



January 2010

Soroptimist International of Bellflower

P.O. Box 301, Bellflower, CA 90707

Chartered May 2, 1953

Laurel Leaf

Over the Rainbow

President's Message:



2009-2010

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Greetings to all in this new year of 2010! As we start the new decade it seems like just a year or two ago that everyone was talking about the millennium and the expected tragedies that would ensue. In the past 10 years there have been many world events, some great and some extremely sad. I understand that many people have been affected by the wars, our economy, and politics. However, I can't help but believe that the best way to cope is to be positive and when possible **laugh out loud** at some of the ironic happenings in our world and in our personal life.

These days I live alone and find myself laughing out loud by myself and feel kind of silly. But I have always been grateful for MY sense of humor, even when no one else seems to think it's funny. As great minds have pointed out "laughter is the best medicine." I remember that when I was in high school I used to intuitively believe that laughing got rid of all the poisons in my system, years later science has proven my theory. If you are like me, when you are in a difficult situation or in a bad mood, if you get together with a good friend and laugh a bit, you very likely go away in a much

better frame of mind.

I can always count on having a good happy feeling attending SIB functions and meetings. After the business meeting the other day I thought about the number of members that didn't attend the meeting. Then I thought about the Christmas Party and remembered all the members, previous members, potential members who came and how some friends always want to be included in the Christmas Party.

When I compared the two, attending business meeting vs. the going to the Christmas Party I can see why so many want to attend functions such as the Christmas Party, Fashion Show and Vegas Night because those events are fun!! It is our natural inclination to want to have a good time and to accomplish good works. We do have some good interactions and a good time at the more serious meetings as well and we are achieving so many worthwhile goals at the same time. So next time it crosses your mind that you don't want to attend one of the meetings, just remember you might be the one to lift someone's spirits that day and you also will go away with a new resolve to help

improve the lives of women and girls. I like to believe that our mission doesn't mean only other women and girls, but ourselves as well.

On January 29, 2010 do yourself a big favor and come out and laugh it up playing Bunko. Yes, as Cecily says... "Bunko/Bingo is a mindless game" of course it is, that's its charm. Come to Bunko and let the child in you come out and play!!!

On February 9th at the second noon meeting of the month we again will be having Opening Our Hearts. At that time we will be giving financial awards and or certificates to all of the agencies that we work with throughout the year. We will also be honored to give out the Violet Richardson Award, The Women's Opportunity Award and the Ruby Award. Be sure to attend so that you can see your fund raising efforts in action.

Well here's to another year of achieving our many personal and club challenges while helping to improve the lives of our sisters locally, nationally and world wide.

President Deana



Deana



GOVERNOR SHERI SPEAKS ABOUT ARTHRITIS



Our eloquent Governor, Cheri Fleming, was gracious enough to drive down here from Santa Clarita and speak to us about arthritis and about her personal experience with having struggled with this disease since her early 20's. We learned a lot!



June 5th - Santa Monica Beach
Your Destination Event of the Year

"The Power of 5"

Raise \$500,000 to help find a Cure for Arthritis!

Saturday June 5 LOT 5 Let's Raise \$500,000

Help to make Los Angeles the #1 Arthritis Walk in the country again!

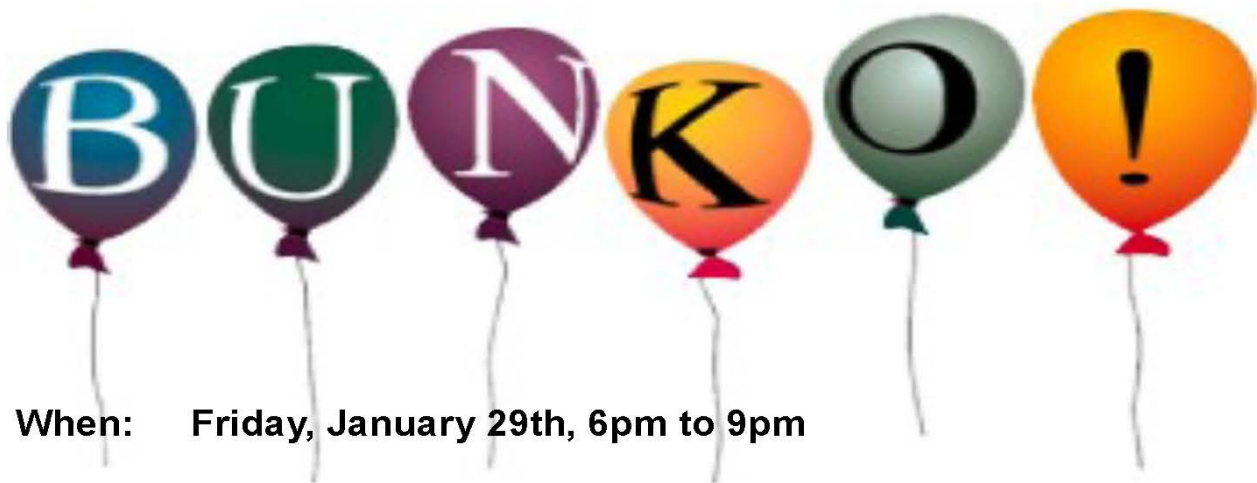
This year, the Arthritis Walk is on June 5th at Santa Monica Beach. Our members are already making plans either to walk or to sponsor a walker. Last year Cecily represented our club at Magic Mountain for the walk, and took her dog along, too. I'm sure that Shauna is up to the challenge, as she is now Top Dog in the Seabourn household.



JOIN US FOR BUNKO! ON JANUARY 29TH!

Bellflower Soroptimists

Invite YOU for



When: Friday, January 29th, 6pm to 9pm

Where: Bellflower Women's Club, 9402 Oak Street, Bellflower

What: 6pm to 7pm Dinner, 7pm to 9pm BUNKO!

Why: TO HAVE FUN!!!!!!!!!! (And so that Bellflower Soroptimists can continue to help improve the lives of women and girls)



RSVP to Doreen: dobbins90706@sbcglobal.net or 562-920-9536

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.sibf.caminorealregion.org,
www.caminorealregion.org, and/or www.soroptimist.org



Calendar of Events

- | | |
|----------------------------|----------------------------------|
| Tuesday, January 5 | Business Meeting at NOON |
| Tuesday, January 12 | Program Meeting at NOON |
| Tuesday, January 19 | 6pm: Promoting thru Social Media |
| Friday, January 29 | Dinner & Bunko fundraiser |
| Tuesday, February 2 | Business Meeting |
| Tuesday, February 9 | Opening Our Hearts—NOON |
| Tuesday, February 16 | White Elephant!! - 6pm WC |



Tuesday, February 9, 2010

11:30 am - Hospitality

12:00 pm: Awards Program and Luncheon

First Missionary Baptist Church
9246 Rosser Street in Bellflower

\$ 15. 00 per person at the door

RSVP by Feb 2nd to marcie4re@ca.rr.co
Or 562-866-8899





MEMBER'S PAGE



You'll remember this dog and the Santa outfit from December's issue, but the person behind the beard is not who you'd think. Yes, this is Cecily's dog Shauna, so you know Cecily is there somewhere, but this is not Cecily playing Santa. We'll let this be a mystery until you check with her as to the identity of the Santa. It might be someone you know!



Cecily left on December 27th for San Antonio, Texas, where she spent the holidays with her daughter and son-in-law and grandchildren. She took Shauna with her, and drove back with Shauna as well as her granddaughter and grandson. Her grandson, Tiger, is the one who walks on water. She arrived back home in California in time to attend our meeting on January 12th.



Our GEM Susan Held has moved to Fullerton! Well, she hasn't 100% moved yet, but she and Barney have closed escrow on their new home and are leisurely moving the household belongings as time and energy permits. She knows we'll need pictures soon, but for now, we'll just say "Congratulations," and leave it at that!



JANUARY BIRTHDAYS!

- | | |
|---------------------------|-------------|
| SUSAN HELD | 15TH |
| SALLY JO PENDLETON | 20TH |
| LUCINDA SAUNDERS | 28TH |



NOTE: Please email your birthdays to the editor, marcie4re@ca.rr.com, or call 562-866-0133.

If we don't know your birthday, we can't acknowledge it!





FROM THE BELLFLOWER CITIZEN

In preparing for earthquakes it's important to keep the following information in mind. Look for items in your home that could become a hazard in an earthquake. Repair defective electrical wiring, leaky gas and inflexible utility connections. Bolt down water heaters and gas appliances, place large or heavy objects on lower shelves, fasten shelves to walls, brace high and top heavy objects. Store bottled food, glass, china and other breakables on low shelves or cabinets that can fasten shut. Anchor overhead lighting fixtures. Check and repair deep plaster cracks in ceilings and foundations. Get expert advice especially if there are signs of structural defects. Be sure the house is firmly anchored to its foundation. Know where and how to shut off electricity, gas and water at main switches and valves. Check with your local utilities for instructions.

Hold earthquake drills with your family. Locate safe spots in each room, under a sturdy table or against an inside wall. Reinforce this information by physically placing yourself and your family in these locations. Identify danger zones in each room, near windows where glass can shatter or near book cases or furniture that can fall over. During an earthquake each family member should move away from these danger zones to the nearest safe spot. Gather emergency supplies and prepare for evacuation in case earthquake damage is severe. Develop a plan for reuniting your family after an earthquake. Establish an out of state telephone contact for family members to call to let others know that they're OK. Review your insurance policy. Some damage may be covered even without specific earthquake insurance. Protect important home and business papers.

Reduce Home Hazards - In a disaster, ordinary items in the home can cause injury and damage. Take steps to reduce risks:

- Have a professional repair defective wiring and leaky gas connections.
- Place large, heavy objects on lower shelves and hang pictures and mirrors away from beds.
- Use straps or other restraints to secure tall cabinets, bookshelves, large appliances (especially water heaters, furnaces and refrigerators), mirrors, shelves, large picture frames and light fixtures to wall studs.
- Repair cracks in ceilings and foundations.
- Store weed killers, pesticides and flammable products away from heat sources.
- Place oily rags and waste in covered metal cans; dispose according to regulations.
- Professionally clean and repair chimneys, flue pipes, connectors and gas vents.

Next time disaster strikes you may not have much time to act, prepare now for a sudden emergency. Learn how to protect yourself and cope with disaster by planning ahead. Discuss ideas with your family, neighbors and coworkers then prepare an emergency plan. Become familiar with the plan and post it in plain site where everyone will see it such as the refrigerator or a bulletin board.

For additional information about how to prepare for hazards in your community, contact the City's Public Safety department emergency management coordinator at (562) 925-0124 or the American Red Cross, Long Beach Chapter at (562) 595-6341. If applicable, be sure to seek assistance regarding special assistance for elderly or disabled persons, and ask about work place emergency plans and emergency plans for your children's school or day care center.



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Region NEWS

On our region’s website, <http://www.caminorealregion.org>, there is a rather handy list of links that you should know about, so I’ve pasted some of them here for your use. There are also more links to other regions’ websites and more information, all by clicking on the “Links” tab on the left-hand column.



Soroptimist is a member of Women's Edge, an organization advocating for international economic policies and human rights that support women worldwide in their actions to end poverty in their lives, communities and nations.



Soroptimist is a member of CAEPV, a U.S.-based organization dedicated to reducing the costs and consequences of partner violence at work?and eliminating it



Soroptimist is an Alliance Partner of the USWCC, which represents the economic development issues of small business owners and works to open the doors to economic and leadership opportunities for women.



Soroptimist is a global member and international partner of the summit, an annual meeting bringing together outstanding women business, professional, and governmental leaders from all parts of the globe. The Summit focuses on accelerating women's economic development through the effective use of technology, and maximizing the benefit of cross-border business alliances.



Soroptimist is a supporter of the National Women's History Project, an educational organization that recognizes and celebrates the diverse and historic accomplishments of women by providing information and educational materials and programs.



Through Project Independence, Soroptimist International has joined forces with Women for Women International to address the unique needs of women in conflict and post-conflict environments. Project Independence provides direct support to women survivors of war in Afghanistan, Bosnia and Herzegovina, and Rwanda by providing them with the resources they need to rebuild their lives.



PINK represents more than a color or a newborn’s cap. It’s a badge of honor celebrating a global mission of equity and opportunity—a movement acknowledging all that women are today and will be tomorrow, each deserving the chance to realize her fullest human potential; to have a beautiful career, a beautiful life.



Go Red For Women celebrates the energy, passion and power we have as women to band together to wipe out heart disease and stroke.



Each day, the Arthritis Foundation is at work in communities across the United States, researching the causes of and cures for arthritis, supporting community outreach and education programs, which directly help families cope with this devastating disease, and initiating grass-roots advocacy efforts which give it a face.

To the right is a list of all of the other regions in our Federation. On the region website, the blue underlined club names are actually links to their websites.

Regions



- | | | |
|--|---|---------------------------------------|
| America del Sur Region | Japan Minami Region | Philippines Region |
| Brazil Region | Japan Nishi Region | Rocky Mountain Region |
| Desert Coast Region | Korea Region | Sierra Nevada Region |
| Eastern Canada Region | Mexico/CentroAmerica Region | Sierra Pacific Region |
| Founder Region | Midwestern Region | South Atlantic Region |
| Golden West Region | North Atlantic Region | South Central Region |
| Japan Chuo Region | North Central Region | Southern Region |
| Japan Higashi Region | Northeastern Region | Taiwan Region |
| Japan Kita Region | Northwestern Region | Western Canada Region |

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Soroptimist International of the Americas

Soroptimist International of the Americas joins the world community in expressing shock and concern about the situation in Haiti. The devastation caused by the earthquake—in an already extremely poor country—is horrific. Tens of thousands of people are dead, and more than 1/3 of Haiti's citizens are now homeless.

Because Haiti is part of Soroptimist's European federation, Soroptimist International of the Americas has made a donation of \$10,000 to Soroptimist International of Europe to support immediate disaster relief efforts for women and girls.

SIA knows from experience that women and girls will be disproportionately vulnerable to the effects because of existing gender inequalities that are magnified during and following any disaster. To that end, Soroptimist International of the Americas maintains a Disaster Recovery Fund to provide for projects ensuring that women and girls have the support and resources necessary to rebuild their lives and their communities. Concerned Soroptimists and other individuals are urged to contribute to the Disaster Recovery Fund to replenish the initial donation and to fund future projects to help women and girls in Haiti recover from this disaster.

[Read more about Soroptimist Disaster Recovery Grants.](#)

Donations can be sent to Soroptimist International of the Americas headquarters, earmarked "disaster recovery." **Members may contribute securely by clicking [here](#).** Look for the "disaster recovery" donation line, and indicate "Haiti Disaster Recovery" in the notes section.

Non-members can contribute by clicking [here](#) and selecting "general programs" from the drop-down menu. Specify "Haiti Disaster Recovery" in the comments section.

For updates on what is happening from the Soroptimist perspective, visit [Soroptimist International of Europe's website](#). Updates are being posted regularly.

For more information about women and disaster, please read Soroptimist International of the Americas' white paper: "[Reaching Out to Women When Disaster Strikes](#)."





SOROPTIMIST INTERNATIONAL

Soroptimist International Board Meetings

The International Board meets annually at locations around the world. At this three day meeting, the Board, comprising three voting delegates from each of the four Federations and the four International Officers, address reports and recommendations from the SI Officers, three SI Standing Committees, the SI Programme Team and other SI post-holders. The twelve Federation Board delegates have voting rights and are thus responsible for all policy, administrative and budgetary decisions.

The 2008 Board Meeting was held in Windsor, UK and the 2009 Board Meeting in Hillerød, Denmark. The 2010 meeting will be held at Heathrow, UK and the 2011 Board Meeting will take place in Montréal, Canada. The photo to the right was taken at the 2009 Board Meeting in Denmark.



**19th Soroptimist International Convention
10 - 14 July 2011
Montréal, Québec, Canada**


Following the resounding success of the 18th SI Convention held in Glasgow in 2007, planning is already well underway for 2011.

Further information will be posted on to the Montréal Convention website as it becomes available at www.siconvention.org

Soroptimist 2011
19th International Convention
July 10 to 14, 2011 – Montréal, Québec, Canada

SOROPTIMIST BUSINESS FRIENDS

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