



# SIGS News

www.sacramentosoroptimists.org

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**SIGS Meets**

First & Third Tuesdays  
Lunch Meetings  
12:00 noon – 1:15 pm  
(Sign-in begins at 11:30)  
Piatti's  
The Pavilions, Fair Oaks Blvd  
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.*

This issue of the News covers key events coming up. A more complete News will be sent at the end of November covering past events and other topics.

**October 29, District 3 Fall Meeting**



9:00 – 2:30, at Shriners Hospital Auditorium, 2425 Stockton Blvd. Registration opens at 8:30 with light breakfast. Please bring items that can be donated to the local Animal Shelter: dog or cat food, new pet toys, kitty litter, etc. Thank you for any support you can provide. If you haven't signed up yet and would like to go, call Kathy Stassi.

**November 1, Lunch Meeting at Piatti's**

**Stanford Settlement' Executive Director Sister Jeanne Felion and Board members**



**Bernadette Lynch** are our honored guests and speakers. Stanford Settlement is a neighborhood center that provides programs for the entire family, from young children to seniors. The programs for youth keep kids off the street and provides supportive services to parents of the children and youth. Programs and activities for senior citizens help frail elderly remain active, healthy and living in their own homes, rather than be institutionalized. Stanford

Settlement has been in Sacramento for 80 years. It was founded as an outreach of Stanford Home in downtown Sacramento, and moved to its present neighborhood 53 years ago.

**November 10, Poster Party at Paula Maw's**

Contact Paula if you want to help make posters and signs for the Women's Empowerment Crafting Party.



**November 15, Lunch Meeting at Piatti's  
Our Second BIG GOAL SURVEY from SIA....**

Last year, more than 600 clubs, participated in SIA's FIRST BIG GOAL survey which resulted in the goal to invest in women and girls through access to education! This year, SIA is conducting the Second BIG Goal Survey.... what we will have to do to make our next big goal a reality, and how many women and girls we think we can reach. This meeting will involve all of us in this discussion. Your voice is important and your presence will be greatly appreciated. Thank you for your support!

**November 25, Deadline to sign up for SIGS Virtual Team for Food Bank's Run to Feed the Hungry on Thanksgiving.**

You can get a t-shirt and skip the run by joining SIGS first virtual run team for the Food Bank. Send Faye a check for \$35 made out to the Food Bank and your t-shirt size and she'll add you to the team.

## 2016 - 2017 Board of Directors

President Dara Lee

President Elect  
Kathy Stassi

VP Service  
Faye Holliman

VP Program  
Hilda Tonarely

VP Membership  
Stephanie Paia

VP Ways and Means  
Michelle Whisenand

VP Communications  
Cindra Smith

Secretary Corrine Hood

Treasurer Jean Foster

Director, First Year  
Karyl Andolina

Director, Second Year  
Yolanda Cuesta

Director and Immediate  
Past President  
Sally Johnson

## Board Meetings

The Board meets on the fourth Tuesday of the month. Contact Dara for location and time: All are welcome

## President's Message



This is one of my favorite times of year, with the changing colors and cooler weather. This is also the season I start craving pumpkin pie, pumpkin ice cream or pumpkin latte... yummy!

And our speakers on October 18 reminded me of why SIGS lunch programs are my favorite as well. The founder of Sunburst and one of her clients were inspirational. They presented us information on its

services to women and children with HIV that was powerful. The client, in her first public sharing of her story, talked about her struggle to achieve her dreams from day to day survival in refugee camps, to coming to this country, to graduating from college, to becoming a mom. She was funny and uplifting. After her speech, many of us had a smile on our face, knowing that she is on the right track and she is going to do well. Sunburst Projects provided her the opportunities to education to better her life, right in line with Soroptimism.



And, this special luncheon inspired me to write about the art of professionalism and the importance of being courteous to our speakers and to each other. We decided this year wait until after our speakers to do club business. After all, it is the speakers that interest our members to come to the lunch meetings. They put their busy schedules aside to come to talk to us!

Therefore, let's all wait until after the program to make announcements about activities and events. Join me in making them feel welcome, and after they talk, we'll let them have a moment to relax and all of us can enjoy our lunch. And then we'll move on to club announcements and business. Thanks for your support!

## Do You Have Your Clearance Certificate?

Please note that it is SIA policy that no member or other volunteer associated with our club may participate in any project involving minors unless they have a Clearance Certificate. This includes "SIGSMen", your children, friends, etc. Most of us received a certificate last year when this policy became effective.

So if you'd like to bring a friend/family member to help with the upcoming Craft Party, or if you would like to participate yourself but don't yet have a certificate, get one! It's easy! Just ask Jean or Stephanie to send you the "Preventing Child Sexual Abuse Within Youth-Serving Organizations" pamphlet and fill out a one-page authorization. We just need your name, social security number, date of birth and signature (info is filed in a locked cabinet). There is a one-time \$8 fee for non-members.

Jean will then send your info to "Info Cubic", an online firm that will verify that the applicant is not a registered sex offender in California. No other personal information is obtained. Jean will then email you your Clearance Certificate.

All volunteers associated with our club who will be present at the Craft Faire when children are present must have this certificate or unfortunately they cannot participate. Jean must receive your application **by November 30<sup>th</sup>** for those wanting to participate in the Craft Party. If you're not sure if you already have a certificate, ask Jean.

## Women's Empowerment Holiday Crafting Party Is Dec 10

Marilyn Goodfellow and Judy Dean and their many elves are organizing SIGS' involvement in our major service project at St. Francis High School on Elvas St. Parking at front or at the back, which is to the left when facing the Gym



**December 9, Friday:** Set-up is from 8:30 - 11:30am

**December 10, Saturday :** Crafters and SIGS: 8:00am to Noon

Women's Empowerment Graduates and Children: 9-11:30am

Thanks to those who are in charge of key responsibilities:

Truck Transportation:	Janet Garland
Clearance Certificate:	Jean Foster (see page 2)
Stockings SIGS gifts:	Laurie Bowling (see below)
Elves/Crafter Coordination:	Cynthia Hennessy
Bag Lunches:	Kathy Stassi
Santa's Corner:	Roni Bowling
Posters and Signs	Paula Maw
Post-Party Lunch sign-up:	Faye Holliman

**And we need (contact Marilyn!)**

Member to handle 'Zipper Pull' Craft - check with Sally Johnson  
Rotary Cutter skills: Fleece to be cut for Scarves - Judy Dean

Thanks for being involved in our big 'Have Fun and Get It Done'!

## Donate Items for Women's Empowerment Holiday Stockings

It's that time of year again; it's not too early to shop for Women's Empowerment Holiday Stockings. Every year SIGS commits to providing holiday stockings for Santa to pass out at the WE Holiday Craft Party. This year we are looking to provide 60 Stockings, so two per member, if you can. For a refresher, this is how it works:

1. Choose which type of stocking(s) you would like to provide (see the list below)
2. Buy and bring the items to the December 8 meeting in a bag identifying which age group the stocking is for.

It's that simple. SIGS provides Target gifts cards and through our Snack and Sew committee, the empty stockings. If you have any questions, please contact Laurie Bowling or Faye Holliman



Infant or Toddler: fleece gloves and hats; fun, warm socks; two of the following: *sippy cup, small dolls or stuffed animals, small infant or toddler toys*

Young Child (Age 3-7): fleece gloves and hats; fun, warm socks; Santa candy; two of the following: *small dolls or stuffed animals, cars, building sets, arts and crafts, costume jewelry or watches*

Child (age 8-12): fleece gloves and hats; fun, warm socks; Santa candy; two of the following: *arts and crafts, simple handheld games, costume jewelry or watches*

Teen (13-18): fleece gloves and hats; fun, warm socks; Santa candy; journals; two of the following: *nice pen, arts and crafts, handheld game or small mp3 player, cards, jewelry or watch*

Women: fleece gloves and hat; fun, warm socks; body lotion; lip gloss or chapstick; jewelry or watch; journal and nice pen.

## Deadline for Live Your Dream Award November 15

**Kathy Stassi** is coordinating our process for our Live Your Dream Award and has been actively seeking candidates through various organizations and schools. Contact her if you know someone who is a single mom and in higher education, and she'll follow up with the application form and process. We've had wonderful, inspiring participants in the past, and this year will be no different. Our recipient will be forwarded to the Region's Award selection committee. The Region awardee is forwarded to SIA's selection process for the federation award.



## Eyes on the Prizes (Purses, That Is)

Raise funds for Service. Support **It's In the Bag: Thursday, April 27, 2017.**

Who doesn't love a great purse?! There's a style, shape and size for everyone. All great purses are welcome. Shop for one or more or simply make a donation that can be used toward the purchase of a purse.

## Holiday Gifts of Olive Oil and Balsamic Vinegars

Marilyn Goodfellow asks "Are you ready for Holiday Season Gift Shopping?" She has in stock:

- Capay Valley Ranch **Balsamic Vinegars:** Mango Sriracha, Elderberry and Pear infusions
- Ternero Farms **Cold Press 100% Extra Virgin Olive Oil** from Lincoln manzanillo olives, and **Cold Press 100% Extra Virgin Olive Oil** from Estapa, Spain, Hojiblanca/Arbequina olives, bottled in Lincoln, CA
- Gift bags: \$2 each OR 3 for \$5.

Please send her your orders, and she'll bring them to the meetings. Thanks for supporting SIGS and local producers



## Applications for SIGS Mini-Grants Due January 10.

Michelle Whisenand and the grants committee is asking that all grants be submitted electronically, and she sent a grant application form to all members to forward on to the organizations we would like to sponsor. If you need an application, email Michelle at [Michelle@DivorceWithRespect.com](mailto:Michelle@DivorceWithRespect.com)

## Healing Thoughts and Support to



**Penny Brown** has had a diagnosis of MS and is finishing treatment of high dosage steroids. She reported to Alice Carney, our personal connections chair, that physical therapy is going well, but

"issues with balance and numbness in whole right leg and foot and left foot will take time and may not get all feeling back. I have good exercises and was told to be active without fatiguing myself. It's hard to do because I'm feeling better and need to be very cautious and go slow – it's time to learn my limits. I want to be a resource as needed, but need to take it slow. Please feel free to share with the club and hope to see you all soon."

## November Birthdays

To Karen Grimmer Nov 4, Cindra Smith Nov 9, Marilyn Goodfellow Nov 18, and Laurel Bell-Cahill Nov 22

*Birthdays are Nature's Way of Telling Us to Eat More Cake*



## MEETING AGENDA

11:30-12:00  
Registration, Menu Selection &  
Visiting

12:00 – 12:45  
Introductions & Program

12:45-1:15  
Announcements & Business

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## Lunch &amp; Meetings

Piatti Ristorante, The Pavilions, Fair Oaks Blvd.

Cost: \$22



**Roni Bowling** coordinates reservations for our lunch meetings at Piatti restaurant. Please respond promptly to the reminder she sends out prior to each meeting, and send your reservation to [sigslunch@gmail.com](mailto:sigslunch@gmail.com). The cost is \$22 and will cover our own lunches as well as the those of our speakers and guests who are potential members. Checks or correct change will be greatly appreciated!

**Please make your reservations by Friday before the meeting in order to assure an accurate count to Piattis and to make it easy to have an adequate number of tables and chairs.** We don't want to discourage last minute attendance by you or guests, but please have it be the exception and not the rule.

**Cancellations and No-Shows:** notify Roni Bowling as soon as possible and she will do what she can to avoid the cost to the restaurant and to you.

However, last minute cancellations and no shows will have to pay for their lunch if the restaurant charges us for it.

**Guests:** Guests and potential members are always welcome. Contact **Stephani Paia**, VP Membership, if you would like her to send a letter inviting your guest to membership.

Have Fun  
Get It  
Done

## Important Links

## SIGS Members Only Website

[www.sacramentosoroptimist.org](http://www.sacramentosoroptimist.org), click on members only to access: member addresses & phone numbers, bylaws and standing rules, board meeting minutes, and financial reports. The user ID and Password are on the quick reference sheet provided to every member, and in the email to members that accompanies this newsletter.



## Sierra Nevada Region

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

Create your own account by following the directions on the website.



## 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

## Calendar Dec - March

## December, 2016

6 Lunch Meeting/Holiday Stockings  
9 WE Craft Party Set Up  
10 Women's Empowerment Craft Party

## January, 2017

3 Winter Mixer/Evening  
17 Lunch Meeting/Business/LYD Recipient  
TBD Soroptimist in the City  
24 Board meeting

## February, 2017

7 Lunch Meeting  
21 Lunch Meeting  
28 Board Meeting  
TBD Mustard Seed Lunch

## March 2017

1 Lunch Meeting/Grant Recipients  
9 Ravishing Readers  
15 Lunch Meeting  
22 Board Meeting