



Sheryl Longworth <blastsnr@soroptimistsnr.org>

SIS October 2024 Newsletter

1 message

SIS Newsletter Team <sisoroptimist@214203578.mailchimpapp.com>

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Reply-To: sisoroptimist@gmail.com

To: blastsnr@soroptimistsnr.org

**October 2024****President's Corner**
Regena Boyland

Greetings SIS Members!

It's hard to believe that Fall is upon us already! Where did the summer go? Although the weather has not quite adjusted to the season yet, I like this time of year when the weather begins to cool down, making it the perfect time to take in the fresh outdoor air with a nice stroll in the park, great music at an outdoor festival or working in the yard. Whatever, your favorite past time, I believe it's good for your soul and positively influences you and the environment around you. I am proud that our club continues to dedicate efforts toward our mission of providing women and girls access to education and training so that they can achieve economic empowerment. These selfless acts not only support our mission but improve the lives of the community we serve.

As I reflect on our mission, I am reminded of Soroptimist Founders Day, October 3, 1921, the date on which the first formal Soroptimist presentation of the Charter and officer installation was held in Oakland, Ca. The work that Soroptimists started over a century ago continues to this day and we are still moving right along. As we just started our club year last month, committees are busy making plans to move forward to accomplishing a successful and fun-filled year.

Thanks to the dedicated members in our club, many tasks are in motion here at SIS. Chairs have already begun meeting with their committees to make plans for activities to enhance our club's knowledge, member engagement and mission-driven projects. For example, committees are preparing topics to present to our club to broaden our knowledge of Soroptimist and leadership development, arranging guests to come speak at our club speaker meetings, planning member engagement activities, organizing our dream program and other projects (such as Live Your Dream & Money Matters programs and fundraising events). In addition, there is the behind-the-scenes work that goes on such as coordinating reservations for our meetings, reviewing guidelines, ensuring our accounting is on track, creating the newsletter each month (and reminding us to submit articles) and so much more. As you can see, there is a lot that goes on to keep the club

going. I just want to acknowledge all of the work that each SIS member contributes and to express my sincere appreciation for your dedication and great work! Together, we can continue to make great strides as we focus on our mission and the reasons we choose to be a part of the SI Sacramento club.

I'd also like to congratulate our club and seven other clubs in the Sacramento area for being awarded a Burnett Award by the Sacramento History Museum. The award will be presented on October 10. One other reminder; I hope you can join me at the District 3 Fall Meeting in Elk Grove on October 5. This is a great opportunity to meet Soroptimists from other clubs and find out more about our District. Stay tuned for other upcoming activities and events, and enjoy the October weather!

2024-2025 Officers & Board of Directors

President - Regena Boyland
1st Vice President - Yoli Manzo
2nd Vice President - Sally Day
Treasurer - Minisha Trivedi
Assistant Treasurer - Idelle Claypool
Secretary - Mary Wordlaw
Director 2024-25 - Dr. Jean Swenk
Director 2024-26 - Kelly Garfield
Parliamentarian - Phyllis McMaster Moist



SIS Book Club Update

by Glorian Mengelkoch

We are starting off the year with some fabulous reads. Our first book is the "Unstoppable Elize Haycraft" by Diana Dempsey. We will be gathering to discuss it later in October either at a restaurant or someone's home. If anyone is interested in joining us, don't hesitate to contact me. It's a great way to bond and get to know each other better. My email is glorian5386@gmail.com.



Member Spotlight

Debbie Rubens

What better way to celebrate a milestone birthday than a river cruise in lovely France with friends? That's how Debbie Rubens did it up just right this past August. The Uniworld River Cruise included Paris as well as Normandy and many other amazing areas of France. Just perfect! France is just one of the many places Debbie has visited as travel is a high priority for her.

Debbie joined SI Sacramento in 2009. She was invited to speak by her friend, Dawn Cornelius, who was to be the president the following year. Not only did Debbie enjoy giving a talk on emotional intelligence and meeting the members, she liked what she saw and believed in the mission of Soroptimist so after visiting a couple of other meetings, she was inducted as a member.

Debbie got involved right away with committee work like the scholarship committee, finance committee and others. She loved being involved in projects like Gifts from the Heart, Random Acts of Kindness and being involved in the Project Selection Committee. Debbie is also a past president, and I remember her fun football theme in 2017-18. Before that, she served on the Board as 1st and 2nd Vice President.

Debbie is an active member of the community and at her place of employment. She is a member of the Junior League (where she started as a member when she lived in Florida) and Rotary Club. She is also the Chair of the Board of The Boys and Girls Club and has been for a number of years. She volunteers at Loaves and Fishes several times a year with her Rotary Club. Debbie clearly has a volunteer heart and always looks to be a helper.

After moving to Florida at age 11 (born in New York), Debbie went to Florida State and interned as a juvenile probation officer in Miami. That led her to social work where she thought she would end up. After she finished her degree, she applied for an internship with the Florida Governor's Office (Governor Bob Graham) where they accepted one person from each of the eight Florida state universities. Thinking she didn't have much of a shot because it was so competitive, she figured, 'why not?' and then she was chosen! The job was with the Department of Women and Families, and she is still friends with her then boss who now lives in Tallahassee. After the internship, she worked for the Department of Commerce and then in political consulting (NOT her cup of tea!) and then landed a job as a hospital recruiter. She figured she'd stay in Florida forever and then...she was recruited by Mercy General Hospital on J St in Sacramento where she stayed for 5 years before being lured away by Shriners Hospital. 22 years later, Debbie is still in HR with Shriners Hospital

for Children. In fact, Shriners provided a meeting place for SI Sacramento for a couple of years after Casa Garden closed.

Debbie is the proud mom of two dogs, Tigger and Scooby. When she is not working, she loves to read, shop, explore new places and restaurants, hang out with friends, travel and volunteer.

Thanks to Debbie for her contributions to the world through her work and service.

Save the Date

Holiday Party

Wednesday, December 11

4:30-6:30 pm

Brickland Bistro

Sacramento

[More Details to Follow](#)

Soroptimist Offering Service (SOS) Donations for 2024-2025

SOS is a voluntary \$50 donation, and it gives members the privilege of bragging and sharing news at SIS meetings. Members can donate any time!

Thank you to the following members who have donated to SOS:

Pat Canterbury
Kelly Garfield
Janet Galliani
Nilda Valmores
Jennifer Willis
Idelle Claypool
Bonnie Coleman
Mary Locke
Glorian Mengelkoch
Phyllis McMaster Moist
Cathy Diepenbrock
Barbara Smith-Nash
Karen Smith
Elaine Pesce
Mary Kobane
Nancy Wolford-Landers
Corrine Joe
Mary Wordlaw



October Birthdays
Idelle Claypool 10/2

Mary Ann Selvage 10/8
Laurie Norris 10/11
Alexandra Darling 10/16

2024-25 Meeting Dates

All SIS meetings are held on 1st and 3rd Fridays (except April 25)

Location: Swanston Community Center ([2350 Northrop Ave.](#), [Sacramento](#))

Board Meetings are held on the Tuesday before the Business Meeting. All are welcome. Contact President Regena about location information if you want to attend.

Upcoming Events:

October 4	Business Meeting
October 5	District Meeting (Elk Grove)
October 18	Speaker Meeting- Lisa Cardoza, President of American River College
November 1	Business Meeting
November 15	Speaker Meeting (TBA)
December 6	Business Meeting
December 11	Holiday Party (4:30-6:30p) Brickland Bistro
December 20	NO MEETING

SIS Newsletter Guidelines

Newsletter chairs: Karen Smith and Glorian Mengelkoch

The SIS newsletter is published monthly between September and June.

Submissions shall highlight activities related to the club's mission, news about members, upcoming events and SNR/SIA/SI information.

The SIS President, Karen and Glorian may request submissions from various members depending on the month's activities. Also, we encourage committee chairs to submit articles related to committee work so other members are informed about what's happening. You don't need to wait to be asked. Write away!

Guidelines:

- The submission should be sent as an attachment on a Word or Google document. Please do not submit in the body of an email.
- Photos are encouraged. Please send as an attachment in the email that includes the article attachment. Please do not add the photo to the article but send separately.
- It would be helpful if the email subject line stated, "Newsletter Submission" and the general topic so emails are not lost.
- All submissions are due no later than the 22nd of each month. This will allow time for editing and layout.

Please submit to Karen (kmsmith22@gmail.com) by the 22nd of each month.



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