

Greetings from the President



Leigh Nurre, President

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Hello,

It was good to see SIEG members at Mike Chappelle's funeral on August 19th, and I know I speak for all of us when I express our sincere condolences to Mary Ann for her loss. Our thoughts and prayers are with her and the family at this difficult time.

I've had a busy schedule the last few weeks and I'd like to recognize some of you who have helped keep the lights on at SIEG even though we're technically on vacation:

Thank you to Leslie for calling members about the date and time of the funeral service for Mike Chappelle;

Thank you to Marie for letting members know that food items would be appreciated for the gathering after the funeral (and thanks to everyone who prepared a dish);

Thank you to Tracey for emailing the membership to ask for newsletter story contributions – please send in your article if you made a commitment;

Thank you to Diane for alerting the membership to a whole host of things, including the dates and times that other clubs are sponsoring activities in the next month or two;

Thank you to committee chairs who have conducted

their first meeting of the year and are preparing to make a report at the first Business meeting on September 19th.

It is amazing how much continues to go on with our club even though we're dark. A club the size of ours is a hub of activity at all times! If I missed your contributions above, please know you are appreciated.

I look forward to starting the new year and to seeing you again soon.

Leigh
President of SIEG



It's Official!

Betty Hall has done an awesome job of getting our old, and favored, space for our See's Candy Store. Yay!

If you've been looking at your November calendar, you can see that Thanksgiving is later in November this year, which really shortens our timeframe for selling candy and raising funds. We may need to open up before Thanksgiving this year. Let's discuss it at the Business meeting.



2nd Wednesday Lunch Bunch



Thai Chili

Join us **Wednesday, September 11th** at **Thai Chili** at 11:30a.m. They are located at 8696 Elk Grove Blvd, #5, Elk Grove (Dollar Tree Shopping Center.)

Last month we had a wonderful time at *Wonderful Chinese*. Here's a picture from that lunch; we hope you'll join us this month!



Lunch Bunch at Wonderful Chinese

September Birthdays

Two members celebrate another year of wisdom in September: Faye Bundesen on the 16th and Mary Lewis on the 26th.

Both of our long-time members continue to provide valuable service to the club. Faye is also a Board member of the Elk Grove Regional Scholarship Foundation, and everyone knows that Mary is the Society Editor of the Elk Grove Citizen. Happy Birthday to two wonderful ladies!



Happy Birthday Cake

Program Meeting

Word has already gone out that our first Program Meeting for this year will feature Elk Grove's Mayor, Gary Davis, as our guest speaker. As usual, the meeting will be the first Friday, September 6. But in a departure from the norm, the location is new! Please join fellow members, and any guests

you may wish to bring, at the Cosumnes Community Services District (CCSD) Fire Department Training Facility, 10573 E. Stockton Blvd., just south of Grantline Road. There's plenty of parking in the back, and we'll meet in the building on the left (North) side.

Since the meeting is not in downtown Elk Grove, please allow extra time to still arrive early for the 7:30 a.m. meeting. Coffee, juice and refreshments will be served. Let's show Hizzoner what a great group we are by being on time, being attentive, and being enthusiastic!

The New Name Badges are Here!

If you don't already have your new club badge, be sure to pick it up at the Program Meeting. They feature your name tag and membership pin in one – and look great. There is no cost for the new badge as the club is paying since

we ALL need them now that we're SI Elk Grove. Please consider wearing the new magnet-back name badge more than just to meetings and Soroptimist events. It's always a conversation-starter, and you certainly know enough about the organization to explain

what we are, what we do, and how others can join. President Leigh's aim this coming year is to increase membership, and **you** are the best person to make that happen! Below is a sample Badge.



Soroptimist International
of Elk Grove, CA
Tracey Edwards

Update on a Support Project

You may recall that last spring we voted to support SI Susanville as they sponsored Molly Barber's documentary project to help women in Nicaragua. We contributed \$200 toward Molly's expenses. We recently heard from Kerri Cobb of the Susanville club who reports Molly is excited, working on her Spanish, and leaves for Central

America on October 9 to return December 19.

We certainly wish Molly great success with her project!

Wait, there's more! Here is a human interest story on Molly Barber and her passion for film-making. She is already working on her second documentary on human trafficking

with Dee Thao. [Click Here](#) to read more.



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

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Meet Gladyn



Meet [Gladyn](#), a Soroptimist Women's Opportunity Award recipient, who is on a quest to live her dream. A single mother of two young girls, Gladyn is working her way through college to earn a degree in social work. **These awards make a difference!**

S.O.L.T. Notes

Induction/Installation? An *induction* is how we bring new members into the club with a little ceremony of welcome to make the new member feel special. That's generally when she is presented with her Soroptimist pin. Inductions can happen at any meeting. An *installation* is the ceremony that officially installs new officers for the coming club year, and reminds those officers of their responsibilities and the importance of their work.

Fall District Meeting

Did you see the tentative re-organization of clubs within our Region's districts, as posted in your recent e-Blast? It's pretty exciting. We are part of District V (that's 5) which will likely see some changes. But for now, our regular District V Fall Meeting will be for the current eleven clubs we have now. Please mark your calendar for Saturday, October 6, as the clubs will meet in West Sacramento this time. It's a terrific way to find out what's happening around the District and the Sierra Nevada Region. Remember, our club policy is to pay

for any member who's never attended a District Meeting, so this is a great opportunity to learn more, meet some great women, and find out what's happening! News on cost, time and place will be coming soon – but it would be great to have a good turnout from SIEG. And the carpooling is fun, too!



We're on Facebook. Are you? Find us here:
www.Facebook.com/SoroptimistElkGrove

Do you know 5 Myths about Heart Disease?

Knowing the difference between fact and fiction can save your life.

[Click Here](#) to learn more and save your life, or a loved one's.

“I’m Just Saying...”

Be of service. Whether you make yourself available to a friend or co-worker, or you make time every month to do volunteer work, there is nothing that harvests more of a feeling of empowerment than being of service to someone in need.

~
Gillian Anderson

With this issue, we begin a new feature where every member can express an opinion, provide a few words on a topic of your choosing, brag about grandchildren or anything else you want to say (keep it clean!). Please don't be shy. We agreed at the retreat that more members will be contributing to the newsletter from now on, and that means YOU, too! So here's my two cents worth from **Tracey**....

We know that words are powerful. Well, numbers are powerful too! When people hear numbers, they can relate. For instance, we can tell them the

total monies raised for a charity, or the total pounds of See's Candy sent to our Soldiers, or the total number of backpacks donated. But, do we know the total hours spent on a project? No. When you add all of those project hours up at the end of the year...it's HUGE. That's why I think we should keep track, for our own Club's benefit, of the number of member hours spent on the great works that we do. Because, sure, people see us at the Kohl's Child Spree or hear about individual grants we give, but those are just a

small part of what we do all year. When you add up the numbers, like "over \$14,750 was given away last year," that doesn't include the hours that were put in ahead of time by the various members to make an event possible. It doesn't count the hours of shopping or prep work or time spent working an Event. I think this is the right time (at the beginning of our year) to start keeping track, for ourselves and our PR Chair so she has numbers to brag about. I'm just saying.

Women Honoring Women Who Serve

The official announcement to the Region is forthcoming, but because she's the Sierra Nevada Region chair for the project, she let us in on the news over the summer. Betty, Governor Janice, and others are kicking off a project for every club to sponsor a woman either on active duty in the military or a military veteran for the upcoming year. The chosen woman will be the club's guest at Conference next April, as well as being invited to all other club events. We are excited that that Joyce Link has agreed to chair our own club's Women Honoring Women project, and ask that everyone support her efforts to provide various types of assistance for a chosen woman. The selection process is being finalized, and more details will be coming soon.



In August, Genny Fulp and Tracey Edwards attended the EG Chamber Mixer at the Kaiser Permanente facility on Big Horn. It was very well attended and we were able to get the word out not only about our See's Candy Store, but also about the various projects in which we are involved. As Chamber members, we can all attend mixers and monthly luncheons. Let's get the word out!

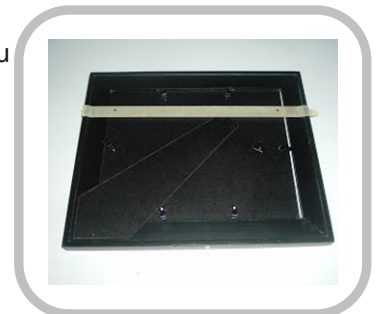
Random (and sometimes wacky) Tips

Submitted by Sherry McLellan

Do you hate those picture frames that have the 2 hooks...one on each side of the frame for the nails? I do. I tried this tip recently and it really is much easier and worked great!! Lay the picture you are hanging face down. Take some masking tape or Painter's tape and lay it over the hooks where the nails will go. Then use a pen to mark where the hooks are.

Next peel the tape off the picture frame and tape it on the wall at the height you want your picture to hang. Use a level to make sure it is straight.

Now just hammer 2 nails in at the points you marked on the tape. After you are finished peel the tape off the wall. You are left with 2 nails in the perfect position on which to hang your picture!



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Delegates

Diane Hollingshead
Club Ambassador

Betty Hall
Parliamentarian

Tracey Edwards
Peggy Ursin
Newsletter

Zucchini and Summer Squash

Submitted by Sherry McLellan



Do you have a garden still overflowing with zucchini or summer squash? If so, here's one more way to use some!

Ingredients:

1 Tbsp. olive oil

1 med. yellow onion
1 tsp. minced garlic
1 med. zucchini
1 med. yellow squash
1 med. potato
1 med. tomato
1 tsp. dried thyme
Salt & pepper to taste
1 cup shredded Italian cheese blend

Directions:

Step 1: Preheat the oven to 400. Finely dice the onion and mince the garlic. Sauté both in a skillet with olive oil until softened (about 5

minutes.

Step 2: While the onion & garlic are sautéing, thinly slice rest of the vegetables.

Step 3: Spray the inside of an 8x8 square or 9x9 round baking dish with non-stick spray.

Step 4: Fill w/squash mixture. Cover the dish with foil and bake 30 minutes. Remove the foil, top with cheese and bake for another 15-20 minutes or until the cheese is golden brown.

MEETING CALENDAR

- Sept. 6 Program Meeting – CCSD Fire Dept. Trng Facility, 10573 E. Stockton Blvd.
- Sept. 9 Board Meeting – Leslie Konopinski, 9455 Laguna Lake Way
- Sept. 19 Business Meeting – Jesse Wright Suites, 9275 E. Stockton Blvd., Ste. 100
- Oct. 4 Program Meeting – La Bou Bakery & Cafe, 8694 Elk Grove Blvd.

SOCIAL CALENDAR

- Sept. 11 Lunch Bunch –Thai Chili, 8696 Elk Grove Blvd
- Sept. 12 Spotlight on Elk Grove, SES Hall, 10428 E. Stockton Blvd.
- Sept. 21 Project R.I.D.E. Spaghetti Feed, 8840 Southside Avenue, Elk Grove
- Sept. 27 SNR Governor Janice Labadie is luncheon guest speaker at Casa Garden Restaurant, at 11:30am.
- Sept. 29 Sheldon Community Fair, across from Bert's Diner, Sheldon
- Oct. 5-6 Great Pumpkin & Harvest Festival, Elk Grove Regional Park

Soroptimist Websites

SIERRA NEVADA REGION
WWW.SOROPTIMISTSNR.ORG

Governor: Janice Labadie

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