

June, 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:

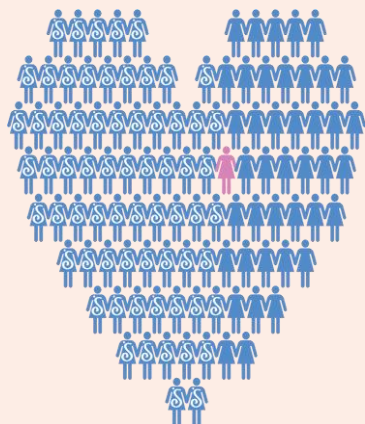
<http://www.soroptimistbellflower.org>

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:

Summer is officially here on June 21 so happy summer to you! For many, summer is a time for vacations, family gatherings and b-b-q's. For Bellflower Soroptimists it is also a time of planning and working on our next big service fund raiser – our fashion show. This event is our biggest and allows us to raise money so that we can give it away. And we love to do that!

The Fashion Show date has been set for Saturday, November 16 so pull out those iPhones; BlackBerrys; and calendars and ink that date. We are planning a bigger and better show than ever before. We hope that you can be a part of this day, and invite your friends!!

Towards the end of June I will be going to Philadelphia (where Soroptimist of the America's is headquartered) to see my friend and past Governor of our Camino Real Region, Cheri Fleming, installed as President of our wonderful organization. I am lucky that I am able to take the time off work and have the necessary funds to do this (as this trip is not being expensed to the club) because it is sure to be a Soroptimist highlight for this year. I will be meeting with other Soroptimists and be able to share with them and learn what other Soroptimists are doing around our Federation. In the next newsletter I will be sure to share with you what I did and what I learned.

Soroptimist members, be sure to watch your e-mails for notices of summer meetings and summer fun events such as going to the movies, out to lunch, out to dinner, a trip to the beach for lunch, installation, parties and planning. Enjoy your summer and you know I will be in touch!

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:

At a recent Soroptimist of the Americas Board Meeting the Soroptimist Mission has been changed to: *Soroptimist improves the lives of women and girls through programs leading to social and economic empowerment.*

Soroptimist International News:

Educate To Lead

A Soroptimist International Service Project that Soroptimists world-wide embraced had great results. 93,729 women and girls directly benefitted from Soroptimist “Educate To Lead” projects in 2011. Close to \$4,000,000 was raised to support this work. And between June 2011 – June 2012 Soroptimist International’s permanent representatives at the UN, at 6 major centers, reported attending 19 meetings, submitted 4 written statements and delivered 4 oral statements, and hosted 3 workshops. We do have a presence at the UN!

Upcoming Club Events

Joint Service Club Luncheon. Hmm – that sounds a bit strange doesn’t it? But it’s about what it sounds like – but even more. Every year, in October, all the service organizations in Bellflower join together at Simms Park to hold a City-wide lunch. It is a chance for all the organizations to get together and share what they are doing. City and State officials attend, lunch is catered and a guest speaker provides the program. Each year one of the service organizations coordinates the event. This year it is us – the Bellflower Soroptimists who get to do this. We hosted this back in 2008 and its now our turn again. We come up with the speaker, arrange for the caterer and the food, print the programs, do the press releases and invite all the other service organizations to be there. Really, the hardest part is getting those RSVP’s and collecting the money! We have some ideas on the guest speaker and are working on that. Once that is finalized we move on with all the other details for the event. It is going to be a breeze to do because we are Soroptimists! ☺ So ink the date: Thursday, October 10, 2013 @ 11:00 a.m. @ Simms Park in Bellflower.

For a Healthier You! (from First for women magazine)

Whether it's a rocky relationship, pressure at work or any other stressor that's got you on edge, Mother Nature offers all sorts of cures to help you unwind. From a piece of chocolate, which can decrease stress hormones, to the scent of lavender, which can soothe your sleep-deprived body, here are several organic remedies for relaxation.

Lavender

Does your fast-paced job leave you tossing and turning at night? Try lavender aromatherapy to help your mind turn off. Recognized for aiding stress-related sleep disorders, lavender, which is native to the Mediterranean basin, has been shown to treat mild insomnia. Made from the dried flowers and essential oils of the plant, lavender products are available in many forms, including potpourri, body lotions, teas and candles.

Dark Chocolate

Chocolate lovers, rejoice! Here’s yet another excuse to eat the beloved treat on a regular basis (as if you even needed a reason). A recent study published in the *Journal of Proteome Research* found that eating just 1.4 oz of dark chocolate can lower the stress hormones cortisol and catecholamines in the body, which helps reduce anxiety. Plus, the pure joy of eating your favorite treat triggers the release of endorphins in your brain, which offers an immediate happiness boost, according to Gans. That’s two hormone helpers in one sweet treat!



YUM! (Editorial comment here!)

Did you know?

In December 2010 the United Nations General Assembly declared June 23 as “*International Widows Day*”. It was first celebrated June 23, 2011 and was established in recognition of the fact that millions of the world’s widows endure extreme poverty, ostracism, violence, homelessness, ill health and discrimination in law and custom.

Calendar of Events

- *Saturday, July 27, Installation of Officers*
- *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>June 6</i>	<i>Diana Guterrez</i>
<i>June 11</i>	<i>Terri McCone Williams</i>
<i>June 22</i>	<i>Julie Brame</i>
<i>July 15</i>	<i>Debbie Patrick</i>
<i>July 17</i>	<i>Robin Ordoqui</i>

Save the Date for our Fashion Show!!



*Bellflower Soroptimists Fashion Show
& Boutique is...*

Saturday, November 16 @ 11:30

@

Sycamore Plaza in Lakewood



Member Highlight



Mary Ann Wotring is a part of the **Chino Hills State Park Volunteer Program**. The primary focus of the Volunteer in Parks Program is to help provide services to visitors, interpret the cultural and environmental concepts, and to restore habitat at Chino Hills State Park. In addition, they provide other services by helping the public with general information about the park and its rules and regulations. They also report accidents, safety hazards, fire, other emergencies or problems observed in the park to the on duty ranger or other park emergencies as directed by park staff

Chino Hills State Park offers 14,102 acres with 65 miles of trails. It encompasses stands of oaks, sycamores and rolling, grassy hills that stretch nearly 31 miles, from the Santa Ana Mountains to the Whittier Hills. She has her own uniform and everything.

Way to go Mary Ann!!

