



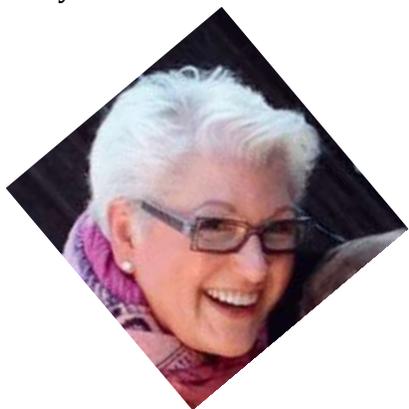
# Soroptimist International Sacramento Newsletter November 2016

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## President's Corner

Submitted by President Lauren Buchanan



I can't believe its November! The time is just flying by and we already are headed into the busy time of the year.

So far this year we have had an incredibly successful Edible Garden Tour; the Hospitality Committee put together a very fun Halloween Party; thank you to Debbie Rubens who spearheaded the District 3 Meeting, and to all those who helped. I understand we had a very good turnout of attendees from our club and standing room only for the meeting. And a

HUGE thank you to all of you for your participation and attendance at these events.

Be sure to check the list of upcoming speakers for this month. Our Business Meeting is this Friday, please come and see what's happening with SIS. Karen Smith, chair of the Project Selection Committee, will be telling us about the RAK (Random Acts of Kindness) for December. We will also be voting on their recommendation for Project Selection recipients at the Business meeting Friday. Idelle will be sending around a sign-up sheet for the See's Candy Store at the Business meeting. We open for business on December 1, 2016.

We will of course be dark on Friday, November 25, 2016. Wishing you all a very Happy, Peaceful and Delicious Thanksgiving.

"I am grateful for what I am and have. My thanksgiving is perpetual." Henry David Thoreau

With gratitude, Lauren



SOROPTIMIST INTERNATIONAL - NOVEMBER 2016

## Aunt Bonnie on Holiday Beauty Offers

By Bonnie Coleman

One (perhaps the only) thing about being too sick to do anything is you get a chance to catch up on new sales pitches. (The formula hasn't changed since Pharaoh's man was selling those stone condos.) These are from some beauty products for the Holidays. (Truth in advertising - I may have paraphrased.)



### Opening:

- While I was watching some Irishmen mucking about in a bog...
- On a bikini photo-shoot in Morocco I met an old French woman with amazing....
- I came across an ancient book on beauty secrets of the Geishas....

**Question:** Really?

**Question:** Want to throw in a fact here? No, not even a little one?

### Follow-up:

- We have been working years to bring this secret to you. Now here it is...

**Question:** "We" who?

**Question:** Secret from whom? Apparently most of the Irish, Moroccan, and/or Japanese are in on it already....

### Process:

All you have to do is... (name a two-step process) saving you all the time, worry and frustration of... (name another two-step process, but use a frowny face and some really nasty adjectives). Cut repeatedly to beautiful 20-somethings poking a finger into a pot of something or slathering something over a body part while looking suspiciously...let's say *happy*.

### Results Guaranteed:

Clinical Results have proved that you will see results as quickly as the same (day, week, whatever). They are always "clinical results" in name, except they almost never are really. Mostly it's 83% of responders *thought* they felt an *improvement*.)

**Question:** What was the other 17% noticing? Did they dip too often into the pot?

### Conclusion:

You too can be this...*happy*. But hurry, supplies are running out already.

**Question:** You found a miracle, worked on it years and didn't make enough to get through one 6 minutes presentation?



**Bonus Question:** How many of these did I really hear? All of them (No, it wasn't the cough syrup.)

## See's Candy

December 1<sup>st</sup> - 24<sup>th</sup>

By Nancy Wolford-Landers

We are fortunate that Loehmann's Plaza at Fair Oaks Blvd. and Munroe Street has a vacant building that they have promised that we can use for our See's Candy retail store. It is at **523 Munroe Street**. It is next store to the small space we had about four years ago. It is actually a pretty good location, although it is small, because it faces right onto the street, so our sign is readily visible.

Start lining up your friends and relatives to buy their See's candy from you, this holiday season. Don't forget talking with business owners who might be planning to give Candy as gifts to their customers. We like the big volume sales!!!



As usual, the prices have increased again this year - the one pound boxes are \$19.30 and the two (Continued to Page 3)

(Continued from Page 2) pound boxes are \$38.60. The little Holiday boxes and Polar Bear boxes are \$7.00. But, remember it is **worth every bite!!!!!!!**

Please mark your calendars so you can volunteer to work a few shifts at the store. It is always fun, and a great way to become better acquainted with other Soroptimists with whom you might be working. This is a successful way for us to raise \$10,000 to

\$12,000 for our service projects, so everyone's help is needed and greatly appreciated.

## Soroptimist Protocol

By Nancy Wolford-Landers, Parliamentarian

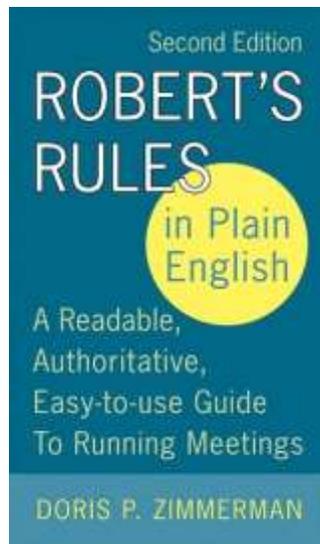
Since we have many new members, and some older members who might have forgotten, the Board has asked me to remind all of us of the Soroptimist Protocol. It is very important for the smooth and effective management of our club. Much of this is directly from the SIA website.

### Use Correct Terminology:

- We are Soroptimists – **not** Sorops.
- We are members – **not** sisters or girls.
- We are clubs – **not** chapters.
- We are a federation – **not** national or federal.
- We have a pledge – **not** a creed or motto
- We attend a club or district **meeting**, region **conference**, federation or international **convention**.
- We elect **region** officers – not regional officers.
- We believe in **Soroptimist** – not "Soroptimism".

### Proper Soroptimist Custom and Protocol:

- Begin and close meetings on time; be on time for meetings.



- Attend regularly.
- Address the presiding officer as president, governor or, if the vice president is presiding, by her title followed by her name, e.g. "Vice President Mary"
- Address another Soroptimist by her first name.
- Do business with Soroptimists on a business basis, expecting no favors of special treatment.
- Do not use the Soroptimist club as a venue to advertise your business. We are a service club, not a business networking club.
- Members will know your profession, and may contact you as needed.
- Pay your own way, unless you're invited as a guest or as a speaker.
- Invite Soroptimists and others (as deemed appropriate by the president) to business meetings, Welcome visiting Soroptimists.
  - Disagree politely and keep informality within the bounds of fellowship and parliamentary procedure.

On the SIA website, there are also protocols for seating and introductions of visiting Soroptimists and dignitaries which should be followed when those occasions arise.

Please take the time to review these protocol items and abide by them for a smooth operation of our club.



## A Halloween Story

It was a dark and stormy night. Suddenly a shot rang out. President Lauren softly murmured “(1) Yikes!” and ran to the (2) pony, wielding her gavel and expecting to see (3) children in costumes. Instead she found 1st Veep Debbie, dressed for (4) as a pumpkin hat. “What’s the matter?” asked Debbie, I’m really quite (5) in amazement right now.

Just then 2nd Veep, Sarah, strode in, head up, back straight, wearing a suit. She started to ask what they were going on about when suddenly she looked out on the veranda and shrieked (6) Son of a Biscuit!

That brought Recording Secretary Idelle and Corresponding Secretary Julie on the run with Treasurer, Kathy, and Assist. Treasurer, Phyllis, hot on their heels. Everyone started talking at once. Just (7) simmer down now said Idelle, calmly. Let’s go sit in the (8) Board Room so I can jot this down. “I saw (9) Vitek and they had a (10) pillowcase”, gasped Sarah, regaining her control. “Oh dear”, Julie softly sobbed, “I’ll have to write (11) Warren G. Bender Co. and (12) RS&E right away. They’ll have to know. Where is my fine point pen?”

“I think this is going to cost us”, bemoaned Kathy, “Just sayin’. Quick Phyllis, hand me my (13) pen”. I left it in the 14) shoebox, with the deposits lamented, Phyllis, while I was on the lam - I mean traveling.

“In that case”, said 1st Veep, Debbie, “better call the Board. Tell Mary and Jennifer to go to (15) madness ASAP, with or without the boy and the dog. And tell Carol, Paula, and Rosalie to bring (16) a condom with them for back up. Oh, and someone please get some cough drops!

“Cool your jets, ladies”, said Nancy. I wrapped up the whole thing while you were jabbering. Now, on to more important things, has anyone seen those little marshmallows that are so good in cocoa?”

Scene & fin

1. What you might cry out if you were startled. Yikes!
2. Something or someone you might run toward the pony
3. What you might expect to see on Halloween children in costumes
4. Something you might put on pumpkin hat
5. A state you might find yourself in amazement
6. An exclamation you often make Son of a Biscuit!
7. What you say to someone who’s out of control Simmer down now
8. Somewhere you like to sit on the Board
9. One of our corporate sponsors Vitek
10. Something you carry on Halloween pillowcase
11. One of our corporate sponsors Warren G. Bender Co.
12. One of our corporate sponsors RS&E
13. Something you carry for protection pen
14. A place for hiding things shoebox
15. A place to go for Halloween madness
16. Something(s) for protection condom

## Cast

President - Lauren Buchanan  
 First Vice President – Debbie Rubens  
 Second vice President - Sarah Lee  
 Recording Secretary - Idelle Claypool  
 Corresponding Secretary - Julie Horpedahl  
 Treasurer - Kathy Platz  
 Assist. Treasurer - Phyllis Moist  
 Board of Directors  
     2015-17 - Mary Locke, Jennifer Willis  
     2016-18 - Carol Adams, Paula Wright Rosalie Gladden  
 Parliamentarian - Nancy Wolford-Landers



**Our overall winner of the costume contest at our Halloween Party ... Georgia Presnell!!**

**Thanks to our CEO Partners!**



**Pat Canterbury's Book Launching on Saturday, October 29! "The Geaha Incident" WooooHooooo**

## **Speaker for November 11 – Robin Strickler**

Submitted by Janet Galliani



“I started as a middle school music teacher, got an MA in Linguistics, spent time in personnel management and taught English in a Japanese university for eight years: just the right resume for founding a high school in Rwanda! People often ask me “How did you decide to come to Rwanda and start a school?” The simple answer is that I married my husband John, a Rwandan Lutheran pastor who was born in exile in Tanzania. He was offered a slim reed of opportunity to get a secondary education, which made an enormous difference in his life. What he has done with that education is impressive. That and my own two very different experiences in two high schools convinced me that quality education is very much a “game-changer”. Rwanda is in the midst of a very serious change: from grinding poverty, war and genocide to a successful and purposeful nation: we are one aspect of that change.”

### **More about the Program**

**By Libby Bullock**

Robin Strickler is the founder and current Program Director of the Rwanda School Project, which currently operates the Rwamagana Lutheran School. It is a 5013c(3) governed by a Board of directors (I am one of the founding board members) and works in partnership with a Rwandan Board of Governors. The school is licensed by Rwanda's ministry of Education and is open to students of any religion.

Robin is passionate about kids, education, and Rwanda. She very much loves to share about Rwanda and the Rwanda School Project and she is an excellent speaker, very down-to-earth; warm, and always grateful to those who want to hear about the Rwanda School Project.

### **Our Vision Statement is:**

We envision quality secondary education that is universally accessible and equitable, with the aim to equip Rwanda's youth with the necessary skills and tools to develop into the next generation of skilled and compassionate leaders.

Sustainability is a central theme of the Rwamagana Lutheran School. This means that it uses environmental systems not only to meet today's needs, but those for generations to come. Environmental Studies is a key focus of our curriculum so that students are prepared for the radical changes in economy and environment that are accompanying climate change. Rwanda is Africa's most densely populated country and it faces significant challenges in resource management.

Rwamagana Lutheran School uses Expeditionary Learning (EL) as its framework. EL focuses on teamwork, critical thinking, inquiry-based science and math, and student responsibility for learning.

The website has a lot of information: [rwandaschoolproject.org](http://rwandaschoolproject.org).

## Sacramento Symphonic Winds

Submitted by Georgia Presnell

The Sacramento Symphonic Winds presented their beautiful classical music, 'FROM ACROSS THE POND' on Sunday, October 30, 2016, at the Crowne Plaza Northeast. Their concerts are very well known throughout the Sacramento and surrounding areas and are attended by hundreds of enthusiastic music lovers.



TIMOTHY M. SMITH, is Sacramento Symphonic Winds' newly appointed Music & Artistic Director. He is a seasoned conductor and veteran music educator. Some of his teachings include founding the instrumental music program at Gonzaga University in Spokane and 22 year tenure as Professor of Music at California State University East Bay in Hayward. Director Smith gave a vivid and profound story of each musical presentation which gave everyone a stronger understanding of the intensity and depth of each performance some of which included Festivo, Tribute to Canterbury, Illyrian Dancers and many others. A fifteen minute intermission was scheduled during which time prizes were distributed to a few lucky winners. This was followed with Georgia Presnell presenting a check in the amount of One thousand, five hundred and no/100ths Dollars (\$1,500.00), on behalf of Soroptimist International of Sacramento, to Timothy M. Smith, Director of the Sacramento Symphonic Winds and Marjorie Lehr for their continued musical support for Soroptimist International of Sacramento's charitable fund raiser namely their "EDIBLE GARDEN TOUR" which was held September 10, 2016. The participants at each home provided special musical enhancement and added greatly to the enjoyment of the hundreds of guests who toured the beautiful yards on their tour.

Following this presentation, the musical concert proceeded with the rendition of a special performance by Soloist Julian C. Dixon, who shared his passion for the creative arts as a professional tuba player, and a dedicated music educator having performed all across North America and overseas including Carnegie Hall, Tokyo Disneyland, Sacramento Choral Society and Orchestra and in 2000 he became a Faculty member of the California State University Sacramento School of Music. The

concert then proceeded with the Sacramento Symphonic Winds renditions of the profound music in Handel in the Strand, Second Suite in F for Military Band and closing with H.R.H. The Duke of Cambridge March.

A standing ovation was giving after the final performance and several of the devoted musical attendees offered their great appreciation to Georgia for the check which was presented to the Sacramento Symphonic Winds from Soroptimist International of Sacramento. Several attendees were very interested and inquired specifically about Soroptimist International of Sacramento and stated that they would look forward to other charitable endeavors that may be sponsored by them in the future.

A very special note of deep and sincere appreciation to MARJORIE LEHR for her continued personal, enthusiastic support and friendship for Soroptimist International of Sacramento and specifically for the charitable work they do in their dedication of improving the lives of women, girls and children in Sacramento and surrounding areas. Marjorie's dedication is not only to provide musical support to Soroptimist but she holds very dear the dedication and participation of each and every musician who volunteers to be a part of these charitable events.



**Georgia Presnell** - Soroptimist International of Sacramento (left)

**Timothy M. Smith**, Music & Artistic Director of Sacramento Symphonic Winds (middle)

**Marjorie Lehr**, performing musician and manager/publicity chair of Sacramento Symphonic Winds (right)

## Soroptimist Offers Scholarships (SOS) - \$650

### 2016-2017

Debbie Rubens  
Barbara Coulam  
Jennifer Willis  
Pat Canterbury  
Eva Garcia  
Corrine Joe  
Nancy Wolford-Landers  
**Janet Galliani**  
**Julie Horpedahl**

### 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**

**Bob Coulam** - Nancy Wolford-Landers, Lauren Buchanan, Idelle Claypool, Candace Holland, Susan Golob, Mary Locke, **Jolita Fong**

**Patty Blomberg** - Lauren Buchanan

### SOLT:

### Board Action Items:

- The Board voted to *Adopt the Project Selection Committee recommendation to grant an additional \$5,000 each to the Food Literacy Center and to Tubman House and an additional grant of \$10,000 to be given to 916 Ink.* The Club will vote at the Business Meeting.
- The Board would like to display the annual report that Venita produced. To that end the Board voted to *Purchase a stand and banner at a price of approximately \$180 with the expense to come from the Public Relations budget.*



### 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

### November Soroptimists! Happy Birthday

Jennifer Willis  
Corrine Joe  
Nilda Valmores

November 18  
November 22  
November 22



**SIS Program Schedule for  
2016-2017**

<u>Date</u>	<u>Speaker / Topic</u>	<u>SIS Member Contact</u>	<u>Confirmed</u>
<b>November</b>			
11/04/16	Business Meeting		
	Robin Strickler - Rwanda School		
11/11/16	Project	Janet Galliani	Yes
11/18/16	Cheryl Marcell - Railroad Museum	Dawn Cornelius	Yes
<b>December</b>			
12/02/16	Business Meeting		
12/09/16	Soroptimist House	Idelle & Nilda	
12/16/16	Holiday Event		
<b>January</b>			
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		
<b>February</b>			
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
<b>March</b>			
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	
<b>April</b>			
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