

Soroptimist News

JUNE PROGRAMS

- June 2 Business Meeting
BBQ Ranch Salad, Chocolate Desert
- June 9 Lakewood Oasis Senior Center Speaker
(Evening Meeting, The Grand, 5:30-7:30)
Salad Bar, Dessert
- June 16 Drought Resistant Planting
Chicken Piccata, Ice Cream & Strawberries
- June 22 Installation Luncheon at Rancho Los Alamitos
TBD

IMPORTANT DATES

- June 5 Shopping with Soroptimists
- June 9 Evening Program Meeting
The Grand, 5:30 – 7:30 pm
A light dinner will be provided and remember
there is NO noon meeting that day.
- June 22 Installation Luncheon (on Tuesday)
11:30am to 1:00pm
Rancho Los Alamitos
6400 Bixby Hill Road
Long Beach, California 90815
(There will be an additional charge
for this luncheon)**
- June 23 There will be no noontime meeting. Enjoy your
Summer and we will see you on September 8,
2010 for the first Business Meeting of the new
year!
- July 7-10 Soroptimist International of the America's
41st Biennial Convention (San Francisco, CA)



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BIRTHDAYS

May 2	Judith Pednault
May 6	Arlense Sellers
May 7	Minnie Douglas
May 9	Maria Cochran
May 11	Josephine Fitzpatrick
May 21	Gwendolyn Matthews
May 23	Nancy Freeze
May 27	Erin Holloway & Rogyn Thomas
June 2	Michele Wilkosz
June 4	Louise Cunningham
June 5	Barbara Freeman
June 17	Agnes Herst
June 24	Hazel Wallace
June 29	Jean Barrett – Graham



President Denice Lanuti

FRIENDSHIP

A special thank you to Denice Lanuti, outgoing president of SILB's 2009-2010 year. In keeping with her theme the "Sincerity of Friendship," here is quote in honor of such a great year:

The most beautiful discovery true friends make is that they can grow separately without growing apart .
~Elisabeth Foley

Thank you Denice for discovering what each member could individual contribute to the club, while still bringing us all together to accomplish so much!

PRESIDENT'S MESSAGE

As I sit here writing this article, my last as President, I can not believe the year is winding down. It seems almost like a whirlwind of different activities, all focused on our mission of improving the lives of girls and women.

SILB had a great showing at April's Regional Conference was held in April. It was three days of insightful programs and education to help us continue our good work . President Elect Lori was joined by Wendy, Niko and Rosalie at the Leadership Academy. Joining them for the conference were Lori B., Susan, Margie and myself . Two wonderful speakers were featured at the Conference—Blake Mycoskie of TOMS Shoes spoke of giving back and Rohida Kahn from Homeland Security addressed Sex Trafficking.

The 2010 Women Making a Difference Luncheon held in May was a great success. Over 430 guests filled the room as we honored local women for their service to the Long Beach community. Special thanks to Co-chairs Freda and Pam for their hard work in making the luncheon our signature event in the community. Thanks to all members who served on the committee. Our luncheon is a true "Team" effort.

The 2nd Annual Scholarship and Awards Luncheon held in May was headed by Lori B., Wendy and Margie. As a club we gave out over \$26,000 in scholarship to local girls and women. We offer scholarships to high school girls just beginning their journey and to women who are returning to school and their journey after adversity. The committee's theme of "Plant a Seed....Grow a Future" is perfect for this event. I believe this is one of the best things we do for girls, women and our community!

Finally as we wind down the year our last project is Shopping with Soroptimist, one of our "hands on" projects. Thanks to Robin Thorne and Working Wardrobes for putting together this great program helping to prepare women to return to the workforce. I look forward to a great membership turnout.

It is been an honor and a privilege to serve as President of this wonderful club. I thank all of you for your support this past year. In working with each of you on the different programs and getting to know our new members I have been given the greatest gift...the gift of learning the "***Sincerity of Friendship***".

Denice

NEXT YEAR'S SLATE OF OFFICERS

President

Lori Woodruff

President - Elect

Anne Miller

Recording Secretary

Terri Nikoletich

Corresponding Secretary

Judy Pedneault

Treasurer

Rosalie Rowe

Asst Meals

Kathy Ward

Asst Events

Margie Hersh

Directors

Member Services

Minnie Douglas & Gwen Matthews

Philanthropy

Wendy Puzarne & Dana Walch

Fund Development

Judy Griffin & Susan Berkman

Community Outreach/Communication

Nicolassa Galvez

Institutional Affairs

Maggie Shapiro

Finance Committee

Anne Miller

Nomination Committee

Anne Miller



2010 SCHOLARSHIP AWARDEES

The Second Annual Scholarship Luncheon was a grand success. SILB distributed over \$26,000 in scholarships and awards. The luncheon honored Anamaria Garay, Sharareh (Sherry) Moazed, Dulce Figuero, Delilah Brown, Pou Beason, Anh Do, Nisrine Seklawi, Crystal Wright, Chandra Jackson, Divya Kernik, Denise St. Jean, Jazmine Mayfield, Michelle Nguyen, Rebecca Weiss, Rose Winter Davis. The WOA First, Second and Third place winners are Susan M. Gil, Dominique Dalanni, Roxana Flores.

REUNION MEETING

*Charlotte Berry and
Blanche Cannady*

A membership reunion meeting was held on March 3rd. This meeting was planned by the Membership Retention Sub-Committee to encourage attendance by all members on a regular basis.

Invitations were sent to members we have not seen for awhile requesting their attendance and follow-up was done by other members.

Among the attendees was dear Esther Ross who provides flowers for our special occasions and for our flower auctions. Classifications were given so that members could better know each other.

In all, it was a fun meeting with a total of 46 members in attendance. We hope that all members were encouraged to attend meetings on a regular basis.

WWMD PHOTOS

Please visit our Facebook page for more!

MIINERVA AWARDS

Nicolassa Galvez

Television host Oprah Winfrey and retired Supreme Court judge Sandra Day O'Connor are among five women who will be honored with 2010 Minerva Awards at The Women's Conference in Long Beach this fall. Minerva winners will receive \$25,000 grants to advance their



DEAR SILB SISTERS

Lynn Hermstad

Thank you so very much for all of your support during my recent "knee problems". I am surely on the mend with my physical therapy finally taking hold - I am now down to only a cane! Your phone calls, cards, visits and promises of prayers, I know, helped me through a very trying and painful time. Once again, my dear friends in SILB have risen to the occasion and made a big difference in my emotional and physical rehabilitation. You are so important to me. Love, Lynn



WOMEN WHO MAKE A DIFFERENCE

Freda Hinsche Otto

Soroptimist kept tradition alive in 2010 with the annual *Women Who Make a Difference* luncheon on May 1st at The Grand. Nearly 450 people crowded the room to recognize the award recipients. The event was co-chaired by Pamela Seager and Freda Hinsche Otto.

Seven individuals and one organization were designated as winners of the 2010 Annual WWMD. These honorees are local women who have distinguished themselves through their personal and professional achievements. "This year we are honoring a group of remarkable women who have stunning accomplishments and who are magnificent role models for our young people," said President Denice Lanuti.

The Ruby Award for Women Helping Women was presented to local educator and advocate Julia Taboada. The Women of Distinction awards were presented to Laura Farinella, Long Beach Police Department Commander of the Gangs and Violent Crimes Division for her work in the area of Human Rights and the Status of Women; Pamela Shaw, Public Health Nurse

received the award for Health; Monica Stel, Tammy Newland, Owner of Kelly Williams Realty received the award in the area of Economic and Social Development; Bea Antenore, activist and education advocate for Education and Barbara Long, Vice President for Government Affairs and Special Projects at the Aquarium for her work in the Environment.

The award for the Organization Advancing the Status of Women honors an organization that significantly impacts women's lives, and recognized Interval House, a domestic violence prevention organization. The award was accepted by founder and Executive Director Carol Williams.

Soroptimists were pleased to welcome representatives from the S Club. Also attending the event were First Lady Nancy Foster, Congresswoman Laura Richardson, Assemblymember Bonnie Lowenthal, Senator Alan Lowenthal, Vice-Mayor Val Lerch, Councilmembers Gerrie Schipske and Gary DeLong. Police Chief Jim McDonnell and his wife Kathy attended as did newly elected City Prosecutor Doug Haubert.

ON THE LOOKOUT

Shirlee Jackert

October is not too far away and applications for the Violet Richardson Award will be distributed. Over the summer you may meet a wonderful young woman, under 18 years of age and living in Long Beach. If she is doing important work to make the world a better place through volunteer efforts such as: violence prevention, discrimination, poverty, health or cleaning up the environment, she may want to apply for the award. Please contact Shirlee

FACEBOOK

Donna Skinner

Our club has a Facebook page. We need our members to visit the page, become fans, make comments, add information, etc. It will help our overall "presence" in the world. You can find the page by searching "Soroptimist International of Long Beach, California"

SHOPPING

Robin Thorne

Ladies, it's that time of year again, if you're interested in helping with Shopping with Soroptimists please contact Robin. The event is scheduled to take place on June 5th from 9:00 am to 1:00 pm. The areas of service needed on the day of the event are the following: Rides for the participants, Personal shoppers, Valets (to wrap and package the clothing), Food prep, and Greeters. Please let Robin Thorne know your interest in serving by calling 714-448-4283 or by email chemeng97@verizon.net

POTENTIAL SOROPTIMIST MEMBER

Article adapted from the Camino Real Region Newsletter

The 2010 Camino Real Region Spring Conference was very fortunate to have Ms. Rohida Kahn, a trafficking expert, as a keynote speaker.

Pakistani born, Ms. Kahn, is the Director of the federally funded Network for Emergency Trafficking Services (NETS) for the Salvation Army. She is based at the Western U.S. headquarters in Long Beach, CA. The NETS program includes Labor and Sex Trafficking of Men, Women and Children.

Her duties include directing an innovative and comprehensive program to combat all forms of human trafficking in three major U.S. cities – Denver,

at the Transitional Living Center in Orange County. This Center is the first and only organization in the country that is exclusively dedicated to the survivors of domestic violence and human trafficking.

Ms. Khan has also worked as a Program Director for an Anti-Human Trafficking and Anti-Political Torture Victims Program with the African Community Resource Center.

Ms. Kahn provides training, mentoring, technical assistance and capacity building to other Anti-Human Trafficking projects locally, statewide and nationally. She has also speaks to Non-Governmental Organizations (NGOs), law

“I would be, myself, beaten up at home, and I was a human rights activist,” she shared. “Why did I say all the time, ‘I fell down’? It was the honor of my family that I was protecting.” - Rohida Khan

RUBY AWARD

Nicolassa Galvez

Thank you to everyone who voted in SIA's Ruby Award online poll! Check their website soon to find out who will be named the 2010 finalist.

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Anchorage and El Paso.

In her role, she has helped to develop and implement community-based responses to human trafficking, including creation of multi-disciplinary task forces, services, public awareness, training and protocol development.

Prior to joining TSA, Ms. Kahn worked as a Program Director

enforcement agencies, faith based groups and other community organizations.

She is a member of many Human Trafficking Task forces. Ms. Kahn is a public member of the State Bar of California, Immigration and Nationality Law Advisory Commission.

Please join SILB in recruiting Ms. Rohida Khan as our newest member next year!

A BIT OF HISTORY ABOUT OUR WEBSITE

Donna Skinner

It was the year 2000 when club members started talking about the need to have an internet presence. In 2002, when Freda Hinsche Otto was president, our first website was launched. Donna Skinner had spent the summer taking a beginning course in website design and created the club's website as a student project. (She had so much fun doing it that she completed more website design courses and developed a business of website design.) The club's website evolved over the years with Donna volunteering as webmaster.

The website, www.silongbeach.org was a finalist for the Soroptimist Celebrating Success Award of Soroptimist International of the Americas in 2004. The following year, 2005, the website was awarded the first place prize in that international competition.

By providing information about club activities, the website has served members, the press, potential members, event participants, grant applicants, and even our friendship links. It was visited more than 26,000 times during the year

2009. Website traffic reports show us that, in addition to providing information about our club and its activities to local sources, the site has been visited by people from around the world including: Singapore, Germany, Poland, Japan, Russia, Austria, Switzerland, Czech Republic, United Kingdom, France, Turkey Canada, Greece, Israel, Korea, Netherlands, Sweden, Slovak Republic, Taiwan, Australia, Belgium, Bulgaria, Brazil, Cote d'Ivoire, China, Finland, Hungary, India, Italy, Mexico, Malaysia, Portugal, Romania, Trinidad & Tobago, and Ukraine!

We thought that we were keeping up with the times by building our own website but as our culture continues to evolve and since Soroptimists are not noted for resting on their laurels, we are determined to use all the resources available to us to promote Soroptimism. To that end, we have recently launched a Facebook page for the club. Events and comments about club activities are posted on the social networking page which allows members and visitors to comment and interact.

NURTURE THYSELF

Adapted from SIAs "Best for Women".

If the oxygen mask drops during an in-flight emergency, people are instructed to place the mask on themselves first, then their child. This advice applies in day-to-day life as well. Author Stephanie Marston compiles some suggestions for self-care and stress relief :

- ◆ Plan and prioritize. Delegate. Ask for help.
- ◆ Establish and maintain a strong support system of family and friends.
- ◆ Negotiate responsibilities with your partner, especially if you have children.
- ◆ Don't get caught in the TV trap. Unwind with a book or light exercise.
- ◆ Stop the negative self-talk.
- ◆ Start a gratitude journal, which shifts energy in a positive way.
- ◆ Rediscover or start a spiritual practice, even for five minutes a day.

SMALL WAYS PROJECT

SILB's Small Ways Projects are another way we support mission of "Best for Women." Besides grants and scholarship, 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, TBD

Biographies - Denice Lanuti

Clothing - Working Wardrobes, Rosalie Rowe

Note: Working Wardrobes - Please have items cleaned, 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!

NEWSLETTER SUBMISSIONS

Submission specifications for Soroptimist newsletter:

1. Please send type-written submissions by snail mail or email (text within email or attached as a document).
2. Please email or mail (I will scan) photos of members and Soroptimist events.
3. Depending on space, submissions will be included on a first-come, first-serve basis.
4. Deadline is the

Be sure to check out the 2008-2009 Program Impact Report on the Soroptimist International of America's website.

SIA IMPACT REPORT

As women and girls around the world struggled with a worsening economic situation, Soroptimists answered their call for support and services. While other organizations cut back, Soroptimists increased (by more than 5,000) the number of women reached through Soroptimist programs. The 2008-2009 Program Impact Report describes the outcome Soroptimist programs have had throughout the federation. The impact at the local Soroptimist club level is outstanding. When combined with the impact around the world, it's amazing! Consider the following: 1,173 women were helped through the Soroptimist Women's Opportunity Awards and 11,901 women and girls were reached through Soroptimist Club Grants for Women and Girls. Please visit SIA online to view the full report.

25th of every month.

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Immediate Past President: Margie Hersh

Nomination Committee: Lori Woodruff

Regional Delegates (2): Judy Hess & Lori Woodruff

Alternate Regional: Margie Hersh

Alternate Federation: Judy Hess

Major Committee Chairs

Annual Fall Fundraiser

Monster Bash

October 30, 2009

The Grand

Jane Benson & Jaye Johnson

Women Making a Difference Luncheon

May 1, 2010 at The Grand

Freda Hinsche Otto & Pamela Seager

President's Contact Info:

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MORE SOROPTIMIST RESOURCES

www.si-longbeach.org * www.caminorelaregion.org * www.soroptimist.org

"Best for Women" - Soroptimist International Quarterly Magazine

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SOROPTIMIST

Best for Women

Mailing Address Line 1

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Mailing Address Line 4

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