

August, 2013

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**Soroptimist International of
Bellflower was chartered on
May 2, 1953**

For more information about the
Bellflower Soroptimist Club, be
sure to check out our website:

<http://www.soroptimistbellflower.org>

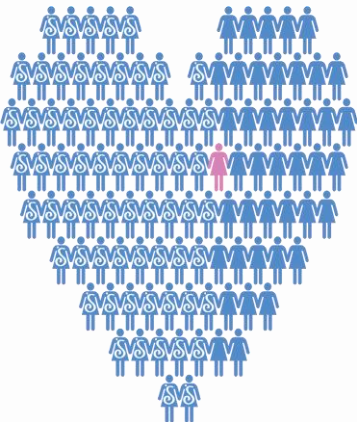
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**Bellflower Soroptimists
PO BOX 301
Bellflower, CA 90707**

President Sue's work # 562-862-8669

Our theme this year is:

**"Making a Difference, One
Woman At A Time"**



Soroptimist International Of Bellflower

**A service organization made up of women who strive to make a difference
for women and girls in local communities and throughout the world**

Presidents Message:

It's hard to believe that summer is almost over! Though we haven't had our "regular" meetings, we have been meeting and planning for our next big fund raiser – the fashion show. We have come up with a theme "It's In The Bag". Hmm- wonder why that theme? It's because our centerpieces and thus the centerpiece drawings will be purses. Yes, purses. Purses of all shapes and sizes and brands. We are getting them donated but still need more. So if you are reading this newsletter and know that you have, stuck in the back of your closet, that purse you just had to have, but yet to this day, you have not used it...then we want it! We have had some purse like that donated – name brands - with values going up as much as several hundred dollars and some great purses but not a "name". So if you have purses, name brands or not, that you can donate, we want them! And your donation can be tax deductible!! Please get in touch with one of the members from our club about donating your purse!

We are looking into changing our day meetings from Tuesday to Monday. The reason for that is that some of our members have had changes in their schedules that mean they can no longer attend Tuesday meetings. We are checking with our meeting place to see if they can accommodate that change. We should know by then middle of August if that change will be happening. We will let you know what happens! As for the night meetings, we are currently checking with members to see what works best for the majority. Our night meetings have been flexible and will continue that way so that we can accommodate members. Our goal is to pick nights and locations that work for the majority. What, you didn't know we had night meetings, so you never considered joining? Well that all changed a year or so ago. We have night meetings, we have day meetings, we have parties, and we go movies and lunch and even have had a few road trips together. And, we still raise money and then have the fun job of giving it away to deserving women and girls. As I've said before, you don't have to attend a meeting to make a difference, but when you do, you get a chance to meet some fun, generous, caring women that you might not only like, but develop a true lasting friendship with. So pick up the phone and call or go to your computer and send us an e mail to learn more about how you can join. We'd love to have you join us and together we can all make a difference.

President Sue



**Soroptimist is a volunteer organization for business and professional women who work to
improve the lives of women and girls, in local communities and throughout the world.**

For more information go to: www.soroptimistbellflower.org

Soroptimist Federation News:

Why Women & Girls?

Throughout history women and girls face additional obstacles and discrimination solely because of their gender. As an organization of business and professional women we feel uniquely qualified to help women and girls live their dreams.

Quick Facts

- One in three women have been beaten, coerced into sex or otherwise abused in their lifetime.
- Women work two-thirds of the world's working hours but earn only 10 percent of the world's income, and own less than 1 percent of the world's property.
- Of the more than 110 million children not in school, approximately 60 percent are girls.

Soroptimist International News:

When you are a member of Soroptimists, you are part of an international organization. You've seen that in our name – Soroptimist *International* of Bellflower but maybe you didn't realize what the *International* part meant. It means that the dues you pay to be a member of SI Bellflower are helping to make a difference for women around the world. As a Soroptimist member, we are part of a global force of women who are helping other women around the world. Below is just an example on one of the current projects that we are a part of.

Birthing in the Pacific: Improving Maternal Health in Papua New Guinea

Three women per day die in Papua New Guinea due to complications of pregnancy or childbirth. Think of it like this: *"There are still 1,000 women dying a day due to pregnancy and childbirth complications. That is like two giant jumbo jets full of women crashing down daily"* - Julie Marsaban, Soroptimist International South West Pacific.

Birthing in the Pacific aims to save lives by increasing access to skilled birth attendants and health care services in Papua New Guinea. Most of these deaths could be prevented if trained birth attendants and suitable health services were available. The *Birthing in Pacific* Project aims to reduce maternal mortality by providing appropriate training and equipment to birth attendants (including Village Birth Attendants, Community Health Workers, midwives and doctors).

Soroptimist International works with local partners to apply international best practice and evidence. The project was initiated by SI South West Pacific and adopted by Soroptimist International as the December 10 President's Appeal in 2011-12. President Alice Wells has announced that the project will be the focus of her appeal again in 2012-13.

Training for Village Birth Attendants

In February, **25 Village Birth Attendants (VBAs)** graduated after completing a three week intensive course to help them offer improved pre and post natal care for mothers. They came from remote villages surrounding Ramu and Madang – one of the women walked alone all day along rugged mountain tracks and wading through rivers to reach the training. They are tough and very keen to learn!

In isolated villages, often many hours travel from medical facilities, VBAs play a vital role in helping to ensure safer outcomes for pregnant mothers, providing care and identifying in advance where there is a high level of risk, so women have time to travel to a clinic. **The 39 VBAs trained since 2012 have dealt with 106 pregnant mothers, 51 supervised births in villages and 55 transferred to health centre for expert intervention.**



This is just a part of what has been done for this project. And our being a member of Soroptimists allows us to be making a profound difference in women's lives around the world. *Consider joining our club so that you can be a part of making differences like this! Dues are only \$160 per year and they are tax deductible! You don't have to attend a meeting to make a difference! All we ask is that you do what you can, when you can. Simple as that. And if paying dues is what you can do, then that is just fine! Really it is!! We still want you as a member!! Call or e mail any of us!*

For A Healthier You!

(from First for Women magazine)

Focus Enhancer

The invigorating aroma of lemons stimulates the cerebral cortex (the decision-making problem –solving region of the brain), helping you feel more focused and sharp in as little as 2 minutes, according to studies conducted at the Smell & Taste Treatment and Research Foundation in Chicago. To get the effects, simply inhale the scent of lemon essential oil, lemon concentrate or freshly cut lemon – or enjoy tart (not too sweet) lemonade, breathing while

6 Super Foods

Onions, bell peppers, eggplant, mushrooms, cauliflower and tomatoes add variety and flavor to meals – plus they're high in anti-inflammatory compounds that ward off weight gain, diabetes and heart disease.

Kale – who knew?

This popular leafy green is a major source of vitamin K (one cup cooked contains almost 12 times your recommended daily value), which may help ward off heart disease and osteoporosis

Did You Know?

Why Are the Hot Humid Days of Summer Called Dog Days

The hot humid days of summer are called dog days because of a star -- this period of sultry weather that traditionally occurs in the northern hemisphere in July and August received its name from the dog star Sirius of the constellation Canis Major. At this time of year, Sirius, the brightest visible star, rises in the east at the same time as the sun. Ancient Egyptians believed that the heat of this brilliant star added to the sun's heat to create this hot weather. Sirius was blamed for the withering droughts, sickness and discomfort that occurred during this time. Traditional dog days start on July 3 and end on August 11.

California Fun Facts

Nicknamed the Golden State for the “gold in them there hills” that drew fortune-seekers across the country, California's 163,696 square miles make it the third largest state behind only Alaska and Texas.

The redwood is the official California state tree. Some of the giant redwoods in Sequoia National Park are more than 350 feet tall and over 2,000 years old.

The Golden Gate Bridge in San Francisco has enough steel wires in its cables to circle the earth at the equator 3.5 times.

Bellflower Fun Facts

Bellflower is the 25th Largest City in Los Angeles County

Incorporated: September 3, 1957

Population: 77,289 (2013)

Area: 6.1 square miles

Average Elevation: 34 feet

Average Temperature: 74 degrees

City Mottos: "Growing Together" and "The Friendly City"

City Flower: The Dahlia

Origin: Settled by Dutch dairy farmers at the turn of the century.

Name: Derived from the "Belle Fleur" apple, which grew abundantly in the region.

It's a Fact - When women join together and help other women, incredible things can happen.

Being a Bellflower Soroptimist means that girls get money to help with college; women who are primary heads of household receive money to improve their education or job skills; Low-income seniors have housing; Domestic Shelters and Alcohol rehab facilities get our money to help the women. Women on the other side of the world get improved lives. All because we joined this club. Become a member of Bellflower Soroptimists and be a part of the change!

Yes – we mean you!!

Calendar of Events

- **Tupperware Comedy Show & Fund Raiser - Saturday, August 17 - 5:00 – 6:00** Appetizers & Light Dinner (Drinks available for purchase) **With the performance beginning between 6:15 – 6:30 p.m.**
 - **The cost of the entire evening is only \$20. Contact us for the location.**
- *Thursday – October 10 – Joint Service Club Lunch – 11 a.m. – Simms Park. Bellflower Soroptimists are the host!*
- *Saturday – November 16 – Bellflower Soroptimist Fashion Show*
- *Monday – December 16 – Christmas Party for Su Casa and Little House with entertainment by the Bellflower Ensemble*

Soroptimist Member Birthdays



<i>August 5</i>	<i>MaryAnn Chamberlain Wotring</i>
<i>August 8</i>	<i>Deana Porter</i>
<i>August 29</i>	<i>Joy St. Marie</i>

Save the Date for our Fashion Show!!



*“It’s In The Bag”
Bellflower Soroptimists Fashion Show
& Boutique is...
Saturday, November 16 @ 11:00
@
Sycamore Plaza in Lakewood*



Our Fashion Coordinator is attending style shows to find the latest fashions and trends for our show. Plan on attending so you can see and even buy these great clothes and accessories!

Bellflower Soroptimist is making a Cookbook! **And we need *your* help!!**

Check out the information below and send us your recipes! For those who are getting this newsletter via e-mail, you can even use the link below for a quick way to input your recipe. Or as it says below, just e mail, send, give us your recipe and we will input it for you. Yes, it says the deadline is August 1, but we are extending that because we need more recipes in order to go forward with the cookbook. So don't just give us 1 recipe – give us lots! Help us to raise money – give us your recipes so we can have this cookbook made and then of course we will sell it! So here is the chance to see your name in print, or your family's favorite recipe or your go-to dish. But it won't happen unless you give us that special recipe!

A note from: **SOROPTIMIST INTERNATIONAL
OF BELLFLOWER**



Dear Friends,

One of the best things about holidays and family get togethers is the sharing of those delicious, home-cooked dishes that can never be found on the shelves of the supermarket or even in a restaurant, right? It's true! Nothing tastes as good as the appetizers, casseroles, and desserts that we enjoy at those potluck meals. So we at **Soroptimist International of Bellflower** would like to gather as many of these great recipes as possible from organizations and individuals like you and put them into a first-class, hard-bound recipe book. Each recipe will credit the name and title or organization of the person who submitted it. We need your treasured family recipes, Grandma's favorite recipe, and that special recipe that everyone wants.

You can either just email your recipes to marcie4re@ca.rr.com, or submit them online at www.typensave.com. You'll need the login information, which is:

username: marcie4re
password: garlic044

It's pretty easy, but if you have a problem, please give me a call and I'd be happy to help! We'd like to have you get your recipes in to us by August 1st.

Thanks again for your recipes, and your time to send them in!

Marcie Raphael
562-866-8899

Soroptimist is an organization whose mission it is to improve the lives of women and girls, in local communities and throughout the world.

Online [Click Here](#)

Member Highlight – Terri McCone Williams

Shown here with her husband Steve



Terri and her husband Steve will be celebrating 12 years of wedded bliss this August and they plan to celebrate in style with a weekend cruise to Ensenada. Fun! Then they will be taking weekend trips and several day trips throughout the month. That's the way to celebrate – by celebrating the whole month.

Terri has really been a Soroptimist forever. How can that be, you wonder? Well, she's known about it and been around family members who have been involved with Soroptimists from way back when. In fact Terri's grandmother was the real estate agent that helped find the land and broker the deal for what is now known as Soroptimist Village. When you go to the Village you can see Terri's grandmother's name up on the wall. And Soroptimist Village just celebrated 50 years so you know that means Terri really has been around Soroptimists most of her life. In addition to her grandmother, her mother and sisters have all been Soroptimists.

Terri is a licensed insurance agent and has been since 1978. Additionally she is a licensed tax preparer and opened her tax office in 1984. Terri is studying for her (tax) enrolled agent's license. Lots of studying is required for that, plus State tests must be passed. Happy studying Terri!

Terri has 2 dogs (found and adopted) as well as 1 talking Senegal parrot and 1 sailboat that she really wants to sell.



(Any buyers out there?! ☺)

Terri and Steve on a previous trip. Wherever they go, they enjoy the trip and the time with each other.



Enjoy your anniversary!