



Soroptimist International Sacramento Newsletter December 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

"Maybe you have to know the darkness before you can appreciate the light." - Madeline L'Engle

Indeed, the days are becoming shorter now and the nights ever so dark, with a reminder of how long we have been living this new "normal."

As a Board, we have had long discussions centered around these challenging last two years. As one member remarked, it has changed our relationships – with family and with friends. And, it has most certainly changed how our club interacts. With the most of our interactions over the last two years being through the screens of our computers and phones, it is very difficult to share the same warmth and camaraderie that are hallmarks of our club meetings.



As the quote aptly notes, these times surely will allow us an even greater appreciation – of our connections to each other and the values that we share. As each of our families shared our Thanksgiving meals, we all felt that the food was the best it had ever been. Was it

truly the case? Or, perhaps our savoring of the food was heightened by the loss we'd had over nearly two years. It is hard to say but, suffice to say, that our appreciation was more profound than ever.

Light embodies hope of brighter days ahead.

And it is our profound hope that we can increasingly share time together, with our families during this holiday season and with our membership at our holiday party and even more so, in the New Year.

May your Holidays be filled with light and laughter and hope for a better tomorrow!

Fundraisers

By Karen Smith

You Still Have Time

Because the pandemic made it impossible for the See's store, we shifted to online fundraisers - Flower Power Amaryllis and See's Holiday Yumraising. Currently, the profits are \$879 for Flower Power and \$838 for See's.

The See's store is open until December 3rd and Flower Power is open until December 15th. However, if you want to receive Flower Power by Christmas, please order by December 1st.

[Link to See's Store](#)

[Link to Flower Power store](#)

Still Spreading the Word

We need your help in spreading the word about Flower Power amaryllis and See's holiday candy. Now that Thanksgiving is over and the holidays are upon us, it's a great time to let your friends and family know. Several members have passed on the info, but we need to get the word out more.

Current profit totals:
Flower Power: \$849
See's: \$838

We have surpassed the Fall Flower Power by \$200. Yay. But we are way below our profit of \$1400 for See's. The holidays are a perfect time to buy delicious candy.

Thanks to Idelle for sharing the email she just sent out (see below). Feel free to copy and send to friends and family.

The links are in the email and easy to access. I sent to about 40 people as a BCC and got lots of responses (and some from people I didn't expect). Don't be shy....spread the word.

This is the last time I'll bug you all about this. See's closes on Dec 3rd and orders for

amaryllis should be made by Dec 1st in order to receive by Christmas (Flower Power store closes on Dec 15th)

Karen

Idelle's email with links:

Dear Family and Friends,

There is still time to participate in the Soroptimist fundraisers that I haven't told you about yet. You don't have to procrastinate because I have done that part for you already.

You have **until December 3rd** to order **See's candy** online at the Soroptimist store and ensure delivery by Christmas. The store closes on December 3rd. Check out the link to our online store [HERE](#) and buy delicious candy for yourself and others.

You have **until December 1st** to order **amaryllis** with our Flower Power fundraiser and ensure delivery by Christmas. The Flower Power store is open until December 15th. They come in a kit ready to plant and flower and make wonderful gifts for others or yourself! Take a look at these beautiful flowers and place your order [HERE](#).

As always, proceeds from the Soroptimist fundraisers support grants, scholarships, and training programs to empower women and girls. I hope that you will support Soroptimist International of Sacramento through one or both of these fundraisers.

Thank you!

Gifts from the Heart

By Carol Adams

SIS can be proud of our gifts sent to the Santa Shop this year. Many thanks to those who participated. It is clear from the response that this continues to be a program near & dear to our hearts. Thank you for sharing your blessings.

Celebrating American Thanksgiving in Germany!

By Wendy Haydon-Schneider

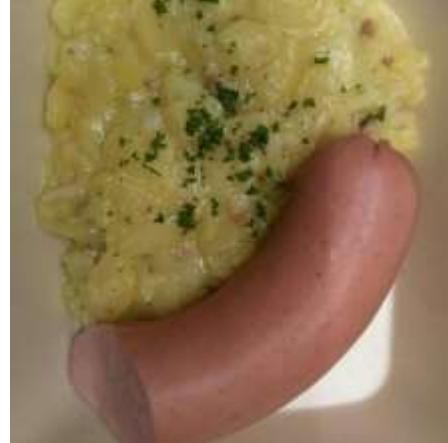
We celebrate the German holidays and traditions and I love learning about them. Each year I refresh my memory about them as they come up.

I want to keep American Thanksgiving alive here also. My first year in Germany (2014), we celebrated just the two of us and I stuffed a chicken and made a few of the traditional side dishes. I had no idea where to buy a turkey at that time.....turkey is not sold in grocery markets like they are in the US – many Germans eat goose, not turkey, for Christmas dinner. We lived in the city so we knew we would have to order a turkey from ‘somewhere’, and it seemed like a lot of work to research, so I decided a roasted chicken would be suitable for us.

Starting in 2015, I was working for the US Army and so was in touch with American holidays. I got in gear and decided that we needed to celebrate Thanksgiving with some of our German family and friends. Most of our Thanksgiving guests were German, and I introduced them to our American holiday. There were 18 people each Thanksgiving in our small apartment from 2015-2019! They loved the various foods! I always started our event at about 4:30 p.m. because most of our guests needed to work that day before coming to our celebration. I always served “Kaffee und Kuchen” first (coffee and cake – it’s a German staple), then appetizers, dinner, then dessert! A “full” day!

The turkey (Trutan), ham (Schinken), sweet potatoes (Süßkartoffeln), mashed potatoes (Kartoffelpüree), gravy (Bratensoße) were all big hits. Due to having a European standard oven (smaller than a US oven), I always cooked two 11-12 pound turkeys. I purchased mostly American ingredients at the Army Post Commissary, as I was eligible to shop on-post.....purchasing well-known-American brands of turkey and ham (but I forget the names!), along with the bags of seasoned stuffing croutons, cartons of chicken broth, cans of pumpkin, and boxes of brown sugar. None of those are available here on the German economy.

In 2020, we were in lockdown, so there was no possibility to celebrate Thanksgiving with guests at our new-to-us house that we purchased in 2020 about a month before COVID-19 was announced to the world. So we supported a local German restaurant on Thanksgiving Day 2020 in a neighboring village by purchasing two takeout dinners of Fleischwurst and warm potato salad.



2020’s Thanksgiving meal – it was good, but not what I think of for Thanksgiving dinner!! 2020 was such an odd year, it was a fitting meal.

That brings us to this year, 2021, where we are not now in lockdown, but it could still happen as Germany’s COVID numbers are increasing (as elsewhere as well). It’s as if I had a premonition during last summer.....that COVID would become worse again at Thanksgiving time. We had a BBQ in early September with many friends and family (27 of us) in our backyard to bring friends and family together, and I always think that doing so over food and drink is the way to go. I even mentioned at the BBQ that we wanted to have the chance to spend time with everyone outdoors at a BBQ because that was safer than waiting until Thanksgiving.... cold weather.... indoors.... no fresh air. With increased COVID infections here and the development of the new COVID variant, it turned out to be a smart idea!

Our Thanksgiving Thursday was a quiet one. In the morning, we did our 2nd annual German version of the Run to Feed the Hungry to support the Sacramento Food Bank and Family Services. We walked through our

village and between agricultural fields in chilly 38°F weather. Brrrr! Yes, refreshing! That prompted me to buy warm gloves later that day as we shopped for our Thanksgiving dinner. We also supported a food drive being held at the supermarket. They sold bags of groceries (we bought one) and then we deposited the donated grocery bag in a donation bin near the cash register area!! It just seemed so appropriate to do this on Thanksgiving. Here's a photo of the display.



We had a small Thanksgiving party this year, this time on the Saturday after Thanksgiving – there were 6 of us! Two of our guests worked on Thanksgiving Thursday so it was a no brainer to celebrate on Saturday. Our 4 guests were not part of our previous Thanksgiving parties and they did not know each other! One of our guests is an American woman I met on Facebook through Flohmärkte...i.e., flea markets) – she is married to a German man and lives very near to where we used to live in the city. We invited them to stay the night, to avoid drinking and driving, as well as the roads in our rural area are narrow curvy unlit roads, deer and wild boar are known to cross them at any given time, and the weather forecast was for snow (it did actually snow that night, our first snow this winter!). Our other 2 guests are our really nice German next-door neighbors who have become our friends. At one of the weekly outdoor vegetable markets, we became acquainted with a woman who owns a Geflügelhof (poultry

farm) so we decided to order a turkey from her. We wanted a bird about 6-7 kg (about 13-15 pounds) – but she had only one turkey left and 'she' was close to 15 kg (about 30 pounds)! So she sold us a half of a turkey! I kept pondering how do I cook a half of a turkey? Would it be dry when cooked? No, it really wasn't! Our girl was beautiful (just under 15 pounds) and oh so tasty! She did take longer to cook than I thought... We have even ordered a turkey for Christmas from the farm – the lady said she had turkeys that were growing and would be our desired size by Christmas!

Here is a photo of the poultry farm and a photo of the cooked half turkey!



We also wanted about a 4 kg ham (nearly 9 pounds). We went to a Metzgerei (butcher) and the two ladies there looked at me like I was crazy when I asked for a 4 kg Schinken. When we were at a different Metzgerei and I asked for a Schinken, she showed me a very small piece of smoked pork (not at all what I consider to be ham). These two ladies showed me two 2-kg Schinken, and wanted to slice

them in thin slices, as is usual here. They sell it by the 100g, so I am sure my “huge” order was astounding to them. I said, “nein, kein schneiden!” (no, no cutting!). The two Schinken that we purchased looked like what I consider to be ham, just a little smaller. I cooked one of them – it was delicious and plenty for our group! Now I know what to ask for next year!

One of our guests needs to eat glutenfree – so I made stuffing using glutenfree bread that I cut in cubes and dried into croutons in a very low oven, worked great! I cooked the stuffing in a slow cooker (who knew?) – it was brilliant (and not my idea!) and freed up the oven to concurrently cook the sweet potatoes and ham. My sweet potatoes and gravy were also made glutenfree and I must say I think this gravy was the best I have ever made! I also baked two desserts glutenfree and they turned out well also. Does anyone else cook or bake glutenfree? This was a good test of my adapting recipes because I want us to start eating less gluten too.

We all had a great time together – so many laughs, so many toasts made, conversations in both English and German.....and I remember thinking that night that “I have become my Mom”, which is not a bad thing at all! She used to say that she loved having everyone together and hearing the laughter and chatter.....and that is also my favorite part of our get-togethers that we host. I hope that if you celebrated the holiday, you enjoyed to the fullest whatever you did, and also your long weekend! Wishing you the best for the rest of your 2021 and I’ll “see” you again next in 2022!!

Run to Save the Hungry 5K From Germany and Wendy

We walked today in a chilly 38-degree F weather! Chilly and sunny out, no wind thankfully! Werner and I were both registered for the walk, and we walked on paths between nearby agricultural fields and

then through our village. This photo is at the village square.

I hope you enjoyed your Thanksgiving Day!!



We miss you too, Georgia by Phyllis Moist

I received a phone call from Georgia Presnell a few weeks ago and she sounded wonderful. She is settling nicely into her new home AND also misses us all tremendously. She wanted to remind me that even though many miles are between us, she is still a member of our club and would love to hear from us. She has received a few cards from our members and she reads them often.

You can phone her at 801 607 1690 or send a card to
Georgia Presnell,
250 E. Center St. #137,
Orem, Utah 84057.

Aunt Bonnie's Covid Story

By Bonnie Coleman

Seems like everyone has a covid story by now so Gol'Darn I do too. I didn't bake bread or write a Haiku (although apparently something is due now) or save kittens and puppies but I too have my little story. I found myself with an expired Body Warranty as all my parts seem to be failing at once. That is a scary little horror story, my friends. And it came on with no effort at all on my part. In fact, that may be the reason. I kept putting things off because I kept believing the worst would be over in a couple of weeks, until the whole year had passed, and it appeared I would be next to go.

I entered covid as an ex-runner who worked out regularly at the gym, took walks, ate, reasonably, and kept my body strong by maintaining my standard health appointments. I stand before you now, or rather wobble uncertainly, unsure of my stance, or the day of the week for that matter: a shell of my former self. This was the course of my self-destruction:

Aware of the stress covid was putting on health professionals of every kind, I postponed attending to my nagging little problems until covid was behind us. That was folly #1 as covid still hasn't gone away. Besides the gyms were closed, people on the roads treated one another like the Walking Dead, and it was generally unpleasant, and dangerous to be out and about.

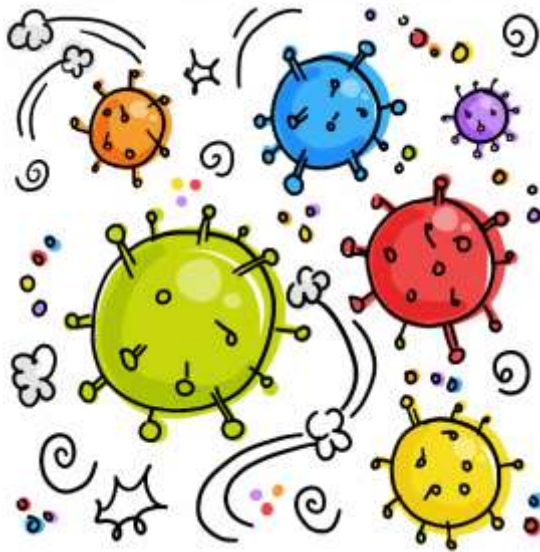
Without regular exercise, regular meals seemed unnecessary and decadent, so I hunted and gathered in my kitchen until driven to bring in foodstuffs offered by the ever declining and restricted food providers. Without a regular schedule, my insomnia,

always an opportunistic foe, declared war on my remaining sense of normalcy. I edged ever closer to a nocturnal animal. I got my annual eye exam just before covid struck but I couldn't get to my usual opticians because they were either closed or on a much-reduced availability schedule that varied as the rules swung one way or another. Besides one of my eyes self-corrected one way and the other in

the opposite direction and it seemed dangerous to jump onto the freeway for a ride into the countryside at seventy mph.

The same could be said for more mundane appointments as everyone tried to sort out what the new normal looked like. The upshot of this was a diminution of my normal grooming standards and an increasingly feral look to My Look. I was developing a slight shuffle to accompany my shaggy and furtive look. I had to call people who still worked or the TV schedule to determine what day of the week it was. Plus, my wonky eyes and increasing stiffness increased my odds of falling. I began tripping over obstacles such as lint, shadows, or the pattern in the flooring.

And that is how I became the shaggy, wobbling, squinting, shambling creature that you see before you now, if you are so unlucky. Have mercy on what is left of me.



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

**Please mark your calendars with our
Fall meetings and events.**

December 3rd - Business Meeting
December 17th - Holiday Party

Board Action Items

- Approval of November 2 Board Meeting Minutes
- Approval of Financial Reports

December Birthdays



Cheryl Simcox	December 3
Pat McConahay	December 10
Karen Smith	December 18

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
Rosalie Gladden made a donation to the general fund in honor of her sister, Rose D'Antonio



SOROPTIMIST INTERNATIONAL SACRAMENTO
Cordially Invites You to Our

ANNUAL HOLIDAY PARTY

DECEMBER 17, 2021
11:30 AM

SWANSTON COMMUNITY PARK
2350 Northrup Ave, Sacramento

COVID vaccinated guests welcome

Bring wrapped gift, value \$20 maximum,
for gift exchange

Reservation RSVP to follow

