

February 2022

Soroptimist
International of
La Mesa



SOROPTIMIST

A global women's
organization whose
members work to
improve the lives of
women & girls
through programs
leading to social &
economic
empowerment.

2018-2019
SOROPTIMIST
CLUBGIVING
We Support
Women & Girls

2019-2020
SOROPTIMIST
CLUBGIVING
We Support
Women & Girls

2020-2021
SOROPTIMIST
CLUBGIVING
We Support
Women & Girls

President Lisa's Message



Happy February!

Our 2022 is underway and once again I am opening my letter by telling you that we have been busy. But being busy is a good thing! It feels good to get back into the swing of planning wonderful events where we get a chance to gather together and our meetings have been full of conversations regarding our upcoming plans.

On Saturday, February 12th we will be gathering to assemble a total of 10 Human Trafficking First Responder Emergency Backpacks that can be distributed to women who are rescued from a trafficking environment. These backpacks supply each survivor with a warm change of clothes and a few nights of basic necessities while they are relocated. Items include everything from feminine hygiene products, toothbrush/paste, and deodorant, to socks, notepads, pens and sweatshirts. Our members are busy collecting the supplies now; however, if you are interested in donating funds in support of this project, please send your monetary contribution to SILM at P.O. Box 637 La Mesa, CA 91944 in support of the Backpack Service Project. For our members and friends in the La Mesa area, if you would like to take part in assembling the backpacks please join us on Saturday, February 12th at 2pm at the home of Anne DiNapoli. RSVP to Anne at ainapoli@packbell.net.

Our Live Your Dream Chairperson, Dr. Loretta Mayer, has been busy overseeing our award process again this year. The committee is just about ready to finalize their decisions to select another very worthy group of young women, each of whom will benefit from the added financial support that the Live Your Dream program makes possible each year. We are planning an in-person Tea/Dessert to celebrate and hear from our awardees so please save the date, Saturday, March 12th, for this inspiring event. Additional details will be coming soon.

And finally, just a reminder that our Business Meetings are now being held in person, at Denny's on the first Thursday morning of each month. Please consider joining us again around the breakfast table.

Cheers,
President Lisa

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Upcoming Club Activities:
In-Person Meetings will be held at Dennys at Navajo and Fletcher Parkway unless otherwise indicated.
 February 3, 2022 – Business Meeting – 7:30 am Denny's
 February 12, 2020 - Backpack Service Project -2:00 pm - Anne D's
 February 17, 2022 – Board Meeting – 5:30 pm via Zoom

SOLT - Soroptimist Orientation, Leadership and Training

International Women's Day

Tuesday, March 8, 2022

campaign theme:
#BreakTheBias



Imagine a gender equal world.

A world free of bias, stereotypes and discrimination.

A world that's diverse, equitable and inclusive.

A world where difference is valued and celebrated.

Together we can forge women's equality.

Collectively we can all **#BreakTheBias**.



Be part of a movement

Individually, we're all responsible for our own thoughts and actions - all day, every day.

We can break the bias in our communities.

We can break the bias in our workplaces.

We can break the bias in our schools, colleges and universities.

Together, we can all **break the bias** - on International Women's Day (IWD) and beyond.

Strike the IWD #BreakTheBias pose

Are you in? Will you actively call out gender bias, discrimination and stereotyping each time you see it?

Will you help **break the bias**?

Cross your arms to show solidarity.

Strike the IWD 2022 pose and share your **#BreakTheBias** image, video, resources, presentation or articles on social media using **#IWD2022 #BreakTheBias** to encourage further people to commit to helping forge an inclusive world.



Get help and guidance on **how to plan**

International Women's Day 2022 activity and how to support the **#BreakTheBias** campaign theme.

Individuals and organizations are invited to send in **#BreakTheBias** images as we'll be sharing some of the best images from around the world in the lead up to International Women's Day 2022.

So strike the IWD **#BreakTheBias** pose with your arms crossed to show your commitment to calling out bias, smashing stereotypes, breaking inequality, and rejecting discrimination.

An Inspiring Soroptimist Live Your Dream Awardee

Alma's Extraordinary Story

Navigating Sickness and Achieving a Career



Alma's family immigrated to the United States when she was a child. She grew up on a migrant farm, where her parents worked in the fields. Alma and her parents did not speak English, making it hard to communicate and integrate into their new country.

Alma dreams of completing a degree in child development, becoming a math teacher, and eventually earning a master's degree.

Battling Illness

"As a child I had many dreams and aspired to reach every single one of them. However, life has many ways of reminding us that some dreams are harder to reach—and not just because my family faced harsh socio-economic struggles—but also because as a teenager, at the peak of my adolescence, I became quite ill."

Alma contracted an aggressive kidney disease that plagued her for several years, and was bullied in high school for the visible side effects of the treatment. Despite her health challenges, Alma was still responsible for sustaining a family of six, by cooking and cleaning after school while her parents worked.

Determination and Strength

After graduating high school, Alma became pregnant with her daughter and was told that having the child had high risks because of Alma's illness. The doctors warned the pregnancy could result in the death of her child or herself. Alma was determined to have her daughter, and fought to get stronger. This devotion to the well-being of her daughter continues to this day.

Alma is pursuing her education goals in order to create a better life for her daughter. "Overcoming all the obstacles life has set before me have reminded me of my dreams and how hard they can be to achieve." Alma acknowledges the work and dedication needed to fulfill her dream, and her perseverance has her on the right path.

Overcoming Obstacles

Alma is already close to completing an associates of arts degree in child development. Along with work and school, she maintains a supportive and loving relationship with her daughter, and shows her goals can be accomplished despite obstacle.

"Receiving these awards is a small testament to my ongoing fight in achieving a career so I can create a better life for my daughter."

MEMBER SPOTLIGHT



Marlene DeMers was born in Upstate NY but raised On Long Island. She is an only child who has always been interested in science and won prizes for her projects. She was a tomboy and one of her cousins laughed about how she was playing outside with dolls wearing a holster set and cowboy hat.

She received her Associates Degree in Biology from Farmingdale College and began working at the NY State Conservation Department testing water and clam samples. She attended Hofstra University in New York and SDSU where she earned her Bachelor Degree in Microbiology. She obtained her State and National License for Medical Technologist/ Emerging Society of Clinical Pathologists and spent 10 years at Grossmont Hospital, specializing in hematology and then was employed at SDSU as Clinical Laboratory Scientist in the Biology Department. She retired from SDSU 2014.

Her Nickname is “Mar” and her favorite hobbies/activities are collecting shells and sea glass by the sea shore, succulent gardening, beading/jewelry making, collecting model horse & art work and travel. She is also a docent at the SD Mission de Alcalá - California’s first mission.

For entertainment Marlene likes watching SciFi, Super Hero stories, disaster movies and Hallmark Movies while caring for Taco Bell, her 14 year old Chihuahua. Her friends would be surprised if she would get her kitchen remodeled like she has planned for 30 years.

She loves laughing at herself, a good comedy, spending time with friends and eating Pizza and salad – or bagels and cream cheese.

She has been a Soroptimist for 10 years and Elena Totten is her sponsor and friend since high school when they were in a sorority in Freeport Long Island.

Helping Women better their lives is Marlene’s way of giving back to society and finding purpose in her life. She loves to say that “Soroptimist is her extended family.”

Love is in the air for Soroptimist International of La Mesa members.



SILM member Savannah McCully and Alexa Henderson became engaged.



SILM member Amal Hagisufi and Mustafa were married in a backyard ceremony recently.



SALUTES OUR MISSION HEROES

SAVE THE DATE!

Friday, March 4, 2022

6:00 to 8:00 p.m.

~ Doors open at 5:30 ~

*Come network with the trailblazers in
San Diego's anti-trafficking community!*

STAT! Soroptimists Together Against Trafficking invites you to join us as we salute people and organizations that are making a difference in the fight against human trafficking. These people and organizations have stepped forward and found unique ways to help victims, reduce demand, and raise awareness about modern day slavery.

Register today at: bit.ly/heroes2022

\$25 per person through 2/21/22, \$30 per person after

Space is limited. Please register early.

Good Samaritan Episcopal Church, Roetter Hall, 4321 Eastgate Mall San Diego, CA 92121

Light appetizers will be served. Beer and wine available.

STAT! Soroptimist Together Against Trafficking is a collaborative group of Soroptimist clubs from the San Diego area addressing the needs of local victims and educating parents, teens and the public about the risk of human trafficking, pimping and sexual slavery.

heroes@statsandiego.org

statsandiego.org

 [STATSanDiego](https://www.facebook.com/STATSanDiego)



STAT! Salutes Our Mission Heroes

Each year, **STAT!** honors people, businesses, and organizations that are taking a stand against modern-day slavery. These are community members who are not employed in the field but, rather, have a personal dedication to supporting victims, raising awareness and advocating on behalf of victims. Some of our past honorees have included:

- Mosques Against Trafficking
- Truckers Against Trafficking
- Jaimee Johnson- a survivor who started the non-profit Sister of the Street
- Several local reporters who have done an exceptional job reporting on human trafficking
- Several local reporters who have done an exceptional job reporting on human trafficking
- Community volunteers
- Organizations like the Junior League and the Lawyers' Club who have created special committees focused on ending modern-day slavery

NOMINATE A HERO

SOROPTIMIST
INTERNATIONAL OF
LA MESA
WISHES YOU A
HAPPY VALENTINES
DAY!



UPCOMING EVENTS

SAVE THE DATE

Sunday, March 20, 2022

12 noon - 3 pm

at the

Vista Optimist Club

600 Optimist Way, Vista



Soroptimist Quartermania Fundraiser

Hosted by SI Vista and North County Inland

What is Quartermania?

It's FUN FUN FUN and no experience required.

Bring your friends, neighbors, and family.

Bring a roll of quarters to bid on new items from 10 vendors. You get a paddle and a poker chip for bidding (extra paddles available)

\$30 Includes Chicken Caesar salad, roll, non-alcoholic drink, dessert, and coffee

Proceeds support women & girls education and empowerment and trafficking awareness.

CONTACT: Pat Origlieri 760-724-9674 or pat@vistacopy.com

**Club Birthdays
No Club Birthdays in February**

STAT! Soroptimists Together Against Trafficking Meeting

February 9, 2022

5:30 pm - 7:00 pm

4747 Viewridge Avenue, San Diego

All Soroptimists are Welcome.

SI La Mesa has an Instagram Account (Soroptimist of La Mesa)

and a Facebook account. Check them out!



To support SI La Mesa, please go to Smile Amazon and select Soroptimist International of La Mesa as your charity and a portion of your purchases will benefit the women and girls we serve..

If you would like to purchase gift cards for the holidays, please contact the club at silamesa.org. There is a wide variety of cards available for graduation, birthday or other special days.



Soroptimist International
of La Mesa

Best for Women

PO Box 637
La Mesa, CA 91944
Contact: President Lisa McCully

www.silamesa.org Find us on Facebook and Instagram

Soroptimist is a global women's organization whose members volunteer to improve the lives of women and girls through programs leading to social and economic empowerment. Approximately 80,000 Soroptimist in 130 countries and territories support community-based and global projects benefiting women and girls. The organization is particularly concerned with providing women and girls access to education, as this is the most effective path to self-determination.

The name Soroptimist means "best for women" and that's what the organization strives to achieve. Soroptimists are women at their best working together to help other women to be their best.

First Thursday of each Month—Business Meetings - 7:30 am at Denny's on Fletcher Parkway and on Zoom.

Program Meetings will be announced one month before occurring.

Third Thursday of each Month—Committee Meeting - As needed

Notes: Only one meeting is held in the months of July and August—date to be determined by club President

Scribbles Editor: Linda Newell Contact: lindanewell@silamesa.org

Officers, Board Members and Delegates - 2021-2022

President: Lisa McCully

Past President: Becky Bergstiner

President-Elect/Fundraising: Elena Totten

Director - One Year: Marlene DeMers

Vice-President/Programs of Service: Anne DiNapoli

Director - Two Years: Lisa Moore

Recording Secretary: Linda Newell

Delegate - One Year: Savannah McCully

Treasurer: Felis Wolven & Linda Barbod

Delegate - Two Years: Frances Wolven

Corresponding Secretary: Dolores Kelly