



Soroptimist International Sacramento Newsletter January 2016

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President's Corner

by Idelle Claypool



As the 2016 calendar year begins, we are already well into our Soroptimist year and activities:

- We have given our Gifts from the Heart to foster youth and are getting ready to prepare Valentine baskets for elderly and conservatees
- We have almost completed our first major fundraiser selling See's candy at the December store location,

with remaining inventory to be sold for Valentine's Day

- The Dream It Be It mentoring program has launched with three successful sessions held and five more planned
- The Money Matters subcommittee presented to a large, responsive group
- Members attended the My Sister's House Tea and decorated an award-winning table
- We are preparing for our second major fundraiser, the Crab Fiesta

- The Awards Committee has selected the Live Your Dream and Violet Richardson Award recipients and are planning the Awards Luncheon
- We had a Meet and Greet and we have welcomed twelve new members
- We have attended a District Meeting and will attend another this month and participated in a District run/fundraiser
- We have had meetings with interesting and informative speakers, a field trip to Old Sac, a King's game and holiday celebrations
- Scholarship committee has updated, posted and distributed this year's application, looking for 2016 recipients.

Let's take a deep breath as we start the new year and continue *Finding friendship and Fun Through Service.*



Guest Speaker for January 15, 2015



[Arielle Julie](#) is a contract recruiter who recently joined Pandora in August 2015 as part of the Product and Design hiring team. Prior to Pandora, Arielle had been recruiting multiple levels and types of design and product talent for Vitamin T and Aquent Staffing since 2009. Her clients included entertainment and tech companies, startups, and digital ad agencies like Sapient, AKQA, Grey, Tribal DDB, HUGE, The College Board, Kaplan, PopSugar, The XO Group (TheKnot.com), DirecTV and Starwood Hotels & Resorts. Prior to becoming a recruiter, Arielle held account management roles at ad agencies in Detroit, San Diego and San Francisco. She is a graduate of the University of Michigan, Ann Arbor.

Arielle is also new to the Sacramento area, most recently from New York City in 2013. She moved here with her husband who works for the UC Davis Medical Center, and recently welcomed a baby girl to her family last year. In her spare time she enjoys spending time at Land Park, and frequenting the endless number of festivals, farmer's markets, block parties and outdoor events around Sacramento.

Guest Speaker for January 22 – Cancer Survivor



LIZ SALMI

Liz began blogging about her brain cancer experience immediately after diagnosis. Her website, TheLizArmy.com, now receives more than 25,000 unique visitors each year, and Liz is using social media to connect with the brain tumor community around the world.

Liz is the co-founder of Brain Tumor Social Media (#BTSM), a patient-run, grassroots Twitter community for patients, caregivers and clinicians, which is part of the Healthcare Hashtag Project. She speaks regularly on patient engagement and digital media, and in 2013 Liz [presented a TEDx Talk](#) on how patients are using the Internet to form their own support networks.

When she's not talking about brain cancer, Liz is director of communications for the Coalition for Compassionate Care of California. She is passionate about making sure all Californians receive education on advance care planning and have access to high-quality palliative care.

You can find Liz on Twitter at [@TheLizArmy](https://twitter.com/TheLizArmy).

Gifts from the Heart

Submitted by Barbara Coulam

The Gifts from the Heart program has been one of the staples for the Random Acts of Kindness for such a long time that it is no longer random! SIS Members look forward each Christmas season to selecting a deserving child. This year we were able to ask for the names of additional children to receive Christmas gifts - 34 total. Several members chose to go together and purchase the more expensive gifts or if the children were from the same family, coordinate the gifts. Selecting and purchasing these gifts made it seem even more like Christmas.



SURPRISE! Social Security Is Changing

Submitted by Mary Kobane

If you've ever attended a surprise party you know there's a certain order to it. It typically starts when the door opens and everyone yells "SURPRISE!" at the unsuspecting honoree. The November budget compromise between Congress and the President put the party elements in reverse order - they yelled "surprise" then closed the door.

The "surprise" came in the form of new legislation that will "close the door" on some popular Social Security claiming strategies. These changes will provoke dismay from some individuals and a sigh of relief from others. Please keep in mind, this article seeks to simplify a very complex topic. Be sure to explore your options thoroughly.

First things first: People age 70 or older, or those who will be in 2016, will not be impacted by this legislation. Anyone 66 or over, and not yet 70, should reevaluate current claiming strategies before April 30, 2016. Let's discuss the policy changes that could impact your choices when claiming a Social Security benefit.

Reducing opportunities for "double dipping"

Congress described the changes to Social Security as "closing unintended loopholes" in order to protect the solvency of the overall Social Security system. The new law will remove a small number of claiming strategies that could have resulted in cumulatively higher benefits for some people under the old law.

Disappearing claiming strategies

Filing a restricted application - Under the old law, individuals who had reached full retirement age were given an option to apply for one benefit, and retain the ability to switch to another at a later date. For example, it was possible to claim only a benefit based on your spouse's earnings, and later claim a retirement benefit based on your own earnings. Under the new law, you can't restrict your application to the benefit you want; instead, you must

take the highest available benefit. The new rules apply to people who are not 62 by the end of 2015. Individuals 62 and over are “grandfathered” and can still use the old rules when they reach full retirement age.

File and suspend – You can still file for benefits, suspend taking them, and earn delayed retirement credits to get a higher benefit later. But under the new law, your spouse will be unable to collect benefits based on your earnings record, while suspending your own benefit. There is a very short window of opportunity – if you have reached full retirement age or will reach it by April 30, 2016, then you can still take advantage of the “old” rules by filing and suspending your benefits – but you must do so by April 30, 2016.

Lump-sum reinstatement – Under the “old” rules, people who chose to file and suspend could later change their mind and retroactively recover the unpaid amounts during suspension. This is no longer possible under the new rules. You can retain your ability to retroactively recover benefits but you must reach full retirement age, file for benefits, and suspend them by April 30, 2016.

What should you do now?

If you filed a restricted application, or chose to file and suspend, before the new law was enacted, you can continue to enjoy the benefits of those claiming strategies under the “old” rules. Even if you are already receiving benefits, you have an opportunity to re-evaluate whether suspension could benefit you.

The recent budget compromise may have shut the door on some popular claiming strategies, but many other planning opportunities still exist. Knowing your options and correctly claiming benefits could result in tens of thousands of additional dollars over a lifetime. At Wells Fargo Advisors, we have access to robust software that can help analyze many of the Social Security benefit scenarios available.

You might feel appropriate arriving “fashionably late” to a party, but arrive early to this one – the Social

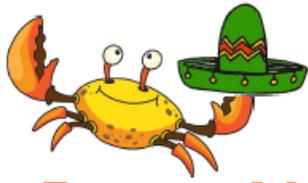
Security Administration is a stickler for punctuality. Being locked out could have significant implications to your retirement lifestyle.

[Print Disclosures]

This article was written by Wells Fargo Advisors and provided courtesy of Mary Kobane Vice President – Investments Sacramento, CA 95814 (916) 443-4493

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Crab Fiesta 2016

Save The Date!

Saturday, Feb. 27, 2016

Saint Mary's
Giovanni Hall
58th & M Streets

6 p.m. Live/Silent Auctions
and Cocktails Begin
(no outside alcohol)

7 p.m. Dinner

ALL YOU CAN EAT
-CRAB-

-\$50.00-

Silent Auction
Dessert Bar Auction
Live Auction

Presented by Soroptimist International
of Sacramento, Inc.



www.crabfiestasac.org/ 916-709-6748
www.soroptimistsacramento.org

Funds raised at this event are directed to individuals and projects making a difference for women and children in the Sacramento area.

Proceeds from the ticket sales will benefit SIS's 2015-2016 charities:
Junior Achievement of Sacramento "Building the Workforce of Tomorrow" and the Healthy Women and Babies Program of Sunburst Projects.

Soroptimist Scholarships

by Rosalie Gladden

Soroptimist International of Sacramento, Inc. (SIS) is a worldwide organization for women in management and professions working through service projects to advance human rights and the status of women and children. SIS is excited to offer academic scholarships to residents of the Greater Sacramento area who are currently enrolled in an accredited college or university.



The application form on is available on the SIS website: <http://www.soroptimistsacramento.com/awards-scholarships/scholarships>.

SIS will be offering \$1,000 scholarships to students based on academic and personal achievements, as well as strength of character and financial need. **Scholarship recipients must be available to attend the scholarship awards luncheon in Sacramento at 11:30 a.m. on Friday, April 22, 2016.**

In order to be considered, applicants must provide:

1. Completed application form
2. Official **sealed** transcript (showing GPA)
3. Personal statement (up to 250 words)
4. Two reference letters

Applications must be postmarked no later than February 22, 2016.

Rosalie Gladden

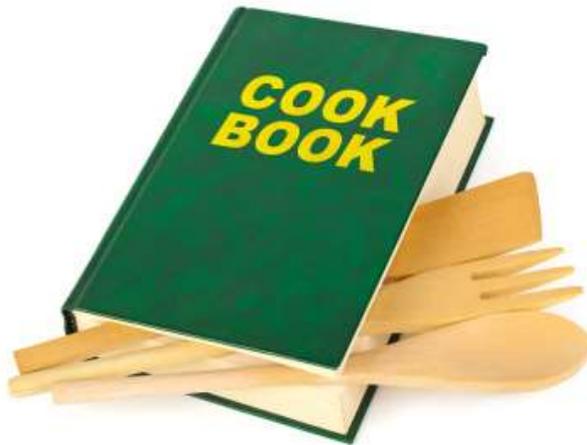
rosaliegadden@comcast.net

Aunt Bonnie on Cooks, Cooking and Cookbooks

by Bonnie Coleman

I love cookbooks. I love to look at the pictures and imagine how the dish will smell and taste. It's I love cooking. I love eating healthy, good food. I accept cooking as a necessary step in the process of eating well. Eating out and eating frozen only go so far then you have to DIY. I'm usually okay with that.

Still, as much as I like cookbooks, there is no way in the world I could ever write one much less persuade someone to want to buy it. The reasons, though many, fall into first, the way I think about food, and second, the food I want to cook most.



To the first, the nuances of cook-speak elude me, despite the many words I have read. I have an unfortunate way of putting food in pans and cooking it until the juice is almost gone. Rarely do I "reduce" any liquid. I fry things slowly, when I should "sauté gently". I chop small when I should "mince". And I would never, ever presume to tell someone to "cover bread dough", or anything else, "with a clean cloth." First, I assume one is going to know better than to cover it with a dirty cloth. Second, if one is going to throw a dirty cloth over one's food I

assume one is at least smart enough to lie about it.

Then there is the problem of the food I love the most. The recipes are old and almost impossible to write for others. Example: My Mother made a lovely light pastry. It was lighter, fluffier and less fattening than any other recipe I've read. She rolled it so quickly you had to look fast to see it happen and so thin you could read the old corning ware blue logo through the raw pie crust. However, the ninja-like body language and sleight of hand that went into rolling and turning the dough defies description; it must be seen. I spent much of my childhood wedged between the fridge and the kitchen counter watching her to learn her tricks. I can't translate that except possibly through interpretive dance.

She also made a delicious molasses/oatmeal brown bread with raisins, as did her Mother, her Grandmother, and possibly Eve. Usually the process started while I was at school so I had to ask her for that recipe. This is, Scout's Honor, what my Mother said. "Well, first I make your Father some oatmeal. Then I take whatever he didn't eat for breakfast and...." I think alert readers have spotted at least two problems here already...knowing how much she made and knowing how much Daddy didn't eat. From there it just got worse. Other favorite recipes use "shortening the size of an egg," "enough water to hold it together," and "knead it until it looks right". I even tried taking each thing out of the bowl and measuring it before she went on but she hadn't the patience for it (see above reference to ninja-like, et all). So basically, to save whatever relationship Mom and I shared that survived my teens, I cook new things from books and old things from osmosis. So far, so good.

Holiday Party Poem

By Idelle Claypool

Twas the night before the holiday party, when
all through the Casa
Not a creature was stirring, not even a
Chihuahua (ok that was a stretch)
The tables were set by the garden with care
Because the SIS club members soon would be
there.

The Soroptimists were nestled all snug in
their beds
While visions of raffle items danced in their
heads
Lots of tickets, a tea pot, a nifty gift basket
Wine, candy and Zen, Pat's book signed if you
ask it.

Attendance & Hospitality had planned a big
party
With games and prizes right at the start
It was time to celebrate finding friendship
and fun
Since in committees and projects so much
work had been done.

Fund Development was working as hard as
were able
To bring lots and lots of funds to the table
Finance made sure it was spent as intended
While Kathy wrote checks so the funds could
get spend.

Awards reviewed the applicants'
qualifications and needs
Members did projects like Dream It, Be It,
Money Matters and See's
Project Selection organized Gifts from the
Heart
So 2015-16 SIS giving got a very good start.

Blanche Edgar/Shirley Godfrey will be finding
brick & mortar projects too
International Goodwill & Understanding will
soon know what to do
Because there are always women and
children
Needing help to get through.

Programs selected speakers who had
something to say

Making weekly meetings more than ok
With Laws & Resolutions and Board direction
we kept things moving
SIS is a club that just keeps improving!

Public Relations and Website made sure that
our activities were known
Newsletter & Roster reported to the members
about their own
Membership did orientations and inductions
and our membership grew
Because others were seeing what
Soroptimists can do.

Finding Friendship and Fun through Service
this way
Let's celebrate together, it's time to play!





And Thanks to our CEO Partners!



[Register now for our 8th Annual Human Trafficking Conference](#)



[Register](#) now online to attend our 8th Annual Human Trafficking Conference.

Intersections of Human Trafficking

February 24, 2016

9am-2pm

California State University, Sacramento

Ballrooms 1 & 2

humantraffickingMSH.org



[CLICK HERE TO REGISTER](#)

Contact Brittany Bray at brittanybmsh@gmail.com or [\(916\) 930-0626](tel:9169300626).

Conference Speaker Highlight of the Week:
Shandra Woworuntu
Survivor & Founder of Mentari Human Trafficking Survivor Empowerment Program Inc.



Shandra Woworuntu is originally from Indonesia, and she is a survivor of human trafficking and domestic violence. Today, she fights valiantly and shares her testimony in an effort to prevent this injustice from happening to others.

Shandra graduated from Perbanas School of Economics in Indonesia with a major in finance and banking management. In her native country, she held the position as an International Money Market Trader and Manager of the Treasury Department of Korean Exchange Bank. She also worked with children with disabilities as a rehabilitation home counselor.

On 2001, Shandra came to the United States for an employment opportunity in the hospitality industry. In an unfortunate turn of events, she was illegally sold and forced into prostitution. Shandra managed to escape and had her day in court.

Safe Horizon in New York helped her to legally remain on U.S. soil, and she was reunited with her daughter on 2004. She found healing after being a victim of human trafficking and domestic violence in her marriage.

As a survivor, she participates in a range of activities to educate and raise awareness in the community, churches, high schools, colleges, organizations and government institutions.

She engages with diverse survivors from around the world, regardless of their gender, age, and human trafficking experience.

Currently, Shandra is involved with a survivor group known as "Voices of Hope" and is a leader at the Safe Horizon in New York. She also serves as an executive board member and policy champion at the National Survivor Network in the United States.

She lends her voices to lobby for legislation to change the laws in Washington DC and is also a pro-bono consultant for numerous anti-human trafficking organizations.

Biography from www.mentariusa.org

Holiday in NYC

by Janet Galliani

Just wanted to update you on my 22 day vacation spent in NYC over the holidays. As I announced last month, I finally had the keys to my new apartment in Manhattan in an area called Hudson

Heights. The tenant who had been living there was gone; I found a cleaning service for the initial cleaning before I arrived, and landed with two suitcases full. Jeannine had left me a blow-up bed, some fry pans, and 6 bottles of wine (there are still 4 left!). Before

arriving I had found 3 contractors to interview for the jobs I want done before I move in. The work to be done is the repairing, sanding and staining of the hardwood floors, painting of the entire apartment and a new bathroom vanity and mirror. I can only see the top of my head in the mirror.

So I settled in, but sitting on the floor all the time isn't comfortable, so I bought a padded metal chair at the hardware store. And the next day went to Target for a coffee pot, pillows, some food, and cleaning products. No much in the way of luxury. Got Time Warner to get me internet and occasionally TV on my small laptop. Made 4 trips to Home Depot for paint samples and decided on a light green with white trim. Decided on the contractor the next week but didn't want to purchase anything because the bathroom was the only place to put anything while sanding.



Learned my new neighborhood, groceries, restaurants, deli, etc. Averaged 5 miles a day walking, but still can't keep up with Jeannine. Two weeks in and I have a cold (that lasted 2 weeks). Spent Christmas in New Jersey with Mike's family. Jeannine and I spend the day after Christmas museum hopping. You do know that it was warmer in NYC than Sacramento. I bought another pair of walking shoes, as I didn't need two pair of boots! Only wore my heavy jacket 3 times.

So I didn't see much of the holiday trappings of NYC. I went to Bryant Park to watch the ice skaters (though it was mostly walking as there were too many on the ice to do much else), and one night Jeannine, Mike and Tena (the dog) got a zip car and drove to Brooklyn to see an Italian neighborhood to see all the homes decorated. Quite something, not just one block!

So I am home, and have work has begun on the apartment. I've had a couple of conversations, half dozen texts, and a conversation with the super. Open a wall up in a 100 year old building and you always find something mysterious. I'm just glad I am here in Sacramento in the luxury of my home awaiting the outcome. Not going back until I can have a stuffed chair!



**Soroptimist Offers Scholarships
(SOS) - \$950**

2015-2016

Vivienne LaCour
Phyllis Hayashi
Barbara Nash
Mary Kobane
Phyllis Moist
Arima Claypool
Janet Galliani
Kathy Platz
Nancy Wolford-Landers
Jennie Krausse – Guest
Maggie Bender-Johnson
Elaine Pesce
Sarah Lee
Idelle Claypool
Nilda Valmores
Pat Canterbury
Patti Alexander
Sally Day

January SOLT: Evolution of Giving – Nancy Wolford-Landers

Board Action Items

- Approval of new member application for Venita Sivamani
- Approval of new member application for Nina Prychodzko

Officers and Board of Directors 2015-2016

President – Idelle Claypool
1st Vice President – Lauren Buchanan
2nd Vice President – Kelley Kent
Recording Secretary – Paula Wright
Corresponding Secretary – Sarah Lee
Treasurer – Kathy Platz
Assistant Treasurer – Bonnie Coleman
Board of Directors 2014-2016
Julie Horpedahl
Maggie Bender Johnson
Janet Galliani
Board of Directors 2015-2017
Mary Locke
Jennifer Willis
Parliamentarian (appointed) – Nancy Wolford Landers

**January Soroptimists!
Happy Birthday**



Julie Horpedahl	January 3
Sarah Lee	January 3
Debi Noonan	January 3
Susann Hadler	January 6
Bonnie Coleman	January 10
Karen Kouretas	January 15
Barbara J. McDonald	January 15
Cathy Diepenbrock	January 19
Paula Wright	January 22

SIS Program Schedule for 2015-2016

January 2016

- 1 Happy New Year
- 6 Business Meeting
- 15 Arielle Julie from Pandora
- 22 Liz Salmi – Cancer Survivor
- 26 Board Meeting
- 29 Live Your Dream/Violet Richard Award

June 2016

- 1 Business Meeting
- 10 Committee Signups
- 17 Celebrating Success
- 24 Installation

February 2016

- 3 Business Meeting
- 12 Tom Hoffmann - Sports Leisure Vacation
- 19 Multicultural Day
- 23 Board Meeting
- 26 Helping Hands for Crab Fiesta
- 27 Crab Fiesta

March 2016

- 2 Business Meeting
- 11 Dr. Louise Glazer - Mindfulness and Rejuvenation
- 18 Ruby Award Luncheon
- 22 Board Meeting
- 25 Dark for Good Friday
- 30 Business Meeting

April 2016

- 8 Karen Smith - U.C. Davis Writing Project
- 15 Kate Woolley – Sacramento VP for United Nations Association
- 22 Scholarship Luncheon
- 26 Board Meeting
- 29 SNR Regional Conference\Nilda Valmores - Club Conversation

May 2016

- 3 Big Day of Giving
- 4 Business Meeting
- 13 Patti Lutz – Mental Health
- 20 Paulette Miller
- 24 Board Meeting
- 27 Holiday