



# Soroptimist International of Grass Valley

[sigv.org](http://sigv.org) [sigrassvalley@gmail.com](mailto:sigrassvalley@gmail.com) [facebook.com/sigrassvalley](https://facebook.com/sigrassvalley)

## March 2024 Newsletter

### SIGV Calendar

*Happy*

*St. Patrick's Day!*

*Happy Easter!*

**Thursday, March 7th**

Business Meeting

5:00-5:15 Social

5:15-6:45 Meeting  
NCCA

**Monday, March 11th**

Board Meeting

4:45-6:00pm

Tina Skrukud's Office  
Verger Mortgage

**Saturday, March 16th**

SIGV Retreat

10:00 - 3:00

NCCA

RSVP:

[mjeast@suddenlink.net](mailto:mjeast@suddenlink.net)

### ***March Birthdays***

Vicki Winters - 13th

Tasha Schaffer - 24th

### ***Planning Ahead***

**Thursday, April 4th**

Business Meeting

5:00-5:15 Social

5:15-6:45 Meeting  
NCCA

**Saturday, April 6th**

EWASTE

### Co-Presidents' Message

I loved the rain of February! The weather and SIGV reminded me of a quote by Vivian Greene, the person who dances with you in the rain will most likely walk with you in the storm. Thank you to everyone who came out in the chaotic stormy weather or joined us on zoom for our February Business Meeting and informative SOLT program. You validated that we certainly walk together in the storm to do what is best for the women and children of our community. Bonnie and I greatly appreciate the "Sincerity of Friendship" that our members epitomize by checking on each other in support during our challenging weather.

We are entering the busiest time of the year in supporting and empowering the women of our community. Grant applications are already underway thanks to the dedication of Fran and the Grants Committee. Our annual SIGV Retreat on March 16th is another crucial opportunity to empower our members and support our community. We will review projects, schedule events, develop budgets, and promote leadership skills to better serve our members and community.

A very special thank you to Marlene, Kim Jones and Vicki who accepted the important responsibility of our Nominating Committee. The Nominating Committee puts together the slate of officers who will ensure the continued good governance of our club for next year. Not only is this task vital for legal and ethical reasons, but Board officers must support members while asking the probing questions necessary to avoid stagnation and keep SIGV moving forward.

Finally, don't forget to mark your calendar with these upcoming important events:

- March 16th - SIGV Retreat - Everyone invited and needed
- April 1st - Ruby Award Nomination to SNR - Recognize an empowered woman
- April 4th - Budget Review Business Meeting - Vital to meeting our mission
- April 6th - EWASTE - Volunteers needed
- May 9th - Outstanding Effort Award - Uplifting luncheon
- May 30th - Celebration of Service - Uplifting presentation
- June 7th - 9th - SNR Conference - Excellent Training & networking
- August 7th - 11th - Chicken Terriyaki Booth, Nevada County Fair - Volunteers!!!

We look forward to seeing you at our next Business Meeting on March 7th. The 2nd reading of the Assitant Treasurer Possition along with the 1st reading of our slate of officers for the 2024 - 2025 Club Year and a vote on Membership dues will take place at this Meeting. Our Program will be hosted by our Human Trafficking Team.

Until then, we hope you had a chance to dance in the rain, play in the puddles or curl up with a good book during the February rain,

Kate & Bonnie

# February Business Meeting SOLT Presentation

## Part 1

At the February 1st Business meeting, Lynn Costa and Gale Pylman presented a program on SOLT (Soroptimist Orientation & Leadership Training).

Lynn spoke about the Soroptimist International 2021-2031 Big Goal and how our use of branding at a club level helps unify our work and helps to promote Soroptimist consistently.

She showed the old and new emblems using hand-outs, explaining the changes made, the reasons for the changes, and the objectives we adhere to.

The objectives are:

Consistency and unity to speak as one voice;  
Recognition and impact for and to the world;  
Staying focused on what we do;  
Maintaining the quality and integrity of the image;  
Inclusiveness, equality, and diversity of people across the globe.

Lynn went on to explain the branding changes with our Federation, Soroptimist International of the Americas, logo. While the S remains, the tag line is now, Bright Past, Brilliant Future.



New Soroptimist International Emblem  
Soroptimist of the Americas Logo

To conclude her portion of the presentation, Lynn gave information on the tools available for clubs regarding PR, website guidelines, and social media guidelines, profile images, ads, and how to promote your club on social media.

You can find the information here:

<https://www.soroptimist.org/for-clubs-and-members/federation-information/recognition-and-branding-tools/index.html>

Please consider leading a Club Project this coming year or serving on our Board.. If you follow these 5 keys, you will be well on your way to making a difference in the lives of women and children!

## Part 2

The second portion of SOLT was led by Gale Pylman and focused on Leadership Training. In her presentation, 5 Key Components of a Visionary Leader, Gale followed the life of Walt Disney and how he held to his lifelong vision of cartoons and animation, resulting in the building of Disneyland. With each key, Gale also spoke about how each part can be used by the members of our club for projects and leadership.

The 5 key components:

- 1. Immersion** –When you immerse yourself in a club project, such as Dress-A-Girl or Live Your Dream, the Universe aligns with your interests, and you will be amazed at all the places you will find inspiration! Recently, Kristina and I were talking about the Human Trafficking Committee – now I see news articles every day on what people are doing to help put a stop to that! Research, get engaged with club projects you are interested in. Immerse yourself.
- 2. Identify** –What club project resonates with your heart? What are your frustrations, pain points, or points of friction in this community or world? Don't judge; only identify and write a list. It may be hard to brainstorm without thinking about the pros and cons, but you are looking for problems that need solving, not 'how-to' solve them at this point.
- 3. Imagine** –Realize that every club project starts with a thought. It doesn't have to be perfect or fully evolved, it simply has to spark your imagination enough to take action. How could you help make the world a better place? Eleanor Roosevelt said, "It takes as much energy to wish as it does to plan."
- 4. Involve** –Who can you involve in the project that will bring in a fresh perspective and help in some way? What talents do members of our club or community have that can help you put together a project? Remember that 80% of a successful project is the work done behind the scenes!
- 5. Invest** –As Soroptimist members, we need to invest in our club's projects. Yes, we budget money to invest, but just as importantly, we need to invest our time. SI Grass Valley is proud of its 'hands-on' service projects; our time commitment is the backbone of our success.

# HT: March Business Meeting Program



**COURAGE  
WORLDWIDE**

SI Grass Valley's March Program , March 7th, 2024

Courage Worldwide International  
Changing The World One Individual at a Time

In a world where children are sold for sex, Courage Worldwide provides safe houses and resources for child victims so they can reach their unique potential. Their vision is that every child survivor would have the support necessary to begin their journey of hope and healing.

Courage House Tanzania currently provides safe houses in Moshi and Dar es Salaam. These houses are for minor female victims of sex trafficking, they offer comprehensive resources so that each girl can embark on her journey of hope and healing. They address the residents' physical, mental, emotional and spiritual health through education, loving and around the clock care, trauma-informed counseling, music and sports, and much more.

C2BU School is a onsite charter school for the residents, as well as preschool for the children of residents and staff. A crucial component of the Courage House program is education. Being a student gives the residents confidence. It opens doors for them to follow their dreams for the future.

Courage House Too is the secondary safe house and program for residents 18+ transitioning out of Courage House and into college, vocational training, and jobs in preparation for independent living. Our capacity at Courage House Too is 40 girls and their children.

Courage Leadership Academy is the CLA program which equips residents with vocational skills (sewing, cookery, business, customer service, jewelry making, etc) and practical life skills (English, computers, and leadership.) with the aim that they will thrive with many skills as they begin their independent adult lives. With CLA, there are residents studying law, community development and social work, communications and computers, hotel management, salon work, tailoring, education, IT, and accounting.

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Kimala DeSena is an Influencer, Author and Keynote Speaker and founder of Splashed in the Spirit, LLC. In August 2023, she and her husband, Stephen, traveled to Tanzania and worked alongside the staff and residents. Among other things, they held a women's conference, in house staff retreats, taught at a local kids camp, helped navigate real estate meetings (for future land buildout of schools and resident safe houses), collaborated introduction of CEF (Child Evangelism Fellowship) to CWW for after school Shalom Club materials, taught the girls at CLA how to make ravioli, pasta and sauces, and visited the schools in each classroom ( as former teachers). They also took 50 dresses from SIGV's "Dress A Girl" project.

Their desire is to return with additional materials for ESL (English Second Language) programming to share with the schools and implement these materials by working alongside the teachers of all schools for CWW. ESL programming is necessary as the Tanzania Department of Education concludes their school year with a comprehensive examination that is all written in the English language

## Grants Committee

The SIGV Grants Committee will launch our grants program for 2024 on February 1. The goal remains to invite local service organizations to apply who have the potential to partner with us to support and empower women and children in our community. The application is available on our website and anyone can call Fran at (530) 268-1280 with questions. It would be great if members of SIGV would contact agencies they are familiar with to encourage them to apply for grants up to \$2,000. Each year we welcome new agencies making good proposals allowing us to spread our support even farther. Grant applications are due on March 30th. Grants will be presented at our Celebration of Service on May 30th.

Fran Freedle,  
Grants Project Leader, Past President  
email: [ffreedle1234@gmail.com](mailto:ffreedle1234@gmail.com)

## Ruby Award

Is there a “Ruby” in your community?

Time to think about a woman in your area who deserves to be nominated for the Soroptimist Ruby Award.

These women  
are making extraordinary differences  
in the lives of women and girls.

Nomination forms are available on our website SNR.org as well as a new flyer that your club can personalize.

Nominations are due to SNR before  
April 1st.

Faye Mitchell  
Ruby Award Coordinator  
[rubbycoord@soroptimistsnr.org](mailto:rubbycoord@soroptimistsnr.org)

## Delegate Fundraiser

Zero Waste Kits are still available to purchase. Ten kits have been sold and \$220.00 raised. All money goes to the Delegate’s Fund. The kits are a sustainable way to attend club meetings without using paper and plastic products that end up as waste. The kits save the club money by not having to purchase single use plates, cups and cutlery. The kits are created with upcycled thrift store items and all items purchased locally. Each kit contains a plate, bowl, cup, coffee cup, silverware, napkin, tea towel in a tote bag.

Make a difference for the planet,  
for the environment and for our community in supporting sustainability.

Marlene Sharon, Delegate

\$20.00 to SIGV

Order via email:  
[msharon@mac.com](mailto:msharon@mac.com)

## Walk for Women

### Step Into Empowerment

The month of March gives us the chance to celebrate the strength and spirit of women around the world! This year, let’s lace up our sneakers and move for a mission with the brand new annual Walk for Women event. Throughout March, and on International Women’s Day, join us in taking steps towards empowerment. This is more than just a stroll; it’s a movement to honor the women who have shaped our lives and a chance to build community around our cause. Get moving for women! Then step over to social media and post your “#WhyIWalk”. You might also start a peer-to-peer fundraiser or organize a local group walk and outreach event.

Visit the [Walk for Women website](#) to find other ways to get involved, including the chance to purchase a limited-edition event t-shirt.

# SIGV Annual Retreat and Agenda

Mark your calendars for  
**March 16th, 2024**  
from **10:00- 3:00pm**  
NCCA

On March 16th we will come together as a club to evaluate this year and set goals for next year. Working together in groups we will

discuss the topics on the retreat agenda. Lunch will be provided and it will be a great day to come together and work collaboratively while having fun and doing great work.

Please let Judy know if you will be attending.

mjeast@suddenlink.net

Judy East,  
Past President

## RETREAT AGENDA

Introductions: 1 minute

(Share one success of SIGV for you)

1. Ground Rules for Retreat
2. What has worked?
3. What are our challenges?
4. Project Teams
  - Evaluate old project teams
  - Discuss new project teams
  - Assess interests for teams
  - Assign Team leaders and members
5. Fundraisers
  - Discuss Pros and Cons of each
  - Explore ways to improve "the cons"
  - Explore New Fundraisers
6. Soroptimist Orientation & Leadership Training
  - What elements do we want for SOLT
  - Ways in which to Deliver SOLT
  - Implementation
7. Speakers' Topics



# EWASTE

**Soroptimist Int. of Grass Valley**

**SATURDAY APRIL 6th, 2024**

**10 AM – 2 PM**

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**Calvary Bible Church Parking Lot**

**11481 Hwy 174, Grass Valley**

**RESIDENTIAL EWaste Only**

**Limited to Small Loads**

## SIGV in Action

**HT Project**  
Slave 2 Nothing Foundation  
In N' Out Burger  
3X Matching Donation  
Our \$100 = \$400



**Kitting Event**  
**Dress A Girl**  
Food - Friends - Fun  
Hands-on Project



Judy East



Lynn Costa-Mehren



Gayle Pylman



Not pictured at Kitting Event: Kate LaFerriere, Mary Savila, Marlene Sharon

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