



Soroptimist International Sacramento Newsletter February 2017

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President's Corner

Submitted by President Lauren Buchanan

It's February already and there are many opportunities to celebrate: Ground Hog Day, Super Bowl, Grammy Awards, Valentine's Day, Presidents Day and the Academy Awards, plus birthdays and anniversaries. At SIS we are focused on our club meetings and on CRAB FIESTA!!, on February 25. Please look for donation opportunities and remember that we need cash or checks as well so we can buy items for the baskets. Also, we will need wine for our Wine Wall.

There is no easy way to approach this next issue. These are uncertain times, many people have strong opinions right now and emotions can get volatile. It is important to remember that at SIS we respect one another and our differences of opinion. When we are at a lunch meeting or business meeting or Board meeting, let's leave politics at the door. There are times when we just have to agree to disagree. Thank you for continuing to be respectful to one another.

As a reminder, our Valentine's Baskets are due this Friday, February 3rd. Pat Canterbury and



Barbara Nash have the bags and tags you will need. The social workers will be picking up the gifts after the meeting.

I will leave you with this quote:

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an

the smallest act of caring, all of which have the potential to turn a life around."

Leo Buscaglia

With Gratitude,
Lauren



SOROPTIMIST INTERNATIONAL - COMMUNITY - SERVING - WOMEN

Live Your Dream Award Luncheon 2017

On Friday, January 27, 2017, Soroptimist International Sacramento honored two women at our annual Live Your Dream luncheon. This year, SIS made the decision to follow the lead of SIA and discontinue the Violet Richardson Award. Funds allocated for the Violet Richardson Award were instead re-allocated to the Live Your Dream Award.

Additionally, SIS made the decision to begin awarding a two-year award in an effort to begin to develop long term relationships with our honorees. During this first year, we had a surplus of funds and as a result, awarded a one-year recipient and a two-year recipient. Going forward, each year's LYD luncheon will announce our new recipient and also recognize the previous year's recipient by presenting that woman with her second installment of the Award.

Erikeysha Bannerman-Richter



Scholarship History

Submitted by Rosalie Gladden and Pat Canterbury

For nearly 90 years the members of Soroptimist International of Sacramento (SIS) have contributed to the funding of scholarships for deserving women and in rare occasions a deserving man or two whose education goals and work ethic mirror the very foundation of what being a Soroptimist means. Each year the Committee sends out requests to local colleges for their best to compete for funds donated, willed or endowed by current and former members and their families to deserving students. Every year it gets more difficult to weed out the finalists to the magic number when so many are deserving.



The Scholarship luncheon is one of the highlights of the Soroptimist Year and one of the foundations of which we build new enthusiasm for our ongoing work. Don't miss this wonderful opportunity to listen to the winners of this year's Scholarship Awards. **Save the date - April 21, 2017!**

Aunt Bonnie Reports on the Evolution of Cooking

Submitted by Bonnie Coleman

The latest offering in the butcher section of my local grocery is an edible answer to the Build-a-Bear. Little pre-measured lumps of seasoned proteins sit by little pre-measured mounds of various vegetables. You make your selections and take them home to assemble dinner. I am enchanted. How far we have come since WWII when women left the kitchen cook stove for the factory conveyer belt! And it only took us 80 years, give or take, to make a casserole.

Of course this is only the latest in a march of many steps. When I watch the Christmas Story I am not as impressed with Ralphie's dream of a bb gun as I am with the reality of the cramped and primitive kitchen in which his beleaguered Mother cooks meals. To cook, in her world, has a totally different meaning.



In the 50's when the men came home from war and women were supposed to go back home and stay there, the kitchen was made more palatable by electrifying every possible utensil and producing them in pastel colors. It didn't work. As the move to the suburbs introduced more cultural awareness, cooking



options expanded and so did the kitchen. It had to in order to contain the new cookbooks, and the new equipment: fondue pots, electric skillets, hibachis,

woks, and pasta makers. Women had everything they needed except the time to use it because they were beginning to get advanced degrees and climb the corporate ladder. Except for the passionate few (and God Bless Julia Child and Meryl Streep) cooking was a hobby and a weekend indulgence.



The rest of Americana depended on frozen TV dinners, pizza, and fast food. Those choices were followed by ready-to-eat, ready-

to-cook, partially cooked and sent-to-your-house-meals-to-finish. My fascinating little mix-and-match lumps and mounds are just the most recent incarnations. And I say, more power to them. Being raised traditionally, I had a personal epiphany when I realized that having people to supper didn't require me to make-from-scratch everything but the salt.

As an example of unintended consequences, today many writers of cooking instructions report that they must simplify their language. Once common

culinary tropes now need more explanations and pictures. I believe it. Some time ago I bought a copy of a cookbook, circa 1930. (OK, I have strange and esoteric interests.) The recipe for simple baked chicken began with the proper way to pluck the chicken and eliminate all of the pinfeathers. Going back another 80 years recipes probably started with the proper way to set and check one's traps. And extending another 80 years into the future, I hope we can expect to enter codes into a 3-D food replicator and get a lovely Beef Wellington, complete with aroma. Now that would be something to write about!



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The Women's March & The Soroptimist Pledge ... "I am Confused and Conflicted"

By Nancy Wolford-Landers

The Women's Marches which were recently held in Washington D.C. and in other cities around the world, including here in Sacramento, made me proud and conflicted at the same time. Women should be able to articulate that which they believe and expect. Issues such as control of their own bodies, choices on housing, education, and career are rights which should be under one's own control, not some other individual, institution or governmental agency. Core beliefs are basic to every individual and the ability to articulate those beliefs are each person's right. The expression of those beliefs and choices were at the core of the Women's marches which were hailed in the press, on T.V. and on social media. Many of our own club members, and some of my family members, participated in these marches, eager to profess the beliefs on which they stand, and they should be admired for their willingness to do so.

Women's rights are Human rights. Women were taking the opportunity to profess those rights and express how they should be achieved. They spent hours listening to speeches from those who expressed the validity of speaking out, professing their firmly held beliefs and core values, and urging

action to implement and institutionalize those beliefs. The marchers ate it up!

Now, here is where my confusion and conflict comes in.

How is expressing those beliefs, rights and intentions any different than members of our club reciting the Soroptimist Pledge at each meeting? The recitation of the pledge confirms, and tells those who would listen, what it is that we as Soroptimists believe and intend to accomplish.

How is that different than a small march on Washington every Friday at noon?

SNR has suggested, and our club has voted to agree, (at a meeting that I missed) that reciting our pledge was not something that the younger members, who we are trying to attract, were comfortable with.

However, members of the millennial and the gen x generations, the very women we are trying to attract, were some of the most active in the Women's marches. How can they not support verbalizing the very beliefs, mission and core values that we as Soroptimists profess?

Doesn't it seem to appear rather hypocritical to support the march but not the Soroptimist pledge? I repeat, "I am confused and conflicted".



Dividend-paying Stocks: A Staple for Your Portfolio

Submitted by Mary Kobane

No matter your age or your approach to investing, there is one kind of investment that may be considered for your portfolio: dividend-paying stocks. That's the opinion of Scott Wren, Managing Director and Senior Global Equity Strategist for Wells Fargo Investment Institute.

While hardly the sexiest of investment choices, Wren says dividend-paying stocks may offer a difficult-to-beat combination — good quality and a history of typically lower volatility than the overall market. He likens this kind of investment to the slower competitor in the classic fable of the tortoise and the hare. The tortoise is not flashy or speedy, but over the long haul, he runs a steady and rewarding race. Wren cites an impressive number in this regard. “During the past 80 years, about half of the market's growth, as measured by the S&P 500®, has come from dividend-paying stocks.”

The essentials

Some investors equate dividend-paying stocks with “blue-chip” stocks, but Wren is quick to point out that these terms are not interchangeable. While there are some longstanding, bellwether firms that pay dividends, such as AT&T and Johnson & Johnson, any number of large, high-profile social media and tech companies pay no dividends. They might be regarded as blue chip based on performance and growth potential, but they are not dividend-paying stocks.

Wren likens the presence of these stocks in your portfolio to breakfast items in your pantry. In the morning, you see staples such as name-brand coffee, cereals, and other breakfast foods, and you know the essentials are there. The quality is what you depend on, and you never have to think twice before starting your day right.

Not long ago, however, these stocks drew little interest and almost no enthusiasm. “From 1995 to the early 2000s, they fell out of favor while the focus was on the tech boom,” says Wren. After that boom went bust, many investors were risk-averse. But with traditional conservative investment vehicles such as CDs (Time Accounts) yielding miniscule returns, investors started looking again at dividend-paying stocks. Wren notes that 5% CD yields are not likely coming back any time soon, so the trend is likely to

continue. It's important to note that CDs may offer guarantees and insurance that are not available in stock investing. Investing in dividend-paying stocks involves the possible risk of principal.

The benefits

While younger investors typically may be better served by looking for greater growth at higher risk, Wren says, they also should consider having some dividend-paying stocks in their portfolio. The steady growth may have a payoff over time, especially if dividends are immediately reinvested in additional shares. For those approaching or in retirement, the scenario is a little different, and the importance of having this type of asset in your portfolio may be greater.

There's another quality, sometimes overlooked, of many dividend-paying stocks. A large number of corporations that pay dividends have significant interest and investment in emerging and global markets, which gives you additional exposure to that potential growth as well as the risk of these economies. Wren says that the populace's aspirations to reach the middle class in many countries translates to the production of commodities such as better hygiene products, higher-quality food, more modern appliances, and other goods that enable a healthier and more productive lifestyle.

“Many of the name-brand, dividend-paying corporations consistently produce these kinds of goods,” notes Wren.

The drawback

He cautions, however, that any investor needs to understand that when interest rates rise, the returns of dividend-paying stocks could take a hit. And when the market experiences a big boom, these types of stocks do not always match the growth rate of other stock types. These are all reasons why it's important to maintain balance in your portfolio.

Additional resources

Even if you're aggressively seeking growth, it's important to hold some assets that may provide the potential for consistency.

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

If Sacramento Got Snow

Submitted by Janet Galliani

The Blizzard That Changed the Streetscape of New York

By Deborah Harley

Close your eyes for a moment and picture the streets of Manhattan. What do you see? Buildings, taxis, signs, store windows, subway entrances, bikes, people . . . more people? But what you don't see are utility lines overhead. Manhattan's utilities are underground — out of sight, out of mind. The wireless landscape is thanks to a multi-day blizzard in 1888.

Backtrack to 1882. That is when Thomas Edison gave the first major demonstration of incandescent lighting, illuminating 50 blocks of lower Manhattan. Within a year, some 500 wealthy homes were wired for the soft, glowing light. Electrification of the city became a foregone conclusion.



"Wired" New York City. From The New-York Historical Society.

Rapid assimilation of then-emerging technologies using electricity — telegraphs, stock tickers, alarm systems, and new residential lighting — had a chaotic downside. Private companies jockeyed to lay their wires above the streets of the city. Because no company was willing to share its resources, each mounted its own poles. Some cross-trees carried as many as 200 separate wires for various services.

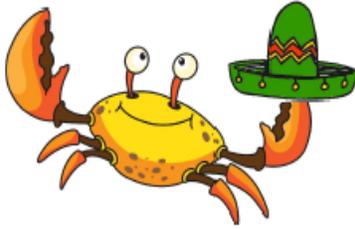
Snapping lines became an increasing hazard. By 1884, the city passed legislation mandating all utility wires be laid underground, as Edison did in his 1882 demonstration. The rule was ignored.

Then came the great blizzard of March 1888, which was one of the most severe storms ever recorded in the United States. The storm started with mild temperatures, but by the second day the light rain had changed to heavy snow. It continued to fall for the next 36 hours, burying the city under 21 inches of snow. Drifts piled as high as 30 feet. With winds of more than 80 miles per hour, wires that had become coated with ice came crashing to the ground. So many fell that the city, concerned for public safety, started cutting down utility poles and wires.

As can be predicted with such a heavy snowfall, travel throughout the city came to a standstill. Without deliveries, shelves in the few stores that were able to open quickly became bare. An elevated train derailed, leaving passengers stranded in freezing cars. A total of 200 people died during the blizzard.

To prevent future catastrophes, New York made plans to lay all utilities underground. Even the transportation system headed underground, with subways eventually replacing elevated trains in many areas.

Thus, a legendary snowstorm became an agent of change and launched a new era of progress. New York City would never look the same.



Crab Fiesta 2017

Saturday, Feb. 25, 2017

- Welcome Hall
- Unitarian Universalist Society of Sacramento
- 2425 Sierra Blvd. Sacramento, CA
- 6 p.m. Cocktails and Silent Auction
(Please, no outside alcohol)
- 7 p.m. Dinner

ALL YOU CAN EAT CRAB Pasta Dinner

- \$50.00 Per Person ▪

Silent, Live & Dessert Auctions Golden Raffle



Presented by Soroptimist International of Sacramento, Inc.

www.crabfiestasac.org
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, SIS's service projects for 2016-2017--The Doorway Program at Tubman House and The Food Literacy program. A portion of this ticket (\$20) may be considered a donation.

Gold Rush!

Submitted by Rosalie Gladden

Don't miss out on the Crab Fiesta "Gold" rush. The popular Golden Tickets will be available for purchase at the SIS Business Meeting on February 3rd at the Casa Garden Restaurant. The price remains the same - \$20 - but quantities are limited. If you can't make the February 3rd meeting, reserve your ticket by contacting Rosalie Gladden at rosaliegadden@comcast.net.

Do you love to sail? Is Tex-Mex food your absolute favorite? Is Mulvaney's your "go-to" restaurant for special occasions? Do you just need to get away to the California coast? How about a round of golf? Have you been to the Golden 1 Center? These are just a few hints about the Golden Ticket raffle items.

Want the details? Buy a ticket soon!! Buy more than one ticket to increase your chances of winning. Make sure your friends buy Golden Tickets! You need not be present to win, but make sure you choose the item of your choice. If your ticket is not the winner, do not fret. You will have a chance to bid on the remaining items. What could be more fun??? DON'T BE LEFT BEHIND WHEN THE GOLD RUSH BEGINS.

Thanks to our CEO Partners!



Soroptimist Offers Scholarships (SOS) and Donations

2016-2017

Debbie Rubens
Barbara Coulam
Jennifer Willis
Pat Canterbury
Eva Garcia
Corrine Joe
Nancy Wolford-Landers
Janet Galliani
Julie Horpedahl
Kelly Kent and Runyon Saltzman, Inc. (\$250)
Kallie Crawford (from Jewelry Sale)
Elizabeth Jenkins
Lauren Buchanan
Idelle Claypool

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, Bonnie Coleman, Karen Lessman, Georgia Presnell, Lauren Buchanan, Jolita Fong, Lori Powell, Pat Canterbury, Phyllis Hayashi,
Wendy Haydon

Bob Coulam - Nancy Wolford-Landers, Lauren Buchanan, Idelle Claypool, Candace Holland, Susan Golob, Mary Locke, Jolita Fong, Pat Canterbury, Phyllis Hayashi, Bonnie Coleman, Georgia Presnell,
Wendy Haydon

Patty Blomberg - Lauren Buchanan, Pat Canterbury, Phyllis Hayashi, Nancy Wolford-Landers, Georgia Presnell, Idelle Claypool, **Wendy Haydon, Corrine Joe**

Maxine Gentis - Pat Canterbury

Karen Kouretas' Brother, James - Bonnie Coleman, Pat Canterbury, Idelle Claypool, **Corrine Joe**

\$1,000 Scholarship for Susan Crone Harris by her husband, Tom Harris - SonRay Door and Trim

SOLT - Soroptimist International - Arima Claypool

Board Action Items -



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

February Soroptimists!



Happy Birthday

Jillian Bender-Cormier	February 6
Avril Green	February 10
Carol Adams	February 19
Elizabeth Clarke	February 23
Mary Locke	February 25

**SIS Program Schedule
2016-2017**

<u>Date</u>	<u>Speaker / Topic</u>	<u>SIS Member Contact</u>	<u>Confirmed</u>
February			
02/03/17	Business Meeting		
02/10/17	Multicultural Day	Idelle Claypool	
02/17/17	Channel 10 General Manager Shari Roeseler - Society for the	Nilda	Yes
02/24/17	Blind	Dawn Cornelius	
March			
03/03/17	Business Meeting		
03/10/17	Soil Born Farms	Idelle Claypool	
03/17/17	Mental Health Stigma	Debbie Rubens Nancy Wolford- Landers	Yes
03/24/17	Tess Dubois-Carey - UTI Technical		
03/31/17	Theresa Paige - Architect	Pat Canterbury	
April			
04/07/17	Business Meeting		
04/21/17	Scholarship Lunch		Yes
04/28/17	Doug Haaland - CPS	Nancy Wolford- Landers	
May			
05/05/17	Business Meeting		
05/12/17	Stroke Awareness and Prevention	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		