



**SOROPTIMIST**  
Best for Women

**Happy Birthday!**

**January/February**

**Martha Block**

1/1

**Charlotte Berry**

1/16

**Lori Brault**

1/3

**Terri Nikoletich**

1/3

**Esther Ross**

1/5

**Robin Thorne**

1/8

**Debbie Maras**

2/2

**Dorothy Fornia**

2/14

**Stacey Gaines**

2/2

**Kathy Ward**

2/21

**July McConaghy**

2/25

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3. Program News
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- Board of Directors

# Soroptimist News

Newsletter of Soroptimist International of Long Beach

February 2009 Edition

## January/February Programs & Menus

- |             |   |
|-------------|---|
| January 7   | Business Meeting  |
| January 14  | Speaker –Deborah J. Bowersox, Life Coach<br>January is unofficial “Clean Slate” month.<br>Start your new year right with tips and inspiration from this highly regarded (humorous) motivational |
| January 21  | Holiday Extravaganza Wrap Up  |
| January 28  | Dark  |
| February 4  | Business Meeting<br>Chef's Salad – Cheesecake   |
| February 11 | To Be Announced<br>California (Chicken Salad) Croissant/Soup – Ice Cr   |
| February 18 | WWMAD Planning Meeting – Lynn Shrum<br>Chicken Caesar Salad – Apple Crisp   |
| March 4     | Business Meeting<br>Asian Chicken Salad – Lemon Cake  |

### **Important Dates:**

- |                |  |
|----------------|--|
| January 11     | National Day of Human Trafficking Awareness  |
| January 27     | Ex-Pros Lunch at Buster's Beach House  |
| February 4     | Wine and Cheese Recruitment Reception<br>5:30 to 7:30 at WineStyles<br>12205 Seal Beach Blvd., Seal Beach CA |
| February 12    | Book Club Meeting – “Founding Mothers” by Cok<br>Judy Hirsch – 6278 Riviera Circle, 6:00 pm                  |
| February 18    | WWMAD Planning Meeting   |
| March 11       | SILB 85 <sup>th</sup> Anniversary Meeting  |
| <b>April 4</b> | <b>WOMEN WHO MAKE A DIFFERENCE<br/>Awards Luncheon – The Grand</b>   |
| April 24-25    | Camino Real Region Spring Conference<br>Crowne Plaza/Ventura Beach   |

### **MORE SOROPTIMIST RESOURCES**

[www.si-longbeach.org](http://www.si-longbeach.org), [www.caminorealresion.org](http://www.caminorealresion.org), [www.soroptimist.org](http://www.soroptimist.org)

“Best for Women” - Soroptimist International Quarterly Magazine

We are already well into the New Year, with the holidays behind us, and our resolutions strong in our minds to be the best we can be in the year ahead. I think now is the perfect time to take out those new calendars and have them handy as you read the newsletter. SILB has programs and activities in place for the rest of the year that you don't want to miss.

In speaking with Mary Soth and Shirlee Jackert, I learned we have received a record number of applications for our Violet Richardson and WOA this year. Many thanks to Mary, Shirlee and their committees! We will present all of our awards and scholarships this year at our luncheon meeting on May 13<sup>th</sup>. We look forward to getting better publicity and community recognition with one large presentation. We will also take the opportunity at this meeting to again recognize our 85<sup>th</sup> Anniversary and give a brief history of SILB. A date to mark on your new calendar!

We are also looking forward to celebrating our 85<sup>th</sup> Anniversary in March. Nancy Hegelheimer and her committee are busy preparing festivities for our March 11 meeting; another must add to your calendar... it is going to be a great meeting and an opportunity to learn more about our club.

Our WWMAD Committee has been hard at work for the last few months and last year's recipients have chosen a great group of women from our community to be honored (See the WWMAD Committee article for the list of honorees). I predict our luncheon this year will be a tremendous success. Mark your calendar April 4<sup>th</sup> is the big day!

SILB is hosting the Interservice Luncheon this year and Judy Hess is hard at work locking in a great speaker. We have two dates open to offer flexibility to potential speakers; the luncheon will be held on either April 15<sup>th</sup> or April 22<sup>nd</sup>.

Another important date, Camino Real Region Spring Conference is being held at the Crowne Plaza in Ventura Beach on April 24<sup>th</sup> and 25<sup>th</sup>. I went last year for the first time and fun was had by all.

For those of you that were unable to attend the January Business Meeting, I have good news...our Holiday Extravaganza profit is now at \$23, 215 and we anticipate collecting another \$400-500, much better than we had originally thought!!! In 2007, our profit was \$24, 385 considering the state of the economy this year we can definitely say our event was a tremendous success. Again a big thanks to all of you, I know how many hours of hard work went into this event.

I am looking forward to the New Year and the opportunity to continue working with all of you wonderful, talented and generous women...together we are improving the lives of women and girls in our community and throughout the world.

President Margie

The holiday season is a very busy time for families and communities, and nothing exemplifies that better than the Long Beach Poly High School community and in the Long Beach Poly S Club. The holidays, and all times of the year, are a time to think of other people and to go out and get involved in the community. During the months of November and December that was the mindset that our S girls took when we carried out our service programs and made donations for the less fortunate.

For the Thanksgiving holiday our girls were collecting and donating food for a family in need through Young Horizons, a non-profit corporation, organized in 1969 as a school for children with special needs. We made and decorated a donation box and pulled together an entire Thanksgiving dinner plus some toys for the children. This completed, we moved on to the busiest holiday of the year, Christmas. Through Long Beach Poly High School we, along with the other Long Beach Poly clubs, participated in the Red Bucket Dinner. We rallied together to collect another holiday dinner for another family. This time, however, our donation, an entire Christmas dinner, was sent through the school. As our own service project for the Christmas season, our girls organized a shopping trip in which we purchased toys and goodies to give as gifts for the Long Beach Public Health Department, who then delivered them to young children. At one of our meetings, we had girls wrap and decorate boxes, fill them with toys and goodies, and sent them off to be delivered.

Besides projects, we want our girls to begin thinking about their future and career choices, and to explore new career options that may interest them. We have made it a mission to have speakers embodying the most popular interests within the club come and speak during meetings about their career and share information with our girls. While we are currently working on getting more speakers, our experience with our first speaker, Anne Miller, was a good one. A skin specialist, Ms. Miller told us about basic skin care products and how to keep our skin healthy and beautiful. She passed on lots of new and useful information on skin care to our girls, recommending the best products and staying behind to answer the questions of those wanting more information.

We may have spent a lot of November and December giving back around the community, and though this is our aim, the past few months haven't been all work and no play. In December we took time off to have a holiday party for club members to relax and spend time to get to know one another better and just have fun. Our members got together to play Guitar Hero, Taboo, White Elephant (a gift exchange), and stuff our faces with sweets.

Though we have been very productive over the last couple of months, we look forward to completing new service projects and getting more involved in the new year...as well as take more opportunities for social gatherings. Thanks for your support which makes it possible for us to accomplish so much!

*(At a recent meeting I sat next to Jane and asked her to write a short article to introduce herself to the club. Here it is... and I know you'll agree with me that she is a fascinating person and terrific addition to the club...editor, LMJ)*

I was born in Manhattan and reared in the Bronx, a few blocks from Yankee Stadium. Several things shaped my character: my family, the fact that I was a city kid, and a summer camp I went to for 8 weeks, every year, from the time I was 6 until I was in my 20s. That summer camp taught me about music, theater, sports, friendship, and made me want to compete. I think it was also the impetus to want to do good works.

For awhile, I collected degrees the way some people collected stamps: I went to college in Ithaca NY, in the magnificent glacial finger lakes region. I got my Bachelor of Science and Master of Science degrees in Speech Pathology and I minored in Psycholinguistics. I guess you could say it made me a Psycho-linguist.

In 1976, I went to law school in Miami, Florida and got my Juris Doctor degree 3 years later. I moved to Denver, CO, passed the bar exam and practiced law for a time. I found I didn't like most of it. I wasn't changing the world, so I applied to Denver University College of Law to get a second masters, this time in Legal and Judicial Administration.

I started managing private law firms and became a consultant to them. In 1989, I was hired by Windes & McClaughry and that's what brought me to Long Beach, where I have obviously remained for almost 20 years.

For the last 12 years, I've been part of the marketing team with Moss Adams LLP, the largest Western Regional CPA and consulting firm in the country. I'm probably not finished with careers or degrees yet. . . there's probably one more of each in my future.

I've been active, behind the scenes, in a few (but I think powerful) local charitable organizations: I was on the board of Women Lawyers of Long Beach (WLLB) from 1990-96 and was President of WLLB from 1993-94, I served on the board of Rainbow Services for 10 years, from 1992-2002; and I now am on the Board of Directors of the LB Grand Cru, which is the major fundraiser for the Legal Aid Foundation of LA-LB office.

I've enjoyed participating in and attending many of the past Soroptimist International LB events over the years, so I am familiar with the work you all do and the contributions you make the community. Thank you all for letting me become a part of SI-LB. I'm looking forward to many good times doing good work with you. And many thanks to my friend and mentor, Jaye Johnson, for her guidance, friendship and persistence.



## Women Who Make a Difference

### AWARD WINNERS

The outstanding winners of the 2009 Women Who Make A Difference Awards were chosen by the distinguished panel of award winners from 2008. Here they are with their categories:

Economic and Social Development: **Shirley Wild**, Columnist and Founder of Steel Magnolias

Education: **Michelle Molina**, CEO and Founder Peace Partners, Inc.

Health: **Lillian Lew**, Director Families in Good Health

Human Rights & Status of Women: **Alyce La Violette** Therapist specializing in domestic violence issues.

International Goodwill and Understanding: **Sithea San**, Cambodian Community Activist

Women Making a Difference for Women: **Virginia DeMoss**, Director, The Found Theatre

Business or Organization: **National Council of Negro Women, Long Beach Chapter**

Trail Blazer Award: **Beverly O'Neill**

The Women Making A Difference Awards Luncheon will be held April 4, 2009 at the Grand. This is a major project for our club. To volunteer to assist the committee or for more information call Lynn Shrum at 562-624-1812. Invitations will be available soon.

## Fight Against Human Slavery of Women and Girls!

*(The information below was taken from:  
[www.soroptimist.org](http://www.soroptimist.org)*

*Read this and more information on Soroptimist issues  
and activities on the SI website! Editor, LMJ)*

If you suspect an incident of trafficking in the United States, call the National Human Trafficking Resource Center 24-hour toll free hotline at 888-373-7888. Callers can receive a number of services including crisis intervention, urgent and non-urgent referrals, tip-reporting and comprehensive anti-trafficking resources.

Go to the website to read the full article and Soroptimist's Sex Trafficking FAQ and Stop Sex Trafficking sections for more information and to get involved in the fight against sexual slavery of women and girls.

## Founding Mothers by Cokie Roberts

Next meeting of SILB Book Club will be Thursday, February 12 at 6:00 pm at the home of Judy Hirsch, 6278 Riviera Circle. Book for discussion is "Founding Mothers" by Cokie Roberts. RSVP to Judy at 562-596-6915 or via e-mail: [judyhirsch1@gmail.com](mailto:judyhirsch1@gmail.com).

## Bits & Pieces from Our Members

By popular demand of the membership, **Lynn Hermstad** has shared the recipe for the delicious appetizer she has brought to recent SILB events:

### Savory and Simple Artichoke Dip

1 can of artichoke hearts (packed in water)—  
chopped

1 cup mayonnaise

1 cup parmesan cheese

Mix all together in a casserole and heat in a 350 degree oven until hot and bubbly.

**Nancy Hegelheimer**, Friendship Links Chair, writes: When we signed all those Christmas cards at our December meeting, most of them went to the S-Club, but three of them went to our Friendship Links in Japan, England and the Phillipines. We received return greetings from S.I Ellesport, England and S.I. Mie-Iris in Japan. Mie-Iris invited us to attend their club's 20th Anniversary party on March 29, 2009. We, in turn will invite them to our 85<sup>th</sup> Anniversary party on March 11, 2009. Soroptimism continues to thrive and grow!!

**Renee Simon** will be honored as the Hannah G. Solomon Award recipient by the National Council of Jewish Women on February 17<sup>th</sup>. Congratulations Renee!

**Dawn Morishige** will be showing her Artwork at "Art Under the Umbrellas" in La Quinta, California on Valentine's Day, February 14th, 2009.

## SILB Recruitment Reception

by Lori Brault

**\* FEBRUARY 4 \***

The SILB Wine and Cheese Recruitment Reception sponsored by Recruitment Committee/ Member Services Committee will be held Wednesday February 4th from 5:30 to 7:30 at WineStyles, 12205 Seal Beach Blvd., Seal Beach CA.

Invitations have been mailed to all potential members. If you recommended a potential member and would like to call them to "see if they got their invitation", that would be a great idea! Members who invited a recruit are encouraged to attend. All members are invited. Please RSVP to Lynn Hermstad (596-1717) or Lori Brault (427-6034)

## Best Wishes to Our Sisters

**GET WELL WISHES  
TO  
BARBARA FREEMAN**

**Your Soroptimist "Sisters" send  
our love and best wishes  
for a speedy recovery.**



**T'was mighty cold this morning  
When Jaye & Cheryl delivered  
The last of the gifts from our  
Adopt-a-Family Group...  
The Choo Choo Wagon and trailer filled with cases  
of diapers and  
a bag with stuffed Christmas Stockings!  
Ho! Ho! Ho!**



## Holiday Extravaganza Memories



Here are some of the many wonderful photos taken at our Holiday Extravaganza. If you would like to view the whole portfolio, please go to [www.Kodak.com](http://www.Kodak.com). The login code is [margie@margiehersh.com](mailto:margie@margiehersh.com) and the password is silb08.

Enjoy!



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 Pedneault

**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



Got NEWS? ANNOUNCEMENTS? GOOD GOSSIP? JOKES?



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SOROPTIMIST

Best for Women

## 2008/2009 Board of Directors

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