



# SOROPTIMIST OF SACRAMENTO

June 2023

## Upcoming Events

June 2 – SIS  
Meeting,  
Soroptimist  
Celebrating Success  
June 2-4 SNR in  
Reno  
June 16- 11:30 SIS  
Installation

### 2022-23 Officers and Board of Directors

**President:**

Karen Smith

**1<sup>st</sup> Vice President:**

Nilda Valmores

**2<sup>nd</sup> 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 I complete my 10<sup>th</sup> year as a Soroptimist and our 100<sup>th</sup> year of SIS, I am very proud of our club and its important place in our community. I am happy for the connections I've made with people of all ages and walks of life. As I've gotten to know many of you, I'm so impressed by the mark you have all made in this world...in your families, with friends, in your occupation and with your service to SIS. There are so many more of you that I'd like to get to know better, but I'm so glad for the connections I've made so far.

This year has been a banner year for new members! We have 9 new members and one more already slated to be inducted in September. A few came because of connections with current club members, but most found out about us from the publicity about the 100 Year Celebration, the See's store, or by doing a simple web search. I am so grateful for this new group of members and look forward to serving alongside all of them. The age span of our members ranges from 40ish to 100ish. That's just amazing.

There is no doubt that the 3+ year pandemic has had a profound effect on so many things and SIS is no exception. We were able to hold it together after more than a year online, and as we gradually moved to meeting in person, it's been wonderful to see the room full of our friends. I know that some of you have not been able to fit SIS meetings back into your schedules, and I truly hope that we can encourage greater attendance in 2023-24. When I look at our member list, there are many of you that I have not seen in person for such a long time. Perhaps next year those of you who haven't been able to make it can carve a little time into your Friday to attend a meeting each month. We will continue to meet on 1<sup>st</sup> and 3<sup>rd</sup> Fridays (except September when meetings land on the 2<sup>nd</sup> and 4<sup>th</sup> due to Labor Day).

Our incoming President, Nilda Valmores, is already hard at work recruiting committee chairs and members and working with the current board to ensure a smooth transition. I know that Nilda will do a great job as President. She has a strong board to work alongside her, and I look forward to SIS' future. I will still be around (when I'm not traveling) and plan to work in the background on some issues that require attention. We have so many members with information about what needs to be done on the local, regional, and national level, and I am working to put all of that information in one place so that it can be passed on to each president. I've joked about how it has taken about three-quarters of the year for me to really learn how to do this job. I'm hoping that with digital systems in place for passing on information, it will be smoother sailing. It will also help with continuity as we pass on the torch to new leaders each year. I am so grateful for a handful of members who have made my job so much easier. Without your council and willingness to answer questions and talk through issues, I would have been lost.

Here's looking forward to 2023-24 and another great year!

## Thank you to the 2022-23 SIS Board of Directors

By President Karen Smith

I want to thank the 2022-23 Board who attended monthly Zoom meetings, voted on important issues and helped me talk through decisions and suggestions about how to make our club even better. It was so great to have your support in my corner. We had a lovely last board meeting in person at Florez Bar and Grill. Everything is better with guacamole and margaritas!

Thank you to Sally, Idelle, Nilda, Nancy, Rosalie, Minisha and Regena (not pictured Mary Anne)



## Soroptimists of the Year

By Karen Smith

The tradition of choosing a Soroptimist of the Year is one that allows us to recognize an individual who has gone above and beyond for our club. This year, it didn't take more than a few seconds to make the decision for this year's Soroptimist of the Year and...we definitely had to recognize TWO of them. It's no surprise that Idelle Claypool and Rosalie Gladden went way above and beyond for SiS this year as they took on the responsibility of overseeing our 100 Year Celebration in March 2023. From the very first meeting at Guild Mortgage back in September 2022 and all the way through the follow-up details after our wonderful dinner on March 4<sup>th</sup>, they worked together to make sure everything was taken care of. This included regular check-ins with various committee members as well as so many other details necessary for a successful event. Since I had yet to be involved on this level for any previous fundraiser, I was surprised by how much work it was. As I was in regular communication with Idelle and Rosalie by Zoom calls, emails and texts, it was clear that they worked long hours (and much later than I could each day!). Thank you, Idelle and Rosalie, for your dedication to SIS and the celebration of our 100<sup>th</sup> year! I will always have such fond memories of that wonderful evening!



## **SIS Inducts 5 New Members!**

By Mary Kobane

### **Kelly Garfield**

Kelly wanted to get more involved in our community and she found us through a Google search. Since her two teenagers are getting ready to 'fly the coop' as they go off to college in the next couple of years, Kelly wants to shift her focus to community service. Kelly works for Wells Fargo in cybersecurity and risk management. She also volunteers at her children's schools: St Francis School and Jesuit High School. As she believes in the importance of educating women and girls, the mission of SIS is right up her alley.

### **Michelle Duong**

Michelle comes to our wonderful club by way of our very own, Nilda Valmores. They met when they were out dog walking.....amazing. Michelle is the founder and CEO of Local Fresh Eats, a local grocery service that delivers fresh fruits and vegetables to client's homes. She's a real go getter, full of energy and we cannot wait to embrace her.

### **Leah Garrison**

Leah fell in love with Soroptimists via her mother's involvement in Kings County. She was raised with the intention of "giving back" to your community, and she most certainly will with our club! PTA, Keller-Williams Red Day and numerous fund raising events are right up her alley! Leah is a real estate agent with Keller Williams Realty in Elk Grove.

### **Lupe Vanryckeghem**

Lupe insisted on being a Soroptimist here in Sacramento after moving up from Kings County Soroptimist. She not only brought herself but latched on with Leah, her daughter, to join us! We've got a 2 for 1 in this pair! Lupe stated on her application: "Looking forward to being an active part of this amazing community." How lucky we are!

### **Allison Suznovich**

Allison came to us searching for ways to meet other professional women and to become involved in her local community. She's the mother of 2 teenage daughters, and I think she just wants a place to meet other women who have survived those "teenager" years. We welcome her with open arms. Her profession is individual mental healthcare therapy, I had told her Soroptimist is that.....every Friday afternoon.



Left to right:

Lupe Vanryckeghem, Leah Garrison, Kelly Garfield, Michelle Duong, Allison Suznovich

Member Spotlight  
Susann Hadler

Did you know that Susann Hadler has written and published 20 cookbooks? Either did I!

Susann joined SIS in the 1989 after she was invited and sponsored by Marjorie Song who owned House of Furs in midtown. Susann was also a small business owner, and she had a boutique called West of the Sun where she designed and sold hats and bridal veils. In those days, fashion shows were quite popular, and she was often asked to create hats to pair with clothes for shows. She owned the shop for about 12 years until it was time to close due to a recession and big box stores moving into town. I was so impressed to hear that she started this boutique almost right out of college. Her early childhood teaching credential led to a preschool teaching job, but those little kids made it difficult for her to stay healthy, so she knew something else was necessary.

When Susann agreed to attend an SIS meeting, it was because Marjorie was president of the Midtown Association and even though Susann didn't consider herself a "clubby" person, she instantly loved it. She knew that an organization can do better with many hands rather than just a few, and she loved the comradery. Of course, it didn't take long for others to notice her talents, so she was immediately asked to head up a committee for a craft for the Christmas boutique.

While she owned the shop, Susann had also written a few cookbooks, so she jumped into that full-time after the boutique closed. All told, she wrote 20 cookbooks, and many are still available. You can find titles like 125 Meatless Mediterranean (and Italian and Mexican), The Complete Vegan Cookbook, and A Cozy Book of Coffee and Cocos. Susann and her husband, Guy, hosted many dinner parties so that she could test her recipes on 'guinea pigs'. Those are some lucky guinea pigs!

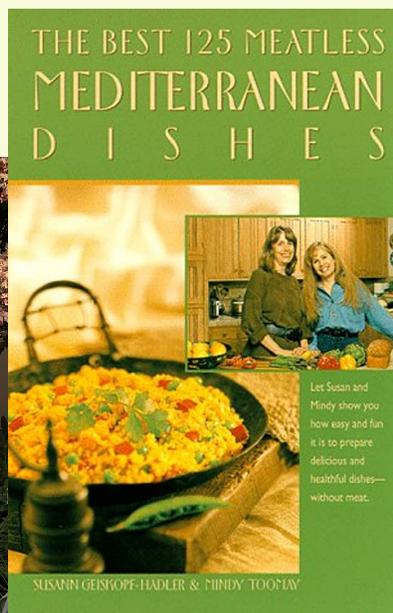
I first became acquainted with Susann in 2015 when I helped with writing up the descriptions for the gardens on the Edible Garden Tours. Susann had arranged for 5 lovely gardens for the tour. When her husband became ill, she needed some help with the program. Susann who was the heart and soul behind this fundraiser. She thought up the idea and proposed it to the board, and it was an annual event for many years. I'll always remember seeing Georgia driving up to the various gardens and jumping out of her car (in her high heels) to make sure that the musicians were in place.

Unfortunately, Guy passed away in 2016. She and Susann were together for 45 years and married for 35. She said, 'We grew up together.' While they didn't have children of their own, they raised their two nieces. Guy coached their soccer teams, and they were quite involved in the girls' school. Their nephew also lived with them during this first two years of college (and then he became a Top Gun fighter pilot).

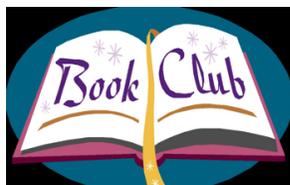
Although she had been contemplating retirement, when Guy passed away, Susann felt that she needed some things to remain the same, so she has continued working as a project manager for Geremia Pools. When Covid hit, she thought she might stop, but because it was busy and she had a private office, she continued to work. She'll know when it's time to retire, but for now, she's content and doing lots of gardening in her beautiful yard. Vacation time will allow her to take a big trip to Europe in July with her friend, Bunnie. She also looks forward to getting involved with SIS again and is so proud of our 100-year history. I loved getting to know Susann just a little bit better (and there are so many more details to include here so you'll just have to ask her when you see her.)



Susann and Bunnie



**SIS Book Club  
by Regena Boyland**



In February 2023, the Engagement Team of Soroptimist International of the Americas, Inc. (SIA) invited local Soroptimist clubs to participate in a book club as an enjoyable optional activity to encourage member engagement, share perspectives and get to know each other. In March, our club (SIS) solicited interest from members which resulted in 12 ladies participating in our first book club.

The first book we read, recommended by SIA, was *I Am Malala* by Malala Yousafzai, the keynote speaker at the 2022 biennial conference. The first two meetings were held via Zoom in April and the last meeting to discuss *I Am Malala* was held in person (with good food, good company and lots of fun) to celebrate completion of the first book. The meetings were very enjoyable and brought on interesting conversation. Participants discussed different ideas and thoughts about the strength and perseverance of Malala and her family, despite the obstacles they endured during their lives in Pakistan. The book was perfectly fitting to our mission, as it focused on the importance of education for women and girls.

The SIS book club is in process of selecting another book and will continue its meetings as we move on to the second book. It is anticipated the first meetings for the second book will be held by Zoom and the last discussion will be held in person. Dates are to be determined.

If you are interested in joining the book club, you may contact Regena Boyland [Regena.Boyland@gmail.com](mailto:Regena.Boyland@gmail.com).



*Soroptimist International Sacramento*  
*Cordially Invites You To The:*  
**2023-24 Board Installation**

*President: Nilda Valmores*  
*1<sup>st</sup> VP: Regena Boyland*  
*2<sup>nd</sup> VP: Sona Page & Yoli Manzo*  
*Secretary: Mary Wordlaw*  
*Treasurer: Minisha Trivedi*  
*Assistant Treasurer: Idelle Claypool*  
*Director: Rosalie Gladden*  
*Director: Jean Swenk*  
*Parliamentarian: Nancy Wolford-Landers*

**At the Swanston  
Community Center  
Friday, June 16  
11:30 AM  
Cost: \$25**

*Sailing Towards Success, Service & Scholarships*



# Soroptimist International of Sacramento South

## Raffle: Quilt Sampler



Drawing held on August 12, 2023.

**\$5.00 Per Entry**

SISS

PO Box 22174,  
Sacramento, Ca 95822  
(916)-548-3754

**Checks & Venmo (@sharleenhoth)**

Funds raised at this event are directed to individuals & projects making a difference for women & girls in our community. Past recipients include Weave, My Sister's House, and CASH (Community Against Sexual Harm). We also provide grants to head of household women and emancipated foster youth to further their education.



## SIS Summer Birthdays

### June

Georgia B. Presnell	June 7
Barbara J. Nash, MD	June 9
Phyllis McMaster Moist	June 29

### July

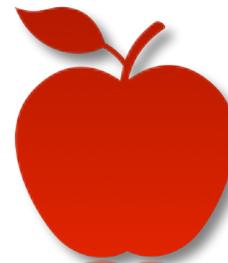
Kathleen Platz	July 2
Janet Galliani	July 6
Patricia Menz	July 6
Elaine Pesce	July 12
Cindy Petersen	July 22
Phyllis Hayashi	July 27
Rosalie Gladden	July 29
Donna Kistler	July 29

### August

Patricia Canterbury	August 6
Eva Garcia	August 10
Hyrum Gray	August 11
Deborah Rubens	August 19
Minisha Trivedi	August 27
Marcy Vayder	August 31

#### Newsletter Committee:

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



## Lunch Survey

The results show that the great majority of members would prefer a noon start-time OR they are fine with either choice. So, we'll move the meeting time from 12:00-1:00 pm starting with the first meeting on Friday, September 8<sup>th</sup>.

## In Memoriam,

donations made in memory of  
Cathy Dienpenbrock's Father in  
law....

Pat Canterbury  
Nancy Wolford-Landers

donations made in memory of  
John Moist (Phyllis' husband) ...  
Carol Adams



