



# SIGS News



Volume 22, Issue 5  
February/March 2019

## SIGS in February and March

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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.*

### February 5 Lunch Meeting

Our speaker was **Joan Medeiros**, attorney at law, who devotes her practice to estate planning, Medi-Cal planning, elder law, special needs planning, probate and trust administration. She alerted us to the top 10 mistakes in estate planning (see page 5).

### February 19 Lunch Meeting

**Jackie Guzman** and **Acquaya Bennette** will be our speakers representing **The Glass Slipper**, a non-profit organization that provides life-changing programs for girls in foster care and group homes. Acquaya has participated and benefitted from the program. The Glass Slipper believes every girl should have the opportunity to discover her full potential. Their volunteers provide mentoring and self-development programs for at-risk girls, ages 10-18.



Plus, learn who won the SIGS Panty Donation contest to benefit our Hidden Support program at Women's Empowerment.

### February 26 Food Literacy Visit, 3:30 – 5:00 p.m.



Contact **Lidia** if you would like to join her, Marilyn, and Hilda at Leataata Floyd Elementary to see how Amber Stott, our November speaker and CEO & Chief Food Genius of Food Literacy Center, teaches kids about great food. We have the option to either tour the program or be a part of the program by prepping and chopping veggies with the kids.

### March 5 Lunch Meeting

SIGS is awarding \$6000 in **Dream Grants** to local non-profit organizations from the funds we raise for Service. We will meet recipients and hear about their programs from those who are able to attend this lunch meeting. See page 4 for our recipients.

### March 19 Lunch Meeting



Are you moving, a caregiver, a "piler", a collector, a harried parent and/or a estate handler? Do you just want to downsize or do you just need to organize yours (or someone else's) stuff? Attend this lunch to share ideas with our speaker, **Gwynnae Byrd**, Professional Home Organizer from Sacramento Home Transitions.

## 2018 - 2019 Board of Directors

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Lori Hill/Lydia Zeidner

VP Membership  
Paula Maw

VP Ways and Means  
Sheryl Sorem

VP 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 conference room.  
All are welcome.

## President's Message

**By President Michelle**

We are now fully into the new year, spring is almost in sight, and a lot of activity is going on in our Club. Dream Grant recipients have been chosen, a Live Your Dream award winner has been determined and her application submitted for consideration at the regional level. Cherie organized the Mustard Seed lunch and Stephanie provided cookies in cute little wrappers. SIGS also provided supplies for the kids to make Valentine's cards and she and Susan delivered the lunches and supplies. The kids were delighted (see next page).



We are also full swing into planning and organizing this year's It's In the Bag! Every year we have a lot of fun coming up with new ideas to keep it fresh and exciting while still maintaining that core spirit that keeps our friends and family coming every year. This year is no exception. I'm storing the purses or other donations this year, so I'll be happy to take them off your hands. Tickets will be available at the March 5<sup>th</sup> luncheon. For more information, see Sheryl's message on the next page..

I don't know the exact numbers right now, Faye is still counting, but it looks like we have more than doubled our goal for collecting panties for **the Panty Program for Hidden Support** (and we even got a large number of bras thanks to a member who wishes to remain anonymous). This just shows what we can do as a group. I sent out one email and the response from family and friends was amazing. See you at lunch!

## Board Meeting Highlights

The **January 15** Board Meeting discussion included:

- Responding to SNR's push for all clubs to participate in Dream It Be It,
- \$1500 Live Your Dream Award: We have 2 possible candidates. Program changes at SIA made access to the submissions difficult this year. (see page 4)
- Eight applications were received for our Dream grants
- Mustard Seed lunch and It's in the Bag (see next page)
- Carol L. reported that a new agreement has been executed with the Sacramento Regional Community Foundation to continue managing our endowment.



The **February 12<sup>th</sup>** Board Meeting included:

- Financial report indicates we are on target: expenses align with budget
- Discussion of a larger grant (approximately \$7400) from the Endowment income set aside for the past few years. The Endowment Committee will research a possible recipient.
- Approval of Live Your Dream Award and Dream Grants (see page 4)
- Panty Program resulted in over 200 panties being collected.
- Yolanda Cuesta is taking a leave of absence, and will help a new person on Dream It Be It (see page 6x)
- Discussion of ideas from the SI Loomis' bag event.



## Valentines for Mustard Seed

By Cherie Fields

For many years, SIGS has provided a lunch for the children at Mustard Seed School, a program of Loaves and Fishes. This year was no exception. **Susan Gower** and I went to Mustard Seed on Tuesday Feb. 12th bearing 40 Happy Meals with chocolate milk and apples slices (the children loved them!)

We also took 40 beautifully decorated Valentine containers of shortbread cookies (courtesy of our creative and talented **Stephanie Paia**). There were 22 lovely handmade Valentine's Day cards made by **Sally Johnson**, and a box of craft materials from **Marilyn**. I gathered stickers, lace doilies, heart doilies, construction paper, etc., at Target for the children to make Valentines for friends, family and classmates!



The staff members at Mustard Seed were thrilled. They loved the idea of the materials for making Valentine's Day cards being brought a few days before!

## It's In the Bag: Tried and True, Exciting and New

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 excited to confirm the 2019 It's in the Bag event, which will be our best one yet. We are keeping the tried and true while adding new ways to keep our attendees engaged and entertained.

**Price:** One change this year is the price of the tickets (which has not changed in recent years). This year's ticket price will be \$40 per person. However, one of the enhancements to this year's event is the addition of a light dinner instead of the traditional appetizers. Let your guests know that their tickets will include more value for the increased cost. Tickets will be available beginning March 5 at luncheons.

**Sponsorships:** Another addition is the opportunity for our members to sell sponsorships to friends, family, and neighbors. We are in the process of finalizing our offerings and hope to have that information to you very soon. There will be opportunities to sponsor different aspects of the event from printing, dinner, decorations, or table sponsorship.



Table Sponsors commit to buying an entire table, and hosting their employees, family, or friends. If we get 5 to 10 table sponsors in addition to the tables that our members

purchase, we will grow our attendance by 40-80 people! A special thank you to **Corporate Design Group and Carol Little** for being to be our very first Table Sponsor!

**Bags, Bags, Bags:** Most importantly, we need handbags for our event. We are still accepting new designer handbags, and new stylish designer accessories. Vintage handbags will be considered if they are in exceptional shape. We will not be able to accept jewelry, new or used, as we have local jewelers who are donating or sponsoring those items.

Please bring your items to an upcoming luncheon or meeting or call or e-mail Sheryl Sorem to schedule a pick up. Please remember to put your name on your donation so we can provide you with a tax-deductible receipt for your records. Thanks to Michelle for collecting and storing the handbags until the event.

**Thanks so much** for your help to make this year's It's in the Bag event as amazing as in previous years!

## \$6000 of SIGS Funds Goes To...



**President-Elect Roni Bowling** reports that the Dream Grants committee gathered at her house for snacks on Sunday afternoon January 27<sup>th</sup> and selected the following six organizations (out of eight applicants) to receive our 2019 grants. Each organization received \$1000. Thanks to committee members Michelle, Carole D, Sally, Marilyn, Judy D, Cherie, Penny (via email), and Stephanie.



Forever Families provides a full range of programs and services to support foster and adoption

families and children., Our grant will fund an afternoon cooking class for 20 participants and their guides, focusing on fun and nutrition. Member sponsors: Laurie and Roni Bowling



**Stanford Settlement Neighborhood Center** grant will provide a BBQ lunch for six consecutive Fridays this summer for kids in its summer

program. Stanford Settlement provides programs for the entire family, from young children to seniors. Member sponsor: Hilda Tonarely.



**City of Refuge** strives to transform broken lives through God's love seen in acts of Justice Mercy and Humility.

Programs include a Resource Center in Oak Park, Refuge Housing, a "Shine" program for girls, and a "Grit" program for boys. Our grant will help them purchase a large refrigerator for the families in Refuge House.



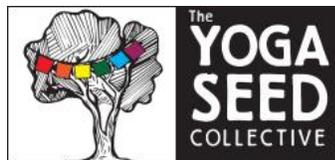
Keaton's supports children with cancer and their families by providing emotional, educational & financial support. Our grant will help the three

staff members provide direct services to a group of families, such as a family art day or trip to the zoo. Member sponsors: Hilda Tonarely and Cherie Field.



**Women of AT&T** received \$1,000 for the **Expanding Your Horizons Conference** which promotes science, technology, engineering

and math (STEM) to middle school-aged girls. The funds provide scholarships to girls who financially would not otherwise be able to attend. Member sponsor: Marilyn Goodfellow.



The Yoga Seed Collective teaches mindfulness and yoga to people from all backgrounds who are

underserved, at risk, and/or experiencing trauma. Our grant supports their pro bono work for women in recovery homes. Member sponsor: Penny Brown.

## Live Your Dream Award to Jameela Givens

**By Roni Bowling**

The 2019 Live Your Dream Scholarship goes to Jameela A. Givens, 32 years of age, mother of three children. She was previously homeless for three years and is now a Forever graduate of Women's Empowerment. She is a full-time college student attending Sacramento City College with a major in Business Administration.

I was very impressed with my conversation with Jameela and double rave reviews from both references. Jameela excelled in her role as a leader and strong contributor with other women in a paid job training program where participants work as assemblers for a product called "Get a Job Kit". Because of her strong leadership she applied and was accepted for a Team Lead position in another WE program.

Jameela will receive \$1500 LYD award and her application has been forwarded to the Sierra Nevada Region to be considered for the regional Live Your Dream Award.



## Mistakes in Estate Planning

Thank you so much to **Joan Medeiros**, attorney at law, who shared the top ten mistakes in estate planning at our February 5 meeting. The first, and most important, was not having an estate plan at all! If you don't have a will and/or trust, probate will end up being expensive, and your assets may not go to whom you want.

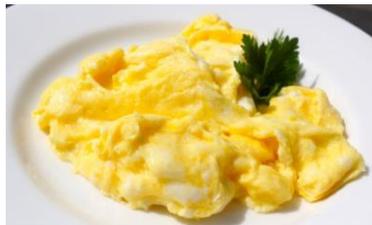
Other mistakes included relying on co-ownership to pass on your assets (which doesn't always work the way you want it to), creating but not funding a trust, choosing the wrong person as an executor, making beneficiary blunders, putting a child's name on a house deed, and donating the wrong assets to charity (tax implications for your heirs).

The moral of the story is that professional advice is very valuable and worth the price you will pay. Your editor (Cindra) has been involved in administering or executing three estates, and believe me, I so appreciate the professional advice I received re probate, and the ease of administering a well-planned trust.



## Why the French Can't Scramble Eggs

**Marilyn Goodfellow** sent your editor the article "Why the French Can't Scramble Eggs!" The gist of it is that the French use butter, which can result in heavy or greasy eggs. The reason has something to do with the water in butter, the temperature of the oil, and the cooking process that "unfolds" or "denatures" the proteins in eggs, and the surfactants in the olive oil that make it easier for the proteins to unfold (okay, that's when the article lost me). Anyway, it turns out that **Olive Oil** is the key for quicker, bigger puffs and more impressive scrambled eggs.



### Fluffy Scrambled Eggs

For one serving, one tablespoon EVOO and two eggs, or two tablespoons EVOO, 8 large eggs for four servings. Somewhere in between for 2-3 servings. Salt and pepper to your preference. For more servings, use a 12 inch skillet; for fewer, use a 8 or 9 inch skillet.

Heat the oil until just beginning to smoke, about 3 minutes (this is important!). While the oil heats, crack the eggs into a bowl and use a fork to whisk the eggs (and ¼ tsp salt if you like) until blended and foamy on top. Pour the eggs into the center of the pan. There will be steam.

Using a rubber spatula, continuously stir the eggs, pushing them toward the middle as they begin to set at the edges and folding the cooked eggs onto itself. Cook until the eggs are just set, 60-90 seconds. Immediately transfer to warmed plates.

**Oh BTW, if you need olive oil for this dish, contact Marilyn. As always, she has some of Tenero Farm's delicious local olive oil for sale, as well as other products:**

- ❖ Estate Blend (Picual) Olive Oil 15      Flavored Oil (Basil, Jalapeno, Oregano Blend) \$15
- ❖ Body Oil (rosemary, lavender) \$13.50 each      Soap (orange, lavender) \$8 each



And don't forget the **Capay Ranches Balsamic Vinegars**, \$15 each, for the salad that goes with the eggs for supper: Cranberry, Pear, Mango-Sriracha.

***Team Work Makes the Dream Work*** Sheryl Sorem



In 2016 and 2017, SIGS participated in SIA's Dream It Be It program by offering a series of workshops at Luther Burbank High School. However, we were unable to connect there for the past two years, and our Dream in Be It program has been on hiatus. In addition, our stalwart leader of the program, **Yolanda Cuesta**, is on leave this year (see below).

At the January District 3 Presidents Roundtable (attended by Michelle), club presidents shared their successes and challenges. Our District Director, Tracy Edwards reported from the Roundtable *"I loved the variations on some clubs' DIBI program. In each case, they are striving to meet the needs in their community. Governor Lane hopes that all clubs in the district will participate, in some way, in DIBI. I know it can be a little scary to get started, and it may seem overwhelming, but there are members in other clubs who grabbed the curriculum and ran with it! Maybe you can help with bus passes, or food, or co-facilitate a session with an experienced club member. Maybe you can help with something for the goody bags or food that is provided. All of these are ways that our Region can have 100% DIBI participation."*

The SIGS board discussed ideas at the January Board Meeting, including perhaps working with another club. Carol L will reach out to the club that is working with Koinonia to see if it would like some help from us. The Board, particularly Stephanie, is looking for someone to take over from Yolanda to be a lead on this project. If you are interested, contact Stephanie. Yolanda has promised all the help she can give.

## Superstars!



By Jean Foster

Our wonderful group of twelve: **Marilyn, Millie, Carol Little, Sally, Stephanie, Lora Edwards, Cindra, Alice, Laurel, Faye, Penny** (celebrate her son's engagement) and at the last meeting, **Lydia** joined to celebrate the completion of her home remodel and the ability to finally move back in!

We have 12 Superstars so far, and only need four more to meet the budget. Will that be YOU???!?! For a mere \$50, you can become a SuperStar! For your tax-deductible donation, you will have the privilege of not having to pay fines at meetings AND you can brag to the club about anything you want! To join in, simply present your check to Michelle or Jean at any meeting/function and start bragging!

**February Birthdays** are Alice Carney (4<sup>th</sup>), Lori Edwards (26<sup>th</sup>), and Penny Brown (27<sup>th</sup>).

**Happy Birthday in March** to Carol Little (16<sup>th</sup>), Millie Stone (25<sup>th</sup>) and Lori Hill (31<sup>th</sup>).



## Update on Yolanda

Stephanie reports that Yolanda had been holding on to the hope that she could continue her commitment to DIBI and SIGS. However, recent events involving the mistreatment of the Latino community has been most upsetting. Yolanda, along with her cohorts, have been organizing and working on various political campaigns to address these issues. These ongoing efforts involve her working in Texas, Arizona, Nevada and California. Due to the time and energy needed to support her community, she has stepped down as DIBI lead and is taking a leave of absence from SIGS for the time being. Yolanda hopes to return sometime in the future.

## SNR Conference

April 26-28, 2019

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

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



**SIGS in Reno 2018  
with the SIA  
president-elect  
Elizabeth Di  
Geronino from  
Venezuela**

[Contact the Atlantis for your reservations now!](#)

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



## Camp Fire Update

SI Rancho Bidwell and SI Chico are using the funds donated for fire relief to help fellow Soroptimists and others affected by the distasteful event. Rebuilding lives and structures is a long, hard process, and the support of Soroptimists and others has been a blessing. The recent SNR News included a link to a detailed update of how the funds are being used. Highlights include:

- ☆ Grants and loans to SI members ranging from \$500 to \$5000 for specific purposes, including concrete pad for a travel trailer, counseling for children, gas cards, and temporary housing.
- ☆ Galoshes and boots for students and staff from the Paradise Elementary school
- ☆ Donations of toys, clothing, knitting materials, and more
- ☆ Working at shelters, making and serving food
- ☆ Leading efforts to help with the "Adopt-a-Family" project
- ☆ Participating in the Camp Fire Long Term Recovery Group which meets weekly and has oversight in the entire recovery process for their communities.

**It always seems  
impossible until it's done.**

Nelson Mandela

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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

March 5	Lunch Meeting (Grants)
March 19	Lunch Meeting
April 2	Lunch Meeting
April 6	Annual Retreat (Business)
April 26-28	SNR Conference
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

Have Fun and  
Get It Done



### Sierra Nevada Region

[www.soroptimistsnr.org](http://www.soroptimistsnr.org)

For member specific forms, use the  
password 1921



### Soroptimist International of the Americas

[www.soroptimist.org](http://www.soroptimist.org),

ID: your member number, Password: your member number

Soroptimist  International

[www.soroptimistinternational.org](http://www.soroptimistinternational.org),

ID = member, Password = Cambridge