



SOROPTIMIST

Best for Women



Happy Birthday!

TOO MANY TO LIST HERE

SEE PAGE 3 FOR THE FULL LIST OF MEMBERS WITH BIRTHDAYS IN JUNE THROUGH AUGUST!

Happy Birthday all, now get out your checkbook – Birthday “fine” is 50c per year!

Soroptimist News

Newsletter of Soroptimist International of Long Beach June, 2008

June Programs and Menus:

- June 4 **Business Meeting**
Chicken Caesar Salad/Cheesecake
- June 11 **Speaker: Heidi Burke, MPH CHES, STI Trends in College Women**
Chef’s Salad – Apple Cobbler
- June 18 **Speaker: Leanor Schmidt, Long Beach Public Library**
Chicken Mediterranean – Ice Cream
- June 25 **Installation of Officers Luncheon**

Important Dates to Remember:

- June 3 **Wine & Cheese Membership Mixer -Bixby Riviera Clubhouse (pg 4)**
- June 10 **League of Women Voters – “Making Democracy Work Award”**
6-7:30 PM Long Beach Main Library. Come to see SILB member, Lori Brault receive the award! (See Page 6)
- June 20-21 **Camino Real Ladership Training**
- June 25 **Installation Luncheon - See page (7)**
- July 16-19 **SIA 40th Biennial Convention -Taipei, Taiwan**
- August 14 **SILB Bookclub meets – Location/time/book TBD – call**
Linda Jensen 562-595-9660 or Linda.jensen6@verizon.net to receive details when decided.

MORE SOROPTIMIST RESOURCES:

Websites: www.si-longbeach.org, www.caminorealregion.org, www.soroptimist.org

“Best for Women” - Soroptimist International Quarterly Magazine

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2007-08 Officers and Board of Directors

- | | |
|---|---|
| President: Judy Hess | Community Outreach: Sally Lane |
| President-Elect: Margie Videtto Hersh | Fund Development: Minnie Douglas |
| Recording Secretary: Robyn Thomas | Institutional Affairs: Monika Diekmann |
| Corresponding Secretary: Annie Koo Thornquist and Jaye Johnson | Member Services: Lori Brault |
| Treasurer: Michele Wilkosz | Philanthropy: Denice Lanuti |
| Assistant Treasurer/Meals: Kathy Ward | Finance Committee: Charlotte Berry and Josephine Fitzpatrick |
| Assistant Treasurer/Events: Margie Hersh | |
| Immediate Past President : Judy Pedneault | |

To all the Soroptimist Stars

Here we are wrapping up the year, dashing off our last newsletter, and putting the finishing touches on the Annual Report. May has been a very busy month. Our most recent event - Shopping with Soroptimist - was a huge success! Thank you to all who participated. Twelve women will never forget us!

Spring Conference has come and gone. It was a fabulous experience. We came away "high on Soroptimism" (not a word but it fits)! We learned so much and met so many wonderful Soroptimists from the Region. There were thirty first-time attendees. A new Club was introduced - Santa Clarita Valley. The new officers were inducted through a very clever script. In-coming Governor, Cheri Fleming, has selected the Burden of Women's Arthritis as her project through the 2008-2010 biennium. The Camino Real Region's award winners were honored. The Violet Richardson Award went to an amazing young woman, Isabelle D'Arcy, nominated by Santa Barbara. Woman's Opportunity Award first place went to Annette Barryhill, mother of a 4-yr-old and victim of domestic violence, nominated by Camarillo. She is soon to graduate with a B.A. in psychology and will continue on in Nursing. Yeah! Two other impressive runners-up were recognized as well, one from Alhambra-San Gabriel-San Marino Club and one from the Conejo Club. Those of us who stayed the entire two days received a beautiful leather brief case!

This has been a year of "fine-tuning" some of our customary ways of doing things. I want to thank you for your patience and hard work. On our list of changes include the by-law recommendations, special thanks to Lori B. and her committee. Also, Club members worked hard on our grant application form revision as well as our pay-at-the door policy. Monica and committee have created guidelines for our archives retention and Margie and ad-hoc members have created an application form for a new hands-on project for next year. We have built into next year's budget opportunity for S Club members to receive scholarships. We have changed from 4 meetings per month to 3 meetings and Board meetings have changed from evening to lunchtime. We moved Woman Making a Difference from Fund Development to Institutional Affairs. Whew! And I'm sure I'm forgetting something!

As we near the end of our 2007-2008 Soroptimist year, I want to thank you all for making this a very successful and fun-filled year! I have thoroughly enjoyed being your president and I thank you giving me this opportunity. Of course, there is no such thing as retirement, just a shifting of duties! So you'll still be seeing a lot of me dabbling here and there as immediate past-presidents do!

Have a safe and happy summer. Come back in the fall rested and ready. We will have a wonderfully busy year with Margie at the helm!

And remember,

*"Reach high, for stars lie hidden in your soul.
Dream deep, for every dream precedes the goal".*

Most appreciatively,

President Judy



BY LAWS VOTE AT JUNE 4TH MEETING

by Lori Brault

SILB will vote on the 2008 amendments to Bylaws at the June 4th 2008 Business meeting. A 2/3 majority is required to accept changes.

The majority of changes to the bylaws memorialized the "new organization" and new officers accepted in 2007. Members were informed of other changes during Spring 2008 including relocation of the Women Who Make a Difference committee in the organization and changes to Nominating committee. Other changes made the bylaws more generic and less prone to frequent modification. A final recommendation of the committee was the redevelopment of Standing Procedures already noted in Bylaws. These "Procedures" are the "HOW we do things" to the bylaws "WHAT do we do". The Standing Procedures may be changed at Business meeting by a simple majority vote. President Elect Margie and members of the bylaws ad hoc committee will be assisting in getting current procedures into writing.

Remember: VOTE on June 3rd election and June 4th Bylaws!!

SOROPTIMIST SUMMER BIRTHDAYS!

Michele Wilkosz 6/2	Hazel Wallace 6/24	Jay Johnson 7/24
Louise Cunningham 6/4	Jean Barrett -Graham 6/29	Anne Miller 7/26
Barbara Freeman 6/5	Marina Mitri 7/8	Dorothy Beam 7/27
Agnes Herbst 6/17	Pamela Seager 7/17	Donna Skinner 7/29
Judy Harvey 6/20	Freda Hinsche Otto 7/20	Beverly Carette 8/17
Shirley Knopf 6/22	Audrey Share Pariseau 7/21	Jane Barrett 8/18
Maryjane Sherry 6/23	Dorothy Matteson 7/22	Linda Jensen 8/23



Small Ways Projects? Here's What, When and Who!

SILB's Small Ways Projects are another way we support our mission of "Best for Women"

Besides grants and scholarships, we help year-round with smaller projects. Please bring your items to the Business Meeting on the first Wednesday of the month. Since we have limited storage at The Grand, please do not bring these items and simply leave them on the back table. Give your goodies to the "collectors" and they are:

Toiletries - Judy Pednault

Greeting Cards - Jane Barrett and Mary Soth

Used Cell Phones - Lori Brault

Eyeglasses - Jane Barrett

Coupons (either cut or uncut) - S Club - Jana Martin

Biographies - Denice Lanuti

Clothing for Working Wardrobes - Lynn Hermstad

(Please have items clean, pressed, on hangers and covered with plastic. Working Wardrobes also accepts shoes and other accessories and men's clothing. No rummage or other clothing stuffed in bags!) If you have any questions, talk to, call or email Lynn Hermstad.



We're ready to
dispel some
Soroptimysticisms!!

Fancy talk for an excuse to have fun!

**SO..... NOW YOU ARE A
SOROPTIMIST....**

**Tired of trying to explain
to your friends the **BIG S?****

(otherwise known as the big secret?)

**It's time to let the secret
out of the box!**



WHEN: Tuesday, June 3, 2008

WHERE: Bixby Riviera Clubhouse
6278 Riviera Circle, Long Beach

WHAT TIME: 5:30–7:30 p.m.

WHAT TO EXPECT: A little wine, some tasty snacks, fun times with other Soroptimi and candid discussions about what it means to be a Soroptimist and how to make our organization the best!

RSVP TO: Lynn Hermstad (562)596-1717 or
by email to t_hermstad@yahoo.com

This is the main premise of the book "In Defense of Food" by Michael Pollan author of four other books including "The Omnivore's Dilemma", and "The Botany of Desire" both New York Times bestsellers in the past.

I first noticed "In Defense of Food" sometime around February when, week after week, it was featured number one in the bestseller list of the Los Angeles Times. I thought: "How can a book on nutrition be so appealing to such large number of people for such a long time?." (It was, until just recently, still in the nonfiction bestsellers list!)

The appeal was easy to understand. The book is fun ! It has three sections. The first one describes in a clear way, what has happened in the last 40 years or so of food industrialization: The attempts by the Government to establish guidelines and regulate, trends and fads (the lipid theory, and the carbohydrate conversion), the attempts by scientists to separate and quantify "nutrients", the interests of the food industry and their lobbying efforts...etc.

The middle section is dedicated to the so-called "Western Diet" and its association with the "diseases of civilization." It paints a bleak picture: How food has been processed, most nutritious components removed in favor of shelf life and commerce, how what farmers grow has been simplified to basically two products, corn and soy, which are present in most of all processed foods, and how, in general, the nutritional value of the foods we encounter in the supermarkets has greatly decreased. As a result certain diseases have become prevalent (metabolic syndrome, diabetes, etc.).

The last section of the book is dedicated to how we can escape the Western Diet, and consists of the description of a series of almost ridiculously sounding recommendations (although they are not), i.e. "eat food" (not empty calories), "eat less" ...like the people of Okinawa say " ... eat until you are 80% full", "eat meals" as opposed to snacking... etc.

All and all I found this book informative, practical and fun to read, and I have been recommending it to any of my patients seeking nutritional advice.

Yours in Health, Sese Novas-Craig

MORE FROM OUR MEMBERS...

The **Members Services Committee** will meet June 4th after the Business meeting to close 2007-08 business and to plan 2008-2009. We would like to invite any members who would like to join our committee to attend.

This summer we're going to have a Soroptimist banner at the band concert at El Dorado Park Friday nights. This is a fun opportunity for us to get together, bring family members, and enjoy great music. If you'd like to "carry the banner" to one of the other nights, please contact Jaye Johnson. Below is the 2008 Outdoor Concert Season for the Long Beach Municipal Band. All concerts begin at 6:30 pm and are conducted by Larry Curtis. Best of all, they're FREE!:

Tuesdays: Whaley Park, 5620 Atherton, June 24, July 1 (no concert July 8)
Bixby Park, 130 Cherry Avenue, July 15, 22, 29, August 5, 12

Wednesdays: Los Cerritos Park, 3750 Del Mar Avenue, July 25, July 2, 9, 16, 23, 30, August 6, 13

Thursdays: Marine Stadium, 5255 Paoli Way, July 26, July 3, 10, 17, 24, 31, August 7, 14

Fridays: El Dorado Park, Studebaker Road & Willow Street, June 27, July 11, 18, 25, August 1, 8, 15

Sunday: Aquarium of the Pacific, 100 Aquarium Way on the lawn, July 13

No concert on July 4th.

MAKING DEMOCRACY WORK

Join the League of Women Voters, Long Beach Area, in honoring Lorain Brault, the winner of our first Making Democracy Work Award. This award celebrates women who have improved our community through their leadership on civic issues

Long Beach Main Library, 101 Pacific Avenue, Auditorium reception area

Tuesday, June 10, from 6:00 to 7:30 P.M.

The Program

Reception with hors d'oeuvres

Presentation of award

Introduction of the runners-up:

Patricia Ann Benoit, Jill Hill, Jo Rosen and Rev. Ginny Wagener

Coffee and Dessert

The League of Women Voters, a nonpartisan political organization, encourages informed and active participation in government, works to increase understanding of major public policy issues, and influences public policy through education and advocacy. Membership in the League is open to men and women of all ages.

League of Women Voters, Long Beach Area

180 Nieto Avenue Long Beach, CA 90803

800-285-3477

website: <http://lba.ca.lwvnet.org>

email: lwvlba@yahoo.com

MOW Annual Appeal

by Judy Pedneault

As you know, our Soroptimist Club donates generously each year to the Meals on Wheels Program. Meals on Wheels is sincerely grateful for SILB's continued help.

I keep the SILB mailing list in the MOW database so that our club members will always be up-to-date with the activities of the Meals' program by receiving the mailings and the annual newsletter **Visitor**. Remember, we founded Meals on Wheels in 1971.

The Meals on Wheels Board of Directors was absolutely amazed at the magnanimous response exhibited by our individual SILB members in response to MOW's one and only annual appeal. On behalf of the Meals on Wheels family of volunteers, clients Board of Directors and staff, I thank you so much for generosity and caring.

Have a fun summer!

The members of
Soroptimist International of Long Beach

cordially invite you to attend the
2008-2009 Installation Luncheon

"Go for the Gold"

For President Margie Hersh
and new Officers and Directors

Wednesday, June 25, 2008

11:30 a.m. No-Host Reception

12:00 noon Luncheon and Installation

Long Beach Yacht Club

6201 E. Appian Way

Long Beach, California 90803

Questions? Please call Mary Soth (562)421-4407



Please complete this lower portion and mail by June 18, 2008.

Make your check made payable to SILB.

Yes, please reserve _____ seats @ \$32 per person _____ Vegetarian meal(s) preferred

I am not able to attend, but have enclosed my tax-deductible contribution of \$ _____

TOTAL ENCLOSED: \$ _____

Name _____

Street Address _____

City _____ State/Zip Code _____

Please send your reservation and payment to:

Mary Soth

4619 Sunfield Ave, Long Beach, 90808

Federal ID No. 95-6120533

Soroptimist News

Soroptimist International
of Long Beach
P.O. Box 15064
Long Beach, CA 90815-0406

Meets Wednesday @ Noon
THE GRAND, 4101 E Willow Ave
Long Beach, CA 90815
E-mail: admin@SI-LongBeach.org
Website: www.SI-LongBeach.org



SOROPTIMIST

Best for Women

CHICO CHUCKLES

By Louise Cunningham

"So you're the trouble maker!" I looked up from my desk to see a good friend and supporter of my agency. This loud announcement scared me because I really wouldn't want to offend this woman whom I don't know very well yet.

Turns out she got one of the postcards about our event. I had taken some to work and my director had given one to her. I had no idea this lady buys all her clothes there. She evidently kept the card close by in her car and planned her whole schedule around the event because she loves Chicos and will always support a good cause.

Her shopping day arrived and she went in and selected several lovely things. Well, she was one week early! The clerk said they'd have to hold her items for a week. So, she grudgingly went on her way. She came back the next Wednesday to pick up her things. While waiting for them to be wrapped up, she found more clothes to buy! She spent \$500 altogether. Hence, my "scolding" when she found out I'm the Soroptimist member who helped her spend so much money!



Why we do it! Smiling shopper at Working Wardrobes 2008 last month!

Got NEWS? ANNOUNCEMENTS? GOOD GOSSIP? JOKES? - Email the Editor: Linda.jensen6@verizon.net OR send by regular mail: 3529 Olive Avenue, Long Beach, CA 90807