



SOROPTIMIST OF SACRAMENTO

October 2023

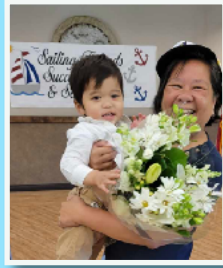
Upcoming Events

Business mtg
10/6
Speaker mtg
10/20
District 3 Fall
conf 10/21
Run Safe Haven
10/28

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

President's Corner by Nilda Valmores



It's fall and pardon the pun but I admit, I'm falling for you.
I'm falling for our Soroptimist Club.

I'm so proud of our new members for helping step up and show some leadership. This include Kelly Garfield who shared her beautiful house and started off our summer social on a sweet note and Michelle Duong who is co chairing both our Service Committee and our Fundraising Committee.

I'm so appreciative of our longer term members too. It's so great to see members like Mary Locke come back and chair our SOLT committee! Yay Kathy Platz for being the other co-chair of our Service Committee and for starting off our Random Acts of Kindness and helping our club make a difference with nearby Howe Avenue School. Pat Canterbury did a wonderful job getting our 1st terrific speaker for the year. And big shout out to Karen Smith and Glorian Mengelkoch for a super interesting September newsletter, and this one will be too. And thank you to all the members who are mentoring our newer members.

And I'm ever grateful for our Board of Directors (Regena, Sona, Yoli, Mary, Minisha, Idelle, Rosalie, Jean, and Nancy). With their behind the scenes meeting, work, and great minds – we're off to a great start! Regena has been leading our book club which all members are welcome to join and expand their minds and their friendships.

October we will continue to make a difference. I think we welcome our first new member of the year. If you haven't already let's show support for our District Director, our very own club member, Sarah Lee, and attend our Fall Conference on Oct. 21 and meet other area Soroptimist members. And October 28, run or walk and make a difference for domestic violence survivors and human trafficking victims by supporting My Sister's House Run for a Safe Haven. (www.runforasafehaven.com – look for our Soroptimists of Sacramento team.)

Hope you are falling for our Soroptimist Club too!

In Service-

Nilda



non commo

Call to District 3 Fall Meeting on Saturday, October 21, 2023, 9:30am – 2:00pm

To: District 3 Club Officers and Members and potential Members, SNR Region Governor, Board Members, Committee Chairs & Representatives, SNR Federation Chairs and SNR Past Governors.

From: Sarah Lee, District 3 Director, Sierra Nevada Region

Where: 2882 Prospect Park Drive, Suite 125, Rancho Cordova, CA 95670 (Guild Mortgage Hospitality Center) Special thanks to Guild Mortgage for donating the meeting space!

What: The 2023 Fall District 3 Meeting will be held once again at Guild Mortgage, this year hosted by Soroptimist International of Sacramento. This year's theme is "Harvesting Information & Ideas". As your District 3 Director, I'm pleased to invite you to our official gathering as (SNR) Sierra Nevada Region's District 3 clubs. You can expect to hear from SNR Gov. Lisa with Federation and SIA Updates. You will be able to hear from all four of our Federation Chairs; Membership, Program, Fundraising and Public Awareness. Gov. Elect Stacey will talk to us briefly on upcoming Federation dates for Convention. There will be no Keynote speaker this year, allowing more time in our agenda for group discussions. Make sure to invite all your club members, perspective members and friends!

How to Register:

All registrations should be completed on the SNR website <https://registration.soroptimistsnr.org/events/2023d3-fdm/>

Cost: \$45 per attendee, which includes a Continental Breakfast and Lunch. Gluten Free, Vegan and Vegetarian options will be available.

Happy Dollars: SI Sacramento is collecting grocery store gift cards, in any denomination, to be donated to My Sister's House, a safe haven serving Asian and Pacific Islander and other underserved women and children impacted by domestic violence, sexual assault and human trafficking by providing a culturally appropriate and responsive safe haven, job training and community services.



SIS Book Club

Submitted by Regena Boyland

The SIS Book club just completed its second book; *The Seamstress of Sardinia* by Bianca Pitzorno. The book follows a girl, who learns to sew from her grandmother, as she becomes a seamstress and grows into adulthood. The story tells of her experiences as she strives to become educated, and learns how to manage in a male-dominated world and old social customs while learning lessons in love and survival.

All who read the book thoroughly enjoyed it. We all agreed that the ending of the book left us a little perplexed: either wanting more or wondering what happened next. We celebrated our end-of-book discussion at Ettore's Bakery (we are pictured below). Meeting in person gave us a great opportunity to enjoy good food, good company and lively conversation. Looking forward to our next reading adventure.



October 20 Guest Speaker
Haley Myers Dillon
Director of Parents & Families Program at Sac State

We are pleased to have Haley Myers Dillon as our guest speaker on Friday, October 20. The Parents & Families program is an inclusive university community that offers comprehensive and collaborative support and resources for parents and families, enabling them to thrive in their academic, personal and professional pursuits. The Parents & Families Program is dedicated to serving pregnant and parenting students as well as parents, families and loved ones of students by facilitating and enhancing opportunities for student success. This is accomplished by assessing, acknowledging, supporting and advocating for the unique needs of these populations.

Haley is the Director of Sacramento State's Parents & Families Program and the Women's Resource Center as well as the principal investigator of Sacramento State's CCAMPIS grant. She founded the CSU Parents & Families Program Consortium, Sac State's Student-Parent Supports Program and Student-Parent Peer Ambassador program, the Pregnant Student Services program, and hosts an annual CSU Student-Parent Summit. Haley earned an Ed.D. in Educational Leadership with a research focus on student-parents.



Haley Myers Dillon, MPPA, Ed.D. (she/her/ella)
Director, Strategic Partnerships, [Parents & Families Program](#), and the
Women's Resource Center
PI, CCAMPIS Grant
Student Academic Success & Educational Equity Programs (SASEEP)
Student Affairs | Sacramento State
WRC, UU 2250 | haley.myers@csus.edu | [916-278-4353](tel:916-278-4353)

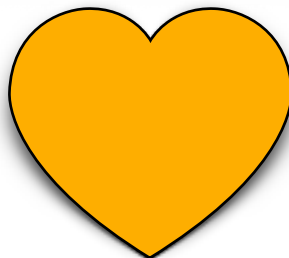
Dr. Julita Fong Memorial Scholarship Fund
by Pat Canterbury and Nancy Wolford-Landers



Dr. Julita Fong was SIS president in 1986-87, and once she retired from practice but before moving to Oregon, she would treat members to frozen, freshly caught salmon during her yearly trips to Alaska. After settling in Oregon, she met with SIS members to establish the Fong Scholarship, named for herself, and the Chin Scholarship named in honor of her mother and father.

Dr. Fong passed away on September 3, 2023 in Bandon, Oregon where she and her partner, Don had built a new home. She is survived by her son and daughter, MaryDaisy, the mother of her two grandchildren, who live in the Bay Area. For those who remember Julita or who just wish to contribute to a one-time contribution to the Dr. Julita Fong Memorial Scholarship Fund, please bring your checks or cash to either of the October SIS meetings where Assistant Treasurer Idelle Claypool will accept the money. Or you can mail your check to Idelle Claypool at 1425 Sherwood Avenue, Sacramento, CA 95822. Depending on how much money is raised for this Memorial Fund, it will be a one-time stand alone for 2024 or added to the Chin Scholarship.

Thank you for your support of one of our former leaders who was a classy lady with a heart of gold.





Member Spotlight: Paula Wright by Karen Smith

Lifelong friendships can begin at SIS and that's exactly what happened with Paula Wright and Bonnie Coleman who met in the late 90s when Paula joined the club. Paula's boss at her CPA firm encouraged her to find a service club to join. A few months later, Paula's friend, Vickie Vanderbilt, had an extra ticket to the Christmas boutique. Vickie was a friend of President Linda Whitzell who was also in accounting. Paula had a great time at the luncheon and was interested in the Soroptimist mission so she said, "I can do that!" and joined the club in 1998.

Paula remembers meeting Bonnie at a Project Selection committee meeting at Pat Canterbury's house, but they connected again when they ran into each other at Macy's one day. Sharing common interests, they struck up a friendship that has lasted through the years.

About 10 years later, when President Ana Rose became ill, Paula stepped up from 1st Vice President and took over for her. The following year, she completed the full year as President in 2010. Her theme was "The Wright Stuff" – an astronaut theme which played on the book and movie *The Right Stuff*.

Of course, like many of our members, Paula has wonderful memories of Georgia Presnell. Once they ran into each other at Nordstrom's, Georgia dressed 'to the nines' but complaining because she had to go down to only 3-inch heels as she aged. The Edible Garden Tour was an event where Paula enjoyed helping as well as the Crab Fiestas. The 100th Year Celebration is a fond memory as it was so wonderful to visit with so many people and to see such great support for SIS. What a legacy!

When she started at her firm, she was a "Kelly Girl", a temporary employee. They liked her and wanted her to stay so she started training as a bookkeeper. Soon, as she saw what the other CPAs were doing, she decided she could do that as well. She graduated from UC Davis with a degree in psychology but after going to night school for the required units for her CPA, she studied hard and passed the exam and the rest is history. She has worked for the same firm for many years, but the partners have changed (as well as the name – she started to name them all and it was too much!).

Paula is a 'mom' to two Siamese cats now, Geneva and Vienna. Geneva is a new family member after her beloved Remy passed away this past summer. She loves to cook and remembers making Biba's pork tenderloin back in the day among other things. Her creativity leads to some delicious meals that she sometimes shares with friends...like Bonnie! She also loves to read and paint. Paula has continued with SIS all these years because of the varied projects and positive impact on our community as well as friendships with other members. Paula, we're glad your boss encouraged you to find a club!

2023 RUN FOR A SAFE HAVEN REGISTRATION WEBSITE IS LIVE



Join hundreds of Central Valley runners and walkers in the **20th annual Run for a Safe Haven** 5k run/walk and make a difference! Your support helps provide services to victims of domestic violence, sexual assault, and human trafficking. Sign up to help us **move forward together** and pave the path to a brighter and safer future.

The website can be found here for team registration, individual registration, and more:

<https://raceroster.com/events/2023/78210/run-for-a-safe-haven-runwalk-2023>



SIS Birthdays

Idelle Claypool
Mary Anne Selvage

October 2
October 8

UPCOMING EVENTS

November:

Oct. 31: Exec Board Meeting

November 3 Business Meeting: 1st Friday

November 17 Club Meeting: 3rd Friday; z
speaker Clare Frank: Former Chief, Fire
Protection, Cal Fire

December:

November 28 Exec Board Meeting

December 1 - Business Meeting: 1st Friday

December 22-Club Meeting; Holiday
Luncheon

Newsletter Committee:

Karen Smith
Glorian Mengelkoch
Nilda Valmores

Soroptimists Offering Service (SOS) Donations for 2023-24

SOS is a voluntary \$50 donation, and it gives members the privilege of bragging and sharing news at SIS meetings. Members can donate any time!

Thank you to the following members who have donated to SOS:

Carol Adams	Janet Galliani
Nilda Valmores	
Regena Boyland	Phyllis Johnson
Jennifer Willis	
Idelle Claypool	Mary Locke
Nancy Wolford-Landers	
Barbara Coulam	Glorian Mengelkoch
Cathy Diepenbrock	Barbara Smith-Nash
Michelle Duong	Elaine Pesce
Mary Kobane	

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)