

February 2023

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.

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President Elena's Message



Well it looks like our committees are in full swing. The Live Your Dream Committee has made their awardee selections and we will be hearing soon what the results are. The Fundraising committee met and I'm sure at the business meeting in February we will hear about the plans for the rest of the year.

I do hope everyone has been safe and warm doing the past rainy weeks. Nothing much has happened on my part. A tree on my property fell on my neighbor's car, my garage flooded and a few mishaps with my computer and phone. Getting things sorted out now.

Heads up Soroptimist Members. I wanted you to know that we will be having a visitor from SI Cape Town, Africa in March or April. Her name is Gail Hughes. She has stayed with me a few times and I'm hoping we can arrange a get together with the club.

Save the dates of March 3rd for the STAT Heroes event (flyer in this newsletter) and March 4th for our District III meeting which will be hosted by SI Valley De Oro. Please try and attend. It's in our home area and it would be lovely to have a nice showing from our Club.

Stay safe and as warm as possible this month.

President Elena

Upcoming Club Activities:

In-Person Meetings will be held at Dennys at Navajo and Fletcher Parkway.
February 2 - 7:30 am - Business Meeting at Denny's and ZOOM
February 9 - 7:30 am - Fundraising Committee Meeting at Denny's and Zoom
February 16 - 5:30 pm - Board Meeting on ZOOM



2023 New Year's Resolutions— Putting New Possibilities into Action

It's that time again when one year has ended and a new one has just begun.

Instead of thinking about all of the ways that you might have fallen short of your goals this year, think about all of the ways that you can reach them next year using what you've learned. Better yet, set some new goals. To help you get started, here is a list of New Year's resolutions for any women's advocates and volunteers who are seeking personal growth and development in 2023.

1. Compliment other women more frequently.

In a world where women are constantly brought down, it is so important to build each other back up. The next time you find yourself admiring something about a woman, tell her—let her know that you recognize and appreciate her good qualities.

2. Celebrate the achievements of other women.

It's easy to view the women around us as our competitors, but that is simply not how it works. Life is not a competition, and there is no limited supply of success. At the end of the day, we're all just trying to live our best lives. When you see another woman meeting a goal or celebrating a victory, celebrate with her.

3. Apologize less.

If you find yourself apologizing for everything—even when you've done nothing wrong—you're not alone. [Studies](#) show that women are more likely to apologize than men. While apologizing is certainly appropriate in some situations, it is not always necessary. You shouldn't feel like you have to say sorry for asking someone to send you an overdue assignment or for sending back an incorrect order at a restaurant. You are not on this Earth solely to make other people feel comfortable.

4. Start journaling.

Journaling is a great way to get in touch with your inner self. It can also help relieve stress and get things off your chest. On top of that, it's a great way to keep track of your progress in reaching your goals. Make time to write freely. At the end of the year, it could be fun to look back and reflect on what you wrote as well!

5. Get involved in causes you care about.

With all the problems going on in today's world, trying to make a difference can feel overwhelming. Pick one or two causes that you are really passionate about and learn ways you can address them. By being proactive in this way, you can gain a greater sense of control over your life, meet amazing people with mindsets similar to your own, and have the opportunity to make a real impact on your community.

6. Protect yourself and other women from violence.

Violence against women is widespread. Consider the following:

- **See if your local gym offers self-defense courses.** Learn how to protect yourself from violent situations. The courses might be fun and you can even bring some friends along with you!
- **Raise awareness.** Post the above facts about violence against women on social media to help others understand the facts.

7. Take yourself out on dates.

We often get so caught up in maintaining relationships with our friends and family that we forget to maintain relationships with ourselves—which arguably may be the most important relationship of all! Spend more time by yourself. Reflect on who you are as an individual—your insecurities, your dreams, your goals, etc.



The Fundraising Committee meeting was held on January 19, 2023 at Denny's. Plans were made for events including: Spring Wine Tasting, Bunco, Encore and/or Lamb's Theater, and other Social /Fundraisers. President Elect and Fundraising Chair, Savannah Henderson lead a very productive and interactive meeting.



Anne Hoiberg was an honoree at SILMs 65th Annual PreThanksgiving Breakfast. She is pleased to announce the publication of her book, ***Tears of War--Stories of Refugee Women.*** **She** shares the stories of thirty-seven refugee and asylee women by describing 1) the terrifying consequences of war and the circumstances of fleeing their home country; 2) the harrowing journey from harm to refuge, which could include fear, torture, rape, panic, loss of loved ones, hunger, and persecution; 3) adjustment to refugee camps or temporary housing; and 4) resettlement in San Diego. **Individual orders can be obtained by contacting Anne Hoiberg: annehoiberg1@gmail.com.**



SILM is now a member of the La Mesa Chamber of Commerce.

The La Mesa Chamber of Commerce represents the interests of members, businesses, individuals, and families by promoting and enhancing La Mesa and the surrounding area.



Thank you to SILM Member, Savannah Henderson who provided the January 12, 2023 Program Meeting about the opportunities available for the club to communicate through Google Docs. This program will also be an efficient method of storing club data and photos. She has developed a video to go along with her presentation which will be sent to all members.

**HAPPY VALENTINE'S DAY
TO EVERYONE.**



UPCOMING EVENTS

February Club Birthdays

Christina Jackson - February 18



SALUTES OUR MISSION HEROES

SAVE THE DATE!

Friday, March 3, 2023

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.

And meet our 2023 **Live Your Dream** awardees, who are triumphing over adversity through advancing their education.

Register today at: bit.ly/heroes2023

\$25 per person through 2/21/23, \$30 per person after

Space is limited. Please register early.

St. Bartholomew's Episcopal Church | 16275 Pomerado Road | Poway, CA 92064

Light appetizers will be served. Beer and wine available.



Soroptimist is a global volunteer organization that provides women and girls with access to the education and training they need to achieve economic empowerment

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)

Soroptimist International of San Diego invites you to

Live Your Dream Awards Luncheon & Fashion Show
Unstoppable Women

Saturday, March 18, 2023 | 10:00 a.m. - 3:00 p.m.
Sheraton San Diego Hotel & Marina
1380 Harbor Island Drive, San Diego, CA 92101
www.sisandiego.org

STAT! Soroptimists Together Against

Trafficking Meeting

February 8, 2023

5:30 pm - 7:00 pm

4747 Viewridge Avenue

San Diego, CA 92123

If you would like to purchase gift cards please contact the club at silamesa.org.

There is a wide variety of cards available for graduation, birthday or other special days.

SILM receives a percentage of your purchase total.



2018-2019

SOROPTIMIST CLUBGIVING

We Support Women & Girls

2019-2020

SOROPTIMIST CLUBGIVING

We Support Women & Girls

2020-2021

SOROPTIMIST CLUBGIVING

We Support Women & Girls

2021-2022

SOROPTIMIST CLUBGIVING

We Support Women & Girls



Soroptimist International of La Mesa

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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.

Business Meeting - First Thursday of each Month - 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: scribbles@silamesa.org

Officers, Board Members and Delegates - 2022-2023

President: Elena Totten

Past President: Lisa McCully

President-Elect/Fundraising: Savannah McCully

Director - One Year: Lisa Moore

Vice-President/Programs of Service: Anne DiNapoli

Director - Two Years: Felis Wolven

Recording Secretary: Linda Newell

Delegate - One Year: Frances W.

Treasurer: Linda Barbod

Delegate - Two Years: Becky Burgstiner

Corresponding Secretary: Dolores Kelly

If you wish to unsubscribe to this newsletter, please contact Linda Newell - newell92071@gmail.com.

Soroptimist International of the Americas: www.Soroptimist.org

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