

July, 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:

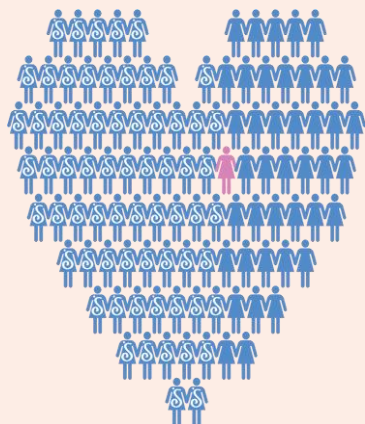
<http://www.soroptimistbellflower.org>

and go to our Facebook page and
"Like" us!

**Bellflower Soroptimists
PO BOX 301
Bellflower, CA 70706**

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:

What a great time I had in Philadelphia in June. I was there to attend the installation of our Region's own Cheri Fleming as President of Soroptimist International of the Americas. It was a grand affair, attended by many local Soroptimists and a few from our own Region. I went up a few days before the event so that I could play "tourist" and see the local sights. Philadelphia has a hustle and bustle that certainly is not found in our own small city. Be sure to look at the inside pages of this newsletter for more information and pictures!

July and August are traditionally months we our club does not meet on a regular basis. But we tend to take advantage of our "spare" time and start the planning for the next fund raisers for the club. We have 2 events coming up. The first is in August and it is our Comedy Tupperware party. Even if you don't need Tupperware, this is one of THE funnest things you will attend! The presenter will have you falling off your chairs as you listen to the comedy act. Check it out and RSVP to attend. It is well worth your time and the small admittance fee. And if you buy Tupperware, even better, as half of what is sold is being donated back to our club! What a generous Tupperware presenter!

And then on November 16, we present "It's In The Bag" Fashion and Boutique Show. It will be another wonderful fashion show. We are working on getting some great prizes and inviting some great vendors to sell. This is our biggest fund raiser and we are working on making it even better this year. So mark your calendars and save the date. Check your mail for your invitation. And if you haven't been before, then contact us so that we can put your name on the invite list!

Have a great July! Stay cool ☺

President Sue



P.S. – Be sure to check out our club's website. It's new and updated!

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:

Cheri Fleming Installed as President of SIA (by Susan Held)

Cheri Fleming, Past Governor of Camino Real Region, was installed as President of our organization. She officially takes office on September 1, 2013. The installation was held in Philadelphia on June 22, 2013 at the Loews Hotel. It was a wonderful, fun-filled night. A number of Soroptimists from Camino Real Region were in attendance and I was lucky enough to be there. Below is a group photo of our group from Camino Real Region, with Cheri pictured in the middle.



I arrived in Philly a few days before the installation in order to see some of the city and meet up with Soroptimist friends. One day we took a tour bus around the city and learned fun information, such as this: In the old days, the color of the front doors depicted the religion of the people living inside the homes. And the Liberty Bell is located in Philadelphia. The bell symbolizes freedom in the United States. The bell was originally cast in 1752 in London, England. It was commissioned as a bell for the Pennsylvania State House (now called Independence Hall). **The Crack:** The bell first cracked during a test ringing. After cracking, the bell was recast twice in 1753 in Philadelphia by John Pass and John Stow (the old bell was broken up and melted down, more copper was added to the metal alloy to make it less brittle, and the bell was re-cast). The restored bell was probably rung at the first public reading of the Declaration of Independence in Philadelphia (on July 8, 1776). It rang to announce many important events in early American history, including Presidential elections and deaths.

Our Soroptimist Headquarters (for the Americas) is located in Philadelphia. Below is a picture of the placard on the outside of this prestigious building. And here I am with our current Soroptimist President, Raquel Arreola Ruiz, SI La Mesa, Mexico Centro America Region. She is a wonderful woman who has done a great job as the leader of our organization.



I also spent some time at a few of the wonderful museums in Philadelphia where I saw works of art by Van Gogh, Renoir, Matisse, Salvador Dali, Eakins, Picasso and many, many more. And of course every trip must include shopping and eating at great restaurants. I must say that I did contribute to the local economy. And I was lucky enough to have room in my carry-on luggage to get everything back home and not go over that magic 50 lb. weight limit! ☺

Soroptimist International News:

Did you know that Soroptimists are involved in and known at the United Nations for our work?? Soroptimist International is active at all the major UN centres around the world. We hold General Consultative Status with the UN Economic and Social Council, (ECOSOC), official relations with several agencies and technical bodies, and a network of permanent SI representatives at all of the major UN centres.

SI works to ensure that the voices of women and girls around the world are included in international decision making and policy setting. Our experience with 'on the ground' projects all over the world drives our advocacy and lobbying efforts within the international community. Our representatives also serve as a link to this international community and inform our members of emerging issues, trends, and best practices.

Soroptimist Village Celebrates 50 years!

July 20 will be a special day in Norwalk, CA. It is the place that people will gather to celebrate 50 years of existence for Soroptimist Village. Our club has been a part of “The Village” (as we call it) for this whole time. Soroptimist Village is a small complex of quaint cottage style apartments situated along peaceful streets in Norwalk. The City of Norwalk offers Section 8 housing on a rental basis to low income, qualifying seniors. The apartments are available in two sizes depending on the number of occupants. A spacious studio for seniors living alone and a one bedroom cottage for couples. Each apartment is furnished with a stove and a refrigerator. Laundry facilities are conveniently located on the Village premises for tenants. There is also a recreation hall that is available to the tenants for entertainment and community activities. It is in this room that our own club hosts the Village Birthday parties and Christmas party. Our club is one of several that sits on the board and helps to run this wonderful place. It is through our club dues that we are able to help the elderly find a clean, safe place to live, in their retirement years. It makes us feel good knowing that we are helping people to stay off the streets and have a place to live.

For A Healthier You! **Revitalize With Summer Berries** (from First for Women magazine)

Blood-Sugar Balancer

Savoring a handful of strawberries a day helps prevent energy-draining blood sugar swings – even if you miss a meal or indulge in sweets. Spanish researchers report that antioxidants in strawberries improve the body’s ability to convert blood sugar into fuel and prompt the liver to release stored sugars when blood levels dip too low.

Sleep Deepner

A delicious cure for insomnia: Snack on ½ cup of blackberries 30 minutes before bed. The fruit is rich in a compound (*ellagic acid*) that prods the brain to produce sleep-inducing melatonin. Start tonight and UCLA researchers say that you will be snoozing more soundly in as little as three nights.

Focus Enhancer

Snacking on blueberries is a sure-fire way to boost brainpower. Tufts University researchers say these tasty berries are packed with compounds (*delphinidin, malvidin and kaempferol*) that help brain nerves communicate more effectively, triggering a 35 percent improvement in concentration.

Did You Know?

July 30 is *International Day of Friendship*. The International Day of Friendship was proclaimed in 2011 by the United Nation’s General Assembly with the idea that friendship between peoples, countries, cultures and individuals can inspire peace efforts and build bridges between communities. Soroptimists have their own sort of event. It is called *Soroptimist Club Friendship Day* and it is held on October 3. On this day, Soroptimists show how being a part of this international service organization brings together women from across borders, promoting international friendship.

Calendar of Events

- *Saturday, July 27, Installation of Officers*
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- *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.**
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- *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>July 15</i>	<i>Debbie Patrick</i>
<i>July 17</i>	<i>Robin Ordoqui</i>
<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 @ 11:30
@
Sycamore Plaza in Lakewood



Member Highlight – Robin Ordoqui



Robin Ordoqui has a new daughter (in law that is)

Robin's son Travis got married this past May to his beautiful bride Ashley. The venue was at Riley Farms, located in Oak Glen, CA. The bride had her heart set on getting married on a farm. Being a city-slicker, your first thought may be, "A FARM!?!". But look at the pictures. It was a beautiful setting and a beautiful day, filled with family and friends who were happy to be a part of this joyous day. Congratulations Robin & Joe for the new addition to your family!

