SIGS News

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Fall 2026

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

From Our Presidents, Lydia and Lori





We're off to a great start! Thank you to all that responded to the survey! We've already used the responses to help shape the year. Keep the ideas coming!

Our September 15th business meeting was very productive. We distributed the full survey to all attendees and briefly reviewed the survey results. (If you missed the meeting, please review Alice Carney's minutes to get your copy, and see the next page.)

The calendar is starting to fill up with great speakers, fun field trips, and events. At our next meeting, we're looking forward to hearing about SPLASH. Plan to stay after the meeting if you're interested in sharing ideas about a 're-envisioned' fundraiser *It's in the Bag* party. We hope to develop one or two solid options to present on November 3rd.

Please let Lydia know if you'd like to join her at the district meeting on October 17th. They will be collecting donations for ***The Mustard Seed School.*** ****Please consider bringing donations to the October 3 meeting: feminine hygiene products, diapers, wipes, panties for ages 5–15, blankets, hair ties, hair clips, combs, brushes*

Calendar

Link SIGS meetings to your calendar. Go to sacramentosoroptimists.org/events/ then click on 'subscribe to calendar.'

October 6 Lunch Meeting

11:30 – 1:15, 19 Handles, 4235 Arden Way

Our speaker is from **Splash, Inc.,** a non-profit consisting of a passionate group of nature-lovers, scientists, and educators working toward ensuring every child has access to forming a connection with the natural world. It will be a fun presentation.

At 1:15, the fundraising committee meets to develop ideas for a re-envisioned Spring fundraiser. All are welcome.

October 17th: District meeting 9am-2am (see next page)

October 20th: Speaker TBD

November 3rd: Business meeting

Holiday Craft Party planning and Spring fundraiser discussion

November 17th: No meeting

December 1st: Stanford Sierra Youth and Families, at their location

December 11: Women's Empowerment Craft Party set-up

December 12: Women's Empowerment Craft Party

2026-2027 Officers & Leads

Co-Presidents
Lori Hill and Lydia Zeidner

Secretary *Alice Carney*

Treasurer *Susan Gower*
Asst Treasurer *Cindra Smith*

Programs
Carol Little

Membership
Hilda Tonarely

Hospitality
Paula Maw
Sally Johnson

Live Your Dream
Susan Gower
Julie Gower

Olive Oil
Paula Maw

Newsletter
Cindra Smith

Facebook
Carol Little

Website
Carole Davenport

WE Craft Party
Lori Hill, Carole D, Alice C.

Mustard Seed
Sally Johnson

Superstars
Cindra Smith

Club Business

At the September 15 business meeting of the club,

- **Hilda Tonarely** introduced and initiated new members **Antoinette Draxler, Robyn Devoll, Sharie Hamer, and Jennifer Sadugor.**
- Members approved a motion to move $30,000 of Service funds to CDs
- Upcoming calendar events were discussed (see front page)
- Survey results were distributed (see below)
- Members discussed whether the club should continue with the *It's In the Bag* fund-raiser, hold a different fundraiser in the Spring, or not do a fundraiser. A straw vote supported some form of Spring fundraiser. The November 3 regular meeting was set at a final date for the decision for what form this fundraiser would take. *A volunteer committee of **Lydia, Hilda, Lori, Antoinette, and Jennifer** will research ideas on fund-raising events for discussion at the Nov. 3 meeting, when a final decision will be made. Please contact Lydia if you have ideas or would like to be part of this committee.*

And the Survey Says…

Eighteen members responded to the survey! *Thank you everyone.* Highlights are:

- A majority supported meeting at restaurants and moving around to try different places, although half supported ordering box lunches, and a third said no lunch was okay. A few locations were suggested in the comments.
- All supported meeting in person and taking field trips.
- Most supported personal and educational speakers, followed by crisis/children's service programs and foster youth. We should continue to thank our speakers with gifts of our olive oil and bringing in "wish list" items for their clientele.
- A majority supported continuing the Women's Empowerment Craft Party, our Live Your Dream Grants and an additional "hands-on" project.
- None of the responses related to *It's in the Bag* had majority support.
- A majority supported continuing with selling Olive Oil and being involved in the Big Day of Giving. There was good support for See's Candy sales, restaurant day events, Superstars and white elephant auctions.

District 3 Meeting

Where Dreams Blossom and Rosebuds Bloom
October 17th, 9:00 am – 2:15 pm
Better Business Bureau, 10399 Old Placerville Road
Sacramento, CA 95827

SIGS is one of 8 clubs in the Sacramento and El Dorado Hills areas, comprising District 3 of the Sierra Nevada Region. Please let Lydia know if you would like to join her at this meeting. It's a great opportunity to learn more about our Region and what other clubs are doing. Registration Fee: $25 Register online: registration.soroptimistsnr.org by October 12, 2026. Registrations received after this date will incur a $10 late fee.



SIGS Reads

All are welcome to join the SIGS Book Club. The next meeting is **October 22, at 3 p.m. at Ettore's.** The book for this month is *Whistler,* by Ann Patchett. Let Lydia know if you are coming.

Olive Oil Raises Funds

By Paula Maw

For years, Ternero Farms has supplied us with delicious and healthy olive oil to sell as a fundraiser. The holidays are approaching, so keep in mind that our EVOO makes wonderful gifts. Let me know how much you want!



Former member **Stephanie Paia** has volunteered to host a booth on SIGS behalf selling Olive Oil at the OLG School Crafts Fair, **November 7th** from 9:00AM to 2:00PM, 1900 Linden Road, West Sac. She will take care of getting the supplies to the school and setting up the booth.

I told her we want to assist with a few volunteers to give her support throughout the day. If you would like to help, please let me know via email or text and I will give her the information.

LIVE YOUR DREAM Applicants Wanted

The Live Your Dream Award is SI of the America's signature program, given to women heads-of-households to further their education and training. **Susan Gower** and **Julie Gower** are coordinating our awards this year. Applications are completed on SIA's Live Your Dreams portal, which has been open since August 1. The deadline to apply is November 15.

SIGS has sponsored from 1-6 awards for many years, ranging from $500 - $3000. If you know of someone who qualifies, encourage them to apply. We will review applications and determine our awardees at a meeting early next year.

Women's Empowerment Gala







The 25th Annual Gala was held on September 25, and SIGS members were again in attendance, bidding on auction items and donating funds. SIGS has supported WE's annual fundraiser since the very beginning; this year we were joined at the table by some of the graduates. It's so inspiring to hear about their successes. Thanks to Carole D. for the photos.

Summer Mixer





Thanks to **Carol Little** for opening her home and lovely garden for our summer mixer to begin our new SIGS year, and to **Cindy C, Debi S, Megan** and others who helped with set-up and clean up, and to **Cindra S** who led a sorting icebreaker. The food was delicious and the company most delightful!

Welcome New Members!!

Wow, eight new members! We are so pleased you are joining us and know you wil add so much to the club!

Cindy Colosimo



Cindy has been a professional embroiderer for 15 years with her own business; she sells her work at craft fairs, online marketplaces and her own website. She is actively involved with her family, community and volunteer service. As a mother of four, she was deeply involved in their sport, dance, and band activities and was a Girl Scout leader. She volunteered full-time with Head Start. She also was a Licensed Adult Facility Administrator and operated a residential care facility for 15 years. She was Volunteer of the Year for MS of Reno.

Carol Little invited her to a lunch and she decided to join as she wishes to be part of the mission to educate and empower women. In addition to her embroider business, she enjoys gardening and traveling.

Robyn Devoll



Robyn writes: "My name is Robyn, and I live in the Sacramento area. I currently serve as Digital Communications Director for a nonprofit that supports youth in the United States and communities experiencing extreme poverty in developing nations. I also serve as Digital Content and Strategy Consultant for my business, Robyn Devoll Media.

Outside of work, I enjoy traveling, reading, arts and crafts, and stand-up paddleboarding during the summer. I do not currently have a spouse or children.

I first learned about Soroptimist through a friend. I'm excited to join because the organization fosters civic responsibility alongside professional development. I'm looking forward to using my skills to help with the website and fundraising efforts.

Megan Elaine Douglass



Megan owns ME Time Massage Therapy and is a certified massage therapist with a business in Roseville. She has been awarded Style Magazine's Best Massage Therapist in 2024, 2025, and 2026 for the Roseville region. She has authored three books: *Long Dog, Big Feelings: A Coloring Book Celebrating Disability Pride, Self Acceptance, and Taking Up Space*, *One Month Pain and Symptom Trackers*, and *Daily Pain and Symptom Tracker*.

She grew up in Foresthill with her parents and two sisters. She lives in Roseville with her boyfriend Hank and their little brown dachshund. Hank's daughter turns 21 this month, and while Megan didn't' meet her until she was 15, she thinks of her as her own. Her interests include neurodivergence and disability advocacy, gold-panning, rock and coin collecting, reading, crafting, and health and fitness.

She is joining for friendship and community and loves the idea of women supporting women. She could have benefited from it growing up, so she loves that we can offer it to other women.

Antoinette Draxler



Antoinette joined SI of Greater Sacramento after relocating to West Sacramento from Hanford, California in 2021. She and her husband, John, moved to be closer to their two daughters and their six grandchildren, while their son and extended family remain in Hanford.

With a 34year career in elementary education, Antoinette served as a teacher, vice principal, and ultimately Director of Learning Support Services & Curriculum before retiring in 2020. Her professional life has always centered on supporting students, families, and learning — values that align naturally with Soroptimist's mission to improve the lives of women and girls.

In addition to her work in education, Antoinette has long been active in community service. She has served as a MidValley 4H Community Club Leader, participated in Helping One Woman (HOW) Hanford, and remains a member of Catholic Daughters of Assisi. After moving to West Sacramento, she continued her commitment to service by volunteering with YOLO Food Bank at distribution sites in West Sacramento and Woodland.

Antoinette originally joined Soroptimist International of Hanford in 2009, where she held the roles of Director, Vice President, and President, and contributed to numerous committees. After settling into her new community, she sought a local club and discovered SIGS through Google and Facebook. She is excited to be an active member once again and deeply appreciates the warm welcome she has received.

Sharie Hamer



Sharie has lived in the Sacramento area for 54 years. She was an elementary school teacher for six years, then ended up at California Department of Education for 10 years as a trainer and eventually the Training Manager, winning awards for some of the pilot projects she worked on for the state. Now she is very happily retired. She also belongs to ACLU, Planned Parenthood, Sjögren's Foundation, National Geographic Society.

She is a recent widow. Her two children are married and her five grandchildren, ranging from 6 to 21 years old, live in the LA area. She loves going to grandkids' soccer games and spending time with family and friends. She also loves traveling and has been to 50 countries around the world. She is an avid San Francisco 49er fan, as well as San Francisco Giants fan, having grown up in the city by the bay. She snorkels and enjoys being in warm Mexico in the winter!

She and Lydia have been friends and neighbors for about 20 years, and she's enjoyed several SIGS events. She credits our friendly members in helping her decide to join; she supports our mission and the work we do to support women and children. As a new member, she's interested in being involved and help when needed in any activity that supports the mission. Thank you for welcoming me!



Kelly Loyer

Kelly writes "My name is Kelly Loyer, I am a retired attorney (State of California). My husband is Joe Loyer. He is an engineer with the California Energy Commission. I have two wonderful adult children and a lovely daughter-in-law. I love to travel with friends and would love to meet new travel buddies. I also do various volunteer activities, including the Elk Grove Food Bank free clothes closet."

Jennifer Sadugor



Jennifer has been a presenter for our club a couple of times in the past few years, once helping us do yoga at lunch, and last spring sharing her work as a death doula. She has been proprietress at Leaving Life with Grace since 2023. She taught yoga for many years; Paula Maw attests to her skill as a teacher and friend.

Debbi Shaghaghi



Debbi writes, "My husband's name is Tohid and we're coming up on 45 years of marriage. Before I retired, I did several things. I worked for Girls Scouts as an Outreach Coordinator, an Escrow Officer at a real estate office, and I had the best job working with a children's photographer. I've lived in the Sacramento area for 41 years.

I enjoy volleyball, basketball, reading (mostly audio), and visiting my family, who are spread out all over the country. I have one son, Sean, and one daughter, Parissa. My son and daughter-in-law, Kallie, have one daughter, Elwynn (14) and live in San Jose. My daughter and son-in-law, Ross, have two sons Hudson (11) and Dawson (7) and live in the Denver area. I learned about SIGS through my friend Cindy Colosimo who is also a new member. I want to support the organization in a way I can."

SI of the Americas

Once a quarter, SIA focuses on an obstacle that women and girls face on their path to formal education and economic empowerment. For the first quarter of UpliftHER (October-December), SIA will focus on projects that increase access to education for women or girls who have experienced intimate partner violence.

- Intimate partner violence is devastatingly common for women and girls around the globe.
- Nearly 1 in 3 women will experience it during their lifetime, according to the World Health Organization.
- Financial abuse occurs in 99% of domestic violence cases, where abusers control or sabotage their partner's financial resources, according to the National Network to End Domestic Violence.
- When women and girls are educated, they have the skills to command decent wages and the resources to escape unsafe relationships sooner.

Clubs can participate in the quarterly project focus by sharing SIA posts and posting their own projects with the hashtag **#SoroptimistsUpliftHER**.

Soroptimist Links

Sierra Nevada Region
www.soroptimistsnr.org

SI of the Americas
www.soroptimist.org

Soroptimist International
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Have Fun and Get It Done