



Greetings from the President



Genny Fulp, President

Hello Members,

As I start this new fiscal year as your new President, I would like to thank all of you for allowing me to start this venture. I feel very excited, and yet apprehensive; but with your support I will do all in my power to build this club up and move it to new levels. I am hoping to return to what this club originally was about: "helping women and girls." With your help, we can do this.

I am told there are many in our area that need a hand-up, and not a hand-out. Those are the ones we will target. I will reach out to you for help and with all of

us "pitching in," it can be done.

I also want to welcome the new board members. As we all know what an outstanding group of ladies you are, I want to thank each of you for all you will do to help make this the best club in District III.

I am also reaching out to the other club members as we prepare for our Retreat in August. I trust we will all be in attendance, and that you will give your opinions and ideas on where the club will be in the future. There will also be appointments of new committee chairs to our three

committees. The committees are: Operations, Service, and Public Relations, to help us move forward.

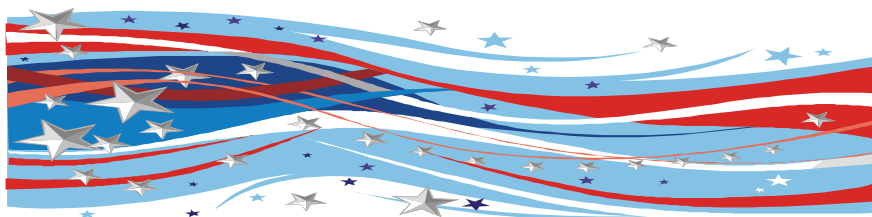
We will be hosting the District III Meeting in October, and I hope to have "all hands on deck" to help with this event. We welcome all ideas.

As you see there are many issues before us, and I am asking for your assistance and willingness to see us through this year. Thank you.

Genny Fulp
President, SIEG

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SAVE THE DATES - Fun times ahead!

July 9	July 18-19	August 10	October 18
2 nd Wed. Lunch JimBoy's 8670 Elk Grove Blvd, Elk Grove 11:30 a.m.	Soroptimist Development Retreat, Reno NV Click Here for more info.	SIEG Retreat, 710 Village Drive, Galt TBD	District III Winter Mtg. TBD



JimBoy's

2nd Wednesday Lunch

This month we will meet at [JimBoy's](#) 8670 Elk Grove Blvd, Elk Grove, at 11:30am, on July 9th.

Last month we ate at El Novillero; everyone enjoyed their meal.



Soroptimist Development Retreat

Don't miss out on this spectacular opportunity to learn the ins and outs of leadership positions for our club. President and Treasurer workshops await! Additional workshops will assist us in building stronger and better leaders, help in attracting prospective members, and creating a welcoming atmosphere for members.



Remember, our club pays expenses for this training. There is still time to register – they have waived the late fee.

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Mark Your Calendar!



SIEG Retreat

August 10, 2014

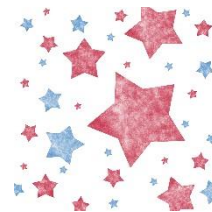
Emerald Village
710 Village Drive
Galt, CA

The Retreat runs from
8:00am – 4:00pm

This is your opportunity to help plan our course for the year. Bring your upbeat attitude, open mind and expectations. [Click Here](#) for a map.

June & July's Joyous Birthdays

June 19 – Karin Lindner
July 10 – Betty Hall
July 13 – Carole Crump
July 20 – Liz Gentile
July 29 – Denise Costello



Call to the SNR July Board Meeting

July 20, 2014 - You're invited: Region Board, Region Committee Chairs, Coordinators and members, Past Governors, Club Presidents and Members.

Please join the SNR Board at the first board meeting of the 2014-2016 biennium. All Soroptimists are invited and welcome to attend; please give them ample notice to ensure sufficient seating. The location is Atlantis Casino Resort Spa, 3800 S. Virginia St., Reno, NV. The meeting starts at 8:30 am.

[Click Here](#) for the Agenda.

August 10 is our annual Retreat. This year we will meet in Galt. This is our retreat; we should come prepared so we can start on the same page. The last two pages of this Newsletter are documents that were used last year with good results. Please complete and return those documents to Betty Hall **by July 18**. The documents are **Membership Quick Checkup** and **SWOT Analysis**.

Facebook 101

Submitted by Tracey Edwards

This column will return in September. This will give you time to play around Facebook and decide what you would like to learn about.

We've Moved

After studying the issue, many discussions and one vote at the SNR Conference in Reno, Nevada, our district lines have been re-drawn. District III not only includes all of the Sacramento area clubs, but encompasses all of the clubs along Highway 50 (in alpha order): Cameron Park/El Dorado Hills, Elk Grove, Greater Sacramento, Metropolitan Sacramento, Placerville, Rancho Cordova, Sacramento, Sacramento North, Sacramento South, and West Sacramento.

Along with that change is the new District III Director for the next biennium, Barbara Smiley from SI Placerville. Barbara works as a manager of clinical volunteers for Snowline Hospice. Congratulations Barbara on your victory!

What Other Soroptimists are Doing

- SI Mackay (Australia) supported a "Real Me Shine" Program, teaching girls at a local school to value themselves and make better choices, through sessions on self-awareness, healthy lifestyles and healthy relationships.
- SI Bangalore (India) Bead to Lead project enables young women to improve their skills and therefore own employment and income. Bead to Lead is a jewelry workshop. The money earned at the end of the workshop allowed the women to send their children to school for a year.
- SI Selby (UK) wanted to make a card that all women and teenagers could carry with contact details for domestic violence, rape crisis and sexual health services numbers. As women at risk of domestic violence are often monitored or controlled by the perpetrators, they needed to find a way to make them acceptable. To do this they added general numbers such as health, police, crime-stoppers, alcohol and drugs, Samaritans and debt services. The cards have been distributed to homeless shelters, drug works, domestic abuse service, health visitors and the local college.
- SI Palm Desert and other clubs in their Region have supported the Soroptimist House of Hope for 32 years; it is a 6-bed, residential and family-style recovery home for women who seek recovery from their substance abuse disorders. This latest fundraiser raised money to donate toiletries for clients.

"Live as if you were to die tomorrow. Learn as if you were to live forever."

Mahatma Gandhi

GoodReads

On The Web

Here are some quick links for when you're wandering through the Web looking for interesting and informational tidbits!

Our (SIEG) Programs
SI Elk Grove

My Sister's House
Soroptimist SNR

Our Global Impact
SI of the Americas

SoroptiVoice Blog
Soroptimist Int'l

Please share with your editor when you find something interesting that your fellow members would benefit knowing about, whether a photo, a video, or blog.

“Out ‘n About” SIEG Supporting Others

Tracey Edwards and her husband Jack had a fantastic trip to Europe: Malta, Spain, France, Italy, Turkey and Greece.

While in Malta, Tracey had the opportunity to meet up with a few SI Malta members.



On June 17th Annajean and Marv Neill celebrated their 47th wedding anniversary.



On May 15th Leigh presented a \$300 check to Jackie Lewis of the Strauss Festival, \$1,000 to St. John's Shelter and \$1000, to the Elk Grove Food Bank.



The students from the Independent Living Program were so pleased and grateful for the special Fiesta in the Park we put on for them, they created a Thank You banner for the club. It was presented by Michelle Saetern and Kim Parker.



ILP Thank You Banner

On June 28th, the Run 4 Independence benefiting the Elk Grove Food Bank was a great success.

Club members helped out in various ways. Below: Marly Hansen, Marie Wood, Genny Fulp and Kristine Smith



Registration Desk



T-Shirt Pick-up

Above: Leslie Konopinski, Betty Matsui and Karin Lindner.

We also staffed a booth and had people lined up at our spinning wheel!



We even had some runners! Besides Ramona Johanson, Leigh Nurre, Leslie Konopinski, and Marly Hansen also ran.



Ramona and her son Paul

And there was fun! Here are Leigh and Diane Hollingshead with EG firefighters and the Chick fil A cow!



SOLT – Learning More About Soroptimist

The ABC's of Soroptimist

Objectives

- Increase economic opportunity for women and girls
- Improve educational and training resources for women and girls
- Increase positive outlets for girls and young women
- Improve women and girls' health care and access to services
- Decrease violence and human rights abuses against women and girls
- Decrease discrimination against women and girls
- Improve conditions for working women
- Increase the number of women in workplace leadership positions.

*We would love to hear from you!
Here's our contact information:*

Soroptimist Int'l of Elk Grove
P.O. Box 881
Elk Grove, CA 95759

www.SoroptimistElkGrove.org

Email us at:

hello@SoroptimistElkGrove.org

New Member Bio

Here's your opportunity to get to know Marly Hansen, one of our new members.

When asked why she joined SI Elk Grove, Marly responded that "...the service mission and the warm and friendly members were what drew me."

What she enjoys most about SI? The members, definitely!

When asked what would members be surprised to know about her, Marly said, "I'm always surprised to learn what's on someone else's iPod, so maybe my tastes

would be surprising as well. It's always on "shuffle" and selections range from oldies (Beatles, Beach Boys, Motown) to baroque, great organ, traditional hymns, John Phillip Sousa, Flatt & Scruggs, Josh Groban, Celtic Thunder, etc."

So, the next time you see Marly, share with her who YOU'RE listening to, whether it's on the radio, your iPod, or cassette tape or V-8, I mean 8-Track.

Thanks for choosing us, Marly!

New Slate of Officers

Comments submitted by Tracey Edwards

The nominating committee offered and the following members were installed for the 2014-2015 year.

President – Genny Fulp

President-Elect – Tracey Edwards

Treasurer – Janet Brabender

Asst. Treasurer – Betty Matsui

Recording Secretary – Peggy Ursin

Corresponding Secretary – Marly Hansen

Delegates –Karin Lindner and Gale Brodie.

As the new officers step forward to take the reins of this club, I hope you will welcome their ideas, their energy and their personalities.

There may be missteps, misunderstandings, or missed opportunities. But, the intention behind all acts and ideas will be good.

So, thank you in advance for your good wishes.

If your actions inspire others to dream more, learn more, do more and become more, you are a leader.

John Quincy Adams

Kohl's ChildSpree

For the June program meeting we had Sandi Waite, a nurse/counselor with the Elk Grove Unified School District, who came to speak about Kohl's ChildSpree. She is looking to receive a donation of \$250 from the club to assist with the event.

Also in attendance was Kim Parker, representing Foster youth. She brought her team of co-workers. They shared their experiences with foster youth, the programs they provide such as tutoring, counseling and helping with the student's transition.

Random (and sometimes wacky) Tips

Submitted by Sherry McLellan

Isn't this a cute craft idea for the Fourth? Gather up you kids or grandkids and dig out that stash of buttons you have tucked away (or go to JoAnne's to buy some!) and make a patriotic decoration for your home!

You could use fabric or scrapbook paper to cover a piece of cardboard for the background. I would use Allene's Tacky glue to glue on the buttons...it is strong and dries clear. Have fun and Happy 4th of July!



SIEG OFFICERS

Genny Fulp
President

Tracey Edwards
President-Elect

Janet Brabender
Treasurer

Betty Matsui
Asst. Treasurer

Peggy Ursin
Recording Secretary

Marly Hansen
Corres. Secretary

Gale Brodie
Karin Lindner
Delegates

Diane Hollingshead
Club Ambassador

Betty Hall
Parliamentarian

Tracey Edwards
Newsletter

Red, White and Blue Trifle

Submitted by Sherry McLellan



The Fourth of July is just around the corner and this is a perfect dessert to celebrate the holiday. In addition to being very simple to put together, it was originally adapted from a Weight Watchers recipe, so there is no reason to feel guilty about having dessert! Brilliant!

Ingredients:

1-10 oz. angel food cake, cut

into 1-inch cubes. Store bought cake makes it a snap to put this together. You could also use pound cake but that would affect the calories, etc. Darn.

2 pints strawberries, sliced
2 pints blueberries

For the cream filling:

6 tbsp. fat-free sweetened condensed milk

1 1/2 cups cold water

1 package sugar-free white chocolate or vanilla instant pudding mix

12 oz. fat-free frozen whipped topping, thawed

Instructions:

Whisk the condensed milk and water in a bowl. Whisk in the pudding mix for 2 minutes. Let stand for 2 minutes or until soft-set; fold in the whipped topping.

Arrange half of the cake in the bottom of a 14-cup trifle dish. Sprinkle evenly with a layer of blueberries. Gently spread half of the cream mixture over the blueberries. Top with a layer of strawberries. Layer the remaining cake cubes on top of the strawberries, then add more blueberries and top with the remaining cream mixture. Finish with the remaining strawberries and blueberries, arranging them in a pretty pattern. Cover and refrigerate at least one 1 hour.

Servings: 14 • **Serving Size:** 1 cup • **Old Points:** 3 pts • **Points+:** 4 pts

Calories: 169.1 • **Fat:** 0.4 g • **Protein:** 2.5 g • **Carb:** 38 g • **Fiber:** 3.0 g • **Sugar:** 16.5 g

From *Adapted from skinny-taste.com*

CALENDAR SNAPSHOT

July 9 2nd Wednesday Lunch, JimBoy's restaurant, 8670 Elk Grove Blvd, Elk Grove

July 14 Board Meeting –Janet Brabender's Home, 8793 Valley Oak Lane, Elk Grove

July 18-19 SNR Development Retreat, Reno, Nevada

Aug 10 Annual Retreat - 710 Village Drive, Galt

Sept 28 Bunco Fundraiser, Camden Springs, 8476 Sheldon Rd., Elk Grove

Soroptimist Websites



SIERRA NEVADA REGION
WWW.SOROPTIMISTSNR.ORG

Governor: Jackie DeMartini

SOROPTIMIST INT'L OF THE AMERICAS
(FEDERATION)

WWW.SOROPTIMIST.ORG

President: Cheri Fleming



SOROPTIMIST INTERNATIONAL
WWW.SOROPTIMISTINTERNATIONAL.ORG

President: Ann Garvie



July 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Black – SIEG Green – Fun Orange – Supporting Blue - Info		1	2	3	 Happy 4 th of July	5
6	7	8	9 2nd Wednesday Lunch	10 Betty Hall's Bday	11	12 Senior Center Pancake Breakfast
13 Carole Crump's Bday	14	15	16	17	18 SDR in Reno	19 SDR in Reno
20 Liz Gentile's Bday	21	22	23	24	25	26
27	28	29 Denise Costello's Bday	30			



Membership Quick Check

As a tool to help each of our members get the most out of their experience with Soroptimist International of Elk Grove we ask each member to fill out this questionnaire and return it with your dues payment. Thanks you.

First Name: _____ Last Name: _____

A. In general, which of these three statements best describes how you feel about your level of involvement this past year:

- _____ I haven't been involved enough and would like to be asked to do more.
(If you checked this one, please give us some idea of what you would like to help with, ex. Fundraisers, thank you notes, projects, guest speakers, etc)
- _____ I'm pretty happy with my current level of involvement
- _____ I'm feeling like I've been over-involved and would like to get a little relief during the coming year.

B. During the coming year, on average, how many hours per month are you willing to give to this club? This includes meetings, programs, fundraisers, etc. Please check the appropriate box:

- | | |
|------------------|-------------------|
| _____ 4-6 hours | _____ 11-15 hours |
| _____ 7-10 hours | _____ 16+ hours |

C. Name your two favorite club activities during the past year:

D. Name two things that you think we really need to improve upon during the coming year:

Soroptimist International of Elk Grove

SWOT Analysis

Strengths:

- *What have we done well this year?
- *What is working for us?
- *What skills are we strong in?

Weaknesses:

- *What could we have improved?
- *What didn't work so well?
- *What skills are we lacking?

Opportunities:

- *Where do we have opportunities to grow?
- *What opportunities have we heard about this year that we might want to get involved in?

Threats:

- *What poses a potential risk to us in terms of membership, fundraising, public awareness, or programs?
- *Any risk to our events?