



# SIGS News

Volume 22, Issue 7  
May & June 2019

## SIGS in May & June

### Inside this issue:

President's Message, Minutes, Service Commitment Due	2
19-20 SIGS Board & Committees	3
Retreat Report	4
IITB, Street Soccer, Ternera	5
WE Gala, Superstars	6
Children's Home Society, Kathy K.	7
SNR Conference Report	8
Meetings, Members, Links	9

### 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.*

### May 7 Lunch Meeting



**Brain Health - How a Stuck Brain Affects Your Life**  
**Venice Sullivan**, founder and Director of Care at Hope Wellness in Fair Oaks and Cereset Brain Wellness Coach. She has been a massage therapist for nearly 30 years (and your editor, Cindra, swears by her). Venice's driving force is unraveling the mystery of pain, dysfunction and depression. She is currently focusing on working with depression and cognitive brain issues. Her passion lies with veterans and increasing their level of care and healing.

### May 9 It's In the Bag Fundraiser (See page 4)

### May 21 Lunch Meeting

This is our last lunch meeting of the 18-19 club year, and if you know our President, she'll have something special planned. In the past, we've had a chance for committee chairs to discuss plans for the coming year to get a head start, but who knows what this meeting will involve. Watch your emails for details.

### May 25 Service Commitment Due (See page 2)

### June 4 Evening Fun and Installation of New Officers

Roni and Michelle will be planning this all-important event, and you know it will be fun! It brings us together as SIGS before our summer break. We are a special club, and this will be a special event. Again, watch your emails for time and location.

### WE WANT YOU!



### SIGS Needs Officers and Committee Members for 2019-2020.

*Many Hands Make Light Work*

*Please don't wait to be called. Tell Roni what you can do next year (see page 3)*

**June TBA: Membership Dues for 2019-2020.** Jean will be sending invoices.

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*

As I write this I am still aglow from my son's wedding on April 27<sup>th</sup>. Not a dry eye during the ceremony and then all celebration and fun thereafter. What made it so special was that everyone came together from both families to help in any way possible. It was a huge success.



The same is true of SIGS. We come together as a team and help each other out in any way possible. It is how we accomplish what we do. It would be impossible otherwise. Although my time is not quite at an end, and I certainly do not want to rush it, but as Roni starts the process of taking over for next year let us all reach out to see how we can help - in any way possible. It made all the difference when I suddenly found myself in the role of President.

*It's in the Bag* is coming up. I could not be more excited. Talk about team work! The response from the Club, and other supporters, has been overwhelming. I am predicting a huge success!

## Board Meeting Highlights

At the April 9 Board Meeting, the Board discussed

- Attendance at the SNR Conference
- Our Facebook name has been changed in response to request from SIA.
- Results of the survey, including a recommendation to consolidate all giving activity into one master giving committee. The recommendations will be submitted to the membership at the retreat.
- The Kathy Stassi Education Fund
- Heard a report on WE Gala. Tickets will be \$150..
- Penny is reaching out to see if more Backpacks for Mercy are needed.
- \$98 was spent on bras for Hidden Support.
- Carol L and Carole D were invited to present the USA Street Soccer award at their April 10<sup>th</sup> event.
- Status of *It's In the Bag* ticket sales, auction items and publicity.



## Service Commitments are Due this Month

*By Jean Foster*

Service Commitments are \$50 and will be emailed to the membership this weekend. They are mandatory as per our bylaws and will be due by May 25<sup>th</sup>. Together with IITB, this is what determines how many grants and what Service projects the club can afford to finance next year. We all love Service projects so **please don't make the Treasurer call Bruno in order to receive payment!** ☺



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

## 2019-2020 Officers and Board

The April retreat included the presentation of the Board nominations thus far. The elections will be held once all positions are filled. Please help Roni out and let her know if you would be willing to fill the President-Elect, VP of Ways and Means and/or Service positions. As you can see below, the committees have great members already.

President	Roni Bowling	VP Membership	Carole Davenport
President-Elect	Needed	VP Ways and Means	Needed
Secretary	Susan Gower	VP Communications	Cindra Smith
Treasurer	Stephanie Paia	1st Year Director	Faye Holliman
VP Service	Needed	2nd Year Director	Cherie Fields
VP Programs	Lori Hill	Past Pres/Giving	Michelle Whisenand

## WE NEED YOU! 2019-2020 Committees are Being Formed

While sign ups went well at the retreat, members who weren't there or were undecided are missing from the list below. Our club has a long history of active and involved members—let's keep it going! Take a look at the list and let Roni and the chair of that committee know what you might be interested in doing to help out.

**Remember all members are expected to sign up for at least one, and preferably two committees.**



**Service: VP and Chair (NEEDED!) Laurie Bowling, Penny B, Carole D, Judy Dean, Faye H, Cherie Fields, Michelle W.**

Identifies and coordinates service projects such as the WE Craft Party, WE Holiday Stockings, Snack N Sew, Hidden Support, Backpacks for Mercy, Mustard Seed Valentines, and participation in SNR and SIA service.

**WE Craft Party:** Laurie B., Judy D, Penny B. **Holiday Stockings:** Laurie B. **Snack N Sew:** Judy Dean. **Backpacks for Mercy:** Penny and Judy

**Ways and Means: VP and Chair (NEEDED!) Laurie Bowling, Carole Davenport, Stephanie Paia, Lori Hill, Michelle W..**

Makes recommendations for and coordinate fundraising activities, such as It's In the Bag, olive oil sales, SuperStars, Fine, Auctions, Santa Letters, etc. **It's in the Bag:** Michelle, Laurie B. **Santa Letters:** Laurie B.

**Membership: VP/Chair Carole Davenport, Faye Holliman, Dara Lee, Lydia Zeidner**

Member recruitment, orientation, and retention; **Personal Connections** (needed?)

**Program: VP and Chair Co VPs Lori Hill. Laurie B, Penny B, Judy D., Carol L. Lydia Z, Cherie Fields**

The Committee charge has been expanded to include speakers, luncheon reservations, and events (mixers & retreat).

**Speakers:** Penny, Lori H., Carol L. Lydia Z. **Hospitality:** Judy D., Lydia Z., Cherie F. **Events:** Laurie B., Lydia Z

**Communications: VP Cindra Smith (newsletter), Carol Little (Facebook), Stephanie (Website)**

**Gifting Committee: Chair Michelle W, Faye H, Carol Little, Lydia Z, Cherie F, Susan G, Cindra S, Carole D., Penny B.**

This new committee integrates all grants and scholarships previously done by a variety of people and committees, including the club's dream grants, endowment, education, and Live Your Dream Award.

**Finance Committee: Jean Foster, Susan Gower, Stephanie Paia**

Recommend the budget to the Board; review as needed.

**ByLaws and Resolutions: Carol L. (chair), Jean, Faye, Cindra**

## April 19 Retreat Was Fun and Productive!

Seventeen SIGS participated in the evening retreat and business meeting at Jackson's Catering, enjoying good food, wine and great company. Fourteen members were unable to attend.

As has been her practice: Michelle started off the business portion of the meeting with a fun game: this time the winners of the word game were Cherie, Lydia and Cindra.



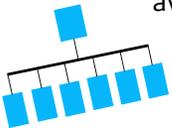
## Year in Review

Michelle provided an overview of some accomplishments of the past year.

- We had some tours and field trips, including Food Literacy and Street Soccer USA.
- We increased our social media presence thanks to Carol Little and her posting photos to Facebook.
- We included fun speakers in our programs, in addition to those who provide services to women and children.
- We increased the sizes of the grants we provided.
- Our financial fundraisers were It's In the Bag, fines and Superstars. The new Panty Project was very successful.

## Club Reorganization: A New Gifting Committee

Based on discussion at the Board of Directors, President Michelle moved that the responsibility to award all grants and award, including Live Your Dream and Dream Grants, Education Grants, and Endowment fund be combined into one committee. Discussion included the rationale for doing so, and the support from those who had been responsible for the various fund sources. The motion was unanimously approved. Additional motions resulted in the name of the new committee be the Gifting Committee and would replace the current Endowment Committee. The chair of the Gifting Committee will be the Past President.



## 2019-2020 Slate of Officers

Roni Bowling presented the slate of officers she has thus far, and is seeking members to fill some positions (see page 3). In accordance with the Bylaws, voting was postponed until notice was provided to all members and the slate is complete.

## 2019-2020 Theme

President Elect Roni discussed her theme for the coming year: **Empowered Women Empower Women**, reminding us that we, as empowered women, impact the lives of women through our work as SIGS. Working together we can accomplish this so let's have fun and get it done.



## Announcements

- The Women's Empowerment Gala is being held on June 20<sup>th</sup>. The club will fund half of the ticket price of \$150 for club members (Susan Gower will make up the difference between the budget amount of 50% of \$125 and the increase cost to the club). Guests will pay the full ticket price (see page 6).
- Street Soccer USA award was presented at their annual fundraiser, providing great name recognition to SIGS.

## It's In the Bag is 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 40 -50 handbags as well as jewelry and accessories this year, along with some great door prizes. Any last minute donations will still be accepted!!!

We have sold about 200 tickets, so it promises to be much fun. The \$40 tickets includes a light dinner, catered by Jackson's. 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!

## Street Soccer USA

*By Carole Davenport and Carol Little*

On Wednesday, April 10, SIGS had the honor of a presenting our Endowment fund grant to [Street Soccer USA Sacramento](#) at their annual fundraiser breakfast.

It was wonderful to have been able to kick off the giving for this amazing organization. We helped them reach their goal of \$25,000.

Our grant will fund the Lady Salamander Women's team for an entire season and provide soccer shoes for the team.



## Thanks Tenero!

It's In the Bag door prizes are one bottle each of the Mission Basil and Garlic flavored olive oils. Yum!

Thanks to Marilyn who will be selling Ternero Farms Olive Oil and some Capay Ranches balsamic vinegars at IITB, so if you need to stock up, plan on taking some home. Marilyn expects Stephanie's credit card connection will be there..... but cash works.

## Update: Women's Empowerment Gala June 20



### Hyatt Regency, Sacramento

By Stephanie Paia

The Women's Empowerment Gala Committee are making final preparations for this year's 18<sup>th</sup> Annual Gala. The Hyatt Regency Sacramento is their new venue and tickets are \$150 per person. There are still a few seats available for members who wish to attend. SIGS member tickets cost \$75 as the Club will pay for half of the ticket. **A special THANK YOU to Susan for covering the Club's shortfall due to the unforeseen increase in this year's ticket price.** All other guests are welcome to the SIGS/Gower sponsored table at the full ticket price. The Gala sign-up sheet will be available at both May business lunches. You can also contact Stephanie if you wish to add your name to the sign-up sheet. Please make your check payable to SIGS.

If anyone is interested in volunteering prior to the Gala there are opportunities a-plenty! A **Gala Invitation stuffing party** will take place on Friday May 3<sup>rd</sup> from 2-6pm at the Women's Empowerment classroom. All volunteers are welcome and no RSVP is required, so come on out if you can!

The ever-popular **Gala Gown Giveaway Dress Days** coordinated by WE volunteer, Ronnie Corrick, is scheduled for Saturday May 4<sup>th</sup> and Saturday May 18<sup>th</sup>. There are two 2-hour shifts available for sign-up; 10am-noon and noon to 2pm. Volunteers are paired with an attending graduate to help her find that special outfit for the evening. Scheduling for this volunteer opportunity is managed exclusively by Ronnie. Please contact Stephanie for contact information if you wish to sign-up for this special volunteer opportunity.

If none of these volunteer opportunities fit into your busy schedule no worries! Consider **donating much needed items for the Gala Gown** giveaway. Evening gowns (size 16 & up), shoes (size 10 & 11), shapewear (size L & XL), strapless bras (size D & DD), evening bags, shawls and rhinestone jewelry are in high demand. Please drop off your donations at the Women's Empowerment clothing closet on or before Friday May 17<sup>th</sup>. Or...



### Sponsor a Graduate at the Gala

*Can't attend the Gala yourself, but wish to show your support for WE? No problem! Graduate sponsorship can be made through SIGS. Just note on the memo line of your \$150 check that you are sponsoring a graduate. Thank you for your support!*

*On June 20th, 75 formerly homeless women will be attending the Gala dressed in beautiful ballgowns. For \$150 you can sponsor a graduate to attend that evening as an honored guest and ambassador!*



### Superstars!

By Jean Foster

We have one more Superstar that we know of: **Jean Foster** for completing her 34th tax season! We need three more to make budget – Will that be you????

She joins **Marilyn, Millie, Carol Little, Sally, Stephanie, Lora Edwards, Cindra, Alice, Laurel Bell-Cahill, Faye, Penny, and Lydia.**

## Q & A with Danielle McGarrity

*Marilyn Goodfellow* talked with (okay, via email) Danielle McGarrity, Development Director of the Children's Receiving Home. Following is their conversation:



**MG:** My Soroptimist International of Greater Sacramento women's service club has been providing fabric pillowcase sized totes for belongings of children leaving your facility since 2011. This year we have provided 965 totes from Apr 1 2018 to Apr 1 2019. The annual total has often been close to 1000. Julie has been wonderful in finding fabric and ribbons for ties to help us increase our quantities of the tote bags. Laura always gives me a warm hug when I deliver some of the bags and that is especially appreciated!

**MG:** How many children do you serve each month, on average? **DM:** 45-60 A year? 1,200 Usual length of stay? 30 days

**MG:** How are you funded? **DM:** The majority of funding for our operations, food, and the maintenance of our 6.5 acre campus is provided by Sacramento County and the federal school lunch program. Generous individual supporters and community-based organizations like yourselves donate close to \$1 million each year, which enable all of the fun activities and outings, college tours, etc. for our kids, the clothes they really want to wear, birthday presents and parties, prom dresses and graduation photos, etc.

**MG:** How many young women do you place in apartments per year? **DM:** We help 12-20 youth each year who are turning 18 and transitioning to living independently (boys and girls). We help them find housing and employment, and provide the furniture and other new apartment setup supplies.

**MG:** What about staffing numbers- social workers, medical staff, educators, psychologists? **DM:** We have close to 200 full-time and part-time staff; the majority are residential counselors who supervise the youth around the clock in the dorms, out on activities, driving them to and from school and appointments. We have two on-site nurses and a doctor who visits twice a week. There are 10 caseworkers and clinicians providing counseling and mental health services one-on-one to children as well as in group sessions. We no longer have an on-site school, but do transport the children to and from their regular school of origin, and our residential counselors help with homework and after-school activities. In addition, we have an on-campus outpatient preschool program for children who aren't living with us, but have had trauma in their pasts and require a little more help before they'll be ready for a regular preschool or kindergarten. That program has two teachers and another mental health clinician.



**MG:** We honor the work you do for children and families in our area of Sacramento. Thank you so much.

## Farewell Kathy Kelleher

Kathy Kelleher has been a member of SIGS since August 2010 – nine years!! She has brought her good humor and positive spirit to so many activities, including a stint on our Board of Directors, sewing tons of dresses for Dress a Girl and getting others to do the same. She retired a couple of years ago and moved to Placerville, making her way down Highway 50 to our meetings.

She has decided to devote her volunteer energies to her local area, particularly working with the homeless. Her plea to SIGS resulted in a mountain of bags of men's clothing and shoes at our meeting in April that she will donate in her area.

We will miss you, Kathy, and wish you well.



## President Elect Roni Represents SIGS at SNR Conference

I attended the 43rd Sierra Nevada Region Annual Conference this past weekend April 26-28 at the Atlantis in Reno, NV. "all by myself like a grown up." And for a girl who doesn't like to gamble I enjoyed my evenings watching Turner Classic Movies (no cable at my house). So here's my report!

The theme of the weekend was Empowering Women, particularly those women who have been sexually, mentally and physically abused and their children. Out of 55 clubs, 48 clubs attended, 22 delegates from District 3 (our District). We voted on Bylaw Amendments, which are normally very bland, but there was a 20minute debate on SNR Bylaws, Article Viii, Committees, Section 3 Program Committees about striking Fellowship. We all commented on how invigorating it was to be a part of the process. I enjoyed the diversity in comments from my fellow Soroptimists.

Speakers were wonderful and thought provoking:

- **SI President Mariet Verhoef-Cohen** is a member of SI Zwolle in the Netherlands. Mariet is President of Women for Water Partnership, her platform is: Women, Water and Leadership. Mariet focus on Kenya and Nigeria where women walk 3-6 miles to retrieve water daily for drinking, food preparation and washing: along this trek women have been physically abused and attacked. She shared pictures and short films, one of women learning to weld pipe to bring water to them and eliminate the long trek and danger.



- Soroptimist Ruby award was given to **Sharon Behrens of SI Lincoln**, an advocate for children in the child welfare and mental health systems. She shared the story of her youngest adopted daughter Mia Behrens, Mia known in the psychiatric literature as the Wild Child, when Mia was taken by CPS from her biological father (who killed Mia's older sister) she knew only to growl and bite. Mia is now in college and has switched her major from Teaching to E.M.T.
- **Ruby B. Johnson** (in the photo) a mining engineer and founder of STEM, which focuses on the need for females in the field of Science, Technology, Engineering and Mathematics (STEM) subjects. Ruby is also the founder of When you Believe Foundation an organization committed to the empowerment of girls and women in all walks of life.

The Celebration of Life was presented on Sunday, I had the honor to speak about our own Josie Andre passing away too soon.

I really enjoyed the weekend, learned a lot and meet several nice Soroptimists so who wants to join me next year at the 44th Annual Conference April 24th-26 at Atlantis in Reno, NV, or at the PDR this July???

## SNR Development Retreat, Reno, July 27-28

The next SNR activity is the Professional Development Retreat, which focuses on leadership training for presidents, treasurers, and other club officers. It's also an awesome opportunity to learn about Soroptimist values and programs, so if you are feeling a little lost, or just want to be rejuvenated and recommitted to our mission, this event is for you.



Roni will have registration information, or go to [www.soroptimistsnr.org](http://www.soroptimistsnr.org) to get more information.

PUBLISHED BY  
SI OF GREATER  
SACRAMENTO

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

PO Box 601504  
Sacramento, CA 95860

President Michelle Whisenand  
[michelle@divorcewithrespect.com](mailto:michelle@divorcewithrespect.com)

SIGS News Editor  
Cindra Smith  
[cindrasmith@comcast.net](mailto:cindrasmith@comcast.net)

## 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.

## Member News

### May and June Birthdays

May 16 Sheryl Sorem  
May 24 Susan Gower  
May 25 Sally Johnson  
June 14 Judy Dean



### Healing Thoughts

Sally Johnson is recovering from knee replacement surgery, and we wish her well.

Have Fun and  
Get It Done

## Links



### 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