



SIGS News

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Spring 2026

Presidents' Message



By Lori Hill and Sally Johnson



Happy Spring



Sally writes: Ahhhh, Spring. AhAhAhChoo! For some, spring comes with allergies and for others, luckily, spring is for outside activities!! Whichever it is for you, welcome to beautiful days, beautiful flowers, biking, hiking, and picnics. It is a time of renewal, promise of new beginnings, and the budding of trees. It's a joyful and energizing season to get things accomplished.

Thinking of spring--its trees and its sense of growth--reminded me of the accomplishments of women who help others flourish. I recently read an article about Wangari Maathai, a Nobel Prize winner who helped women and the environment through planting a million trees. She would have made a wonderful Soroptimist! (See page 4)

Speaking of accomplishments, we have already achieved many this year. We still have opportunities to learn more about what we can do to help women and children in our community. Our visit to Academy Stay for a tour of their facilities was a great outing for our club.

We also still have time to raise funds for Ways and Means: the Big Day of Giving and Olive Oil sales! Our Retreat April 21st will be a time of review and a time for looking forward, AND a celebration of our 40th club year!!

How will you be involved next year? We need a **President, Ways and Means Chair, and Service Chair**. As always, each of us will take a role within a committee; the Chair does not do it all! **Please step up.**

(And, see President Lori's articles on Page 2 and 5)

Calendar of Events

April 21, Annual Retreat

It Takes a Village!



5:30 Upstairs at Bella Bru

5038 Fair Oaks Blvd., Carmichael.

We hope everyone will be at the **SIGS Annual Retreat, where we will also celebrate our 40th Anniversary!**

It's one of our MOST IMPORTANT meetings of the year, where we will be discussing our accomplishments, planning our goals for the future, and determining our roles and leadership for the coming year! Please RSVP by Sunday April 19th

May 5, Lunch Meeting Pete's Brewhouse, 11:30 - 1



Jennifer Saduger is a graduate of the University of Vermont End of Life Doula Program. This program inspired her to help people through their dying process by providing compassionate care and comfort to help them find meaning, closure and peace. She is also part of a bereavement team that helps families and friends navigate grief and loss after the passing of their loved ones. Please come and hear Jennifer speak about *Leaving Life with Grace*.

May 19 Installation and Fun

Watch your email for information.

August TBD Summer Mixer

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Is It That Time Already?

Thank you to those who have already volunteered to take on a role for the 26=27 Club Year.

- Secretary: Alice Carney
- Treasurers: Susan Gower and Lydia
- Program Chair: Carol Little
- Live Your Dream: Susan and Julie Gower
- WE Holiday Craft Party: Lori Hill

25-26 Officers & Committee Chairs

Co-Presidents Lori Hill and Sally Johnson
 Secretary Alice Carney
 Treasurers Susan Gower and Lydia Zeidner
 Program Chair: Carol Little
 Service Chair: Carole Davenport
 Ways and Means Chair: Paula Maw

Some members are willing to continue in their roles (e.g., Cindra for newsletter and roster, Carol L for Facebook, Lydia for hospitality and book club, etc), but would welcome new energy to those roles.

But some positions still need to be filled. This club is known for “getting it done” and we all do by contributing in specific ways. So, plan to sign up for a role at the April 21 retreat. If you can’t attend, let Sally and Lori know what you will do.

In particular, we need:

- **President or Co-Presidents**
- **Service Committee Chair**
- **Ways and Means Chair**



Club Business

Our winter meetings included:

- Report from Sally and Lori on the Women’s Festival (see below)
- Carole D developed an informational brochure about our club.
- A December date for the WE Craft party has been set; communication with WE is ongoing.
- Susan Gower provided budget updates for our general and service funds.
- Jean Foster is filing our tax information.
- Lydia Ziegler reported that we are now officially on the Big Day of Giving list
- Cindy Smith requested that members send her news and updates and photos from the Winter Mixer.



Sac County Commission on Status of Women Festival

By Lori Hill



Both Sally and I attended the Women's and Girls Festival sponsored by the Sacramento County Commission on Women at Sac City College. Many others in our club attended as well. Unfortunately, it was an incredibly windy day, so it didn't have the impact as expected. We had two tables for area SI clubs: Elk Grove, Citrus Heights, Rancho Cordova and us. Many other organizations also had booth.

Thanks to Carole D, who created a great brochure about our club to hand out, and cards for any interested women to fill out. One person completed a card, and we will follow up.

Celebrating Live Your Dream Recipients

Six deserving and amazing women were awarded SIGS Live Your Dream Grants. We are so impressed by their courage and persistence in overcoming life challenges.



Four were able to make it to our gathering at Pete's on Saturday, February 21. From left to right:

Clara T, who is seeking a BA in Social Work;

Azada O, who intends to become a software engineer,

Michaela, who has been accepted into a two-year pharmacy program

Catherine K, who is an LVN working on her RN.

The last photo is **Mardin H**, specializing in early childhood education; Carole presented her

check to her separately. Our sixth recipient wished to remain anonymous.



We were so pleased that Billie Araiza, Sierra Nevada Region's LYD Coordinator, and District 3 Director Sheryl Longworth were able to join us.

SIGS Joins BigDOG

Thanks to Lydia, SIGS will now be listed as a Big Day of Giving recipient! BDOG is the region's annual 24-hour giving day hosted by the Sacramento Region Community Foundation. This is a great opportunity for our friends and supporters to donate to SIGS. The official Big Day is Thursday, May 7, from midnight to midnight, but donations are live online starting April 23.

We need to get the word out to our friends and supporters: participating in BDOG will help us increase future grants to women and children. The minimum gift is only \$10. Even small donations make a big difference!

So please reach out to your friends and supporters.

- Send out an email on April 23rd, with a follow-up on May 7th
- Post on Facebook and other Social Media
- Mention it to your friends
- Check out our page: <https://www.bigdayofgiving.org/organization/Soroptimist-Foundation-147>

Lydia will send out a sample email for you to use on April 22.



Fun and Food at the Winter Mixer

Thanks again to Susan Gower for arranging our gathering at the Pavilions clubhouse, and to those who made sure we had wonderful food (including Lori Hill's luscious cake!) Our "white elephant" gift exchange ensured that new people had old treasures.



EVOO Update: Shall we continue?

By Paula Maw

In stock right now, we have two cases (24 bottles) of Ternero's Extra Virgin Olive Oil, 5 lemon flavored and 5 jalapeño flavored. (Ternero is no longer selling flavored olive oil for fundraising.)

Our required purchase is six cases. At the retreat on April 21 we can discuss whether we want to continue with this fundraising project. I contacted Ternero and they are still selling at the same price. FYI - SIGS makes \$6.67 per bottle.

An Inspiring Woman

Wangari Maathai (April 1, 1940 - September 25, 2011) was a Kenyan social, environmental, and political activist who founded the 'Green Belt Movement' in 1977, a grass roots organization that supported and **empowered rural women** to plant over 50 million trees to combat deforestation, poverty and environmental degradation. She was the first African woman to win the Nobel Peace Prize (2004) and the first African environmentalist to win. Maathai was vilified, beaten and arrested many times as she and her colleagues organized numerous campaigns to stop the privatization of large sections of the Karuna Forest outside Nairobi.

Her words continue to inspire :

"The generation that destroys the environment is not the generation that pays the price. It's the little things citizens do. That's what will make the difference."



Winter Programs

Thanks to **Carol L** and her committee, our fabulous Winter programs were

- Becky Heard, Director of Development and Community Relations for Yolo Crisis Nursery
- Jenny Davidson and Suzaane Guinn from Academy Stay
- Anupama Shojai, a community educator from the Alzheimer's Association

And field trip to and lunch at Academy Stay, which provides housing and support for foster youth who have aged out of the system. A fun and inspiring day!



Book Club Reads

Please join us at the next SIGS book club meeting on your calendar for 3PM April 30 at Ettore's. Read either or both of two books (or neither, for that matter).

Theo of Golden by Allen Levi, a 2023 novel about a mysterious, kind stranger named Theo who arrives in the Southern city of Golden, buys pencil portraits of residents from a local coffeehouse, and gives them back to the people in exchange for their stories, profoundly impacting the community through acts of generosity and connection.

Follow the Water: The Unbelievable True Story of a Teenager's Survival in the Amazon by local writer Ellen Cochrane.



Thank you to Superstars Sally Johnson, Carol Little, Carole Davenport, Susan Gower, Cindra Smith, Lydia Zeidner, and Nancy Carlton, who have contributed at least \$50 to celebrate good things in their lives. It's not too late to brag!



SNR's District 3 Winter Meeting

www.soroptimistsnr.org

By Lori Hill

The final District 3 Meeting was held on February 28, with the theme was "Evolution Through Evaluation." **Carole, Hilda, Sally and I** attended. It was held at the Better Business Bureau in Rancho Cordova. District Director 3 Sheryl Longworth talked about Soroptimist's Big Goal and Big Goal Accelerator Projects. The Big Goal is to Invest in the dreams of half a million women and girls through access to education. Accelerator projects are what clubs do to help reach the goal; our Big Accelerator project is giving multiple Live Your Dream awards.

Sheryl also discussed different ways to find new members.

- **Public Awareness=Membership Growth**
- **Write newspaper articles**
- **Invite news media to service projects**
- **Never leave home without some club brochures**
- **Be active on social media**

She asked all clubs in attendance fill out specific information about their club. She made the info available in a QR code so anyone interested could see all the information about all the clubs in the Sacramento County area.

She also shared a sample member survey.

Sierra Nevada Region Conference

June 5-7, 2026

**Honoring the Past
Celebrating the Future**



SNR's Regional Conference June 5-7 at the Atlantis in Reno will be very special this year, celebrating 50 years of being a region within SI of the Americas. Will you attend? Following are some key dates for the conference.

- **April 30** – Last day for SNR Conference Early Registration
- **May 1** – Deadline for Celebration of Life Forms for June SNR Conference
- **May 1- May 26** – SNR Regular Registration
- **May 9** – Deadline for SNR Program Ad for June SNR Conference
- **May 11** – Last day to register as a Vendor for June SNR Conference
- **May 27** – June 5 – Late Registration for June SNR Conference
- **June 5-7** – SNR Conference



SI of the Americas Stargazers

www.soroptimist.org

Join SIA as it aims to add 100 monthly donors to support the mission to invest in the dreams of women and girls. From April 1 through July 9 at Regional Conferences, SIA invites new and ongoing monthly donors to add their support. Monthly donations can be as little as \$5 a month, or as much as you want! Once your accumulated total reaches \$1000, you will also become a member of the Laurel Society.



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

Our Motto
Have Fun and Get It Done



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