



SOROPTIMIST OF SACRAMENTO

February 2024

Upcoming Events

Business mtg 2/2
Winter
Leadership
conference 2/10
Speaker mtg 2/16
Board mtg 2/27

2023-2024 Officers and Board of Directors

President:

Nilda Valmores

1st Vice President:

Regena Boyland

2nd Vice President:

Sona Page

Yoli Manzo

Secretary:

Mary Wordlaw

Treasurer:

Minisha Trivedi

Asst. Treasurer:

Idelle Claypool

Director

Rosalie Gladden

Director

Jean Swenk

Parliamentarian:

Nancy Wolford

Landers

President's Corner by Nilda Valmores



February ...

The month of love.

A perfect month to share our love for each other.

Today (granted a few days before February), I was just so touched by almost a dozen SIS members as well as a few guests who attended the National Council of Jewish Women's IMPACT awards. Even though my biological family was in town, today affirmed how important my extra (Sorooptimist) sisters are. Thank you for all your support.

Sarah loved that I had reminded how important Sorooptimists (and NCJW's) work is and has been for helping other organizations and women and children who haven't been as privileged as us. Sorooptimists truly make our world and our community a better place. I'm so proud that this month we will be bringing smiles and flowers to our elderly.

I thank you for your love and friendship and your caring for our community.

You will always be in my heart!

Nilda

Let's Ring in our Next 100 Years Together!

For Women's History Month this March, Soroptimist of Sacramento will be featuring our first 100 years at the Sacramento History Museum. To celebrate this honor and to kick off our Club's next 100 years, there is a reception, at the Sacramento History Museum, on Saturday March 23, from 4 pm to 6:30 pm. Dress to impress in optional 20's attire, which honors our Club's founding decade. Draw inspiration from 1920's suffragettes, drop waists, flapper dresses, to ostrich feather headpieces!

This event will have hors d'oeuvres catered by [Taylored Provisions](#), a woman-owned small business, that specializes in bespoke menus, best known for their "small bites" creations.

Our event menu:

- Charcuterie Cups - with toast point, cured meat, cheese, and assorted antipasto
- Meatloaf Spiced Meatballs - with roasted tomato balsamic glaze
- Stuffed Mushroom - with herbed goat cheese, green onion gremolata and brown butter breadcrumbs
- Artichoke Tapenade - with leeks, parmesan, lemon and crispy leek breadcrumbs served on toasts
- Tomato Caprese Skewers - with fresh basil, mini mozzarella balls and balsamic glaze

The reception will have non-alcoholic and others drinks available for purchase, like an Original SIS Cocktail: The HerStory Highball, a blend of vodka, blueberry, hibiscus, cinnamon, and fresh lemon juice, topped with soda water and garnished with sugared blueberries and a fresh lemon wedge.

Early bird tickets are \$40 before March 1, and \$50 after. Tickets are available for purchase [via this link](#). Friends and family are welcome! If you require mobility assistance or special accommodations, please specify during checkout. Grab a friend and enjoy great food and drink while you explore the wonders of the Sacramento History Museum in this exclusive after-hours event!

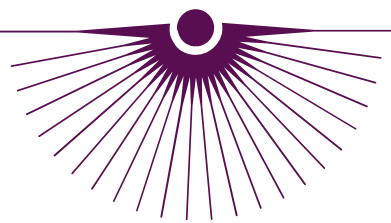
Seeking items for silent auction! We need your support to make this event a success by donating items for our silent auction. Sought after items include:

- Travel packages
- Night out gift certificates at restaurants; tickets for theater, bar crawl, sporting events
- Unique experience - behind-the-scenes tours, celebrity hosted events, or shopping sprees
- Signed memorabilia - sports, movie, musical artists
- Golf lessons with a pro; rounds of golf or other special expertise
- Custom artwork or jewelry

Cash Bar

Hors D'oeuvres

Silent Auction



SOROPTIMIST INTERNATIONAL OF SACRAMENTO

... presents ...



MUSEUM AFTER HOURS



HISTORY IN THE MAKING: 101 YEARS SUPPORTING WOMEN & GIRLS

MARCH 23, 2024
4:00 - 6:30 PM

Sacramento History Museum
101 I St
Sacramento, CA 95814



*\$40 until Feb 29
*\$50 starting Mar 1

Buy tickets or make a donation at
sis.TicketLeap.com/101



*Includes entry and food. Alcohol available for purchase.



SOROPTIMIST®
Investing in Dreams



**February 16 Guest Speaker
Julie Interrante**



Julie Interrante is our guest speaker for the February 16 meeting. Julie is a licensed Qi Gong instructor, and she will provide an overview of Qi Gong, including the benefits of Qi Gong on our health and well-being. She will lead the group in some simple movement and breathing exercises that can be done easily in chairs or standing next to chairs. Join us as we learn about this beautiful and powerful practice.

Julie has a master's degree in Consciousness Studies and more than 30 years of experience in acute care and home health hospice care. Julie has a passion for sharing the beautiful and powerful practice of Qi Gong and currently leads several in-person and online classes. Daily Qi Gong in her back yard Gi House along with daily walks and gardening keep her close to nature. She is married to the love of her life, Ross, and together they create their life which includes their labradoodle, Eddy, and their cats Bodhi and Finnegan.



Member Spotlight
Rose Coleman

I had the pleasure of enjoying a coffeehouse visit with Rose as we had never met before. Rose has been a member of SI Sacramento since the mid 2000s but a busy life filled with career, family and unexpected responsibilities has made it difficult for her to attend meetings. She is a committee member for Live Your Dream so we're happy to have her input and look forward to seeing her at the annual Live Your Dream Awards luncheon on March 15th.

Rose joined in 2005 because her daughter, Ramona Mosely, was a member. Rose was drawn to SIS because of our mission to empower women and girls and because of the connections she made with other members. She valued members' strong sense of commitment and the work they put into furthering the dreams of women and girls. Back then, Rose worked as a nurse at Sutter Medical Center which was very close to where SIS held its luncheons then. She could walk to the meetings, and she didn't have to worry about taking time off to participate. Once work got busier and meeting locations changed, it was more difficult, but Rose still felt the importance of keeping her SIS membership for all these years.

Rose joined our Live Your Dream committee this year, and it was sort of by mistake as I got two names mixed up. But she jumped right in, and we were so happy to have her input. Rose has good memories of attending SIS events over the years like the Christmas boutique and holiday parties. She has fond memories of participating in the longtime Gifts from the Heart program.

Her own background is partly why membership in SIS is important to her. Rose raised two children as a single mother for many years. While she spent much of her career in the nursing profession where she specialized in cardiac care and ICU, she wore many other hats while she was a young mother. She has her real estate license and worked in property management. She worked at Hartnell College in Salinas as the assistant for the dean of students. Her goal was to enter a career where she could help others so after earning an RN degree from Hartnell College, she was on her chosen path.

Rose's joy is her family. She has two grown children who are both very successful in their respective careers and each of them have two children. Her four grandchildren (ages 22, 17, 10 and 8) keep her busy as she enjoys watching them in various sports and activities. The highlight of her week is Wednesdays when she picks up the younger grandchildren from school and they get treats from somewhere and then prepare for afternoon sports. She values this regular time and is so happy that she lives close to all her family.

Rose looks forward to becoming more involved in SIS when she can. We are so happy to have her as a club member.

Live Your Dream

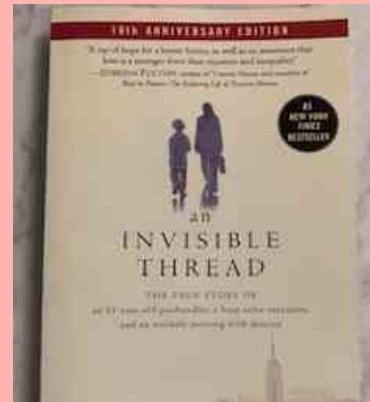
The Live Your Dream Award is for women who are the financial head of household with dependents and who are enrolled in a high school equivalency program, community, or four-year college. SI Sacramento received 24 eligible applications this year. The Live Your Dream Committee consists of nine members who diligently reviewed all 24 applications and rated them. After a good discussion, the committee chose five deserving women to receive this education and training grant in order to further their dreams.

Please to join us for the Live Your Dream luncheon on Friday, March 15th when we will present the awards and hear from these amazing women

SIS Book Club News

The SIS book club is starting a new book!

Our next read will be 'An Invisible Thread' by Laura Schroff and Alex Tresniowski. We will have our first book discussion on February 7 via Zoom and finish the book with an in-person meeting on February 28 at a location to be determined. If you are interested in joining us, feel free to contact Regena Boyland at regena.boyland@gmail.com



We're (SIS of Sacramento) invited!

To: SIS of Rancho Cordova and Gold River Business Meeting

When: Thursday 2/8/24, 6:30 p.m. (Social time begins at 6 p.m.)

Where: Mountain Mike's Pizza, 2220 Gold Springs Ct, Gold River 95670

Cost: Free - except for your own food and drink/

What's Happening: California Victims Compensation Board (CalVCB) is sending a representative to share what CalVCB does (to help victims).

If interested, to ensure enough materials, please rsvp with Sheryl Longworth

SI of Rancho Cordova & Gold River club President

916-833-1218

<http://www.sroptimistranchocordova.org/>

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A Note from a 2022 Scholarship Recipient-Antonia Hagelis



I was a recipient of a Soroptimist scholarship in 2022 while I was completing a nursing program. My program allowed me to obtain an RN license as well as a Master of Science degree in nursing specializing in case management. I recently graduated from my program in December of 2023 and was offered a position as a pediatric nurse case manager at UCSF Benioff Children's Hospital in San Francisco.

My education and clinical experience have equipped me with a comprehensive understanding of healthcare coordination, discharge planning, patient and family advocacy, and interdisciplinary collaboration. I am committed to supporting the best interests of my patients to enhance the overall well-being of our pediatric populations.

The Soroptimist scholarship I received not only helped ease the financial burden of my program but allowed me to enter a field of healthcare that I am passionate about and allows me to give back to my community. I am so thankful to have been given that opportunity along with other young women entering the professional world. I hope to contribute back to the Soroptimist organization in the future to give back and continue to support young women entering their careers! Thank you!

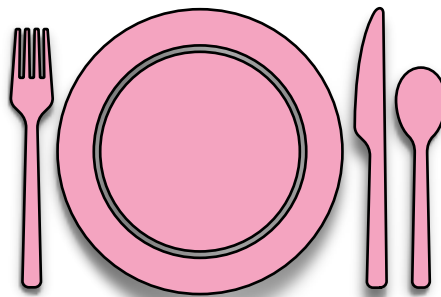
Antonia Hagelis RN, MSN
Pediatric Nurse Case Manager
UCSF Benioff Children's Hospital

A Note from the Membership Committee

We are thrilled that 2023 was a banner year for new members (10 all together!) and we have a couple of new prospects in the pipeline this year.

The Membership and Recruitment Committee met last fall, and one of the issues we discussed was covering the cost of guests for SIS meetings. In the past, we have paid for two lunches for guests. Because of the increase in interest for membership, the committee changed this to one lunch. Of course, members are welcome to cover the cost of a friend's/guest's luncheon after the first visit.

This does not require a vote from the board or membership, but the new policy should be communicated with all members.



Double the Donation!

Benevity is an organization, that among other functions, vets non-profits. SIS has been through the vetting process, which makes it eligible for employer matching. Employees that want to donate to SIS can donate directly from their paycheck and the employer will match the donation OR they can donate to SIS and request employer matching after the donation is made. Let's ask friends and family who support SIS if their employers participate in Benevity matching. It's an easy way to increase our fundraising outcomes.

Arrange flowers with us! Seeking volunteers!

A **HUGE THANK YOU** to everyone who donated vases for our February Random Act of Kindness! Over the last few months we received a total of 72 vases of all sorts of shapes, sizes, and colors!



This year, our recipient care facility will be Woodside Healthcare Center, on Northrup Ave, just down the street from Swanston Community Center! They are nearly at capacity, and their residents will definitely appreciate a visit, along with a thoughtful floral arrangement, just in time for Valentine's Day.


We need volunteers! We will be arranging flowers on Monday, February 12, starting at 5:30 pm. Each arrangement will have a small card with a note from SIS, and wrapped with colored ribbon. Our arrangements will be delivered on the morning of Tuesday, February 13. If you are interested in helping with arranging and/or delivering, please reach out to **Michelle Duong**,

INTERNATIONAL GOODWILL AND UNDERSTANDING (IGU)

Pat Canterbury, Chair 2024

IGU had hoped to begin this summer with a connection on the African continent with the Soroptimist Club of Kenya. But, after multiple attempts but no bounced emails, we have not heard anything from them. The connection would have been during Sona Page's trip this summer where she might have the opportunity to arrange for sanitary supplies to be delivered to the Kenyan village women in need through Soroptimist Kenya.

Unfortunately, it's not as easy as stated and more red tape than we anticipated. Therefore, we are putting this project on the back burner and continue to search for another international project where SIS can continue to celebrate our 100 plus years of service for women and girls. THANK YOU to those members who reached out stated they could underwrite the cost of the sanitary supplies.



**STOP THE SALE.
STOP HUMAN TRAFFICKING.**
VISIT WWW.NOTFORSALECAMPAIGN.ORG TO SHOW YOUR SUPPORT

SAVE the DATE:
**April 6, 2024,
Saturday**

SAVE the TIME:
**8 am -12 p.m.
@ Rancho
Cordova
City Hall**

REGISTRATION INFO TO FOLLOW
**Help save
women and
children!**

**Sponsored by: SOROPTIMISTS
of Elk Grove, Rancho
Cordova, and Sacramento**





Saturday, March 9, 2024
10am-2pm

Sacramento City College
3835 Freeport Boulevard
Sacramento, CA 95822

You are invited to join us in a community celebration of International Women's Day at the first Sacramento County Women and Girls Festival.

Together, we will celebrate and support the wonderful women and girls in our midst with music, art, resource information, and inspiration. Family and child-friendly.

Co-Sponsors:



Scan for Vendors:



<https://bit.ly/SacFestivalVolunteer>
<https://bit.ly/SacFestivalVendor>

Scan for Volunteers:





February Birthdays

Glorian Mengelkoch
Carol Adams
Mary Locke

February 8
February 19
February 25

2023-24 Committee Chairs

Project Selection: Kathy Platz/Michelle Duong (co-chairs)
Live Your Dream: Mary Anne Selvage, Allison Suznovich (co-chairs)
Karen Smith (asst. chair)
Scholarships: Karen Smith (co-chair TBD)
Blanche Edgar/Shirley Godfrey: Mary Wordlaw/Nilda Valmores (co-chairs)
Dream It, Be It - Jennifer Willis/Denice von Are (co-chairs)
Money Matters - Nancy Wolford-Landers/Kelly Garfield (co-chairs)
Speakers - Regena Boyland
Recruitment and Retention - Phyllis Moist, Karen Smith (co-chairs)
Attendance - Pat Menz, Mary Wordlaw (co-chairs)
Hospitality - Idelle Claypool, Rosalie Gladden (co-chairs)
SOLT - Mary Locke
Roster - Karen Smith, Barbara Coulam (co-chairs)
Fundraising - Michelle Duong, Lupe Vanryckeghem (co-chairs)
Publicity/Outreach - Patty McConahay, Sally Day (co-chairs)
Website - Karen Smith, Sally Day (co-chairs)
Social Media - Yoli Manzo
Newsletter - Glorian Mengelkoch, Karen Smith (co-chairs)
Finance - Idelle Claypool
Laws and Resolutions - Phyllis Moist, Sally Day (co-chairs)

Newsletter Committee:

Karen Smith
Glorian Mengelkoch
Nilda Valmores