

November 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



The season of gratitude and thankfulness is upon us! Welcome to November. The holiday season is fast approaching. I have already seen some commercials for Christmas and November 1st marks the release of holiday themed drinks at Starbucks...a tradition I look forward to as a former barista! Personally, I believe that Thanksgiving deserves more love and try to hold off the Christmas holiday until December. For me, Thanksgiving is about spending time with family, reflecting on the things I am grateful for over the past year, and nourishing my family with delicious food.

For S.I. La Mesa, November is an important month! This month we will be hosting our **67th Annual Thanks for Giving Breakfast**. This year we are honoring young women who are active in leadership in their communities. This focus for our honorees highlights the mission of Soroptimist, "to improve the lives of women and girls through programs leading to social and economic empowerment." We want to encourage and motivate these young women to continue the work they have started. Many Soroptimists have taken on leadership roles within their careers, family, and within Soroptimist and can attest that when women hold positions of leadership it provides our communities with more diverse perspectives and provides representation to young girls that they can strive to be whatever they want to be. Please consider joining us in our effort this year. Proceeds from our Thanks for Giving Breakfast fund educational awards through our Live Your Dream Award, supporting women who are primary earners for their families and actively pursuing a college education.

This year, our Thanks for Giving Breakfast will be Wednesday, November 27th at 8:00am at the Handlery Hotel in San Diego (Mission Valley). We are excited to have Jennifer Cosio, MSW and Ed.D Candidate in Educational Leadership as our guest speaker this year, who will speak on her own experiences with leadership and mentorship as a Latina woman. Our breakfast also includes live music, raffle prizes, and a complimentary breakfast buffet. It is a fantastic way to kickoff the Thanksgiving holiday. Our flyer is included here in Scribbles that has a link and/or QR code to our tickets for the event. Hope to see you there!

Wishing you all a happy and healthy November,

President Savannah

UPCOMING EVENTS

Thursday, 11/7/24 – 7:30 am– Business Meeting – Denny's and Zoom
Thursday, 11/21/24 - 4:00 pm – Board Meeting – Denny's and Zoom
**Wednesday, 11/27/2024 - 7:30 am Thanks for Giving Breakfast-
Handlery Hotel**

SOLT - Soroptimist Orientation, Leadership and Training



SOROPTIMIST INTERNATIONAL AFRICA FEDERATION

Soroptimist International Africa Federation was inaugurated on June 30, 2020. The newest member to join Soroptimist International, making the global organization 5 Federations strong!

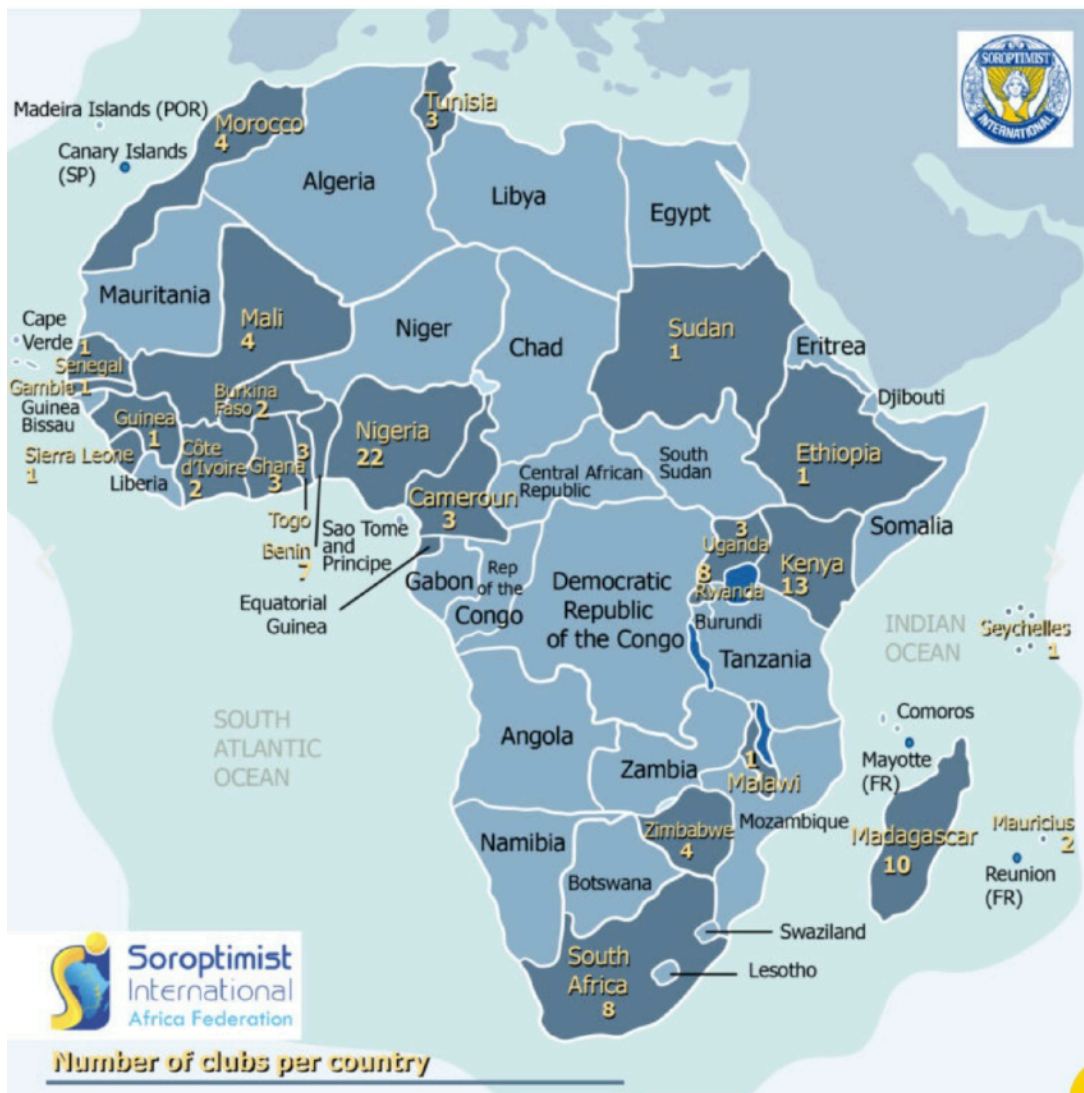
The African Federation currently comprises four regions:

The North Region includes Egypt, Tunisia, Morocco and Niger.

The East Region includes Kenya, Rwanda, Uganda, Tanzania, Seychelles, Madagascar, Malawi and Mauritius.

The West and Central Region include Nigeria, Togo, Benin, Ivory Coast, Cameroon, Ghana, Mali, The Gambia, Senegal, Sierra Leone, Burkina Faso and Guinea.

The South Region includes South Africa and Zimbabwe.



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



Alfred Von Kessler, IV and Program
Chair, Anne DiNapoli

Program Meeting - October 10, 2024

Our Speaker was Alfred Von Kessler IV, Senior Counsel for The Pride Law Firm. He has been litigating complex cases involving serious injuries arising from sexual assault, sexual abuse, child abuse, elder abuse, and adult dependency abuse across the country for many years.

Alfred described the process for litigating a sexual harrassment/assault case in detail which was very enlightening.

Contact:

pridelawfirm.com
(survivorlawyer.com)



Ericka D. Lorenz and Denise
Lorenz



Club Attendees

Denise Lorenz was host of a social event at the Southwest Yacht Club on October 17, 2024. A special guest was her daughter, Ericka D. Lorenz. Ericka is one of the few female life guard with the LA Fire Department and a past Olympian. Her job also includes work in a rescue boat covering the coast from south of Ventura through LA County, including inlets and bays. Ericka's silver and bronze Olympic medals were for water polo and we were honored she shared them with us. Thank you Ericka and Denise.

SPONSORSHIP OPPORTUNITY



SOROPTIMIST
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 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

Upcoming Events

November Birthdays
November 12 - Becky Burgstiner
November 15 - Dolores Kelly

  Beelieve In the Vision	Desert Coast Region District III Meeting Saturday, November 2, 2024	 MAIL CHECK & REGISTRATION TO: Rosie Gaddis 3770 Crown Point Drive, Unit 302 San Diego, CA 92109 Make Check Payable to: SI La Jolla
	CHECK IN: 8:00 AM MEETING: 8:30 AM - 2:30 PM MARINA VILLAGE CONFERENCE CENTER 1936 QUIVERA WAY SAN DIEGO HOSTED BY SI LA JOLLA COFFEE, TEA & MUFFIN - BOX LUNCH PROVIDED	
REGISTRATION DEADLINE FRIDAY, OCTOBER 18, 2024 \$35 FOR DELEGATES \$40 FOR NON DELEGATES		

Purse Plus Party!
& Accessories Boutique

Shop from a selection of new and gently used purses, jackets and jewelry.
 Enjoy fashion, friendship and food!

Entry Fee \$5 or a nice purse!

Saturday, Nov 16, 2024
11am - 3pm

The Alta La Jolla Clubhouse, 1570 Alta La Jolla, La Jolla, CA 92037
 All proceeds benefit Soroptimist Dream Programs investing in the dreams of women and girls.

We welcome your donations or bring to the door.

Contact Maureen Murphy for donation drop off/pick up:
 (310) 490-9574 or maureenkmurphy@gmail.com

 **SOROPTIMIST®**
 Investing in Dreams
 Soroptimist International of La Jolla
 PO Box 1052, La Jolla, CA 92038
 Tax ID 90-0210765
 a 501(c)(3) Charitable Organization

Fun! Food! Friends!
 Silent Auction & Drawings!
 Informal English-style Tea
 PLUS our famous homemade desserts
 \$30 per person

Tea Time!

Saturday, November 16, 2024
 1:00 p.m. to 4:00 p.m.
 5940 Kelton Ave.
 La Mesa, CA 91942

Soroptimist International of Valley de Oro

Proceeds from this fundraiser will support our local and global projects that invest in the dreams of women and girls through access to education.





For tickets or more information ask the Soroptimist who sent you this invitation or contact
 sisters.nancy@gmail.com.

We will follow current local health department guidance regarding any current Covid protocols.

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

P.O. Box 637, La Mesa, CA 91944

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