April 2026

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 Lisa's Message

A Season of Growth:

From Scholarships to Sip & Snack

March was a milestone month! We were honored to host our six Live Your Dream scholarship recipients at our recent reception. Getting to know these determined women and meeting the families and mentors cheering them on reminded us exactly why we do what we do. Huge kudos to the Live Your Dream Committee for their hard work in making this possible!

April: The Month of the Volunteer. With Spring in full bloom, we're feeling a fresh wave of energy. As we celebrate National Volunteer Month, we want to give a massive shout-out to **you**. Whether you're leading a project, offering a helping hand, or attending one of our events, your contribution is the heartbeat of this club. Let's keep that momentum going as we connect and uplift our community this season.

Save the Date! Our annual **Sip & Snack Winetasting** is just around the corner!

- **When:** 3 pm Sunday, April 19th
- **Where:** San Pasqual Winery, La Mesa
- **How:** Scan the QR code in the enclosed flyer to RSVP.

Fine wine, great treats, raffle baskets galore! We can't wait to share a glass of wine and catch up with you all!

President Lisa

UPCOMING CLUB EVENTS

Business Meeting: April 2, 2026 (7:30 am @ Denny's)
Board Meeting: April 23, 2026 (5:00 pm on Zoom)
Wine Tasting: April 19, 2026 @ San Pasqual Tasting room

SOLT - Soroptimist Orientation, Leadership and Training

As an International Organization, each country/community translates the Soroptimist Pledge to their language. The following is the pledge in Hawaiian.

I pledge allegiance to Soroptimist and to the ideals for which it stands:
E ho'ohiki kupa'a us ia Soroptimist a I na kupono Ma na 'ano apau nana e ku nei:

The Sincerity of Friendship
Ka Ho'opa'a 'ana o na hoaloha

The Joy of Achievement
Ka hau'oli'ana o ka ho'oko' ana

The Dignity of Service
Ka hanohano'an o ka lawelawe ana

The Integrity of Profession
Ke kupono 'ana of ka 'ohihana

The Love of Country
ke aloha o ka 'aina

I will put forth my greatest effort to promote, uphold and defend these ideals for a larger fellowship in home, society, in business for country and for God.
E hana au I ka mea 'oi loa e ho'oloa e ho'oholo imua, e kako'o a e pale I keia mau mea kupono ma na 'ano a pau no kekahi launa aloha nui ma loko ka home, ka ho'olauna ana, na 'oihana like'ole, ka "Aina, a me ke Akua

Hawaii is part of District V of the Soroptimist Founders Region. There are 8 Clubs: SI/Central Oahu, SI/Guam, SI/Honolulu, SI/North Oahu/ SI/The Marianas, SI/Maui, SI/The Northern Mariana Islands and SI/Waikiki Foundation, Inc.

PLEASE JOIN US FOR OUR WINE TASTING

SOROPTIMIST®
Investing in Dreams

$65

Purchase:

Soroptimist International of La Mesa invites you to our Sip & Snack Wine Tasting Event, featuring San Pasqual Winery tastings, small bites, raffle prizes, and good company! Registration includes a complimentary tasting flight.

Sip & Snack Wine Tasting

April 19 2026 — **3-5pm**

San Pasqual Tasting Room: 8364 La Mesa Blvd, La Mesa, CA 91942

Purchase Tickets Using QR Code or
Pay By Check to S.I. La Mesa, P.O Box 637, La Mesa CA 91944

SOROPTIMIST INTERNATIONAL OF LA MESA
LIVE YOUR DREAM AWARD EVENT

Live Your Dream Awardees:
Left to Right - Felicity Fierro, Diana Antwan, Melissa McNeil, Michel'le Wikoff, and Alexis Primo.
Unable to attend: Culinary Student Aishat

Awardees below with SILM President-Lisa McCully and LYD Chair-Felis Wolven

Felicity Fierro

A Psychology Undergraduate at San Diego State

As a third-generation single mother, Felicity has made it her mission to break cycles that once defined her family's story. Through many personal obstacles, she made the courageous decision to choose safety, education, and opportunity not only for herself, but to model strength and self-worth for her daughters.

She intends to continue her studies in a Marriage & Family Therapy program following her bachelor's degree. Her lived experience fuels her calling: to serve women and children facing foster care, homelessness, abuse, and survival-mode living.

Diana Antwan

Attending Cuyamaca College, pursuing her Associate's Degree in Business Administration

Everything Diana is working toward today is rooted in one powerful motivation: her two children.

Diana's long-term vision is to open her own business; one that reflects her personal passions and values. As a business major, she is building her expertise in management, finance, marketing, and customer service, equipping herself with the tools to make thoughtful, informed decisions as an entrepreneur. She understands that success requires both courage and preparation, and she is committed to both.

Melissa McNeil
Studying to be a Medical Technologist at San Diego Mesa College

Caring for her grandfather and pursuing nursing led Melissa to radiologic technology; a field where science and heartfelt patient care come together. As a future X-ray technologist, she is committed to treating every patient like family, believing that everyone deserves kindness, respect, and compassion.

A single mother, she proudly embraces her recovery and gives back through active service in Alcoholics Anonymous. She sponsors women, attends multiple meetings each week, and works professionally as a Behavioral Health Technician and Certified Medical Assistant in a detox facility, supporting others on their path to sobriety. For her, this work is not just a career — it is a calling.

Michel'le Wikoff
Pursuing an Associate's Degree in Architecture Technology

Michel'le is a remarkable example of perseverance, strength, and unwavering dedication to both her family and her education. Over the past year, she has faced extraordinary personal challenges. Despite her three children struggling with health issues, and the emotional and financial weight of these circumstances, Michel'le has remained steadfast.

As a returning student, Michel'le understands how important belonging and community are. She is an active participant in campus events and workshops, and she intentionally makes others feel welcomed and seen, especially those who are new and unsure.

Alexis Primo

Attending San Diego State University and majoring in Child & Family Development and Counseling & Social Change

Alexis aspires to serve her community, with the goal of one day becoming a California lawmaker. She plans to pursue a Master of Social Work.

Born in Guyana, Alexis learned early how to adapt and persevere. After she moved to the United States in 2010 and began again, pursuing her education. Her determination led her to open her own childcare business, a meaningful accomplishment that reflected both her entrepreneurial spirit and her commitment to families. She founded the Student Parent Healing Circle at Mesa College, offering support and connection to fellow parenting students.

Aishat - Unable to attend the event
A Culinary Arts major at Grossmont College

Just three years ago, Aishat arrived in the United States determined to begin again. Facing the challenges of divorce, building a new life in an unfamiliar country, and learning English along the way, she embraced each obstacle with remarkable courage and resilience.

Aishat carries a dream to become a professional chef. For her, cooking is far more than a profession. It is a way to connect, to express creativity, and to build a meaningful life for her family and community.

Live Your Dream Event - Continued

Desert Coast Region Governor Elect - Terri Welter

DCR Governor - Bonnie Mendenhall

Happy 75th Birthday

to Soroptimist International Mesa
Founded on April 27, 1951

75 Years of Service to Women and Girls

Ask me why I'm a Soroptimist

"I want to contribute to my local community"

"I want to make friends and have fun"

"I want to make life better for woman and girls"

"We enable girls to reach their full potential"

"We help women and girls live their dreams"

"I'm helping women and girls all over the world"

Soroptimist Club Members attending

STAT! (Soroptimists Together Against Trafficking) SALUTES OUR MISSION HEROES, March 26, 2026.

STAT! Mini Grants were awarded tp"

*** Bilateral Safety Corridor Coalition**
*** Children of the Immaculate Heart**
*** Fresh Start Surgical Gifts**
*** Innocence Lost**
*** Petals of Hope - Where 2 or More Gather**
*** The Well Community for Women**
*** Women Crowned in Glory, Safe Passage**
*** Your Safe Place Foundation**

2026 SHEro Emerita for the Event was Susan Munsey, Founder of Generate Hope.

2026 Mission Heroes were Caitlin Radigan, recently appointed Chair of San Diego's Juvenile Justice Commission.
and
Cham Edussurlya, creator of Light and Leaf, a nutrition and cooking class designed for survivors.

President Lisa's Monthly Reminders:
SILM Members: Don't forget to record your In-Kind donations to our club this month!
Click this link to list all monetary or service hour contributions to our club.

We've got a date! Looking for your copy of the SILM Club Calendar? Click this link for the most updated calendar of events.

SI La Mesa Members Birthdays
April 5 - Denise Lorenz
April 16 - Frances Wolven

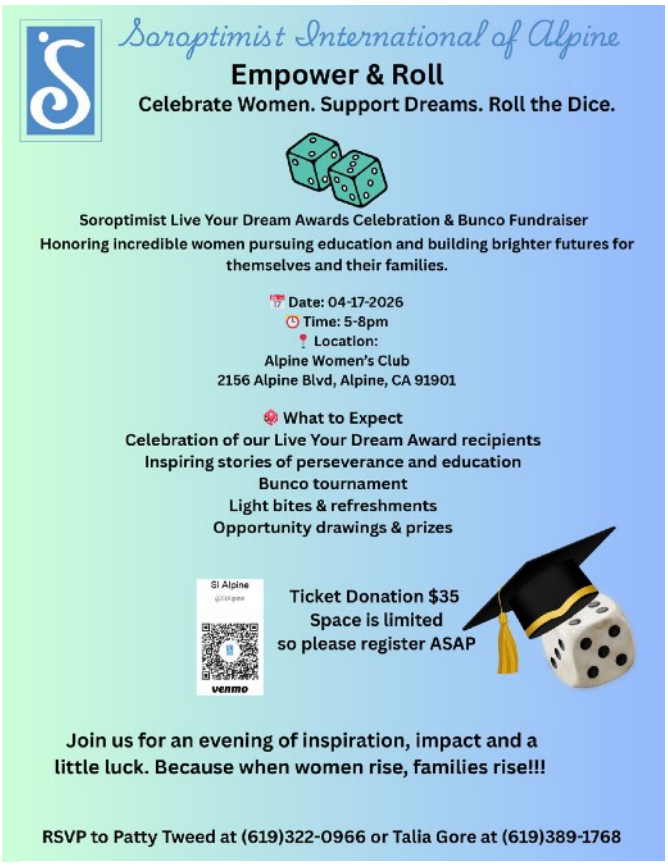
2018-2019 SOROPTIMIST CLUBGIVING We Support Women & Girls

2019-2020 SOROPTIMIST CLUBGIVING We Support Women & Girls

2020-2021 SOROPTIMIST CLUBGIVING We Support Women & Girls

2021-2022 SOROPTIMIST CLUBGIVING We Support Women & Girls

Other Upcoming Events



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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.

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 - 2025-2026

President: Lisa McCully

President-Elect/Fundraising: Linda Barbod

Vice-President/Programs of Service: Open

Recording Secretary: Felis Wolven

Treasurer: Savannah Henderson

Corresponding Secretary: Kristen Frelke

Past President: Linda Newell

Director - One Year: Becky Burgstiner

Director - Two Years: Elena Totten

Delegate - One Year: Frances Wolven

Delegate - Two Years: Sara Yates

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