



Soroptimist International Sacramento Newsletter October 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

Two weekends of inspiration that showcased how instrumental our work is across the globe gave your leaders the opportunity to kick off this new Soroptimist year with a dual weekend celebration of the first 100 years of Soroptimist, with four days of celebrating the successes of SIA and SI, our bright past and our brilliant future. (Stay tuned during your next business meeting to find out more about the difference between SIA and SI and the important work each part of our organization does!)

If you wanted a place to celebrate 100 years of improving the lives of women and girls around the globe, this was the place! Music, dancing, and meeting women from all over

the world who are inspired to be a Soroptimist---and so inspiring they were! (And we still are overwhelmed to realize that we have technology now that allows us all to be together virtually, in many time zones, with many languages, to celebrate each other. Who would have thought that one very small idea coming out of Alameda 100 years ago



would blossom into a worldwide energy-driven force?! It was very moving at times to be present to this.)

On the first day of the SIA celebration, we were excited to find out that our very own SIS was the first club to be chartered by a Soroptimist!

Helena Gamble, who was the Secretary of the Alameda Club, came to Sacramento and founded our club in 1923. So not only are we the 4th club to be chartered, but we got a very honorable mention in the celebration. How great is that!

Both weekend celebrations profiled a range of projects that serve women and girls and highlighted how vital and wide-reaching the work of Soroptimists is across the globe. Soroptimists' global reach with participation in the United Nations is one of the parts of the larger Soroptimist organization that both Phyllis and Cathy find so compelling and inspirational, so we were excited to see this profiled in the presentations.

Some of the SIA celebration showcased women who have benefitted from our programs and one highlight was a Live Your Dream Award winner named Dawn Johnson from British Columbia. As an indigenous woman, she was raised in a family that was subjected to the Indian School program in Canada. A survivor of sexual and domestic abuse, Dawn persevered against incredible odds, harnessing the inspiration of her lawyer to achieve her dream and goal of becoming a lawyer herself. You can learn more about her story at <https://www.youtube.com/watch?v=oCvOCSfRY4A>

One of the focuses of the SIA 100th Anniversary was the bold goal to "Dream Big" to raise \$15 million and reach 500,000 women and girls in the next ten years. We were honored to hear that a significant donation had been made by our very own Phyllis Hayashi as a member of our club, who has given so much of her time and talent to develop and lead our local Dream It, Be It Program. We are grateful and thankful to Phyllis, whose contribution will expand SIA's work and reach so many women and girls.

Another focus of SIA's celebration was a challenge to all of us – Member Get A Member Challenge! SIA encourages each Soroptimist to recruit a new member as we celebrate this historic milestone year and enter our second century stronger than ever!

The Soroptimist International 100th Anniversary marked another milestone with the introduction of the 5th Federation – Africa. SI Africa was officially inaugurated on June 30th, 2020. We heard from Connie Mutunhu, Founding President, who hails from Zimbabwe. SI Africa has clubs in 28 countries across Africa, with plans to expand to Namibia, Zambia and Botswana. (More to

follow in future meetings about the 5 federations and roles they play in our organization!)

As for future meetings----mark your calendars for SIA's 47th Biennial Convention in Seoul, Korea in July 2022 and SI's Convention in Dublin, Ireland in July 2023.

Does our organization make a difference in the world? Definitely yes.

Does our participation in our club make a difference in our pursuit of our goals? Again, definitely yes.

Staying Connected!

By Wendy Haydon-Schneider

Before I write about Staying Connected!, I wanted to thank you, my Soroptimist sisters, for the birthday card that you sent to me! It's beautiful and thoughtful – thank you!!

I was pondering what to write about this month, came up with a few ideas for future articles, and then decided that I would write about Staying Connected! Sometimes living abroad feels like living alone on an island. No, I am not lonely, and am certainly not sorry to have moved to Germany to be with Werner. I LOVE it here!!! And I love being here with him. But sometimes it is hard. I have no one to speak English with on a regular basis. Writing and reading and Zoom presentations have become my forms of contact in English.

Since leaving California 7½ years ago, my group of friends has changed, my tastes in decorating have changed, I have become interested in new and different things, and my interests in some old things have been rekindled! What has not changed are my desires to continue to travel the world, make new friends, and eat new foods!

I told myself that I couldn't start on this article until I finished my US income taxes for 2020 (due October 15, 2021). Well, I finished preparing them today (September 30, 2021), and delivered my envelope full of tax forms and supporting information via my bicycle to the mail box in our village. Boy, that felt good!both completing that task and then also the bike ride in the crisp Autumn air! Yes, this year, I bought an e-bike! My last bicycle was a Schwinn 10-speed that I received for my 13th birthday. I am enjoying riding so much! I don't know why I waited so long to get another bike!

Here's a photo of me a couple of months ago, posing with the sunflowers. 😊



I have also renewed a couple of interests from my childhood by purchasing a baton (I was a majorette when I was 11 in a local marching band and I am loving twirling still!) and a hula hoop (I used to love it, hope I still do – I'm waiting for it to arrive!!). I am reconnecting with my younger self. 😊

In reviewing my tax supporting documentation, I was taken down memory lane regarding who and what organizations I maintain contact with and how I spend my time and energy. I thought I would share some of my connections with you. They have all contributed to maintaining my health and happiness.

Sacramento County News Updates – the county sends a weekly email and I learn a little about what is going on. I like that. It's also how I learned about the Gifts from the Heart program last Christmas. Sacramento Tree Foundation – an organization dear to my heart that sends periodic emails. I have attended a Zoom presentation about planting trees, take copious notes about gardening, and it turns out they have a connection with my friend/teacher, Bella, mentioned below. Sacramento Children's Home – In their emails, I learn about their programs, fundraisers, and it's how I was able to

learn about their Adopt a Family program at Christmas.

Sacramento Food Bank and Family Services – I was able to participate in the Thanksgiving 2020 Run to Feed the Hungry from afar! Werner and I both donned our walk t-shirts and went for a long walk in our area that day!
My Sister’s House – I’m signed up for the 18th Annual Run for a Safe Haven, to be held October 23, 2021, are you??!! 😊 I love reading their emails. I even attended a Zoom presentation through MSH in which Chanel Miller spoke. She is the Stanford student who was raped, and was rescued by 2 Swedish men – this happened about 5 years ago. She is a strong woman.

Women’s Empowerment (in Sacramento) – I really enjoy reading their emails and learning about their programs. Their Gala is tonight (September 30, 2021)!
Women’s Empowerment International (in San Diego) – I love this organization and receiving their emails. I have been a supporter for many years, and I love their periodic Zoom presentations from their projects around the world.
International Rescue Committee – I learned of this organization through two channels: Women’s Empowerment International and also my friend/teacher, Bella, mentioned below.

Body Joy – This is Bella’s company. She is a physiotherapist who also teaches yoga and dancing. I stumbled on her classes when she posted a Zoom event she was hosting on Facebook last December. I decided to join in. Her classes stretch my body in ways that I forgot I could move! And she is located in guess where, Sacramento!! Her classes are offered in the mornings, which are evenings for me. It’s a nice way to wind down my day, and always interesting to see where people are coming from – there have been people

in class from Sacramento, New York, Ireland, and Austria!

Girls on the Run – I am participating in their upcoming Lunafest during October 8-10, 2021 and looking forward to it! I learned of this organization through a Zoom presentation that our club held!
American Liver Foundation – I participated in ALF’s Go Dry campaign in January and also the Liver Life Walk on June 5th. The idea behind the Go Dry campaign was to commit to drinking no alcohol for 30 days at the beginning of this year. I wanted to do this because I have a Swedish friend who was diagnosed with diabetes last year and he took it upon himself to completely eliminate sugar and alcohol from his life, in addition to walking two hours every single day, rain, snow, or shine (and in Sweden, it gets cold!). He inspired me; I wanted to see if I could avoid alcohol for 30 days. I did, for actually 35 days, but it’s funny how when you can’t have something, then suddenly it sounds good and you really want it.....! The Liver Life Walk inspired me to find various ways to get exercise indoors between January and June (the training period), because I am not likely to walk in our cold weather daily (and we get a lot of rain here!). I needed to log my steps during my workouts. I really loved having to be accountable and found out that I am competitive!

National Kidney Foundation serving Northern California – I receive their emails and enjoy them. Sometimes they have exercise tips and recipes! I am participating in their upcoming Kidney Walk on October 3, from afar!! I’ll be getting lots of exercise that day, walking around Legoland in Billund, Denmark!

American Heart Association – another organization that I believe in. I receive their emails, and also enjoy their exercise tips and recipes! I participated in their Virtual Walk on September 24, 2021, from afar! I was in the Black Forest, in Germany, that day....hiking down a steep trail to the Triberg Waterfall....and then back up to the car. A feeling of accomplishment.



Wiesbaden

Community Spouses Club – I became a member of this club when I started working for the US Army in Wiesbaden. The club provides support to American military families in Wiesbaden and throughout Europe, as well as supporting various local charities. Recently, they collected and delivered a lot of donated clothes and personal items to the refugees from Afghanistan who are currently at Ramstein AFB here in Germany.

People to People International Europe – I joined the US chapter of this organization many years ago, and have changed to a European member. Our contact during the COVID-19 lockdown has been through WhatsApp and Facebook. Some events are now being planned and held. We are itching to get together with our friends! SIS, Soroptimist International, Soroptimist International of the Americas, and Soroptimist International SNR – I receive emails from all of these, and like reading what is going on. SI St. Albans & District (an SI club within Soroptimist International of Great Britain & Ireland (SIGBI)) – earlier this week, I participated in a Zoom presentation entitled, “Step Up to COP 26 Whilst Stepping down Carbon Footprints”. There’s much to learn on this topic. It was very interesting, and I am hoping that

they will make the Powerpoint presentation available on their website soon. COP 26 is the UN’s climate change conference that will be held in November 2021 in Glasgow. The focus of COP 26 is to review progress toward the Paris



Agreement. The discussion included what can we (women) do to help reduce our carbon footprint. Here are a few ideas!

Also earlier this week, I attended a Zoom presentation about traveling to Milan, Italy! It was given by Girl Travel Tours. Lots of good information provided! In the past couple of months, Werner and I have even started taking Thai cooking classes! We stumbled on the classes.....we were browsing through a store, and then noticed that there was an Asian grocery store next door. Of course, we had to check out the offerings there! They are a new business (about 6 months old), and offer weekly cooking classes! I am pleasantly surprised how much Werner looks forward to our class each week! We were the only people participating in yesterday’s class, so it was really nice to have the one-on-one connection with the teacher and learn her story. And the food we cook during each class is outrageously delicious! Here is yesterday’s meal: Gäng Kuea Gung. It is shrimp, lychee, and red, yellow, and green peppers cooked in a little oil, red curry paste, coconut milk, and a splash of fish sauce, with Thai basil and lemon leaves! Served over Asian noodles! So fragrant and so delicious!



Staying Connected Is so very important for all of us. What are you doing to stay connected? I hope you are doing what you need to maintain your mental and physical health. Take care!

Flower Power Fundraising **By Karen Smith**

The online ordering window closes on Friday, October 15th.

We are launching an online fundraiser with Flower Power Fundraising, an idea shared with us by SI Grass Valley. The fall catalog consists of bulbs (tulips, crocus, daffodils, etc) for spring growth. Our club receives 50% of the total sales, and the catalog is open until October 15th.

In the next few days, you'll receive an email with all the information about the website and how to share with friends and family. We'll also post on social media and the website.

For a preview:
<http://sis.fpfundraising.com/>

*From Flower Power:
For every dollar your members sell, your group keeps 50%.*



The cost of the product and the packaging are all included in the 50% you pay. Not only that, every item contains a full color label that includes planting information to assist your customer in having a successful gardening experience. Products are shipped directly to the customer.

Sounds like a win-win. Since we can't do 'in-person' fundraisers right now, this is a great alternative option. Thanks for your help!

Run for Safe Haven

District 3 has a for a Safe supporting get the Soroptimist and it will be see you there!

Thanks to Diane setting it up and information:

The *Soroptimist Region, District 3* - team was created with the assistance of RaceRoster Admin and is setup for each individual to register themselves on the team. The registration fee for team members is discounted at \$30, if the team has less than 10 members the fee will be \$35.



team for the October 23rd Run Haven. Not only will we be My Sisters House but we will name out in the community healthy and fun! We hope to

Hollinghead of SI Elk Grove for providing the following

International, Sierra Nevada

To participate in the 5k walk;

<http://raceroster.com/registration/48847/entry?teamEntryToken=TKUUSZ3A4Y&year=2021&slug=run-for-a-safe-haven-runwalk-2021>

- Or from the dropdowns select in-person event
- Select 5K Team Member
- Fill out the registration form
- Under TEAMS - make sure you're on the Soroptimist team
- Finish filling out the form and pay for the registration

To make a donation use the link for Team Soroptimist;

<http://raceroster.com/events/2021/48847/run-for-a-safe-haven-runwalk-2021/pledge/team/336217>

- Or from the main page select "Event Details"
- On the right dropdown, select "Donate Now"
- Search for Team Soroptimist
- Then make your donation

A virtual walker cannot be added to the team so perhaps registering as a team member or making a team donation would be a better choice than virtual walker.

If a person has never registered with RaceRoster before, they will need to create an account with their email address and a password.

Georgia Presnell's New Address

By Phyllis Moist

Georgia Presnell has moved to Orem, Utah and can be reached at the following address:

Georgia Presnell
250 E. Center St. #137
Orem, Utah 84057

(She will be taking occupation of her apartment in a few weeks, but she is there

picking up mail daily, according to her daughter in law.)

She is reported to be very happy to now be living not only closer to her son Greg Presnell, but also back in the area where she grew up. Given that this move happened before any of us could say good-bye, please send a card to Georgia to wish her well and let her know that we will miss her--- an avalanche of warm wishes to greet her in her new home!

Aunt Bonnie and her brand new AutoMobile

By Bonnie Coleman

Some of you may have noticed that Aunt Bonnie has (yet) another new car. This is not her fault! She loved her first Acura and kept it twice as long as she intended. Then, after 13 happy years, she traded it in for another Acura. It was not apparently a good year for cars, as least not hers. It shifted in a way that made one imagine WWII jeeps after a long trip over bombed out roads. A nice fellow who owned the wine store recommended a BMW, so I bought one. (What? Is there any more reliable way to shop for a car?) It had automatically adjustable everything...except seat belts. Wine-Store-Man was a good bit taller than Aunt Bonnie (I know, as is most everyone else) so it may not have occurred to him but was a great nuisance to Aunt Bonnie because the BMW seemed bound and determined to decapitate her.

It also had a tendency to want to swap its white paint with other little white cars. Not a lot, not enough to dent the cars or peel off the paint. Just a friendly little tickle, like a scuff. The little BMW was just buffed out and looked great again. I don't know what the two neighbors did but since it was on my insurance (I'm painfully honest that way) they probably went for the whole enchilada. Thinking that two strikes (or stripes) were enough for me to fund, I responded to an ad from BMW to buy back my car and I went for it. But on the way I stopped in at the Acura dealership and it was like going home. It felt like home, it acted like I was home, and their car didn't try to guillotine me with its seat belt. Plus, the car

was prettier, the people were nicer, and the money was comparable.

I can't wait to learn to drive the new Acura. Its controls are located similarly to the earlier model and it seems to have no interest in doing the paint swap nor the decapitation. All Good. But despite these advantages that keep me from being afraid to leave my garage, there are lots of new gizmos to learn and the drivers' handbooks are no more interesting than they ever were so there will be some hard slogging ahead if I really want to know all that it and I can do together. There's just this one little thing: it is sitting at the dealership being "evaluated" by their computers and what-not. The tow truck driver didn't don't know what went wrong. I don't know what went wrong. I just know it took me out to dinner but it wouldn't bring me home. I don't want to be stuck at a restaurant again dependent on the kindness of friends or strangers. And the car, in the way of all cars, wouldn't do it again for the tow truck driver, the dealership, nor in fact for me. It's like it healed overnight. They're funny that way, cars are...much like children and pets.



Not sure what it will look like exactly!

PS. The dealership just called. They said new cars that sit on a lot for a while sometimes lose a little battery power. Really! And nobody checks them to see if they and their equally innocent new drivers are OK before being sent out into the

world? I might write my congressperson except they all seem to be busy trying to decapitate one another just now, so I'll just be glad it wasn't worse and blaze my way over hill and dale and freeway in my new little Acura, as soon as I can retrieve it from the Elk Grove dealership. (Thank you, Paula.)

Officers 2021-2022

Co-Presidents-Phyllis Moist &
Cathy Diepenbrock
First Vice President-Karen Smith
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

Board Action Items

Approval of minutes

Please mark your calendars with
our Fall meetings and events.

October 8th - Business meeting
October 22nd - Halloween Party
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

October Birthdays



Idelle Claypool **October 2**
Mary Anne Selvage **October 8**

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

*Colleen Heck is a member of my bunco group
and Carolyn Murphy was her mother. Carolyn
made several pineapple up-side-down cakes as
donations for the crab fiesta and they were in
great demand. Dana is an old friend who
worked with me at SMUD as home economists
back in 1956 or thereabout. Dana's husband,
Ralph was a lineman for SMUD at the same
time. They are important only to me. Barbara
Coulam*

