



Greetings from the President



Genny Fulp, President

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Hello Members,

Thankful 2014

Just a few of the things I am thankful for:

- For my family and friends;
- For all the SIEG members;
- For the many hours that the members have given to our projects;
- For the ladies who made the Bunco game so successful;
- The for many hours that were spent at the Multi-Cultural & Pumpkin festivals;
- For the committee and members who made the District Meeting the success it was (thank you many times over

for that);

- For our lunch bunch, who gets together once a month, well, just to get together;
- For our veterans who have given so much, and haven't asked for any more than needed (All gave some, some gave all, a heartfelt thanks to you especially);
- For all the Food Bank does for the less fortunate in E.G., that just need a 'hand-up', not a hand-out; and,
- For all of the above and more.

"Volunteers are never paid, not because they are worthless, but because they are priceless..."

~ Author unknown

I know I deviated from the usual 'welcome' but I felt I had to express my gratefulness for all of you. Also, for us living in this great country, and who made it this way, and that is our Veterans. We do honor them this month, and I felt I had to as well.

I wish each and every one of you a wonderful Thanksgiving.

Genny Fulp
President, SIEG



SAVE THE DATES - Fun times ahead!

November 7	November 12	November 20	December 5
Program Meeting CCSD Admin Building 7:30 a.m.	2 nd Wednesday Lunch Baguette's Deli 11:30 a.m.	Business Meeting See's Candy Store 6:00 p.m.	Program Meeting CCSD Admin Building 7:30 a.m.

"As you grow older, you will discover that you have two hands, one for helping yourself, and one for helping others."

~ Audrey Hepburn



Scrumptious!

2nd Wednesday Lunch

This month we will meet at Baguettes Deli, 8351 Elk Grove Blvd., Suite #100, Elk Grove, at 11:30am, on November 12th.

Last month we ate at Sinful Treats; everyone enjoyed their meal *and* dessert.



Mark Your Calendar!

Soroptimist
Fundraising with

See's
and
Holiday Boutique

November 7, 2014

SIEG See's Candy Store
Elk Grove, CA 95694

Supplies from the storage unit will be brought over on Thursday, November 6th. We need the members' help to decorate the See's Candy Store, and right after the Program meeting (**November 7th**) is the perfect time as we will be together!

Please make plans to be there; the more we work together that faster we can get it finished.



Have you signed up to receive your weekly "wednesDAYDREAMS?" There are words of wisdom, a quick laugh or a fun bit to keep you smiling throughout the rest of the week.

Last week's DAYDREAM was "[How to be Happier at Work](#)." It has tips on how to feel better on the job. And, as you know, if you feel better at work, that carries over to your home life.

Stop Teen Dating Violence Discussion with ILP Students

By Diane Hollingshead

I'd like to thank Janet, Annajean and Officer Bradley for assisting with the STOP Teen Dating Violence discussion with the EGUSD Independent Living Program (ILP) foster students.

We had a great open discussion; the instructors, students and CHP Officer Bradley and SIEG all added their input. With each presentation it is surprising how much the students want to be heard and want to hear from others whether from other students or adults and share how the subject has touched their friends and/or family.

Also, we learned that the students would be gathering this Saturday to prepare scholarship applications, about five students from UCD will be assisting. This was another opportunity to speak about the Violet Richardson Award and the Elk Grove Regional Scholarship Foundation.

We did share with Michelle that SIEG would not be organizing the ILP class completion winter graduation dinner.

Again, I'd like to thank Janet, Annajean and Officer Bradley for sharing their time with the students.

November Program Meeting Speaker

Ed Kelly is the former Assistant Chief of Police for the City of Elk Grove, retiring after 29 years of law enforcement in the Sacramento Sheriff's Department and the Elk Grove Police Department. He has been working to assist the homeless in the city since retirement has joined with other retired executives to create the organization PATH (People Assisting the Homeless.)

"Problems are not stop signs, they are guidelines."

Robert H. Schuller

Wellspring Women's Center

[Wellspring Women's Center](#) is one of the organizations that SIEG, as well as other Soroptimist clubs in the area, have been supporting for years. It is a place for women and their children to come by for a nutritious meal or two, benefit from their Wellness Program, Art of Being program, advocacy, and safety net services. There's even a very welcoming children's corner.



On Thursday, October 30, 2014, the Wellspring Women's Center had a celebration to unveil the beautiful mural created by local artist Frankie Hansbearry (pictured below in the center). The mural, entitled "Friendship Garden" was designed by Frankie, and created with the help of staff and guests. Also shown, member Tracey Edwards and Sister Judy Illig, Executive Director of Wellspring Women's Center.



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.

Peggy's Canadian Adventure AKA 43rd Biennial Convention



SIA Convention – Part Two

Last month's newsletter touched upon the excitement and logistics of the 43rd Biennial Convention in Vancouver, so this month's notes will cover some of the topics addressed in major speeches and workshops. Providing informational workshops for members from a couple of dozen countries, and having translation for non-English speakers is a huge task, but the organizers somehow managed. Sometimes, a member wanted to address the assembly on a point during voting, and a translator literally ran from the back of the auditorium to the front microphones to assist – amazing!

Updates: Club giving has increased for the second year, up 21%; that gives the Federation the ability to promote and award more Live Your Dream (formerly Women's Opportunity) Awards. A Google grant of \$120,000 plus a \$10,000 grant from the American Society of

Executives made a tremendous difference. There are only 27 employees at the Philadelphia Headquarters, but they manage an enormous interface amongst and for clubs on three continents. Donations do not go to operating expense; only to supporting Soroptimist programs.

Today, one in three girls will not complete secondary (high) school, so the focus on educating and providing career information for girls has become a paramount one for Soroptimist. That's the emphasis of the "Dream It Be It" campaign. The adage, "If you want to end poverty, educate girls" underscores the role that education plays in improving lives. We have the opportunity to capitalize on the strength of the human spirit and change the world. That's heady stuff! Soroptimists were reminded that members can be career role models, mentors, and cheerleaders for girls seeking information about education and career opportunities. In January 2015, SIA will release the curriculum or outline of the program for clubs throughout the federation. That will provide a guideline for clubs to learn about the new program, decide what each

club wants to do in that vein, and begin to design, create, and implement a well thought-out plan.

Besides general assembly presentations, the Convention featured many workshops in smaller conference rooms, which really encouraged conversation amongst members of so many clubs. It was energizing! Workshop topics included membership, fundraising, personal development, public awareness, leadership development, the power of coalition with other like-minded groups, figuring out personal financial worth, and finding grant funders. There was no way I could attend everything! I met a mother and daughter, both professional harpists, from Japan; a lady from nearby Manteca who has her own personalizing business and will put the Soroptimist logo on just about anything in embroidery, sequins, or whatever; I made a fast friend of an artist/author from Victoria, B.C. who wants me to hurry up and learn more from Tracey's instructional articles on using Facebook so I can join her Western Canada Soroptimist Facebook group; and I hung out one evening with three crazy, er, FUN ladies from Lincoln, CA. It was

exciting to see our own Sierra Nevada Region former Governor Poco Davis address the giant assembly as the incoming SIA President – and sometimes disregard the teleprompter wording to motivate women with her own "colorful" language!

Over 450 clubs were represented at the Convention, so the chance to exchange ideas and club practices was never-ending. My biggest regret is that I didn't take some of our Teen Dating Violence materials with me to exchange with other women – they would have been a huge hit. The City of Elk Grove pins I did take disappeared quickly, and you'll see on the rudimentary poster I created some of the items that other clubs use for "giveaways." The Convention was a wonderful opportunity to see another side of Soroptimist that we don't get to experience in Elk Grove, and I am grateful for the opportunity to attend. In 2016 the SIA Convention will be in Orlando, and next year's worldwide Soroptimist International Convention is in Istanbul. I'm not going anywhere near either of the two places, but will NEVER forget the experience of Vancouver!

“Out ‘n About”



On October 4th & 5th, some of our members (**Peggy Ursin, Sherry McLellan, Leslie Konopinski, Janet Brabender, Lorna Buechler and Annajean Neill** pictured above) worked our booth at the Elk Grove Giant Pumpkin Festival. It was an opportunity to not only hand information about our Stop Teen Dating Violence program, but to also get our name and face out there.

Following are pictures of some of our members who joined together to help sort out a storage unit belonging to the Elk Grove Food Bank. Pictured are: **Leslie Konopinski, Lorna Buechler, Annajean Neill, and Janet Brabender.**



Below are: Leigh Nurre, Karin Lindner, Betty Walters, Mary Anne Chappelle helping out at the Elk Grove Food Bank.



Mary Lewis, President Genny Fulp and President-Elect Tracey Edwards attended the Elk Grove Chamber Mixer at Bravo's Soup and Sandwich Shoppe.

They had the opportunity to mingle with other local businesses and hand out flyers for our Bunco Fund-raiser and See's Candy Store.



District 3 Fall Meeting

On October 18, 2014 Sierra Nevada Region District 3 held their Fall District Meeting at Cosumnes River College. Every one of the ten clubs in the region was represented. Below are pictures from the event.



SIEG President Genny Fulp



Vice Mayor Jim Cooper



Sierra Nevada Region District 3 Gov. Barbara Smiley

SOLT – Learning More About Soroptimist

If you weren't able to attend the SIA 43rd Biennial Convention in Vancouver, here is a Video Clip. This is the [First Nation](#) performing. And, if you haven't heard from Margaret "Poco" Davis, our new President of the Soroptimist of the Americas, [here she is being installed](#).



*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

Sierra Nevada Region Upcoming Events

For those interested in supporting other Region clubs in their events, here is a list for this month.

November 8th SI American River

5th Annual "Bling on the Holidays" fundraiser. Click on the flyer for more information.



November 15th SI Roseville

8th Annual Fun, Fashion and Fir fundraising event at the Tim-

ber in Sun City, Roseville. Click on the flyer for more information.



November 20th SI Truckee-Donner

11th Annual Soroptimistshop fundraiser at the Community Recreation Center, 8924 Donner Pass Road. Click on the flyer for more information.



November 22nd SI Elk Grove

Our annual See's Candy Store and Holiday Boutique fundraiser runs from November 22 – December 24th.



December 13th SI Greater Sacramento

Women's Empowerment Holiday Craft Faire will be held at St. Francis High School, Sacramento.

All of these event help the clubs raise funds so they can support their mission.

Royal Neighbors of America

[Royal Neighbors of America](#) (RNA) is not an ordinary insurance firm. Since 1895, they have held true to their mission to support women and those they care about by offering insurance coverage, member benefits, and the opportunity to connect and give back to their communities. The unique mission of giving back resonates well even today.

RNA is a proud sponsor of Soroptimist and Live Your Dream. RNA is offering members an opportunity to apply for a complimentary one-year general membership. Member benefits include:

- retail benefits
- health and wellness discounts including dental, vision, and prescription drugs
- legal services.

Random (and sometimes wacky) Tips

Submitted by Sherry McLellan

Autumn Acorns! What a cute and easy treat for fall!

These are simply chocolate and pumpkin spice Hershey's kisses, mini Vanilla Wafers and mini Nutter Butter cookies, and mini chocolate, butterscotch and Reese's peanut butter chips....all stuck together with melted chips! Brilliant!



SIEG OFFICERS

Genny Fulp
President

Tracey Edwards
President-Elect

Janet Brabender
Treasurer

Betty Matsui
Asst. Treasurer

Peggy Ursin
Recording Secretary

Annajean Neill
Corres. Secretary

Karin Lindner
Betty Walters
Delegates

Diane Hollingshead
Club Ambassador

Peggy Ursin
Parliamentarian

Tracey Edwards
Newsletter

Baked Artichoke Hearts

Submitted by Sherry McLellan



Mmmm, this will be a great side dish for Thanksgiving. I just made this and it is deelyish! Really different from the standard green bean casserole that's for sure!

Ingredients:

- 1 1/2 cups plain breadcrumbs
- 1/4 cup finely chopped fresh curly leaf parsley
- 2 ounces Parmesan cheese, grated (1/4 cup)
- 2 ounces Pecorino Romano, grated (1/4 cup)

- 1 tablespoon mixed dried herbs, such as thyme, oregano, and savory, or Italian seasoning blend
- 1 teaspoon coarse salt
- Freshly ground pepper
- 3 packages (9 ounces each) frozen artichoke hearts, thawed and drained
- 2/3 cup extra-virgin olive oil, plus more for baking dishes
- 1/4 cup fresh lemon juice (from 2 lemons)
- 1 teaspoon finely grated lemon zest
- 2 garlic cloves, minced (2 teaspoons)

Instructions:

Preheat oven to 325°. Combine breadcrumbs, parsley, cheeses, herbs, and salt in a medium bowl, and season with pepper.

Brush oil inside two 4-cup, 9 1/2-inch ceramic baking

dishes or one 9-by-13-inch glass baking dish. Divide artichoke hearts between dishes, and spread into a single layer. Sprinkle breadcrumb mixture over artichokes, pushing it into cracks between hearts. Tap bottom of dishes on counter to settle breadcrumb mixture.

Whisk oil, lemon juice and zest, and garlic in a small bowl. Drizzle dressing evenly over breadcrumb topping.

Cover dishes with parchment, then foil, and bake for 30 minutes. Increase temperature to 375 degrees. Uncover, and bake until breadcrumbs are golden brown, 20 to 25 minutes.

Serve immediately. Enjoy!

From Martha Stewart

CALENDAR SNAPSHOT

Nov 10 Board Meeting, See's Candy Store, 9645 East Stockton Blvd, Elk Grove

Nov 12 2nd Wednesday Lunch, Baguettes, Elk Grove

Nov 18 E.G. Chamber Mixer, Elk Grove Food Bank, 9820 Dino Drive, Elk Grove, 95624

Nov 20 Business Meeting, See's Store, Elk Grove Village, Elk Grove

Dec 5 Program Meeting, CCSD Admin Blvd, 8820 Elk Grove Blvd. Conf. B, Elk Grove

Dec 8 Board Meeting, Genny Fulp – 8667 Corte Del Sol Ct., 95624

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: Margaret "Poco" Davis



October 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 See's Store		Black – SIEG Green – Fun Orange – Supporting Blue - Info				1
2	3	4	5	6	7 Program Meeting 7:30 a.m.	8 Senior Center Pancake Breakfast
9	10 Board Mtg. See's Candy Store	11	12 2nd Wednesday Lunch Baguette's Deli	13	14	15
16	17	18 EG. Chamber Mixer 5:30-7pm Elk Grove Food Bank	19	20 Business Meeting See's Store 6 p.m.	21	22 <div style="border: 1px solid red; padding: 5px; text-align: center;"> <small>Soroptimist Fundraising with</small> See's <small>and Holiday Boutique</small> </div> Opening Day
23 See's Store	24 See's Store	25 See's Store	26 See's Store	27 	28 See's Store	29 See's Store