



SOROPTIMIST OF SACRAMENTO

May 2023

Upcoming Events

May 5 – SIS

Business

May 19 – Speaker

on Climate Change,

Regina Banks

June 2 – SIS

Meeting,

Soroptimist

Celebrating Success

June 2-4 SNR in

Reno

June 16: 2023-24

Board Installation

2022-23

Officers and

Board of Directors

President:

Karen Smith

1st Vice President:

Nilda Valmores

2nd Vice President:

Regena Boyland

Secretary:

Mary Anne Selvage

Treasurer:

Minisha Trivedi

Asst. Treasurer:

Nancy Wolford-Landers

Director (one year):

Sally Day

Director (two years):

Rosalie Gladden

Parliamentarian:

Idelle Claypool

President's Corner

by Karen Smith



As we say every spring, where did the year go? As I enter the last two months of being president of SIS, it feels like it's been a long time since I started in July, AND, at the same time, it's over in the blink of an eye.

May brings with it many transitions. Of course, there's the usual seasonal transition and when spring springs, it always amazes me. We are looking ahead to next year for SIS and are thrilled to have a solid slate of members put forth by the Nominating Committee. Thanks to Phyllis Moist, Cathy Diepenbrock and Mary Anne Selvage for heading up the Nominating Committee and for working with other members to fill the board positions.

(See news about next year's board nominations later in the newsletter). Members will elect the 2023-24 Board at the May 5th Business Meeting. We hope you can all attend!

Every year, the Sierra Nevada Region (SIS is in District 3) holds the spring conference. Previously held in April, it has changed to early June (still technically spring although we may have hot temps by then). Held at the Atlantis in Reno, it promises to be a wonderful event June 2-4, 2023. This year's theme is The West at Its Best...for Women. SIS has set aside funds for partial reimbursement of lodging and registration fees. If you'd like to attend, register [HERE](#) and let me know that you're planning to attend. For more information: [2023 SNR Conference Info](#). The deadline to register for the lodging group rate for SNR is May 5, 2023.

What a banner year for new memberships! We inducted four new members earlier in the year and we will induct four more at the May 5th Business meeting for a total of 8! It has been wonderful to see all of our new members at the luncheon meetings and get to know them a little better. They are ready to jump in and serve!

Hope to see you all on Friday, May 5th!

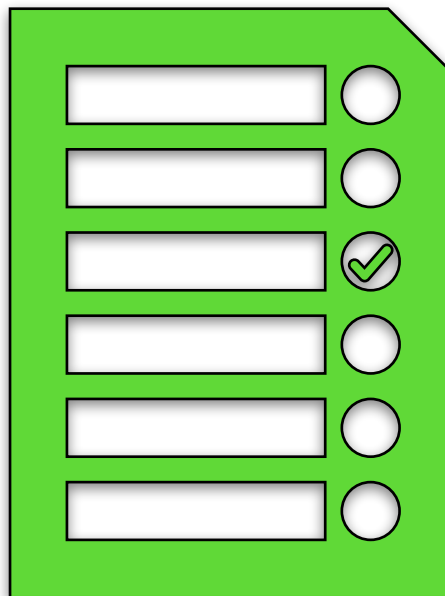
Nominating Committee News

Phyllis Moist

The Nominating Committee (myself, Cathy Diepenbrock and Mary Anne Selvage) presents the following slate for the 2023-24 SIS Board.

President: Nilda Valmores
1st VP: Regena Boyland
2nd VP: Sona Page and Yoli Manzo
Secretary: Mary Wordlaw
Treasurer: Minisha Trivedi
Assistant Treasurer: Idelle Claypool
Director #1: Jean Swenk --- 2023-2025
Director #2: Rosalie Gladden --- 2023-2024
Parliamentarian: To be named by Nilda

We will vote at the business meeting on Friday, May 5th (nominations will be taken from the floor):



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We Awarded our 2023 Scholarships!

By Pat Canterbury and Wendy Haydon

On April 28th, our Soroptimist International Sacramento, Inc. (SIS) Scholarship Committee introduced our deserving 2023 Scholarship award winners at the Annual Scholarship Luncheon and gave them their scholarship awards. To apply for the scholarship, the women submitted applications that provided information regarding their field of study, desired career, a description of their family life and personal challenges as well as a statement of financial need. In addition, their school transcripts, a list of their volunteer activities, and two recommendation letters were required.

All five applicants touched the Committee's hearts, and it was determined that each applicant would receive a scholarship. Four of the five awardees attended the Scholarship luncheon.

2023 Scholarship Awardees

Aladria Brown is a 2019 Grant Union High School (Sacramento) graduate. She is the oldest of seven children, and her parents cannot afford to send her to college. She has been working two part-time jobs and managing a full school load at California State University Sacramento, majoring in Theater. She expects to graduate in May and has applied to graduate school. She would like to own an acting studio, pursue an acting career, teach theater, write scripts, and film projects.

Tera Cafro is a law student at the University of the Pacific, McGeorge School of Law, expecting to graduate in May 2025. She comes from a low-income family and works part-time during the school year and full-time during the summer. She has a B.A. Degree in Politics & Government, and graduated from Mission Vista High School (San Diego) in 2016. When she did volunteer work at an "alternative" school, she realized that her passion was to help people better their lives. She plans to be a lawyer working in real estate, property law, business law, and helping women-owned small businesses.

Monet Cook was not able to attend the Scholarship luncheon because she was taking her last final! She is a graduate of St. Francis Catholic High School (Sacramento) in 2020 and is currently attending Howard University in Washington DC as an International Affairs Major with a Biology Minor, expecting to graduate in May 2024. She and her mom (who is ill) have been struggling to pay for her education. Monet plans to attend law school after finishing her undergraduate degree. Her desire is to have a career that is focused on improving healthcare policies that contribute to racial and gender health disparities globally.

April La Torre is a law student at McGeorge School of Law, University of the Pacific, expecting to graduate in May. She currently holds a B.A. Degree in English. She is a 2008 graduate of the Natomas Charter Performing and Fine Arts Academy (Sacramento) She plans to take the California Bar Association examination in July 2023. April has several career goals: she will be

clerking for a judge in the First Circuit Court of Hawai'i. Then she hopes to work as a public defender, followed by teaching in a law school setting, and then possibly working at a nonprofit organization that works in Diversity, Equity, Inclusion, and Belonging.

Kaylee McAllister is our youngest ever scholarship awardee. She is a senior at Mesa Verde High School (Sacramento) and will graduate in May. She has been taking concurrent classes at American River College so she has already earned college credits. She has been accepted to UCLA and is excited to attend. Her major will be Astrophysics/Astronomy with a planned 2027 graduation date. She plans to work part-time while in college and wants to become an environmental lawyer. Her parents are unemployed and are unable to work so she knows that the cost of her college education will be her responsibility.

All of these young women are passionate about their education and their future careers. The common thread was their desire to help others and set a good example to others. They have the drive to fulfill their dreams; they just need some financial assistance to help them reach their destination. We are so happy to be able to assist them this year and send our very best wishes to them.



L to R: Kaylee McAllister, Tera Cafro, Aladria Brown, April La Torre
(not pictured: Monet Cooke)

MAY 19 SPEAKER: REGINA BANKS
By Pat Canterbury



Regina Banks is our speaker for the May 19 Club meeting. She is very active with the world-wide Climate Change community and has served as a delegate at both the 2021 Glasgow, Scotland Conference where she presented a speech to the entire delegation and was a delegate again at last November's Sharm el-Sheikh, Egypt Conference. She will discuss California's continuing influence in the Climate Change debate especially as we have first-hand observation of this year's unusual snow pack, and our outreach on possible Spring flooding. Bring friends this will be an exciting and informative discussion. Regina will take questions from our members.

Regina Q. Banks, J.D., is a South Sacramento County native and serves as the Director of the Lutheran Office of Public Policy-California, where she facilitates, co-ordinates and directs members of the Evangelical Lutheran Church in America in their state and local advocacy. Her policy areas include: the end of childhood poverty in California, adequate, safe and affordable housing for all, and environmental protection. She serves as Board Chair of Lutheran Social Services of Northern California and a member of the California Advisory board for Bread for the World. She is a consultant for the United Nations Framework Convention for Climate Change and participates in the United Nations Forum on People of African Descent. She is a graduate of Lincoln University of Missouri and Valparaiso University School of Law.

Member Spotlight

Dr. Barbara Smith-Nash



Did you know that Barbara Smith-Nash was a nurse before she became a doctor? After graduating from UC Berkeley with a degree in biochemistry, she went on to nursing school at Fresno State and then worked as a public health nurse in the migrant camps to provide access to health care and immunizations. Later, a doctor that she worked for encouraged her to attend medical school. As a child, Barbara's family never really saw doctors. Her mom had a green book and looked up their symptoms (yesterday's Google?) and took care of things herself. Her parents were shocked that she wanted to go to medical school. Barbara attended UC Davis Medical School starting in 1972.

While in medical school, Barbara was married with two young children but in her late 20's, the marriage ended. Her mother came to live with her to help with the family. Her mother said, "I'll take care of your kids while you're in school, and you can take care of me later." Well, Barbara didn't know her mother would live so long! For Barbara's whole life, her mom lived across the street from her and was independent with no dementia. Towards the end, things got more difficult, and Barbara's sister lived with her mother until she passed away. All their lives they lived close geographically and supported each other in all things.

Barbara practiced Family Medicine as well as OB-GYN at and worked at UC Davis Medical Center. Later, she started a clinic with other physicians and eventually retired in 2010.

Barbara was introduced to SI Sacramento in 1989 by her friend, Ada Hamilton. She was very involved with her college sorority society (a national group) so she didn't think she had time with her work schedule and family, but Ada convinced her. Unfortunately, Ada passed away suddenly before seeing her friend inducted as a member of SIS. Pat Canterbury had joined SIS the year before and they were already friends (they have been friends for so long that Barbara wasn't exactly sure where they met!) This was the start of many years of sharing the lunch table at SIS meetings.

Barbara always felt so welcome by SIS members and believed in the work of SIS. Her employer, UC Davis Medical Center, was very supportive and they made sure her schedule was clear on Fridays so that she could attend meeting. She'd attend lunch and go back and see patients.

Although she doesn't consider herself to be crafty, the annual Christmas boutique got her involved. She said she couldn't draw a straight line, but the other women showed her what she could do and soon she was making wreaths and ornaments and other things. She enjoyed getting to know members during their crafting Saturdays.

Mentioned earlier, Barbara's involvement in her sorority has been an important piece of her life. Alpha Kappa Alpha Sorority, Incorporated® (AKA), an international service organization, was founded on the campus of Howard University in Washington, D.C. in 1908. It is the oldest Greek-letter organization established by African American college-educated women. They hold regular events and always wear pink and green. There are two very active chapters in the Sacramento area and Barbara is part of the Elk Grove chapter. Our Vice President, Kamala Harris, is an AKA!

When she's not sporting the pink and green, Barbara leads a weekly Bible study for Bible Study Fellowship. The pandemic forced online meetings, but her group was not super savvy on the computer, so they opted for telephone meetings. As a leader, she knows the voices of each of her group members, and this way to meet works well since it's difficult for some to attend in-person meetings. She has been a group leader for 5 years.

Her two sons live in the area. Unfortunately, her oldest son suffered a debilitating stroke in 2020 and needs full-time care at a facility. Her other son lives in Elk Grove with his family. Her sons each have two children, and her younger son has bonus children with his wife so there are 9 grandchildren all together.

As you can see, Barbara is an active person. SIS is one important part of her life, along with many other interests and passions.



SIS Represents at My Sister's House High Tea

On April 8th, our club purchased a table at the My Sister's House High Tea fundraising event. Yoli Manzo put together a beautiful Oaxacan themed table featuring vintage McCoy pottery, vintage amber goblets, and Oaxaca "Barro Negro" pottery from her personal collection. Michelle Doung graciously donated and arranged beautiful flowers to compliment the vases. The table was bursting with color and latin vibes. Our table won first place in the people's choice award.

In Attendance: Yoli Manzo, Nancy Wolford-Landers, Rosalie Gladden, Phyllis Moist, Minisha Trivedi, Nilda Valmores, Jean Swenk, Mary Wordlaw, Janet Galliani, Michelle Duong, Yoli's guests, Sharon Boatwright and Rosemary Garcia.





SIS May Birthdays

Dawn Cornelius

May 19

Rose Coleman

May 23

Mary Wordlaw

May 26

Newsletter Committee:

Glorian Martinelli/Janet
Galliani, Members: Pat
Canterbury, Bonnie
Coleman, Wendy Haydon,
Phyllis McMaster Moist.