4/30/2021 -- 5/2/2021			SNR	SNR 45th ANNUAL CONFERENCE	Zoom	See SNR News E-Blast and https://www.soroptimistsnr.org/
5/4/2021	Tuesday	6:00 - 7:15 p.m.	Board		Zoom	
5/7/2021	Friday	11:30 a.m. - 12:30 p.m.	Bus. + General		Zoom	

5/21/2021	Friday	11:30 a.m. - 12:30 p.m.	General	April Javist, Executive Director, Sac. Public Library Foundation (C)	SCIENCE OF READING Zoom	Pat Canterbury
6/1/2021	Tuesday	6:00 - 7:15 p.m.	Board		Zoom	

6/4/2021	Friday	11:30 a.m. - 12:30 p.m.	Bus. + General	Celebrating Success	Zoom	President Jennifer Willis
TBD June-September				Installation Ceremony	TBD	Phyllis Moist & Cathy Diepenbrock will Identify
TBD in July 2021			SNR	Soroptimist Development Retreat	Tentatively, Reno, NV.	Stay tuned to SNR News E-Blast
TBD in August 2021				?Retreat/Summer Meeting?		Phyllis Moist & Cathy Diepenbrock will Identify
10/1-3/2021			SIA	Soroptimist 100th Anniversary	"Bright Past, Brilliant Future" Virtual Celebration	Stay tuned to SIA Emails
July 20-23, 2022				SIA Convention	Seoul Korea	
July 27 - 29, 2023				SI Convention	Dublin, Ireland	