

April 2024

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.



- **Inside this issue:**
- President's Message
- SOLT
- Club News
- Photos
- Upcoming Events

President Savannah's Message



"April is a reminder that something better is always around the corner." – Unknown

I never fully appreciated the month of April until I lived in northern Colorado during college and experienced a true winter. After months of scraping ice off my windshield and walking to class while trying not to slip and fall on ice, the moment that I began to see more sunny days than rain and wildflowers begin to bloom, I felt rejuvenated and energized again.

After this past rainy Winter and Spring here in San Diego, I feel the same way I did all those years ago when I had my first real experience with changing seasons. I keep reminding myself that the rain we have been getting here in California is necessary to avoid drought and sustain our wildlife and ecosystem, but I am also ready to spend my weekends gardening, walking my dog, and sitting in the sunshine at baseball games. I am ready to be energized again! I am sure many of you can relate.

Our club is also ready to jump into things, with some events planned in the next few months. First, we have our Bagels & Bunco fundraising event on April 13th—see our flyer here in Scribbles with a link to RSVP. This will be a very fun event with prizes and excellent company. We will also be doing our UnTea in May, and in June we will be hosting our annual Sip & Snack Wine Tasting event, so stay tuned for more information!

- **Wishing you all a healthy and happy Spring, and hopefully our April showers will bring May flowers!**

President Savannah

UPCOMING EVENTS

April 4 - 7:30 am - Business Meeting at Denny's and Zoom

April 13 - 9:30 am - 11:00 am (See Invitation in newsletter)

April 18 - 5:30 pm - Board Meeting - Zoom

SOLT - Soroptimist Orientation,



HAPPY 73rd BIRTHDAY SOROPTIMIST INTERNATIONAL OF LA MESA!!!

Our mission is to be “A global women’s organization whose members work to improve the lives of women & girls through programs leading to social & economic empowerment.

We have performed many service projects over the years. Here is a sample of some those service projects.

- We advocated for Pre-Natal Care for mothers on MediCal. A bill was finally passed by the State legislature to pay doctors for treating pre-natal MediCal women.
- Involvement Free Enterprise “IFE” was a joint project we did with the Kiwanis club for a number of years. It was a week-end event at the Boy Scout camp in Julian. High School juniors participated in discussions on economics, free enterprise etc.
- Destination Women 2000 was a project we facilitated for 5 years. It was a self-esteem one day conference for women from low income families who needed help with job interview skills, self-esteem building, legal assistance etc. This project won 2nd place in the SIA Celebrating Success awards!
- In 2014, 2015 and 2016 we sponsored the Women’s Opportunity Conference. This one day conference provided information, resources and support for women in transition. It was very successful and SI La Mesa again was awarded 2nd place in the SIA Celebrating Success awards as well as a \$4,000 SIA Woman’s Grant!!
- Rachel’s Women’s Center for homeless women was a hands on project that we hosted for a number of years. Every month or so we served a delicious home cooked dinner to the women.
- Naval Consolidated Brig was a mentoring and book club project for incarcerated women.
- Our Service Brigade has assisted other non-profits in their projects for many years.
- Live Your Dream is a unique education award for women who provide the primary financial support for their families. The Live Your Dream Awards give women the resources they need to improve their education, skills and employment prospects.

Here is a sample of some of our fundraisers which primarily fund our Live Your Dream Education Awards Program.

- Spades & Spurs western dinner dance/casino night and silent auction. The decorations and backdrops were hand made by the members and used year after year.
- La Mesa Oktoberfest – We had a booth for a number of years, selling everything from white elephant stuff, alpine hats and hot pretzels. One year we had an abundance of alpine hats left over and sold them out of the truck of a car the following year.
- In 1987 for La Mesa’s 75th anniversary we borrowed money from the city and had a litho commissioned by artist Nagel Carter and sold a limited number. These were various scenes around La Mesa.
- We held a BBQ event at San Diego Zoo Ambassador Joan Embry’s Ranch three times raising funds from \$15,000 - \$20,000 each time. The average attendance was about 300!
- Our annual Community Thanks for Giving Breakfast is always an event that members of the public and Soroptimist look forward to each year. We honor a different segment of the community each year. We raise funds through silent auction baskets, raffles and sponsorship.
- Wine Tasting events have provided funds for our educational events and provide an afternoon of fun and friendship.

Excerpts of an article written by Lisa Moore, edited by Linda Newell

CLUB NEWS



Desert Coast Region, District III held its Winter Workshop on March 2, 2024. The event was hosted by SI Coronado who provided a lovely breakfast and lunch. At right are the participants from SI La Mesa and below are all the Soroptimists attending the informational workshop.



Supporting other Soroptimist Clubs is always fun, educational and fulfilling.

SI La Mesa members and their friends attended Live Your Dream events at other Soroptimist events.

At left are two guests, Elena Totten and Becky Burgstiner at the SI San Diego Live Your Dream Fashion Show (Linda Newell is not shown.)

At right are Elena Totten and Becky Burgstiner at the SI La Jolla Live Your Dream Event.



CLUB NEWS

As a member of the La Mesa Chamber of Commerce, SI La Mesa members attended the Spring Fling Business Expo. Networking with other La Mesa groups, food, drink and sharing information about Soroptimist filled the evening.



Linda Newell, Marlene DeMers, Elena Totten



Frances Wolven and Felis Wolven



The Club Program Meeting - March 14, 2024 welcomed Wanni Mena Emergency Service Program Administrator

Children of the Immaculate Heart (CIH) provides various services to formerly trafficked women and women with children, so they can gain independence, stability and healing through the St. Bakhita's Program.

Their Emergency Services Program is a mobile clinic which meets clients in their service area and they are working towards opening a physical Drop-In Center in the city of San Diego. The mobile clinic will house basic emergency food, clothing, toiletries and pamphlets of available resources.



Member, Anne DiNapoli and Wanni Mean

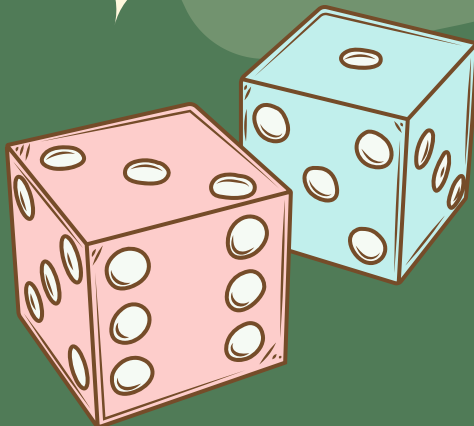
PLEASE JOIN US FOR A FUN MORNING.



S.I. LA MESA PRESENTS:

BAGELS & BUNCO

\$25
PER PERSON



04/13/2024

9:30 AM - 11:00 AM

**VISION CENTER FOR
SPIRITUAL LIVING**

4780 Mission Gorge Place
San Diego, CA 92120

FOOD PROVIDED - GAME PRIZES - GREAT COMPANY

4780 Mission Gorge Place San Diego, CA 92120

Purchase Tickets & RSVP at:
<https://silamesa.org/event/bagelbunco2024/>
[Scan QR code to go website!]



UPCOMING EVENTS

April Club Member Birthdays

April 11 - Anne DiNapoli

April 5 - Denise Lorenz

April 16 - Frances Wolven



SOROPTIMIST'S 48TH BIENNIAL CONVENTION

Join us to reach new heights in the heart of the beautiful Pacific Northwest, July 24-27, 2024 for an event like no other! Four full days of exciting opportunities to connect, learn, and celebrate how Soroptimists are transforming the lives of women and girls

Register at [Soroptimist.org](https://soroptimist.org)





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 - 2023-2024

President: Savannah Henderson

Past President: Elena Totten

President-Elect/Fundraising: Elizabeth Roth

Director - One Year: Dolores Kelly

Vice-President/Programs of Service: Anne DiNapoli

Director - Two Years: Felis Wolven

Recording Secretary: Linda Newell

Delegate - One Year: Becky Burgstiner.

Treasurer: Linda Barbod

Delegate - Two Years: Denise Lorenz

Corresponding Secretary: Christina Jackson

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

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