

By Katie Kight
 SI Ukiah President
 2012-2013



Greetings SI Ukiah Members and Friends,

"Life is so much brighter when we focus on what truly matters"...

Ladies, you helped brighten the day for so many kids at the Free Children's Health Fair Bike Safety Course! It was so much fun watching those little eyes light up as the children were fitted with a helmet and as they skillfully rode a bike through the course. Tami Glasco and Julie Sawyer, thank you for taking lead on this project. In addition to our club volunteers, it was wonderful to have assistance from Sheriff Deputy Dan Lockhart, the girls from the Ukiah High leadership club and members from the California Conservation Corps. A special thank you to

Ukiah Valley Medical Center, Savings Bank of Mendocino County and the coalition of local organizations that made the Health Fair happen!

Thank you to everyone who attended the SIA Founder Region District III & IV Meeting. With 12 members in attendance, SI Ukiah was #1 in roll call and our royal blue "Soroptimists Shine..." t-shirts illuminated the room! There were a total of 135 Soroptimists who gathered for the day of inspiration, training and recognition. I really appreciate your glowing enthusiasm to assist with our co-host duties! Everything you did contributed to the success of the meeting...

Ladies, we make a great team!

As one of our year-round projects, Joyce Keffeler and Anne Holden have been busy bundling all the diapers collected for the Mendocino Diaper Depot. Four hundred diapers were presented to Children's Action Committee VISTA member, Carolyn. This contribution supports CAC's efforts to prevent child abuse and neglect in our community.

Carole Hester and Diana Ragan, as "Hot Socks" Co-Chairs, thank you for lighting the way to success! As Carole would say "D R U M R O L L P L E A S E..." With the collaborative effort of community and club, we exceeded our goal of collecting 1,090 socks this year, making it possible to accomplish the original goal established by SIYS of 20,000 socks collected and donated by SIYS's 20th year! That's a lot of tootsies we're helping to keep warm!

I'd like to extend my gratitude to our October guest speakers, Lorraine Montano and Dr. Seema Nayak, for all they shared with us during Breast Cancer Awareness Month.

And to wrap up a very productive month, a shout out to our Hospitality ghouls-friends who conjured up a spook-tacular time at our Halloween meeting!

Together we'll brighten our club, community and world!

- Katie

CALENDAR

Meetings

September - June
 Wednesdays, Noon-1:00
 Ukiah Garden Cafe
 1090 South State Street

Board Meetings

All members welcome to attend
 Monday prior to the business
 meeting, 5:30
 Schat's at Friedman's

November

- 7 Committee Meeting
- 12 Board Meeting
- 14 Business Meeting
- 21 No meeting
Thanksgiving week
- 28 Hospitality Meeting





Bike Rodeo

Sunshine and smiles were in abundance at the 2012 Free Children's Health Fair Bike Safety Course, held Sunday, Oct. 7, through the combined efforts of several community organizations.

A special thank you goes out to all the SI Ukiah members who volunteered to help make this event the success that it was.

More than 400 children participated, many maneuvering the obstacle course to show their bike skills. SI Ukiah and the Operating Engineers provided funding to purchase the helmets that were given to 200 children in need.



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Keeping Tootsies Warm A Hot Socks Update

Cries of "we did it!" rang through the air as project co-chairs Diana Ragan and Carole Hester counted the new or kindly recycled (clean and no holes) socks they began collecting in September. The club goal was to gather at least 1,090 socks. This year's contributions far exceeded that goal.

Thanks to the contributions of many wonderful people, as of October 24, almost 1,900 pairs of socks were collected. This includes several monetary contributions from members, socks from the Willits Soroptimist Club, Soroptimist District Director Maddy Leader, and the community.

HOT SOCKS stands for "Helping Others' Tootsies Soroptimist Organizing the Community to Keep 'Em Snug." The project began with members of Soroptimist International Yokayo Sunrise (SIYS) whose goal was 20,000 socks by the time SIYS was 20 years old (which is now) and was the brainchild of SIYS Charter Member and Past President Linda Simon. SIYS has now folded into SI-Ukiah and the noon club took on this project.

This is the 12th year for the HOT SOCKS project. In the past, the main recipient of socks has been Plowshares Peace & Justice Center who serve meals to the homeless and low income families. Other organizations such as Ukiah Senior Center, Nuestra Casa, Project Sanctuary and the American Red Cross have also been given socks by SIYS.

This project is in conjunction with the annual "Make A Difference Day" on October 27. On Make A Difference Day, millions of Americans are expected to roll up their sleeves to help others. Make A Difference Day is celebrated each year on the fourth Saturday of October. Created by USA WEEKEND Magazine, it is the nation's largest day of volunteering, thanks to the passion of millions of people like you. Together with its hundreds of carrier newspapers, long-standing partner Points of Light and the generosity of Newman's Own, USA WEEKEND rallies millions in a single day to help change the world.



Diaper Depot



The members of Soroptimist International of Ukiah were pleased to present Carolyn Smith, Children's Action Committee VISTA (Volunteers in Service to America), with a donation of 400 diapers for the Mendocino Diaper Depot.

Our club is continuing to support women and girls in our community through various programs and scholarships including collecting diapers to be given to families in emergency situations and as incentives for attending parenting classes through local Family Resource Centers.

The Mendocino Diaper Depot was launched one year ago by former VISTA member, Ashley Bergen, as a way to meet basic needs of families in Mendocino County thus decreasing the incidents of child abuse.

Children's Action Committee is also working on preventative programs such as parenting classes offered through Family Resource Centers such as the Arbor on Main in Ukiah. Since starting the Diaper Depot attendance in these classes has increased by over 100%.

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October - Breast Cancer Awareness Month

We were fortunate this month to be able to have two speakers come and share with our club on the subject of breast cancer. On Oct. 17, Lorraine Montano spoke on her personal journey to become a breast cancer survivor. And on Oct. 24, Seema Nayak, M.D., presented the medical view along with the most recent recommendations from several medical or cancer organizations, such as the American Medical Association and the American Cancer Society.



Lorraine Montano, Breast Cancer Survivor

Lorraine shared with our club her very personal story of her battle with breast cancer. There are many things we as women can do to support our family and friends in times of great struggle and Lorraine was able to share some of her personal experiences with us.

With the support of her co-workers, friends and family Lorraine was able to maintain her position as Assistant Director to Redwood Children's Services as well as parent her then 12 year-old daughter.

While we all handle situations like this differently Lorraine stressed the need to look outside of the box to see where and how you can offer support, whether

it be transportation, going to a medical appointment, bringing meals or offering help with housekeeping.

Often times it is difficult to ask for help as well as difficult to offer it. I am thinking back on Lorraine's speaking and see how we can do this every day for one another. At club I saw that Lorraine was going to have a difficult time speaking and juggling her 1 year old daughter so I spent that time with Sandra in the back of the room to help her out not because she asked but because I knew she needed it. Sometimes we just need to step in and give a hand wherever you see it needed.

Seema Nayak, M.D., UVMC Women's Health Center

Dr. Nayak is the most recent addition to Ukiah UVMC as a OB/GYN with the Women's Health Center.

Dr. Nayak was so kind as to prepare a very informative presentation on breast cancer and recent recommendations for screening and early detection.

Throughout her presentation Dr. Nayak stressed the importance of self awareness. We know our breasts best so if you notice anything change it is a good time to call your doctor.



The Scholarships & Awards Committee Lucille Mirata, Committee Chair

Soroptimist International of Ukiah, whose mission is improving lives of women and girls in local communities and throughout the world, is now accepting applications for three awards. December 1st is the deadline for the Violet Richardson Award, recognizing the volunteer efforts of young women ages 14 to 17, and the Soroptimist Ruby Award, honoring women who make extraordinary differences in the lives of women or girls.

December 15th is the deadline for the Women's Opportunity Award for women with primary financial responsibility for their family while attending an undergraduate degree program or vocational training program. For more information and to apply, visit www.siukiah.org or contact Lucille Mirata at 468-0738.

Hospitality Committee Tiffany Gibson, Committee Chair

Say "Hi!" to Judy Pinto at the check-in desk. Judy has volunteered to complete check in duties for the month of November.

We can't wait to see what Joyce Melton will be stuffing into the November Hospitality Meeting but, you will definitely relish her holiday inspired feast of fun!

Holiday Party Time! The Annual Soroptimist International of Ukiah Holiday Party will be held on Monday, Dec. 17th. More details on location and time coming soon!

Fines Anne Holden, Committee Chair

You can look forward to a fun few minutes of fines collecting at every meeting again this year! President Katie has scheduled time at the beginning of each meeting for Anne to have some fun asking questions of club members and collecting their fines which total \$26 every year for each club member.

Public Relations Linda Davis, Committee Chair

News you want to share? To submit content for the newsletter, website blog, facebook page, PSAs and press releases, please send the information to siukiah@soroptimist.net or lindajoydavis51@gmail.com

Partylite Fundraiser

From now until the end of November SI Ukiah will be able to fundraise through Partylite.

The items available are limited to three types of candles - votives, tealights and 3 wick jars - and 10 scents. Our club will receive 50% of all sales.

As you start your holiday shopping, consider giving to our club while gifting someone with these great candles, and share the opportunity with your friends.

Packets are available from Linda Davis.

See's Candy

Our annual See's Candy sales will take place in December. Pre-orders are due by Nov. 14th. This year we will be selling at Raleys only. More information to follow.

 <p>\$20</p> <p>12 VOTIVES WITH FLUTED HOLDER</p> <p>Burn time: 6-11 hours each Total burn time: 132 hours</p>	 <p>\$20</p> <p>24 UNIVERSAL TEALIGHT Candles</p> <p>Burn time: 4-6 hours each Total burn time: 144 hours</p>	 <p>\$25</p> <p>3-WICK JAR CANDLE</p> <p>Burn time: 35-55 hours</p>
<p>PartyLite Fundraising</p>		
 <p>MANGO TANGERINE</p>		 <p>SPRUCE IN THE SNOW™</p>
 <p>MULBERRY</p>		 <p>CHERRY BLOSSOM</p>
 <p>BLACK CHERRY</p>		 <p>VANILLA CITRON</p>
 <p>HOLIDAY SPICES™</p>		 <p>TAMBOTI SAFARI™</p>
 <p>TWILIGHT SEA™</p>		 <p>CINNAMON & BAYBERRY</p>

As meeting hosts, our collaborative efforts with SI Rio Vista came together nicely.

The colorful centerpieces provided by Willow Anderson created an atmosphere that was festive, warm and welcoming.

Kathy Ault provided a beautiful basket for the Fellowship Raffle Ticket drawing, (no SI Ukiah winners, but thanks to those who purchased tickets, enough funds were raised to give 5 Fellowships!)

Tiffany Gibson was District Director Maddy Leader's trusty assistant.

Jessica Kimball provided note taking essentials, head table name cards and invited community leader Carre Brown, First District Supervisor of Mendocino County to give the official welcome.

Kathy Rough and Linda Davis helped Pat Dyer and Hope Cohn of SI Rio Vista welcome attendees at the registration check-in table.

Janet Hunt lead the Pledge of Allegiance and provided the Club Rosters, Budget and Bylaws to the Founder Region Board.

Loretta Tognoli gave the Inspiration.

Marilyn Ogle took on the task of Meeting Secretary, taking the minutes to be distributed to the Founder Region Board and all District III & IV Clubs.

Tami Glasco and Willow Anderson stepped up front as Flip Chart Scribes during the group program exercises.

The theme for the day was "Building Blocks For The Future", with focus on Membership. We developed and shared phrases that expressed "What Soroptimist Means to Me", and were encouraged to express this phrase with others when offering the opportunity to join our club.

We assessed the skills and talents we have or need within our clubs, making note of these "Hidden Treasures" and placing them either inside or outside of the little treasure chests we provided at each table.

Ways to maintain civility within our clubs were discussed and we all shared ideas for fun social activities.

We "Fattened Fiona", the cute light blue Founder Penny piggy bank and all SIA club members were invited to make Soroptimist their charity of choice by participating in the Laurel Society monthly contribution program for as little as \$25 a month.

The meeting wrapped up with awards - congratulations SI Ukiah! We received a certificate of appreciation for our participation in the Women's Opportunity Award.

And lastly, the time we spent together traveling with fellow club members was just as fun and beneficial as our time at the meeting.



DISTRICT MEETING

Saturday, October 13



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