



# Soroptimist International Sacramento Newsletter June 2017

<u>Table of Contents</u>	<u>Page</u>
President's Corner	1
Installation Luncheon	2
Thanks to our CEO Partners	4
Aunt Bonnie - Universal Brow	4

<u>Table of Contents</u>	<u>Page</u>
Lessons from WannaCry	5
SOS and Donations	7
Board Action Items	7
June - August Birthdays	7
Program Schedule	8

## President's Corner

Submitted by President Lauren Buchanan

I can't believe this is my last note to you as President of SIS. The year has flown by!

June will of course be full of activity and celebration. Our final business meeting of the year will be on June 2nd; Committee signups will be held June 9th, (remember committee chairs come prepared to "lure" or "entice" members to join your committees); June 16th will be our Celebration of Success meeting (please be sure to attend and see what we have accomplished with your hard work this year); and June 23rd will be the Installation of Officers and Board Members. Debbie Rubens will be installed as the new President so please be sure to be in attendance and give her your full support.



allowed me to think about my time with SIS not only as a member but also having had the opportunity to be your President. Each week I have seen you and been moved by your support, patience and commitment to SIS. When we as individuals come together it creates a much larger light that we can share with the world.

We can lighten and brighten the world with a smile, a touch or a kind word. It is the light from within, the dedication to a purpose, that allows us to make a difference, a greater impact in the world.

It has been my pleasure to serve as your President and represent you in the SIA community. Thank you, I will always remember this time with great appreciation. I leave you with these thoughts:  
*"Above all things physical, it is more important to be beautiful on the inside - to have a big heart and an open mind and a spectacular spleen."*  
 Ellen DeGeneres

And

*"As if you were on fire from within. The moon lives in the lining of your skin."* Pablo Neruda

Several weekends ago I was in a class that was all about radiance and luminescence. Webster defines radiance as "light or brightness" and illuminate as "to supply or brighten with light". This



In gratitude,  
Lauren

**Message to the Sierra Nevada Region Membership-**

**Score a Touch Down for  
Debbie Rubens  
and Her SIS Team!**



**Touchdown Team SIS**  
Reimagining Service & Leadership

You are invited to attend the 95<sup>th</sup> Bowl Game  
of Soroptimist International of Sacramento, Inc. to  
install the 2017-2018 game players

**Debbie Rubens, Quarterback**

**and her All Star Team of Officers and  
Board of Directors**



Game Day  
Friday, June 23, 2017  
Shriners Hospital  
2425 Stockton Blvd, Sacramento, CA 95817

Kick-off Time 12:30 p.m.  
Lunch 1:00 p.m.  
\$25.00 per person  
RSVP by June 19, 2017

M/M (SI title, if appropriate)

Address: \_\_\_\_\_

Day  
phone: \_\_\_\_\_

Please make reservations for \_\_\_\_\_ guest(s)  
at \$25.00 per person.

Please make checks payable to:  
Sroptimist International of Sacramento, Inc.  
and mail to: Barbara Coulam  
6748 Rappahannock Way  
Carmichael, Ca 95608

Kindly Respond by June 20, 2017. (916-966-7696)



**Shriners Hospitals for Children – Northern  
California  
2425 Stockton Boulevard  
Sacramento, CA 95817**

Visitor parking is available in the parking garage adjacent to the hospital. When you arrive, the hospital security staff may ask the reason for your visit so you may access the garage. Handicap parking is available inside the parking garage and in front of the hospital.

After parking, go into the hospital by walking across the driveway and into the side entrance. All visitors are required to check in at the security desk.

Thanks to our CEO Partners!



## Aunt Bonnie on the Universal Brow

Submitted by Bonnie Coleman

Those of us who are old enough to have voted more than once know that fashions come and go in makeup as in most everything else. Skin is tanned - skin is pallid; eyes are rimed in black - eyes are played down; lips are scarlet - lips are pale. However, I have noticed a trend recently that transcends the usual ebb and flow of fashion. I'm talking about the

Universal Eyebrow. Eyebrows have had fashions before, of course. They have been thin a la Marlena Dietrich and Myrna Loy and full a la Elizabeth Taylor and Audrey Hepburn. But this new look is unique to me.



I'm not referring to the Unibrow shown on Frieda Kahlo, but a universal style among young women more along the lines of Groucho Marx. Within the past year everyone under 30 has developed the same eyebrow shape and color. The brow is straight and softly angled at about 15 degrees upward for two thirds of its length and tapers downward for the final third of its length. It is full throughout. It is fully enhanced and emphasized with eyebrow makeup. And it is BROWN. Brown, brown, brown. Regardless of the owner's natural brow color. Little blond hairs are embedded in a sea of brown. Shiny black brows are floating in a midden of brown. I believe makeup companies offer a small

variety of taupes and browns but I have yet to see any example in use except brown. There is no attempt to match the brown with the woman's natural color. Just ignore it and overwhelm it with chocolate brown.



The first few sightings I put down to inexpert application. Then I wondered whether there was a stencil one purchased and colored in. I couldn't really buy into a tribal or cult connection, despite the crazy times we are in. Now I'm just puzzled. It's not a pernicious or evil phenomenon; civilization won't fall because of it. Some of us are going to look weird for a while but we'll survive. I'm just curious.

I've begun tracking my sightings as an avid birder or a big foot hunter might. They're everywhere! Once you notice them you cannot unsee them ever again. They cross all socio-economic strata. Perhaps now that I've brought them to your attention you too will find yourself cataloging the sightings of Grouchoettes. Bwah-ha-ha!

# The Monthly Security Awareness Newsletter for Everyone

## Lessons from WannaCry

Submitted by Lisa Bartoe

**Overview** Recently, you most likely watched widespread news coverage of a new cyber attack called WannaCry. It infected over 200,000 computers worldwide and locked numerous organizations out of their data, including hospitals in the United Kingdom. There are several reasons this attack gained so much attention. First, it spread rapidly from computer to computer by attacking a known weakness in Windows computers. Second, the attack was a type of malware called Ransomware, which meant that once it infected your computer it encrypted all your files, locking you out of your data. The only way you could recover your data was from backups or by paying the attacker a \$300 ransom to decrypt all of your data. The third and most important reason this attack gained so much attention was because it never should have happened. The weakness that WannaCry attacked in Windows computers was well known by Microsoft, which had released a fix months earlier. But many organizations failed to install the fix, or were still using operating systems that are no longer supported by Microsoft. Here are three simple steps you can take to make sure attacks like WannaCry never infect your computers.

**Patching** First and foremost, make sure your computers, mobile devices, apps, and anything else connected to the Internet are up-to-date. Cyber criminals are constantly looking for new vulnerabilities in the software your devices use. When they discover vulnerabilities, they use special programs to exploit them and hack into the devices you are using. Meanwhile, the companies that created the software for your devices are hard at work fixing these vulnerabilities by releasing updates. By dutifully installing these updates on your computers and mobile devices, you make it much harder for someone to hack you. That's what was so frustrating about the spread of WannaCry: the updates to fix and stop the attack had been released almost two months earlier by Microsoft. Had organizations kept their computers up-to-date, the attack would never have

worked. To ensure that your devices stay current, enable automatic updating whenever possible to almost any technology connected to a network. This includes not just your computers and mobile devices, but also Internet-connected TVs, home routers, and gaming consoles (and someday perhaps even your car). If your operating systems or devices are so old that they are no longer supported with security updates, as is the case with Windows XP, replace them with new ones that are supported.

**Backups** In some cases, cyber-attacks like Ransomware may even infect up-to-date systems. A second way to protect yourself is to back up your data. Backups are copies of your information stored somewhere other than on your computer or mobile device. When you lose valuable data, you can recover that data from your backups. Unfortunately, too many people fail to perform regular backups, even though they are simple and inexpensive. There are two ways to back up your data: physical media or cloud-based storage. Each approach has advantages and disadvantages. You can use both

approaches at the same time if you are unsure which one to use.

Physical media is devices you control, such as external USB drives or network-connected drives located in your home or office. The advantage of using your own physical media is that it enables you to back up and recover large amounts of data very fast. The disadvantage is that if you become infected with malware, such as Ransomware, it is possible for the infection to spread to your backups. If you are using physical media for backups, you should store copies of your backups off site in a secure location. Make sure any backups you store are properly labeled.

Cloud-based solutions are online services that back up and store your files on the Internet. Typically, you install an application on your computer. The advantage of cloud-based solutions is their simplicity. In addition, if you become infected with Ransomware, the infection cannot access cloud-based backups. The disadvantage is that it can take a long time to back up or recover very large amounts of data. Do not forget to consider the privacy and security of Cloud backups. Does the backup service



provide your backups strong security, such as encrypting your data and strong authentication?

**Phishing** Finally, bad guys are always updating and changing their methods of attack. Cyber criminals often use another attack method called phishing. Phishing is when cyber criminals send you an email that tries to trick you into opening an infected attachment or visiting a malicious website. If you do either, your computer may become infected. While WannaCry did not involve phishing, this attack method is commonly used for many other types of attacks, including most types of Ransomware. In addition, the cyber criminals who developed WannaCry will undoubtedly update their attack methods in the coming months and use new techniques, such as phishing, to infect even more computers. The key to protecting yourself against such email-based attacks is common sense. If an email or message seems odd, suspicious, or too good to be true, it is most likely an attack.



## **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  
Nilda Valmores

### **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, Jolita Fong, **Wendy Haydon, Bonnie Coleman**

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

**BDOG - Corrine Joe, check from Benevity Community Impact Fund was sent to us for BDOG by Kaiser Permanente for \$100.**

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

**Board Action Items** - Membership committee submitted two names and the Board approved both: Claire Langdon and Glorian Martinelli

### **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

### **June - August Soroptimists!**



#### **Happy Birthday**

### **June**

Georgia Presnell	July 7
Barbara Nash, MD	June 9
Phyllis Moist	June 29

### **July**

Kathy Platz	July 2
Janet Galliani	July 6
Elizabeth Payette	July 9
Elaine Pesce	July 12
Arima Claypool	July 12
Cindy Petersen	July 22
Phyllis Hayashi	July 27
Rosalie Gladden	July 29
Donna Kistler	July 29

**August**

Pat Canterbury	August 6
Eva Garcia	August 10
Patti Alexander	August 11
Debbie Rubens	August 19

Ramona Moenter
Adrianna Nand

August 19
August 25

**SIS Program Schedule  
2016-2017**

<u>Date</u>	<u>Speaker / Topic</u>	<u>SIS Member Contact</u>	<u>Confirmed</u>
<b>June</b>			
06/02/17	Business Meeting		
06/09/17	Committee Signups	Sarah Lee	
06/16/17	Celebrating Success	Lauren & Hospitality	
06/23/17	Installation		