



Soroptimist International Sacramento Newsletter November 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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Presidents' Corner

By Phyllis McMaster Moist and
Cathy Diepenbrock

"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow." – Melody Beattie

As the days get shorter and the leaves turn, the world around us signals that the beginning of the holiday season has arrived. As we ponder how this season makes us feel, we both agreed that we feel a deep sense of gratitude. We are grateful for so much: our friends and family, our health, and the work that we are called to do with Soroptimist. Fittingly, November is the month where young women from our region -



and across the U.S. - submit their dreams to us, with tremendous hope for a brighter future.

It is also a time for world leaders to come together to pledge toward a brighter future for the next generations, so the following commitment from our Soroptimist organization was of special interest to us.

<https://www.soroptimistinternational.org/challenges-of-climate-change-si-signs-joint-cop26-statement/>

As we gather with our membership in meetings and celebration, we are so deeply grateful to share this work with all of you. Many blessings to you in this month of

Thanksgiving.

Cathy and Phyllis

Fundraiser

By Karen Smith

We're launching another fundraiser with Flower Power. This one offers varieties of amaryllis. Amaryllis are lovely and somewhat magical because once they start blooming, they grow and change each day. It's pretty fun to watch!

For every dollar our members sell, SIS keeps 50%. The cost of the product and the packaging are all included in the 50% we pay.

It's easy to share the info with friends and family. The website address is below, and everyone can order directly and items will be shipped to their homes.

<https://sis.fpfundraising.com/>

The website portal will be open until December 1st (orders need to be received by December 1st for Christmas delivery). Orders will begin shipping in mid-November.

Thank you for your support and please pass this on to friends and family.



Gifts from the Heart

By Carol Adams

We have the opportunity to again participate in Gifts From the Heart by giving in a number of ways. Gifts should be received by December 3.



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As sponsors for the GFTH Santa Shop, we would like to offer you another option for giving – purchasing gifts online and having them shipped directly to GFTH! Below are three registry options:

Target

Registry: <https://www.target.com/gift-registry/gift/0a0c6e10-1e4b-11ec-bbd6-b73f6db51ed8>

Walmart

Registry: <https://www.walmart.com/registry/ER/d2a831d7-ec04-4446-a9ec-271b5c9ad510>

Amazon

Registry: https://www.amazon.com/hz/wishlist/l/1EMJID73XQ0JJ?ref=wl_share

You are also welcome to purchase a gift from any online vendor and have it shipped directly to this address:

Gifts from the Heart
9750 Business Park Drive, Suite 104
Sacramento CA 95827

You may contact Carol Adams for a list of gift suggestions.

Cash/Check or Gift Card donations may be sent to:

Gifts from the Heart

P.O. Box 269057
Sacramento CA 95826-9057

Gift cards should be actual cards (no ecards) in any denomination you choose. The most common requests are:

Amazon/Target/Walmart
Any local grocers
Fast food/pizza/local restaurants

Visa gift cards

We look forward to your participation. For any questions please contact Carol Adams at (916)798-1841 or carolshomesales@gmail.com

See's Fundraiser for SI Sacramento **By Karen Smith**

Dear Friends and Family,

I'm shamelessly plugging our See's fundraiser for my service club, Soroptimist International of Sacramento. Who doesn't love See's candy for the holidays? Here's a way to buy your favorite chocolate and support a good cause. I'm a member of SIS because of the good work our club does to empower women through our training programs, scholarships, and grants to local non-profit organizations.

If you order by the last day, December 3, the order will arrive before Christmas. This will also ensure that they have all items in stock. Shipping charges decrease or are free with larger orders. The website is active now through December 3rd.

If you're someone who likes to pick out your own goodies at the store, you can buy gift cards (no shipping charges) to use later.

You can also mail orders directly to friends and family (even those in the eastern US who don't have access to See's stores). Feel free to forward.

Here is the link to order: [SEE'S WEBSITE](https://www.yumraising.com/secure/soroptimistios_sis_soroptimist_intl_of_sacram78/candy?h=kar_smi4909)

Thanks!

https://www.yumraising.com/secure/soroptimistios_sis_soroptimist_intl_of_sacram78/candy?h=kar_smi4909

See's Candy Fundraiser for SI Winter **By Karen Smith**



See's Winter Yum-Raising for SI Sacramento

We are launching the online See's Candy fundraiser for Winter. You can find lots of delicious goodies for family and friends. Check out the website here:

https://www.yumraising.com/secure/soroptimistios_sis_soroptimist_intl_of_sacram78/candy?h=kar_smi4909

The store is open only until December 3rd to ensure on-time delivery for Christmas as well as availability of items. Please pass on this information to your friends and family!



SNR GROUP - RUN FOR SAFE HAVEN

Discovering Aroniabeeren! By Wendy Haydon-Schneider

Am I the last person on Earth to learn about Aroniabeeren (Aronia berries, also known as Chokeberries)? It took a move to Germany for me to see them, learn about them, and taste them even though they originated in North America!!

To me, they look like blueberries – same color and size. But they are a bitter/tart, not sweet. They are used in cooking and baking and also to make dye.

Why do we eat them? We learned that they are full of vitamins. So far, I have cooked some in a little water with sugar, and we spread it on our bread while it is still warm for our breakfast. We also regularly put a handful in our blender with our other fruits and make smoothies with them. We have several Tupperware containers full of them in the freezer to enjoy throughout the winter (or if I get a burst of energy and learn how to make jam or jelly with them)!! Here are some berries that we picked and froze.



We were first introduced to these berries on one of our bike rides during the summer. We occasionally ride through the neighboring village and look at various architecture styles of houses and the way they are landscaped and just observing the area in general, and one day, we saw that one house had been converted to a café called Aronia Café. It was closed, due to COVID-19, and the menu on the door said that they sold aronia berry tea, juice, liqueur, and cakes when they are in season. We were hopeful that the café would open at the end of August because we were told that the berries would be ripe for only two weeks, from the end of August until the middle of September. We rode our bikes by the café regularly in hopes of trying this new fruit! We also rode our bikes past the field of berries - 1,200 bushes were planted back in

2007. Here is a photo of the field past its prime this year, but isn't it beautiful?



Here is a photo of the sign at the field that lists the nutrients in the berries and what they can be used for – a great advertisement!



Well, the café didn't open. We were chatting with our neighbors about the berries and the café and they said, "oh, there is an article in the newspaper about the café owner and the berries. She is currently ill and won't be harvesting any berries this year and won't open the café, but she is inviting people to come and harvest the fruit for free. You just need to make a donation in the box that she has placed on a table near the field. She will give the donation to the flood victims**." Here is a photo of the newspaper article showing Waltraud Krawielitzki, the nice lady who owns the field, the café, and is donating all proceeds from berry picking. Werner and I rode our bikes several times to the field, picked our berries, and deposited our donations into the collection box!



**Regarding the flood victims mentioned above, this refers specifically to the devastating flood along the River Ahr in the town of Ahrweiler back in July. Other areas of Germany (and other countries in Europe) were also affected by flooding. In this area, 134 people lost their lives, and about 40,000 people (approximately one-third of the population) were directly affected by the floods. More than 500 buildings were swept away by the water, and another 3,000 were

damaged. Roads were torn up and washed out; railroad tracks, water lines, power lines, and telecommunications facilities were damaged; and only 35 of the 112 bridges in the flood zone withstood the floodwaters. I don't know how much money was collected from berry picking, but I think it is a very kind and thoughtful gesture made by Mrs. Krawielitzki. We've not heard anything more about her health but are hoping that she is well. I hope you are enjoying Autumn and I wish you a Happy Thanksgiving!

Source: <https://www.dw.com/en/german-flood-region-can-people-still-live-close-to-a-river/a-59144911#:~:text=In%20the%20Ahr%20V alley%2C%20134%20people%20lost%20thei r,severely.%20Many%20of%20them%20hav e%20to%20be%20demolished.>

Officers 2021-2022

Co-Presidents-Phyllis Moist &
Cathy Diepenbrock
Second Vice President-Carol Adams
Secretary-MaryAnne Selvage
Treasurer-Kathy Platz
Assistant Treasurer-Maria Trejo
Board of Directors 2020-2022 –
Mary Locke
Board of Directors 2021-2023-
Minisha Trivedi
Parliamentarian-Regena Boyland

Please mark your calendars with our Fall meetings and events.

November 5th - Business Meeting
November 19th - Speaker Meeting -
"Crossing Lines: Women of the American
Railroad" - Docent from the Sacramento
State Railroad Museum
December 3rd - Business Meeting
December 17th - Holiday Party

Board Action Items

- Fundraising – Flower Power Results:
Final total of funds raised is \$644
- Hybrid meetings: Question arose as to
whether all meetings should be in
person moving forward and how the
issue of vaccinations should be
handled. The Board members agreed
that vaccinations should be required.
Mary Locke submitted the following
motion: I submit that all parties
attending any in person Soroptimist
meetings show proof of vaccination.
Kathleen Platz seconded motion. All
approved. Motion passed.
- See's Candy: Direct ship is arranged
for members only.

- Live Your Dream has five applicants.
Awards will made on March 18, 2022.

November Birthdays



Regena Boyland	November 6
Jennifer Willis	November 18
Corrine Joe	November 22
Nilda Valmores	November 22
Phyllis Johnson	November 24

Donations

Nancy Wolford Landers for Richard
Canterbury
Barbara Coulam for Richard Canterbury
Barbara Coulam for Ralph Griffin (Dana
Griffin's husband)
Eva Garcia for Richard Canterbury
Elaine Pesce for Richard Canterbury
Regena Boyland for Richard Canterbury
Rosalie Gladden for Richard Canterbury
Carol Adams for Richard Canterbury
Barbara Coulam for Colleen Heck's
mother, Carolyn Murphy
Jennifer Willis for Richard Canterbury
Wendy Haydon for Richard Canterbury
**Cathy Diepenbrock for Richard
Canterbury**
Idelle Claypool for Richard Canterbury
**Phyllis McMaster Moist in memory of
Richard Canterbury**
**Sally Day in memory of Richard
Canterbury**
**Debbie Davis donation in lieu of
buying Flower Power**