October 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.

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

President Lisa's Message

Dear Members and Friends,
Happy October!

While the autumn season is starting off a bit warm for those of us in Southern California, we are all eagerly looking forward to the cooler, crisp weather of Fall just around the corner.

This month is packed with exciting opportunities to connect, serve, and celebrate together! Mark your calendars and stay tuned for details on our upcoming schedule:

- **Our Signature Event – Thanks For Giving Brunch:** Preparations are underway for our 69th annual Thanks For Giving Brunch where we will be "Honoring our Own: The Unsung Soroptimist" volunteers from our many clubs who help us maintain our community impact, and support our mission. Our Save the Date is further along in this issue of Scribbles and letters asking for nominations are going out to District III presidents and secretaries soon. Invitations will be sent this week.

- **Program Meeting:** We have an inspiring program planned for 10am on Saturday, October 24th from Birthline of San Diego. Please email Lisa at lmccully@sdsu.edu for additional information regarding parking accommodations and location.

- **Social Gatherings:** Take a break and join us for informal social get-togethers to connect, relax, and build community with fellow members. This month we will be meeting up at Bougie's Cheese Shop in La Mesa on Saturday, October 17th at 1:00 pm. This woman-owned business is new to La Mesa and we are excited to check them out! Please RSVP to Elena T. (619—204-1915) if you can join us.

- 🍂 Quick Tips for Preparing for the Holiday Season

With the busy holiday season fast approaching, here are a few gentle reminders to help you stay ahead of the rush and enjoy the months ahead:

1. Map out upcoming club events, family gatherings, and key deadlines early to avoid last-minute scheduling conflicts.
2. November and December can feel whirlwind-fast. Take time now to write down what you're thankful for or send a thoughtful note to someone who has made a difference in your life.
3. Whether planning a holiday meal or coordinating a committee project, remember to share the workload. Collaboration makes every tradition lighter and more joyful!
4. Amidst all the service and celebration, don't forget to schedule time to relax, recharge, and enjoy the crisp Fall days ahead.

Thank you for everything you do to make our club and community stronger. I look forward to seeing you at our October meetings and events!

Warmly,
President Lisa

UPCOMING CLUB EVENTS

October 1, 2026 - Business Meeting - 7:30 am - Denny;s
October 15, 2026 - Board Meeting - 5:00 pm - Zoom
October 17, 2026 - Social - 1:00 pm at Bougies Cheese Shop, La Mesa
October 24, 2026 - Program Meeting - 10:00 am at Linda B.'s

Be THE Voice – Why it Matters Now

When I chose “Be THE Voice for Women’s Rights” as the motto of my (Soroptimist International of Europe) presidency, I wanted it to express an ambition for Soroptimist: when people hear our name, they should associate us with a strong, informed, and persistent voice for women’s rights.

And that voice is needed today more than ever.

Rights we considered secure are being questioned again. Recently, the European Parliament has warned of attacks on women’s rights and a wider democratic backlash. Across the Atlantic, we see how quickly a change in political direction can affect policies, institutions and even the language surrounding equality.

This should make all of us ask: **How secure are the rights generations of women fought to achieve? And what is our responsibility when they come under pressure?**

But where do we begin?

We begin by understanding the issue.

Before deciding what to do, we need to know what is actually happening. Research and reliable data may reveal inequalities. International conventions and monitoring reports show where rights exist and where implementation falls short. Hearings, consultations, specialist organisations and the experiences of women themselves add further perspectives. Within Soroptimist, we also have an extraordinary wealth of professional knowledge.

Bringing that evidence together allows us to ask the right questions: **Where is the real problem? Who is affected? What allows it to persist? Who has the power to change it?**

Only then should we decide what is needed.

The issue should determine the action.

This also gives us a broader perspective on the impressive work already being done in our Clubs. Projects create tangible impact in women’s lives. They can also generate valuable knowledge. When a project reveals a recurring barrier or a gap between rights on paper and reality, why stop there? The experience can become the starting point for wider change.

And this brings us to the lesson to be learned from the lives of Florence Nightingale and Eleanor Roosevelt: knowledge becomes truly powerful when it is used to create change.

Nightingale reminds us of our responsibility to respond when people need support. Roosevelt – herself a Soroptimist – reminds us of our responsibility to help shape the conditions in which people live. As Chair of the UN Commission on Human Rights and its drafting committee, she played a central role in developing the Universal Declaration of Human Rights.

Our society needs both forms of engagement. What the situation requires should guide what we do.

This is what **Be THE Voice for Women’s Rights** is about, an invitation to every Soroptimist to become an agent of change. Because whenever women’s rights are at stake, our collective voice must be heard, and must be impossible to ignore.

Sabine Reimann, Soroptimist International of Europe President 2026-2027 (9/30/26) Newsletter Excerpts

Rosa 'Soroptimist International'

£14.10

Pink blend. Good disease resistance. Raised by Frank A. Benardella (USA) 1995 from a cross between Party Girl x Rosie, and was introduced by Bell Roses Ltd in 1995.
Read more

DETAILS

Colour: pink

Fragrance: Medium fragrance

Disease Resistance: Good disease resistance

Height (in centimetres): 55

Bare Root Availability: Bare root plants available to pre-order for delivery November 2026

Potted Availability: Available to order for delivery May - Oct 2026

If the potted option is not shown or is sold out, next availability is as a bare root rose in November 2026.

The Soroptimist International rose (cultivar `Rosa 'BENstar'`) is a delicate pink and creamy yellow patio rose developed in America by Frank Benardello in 1996.

Purpose and History

- **Developed in 1996 to commemorate the 75th Anniversary of Soroptimist International, a global volunteer organization for business and professional women.**

Key Characteristics

- **Appearance:** Features clusters of pink and creamy-yellow blooms on each stem.
- **Growth:** Grows well as a compact deciduous shrub on patios, balconies, large pots, or directly in garden soil.
- **Care:** Prefers full sun and well-drained acidic to slightly alkaline soil.
- **Charity:** Sales and distributions of the rose by regional clubs often directly support local club charities and community projects. You can explore purchasing options or containerized plants through nurseries like specialty growers K and M Nursery.
- (https://www.kandmroses.com/order) Be sure and ask if this rose is in stock.

SOROPTIMIST®
Investing in Dreams

Save the Date!

Thanks For Giving

BRUNCH

Mark your calendars early! Join **Soroptimist International of La Mesa** at our annual Thanks For Giving Brunch. More information and formal invitation to follow. You don't want to miss this!

Sunday, November 15, 2026
Southwestern Yacht Club
2702 Qualtrough St, San Diego, CA 92106

Invitation to Follow

September 26, 2026 - Club SI Tijuana Centro hosted Fiesta Mexicana - con cause. SI La Mesa members Elena Totten and Marlene DeMers enjoyed a wonderful day of sharing with our fellow Mexican Soroptimists.

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 to get started!
Join a FREE Online Application Workshop for more help!

LIVE YOUR DREAM APPLICATION WORKSHOPS

Get step-by step help completing your application

Choose a workshop date below and Join us on Zoom at
https://us02web.zoom.us/j/84660609767

SATURDAY, SEPTEMBER 26th 10:00 A.M.
THURSDAY, OCTOBER 15th 6:00 P.M.
TUESDAY, OCTOBER 27th 6:00 P.M.

Each 90 minute workshop will include Soroptimist volunteers to answer your questions and provide individual assistance.

APPLICATION DEADLINE: SATURDAY, NOVEMBER 15, 2026

SOROPTIMIST® Investing in Dreams

LIVEYOURDREAM.ORG® powered by SOROPTIMIST

Upcoming Events

Please put these Soroptimist International of La Mesa events on your calendar.

Further information will be arriving soon.

February 13, 2027 - Bunco at the Vision Center - 10:00 am - 1:00 pm

June 13, 2027 - Sip & Snack Wine Tasting - San Pasqual Wine Tasting Room 3:00 pm - 5:00 pm

SOROPTIMIST
Investing in Dreams

SOROPTIMIST QUARTERMANIA FUNDRAISER

Hosted by Soroptimist International of Vista & North County Inland

Sunday, October 4, 2026
11:00 am to 2:30 pm

Gloria McClellan Senior Center
1400 Vale Terrace Drive
Vista, CA 92084

$30/person
Includes: Bidding Paddle, Poker Chip, & Lite Lunch with Drink

What is Quartermania?

Its FUN FUN FUN and no experience required.
Bring your friends, neighbors, and family.
Bring a roll of quarters to bid on new items from multiple vendors.
Bid no more than 3 quarters on any item!

Need RSVP or Questions by September 26, 2026, To Nelly Jarrous
951-764-3719 or Soroptimistinternationalvista@gmail.com
Pay by check, cash, or Zeffy (QR Code above)
to SIVNCI PO BOX 382 Vista CA 92085
http://www.soroptimistvista.org/

Proceeds support women and girls education, empowerment and trafficking awareness.
(501c3 non-profit organization)

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.

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.

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 - 2026-2027

President: Lisa McCully

President-Elect/Fundraising: Vacant

Vice-President/Programs of Service: Marlene DeMers

Recording Secretary: Felis Wolven

Treasurer: Savannah Henderson

Co-Corresponding Secretary: Kristen Frelke

Co-Corresponding Secretary: Frances Wolven

Past President: Linda Barbod

Director - One Year: Elena Totten

Director - Two Years: Linda Newell

Delegate - One Year: Sara Yates

Delegate - Two Years: Denise Lorenz

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