



SIGS News



Volume 22, Issue 6
April 2019

SIGS in April and May

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SIGS Meets

First & Third Tuesdays
Lunch Meetings
12:00 noon – 1:15 pm
(Sign-in begins at 11:30)
Jackson Catering
1120 Fulton
Evening Meetings
As Announced



Soroptimist International is a global volunteer organization working to improve the lives of women and girls through programs leading to social and economic empowerment.

April 2 Lunch Meeting



Larisa Bryski, Executive Director of Girls Rock Sacramento.

Girls Rock Sacramento is a nonprofit 501 C-3 organization that empowers girls through music and music education. They promote an environment that fosters self-confidence, creativity and teamwork. GRS challenges gender stereotypes, encourages collaboration and tolerance among peers, and provides a comfortable and safe place for girls of all backgrounds to express themselves. Through music lessons, workshops, group activities and live performance, girls acquire skills that help guide them throughout their lives.

Their mission: Girls Rock Sacramento helps girls and those

that identify as girls build self-esteem through music education, collaboration, empowerment, a supportive community of peers and mentors, and the development of leadership skills.

April 16 Annual Retreat 5:30 p.m, Jackson's Catering

President Michelle writes: Have your voice and vote count. At our first business meeting of the year we listed our priorities, and grants were very high on the list. Fundraising was also a priority. At our last business meeting we dove into what we should perhaps not be doing. A survey is going out to every member and the combination of that survey and the thoughts and ideas presented at the business meetings will come together at the Retreat.



As we do each year, we will also be signing up for committees. We may be trying something a little different this year to see how it works.

We will be voting in next year's board members, doing a quick year-in-review, and then we will be looking forward to next year with Roni as our president.

Of course, it won't be all business, we will be sneaking in a little fun as well.

April 28-29, SNR Conference



Atlantis Resort, Reno

Really, if you haven't yet been to this, you ought to go. See Michelle's message and page 6 for more information.

May 7 Lunch Meeting

Venice Sullivan of HOPE Wellness Institute and Cereset Brain Wellness Coach.

2018 - 2019

Board of Directors

President Michelle Whisenand

President-Elect Roni Bowling

VP Service
Stephanie PaiaVP Program
Lori Hill/Lydia ZeidnerVP Membership
Paula MawVP Ways and Means
Sheryl SoremVP Communications
Faye Holliman

Secretary Susan Gower

Treasurer Jean Foster

Director Cherie Fields

Director Lora Edwards

Director and Endowment Chair
Carol Little**Board Meetings**

Board meetings are usually the second Tuesday of the month at Michelle Whisenand's office

President's Message

By President Michelle

April is a big month for our Club. Next year's Board members are nominated, we have our Retreat, and then there is the SNR Conference in Reno. If you have not yet attended the SNR Conference in Reno, I strongly urge you to join Roni this year (April 26-28th – see page xxx). They have great speakers and presentations. You will laugh but you will also need a hanky. It is a joyous reminder that what we do matters.



Speaking of what matters - if you would like to be on the Board please do not hesitate to contact Roni. I have been on the Board pretty much from the time I joined the Club and it not only has been an invaluable learning experience it has been a great deal of fun. That said, I have heard and can appreciate the concern about the commitment to monthly evening meetings. We meet September through November and January through June.

If you have not yet been on the Board, as a VP (e.g., of Service, of Programs, etc.), your job would be to coordinate the various subcommittees under your purview and report to the Board, along with voting on various motions made about a wide-range of topics. It is a commitment but a worthwhile one for sure.

Board Meeting Highlights

March 12 Board Meeting

- Approved Feb board minutes and March 5 business meeting.
- Accepted treasurer's report, which showed we are on track.
- Approved budgeted amount for club giving to SIA
- Approved \$25 check to new club, Pinenut Valley
- Heard reports from Live Your Dream Award and Dream Grants checks and letters
- Approved receipt of \$3,330 earnings from our Endowment of \$83,574.12
- Approved grant to Street Soccer USA of \$1800 from Endowment funds.
- Discussed It's In The Bag; looking for accessories in addition to purses.



Superstars!

Thanks to the Superstars who joined through February: **Marilyn, Millie, Carol Little, Sally, Stephanie, Lora Edwards, Cindra, Alice, Laurel, Faye, Penny, and Lydia.**

Apologies to anyone who might have joined last month and who isn't listed – we'll catch you in the next newsletter.



Healing Energy to Paula Maw

On Sunday, March 31, Paula was rushed to emergency with a blood clot in her lungs. On April 1, she is still undergoing tests, but is alert and writing questions, so that's the good news. We hope she recovers quickly, and know her positive and life-affirming spirit will help in that process.

2019-2020 Officers and Board

By **President-Elect Roni Bowling.**

As your incoming President, the task to fill Board positions falls on me. I am the committee. Oops! I guess I made my first mistake, I am the committee! "You're not living up to your full potential." So, who wants to join me??? Let's be serious.

So far, the slate consists of the following. The committee is still working on the rest.

- President** Roni Bowling
- Secretary** Susan Gower
- Treasurer** Stephanie
- VP Programs** Lori H
- VP Communications** C
- 1st Year Director**
- 2nd Year Director**
- Past President**

This was an article on the 2019-2020 SIGS Board Nominations. However, at the last minute, President-Elect Roni and President Michelle asked that I delete it. Well, your editor already formatted the newsletter, so this blocking of the article is second best. They are planning changes to the board and committee process, so stay tuned. No, it's not an April Fools' joke.

As C...
President... have been... the following year! Over half the club... group.

Service: Make... in Service projects, such as pillow cases for Children's receiving home, and packs for Mercy. (These are a few of ongoing projects).

Membership: Recruiting... initiated new members to SIGS and bylaws

Ways & Means (Fundraising): ... and Olive Oil/Vinegar - A great opportunity to learn from Marilyn Goodfellow when she isn't...

At the retreat, we'll discuss committees and propose some changes to help us all HAVE FUN & GET IT DONE! As we all know and experience: "many hands make light work."

Snack'n'Sew's Year of Production

By Marilyn Goodfellow

Thank you to all who donated fabrics and supplies, particularly Sally, Stephanie, Marilyn, and Jean. SIGS has created and contributed the following:

- ☆ Children's Receiving Home fabric pillowcase sized totes: **965** in the last year,
- ☆ Christmas/Holiday Stockings: **99** for WE Holiday Craft Party and Koinonia homes
- ☆ Bottle Gift Bags for our speakers and IITB: between **30** and 40.



Marilyn estimates that the cost of the fabric totes is over \$3100, so the donations really matter. The holiday stockings are an estimated \$2.50 each, for almost \$250. Gift bags for IITB and the speakers total just over \$70. Wow, our members have really reached into their resources to make this happen!!!

Team Work Makes the Dream Work Sheryl Sorem

It's In the Bag is Almost Here!

Thursday, May 9, The Center at Twenty Three Hundred
6-9 p.m. Beverages and Light Buffet, No Host Bar

By Sheryl Sorem, VP Ways and Means

We are looking forward to seeing you all at our 5th Annual "It's In the Bag" event next month! Thank you to everyone who has donated time, money, handbags, or sold tickets, purchased a sponsorship, or volunteered to work at the event. The committee is very grateful for your contributions.

We have a beautiful selection of handbags, jewelry, and accessories this year, along with some great door prizes. Of course, we would love to have more. If you have a great idea for a door prize or gift basket, please let us know.

We are **definitely in need of more bags!** Please consider donating a new designer handbag or cash to help us purchase something wonderful. Another **area of need is volunteers.** Please sign up to assist if you are able. We need everything from ticket sales, and raffle sales to set up and tear down. No job is too small, and all assistance is greatly appreciated.

Tickets are still available for the event, so please reach out if you have not purchased yours! We will be happy to get those to you right away. Just as a reminder, our ticket

price this year is \$40 per person, and provides entrance to the event, along with a light dinner. Cocktails, beer, wine, and non-alcoholic beverages will be available for purchase. If you have a great bottle of wine, please remember that there is a corkage fee of \$10 per bottle. And of course, don't forget to bring money for all of those raffle tickets that you will need to win that fabulous handbag or accessory. Please remember that for the quickest service, cash is wonderful to have on hand, but if not, Stephanie has graciously offered to assist with credit card payments again this year.

We are looking forward to seeing you, your friends and family members at The Center at 2300 on May 9th at 6:00pm! **Thanks so much** for your help to make this year's It's in the Bag event as amazing as in previous years!

Endowment Grant goes to....

By Carole Davenport and Carol Little

SIGS Endowment Committee was pleased to recommend this year's award be given to Street Soccer USA Sacramento. The Board approved the grant that will be presented to the organization at their fundraising breakfast on April 10 by committee members Carol Little and Carole Davenport. Many thanks to Jean Foster for also serving on the committee this year.

The grant will fund the USA Street Soccer - Sacramento women's "Lady Salamander" program for one indoor season, including shoes. The program stresses the importance of teamwork and confidence. Most of the women they work with are working to overcome addiction, abuse, mental illness and/or chronic homelessness and working toward to healthy and stable future.

In this program, they serve women from 16-65 years old.

Regional Program Manager, Lisa Wrightsman was so appreciative, honored and excited when she was notified the program was receiving the 2019 SIGS Endowment Award and anxious to share the good news with the women in the program. **Goal!!!!**



Live Your Dream Award to Jameela Givens

By Roni Bowling



Live Your Dream to Jamela Givens

By Roni Bowling

I was so lucky to be able to present our SIGS Live Your Dream award of \$1500 to Jamela Givens, mother of 3. She is currently a part time college student and works part time at Sacramento City College coffee cafe. Jamela is truly a warm, humble young lady who is a graduate of Women's Empowerment program, where she received high reviews.

It was a pleasure to meet her and her tears of joy were heartwarming. Do to our SIGS lunch meeting schedule I asked Jamela to speak in the fall, she gladly accepted.

Women's Empowerment Gala June 20

Hyatt Regency, Sacramento

By Stephanie Paia

Our friends at Women's Empowerment are once again gearing up for their 18th annual Gala. This year their event will be on Thursday, June 20, 2019 at the Hyatt Regency Sacramento! I attended the March 21st Gala committee meeting and was thrilled to learn that preparations are well underway. Tickets have increased to \$150 per person this year. Given the new locale I suspect that this year will be the most stunning evening to date.

The next Gala committee meeting will be on **Thursday, April 18th** at 5:30pm at the Women's Empowerment classroom. All volunteers are welcome to attend. There is also an invitation stuffing part on **Tuesday, April 23rd** at Women's Empowerment classroom. Time for the invitation stuffing party TBA.

A sign-up sheet for SIGS members (and guest) who wish to attend the Gala will be available at the Retreat in April as well as at both May lunch meetings. Come and join us at the SIGS/GOWER sponsored table for a night of celebration and inspiration for our community. For additional information about WE planning committee needs feel free to contact your fellow SIGS, Stephanie.



April Birthdays

We wish great days and great age years to
Faye Holliman on the 6th
Cheri Fields on the 22nd

Roni Bowling on the 22nd
Yolanda Cuesta on the 24thnd.

SNR Conference

April 26-28, 2019

Atlantis Casino Resort Spa 3800 S.
Virginia St, Reno, NV 89502

Join Roni and Soroptimists from through the Region at this fun, informative and inspiring annual event. You'll be proud you are a Soroptimist.

For more information, see the [Call](#), which has tons of information and the detailed program.

[Register](#) now (the deadline is April 5 to avoid late registration fee!

[Contact the Atlantis for your reservations!](#) Use Code SNRVR19 to reserve rooms: groupID=2403051



SOROPTIMIST INTERNATIONAL SIERRA NEVADA REGION

43rd ANNUAL CONFERENCE

April 26-28, 2019

Conference Highlights:

- Anti Trafficking and Legislative Advocacy Presentation Friday Afternoon
 - Candidate Forum and Delegate Briefing Friday Afternoon
 - Friday Night Entertainment—We can keep a Secret!
- Honoring Awardees: Club Awards, Live your Dream, Ruby and Fellowship
 - SIA and SI Dignitaries and Guest Speakers



Patricia McCay
SIA Secretary/Treasurer
Official Visitor
Huntsville, AL



Mariet Verhoef-Cohen
SI President
Women, Water and Leadership
Netherlands



Dr. Ciriaco "Cid" Pinedo
President / CEO
Children's Fund
San Bernardino, CA

SI of the Americas Board and Election

SIA includes many clubs, many cultures, and the SIA Board reflects that richness. The following have been elected to serve on the Federation Board in 2019-2020:

"Tina" Wei-Kang Pan, Taipei, Taiwan, *President*
Myra Paz Abubakar, Zamboanga, Philippines
Jane Carol Azevedo, Brasilia, Brazil
Penny Babb, Peoria, Arizona, U.S.A.
Ohran Choe, Daegu, Korea
Robin Davis, Alexandria, Virginia, U.S.A.
Jackie DeMartini, Newcastle, California, U.S.A.
Taeko Endo, Sendai, Japan
Elizabeth "BJ" Gallagher, Rosedale Station, Alberta, Canada
Margo Hartman, Scottsbluff, Nebraska, U.S.A.
Clara Luces De Orue, Asuncion, Paraguay
Patricia McKay, Huntsville, Alabama, U.S.A.
Hisako Mishima, Kitakyushu, Japan
Kazuko Morita, Kyoto, Japan

Believe
in yourself
— & —
you will be
Unstoppable

Our Board will be ranking their choices for the following candidates for President Elect for 2019-2020. Votes are due May 2 to Headquarters.

Penny Babb, Golden West Region, USA

Ohran Choe, Korea Region

Bonnie Domonchuk, Eastern Canada Region

Margo Hartman, Rocky Mountain Region, Canada

PUBLISHED BY
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Lunch & Meetings

Jackson Catering, 1120 Fulton Avenue, Sacramento
Cost: \$22

We are enjoying our second year at Jackson Catering as our venue for our lunches. They have excellent food, easy parking, and keep the cost low. Please respond to **Carole D's** email prior to each meeting asking you to RSVP. If you respond yes or no, you won't get a reminder email, so keep your in-box free of clutter and respond quickly! Thanks.



If you need to cancel, contact Carole as soon as you can. However, no shows and late cancellations are responsible for the cost of the lunch if we are charged for it. **Jean will be emailing invoices to applicable members as reminders.**

Guests and potential members are always welcome. The club covers the cost of the first lunch for a potential member. Contact **Paula Maw**, VP Membership, if you would like her to send a letter inviting your guest to membership.



Calendar & Links

2019

May 7	Lunch Meeting
May 9	It's in the Bag Fundraiser
May 21	Lunch Meeting
June 4	Evening - Installation
June 11	Joint Board Meeting
July 27-28	SNR Development Retreat, Reno

Have Fun and
Get It Done



Sierra Nevada Region

www.soroptimistsnr.org

For member specific forms, use the
password 1921

Soroptimist International of the Americas



www.soroptimist.org,

ID: your member number, Password: your member
number

Soroptimist  International

www.soroptimistinternational.org,

ID = member, Password = Cambridge