

October 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.



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President Savannah's Message



Happy October!

This is one of my favorite months of the year! There are so many things that I love about October. The sweltering heat and humidity wanes into warm sun and crisp evenings. I love when the sun goes down earlier (am I the only one?), when I can slow simmer soup on the stove while I read under the blankets on the couch, and the excitement of the holidays begins to build up. This year I am joyous that my San Diego Padres have fought their way into the postseason, and I wholeheartedly believe we can go all the way! I love that the success of the Padres have brought people together and highlighted that San Diego has a great sense of community.

As I think about holidays, gratitude, and community I think of one of the largest and most anticipated fundraising events that SI La Mesa hosts annually--our **Thanks for Giving Breakfast!** I would like to personally invite you all to attend our breakfast, held the Wednesday morning prior to the Thanksgiving holiday, on November 27th from 8:00am - 9:30am. Our formal invitation with links to purchase tickets can be found right here in Scribbles. This year we will be honoring young women who are leaders within their community--something you won't want to miss!

Fun October Fact...last year, it was estimated that Americans spent approximately 843 million dollars on pumpkins?! And most of that pumpkin doesn't get consumed and becomes food waste, so consider composting your pumpkin or giving it to someone with chickens or other farm animals!

Wishing you all a happy October, and for those who observe, a joyous Jewish New Year, meaningful Yom Kippur, Happy Canadian Thanksgiving, and a Spooky Halloween!

President Savannah

UPCOMING EVENTS

Thursday, 10/3/2024 – 7:30 am– Business Meeting – Denny's and Zoom

Thursday, 10/17/2024 - 4:00 pm – Board Meeting – Southwest Yacht Club

Thursday, 10/17/2024 - 5:30 - Social at South Wet Yacht Club

SOLT - Soroptimist Orientation, Leadership and Training

InfoPrática: Technology Certifications for Women and Girls



Shout out to SI/Porto Alegre Metropolitana (Brazil Region)

SI/Porto Alegre Metropolitana developed professional qualification courses in the area of information technology to benefit the most vulnerable women and girls. The training program arose from a need the club perceived among women and girls to gain theoretical/practical knowledge about computers, office applications, electronic media, and equipment operation, thus contributing to their professional training.

Along with publicizing the work carried out by Soroptimist and raising funds to subsidize the project costs, this endeavor aims to promote social, digital, and economic inclusion of women in vulnerable situations, many of whom are at social and personal risk. Many of the participants are already working, earning a fair wage, and there is a demand for this type of labor from local businesses.

THE PREP FOR COURSES:

To achieve these goals, SI/Porto Alegre Metropolitana sought partnerships with Volvo and the owner of a woman-driven blue Volvo truck with the Soroptimist logo on the sides, traveling on the roads of Brazil. A long-dreamed-of reality.

The truck stands out due to its color and the giant Soroptimist logo on both sides of the truck. The driver underwent training to get to know Soroptimist International of the Americas to spread the word about the club's work while traveling on Brazilian



The club plans for InfoPrática to run for a year with the potential of continuing for a longer period of time. By the end, this program will benefit approximately 80 women and girls.

SOROPTIMIST INTERNATIONAL OF LA MESA
PRESENTS:



67th Annual THANKS FOR GIVING BREAKFAST

Honoring Young Women in Leadership

27 NOVEMBER 2024



8:00am - 9:30am • Handlery Hotel San Diego



GUEST SPEAKER:

Jennifer Cosio, MSW, Ed.D
Candidate

As a first-generation Latina college graduate and current Social Work faculty member and advisor, Jennifer embodies the importance of women in leadership and mentorship.



EVENT INCLUDES:

Presentation of Honorees
Music from the **Enrique Wilcox Quintet**
featuring high school & young adult musicians!
Complimentary Breakfast Buffet
Raffle Prizes

Proceeds from this event support programs and service projects, such as our Live Your Dream educational award program, that align with our mission to improve the lives of women and girls.

COST:



RSVP:

RSVP & Purchase Tickets:
www.silamesa.org
or scan QR code



Pay By Check:
Soroptimist International of La Mesa
P.O. Box 637, La Mesa, CA 91944

READY TO BEGIN a new life?

live
YOUR
dream**
education & training awards for women®

The Soroptimist *Live Your Dream: Education & Training Awards for Women* program has been helping women around the world since 1972. This program provides cash grants to women who are working to better their lives through additional schooling and skills training.



You are eligible to apply if:

- are a woman with primary financial responsibility for yourself and your dependents
- are attending an undergraduate degree program or a vocational skills training program
- have financial need

Scan the QR code
AND
ATTEND A LIVE ONLINE APPLICATION WORKSHOP



The Soroptimist Live Your Dream Awards are cash grants to assist women like you, who have overcome significant obstacles to improve your education, your skills and your employment prospects. YOUR BEST OPPORTUNITY TO RECEIVE A LIVE YOUR DREAM AWARD BEGINS BY ATTENDING a Live Your Dream live online workshop!

10:00 a.m. Saturday, October 5
6:00 p.m. Wednesday, October 16

6:00 p.m. Thursday, October 10
6:00 p.m. Tuesday, October 22

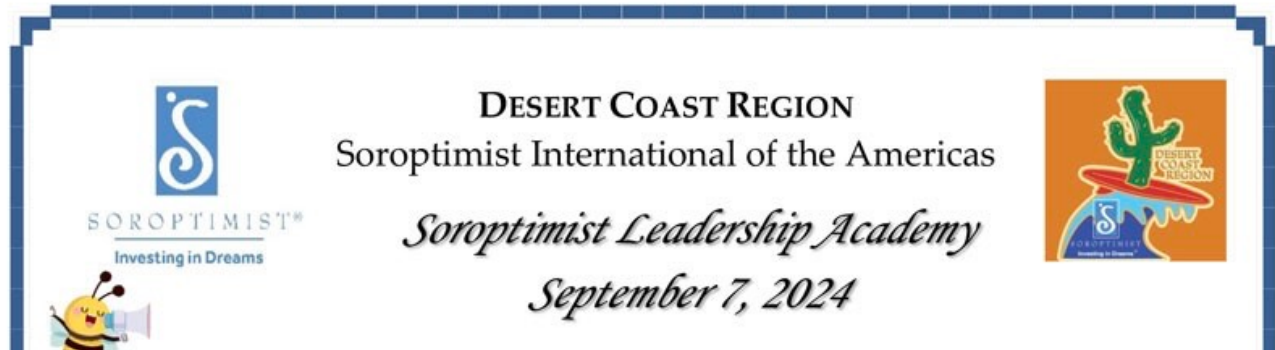
Each 90 minute workshop will include why YOU should apply, how to get started, individual assistance with YOUR application. In Zoom breakout rooms, Soroptimist experts will help you to successfully complete your online application. Choose one or more breakout room and attend as many workshops as you wish to complete your online application.

Join our Zoom workshops using this link: <https://us02web.zoom.us/j/84660609767>

APPLICATION DEADLINE: FRIDAY, NOVEMBER 15, 2024



CLUB NEWS



Soroptimist International of La Mesa members, Sara Yates and Linda Newell attended the Leadership Academy. The workshops and presentations were educational, timely and inspiring.

Terri Welter, Governor Elect, provided the following enlightened invocation.

“Our hope today is that we will challenge ourselves, learn from one another and grow as leaders who are dedicated to empowering women and girls to reach their full potential. Today is not just about gaining knowledge; it is about fostering a community of support, collaboration and a shared purpose.

Leadership is not just about holding a title – it’s about making positive impact on others and being more involved than perhaps other members may be. I encourage you to embrace challenges, seize the opportunities and most importantly, support each other along the way.”

Education is the key to gender equality, which has yet to be achieved anywhere in the world.



1 in 3 women has been beaten, coerced into sex or otherwise abused in her lifetime. (Amnesty International USA)



1 in 4 high school-age girls in the United States do not graduate. (National Women's Law Center)



Of single mothers under 30, only 7% have finished college in the U.S. (The Shriver Report)



Women earn \$.52 to every \$1 earned by men (global average). (World Economic Forum)

SPONSORSHIP OPPORTUNITY



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Best for Women
*Soroptimist International
of La Mesa*

Soroptimist International of La Mesa

P.O. Box 637, La Mesa, CA 91944
info@silamesa.org www.silamesa.org

On Wednesday, November 27, 2024 Soroptimist International of La Mesa will sponsor its **67th Annual Thanks for Giving Breakfast** which will be held at the Handlery Hotel and Resort in Fashion Valley, San Diego, CA. This year we are honoring **YOUNG WOMEN WHO ARE LEADERS IN THEIR COMMUNITY.**

The success of our fundraising event lies in the hands of our sponsors and donors. 100% of the money we raise through sponsors and donations stays within our local community to aid women and their families in need. We will honor all contributions at our event, in our newsletter and publicity.

We ask for your support by sending your sponsorship and or donation. Examples of our projects include prevention of **human trafficking** and awarding **educational awards** to improve the lives of deserving women.

Thank you very much for your consideration. If you have questions or would like to talk further about our event, please feel free to contact me.

Sincerely,

Linda Newell

619-847-8033

Soroptimist is a global volunteer organization working to improve the lives of women and girls through programs leading to social and economic empowerment.

501©(3): 95-6093367

Upcoming Events

We have No October Club Member Birthdays

YOU ARE INVITED TO JOIN US
Virtually
for the
SOROPTIMISTS TOGETHER AGAINST TRAFFICKING
LOS ANGELES, ORANGE, VENTURA & RIVERSIDE COUNTIES
FALL ROUNDTABLE
WEDNESDAY OCTOBER 9, 2024 6:30-8:00 PM
Hosted by
SOROPTIMISTS TOGETHER AGAINST TRAFFICKING
Join us via Zoom!
<https://tinyurl.com/4pddhdsb>
Meeting ID: 836 8213 9529
Passcode: 188543
For Information contact
DAWN MARIE LEMONDS
dawnmarie.lemonds14@gmail.com
- or -
LOLA ABRAHAMIAN
lolaabrahamian@gmail.com
SOROPTIMIST
Investing in Dreams®
TOGETHER WE CAN MAKE A DIFFERENCE!



Soroptimist International of La Mesa

Support our

67th Annual Pre-Thanksgiving Breakfast by having your business card included in the program.

Thanksgiving Breakfast Program Advertising

Business Cards - \$20

1/4 page Ad - \$35

1/2 Page Ad - \$50

Full page Ad - \$75

Please enclose your card and/or ad and a check made payable to SILM to P.O. Box 637, La Mesa, CA 91944



2018-2019
SOROPTIMIST
CLUBGIVING
We Support
Women & Girls

2019-2020
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2020-2021
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2021-2022
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contact@silamesa.org www.silamesa.org

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: Lisa McCully

Director - One Year: Felis Wolven

Vice-President/Programs of Service: Anne DiNapoli

Director - Two Years: Becky Burgstiner

Recording Secretary: Linda Newell

Delegate - One Year: Denise Lorenz

Treasurer: Linda Barbod

Delegate - Two Years: Elena Totten

Corresponding Secretary: Christina Jackson

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

Soroptimist International of the Americas: www.Soroptimist.org

Soroptimist International: WWW.hq@soroptimist.org