



Soroptimist International Sacramento Newsletter September 2016

<u>Table of Contents</u>	<u>Page</u>
President's Corner	1
Guest Speaker	2
Edible Garden 2016	3
Aunt Bonnie on Pumping Iron	4
Random Act of Kindness	5
Childhood Bullying Study	6

<u>Table of Contents</u>	<u>Page</u>
CEO Partners	6
SOS	7
Board Actions	7
Officers and Board of Directors	7
September Birthdays	7
Program Schedule	8

President's Corner

Submitted by President Lauren Buchanan



Well here it is September again. Hard to believe the summer is over and it's time for us to resume our SIS activities. The Edible Garden Tour committee has been very busy this summer and we are looking forward to a terrific event on September 10. This is our first fundraiser of the year. It's a wonderful way for folks to learn about Soroptimists and what we do to serve the community. Let's all do our best to make it a super success!

The Program Committee met this summer as well and have a great lineup of speakers. The first

meeting on September 9, is our Business meeting and the Program Committee has asked me to give a short talk about the SIA Convention. We will be giving our grant recipients their checks on September 16, and they will be sharing a bit about their organizations. It is important to attend so that you can see where the dollars go from your fundraising efforts. For the remainder of the month we will be having Dr. Laura Assante-Johnson, ENT, and Stephanie Taylor a sculpture artist.

During the summer Idelle, Sarah, Janet and I attended the SDR (Soroptimist Development Retreat) in Reno. We all took away something meaningful, important, or different in the way of looking at or trying something different here with SIS. You will be hearing more about Sarah's experienced and how she and the Awards Committee would like to institute some meaningful changes. The side benefit is we had fun together! I very much encourage you to attend these different retreats and Region meetings. It's a great way to see what's going on in the region and the breadth of the organization and possibly make some new connections.

At the retreat held on August 21, many ideas were exchanged. Everyone who attended participated and I was grateful to have the input and discussion. More to follow on that topic.

I am looking forward to this year. With everyone's commitment we WILL accomplish our theme of *A Diverse Community Working Together*.



A DIVERSE COMMUNITY WORKING TOGETHER

Guest Speaker September 23 Dr. Laura Assante-Robinson

Dr. Laura Assante Robinson (known as Dr. Laura by patients) received her Doctor of Audiology degree from Arizona School of Health Sciences at A.T. Still University. She earned a Master of Arts degree in Communicative Disorders from California State University, Northridge in 1987 and completed a Fellowship Year at the House Ear Institute in Los Angeles.

She moved to Sacramento in 1988 to join Sacramento Ear, Nose, & Throat. As Supervisor of Diagnostics, she provided clinical training and supervision. She spent years as a Commissioner

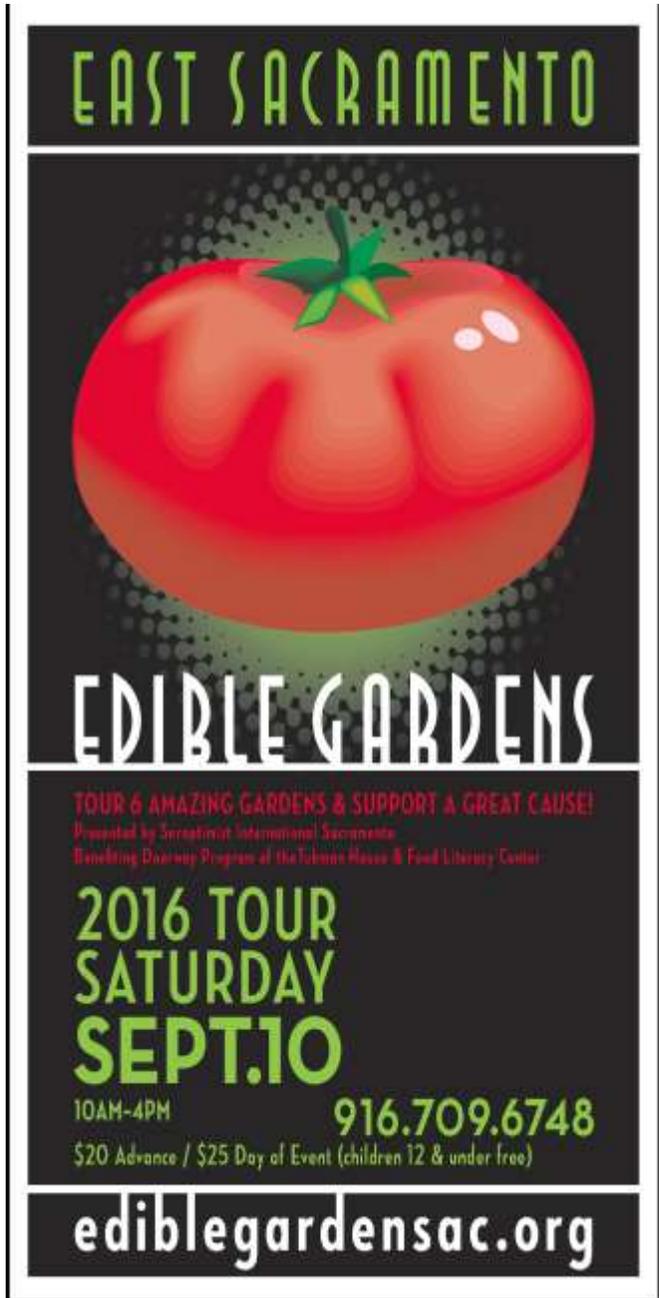


for the State of California for the Hearing Aid Dispensing Examination. She presented research papers at various conferences and was published in *Advance for Audiology*. She has been a guest speaker for many university courses, conducted cochlear implant seminars, and has supervised students and audiologists providing clinical training. She has worked with school districts to implement Aural Rehabilitation programs.

Dr. Laura has been on various local T.V. and news programs providing hearing advice. Dr. Laura earned her Master's in Health Administration from Ohio University in 2015 enabling her to combine her clinical skills with business skills. She is the Chief Operating Officer of SENT Hearing Aid Center and

feels it is truly a privilege to spend her day with such wonderful patients.

Edible Garden 2016



EAST SACRAMENTO



EDIBLE GARDENS

TOUR 6 AMAZING GARDENS & SUPPORT A GREAT CAUSE!
Presented by Soroptimist International Sacramento
Benefiting Doorway Program at the Tubman House & Food Library Center

2016 TOUR
SATURDAY
SEPT. 10

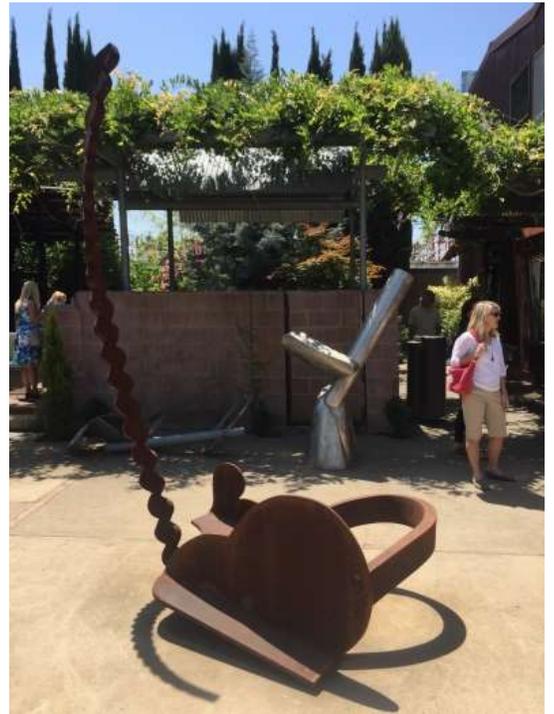
10AM-4PM **916.709.6748**
\$20 Advance / \$25 Day of Event (children 12 & under free)

ediblegardensac.org

All proceeds from the Edible Gardens Tour support local charities that benefit women and children.

PURCHASING TICKETS

Tickets are \$20.00 in advance and \$25.00 the day of the event (children 12 and under free). Each member is asked to sell 5 tickets and there will be a prize for the member who sells the most tickets.



Grow it and eat it! Edible gardens are springing up everywhere. Experience six uniquely different edible gardens in homes in East Sacramento on **Saturday, September 10, 2016 from 10am-4pm** as Soroptimist International of Sacramento, Inc. holds the Sacramento area's annual Edible Gardens Tour. Attendees will enjoy various entertainments in the gardens provided by "Sacramento Symphonic Winds"; have a chance to talk with Master Gardeners; and win fabulous door prizes.

Aunt Bonnie on Pumping Iron (No, really!)

Has Aunt Bonnie mentioned that she is pumping iron? Aunt Bonnie, avowed celebrant of the fainting couch, or any other kind, has been pumping iron. True, she has been lured before into physical exertion to stave off the giant mudslide of the human body that



accompanies aging. Over the years you may have read my confessions in several events, including walking, running, jazzercise, yoga, Zumba, Curves, housekeeping, and competitive shopping.

This was due to Aunt Bonnie's Dear Mother, "Mum", who was a great advocate of exercise for everyone, including pets. When Little Aunt Bonnie-to-be was given an Easter chick by some poor misguided soul, Mum tied a string around its leg so it could go out and about. It sat there mesmerized. Mum removed the string and it headed for the rose bushes, giving Little Aunt Bonnie-to-be many scratches in recapturing it. When Mum agreed to kitty-sit for the now-grown Aunt Bonnie's beloved Sofi Marie, Mum put the cat in a tree so it could climb. It did so well that Daddy Dearest spent the late evening and early night on a ladder putting tuna on a board draped between the tree and the roof trying to lure agile Sofi Marie back to their house. One can see how exercise might be drummed into the DNA of someone bombarded by that level of enthusiasm for the movement of others.

Ironically, it was Mum's removal to Assisted Living and the ensuing traumas that created the need for drastic measures. After two plus years of no physical movement except emptying a house, furnishing new quarters and fighting off dangers and predators of one kind and another, Aunt Bonnie could actually listen to her arteries harden and her muscles atrophy, like listening to corn grow. So it

was off to 24 Hour Fitness on Fulton Ave and the search for a personal trainer.

The first trainer to approach was a Man Mountain who growled that he could mold even such a sorry lump of clay as Aunt Bonnie into a fit specimen of humanity. At least that seemed to be away. The next candidate was Shawn, Personal Trainer

Extraordinaire, and answer to a prayer. She was and is a pleasant, pretty, fit and funny little dominatrix, who admits to having flaws even though her present condition gives no hint to what they may have been. Perfect!

She has a limitless arsenal of ways to hoist weights, pull rubber ropes, and strive against equipment, which she demonstrates with formidable expertise. She can maintain a correct rep count and a conversation (Aunt Bonnie requires good natured chat to fend off boredom). She is beyond doubt the loveliest person I have ever hired to try and kill me. The time flies by quickly, muscle regrows slowly, things do get easier. And Aunt Bonnie does not get bored! See what I mean, Perfect! Yeah, Shawn.



shutterstock · 111801140

Unfortunately all of Aunt Bonnie's efforts to become lithe and lissome just end up adding muscle and more strength. So for a shift in appearance, we have a long wait ahead. But strong isn't bad, and I'm still alive! Yeah Shawn.



Soroptimist International – Sacramento Random Act of Kindness



We will be collecting school supplies for Karen Lessman's 2nd Grade class. Karen is a former member of SIS and teaches at John Reith Elementary, a low income school. Please bring all items to the September 16th meeting.

Karen's Wish List

Backpacks

Crayons 12pk (anything bigger than a 12 pack won't fit in their boxes)

Colored pencils 12 pk

Water based markers 12 pk

Hand sanitizer for the kids before lunch and snack

Wipes to clean their germy little desks

Chapstick for chapped lips that never seem to get attention

Pencils

Little Caesar's Pizza certificates for reward parties

Snack/ Quart/ Gallon sized zip lock bags

Dollar Tree or Party City items such as whistles, small bouncy balls, coloring books, fun little keychains, beaded necklaces, special pencils, bubbles, anything inexpensive that a child would want (I'll put in my Bear Buck Store for rewards)

5 yards of vinyl for space layout during Bear Buck Store

Pencil boxes (\$1.00 at Walmart)

Erasers

Notebooks (when they go on sale at target something like 5 for \$1.00)

Plastic rain hats and/or plastic ponchos

Water color set

Tissue paper

Anything else anyone would like to donate will be appreciated!

Please contact Dawn Cornelius by email at dawn@corneliusandcompany.com with any questions.



A STUDY OF CHILDHOOD BULLYING

Addressed to Nancy Wolford-Landers

Doctoral student seeks women leaders who were bullied for dissertation study

Every year, a significant percentage of girls are victims of childhood bullying. As a result of this experience, these girls are less likely to achieve academic and career success later in life; however, there are some that become successful leaders within professional and civic organizations.



In order to further understand the experience of being a woman, a leader and victim of childhood bullying, Marcella Gonsalves--doctoral student with Drexel University and childhood bullying victim--is currently conducting a study in the Sacramento area as part of her dissertation. She is looking for eight to 10 women leaders with at least 10 years of professional experience who were victims of childhood bullying. The study includes three, one-hour interviews and a journaling activity. Participation in this study is completely voluntary, all participants will remain anonymous, and will be given pseudonym.

While there is no direct benefit to study participants, this study may help future generations of women leaders and girls by exploring how surviving childhood bullying may influence leadership in professional roles.

If interested, please contact Marcella Gonsalves at mdg58@drexel.edu or 916.806.4683 for full study details.

Thanks to our CEO Partners!



**Soroptimist Offers Scholarships
(SOS) - \$550**

2016-2017

Memorials:

Guy Hadler - Susan Golob, G.S. Heck, Nancy Greenlee, Corrine Joe, Nancy Wolford-Landers, Kathy Platz, Mary Locke, Idelle Claypool, Rosalie Gladden, Sachs Insurance Company

SOLT: Report on SIA conference - Lauren Buchanan

Board Action Items:

- Based on Federation and Regional practice where the Soroptimist pledge is no longer recited, the Board recommends that we only say the Soroptimist Pledge at Business meetings.



Officers and Board of Directors 2016-2017

President – Lauren Buchanan
First Vice President – Debbie Rubens
Second Vice President – Sarah Lee
Recording Secretary – Idelle Claypool
Corresponding Secretary – Julie Horpedahl
Treasurer – Kathy Platz
Assistant Treasurer – Phyllis Moist
Board of Directors 2015-2017
Mary Locke
Jennifer Willis
Board of Directors – 2016-2018
Carol Adams
Paula Wright
Rosalie Gladden
Parliamentarian (appointed) – Nancy Wolford-Landers

**September Soroptimists!
Happy Birthday**



Mary Kobane

September 22

**SIS Program Schedule for
2016-2017**

<u>Date</u>	<u>Speaker / Topic</u>	<u>SIS Member Contact</u>	<u>Confirmed</u>
September			
09/09/16	Business Meeting		
09/16/16	Grant Recipients		
09/23/16	Dr. Laura Assante Johnson - ENT	Georgia Presnell	Yes
09/30/16	Stephanie Taylor - Artist	Mary Kobane	Yes
October			
10/07/16	Business Meeting		
10/14/16	CEO Partner Appreciation	Nancy Wolford-Landers	
10/21/16	Dating Violence	Lauren & Nilda	
10/28/16	Halloween		
November			
11/04/16	Business Meeting		
11/11/16	SIS Website Overview	Nancy Wolford-Landers	Yes
11/18/16	Cheryl Marcell - Railroad Museum	Dawn Cornelius	Yes
December			
12/02/16	Business Meeting		
12/09/16	Soroptimist House	Idelle & Nilda	
12/16/16	Holiday Event		
January			
01/06/17	Business Meeting		
01/13/17	Terri Galvan - Human Trafficking Shari Roeseler - Society for the	Nilda	Yes
01/20/17	Blind	Dawn Cornelius	Yes
01/27/17	Violet Richardson / WOA Awards		
February			
02/03/17	Business Meeting		
02/10/17	Multicultural Day	Idelle Claypool	
02/17/17	Channel 10 Women Tamiko Moon - Strategic Social	Nilda	
02/24/17	Media	Debbie Rubens	Yes

March

03/03/17	Business Meeting		
03/10/17	Soil Born Farms	Idelle Claypool	
03/17/17	Mental Health Stigma	Debbie Rubens Nancy Wolford-	
03/24/17	Tess Dubois-Carey - UTI Technical	Landers	Yes
03/31/17	Theresa Paige - Architect	Pat Canterbury	

April

04/07/17	Business Meeting		
04/21/17	Scholarship Lunch		
04/28/17	Doug Haaland - CPS	Nancy Wolford- Landers	Yes

May

05/05/17	Business Meeting		
05/12/17	Stroke	Elizabeth Payette	
05/19/17	Diversity	Lauren	

June

06/02/17	Business Meeting		
06/09/17	Committee Signups	Sarah Lee	
06/16/17	Celebrating Success	Lauren & Hospitality	
06/23/17	Installation		