



Soroptimist International Sacramento Newsletter May 2022

SIS Mission: *To provide women and girls with access to the education and training they need to achieve economic empowerment.*

<u>Table of Contents</u>	<u>Page</u>	<u>Table of Contents</u>	<u>Page</u>
Presidents' Corner	1	Aunt Bonnie	5
Scholarships	2	The Fields are Alive	6
Fundraising	4	Birthdays	8

Presidents' Corner

By Phyllis McMaster Moist and Cathy Diepenbrock

Cotton Candy. What does this word conjure for you? When reading the word, does the smell suddenly seem present – that sweetness of sugar spun firmly but not quite caramelized? Does it bring back memories long since filed away – of carnivals or the Boardwalk? Or, perhaps your mind wanders to the magnetic way that its pink fluff stretches away from its core, not fully separating and sticking to all it nears? Or, does the word itself embody a simple sweetness - whether childhood itself or even those fancy new grapes? Maybe a little of all of the above?

Well, until the weekend of the SNR Conference, my mind might have contemplated all the above. That has changed. Whereas in the past, I had a not-so favorable viewpoint of the familiar spun sugar, it now brings a huge grin to my face. I now firmly associate cotton candy with an impromptu birthday celebration, new friendships and the commonality of women determined to make a difference.



A little background. Sarah Lee and I were settling down on a couch after the Installation Dinner on Saturday, ready to toast her election and catch up on all the happenings that our Zoom meetings and quick luncheons have not allowed for. There was a restaurant bar not far from the couches and we were coaxed

in by the invitation from other Soroptimists who were headed that way.

As we settled around a table, there was a plate heaped with fresh cotton candy delivered to the adjacent table. Our new friend, Roberta, was overcome with joy at the sight and quickly asked if she could have the same – a giant heaping bowl of fresh cotton candy. The waiter obliged and she explained that it was her birthday, so this was her

'birthday cake' of sorts. As we settled in and learned more about each other, Roberta explained that when she was a child, her father worked at the fairs and she would tag along, so cotton candy was a very sweet memory indeed!

While I have never been a fan of cotton candy, that bowl of fresh pinkness was the most delish – and fun – I have ever had! We all enjoyed each other's company and by the time we ended our celebration (we may have been the last ones there) we had an empty bowl and full hearts.

Suffice to say, this year's SNR Conference was special indeed! Notably, our very own Sarah Lee was elected Director of District 3. Our weekend also included a comedy act, a body language presentation, the awarding of Live Your Dream grants to a group of inspirational young women, and the Ruby Award to the founder of the TESE Foundation in Davis. Our SNR conference highlighted and celebrated all that we do to unlock the potential for women and girls. Thank you to each of our SIS members for working toward a better future.

With that, I encourage everyone to save the date for our next SNR event – **the Soroptimist Development Retreat on July 10th**.

Additionally, please register for the upcoming **Virtual 47th SIA Biennial Convention on July 22-23**, featuring keynote speaker Malala Yousafzai. Register at: <https://www.soroptimist.org/events/index.html>

Scholarships By Karen Smith

On Friday, April 22nd, we awarded scholarships to six deserving young women. Four were able to be there in person, and the other two sent writing and a video to share with our members.

Below are messages from five of the recipients. I'm sure because of the craziness of the end of the other school year, the other one wasn't able to answer my request. but they are very appreciative, and we are happy that we met them on April 22nd.

Lillian Jundi California Northstate University Candidate for a Doctor of Medicine (MD) in May 2023

To the Members and Donors of the Soroptimist International of Sacramento, I would like to express my deep gratitude for all that your organization does for women pursuing education. I would like to thank you personally for helping to support my graduate education. This organization of women has guided me through my college and medical education, lifting me in financially trying times. I am nearing the end of my third year of medical school and as I reflect back, I recognize how Soroptimist has helped ease the huge financial burden of higher education. This support has allowed me to focus on my future career and the final steps in my education as I prepare to complete my last year of medical school and apply to medical residency this coming fall. I hope as I mature in my career and find stability that I can donate to the Soroptimist organization and give back to other women just as you have done for me. Thank you from the bottom of my heart.

Sincerely,
Lillian Jundi

Ari Green North Carolina State University Ph.D Student in Historic Preservation Alumna of Grant High School, Sacramento

My name is Ari Green and I ask that you accept this note as my thank you for selecting me to be a 2022 scholarship recipient! As a Sacramento native, I am honored to accept this award from an organization so deeply committed to community engagement, the support of women scholars, and for it to be from my hometown. As I maneuver through my doctoral program, I am reminded that developing community is essential to my survival here in Raleigh. As a student, who has moved away from home and my support system, this award symbolizes that home is always with me. I cannot express my gratitude enough and

how much this scholarship assists me in covering tuition costs. Thank you for your service and your commitment to gender equality, empowerment, and education. I aspire to carry this legacy forward and I hope to meet you all very soon!

Some fun facts about me: prior to graduate school, I was an avid solo traveler! Of all the places I've been, my favorites are Havana and Amsterdam. I previously lived in Montreal, Quebec for an abroad study so I know French. Naturally, I am a history buff, so I love to visit historic sites and history museums. I also love architecture, Spanish Revival specifically. Sushi is my go-to comfort food, but I love to cook – it is a learned skill from my dad. I'm a devoted coffee drinker too! When graduate school is all said and done, I plan to return home and work in City Planning!

I am a proud Pacer (Grant, '12) as well as CSUS Alumna (BA '16, MA '20). I serve as a Redistricting Commissioner for Sacramento's Independent Redistricting Commission. The task at hand – to redraw the City Council boundaries for the next 10 years – is essential to my research and the work I aspire to do. I currently reside in Raleigh, NC, while I pursue my doctoral degree. I study how decades of policy and disinvestment in black communities generate specific land conditions for gentrification and displacement to occur. My research grapples with the concept of space, land, and who owns it. I am most concerned with affordable housing and for this reason have committed to being a part of the change in policy that will provide more equitable living circumstances. For this reason, I have been a part of several initiatives here in Raleigh that works towards this more equitable approach. From hosting eviction clinics to assist residents in applying to rental assistance to bridging the gap between community members and city leaders by creating a safe space for community members to voice their concerns and be heard. This summer, I'll be interning with Raleigh's City Planning Department. I'll be applying my research to Raleigh's Comprehensive Plan and Racial Equity study. Long term, I intend to return to home and do this work with the City of Sacramento.

Brittney Flores Fernandez
UC Davis
Nutritional Science in Public Health, June 2024
Alumna of Grant High School, Sacramento

My name is Brittney Flores Fernandez, and I am a second-year student at the University of California Davis. I am majoring in Nutritional Science with plans on pursuing a career in Sonogram after receiving my Bachelors in Davis. At a young age I have always been interested in working in the medical field and over the years I was able to narrow it down to a career I see myself enjoying for most of my professional life. I am really intrigued into the medical field because it is all about helping others which is a big part of who I am. A little more about my background, I am the oldest daughter of four and I am a first-generation student. It has been very different for me to start up my educational journey since I have had to figure things out on my own but so far it has given me more opportunities to learn to guide myself towards success. I am really thankful and grateful to have been given the opportunity to receive such prestigious scholarship award. This award will continue to fund my education and for that I am extremely grateful. I still have a long way to go to be where i want to be in life so receiving this award serves as more motivation to fully dedicate myself to my academic life. I hope and plan on doing the same in giving back to my community to give others the opportunities that I have been blessed to receive. Once again, I want to thank the entire committee for everything and I plan on keeping in touch.

Antonia Hagelis
Samuel Merritt University
MS Nursing Dec 2023
Alumna of Christian Brothers High School, Sacramento

Hello! My name is Antonia Hagelis and I am honored to be given this opportunity. I'm so grateful to Soroptimist for granting me this scholarship. A little bit about me, I currently attend Samuel Merritt University where I'm

obtaining my Master's of Science in Nursing. At the end of my program, I will be a Registered Nurse with a Master's specialty in case management which will allow me to explore leadership and administrative positions within the nursing profession.

I often think about what started my journey into nursing and I'm confident it grew from my mom's influence. She is a teacher and from a very young age has always emphasized the importance of helping others. I grew up watching her in action, giving back to her students and community. She is one of the most selfless human beings I know and is so passionate about her students as well as equality in education. Growing up with a single mom, I was also constantly surrounded by strong women who always emphasized the importance of giving back to others and advocating for women's rights. After gaining experience in various jobs and volunteer opportunities, I soon discovered the many disparities in healthcare, specifically amongst women. This is what ignited my passion for women's health and why my goal is to work with women as a nurse, empowering my patients, increasing accessibility of care, and paving the way more equitable healthcare. This scholarship has given me the opportunity to complete my advanced nursing degree with the relief of a large financial burden. So again, thank you to Soroptimist International! Congratulations to all the scholarship recipients!

Nhi Duong
California Northstate University
College of Pharmacy, May 2022

Dear Soroptimist International of Sacramento Board Committee,

First of all, I would like to express my gratitude to SIS for giving great opportunities to young women like us. Thanks to SIS, I can continue my post-graduation fellowship this coming July in Philadelphia, with less burden financially. I also want to express my appreciation to both of my parents, who have always guided and supported

me throughout my academic journey since I left Vietnam.

A little bit background of myself: I came to United States when I was 15 years old by myself, while my family is still currently residing in Vietnam. Since then, I have learned to become an independent and responsible girl from a young age, both financially and academically. I decided to pursue pharmacy school, with the goal of contributing and serving back to the community. I am working as a Pharmacy Intern at 3 different organizations, not only to gain experiences but also to cover my living expenses through school instead of giving burden to my family in Vietnam. Thus, I really appreciate this opportunity provided by Soroptimist International of Sacramento to help students in financial need like me.

Upon graduation this May, I will continue to grow professionally by pursuing fellowship at a pharmaceutical industry company, named GlaxoSmithKline, located in Philadelphia for 2 years. After finishing my fellowship, I definitely want to move back and settle in Sacramento, while using my knowledge and passion to contribute back to the community, just like how SIS is helping young women continue with their passion in education.

Once again, I appreciate this great opportunity provided by SIS, and I would love to encourage every young woman out there to never be afraid of pursuing their passion regardless of situation!

Also awarded:

Shelby Scott
California State University Sacramento
BA, Women's and Gender Studies, June 2023
Alumna of Grant High School, Sacramento

Flower Power Fundraising

Flower Power has extended the deadline for ordering to May 27th. Please share with friends and family.

Thank you to several members who donated money for the garden and grounds of Fern Bacon Middle School. The Garden Club students are very excited about planting new bulbs to beautify their campus.

Website:

<https://www.flowerpowerfundraising.com/index.php/marketplace/seller/profile/shop/sis>

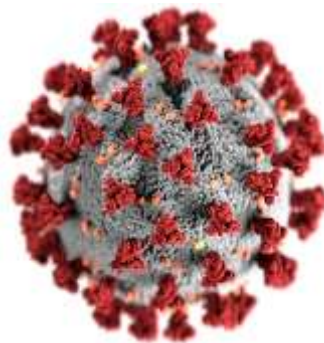
Upcoming SIS schedule

May 20th---Speaker meeting---Paula Salinger & Heather Tiffie, Capital Pro Bono (Swanston Community Center) Please join us as we

Aunt Bonnie Review and Evaluates Covid 19 By Bonnie Coleman

There are always what the Newsies call unintentional outcomes, that is, there is the goal you were working for and then the outcomes that accompany that achievement that you didn't plan for or expect but there they are. Here are a few that accompanied my experience with the covid pandemic.

First, the pandemic was introduced to me in a series of news bulletins that announced the pandemic would be with us for another two or three weeks. I responded with childlike belief and decided that I would just wait out the time and resume my exercise routine when gyms were open, the masks wouldn't be a requirement and



welcome Heather Tiffie and Paula Salinger. Heather is the managing attorney of Capital Pro Bono, an independent legal aid nonprofit organization in Sacramento where volunteer attorneys, paralegals and interpreters donate their time and expertise to further the mission of promoting access to justice for the low-income members of the community. Paula Salinger is an attorney who specializes in family law and donates services to Capital Pro Bono.

June 6th ---Celebrating Success (Swanston Community Center) and Committee Sign-ups

June 17th---Installation of new Leadership (Location to be announced)

August 2nd---Summer Luncheon (Wendy Haydon visits!!!!) (Location to be announced)

life would return to normal. At the conclusion of one episode, of course, another would be announced. This is how I dropped my long-term exercise regime for well over a year. That is how I lost my hard-earned strength and stamina. I became easily winded, my fasciitis-damaged feet became wobbly, and my hip joints wanted me to sit down and cry after walking half a block. I also developed a right knee that the doctor said was probably bone-on-bone and caused the left knee to take on too much of the pressure of walking. So much for the health benefits of running and walking. Another unintentional outcome. Facing the risk of calling Uber in the middle of a one-mile jaunt, I stopped walking. The gyms were still highly restricted so basically, I just stopped it all.

The second unintentional consequence of covid for me was in healthcare. I usually maintain a schedule of mostly prevention-related health visits set for me by doctors, dentists, and various ancillary professionals, such as chiropractors, massagers, etc. Learning how exhausted the entire medical field staff were during covid, I

deferred my entire prevention schedule to a time when the personnel could rest up and catch their collective breath. Now I find two physicians have apparently left their fields, one blood draw location burned down, most of the rest require referrals that have expired, and the remainder seem to be doubling up on their insistence that NOW is the only time to fix whatever they find awry in me due to my lack of attention during covid and/or their lack of a certain level of expected income. I am run ragged by setting appointments, attending appointments, filling scripts and various other suggestions/requirements they impose. They are one me like gods on an angry sinner, which is probably OK since that's the only kind of "running" I am able to perform.

The other sad reality of all of this is the I have learned nothing. If I had to do it all over, I would probably do the same things. If anyone can offer improvement suggestions, please do.

The Fields are Alive! **By Wendy Haydon-Schneider**

Fields throughout Germany are alive with color right now! Beautiful yellow Rapsfelder (rapeseed fields) that is!!

I took a photo a couple of days ago of this field that is a two-minute walk from our home. It is breathtaking! The plants are about 4½ feet tall!



Rapeseed is the most widely cultivated crop species in the Brassicaceae family, which also includes cabbages, mustards, turnips, radishes, and cauliflowers. There is a very wide range of rapeseed varieties for all types of

purposes. Rapeseed oil is oil derived from the rapeseed plant. Rapeseeds are the third source of both vegetable oil (after soybean and oil palm) and oil meal (after soybean and cotton).

Rapeseed oil originally fueled machines, not humans. Rapeseed oil was initially classed as "industrial grade" and used in the automotive industry as biofuel. During the Industrial Revolution, rapeseed oil was used as engine lubricant for steam trains.

Although it had been used as an animal feed for centuries, it was very rarely eaten by humans. Although the crop was incredibly drought and disease resistant as well as a low cost and high yield crop, it was far too high (50 percent) in a compound named erucic acid - making it unsafe as a food product and acutely toxic to humans. In addition, the glucosinolate in the rapeseed was determined detrimental to animals. So, in 1973 Canadian scientists bred strains that were low in erucic acid (just 2 percent) and glucosinolate - the bitter substance that made it unpalatable - making it edible and safe for humans and cattle. This new variation of rapeseed was originally named Low Erucic Acid Rapeseed (LEAR). The name didn't appeal to consumers. No surprise there! In addition, "rape" as a name for a plant produced for consumption was not acceptable to English speakers. In 1978, Canadian company

"Western Canadian Oilseed Crushers Association" registered a product called "Canola" - a contraction of 'CANada' and 'OLA' - from 'Oil Low Acid'.

Refined rapeseed oil can be heavily processed and inflammatory. To extract oil from the seed, high heat methods are often used to gain the highest yield in the shortest amount of time. This changes the nutritional profile of the oil, reducing the amounts of vitamins and transforming healthy fats into trans

fatty acids.

It is possible to get cold-pressed rapeseed oil, meaning that the oil was extracted without the

use of heat or chemicals. Because rapeseed is part of the cabbage family, the cold-pressed oil can have a strong flavor and scent (although I did not notice it in my bottle). Heavily processed and refined rapeseed oil is far more popular and is less expensive than cold-pressed oil.

Here is a photo of the three bottles of Rapsöl (rapeseed/canola oil) that I currently have in our pantry. The bottle on the left is Kaltgepresstes Öl (cold-pressed oil). The bottle label indicates the Vitamin E and Omega-3 benefits and mentions to not heat it beyond 175°C (for reference, baking a cake is typically at 177°C (350°F)), so I will not be using this oil in the oven, but will continue to use it to make salad dressings and pesto.

The bottle on the right is a butter-flavored Rapsöl, which is what drew me to it at the store. It smells strongly of butter. This oil can be heated to 180°C and is intended to be used for frying, per the bottle's label.

The bottle in the middle indicates it is suitable for salads, dips, dressings, and for cooking at temperatures not higher than 175°C.



Rapeseed for oil production is thought to have originated in Europe, has been cultivated for its oil there since the 13th century, and was a major source of lamp fuel until it was superseded by petroleum in the mid-19th century.

Since 1991, the production of the crop in the European Union has shifted to rapeseed varieties that have a low content of erucic acid. Germany

remains the most important rapeseed producer in the European Union as of 2021.

Since the turn of the millenium, rapeseed has also been increasingly cultivated as a renewable resource for the production of biofuels; in Europe, it is the main source of bio-fuel. In Germany, rapeseed is currently the only native oil plant that can be used for bio-energy production. We purchase E10 Benzine for our car – that is gasoline that has 10 percent rapeseed oil in it.

Sources:

<https://biofuels-news.com/news/germany-remains-the-most-important-rapeseed-producer-in-the-eu/>

<https://www.duchessoil.co.uk/news-articles/2016/5/14/rapeseed-a-brief-history>

<https://www.german-seed-alliance.de/en/produkte/raps/>

<https://hunterandgatherfoods.com/blogs/real-food-lifestyle/the-history-of-rapeseed-oil>

<https://www.smartholistics.co.uk/news-blog/the-dark-side-of-rapeseed-oil/>

<https://www.southasiacorporation.com/post/rapeseed-or-canola-are-they-same>

<https://www.worldatlas.com/articles/the-worlds-top-rapeseed-producing-countries.html>

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

- Motion to approve Blanche Edgar/Shirley Godfrey award requests from the committee for My Sister's House Treasures store bathroom remodel and SAVA's acquisition of a washer and dryer. Motion carried.

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, 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)
August 2nd---Summer Luncheon (Wendy Haydon
visits!!!!) (Location to be announced)

May Birthdays



Maria Trejo	May 12
Dawn Cornelius	May 19
Mary Wordlaw	May 26