



## February 2024

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Soroptimist is a global organization of women who volunteer their time, talent and resources to improve the lives of women and girls through programs leading to their economic and social empowerment.



# Plan Ahead

a monthly newsletter  
Soroptimist International Palm Desert

## President's Message

As the month of Hearts approaches, February is known as American Heart Month and we've included a story about the importance of heart health for your inspiration. This important subject has certainly been brought to light through our beloved, energetic, talented Treasurer, Becky who has shown us that even a force of nature needs to take a moment. If you follow us along on Facebook, you may have been aware that she experienced a heart attack a couple weeks ago and ever so bravely seems to be making strides towards improvement. We love seeing her smiling face in photos as she navigates this recovery with her family, and doctors, taking good care of her. Sending Lots of Hearts for a speedy recovery!

We received a wonderful reception from the members of Trilogy CC as our representatives, Susan and Dr. Christine, introduced Soroptimist mission and goals to interested women who participated in their Charity Fair. Several donations were made, along with a few inquiries about our Club and it's happenings this past Saturday. Many thanks to our in-house graphic designer, Mary Kay, for such professional looking signage! We may even find a few new faces among us at our next meeting! Isn't it great to know there are many more like-minded women in the Coachella Valley willing to give back to the young women and girls in our community.



Speaking of "giving back", NOW is the time to remind your friends and family about February 5<sup>th</sup>, Early Giving Day in the Coachella Valley. We are most fortunate to have been selected again for this valley wide day of donating to our favorite cause, Soroptimist! We'll be sending the link out to everyone, and we hope you will then send it out to your family and friends! Just go to the website, select our Soroptimist Palm Desert Club and donate online. With each donation, on Early Day of FEBRUARY 5<sup>th</sup> we stand to be awarded matching funds and/ or more GRANT money from the RAP Foundation, where we hold our meetings and the sponsors of the CV Giving Day! SO GET OUT AND VOTE---oh, I mean Donate!

Join us for "Ask the DOC", at our next speaker meeting on February 7<sup>th</sup>, a personal connection with our very own Dr. Christine, who will share loads of information and answer your questions about medications, and on better ways to maintain your health and well-being. Submit any questions you might have via email, in any area of interest, as the good Doctor brings years of experience from the urgency of the ER to around the globe. **(continued on the next page)**



## February: Heart Health Month

February is **American Heart Month**, a time when all people, especially women are encouraged to focus on cardiovascular health. This Heart Month, let us listen to our hearts and speak up for our health.

The human heart is a vital organ that pumps blood throughout the body via the vessels of the circulatory system, supplying oxygen and nutrients to the tissues and removing carbon dioxide and other metabolic wastes. It is the first functional organ to develop and starts to beat and pump blood shortly after an embryo is formed. Humans have been aware of the heart since ancient times, even though its function and structure were not clearly understood from the onset.

Diseases relating to the heart and the blood vessels are generally referred to as 'cardiovascular diseases.' Their risk factors include high blood pressure, obesity, smoking, and high cholesterol levels. The majority of them are noncommunicable and related to lifestyle and other factors, becoming more prevalent with age. The diseases frequently do not have clear symptoms and can grow for months unnoticed; until after a diagnosis is done through the taking of your medical history, ultrasound, and listening to the heart sounds with a stethoscope.

People, families, and organizations are encouraged to actively participate in the activities of this month, from preparing heart-healthy meals to setting up online support groups to encourage one another to eat healthier, work out, and mainly develop healthier habits. Having a proper understanding of heart conditions is quite complex, but that is just what the month has been set aside for. With proper commitment and attention, we all can effectively learn about this vital organ and how best to keep it in perfect working condition.



On February 7, Christine Duranceau MD, PHD, a retired emergency physician and a member of our Soroptimist Club, will be our guest speaker.

She is requesting health related questions that she will try to address that day. Time is limited so it is easier to answer specific questions rather than general information.



### This Month We Celebrate

**Patsy Bauman** *February 2*  
**Mary Kay Berlier** *February 12*  
**Leanna Petit** *February 21*

### Presidents Message (continued from the previous page)

On February 16<sup>th</sup> the "Mighty Girls" Reading Corner will be installed at Westside Elementary school with a Ribbon Cutting Ceremony. The book corner will be the newest in our program to place empowering stories into the hands of young readers. This collection includes titles such as: [She Persisted Around the World](#) by Chelsea Clinton, and a bi-lingual selection of books, "Lil Libros" written in the S.T.E.A.M. premise showcasing Science and Math for girls, [Luz Lucero](#), [Nina Astronauta](#) and [Ellen](#) by Patty Rodriguez & Ariana Stien. A huge thank you to Pam and Leanna, our Service Directors for helping this come about! Meet us in the library before 9:00AM if you'd like to be a part of this.

March 8<sup>th</sup> is fast approaching, and we are very excited to celebrate our next Live Your Dream Awards night and 60<sup>th</sup> Anniversary Celebration!!! We had many applicants for the LYDAwards this year and we are so fortunate to be able to present five scholarships, one more than last year! WE are so very grateful to all our Sponsors and G.E.M. donors! At our next meeting pick up "Save the Date" cards for MARCH 8<sup>th</sup>, and help us get the word out. Please help us invite past members as well as supporters of Soroptimist.

Rose Mary Jameson



# PALM DESERT SOROPTIMIST RECOGNITION AND AWARDS

MARCH 8, 2024



To mark Soroptimist International of Palm Desert's 60<sup>th</sup> Anniversary on March 8, 2024, **Soroptimists are inviting you** to save the date and gather with us on this International Day of the Woman to celebrate the occasion together! A festive evening to commemorate our 60 years of service to the Coachella Valley is planned along with presentation of a dozen 2024 Soroptimist "Live Your Dream" awards to deserving Valley women who are completing their education at our college campuses here in Palm Desert.

Once again, Soroptimist is proud to support Valley mothers who are struggling to further their education by completing their studies in the fields of social work, accounting, criminal justice and careers in nursing. Their successes arise from some of the most dire situations, abusive conditions, substance abuse recovery and financial struggles -- yet their ambition to achieve their dreams and create a better life within the community for themselves and their children helps them persevere.

October of 1963, a group of professional woman and business owners established a Soroptimist club in Coachella Valley. SI Palm Desert is a local club, part of global Soroptimist International, comprised of like-minded women who strive to provide women and girls in their community access to education and economic empowerment. It is our goal to help them achieve this in the most effective way possible so they can reach their full potential and live out their dreams.

## SOROPTIMIST RECOGNITION AND LIVE YOUR DREAM AWARDS

### **"Celebrating our 60<sup>th</sup> Year!"**

Desert Willow Resort - March 8, 2024, 5:30 pm

Details to complete your reservation will follow.

Rose Mary Jameson, President, 2022-2024  
Soroptimist International of Palm Desert  
[www.soroptimistpalmdesert.org](http://www.soroptimistpalmdesert.org)



## MEMBERSHIP NEWS

-Doris Churry and Karin Roberts, Membership Directors

We are all enjoying our newest members, Judith and Jocelyn, who are both prime examples of new Soroptimists that we all are excited to see join our midst! We love newbie Monica too but she has not been able to make the meetings and this is a roadblock to becoming bonded as one takes on new membership in our club (We hope your schedule improves at an early time Monica!). Both newbies Patsy and Dr. Melinda are "at school" and their positions do not permit them the time to attend most of our meetings and we understand that. So as you can tell dear SIPD members, membership is not the same thing for all of us. We are, however, greatly benefitted by all of you in the many and varied applications of commitment to our SIPD service and projects!

Karin and I are hoping to host an intimate hour or so soon (tba) to introduce ourselves to our latest women who are exhibiting interest in becoming members in our club and foster their individual ways of becoming and contributing as a new member! When announced, we hope you will make an effort to slip in there with us to share your member experience!

### Special SIPD Member Love

Diane Backovich is very much on the mend after having a successful joint replacement. So happy to hear that she is doing so well.



Since late November, I have been beset with numbers of medical conditions which have necessitated hospitalization and home care and rehab. Still seeing specialists and therapists but the care has been very effective and the personal attention and food gifts and concerns so many of you have shown has been remarkable. I am unable to fully express my endless gratitude! Thank you so much.

I have lots of questions for Dr. Christine at our "Ask the Doc!" lol. -Doris



Angel Member Becky Goebel was a few days ago now, suddenly struck by a heart attack. President Rose Mary notified the membership January 20<sup>th</sup> that she is home now receiving rest and care and is on oxygen. I am sure our president will be coordinating efforts we can individually, and as a group, take to help ease the burden and assist Becky in her recovery.

Sending you Soroptimist LOVE Becky!





## CV Giving Day Incentives and Sponsors

CV Giving Day participants have an exciting opportunity to make an impact, help their nonprofit organization, and a chance to win a cash prize.

- Unable to donate on March 5th? Early giving donations are open as of February 5th!
- CV Giving Day participants have an exciting opportunity to make an impact, help their nonprofit organization, and a chance to be eligible to win a cash prize.
- \$5,000 will be awarded to 12 non-profits To be eligible, the non-profit must received a minimum of 10 donations.
- Plus several other categories



## CV Giving Day

Coachella Valley's 2nd Annual CV Giving Day is scheduled to take place on Tuesday, March 5, 2024.

CV Giving Day brings us together as a community, as we raise money and awareness for our local non-profits in the Coachella Valley.

Through our partnerships with local donors, non-profits, and community members, we dedicate ourselves to the promise of creating a strong and prosperous future in our community.

You are invited to participate in 24 hours of giving to benefit our local non-profits and make a difference in our community!

**You CAN make a Difference!**

**Early Donations are open as of February 5th. All donations are appreciated and makes a difference for women and girls in our valley and worldwide. Here is our direct link for CV Giving Day 2024.**

<https://www.cvgivingday.org/organization/SIPD>



## Soroptimist International Palm Desert empowers girls through education and reading

Last Year we established our first “Girl Power” corner in one of our local elementary schools. Filling the shelves with both empowering and dynamic stories that provide good role models for young girls.

This year we have a goal to achieve the same in two more local elementary schools, providing books that are both fun and motivating for K through 6th grade students.





## Trilogy Charity Fair

Susan Rosenberg and Christine Duranceau, had a successful morning on January 27<sup>th</sup> at the Trilogy Charity Fair. The purpose of the Charity Fair was to bring awareness of local non-profits to Trilogy residents who may want to volunteer their time or provide support through financial donations. They met a group of people who were interested in charity work and through our raffle of a purse, scarf and jewelry were able to obtain their names and email addresses as potential new members.

Also, many of the people in attendance had never heard of Soroptimist International, so we were able to educate and spread the word. Trilogy has been very generous to us and we hope to keep fostering our relationship in the future



## Soroptimist International Palm Desert



*"Improving the lives of Women and Girls through access to education"*

*Serving the Coachella Valley for 60 years*

[www.soroptimistpalmdesert.org](http://www.soroptimistpalmdesert.org)



## FROM OUR FRIENDS IN SWEDEN

We start each meeting by lighting 4 candles and a quiet minute to reflect on the fact that we are part of a larger Organization. The **1st candle** is for the European Union. The **2nd candle** is for the Swedish Union. The **3rd candle** is for Soroptimist International. The **4th candle** is for SI Malmo-Limhamn.. We bring the same candlesticks to each meeting and it is a different club member who light the candles each time.. During my visit to Nepal after the 2016 earthquake I introduce this ceremony to Kathmandu Soroptimists.

*Esther Sjostrom, Thank you for sharing this with us.*



## FROM SI JOENSUU, FINLAND

**From:** Ritva Mikkola  
 <ritvamikkola321@gmail.com>  
**To:** dochurry@aol.com  
 <dochurry@aol.com>  
**Sent:** Wednesday, January 3, 2024 at 04:56:16 AM PST  
**Subject:** Re: Fw: A message from our friendship link SI Joensuu, Finland

Dear Doris,  
 You made my day bright. I am happy to continue correspondence with you, Doris. You feel like an old and trustful friend.

Tomorrow my son and his family will return from their journey they made to Egypt. They will stay here a day before continuing their journey home to Lapland.

Right now it is frightfully cold all over Finland. The temperature is nearly minus 40 degrees Celsius. This causes a lot of trouble naturally!  
 I am looking forward to spring.  
 Much love,  
 Ritva (shivering with cold)

## Soroptimist International of Palm Desert

*Investing in Dreams*



Serving our community for 60 years!





## Palm Desert Soroptimist GEM Benefactor Levels

**GEM Benefactors at the \$250 Level** will provide special projects for our adopted schools, such as establishing “Girl Power” sections in the school library and the campaign for used books to give to 80 students monthly, to foster home reading.

Teaching aids, not provided by the school system, are donated by our Soroptimist club to support adopted teacher Patsy Bauman for her students such as: headphones to block student distractions to learning; bouncy bands to help with their youthful, pent-up energy; all manner of school supplies which are not provided. The **\$500 GEM Benefactor Level** will benefit up to 80 students monthly throughout the school year.

Soroptimist House of Hope resident clients benefit during their tenure by enrichment programs from Soroptimist which would be provided by your **GEM Benefactor Level of \$1,000**. Activity such as a trip to Big Bear Lake for a respite and afternoon boat ride; jewelry making party; painting party; buffet lunch; poetry reading; beauty class; personal supplies; field trips to the zoo and to a member’s home for luncheon -- all are ongoing examples of enrichment for women in the program.

The level of **GEM Benefactor at \$1,500** provides the Live Your Dream winner with one of our awards of excellence. Each year the club determines the amounts of the awards. This level may carry the name of a person whom you wish to personally recognize and memorialize with your contribution.

If your wish is to fully sponsor one of our Live Your Dream awards and also memorialize it in the name of a person of your choice, the **GEM Benefactor Level of \$2,000** provides for you to do that for them with this annual on-going recognition in the spring of each year at our LYD awards program.

One of the signature programs of Soroptimist in over twenty countries is the “Dream It Be It” educational day seminar in which we partner with Valley schools. **Your \$2,500 GEM Benefactor Level** sponsors an entire seminar day dedicated to girls at the mid-teen level. We have chosen this subset of young women because statistically they are at a crossroads and can most benefit from this type of intervention in their emotional and educational growth and help them choose education and careers, and help establish improved, life-long habits of growth and self-determination.

At this level of contribution to Soroptimist, being a **\$5,000 GEM Benefactor Level** will feature your name and/or company and be listed above on the advertising header as a sponsor of the project and throughout all the public awareness and sponsorship activity (TV, radio, Desert Sun, SIPD Facebook, SIPD website and internet) which is done to promote our project; visibility will be considerable.



It is your prerogative to designate your donation for any Level/amount/purpose; in all cases, your visibility or anonymity is optional.

President Rose Mary would be pleased to discuss your GEM Benefactor donation at any time!

[sewfastdesign@aol.com](mailto:sewfastdesign@aol.com) – 760 835 2416

Soroptimist is a 501 (c)(3) organization CT-129069 – Tax ID95-6134083 – Soroptimist Club 114310

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# Soroptimist International of Palm Desert GEM Benefactor Program



## BE A GEM IN OUR SOROPTIMIST CROWN!

GEM Benefactor \$100 Level – **TERRY PARSLEY / CHRISTOPHER FRANCISCO: HONORING MARILYN ALT**

GEM Benefactor \$250 Level - **PETER SJOSTROM, HOUSE OF HOPE RESIDENT ENRICHMENT  
LIVIA COMING PETERSON, SOROPTIMIST DREAM IT\*BE IT SEMINAR DAY**

GEM Benefactor \$500 Level – Underwrite adopted teacher Patsy Bauman: teaching aids for her students  
**SOROPTIMIST INTERNATIONAL OF PALM DESERT**

GEM Benefactor \$1,000 Level

**CHRISTINE DURANCEAU, HOUSE OF HOPE RESIDENT ENRICHMENT  
MARIE NEWTON, HOUSE OF HOPE RESIDENT ENRICHMENT  
MICHELLE STURIALE: MARILYN ALT "LIVE YOUR DREAM" AWARD, HONORING HER MOTHER  
DIANA PALMER: MARILYN ALT "LIVE YOUR DREAM" AWARD, HONORING HER FRIEND  
DORIS CHURRY: MARILYN ALT "LIVE YOUR DREAM AWARD, HONORING HER FRIEND**

GEM Benefactor \$1,500 Level

**GLENN MILLER: PHYLLIS J. SULLIVAN "LIVE YOUR DREAM" AWARD, HONORING HIS MOTHER  
MARC FREDERIK, AUTHOR: BOOKS DONATION TO SEA VIEW ELEMENTARY SCHOOL**

GEM Benefactor \$2,000 Level

GEM Benefactor \$2,500 Level – Soroptimist "Dream It, Be It" Seminar Day for middle school girls

GEM Benefactor \$5,000 Level

**KOHN FAMILY TRUST  
JUAN & HELEN MIRELES, GRANT  
ARLENE & JACK OATES: HONORING THEIR FRIEND INGE VORDERWINKLER**

GEM Benefactor MAJOR - Soroptimist community charitable donations and program Level

**ANONYMOUS FOUNDATION  
TRILOGY COMMUNITY FOUNDATION  
BED, BATH & BEYOND, PALM DESERT**



## ABOUT US

**Women at their best, working to help other women to be their best**

Soroptimist was formed in 1921 in Oakland, California, at a time when women were not permitted to join service organizations. Our name, loosely translated from the Latin, means Best for Women.

Today, we have about 160,000 members and supporters in 21 countries and territories.

Soroptimist International of the Americas is one of five federations that make up Soroptimist International, which has clubs in more than 120 countries throughout the world.



Soroptimist International Palm Desert empowers girls through education and reading



## Let's Get Ready for Bellevue!

### Convention Registration

Early registration for SIA's 48th Biennial Convention will open soon! Stay tuned for details. #SIAConu2024



## Contact

There are many ways to join us and support our mission. Contact us to find out more about our volunteer opportunities, fundraising events, and ways that you can help to get our message to your friends and family.

### Soroptimist International of Palm Desert

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Website  
[www.soroptimistpalmdesert.org](http://www.soroptimistpalmdesert.org)



## Airline and Hotel Discounts

We have exclusive flight discounts from two airlines for your travels to convention! Whether you're flying in from across the country or across the world don't miss this opportunity to save and make your travel plans a breeze.

Reserve your room at the Hyatt Regency Bellevue on Seattle's Eastside starting in mid-January. Stay tuned for booking details!