

May 2018

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.



President Marlene's Message



Here we are in May...almost at the end of our 2017-18 year. April was a busy month for SILM:

The Wine Tasting event held on April 29th at the San Pasqual Winery Tasting Room in La Mesa was a big success. Everyone had a fun time tasting different wines and pairing them with the food. There were lots of silent auction baskets and even a money hat drawing for \$100. Our guests included Desert Coast Region (DCR) Governor Elect Laurel Landham who came from Whittier to spend time with us and Bonnie Mendenhall our soon to be next DCR representative who is from SI La Jolla,.

Our program speaker in April was a high school student from Coronado High School who organized the students at his high school to work on a project called "Days for Girls". See more about that in this Scribbles newsletter.

We will have another social / fundraiser on May 8th at Chick-fil-A, in La Mesa. A flyer is in this newsletter.

We are almost finished with the 2017-18 year and we will be voting for the 2018-19 board this month.

As always, SILM will continue to work on our Service Mission of "Improving the lives of Women and Girls through programs leading to social and economic empowerment."

Take care
President Marlene

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Upcoming club activities:

All club meetings are held at **Denny's - Navajo and Fletcher Parkway** 7:30 AM unless otherwise indicated.

May 3 - Business Meeting
May 10 - Program Meeting
May 24 - Board Meeting

SOROPTIMIST

Investing in the Dreams of Women and Girls

"The world will never realize 100 percent of its goals if 50 percent of its people cannot realize their full potential. When we unleash the power of women, we can secure the future for all."—UN Secretary-General Ban Ki-moon

For almost 100 years, Soroptimist has been helping disadvantaged women and girls unleash their power. As a global volunteer organization with deep experience and insights, we know the best way to lift up communities, nations and the world is to educate women and girls.

Educated women and girls have better employment possibilities and a greater chance of breaking the cycle of poverty. They are less vulnerable to violence and sexual exploitation. They have better access to healthcare. **Education is the single-most effective intervention to help women, girls and their families lead better lives.** Soroptimist economically empowers disadvantaged women and girls by providing access to education through our Dream Programs—the *Live Your Dream Awards* and *Dream It, Be It*.



"The most important thing that will help me achieve my dreams is someone that takes the journey with me."

—Dream It, Be It Participant

Live Your Dream Awards Success



86%

of *Live Your Dream Award* recipients earned or continue to pursue an educational degree or certificate



82%

of recipients who completed their education report an increased standard of living



72%

of recipients who completed their educational degree or certification secured higher-paying employment



97%

of recipients report an increase in their self-esteem



SOROPTIMIST

Best for Women®

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**Soroptimist International of La Mesa
Wine Tasting
San Pasquale Tasting Room, La Mesa
April 29, 2018**



**The Wine Tasting
was a successful
event with Elena
Totten parading the
Dollar Hat.**



**DCR Secretary,
Lisa Moore,
District Director,
Bonnie
Mendenhall,
Governor-Elect,
Laurel Lanham**



Star Becky Burgstiner and Anita Spangler



**Fundraising Chair, Frances Wolven,
Felis Wolven and Linda Barbod**



**Savannah McCully, Lisa McCully
and Maureen McGrath**

Spirit Night

Tuesday, May 8, 2018 • 5:00 – 8:00pm



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Best for Women[®]

Join us for food and fun. Come support Soroptimist International of La Mesa and 15% of tonight's sales will be donated back to your organization. *Please mention this promotion at the register*



Grossmont
8200 Parkway Drive, La Mesa, CA 91942
cfarestaurant.com/grossmont
facebook.com/CFAGrossmont

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If possible, please bring a copy of this flyer to Chick-fil-A and present with your purchase.



Nathaniel Kim, Member, Linda Barbod, Rev. Elbert Kim from La Mesa First United Methodist Church.

Nathaniel Kim was the April program speaker. Nathaniel attends Coronado High School and is promoting “Days for Girls” Both girls and boys from Coronado High volunteer their time before school starts in the morning to make sanitary pads and kits.

Days for Girls began in 2008 when Founder and CEO Celeste Mergens was working with a family foundation in Kenya. In the wake of historic post-election violence, the population at the orphanage had swelled from 400 children to 1,400.

In the middle of the night she woke up with a nagging question: “What are girls doing for feminine hygiene?” She ran to the computer and sent an email to the Assistant Director of the orphanage.

He replied right away. “Nothing. They wait in their rooms.”

Celeste learned that girls were sitting on cardboard for several days each month, often going without food unless someone would bring it to them. This set in motion her first intervention - disposable pads. But Celeste and her team quickly discovered a major problem - without any place to dispose of the pads, this was not a viable or sustainable solution. It was time for plan B: a washable, long lasting pad.

The first Days for Girls Kits were quite different from the design in use today. Each of the 28 iterations that followed would be informed by extensive feedback, and designed to meet unique cultural and environmental conditions in communities throughout the world. What would eventually become clear in the years following Days for Girls’ beginning was just how much of a difference hygiene solutions would make in assisting women and girls to break the cycle of poverty and live lives of dignity.

Today, Days for Girls has reached more than one million women and girls in 116+ countries with [DfG Kits](#) and [menstrual health education](#). This translates into over 115 million days of dignity, health, and opportunity!

Nathaniel organized students at his school to cut the material to the patterns specified by Days For Girls, and a group of women at his church sews them according to the DFG instructions into kits. SI Coronado and SI La Mesa have provided financial support. The completed kits are passed to DFG who then deliver them to the communities in other countries where they are needed most by girls.

The **Supreme Days for Girls Kit** is the deluxe version of a Kit, and what is made by Chapters and Teams around the world. It contains the materials shown to the right.

You may notice that these Kits don't look like traditional pads...and there's a reason for that. The bright colors camouflage staining. The absorbent liners unfold to look like a washcloth, which allows girls and women to wash and dry them outside in the sun without causing embarrassment. All of these design choices add up to a lasting, easy-to-care-for solution.



To contribute and to get involved and for patterns to make the kits go to Daysforgirls.org.

Upcoming Events

May Birthdays
May 4 - Maudie Bobbitt
May 12 - Linda Newell
May 18 - Savannah McCully

SI La Mesa Program Meeting
May 10, 2018

Member - Show and Tell

DESERT COAST REGION
40TH ANNUAL SPRING CONFERENCE

MISSION IS POSSIBLE

MAY 18 - MAY 20, 2018

DOUBLE TREE HOTEL, SANTA ANA

**Members can notify Maudie or
Christine if you are able to help with
dinner to be served at Rachel's Center
for Women at 5:00 pm on
May 29th**



SAVE THE DATE

July 30-August 2, 2018

**SIA's 45th
Biennial Convention
Yokohama, Japan**

Soroptimist International of La Mesa

PO Box 637

La Mesa, CA 91944

Contact: President Marlene DeMers - Contact Number 619-229-9713

www.silamesa.org Find us on Facebook



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.

Regular Meeting schedule after Summer Break

All club meetings are held at 7:30 a.m. Denny's Restaurant 2691 Navajo Road, El Cajon, CA 92020 Phone: (619) 460-6420 unless otherwise indicated.

First Thursday of each Month—Business Meetings

Second Thursday of each Month—Program Meeting

Third Thursday of each Month—Committee Meeting - As needed

Fourth Thursday of each Month - 6:00 pm Evening 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: lindanewell@silamesa.org

Officers, Board Members and Delegates - 2017-2018

President: Marlene DeMers

Director - One Year: Linda Newell

President-Elect: TBA

Director - Two Years: Elena Totten

Vice-President-Fundraising: Frances Wolven

Past President: Felis Wolven

Recording Secretary: Maureen McGrath

Delegate - One Year: Frances Wolven

Treasurer: Linda Barbod

Delegate - Two Years: Jennifer Boyd

Corresponding Secretary: Dolores Kelly