



# Soroptimist International Sacramento Newsletter April 2022

**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

As we move into Spring, we see that the calendar is filled with days dedicated to renewal and reflection, with Ramadan beginning on April 1<sup>st</sup>, Passover beginning on April 15<sup>th</sup> and Easter on April 17<sup>th</sup>. And while Spring is traditionally a time of renewal, some of us may still be feeling a little down and pessimistic from our long period of quarantine and isolation.

Nevertheless, there will be a time to come when all of today's difficulties will be a memory and, for many (and we hope most) of us, we'll think back on these days as a time when we all pulled together and saw things through not just to the end but to a new beginning. And we have things to look forward to: our elections are happening this Friday for next year's officers, building for our club's future AND scholarships will be



awarded at our April 22<sup>nd</sup> meeting (which also happens to be Earth Day!) The scholarships and awards are the reason many of us put in all the work that we do, so that young deserving women can continue their education goals.

In addition to this, President Cathy will be attending our Sierra Nevada Regional Conference in Reno this weekend, along with our member Sarah Lee and they will be bringing back lots of new ideas for us to ponder. We have six meetings left in our year and we discussed as a Board the possibility of doing the rest of our meetings in person provided covid continues to lay low. We have

another fund raiser coming up with Flower Power---be looking for an email from Karen! Lots of possibilities for the rest of our year to look forward to. Happy Spring to everyone!

## Nominating Committee Report

The Nominating Committee invited members to suggest names and personally solicited names for the Committee's consideration. On February 28, 2022, the Committee met by Zoom to review, identify, and approve the 2022-2023 Club year slate of Officers and Directors. The Nominating Committee Chair submitted the slate to the Board of Directors at its March 1, 2022, meeting. The Board approved the following slate:

- PRESIDENT: Karen Smith
- 1st VICE PRESIDENT: Carol Adams
- 2nd VICE PRESIDENT: Nilda Valmores
- SECRETARY: Mary Anne Selvage
- TREASURER: Minisha Trivedi
- ASSISTANT TREASURER: Nancy Wolford Landers
- DIRECTORS:
  - 1-Year: Regena Boyland (completing Minisha Trivedi's term)
  - 2-Years: Rosalie Gladden
- Parliamentarian – To be appointed by the newly elected President, per the Bylaws.

Soroptimist International of Sacramento (SIS) Bylaws Article V requires this report to be read to the Club at the March Business Meeting and printed in the Newsletter. This report will be read again at the April Business Meeting where elections will be held. At that time, additional nominations may be made from the floor. If there is more than one nominee for an office, that election shall be by written ballot.

Respectfully submitted by the Nominating Committee:

Jennifer Willis (Chair), Nancy Wolford Landers and Minisha Trivedi

## **SIS DREAM IT BE IT AND MONEY MATTERS UPDATE 3/24/2022** **By Nancy Wolford-Landers**

To date, SIS members have participated, either in person or virtually in six classes/ sessions with

two different community groups. Thanks to the wonderful support and leadership of the staff at our community partners, Sacramento Academic and Vocational Academy (SAVA) and My Sisters' House. (MSH)

Using a team planning and delivery approach, SIS members and Mrs. Moriah Theroux have presented examples and ideas to classes ranging from 15 to 9 students. The SAVA Dream It, Be It (DIBI) classes covered so far have included: Exploring Careers, Creating Achievable Goals, Raising Above Obstacles, and Turning Failure into Success. There are three sessions left; Balancing Your Stress, Putting Dreams into Action, and participation in a team-teaching approach at Peak Adventures which is located on the campus of Sacramento State University.

The Money Matters group has also been providing assistance and classes, upon request. The latest request was to teach a series of three classes to a group of Hispanic-Speaking women at MSH. The First of the series of Money-Matters classes was translated and delivered in Spanish by Maria Trejo (what an accomplishment). From all indications, it appeared that it was well received. Two more sessions will be delivered in Spanish.

The coordination and support from SIS DIBI committee, Money Matters committee, and community members has been key to moving forward with some of our main programs at Soroptimist International of Sacramento. The leadership and experience of committee Chairs, Phyllis Hayashi and Nancy Wolford-Landers who have shepherded the activities, continue to bring SIS members and community friends together.

If you're interested in learning more about the Dream It, Be It Program, please contact Phyllis Hayashi at 916.284.7304 or email at [PhyllisHayashiSIS@gmail.com](mailto:PhyllisHayashiSIS@gmail.com). To learn more about the Money Matters Program, please contact Nancy Wolford-Landers at 916.709.3002 or email at [odlizzie@surewest.net](mailto:odlizzie@surewest.net).

## **GIFTS FROM THE HEART**

**By Karen Smith**

Several SIS members participated in Gifts from the Heart during the holidays by ordering gifts from Amazon. Below is a general thank you to all partners and there's also a great video. Our help makes a difference.

Thanks to Carol Adams for spearheading this effort.



**Gifts from the Heart  
Thanks You!**



## GFTH 2021 Statistics

As we continue to move further into 2022, and starting to come out from the latest COVID surge, I wanted to share with you some of the numbers from the 2021 Gifts from the Heart season:

**2534 Gift Recipients**  
**82 Community Partners**  
**57 Volunteers**  
**1645 Volunteer Hours**  
**8012 Estimated Community Partner Volunteer Hours**  
**Total Program Dollar Value: \$476,612**

Wow! That's a lot of holiday gifts to a lot of children, youth, seniors and disabled adults! Thank you again to our amazing sponsors and volunteers for making the holidays brighter for the children, seniors and disabled adults that we serve at the Department of Child, Family & Adult Services.

## GFTH 2021 Video!

The County's Media staff have put together a short video showcasing some of the highlights of the 2021 Gifts from the Heart season. Take a look - it's adorable! Please share with coworkers, friends and

**Making Holiday Wonders,  
Lifting Spirits, Giving Hope**



Thank you for reading the GFTH newsletter. We enjoy communicating with our sponsors and volunteers throughout the year, and we are happy to have your feedback and suggestions.



Sacramento County

Gifts from the Heart

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family who also participated, to let them know how much they are appreciated!



## Thank you letters from social workers

I really enjoyed delivering the presents to the families I'm working with. The parents were really appreciative. One dad started to tear up and said it meant so much to him. I wish you all could have been there for the deliveries. Thanks again to you and all the volunteers. I know it was a lot of work. You all really went above and beyond organizing everything and helping with the wrapping too! This is really a great program.

~Emily Owens, CPS Emergency Response Worker

Thank you for all of your hard work to make this happen! Christmas is such a difficult time for our families who can't be together and those who are together but don't have the means. Being able to bring them gifts is such an amazing thing. I have been in awe of Gifts from the Heart since I started. Thank you for what you do every year!!! We really appreciate it! Catherine Bryant, CPS Supervisor, Permanency

## Thank you note from a senior IHSS recipient

Thank you so much for all of the gifts. We really appreciate all of the blessings you have given us this year. We did not expect to receive all of this and were

so thrilled. May God bless you to keep spreading all of the kindness and joy to others.

## **Thank you note from a CPS recipient**

Thank you for all my gifts. I love them so much. Thank you for them because you didn't have to get me no gifts at all but you did. So I really do mean thank you and keep doing what you're doing and I thank you bc I get to have a Christmas gift from an amazing kind caring person I don't know. Thank you I mean it!

- Kala A., 10 years old



## **Thanks to Rich & Linda Gunn for 15 years with GFTH!**

Many of you have known Rich & Linda Gunn over the year as our tireless "holiday elves," picking up gifts from sponsors and delivering gifts to CPS and SAS workers to bring to their clients.

Whether it's with fun and festive holiday hats or the infamous "No L" button, or just with their smiles and ever-positive, can-do attitude, the Gunns have been spreading holiday joy across Sacramento county for the last 15 years as volunteers with the GFTH program.

But as we all know, all good things must come to an end, and the Gunns are hanging up their GFTH hats to focus on their other volunteer gigs: driving for Meals on Wheels and serving at their local food bank. And of course spending time with their family!

We appreciate their years of dedication to the program, and hope they know how much they are valued and will be missed. We might just see them with GFTH again in 2022, but in the less strenuous position of volunteer drivers delivering holiday gifts to seniors.

Thank you, Rich and Linda, for all of your hard work with the program!! You have been a driving force in making the GFTH program what it is today, and we will miss the fun that you have brought to Gifts from the Heart, including light moments depicted in the photo below!

We thank Andy for this generous donation to the program in his brother's memory, and our condolences go out to Tim's family and friends as they continue to grieve the loss of their dear brother, cousin and friend.

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## **Fundraising By Karen Smith**

### **See's Yumraising**

Thanks to all of you who supported the See's fundraiser by ordering and passing on the information to friends and family. We made \$900 in profit.

Look for information for the next Flower Power Spring fundraiser soon!

## **Aunt Bonnie – In The Before Times By Bonnie Coleman**

I know some of you may think of Aunt Bonnie as something of a featherhead but now and then I think real thoughts that go on in the actual world that you and I both inhabit. This just in.

I wrote something this month that was so early I can hardly remember what I said so it pains me to tell you that it has gone away. Yes, totally, and absolutely away, Far, far, far away. I know it had something to do with proving that I am not a featherhead, so, of course I sent it off like the best little featherhead you've ever seen. It may have gone something like this.

## **SIS Scholarships Awarded – Join us on Friday, April 22<sup>nd</sup>**

We received many excellent scholarship applications and the committee met in late March to choose the worthy recipients. A total of \$28,000 will be given to six deserving women at our meeting on Friday, April 22<sup>nd</sup> at the Swanston Community Center. We hope you can join us.

In the May newsletter, we will include information about each of the scholarship winners.

To prove that I have been having thoughts for years I went back to the early Before-time. I was five and one half, almost three-quarters. We had just moved from a courtyard apartment to a house so I could start second grade in my very own room. Clearly my job was to evaluate all the known Evidence, and the Facts and identify the Unknowns as clearly as I could and make a Plan to Save Myself, if it became necessary.

Facts in Evidence: From my bed my room had a window on the left and a door on my right that could take me to the safety of my parents' room if the need arose, say from a rogue gorilla who might come crashing through my window. Broken glass makes noise. Any room either of my parents were ever in was a Safe



Room. They had kept me safe this long and there was no alienation of affection on either side that would create a rift in the foreseeable future.

Unknowns: How much noise might a rampaging gorilla cause? How well would noise travel down the hall to my parents' room? I never had to contend with a hall before. How many unhinged gorillas lived in our new town - Castro Valley? Could I run faster than a gorilla of any disposition? I was a pretty fast runner, but the gorilla was a matter of pure speculation. They had short legs and looked clumsy. Could I wake my Mother? Absolutely, she heard me call after every nightmare. My Father? Not so much. I studied my truths long and hard. This was not a time for snap decisions.

The Plan: The breaking glass would surely wake me, gorilla or not. I could get out of the room faster if I was already facing the door. The clear choice was that I should go to sleep facing the door, obviating the need to lose speed turning over. And that's what I did all the seven years that we lived there. So there - take that you featherhead haters! I still survive!

## A German Sweet Treat for You By Wendy Haydon-Schneider

These sweet treats are deadly for me.....they are so delicious! Our local baker, we can walk there in five minutes, well, he knows that I love them so much, that when Werner goes to choose our bread, the baker will mention that he has some fresh baked ones for me!

They are called Nussecken. The English translation is "Nut Corners". I love them because they are sweet, nutty, have sort of a shortbread base (although at one bakery, they are more like a dense cake), and they can be dipped in either milk chocolate or a dark chocolate. Here are photos of Nussecken that I have enjoyed from three bakeries in our area. They are delicious served with freshly brewed coffee. Each side of the triangle is about 3 ½ inches, so they are good-

sized portions. As you can see, each bakery puts their special touch to the sweet treat.

With dark chocolate



This milk chocolate Nussecke is gluten-free, purchased from a store that sells organic products.



This dark chocolate Nussecke has almonds on top, I think.



Werner's daughter's boyfriend's mother (now, that is a mouthful! Pun intended!) makes Nussecken that I just love. But I don't know her very well and rarely see her, so I have not asked for her recipe.

I want to try baking them and see if mine turn out well, but then I think: "these are so well known that I can get them at any bakery, and it's fun to test them wherever we are!"

Maybe you'd like to try baking them? Here is a recipe and a photo that makes the Nussecken look mouthwatering. It's from <https://www.recipesfromeurope.com/nussecken>



### **The Dough**

1½ cups all-purpose flour  
1 teaspoon baking powder  
1 medium-sized egg  
1 teaspoon vanilla extract  
½ cup butter, at room temperature  
1/3 cup sugar  
½ tablespoon milk

### **The Topping**

3 tablespoons apricot jam  
½ cup butter  
½ cup sugar  
2 tablespoons water  
1 teaspoon vanilla extract  
1 cup ground nuts, e.g., almonds, hazelnuts, walnuts  
1½ cups chopped nuts, e.g., almonds, hazelnuts, walnuts

### **The Chocolate Glaze**

6 ounces semi-sweet baking chocolate  
First, grease and flour your baking pan. We'd recommend a baking pan with approximate dimensions of 13.5 x 9.5 inches. This will make 12 large or 24 medium-sized triangles.  
Add the flour to a medium-sized mixing bowl. Then add the baking powder and stir it into the flour. Now also add the butter, egg, vanilla extract, sugar. Mix everything together using the spiral dough hooks of your electric mixer while slowly pouring in the milk. Keep mixing until you have a dough that you can easily form into a ball. Sprinkle a little bit of flour onto your countertop and roll out the dough with a rolling pin until it fits the size of your baking pan. Place the dough into the baking pan, then add the apricot jam on top and gently spread it so that the top of the dough is covered.

At this stage, preheat the oven to 350°F.

Now prepare the nut topping. For that, heat the butter, sugar, water, and vanilla extract in a medium-sized pot on the stove until the butter has melted and the sugar has dissolved. Remove the pot from heat and add the ground nuts as well as the chopped nuts. Mix well. Let the mixture cool for around 5 minutes, then gently spread it onto the dough with the apricot jam. Make sure that it is evenly spread so that the bars will all be done baking at the same time.

Bake the nut bars on the medium rack of your oven for around 25 minutes until cooked and nicely browned.

Remove the baking pan from the oven and let the Nussecken cool fully. Then cut them first into large squares, then into smaller triangles.

For the chocolate glaze, melt the baking chocolate either in the microwave (make sure to take it out and stir it around approximately every 30 seconds) or in a hot water bath. Dip the corners of the nut triangles, or one of the sides, into the melted chocolate. Then place the triangles onto a cooling rack with parchment paper underneath. Let them sit until the chocolate has hardened.

### **Notes**

Nussecken are often made with hazelnuts, but we sometimes also use almonds and walnuts. It really depends on what we have on hand.

You can grind your own nuts in a food processor if you have one and don't want to buy pre-ground nuts.

You can skip the chocolate glaze if you want to.....but Wendy asks, "why would you want to?" Store the nut bars in a container, ideally a cookie tin, in a cool and dry place (garage or basement for example). This way they will easily last for a couple of weeks. Wendy says, "in our home, they would never last that long!" 😊

## 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 Trivedia

## Board Action Items

- **Board Meeting Minutes March 1, 2022** – One typo in a date was brought to the attention of the board. Mary Anne will make correction and resubmit.

*Motion to approve with correction was made by Mary Anne Selvage, seconded by Carol Adams, no objections. Motion carried.*

- **Website and Dues** – Cathy Diepenbrock has been working with web designer Joey to update the website especially in regards to simplifying the portals for payments and donations. Kathy Platz prefers that the dues be handled through QuickBooks program with an email going to all members containing the QuickBooks link when dues are to be paid. The board agrees.

*Motion to approve Kathy Platz' recommendation to email members with QuickBooks link when dues are to be paid made by Cathy Diepenbrock, seconded by Carol Adams. No objections. Motion approved.*

## Donations

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  
Corrine Joe for Richard Canterbury

## Upcoming SIS Meetings

Friday, April 1 – Business Meeting  
Friday, April 22 – SIS Scholarship Awards  
*(Please note this is the 4<sup>th</sup> Friday due to Good  
Friday and Easter)*  
Friday, May 6 – Business Meeting  
Friday, May 20- Paula Salinger and Heather  
Tiffie, Capital Pro Bono  
Friday, June 3 – Soroptimists Celebrating  
Success  
Friday, June 17 – New President Installation  
(tentative date)

## April Birthdays



Barbara Coulam 4/7  
Nancy Wolford-Landers 4/30