



## Soroptimist International Sacramento Newsletter October 2016

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### President's Corner

Submitted by President Lauren Buchanan



Welcome to Fall. I love this time of the year when the mornings and evenings are cooler and the days are still delightful.

We had an incredibly successful Edible Garden Tour. Thank you to Susann and Cathy for their leadership and to all of the many committee chairs and members who did an outstanding job. Thank you to those of you who sold tickets and brought guests with you. The final numbers are not in yet but it looks as if was a very profitable event. It truly takes a village.

We have our Business Meeting on the 7th, our CEO Partnership lunch on the 14th, a Dating Violence speaker arranged by Nilda on the 21st and last but not least...HALLOWEEN Party on the 28th.

One last event this month, our club is hosting the Sierra Nevada Region District 3 Conference. It is on October 29, at Shriners Hospital. Attendance is not mandatory but it would be wonderful to see our club supporting this event. It is a time to meet other members and learn more about Soroptimist. If you haven't met Governor Vicki, it is a good time to meet our new leadership in the region.

October, for me, is like the calm before the storm. We are getting ready to head into a very busy and stressful time of the year. I encourage you to take time to breathe and do some self-care before the holidays begin. So many times as women we just keep pushing and sacrificing ourselves for the greater good and forget to fill our own cup. Please be good to yourselves.

With Gratitude,  
Lauren



## Patty Blomberg

By Pat Canterbury and Susann Hadler

Soroptimist International of Sacramento (SIS) is famous for being the club of outstanding women, some who have moved to Oregon: Julita Fong and Nona Verloo, plus those who have passed on Shelby Henle, Barbara McDonald, Virginia Mueller, Erna Myer and just last month Patty Blomberg, who was only a member for five short years. All though not a member of SIS for long, Patty made her presence felt whenever a powerful and motivational speaker appeared at club. Patty never hesitated to express her opinion and give examples of how she, also, was contributing to the betterment of women and children. She chaired our



WOA/Violet Richardson committee shortly after joining the club and even on crutches and a walker helped to staff The SEE's Candy store, registration at Crab Fiesta and registration at our Edible Garden Tour fundraisers. Patty's enthusiasm will be missed as will her amazing personality.

## Aunt Bonnie and The Trunk Show

By Bonnie Coleman

Aunt Bonnie was recently invited to a trunk show, which, for the shopping averse, has nothing to do with trunks and everything to do with Competitive Shopping. Competitive Shopping is a breed as unlike to regular shopping as mixed martial arts is to tag-you're-it. It's fast, brutal, and exhausting. It's looking at and trying on everything you may be interested in as quickly as you can, while maintaining a veneer of graciousness,

cooperation, and general amity in a roomful of rivals. As something of a veteran of this kind of action, I will highlight for you tactics that prove useful in preparing for a successful sortie.

Launch Time - Early is usually better but you know your store and your body. You don't want to be surrounded by hungry, cranky, tired people, especially when you feel the same way. It makes it hard to remember that there are other lovely people in the world besides yourself who also deserve to live. It's also wise to plan a termination time. What profiteth a woman to win the object of her desire and lose her friend/reputation/sanity? Know your limits.

Rations - Eat protein and hydrate before you initiate contact. Bring bottled water and snacks if they won't be available (nothing salty, oily or liable to leave fingerprints on something expensive). Again, think protein and hydration. The wine and nibbles can wait until it's done (or you are). Bring whatever you are most likely to need for an emergency: aspirin, magnifiers to read cleaning instructions, tiny tape measure for inseams, sizes of Loved Ones if you are altruistic. If, God help you, you have to match something bring it if it's small; if not use a crayon to duplicate the shade.

Camaraderie - Not recommended. HOWEVER - if you have trouble making decisions, have a friend whose opinion you can trust, and neither of you are inclined to turn surly under stress, you may bring a companion. In this event it is advisable to pick up the tab, unless you are both active combatants.

Uniform - In one word, SIMPLE. In many words, a dress with a zipper, no belt, no ties, no fuss, one you can step into and



out. Nylons or no socks, definitely not knee-high socks. Slip on shoes with arch supports (if it's a long campaign or you have foot trouble) and a heel

closest to the height you usually wear. Wear your normal under things in good repair (what-if-you-have-an-accident-and-you-have-to-go-to-the-emergency-room). Limit jewelry to wedding rings or other things that won't come off. Trust me, you will be glad after the third change of clothes or shoes.

Denouement - Take a little time to return to reality before you jump into traffic. Have a cuppa' or a glassa'. At least take time to savor your success, brush off your frustration and laugh. You don't want to go back home with PTSD (Post Trunk Show Dyspepsia). Remember: It is never stylish to foist your bad mood on others.

## See's Candy

**December 1<sup>st</sup> – 24<sup>th</sup>**

By Nancy Wolford-Landers

It is getting to be that time of year again!!!! - When we will be selling See's candy, as one of our major Fundraisers.

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 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.

## *The Geaha Incident*

By Patricia E Canterbury

After the District Meeting when you're at a loss as to what to do next, come help Pat Canterbury celebrate at her book launch which is scheduled for Saturday, October 29 from 2-4 at Underground Books, 2814 -35th Street near Broadway, after the



District meeting. Come hear about a possible view of the 23rd Century and aliens and who may be "good" vs who may be "bad" and the detectives who sort through the confusing facts.

## SNR District 3 Fall Meeting

Submitted by Debbie Rubens

Come one; come all to the SNR District 3 Fall meeting. SIS is the host of this meeting so a good turnout from us would be great. It will be held on Saturday, October 29, 2106 in the Auditorium of Shriners Hospitals for Children Northern California located at 2425 Stockton Blvd in Sacramento. Registration will begin at 8:30 a.m. with the program beginning at 9:00 a.m. and ending at 2:30 p.m. The cost is \$22 per person and includes a continental breakfast and lunch. Come hear from Governor Vicki and the Sierra Nevada Board of Directors and the Regions Federation Liaisons.

We will also have a guest speaker, Elizabeth Voorhees, an attorney specializing in Family Law and Mediation. She is trained in Mediation and non-violent communication techniques. In 2014, she started an after-school program with high school kids as a volunteer around issues of bullying and conflict resolution techniques. She has also finished the first draft of a book for young women related to avoiding getting into domestic violence relationships.

To register, please send your name along with the name of any guest you may be bringing, and whether you are a first time attendee, with a check for \$22 for each person made out to "SIS" and mail to Lara Simmons, 132 Rambling Drive, Folsom, CA 95630 or call her at (916) 945-0892.

We look forward to seeing you there and learning the latest SNR news you can use!

## October 14<sup>th</sup> Program

### C.E.O. Program

By Nancy Wolford-Landers

Have you wondered what our C.E.O. (Corporate Encouragement Opportunity) is all about? This program will answer your questions and introduce you to our C.E.O. partners.

We are always looking for more large companies to partner with us in this endeavor. It is an opportunity for the companies involved to have more of a presence in the community and also gives our club support, both financially and emotionally. It is a win-win situation all the way around.

Do you know a company who might be interested in what we have to offer? Plan to attend and find out more about the companies who are our C.E.O. partners.

## Thanks to our CEO Partners!



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

**2016-2017**

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

**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**

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

**Patty Blomberg** - Lauren Buchanan

**SOLT:**

**Board Action Items:**

- The Board recommended to the membership to accept applications submitted by Regena Boyland, Kristy Fitzgerald and Lara Simmons.
- There is a Google grant available to non-profits for \$10,000 worth of free banner ads. Mitchell Gaskey of Real Clear Metrics has offered to manage the ad campaign for free. We could use it to advertise our fundraising events or for membership, etc. The Board approved a motion to have Kathy Platz apply for the Google grant so we can move ahead with that which Real Clear Metrics has to offer.



**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\October Soroptimists!  
Happy Birthday (Opps from last month)**



**September**

Venita Sivamani	September 9
Marjorie Matsinger	September 20
Mary Kobane	September 22
Sally Day	September 23
Mary Kobane	September 22

**October**

Nina Prychodzko	October 2
Idelle Claypool	October 2
Maggie Bender-Johnson	October 15

**SIS Program Schedule for  
2016-2017**

<u>Date</u>	<u>Speaker / Topic</u>	<u>SIS Member Contact</u>	<u>Confirmed</u>
<b>October</b>			
10/07/16	Business Meeting		
10/14/16	Cathie Anderson - Sacramento Bee	Nancy Wolford-Landers	
10/21/16	Dating Violence	Lauren & Nilda	
10/28/16	Halloween		
10/29/16	District 3 Meeting - Shriners Hospital Auditorium		
<b>November</b>			
11/04/16	Business Meeting		
11/11/16	SIS Website Overview	Nancy Wolford-Landers	
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

## 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		
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		

# Soroptimist Halloween Luncheon

Friday, October 28th 11:30am- 12:30pm

Casa Garden – 2760 Sutterville Rd, Sacramento 95820

## Costume Contest:

Most Creative

Funniest

Best Overall

