

February, 2014

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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:

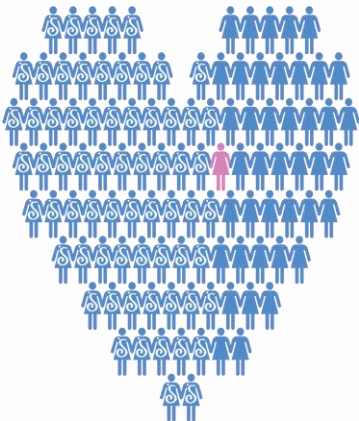
<http://www.soroptimistbellflower.org>

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

**Bellflower Soroptimists
PO BOX 301
Bellflower, CA 90706**

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:

In addition to February being known as Black History Month and being the month for Super Bowl; President's Day; Groundhog Day and Valentine's Day, it also has National Wear Red Day. What is that some may ask? It is the 1st Friday in February when people are urged to wear red to show their awareness of heart disease.

And the entire month of February is American Heart Month. Cardiovascular disease is the leading cause of death in the United States; one in every three deaths is from heart disease and stroke, equal to 2,200 deaths per day. The fact is: Heart disease is the No. 1 killer of women, causing 1 in 3 deaths each year. That's approximately one woman every minute!

This month, take time for you. Read up on the symptoms of heart attacks and strokes for women. Did you know that they symptoms for women are different from men? Did you know that by the time many women actually go to the hospital to see what's wrong, the damage to the heart, in many instances, is damaged beyond repair? And the reason for that is because many women don't know what the warning signs are for women.

So my message to each of you is take time to love yourselves. Take time to go to websites to learn about heart disease and women. It could save your life or the life of a loved one. Be heart healthy, as the saying goes.

President Sue



Be sure to check out our club's website and our Facebook page

www.soroptimistbellflower.org

**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.**

Bellflower Soroptimist Club News:

**March 29th is our next Fund Raiser – LAS VEGAS NIGHT!
SAVE THE DATE and JOIN US!**

Bellflower
Soroptimists / Noon Lions
present



LAS VEGAS NIGHT!

Saturday, March 29th, 2014
Simms Park—16614 Clark Ave., Bellflower
Dinner: 5:30—7:30 pm
Casino: 6:00—10:00 pm

\$25 Donation
\$30 at the door - NO Will-Call
Includes Dinner
and \$100 Gambling "Funny Money"

Lots of Great Door Prizes!
Good Food, Good Company!
SoooooOOOOO Much Fun !!

*For additional info & tickets, call
Jerry Miller 562-929-5005 x 222*



Soroptimist Region News

- Super typhoon Yolanda (Haiyan) destroyed many areas in the Philippines and affected millions. The Camino Real Board voted to send an additional \$1000 (\$1000 voted and sent earlier in November) to assist in the relief efforts of our Soroptimist members in the Philippines.
- Please mark your calendars for Spring Conference 2014. It will be held April 25-27, 2014 at the Hyatt Regency Valencia, in Valencia. Your Region Board and Spring Conference Committee are working on new and exciting ideas for Conference. Registration forms will be sent out soon so be sure to sign up.

Soroptimist Federation News:

SIA's 43rd Biennial Convention will take place at the Vancouver Convention Centre in Vancouver, BC, Canada on July 23 – 26!



Soroptimist International News:

a global voice
for women

Soroptimist Internat



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.

Calendar of Events

- *February 1, 4 p.m. – Meeting @ Kim's home – learn about doTERRA essential oils – followed by dinner*
- *February 3 – Business Meeting*
- *February 10 – Program Meeting*
- *February 3 – Business Meeting*
- *February 10 – Program Meeting*
- *March 3 – Business Meeting*
- *March 10 – Planning for Las Vegas Night Event*
- *March 29 – LAS VEAGS NIGHT FUND RAISER – SIMMS PARK!*
- *April 7 – Business Meeting*
- *April 10 – 5:30 p.m. – 7:30 p.m. – we are at Soroptimist Village – Birthday Bingo Party for the Villagers!*
- *April 14 – Program Meeting*

Soroptimist Member Birthdays



- *March 1* *Mary Crawford-Beck*
- *March 10* *Susan Schirmer*