SOROPTIMIST
Best for Women
www.siukiah.org

Soroptimist International of Ukiah Monthly News

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President's Message

By Katie Kight
SI Ukiah President
2012-2013

Greetings SI Ukiah Members and Friends,

October brings many exciting volunteer opportunities to our club! The Free Children's Health Fair Bike Safety Course, "Hot Socks" and co-hosting our District Meeting. We all understand how these and other Soroptimist volunteer efforts benefit others and make a significant difference in so many ways. But have you thought about how your volunteer efforts benefit you too? According to an article I recently read, here's an overview of seven ways volunteering grows your mental and emotional well-being.

1) *Volunteering Builds Closer Bonds.* It gives you a common goal to work toward with others, opportunity to spend time together, and be engaged with one another.
2) *Volunteering Expands Your Social Life.* It presents an opportunity to make friends with people from all walks of life, and you're making a difference in the process.
3) *You Know You Matter.* As a volunteer, you're a crucial part of all nonprofit campaigns. You are valued and are needed.
4) *Enriches Your Life With Novel Experiences.* Some projects are so unique that they can only be experienced through volunteering.
5) *Initiates Re-Examination of Your Life.* Providing service to those in need helps us to become more aware and often causes us to pause for a moment from our day to day routine to examine our life priorities.
6) *Improves Your Health.* Those who give social support have lower rates of mortality, lower levels of depression and despair, decreased intensity of chronic pain, and protection against dementia.
7) *It Gives You Purpose.* Last but not least, studies show that volunteering gives you a sense of purpose. Purpose is essential to a happy life. It gives you a reason to get out of bed, go to work, contribute to society and enjoy.

Life is so much brighter when we focus on what truly matters ... thank you for all you do for others and in the process, for yourself!

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

- Katie

PartyLite Fundraiser - "Shine A Light On A Worthy Cause!"

The club has decided to hold a PartyLite Fundraiser, receiving 50% of total product sales, but we are in need of someone to receive the order forms collected by members and submit them to the PartyLite Consultant. If you would like to chair this fundraiser, please contact Katie, 490-5280 or katiekight@sbcglobal.net

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

October
Breast Cancer Awareness Month

3 Committee Meeting *Founders Day*
7 Bike Safety Course
8 Board Meeting
10 Business Meeting *Fellowship ticket sales due*
13 District Meeting in Santa Rosa *SI Ukiah and Rio Vista host*
17 Program Meeting
24 Program Meeting
27 "Hot Socks"
31 Hospitality Meeting

Soroptimists Shine...
Brightening Our Club, Community and World!

Welcome New Members

We were honored to have District IV Director Maddy help us kick off the new club year and welcome SI Yokayo Sunrise members to our club. Maddy shared information about our responsibilities as co-hosts of the upcoming District Meeting and we enjoyed hearing about her long-time membership as a Soroptimist.

During our first meeting of the new club year our hospitality committee and the entire club extended a warm welcome to our newest members from SI Yokayo Sunrise. Welcome **Kathy**, **Carole**, **Linda** and **Diana**!

The Gardens Project

Cassie Dillman, Food Systems Project Assistant for The Gardens Project, spoke to our club about this great Mendocino County program at our September meeting. With 14 community gardens throughout Mendocino county this program is focused on building community and access to healthy food to our low income residents.

The opportunity for volunteering with this program is vast. With gardens in neighborhoods as well as preschools this program can make good use of experienced gardeners, kid's garden gloves and your time at fundraising events.

The most recent addition to this program is about an acre of land that was donated behind the HHSA office on Dora Street. What used to be a vacant piece of property is now a lush "oasis" for more than 50 families who are learning how to grow their own food and eat healthier. Last year this program estimates that the monetary value of food grown in the community gardens was more than $30,000!

For more information on how you can become involved with this program please contact Cassie Dillman at 707-462-1955 or cdillman@ncoinc.org

COMMITTEE NEWS

The Scholarships & Awards Committee Lucille Mirata, Committee Chair

The Scholarships & Awards Committee will begin giving out and accepting applications for the following three awards starting the first of October. If any Club members know of someone who would be a deserving recipient of any of these awards, please contact Lucille Mirata at bobanlu5180@sbcglobal.net or any of our other committee members so that we can get applications for these people.

Women's Opportunity Award: designed to assist mature women in gaining upward mobility and in their efforts toward training for re-entry into the labor market.

Violet Richardson Award: given to young women 14 to 17 years of age who are making a difference through volunteer service.

The Ruby Award: honors women who, through their professional or personal efforts, are making extraordinary differences in the lives of women or girls. Honorees are women who have worked to improve the lives of other women or girls. Their work has had a significant impact, and also inspires and encourages other women.

Hospitality Committee Tiffany Gibson, Committee Chair

Get ready for a frightfully fun Hospitality Meeting on October 31st. Donna will be preparing a bewitching party sure to scare you silly!

The Hospitality Committee is rotating sign-in duties and trying out some new forms to make the job easier for everyone. Thank you for your patience!

Work will soon begin on our Annual Holiday Party. If you have any suggestions on locations for this event, please tell a Hospitality Committee member.

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.

Soup Bar Allyne Brown, Committee Chair

The Soup Bar will be held on March 1, 2013. Please mark your calendars.

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

Thank You!

Thank you to **Paul** and **Anne Holden** for their efforts in making the Soroptimist section of the Ukiah welcome sign shine!

"HOT SOCKS"

"Helping Others' Tootsies Soroptimist Organizing the Community to Keep 'Em Snug"

Keeping tootsies warm

Soroptimist International of Ukiah (SI-Ukiah) members are gathering new or kindly recycled (clean and no holes) socks and are asking the public for help. Friends, family, co-workers and strangers are invited to participate by donating socks

For more information, call Carole Hester at (707) 972-2795 or Diana Ragan at (707) 972-3420. Socks may also be dropped off at the California Teachers Association office at 367 N. State St., Suite 102E, Ukiah (the Victory Theatre building)

SOROPTIMIST
Best for Women

Soroptimist International is a worldwide organization for women of approximately 95,000 members in 120 countries in management and professions, working through service projects to advance human rights and the status of women, especially programs benefiting women and girls

www.siukiah.org

Improving the lives of women and girls, in local communities and throughout the world.