March 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

March President's Message

We've had an exciting month!

We wrapped up February by hosting the District III Winter Meeting, and what a wonderful way to close out the month. We were thrilled to welcome members from across the district for an inspirational and educational day. As always, our members came together seamlessly to ensure every detail was thoughtfully managed.

The program featured presentations from our District candidates, an engaging project-based learning opportunity designed to strengthen leadership across our clubs, and plenty of collaboration and connection throughout the room. Guests also enjoyed a delicious brunch as part of the day's festivities. We were honored to host this event and are already looking forward to the next district meeting and the continued inspiration it will bring.

So, what's next? Preparations are already underway for our upcoming Wine Tasting event! I'm busy creating a new raffle basket, and we're excited to once again gather in Downtown La Mesa at the charming San Pasqual Tasting Room. This annual event is a wonderful opportunity to enjoy great wine, delicious snacks, fun raffle prizes, and, most importantly, each other's company. Be sure to check out this year's flyer and registration link in the pages ahead.

As we transition from winter into spring, I'm reminded how fortunate we are to have experienced a mild season here in our region. March brings longer days, renewed energy, and a sense of fresh possibility. I encourage you to embrace this season of renewal, set new goals (big or small), nurture personal growth, and welcome the hope and transformation that spring represents. Enjoy the warmer days ahead!

~President Lisa

UPCOMING CLUB EVENTS

Business Meeting: March 5, 2026 (7:30 am @ Denny's)
Board Meeting: March 19, 2026 (5:00 pm on Zoom)

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by SI advocacy | 4 Feb 2026 (Excerpt)

The Women and Girls Empowerment for Education and Life Skills project has been successfully delivered by the Cambodia Community Dream Organisation in partnership with Soroptimist International. Funded through generous Soroptimist donations, the project focused on improving the lives of women and girls in rural communities across Siem Reap province. Built on long-term collaboration with local authorities and service providers, the project supported women and girls to develop skills, strengthen health knowledge, and engage more confidently in family and community life. Activities were shaped by local priorities and delivered in close cooperation with village leaders, health volunteers, and Commune Councils for Women and Children.

Participation exceeded expectations, with more than 2,500 women and girls taking part. This strong engagement reflects both the programme's relevance and the trust built at community level. As this phase concludes, the following sections highlight how skills development, leadership, advocacy, and coordination have combined to support lasting change.

Key Achievements

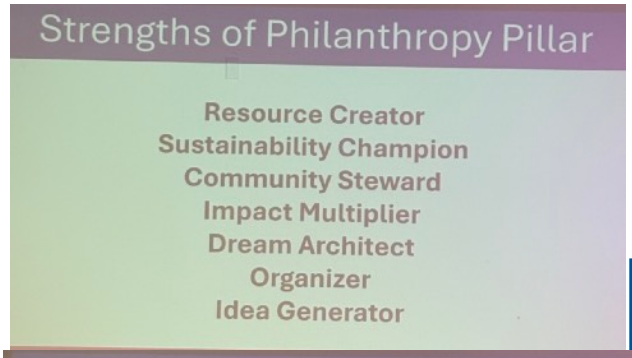
Education and skills development formed the heart of the project. Women and girls participated in regular training that combined health education, gender equality, personal development, and practical life skills, with content shaped around daily realities.

Participants built stronger understanding of family health, hygiene, nutrition, communication, decision-making, and basic financial knowledge. Learning was designed for immediate application, and over time women showed clearer awareness of women's rights, including the ability to recognise different forms of domestic violence. Many reported greater confidence in seeking services and participating in family and community discussions.

Economic progress followed these social gains. Through practical enterprise training, women applied new skills to small, locally appropriate businesses—farming, food sales, handicrafts, and sewing. Hundreds were able to generate or strengthen household income, contributing to improved stability and independence.

District III Winter Workshop
Hosted by SI La Mesa
February 21, 2026

District III Winter Workshop: Where You Shine, Soroptimist Grows - Leadership in Action!



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.

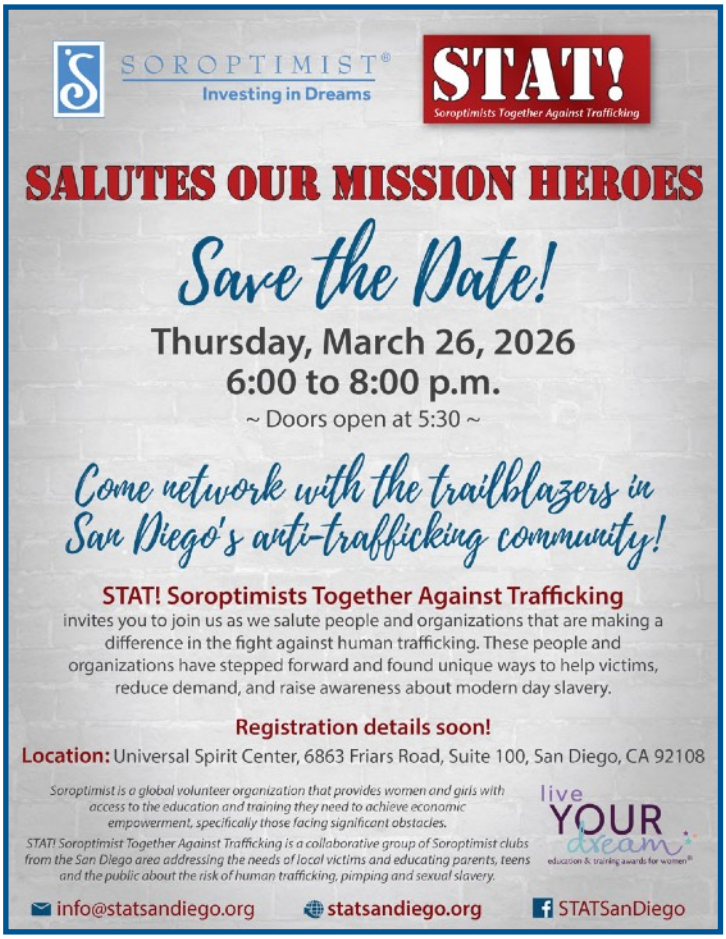
Sip & Snack Wine Tasting

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

Upcoming Events



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

March 8 - Marlene DeMers

To: SILM Club Members:
If you have read March's Scribbles and wear Green to the March Business Meeting, Sara will have a surprise for you.

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

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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

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

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