



**SOROPTIMIST**  
Best for Women

# Soundings

*Soroptimist International of Santa Barbara  
Chartered in 1955  
August/September 2011 Volume 26 No. 2*

## August/September Presidents' Letter

**From Pat Sheppard and Mary Jacob**  
Hello SISB Members and Friends

It is hard to believe that Fall has already arrived! Our club has been busy over the summer starting with a wonderful retreat for all members in July. One outcome of that meeting was the decision to focus our energy on the Women's Opportunity Award (WOA) this year by offering three awards instead of one. We also want to use the WOA as a mechanism to make connections with other groups and individuals in the community to raise awareness about Soroptimists and our activities. To that end and to increase the number of applicants for the awards, we decided to hold application workshops in October and November at venues from which we have received applicants in the past: Santa Barbara City College, UCSB, and Casa Serena. If you have ideas for other venues to hold workshops, please share them with Mary Jacob as soon as possible.

At our August meeting, we welcomed visitor, Sarah Brugger of SI Lenzburg, Switzerland, who spoke about the activities of her club and other clubs throughout Switzerland. They are supporting a school for girls in Uganda. Ginny Johns gave an informative report on her sailing ventures from San Diego to Costa Rica. We are delighted that she is with us for several months before returning to sea to continue her trip around the world.

Although September has been the "dark" month for our club, we hope that members will think about the club committees on which they would like to serve and be ready to sign up at the October business meeting. In particular, we need more members to serve on the Community Service Committee which handles the awards. Suzanne Jakkola chairs the Program Committee and is looking for others to join her in developing the program ideas we generated at our retreat. Please think about joining, **we can**



**use your energy and help.**

Looking ahead, October is going to be a busy month.

- **October 3** Soroptimists will celebrate our 90<sup>th</sup> anniversary this year on Founder's Day,

**October 8** The 2011 Heart Walk. You can join our team (and Captain Myrna) and make a donation at the following web address: <http://www.kintera.org/faf/search/searchTeamPart.asp?ievent=447201&lis=1&kntae447201=4595E307BA2C480D84DD665D488F875B&team=4228586&lteam=4028102>

Go Team Soroptimist Santa Barbara! This American Heart Association event raises funding for education and critical research to reduce death and disability from cardiovascular disease and stroke.

**October 13** Our Board meeting and Business meeting will be held at Marmalade Cafe. October is Breast Cancer Awareness month, and Governor Brooke Stevens will talk to us about the Komfort Kits that SI Sunrise puts together for women who have had breast surgery. In addition, our Program Chair Suzanne Jakkola will bring a speaker who will talk to us about her personal experiences battling breast cancer.

**October 22** Our Region's Fall District Workshop in Montebello. The program includes an update from Region members who attended the SI Convention in Montreal, who will give us the latest on SI projects. Fall District Workshop is a great way for newer members to learn more about the Soroptimist big picture--the Region, Federation, and International levels. Board members and newer members are especially encouraged to attend and every member is invited. The cost of the Workshop, which includes breakfast and lunch, is \$30- a bargain! We'll car pool down there together. Please contact Pat Sheppard by **October 10** if you're planning to go.

Looking forward to seeing you at our October business meeting,

Co-presidents Pat and Mary

## SISB 2011-12 Board

**Co-Presidents: Pat Sheppard and Mary Jacob**  
**President Elect: Mary Jacob**  
**Vice President: Suzanne Jakkola**  
**Treasurer: Kathy Koeper**  
**Recording Secretary: Claudia Chapman (Board) & Deanna Robbins**  
**Corresponding Secretary: Simran Singh**

**Delegates: Jayne Brechwald and Kristina Ericksen**

**Director, Two Years: Nancy Heaton**  
**Director, One Year: Myrna Gaskin**

**Website: SBSoroptimist.org**



## Safety Town News

### Safety Town Testimonial

Sent via e-mail Sunday, August 21, 2011 (names redacted)

Anne,

I wanted to thank you and everyone involved in Safety Town. My son, [xxx], attended the last camp at Isla Vista School and truly had a great time and is still singing many of the songs.

Your team provided us with a scholarship, which was amazing. As much as we'd like to pay full price and donate more to the program, we were unable to due to medical problems with my husband. We recently moved into town from a Ranch in Gaviota and the lessons Jack learned were invaluable

being somewhat new to "city life".

I thank you again and I look forward to having his younger brother and sister in the program when the time comes.

Thank you,

Kara [xxx]



## Heart Walk Scheduled for October 8

From Myrna Gaskin

### Healthy Hearts and Wellness

It's time to get walking for Good Heart Health! We need to get our SISB Heart Team members identified and join in fighting heart disease and stroke. It's the #1 killer for women.

The walk will be October 8, 2011 at the beautiful

Fess Parker Doubletree Resort. **Registration begins at 9:00 am and the 5K walk starts at 10:00 am.** It's always a lot of fun and the event will include a Survivor Tribute, Prize Drawings, Kids Zone, VIP Area, Lunch, Risk Screenings and Heart Health and a lot of fun!!!!

The Heart Walk is a free 5K walking event held in our local community that supports the efforts of the American Heart Association.

Together, we will raise critical funds to fight cardiovascular diseases and stroke.

**Did You Know?** It's called a "heart" attack, but the symptoms can affect other parts of the body, namely the arms, back, neck, jaw and stomach. If you feel an unexplained discomfort in the center of the chest that feels like uncomfortable pressure, squeezing, fullness or pain, or pain or discomfort in any of these areas of your upper body, you may be having a heart attack. Call 9-1-1. [More Info](#)



## Fall District Workshop Scheduled

Camino Real Region

Fall District Workshop

October 22, 2011 at the Montebello Senior Center, 115 S. Taylor Avenue, Montebello

Hosted by Soroptimist International of Montebello

An interesting and informative (tentative) agenda is proposed, including an update on what's happening in the Region, an invitation to Spring Conference, 2012, May13-15 at Hotel Maya in Long

Beach, an invitation to SIA's 42nd Biennial Convention, July 18-21 in Honolulu, HI, and the featured speaker, Frumi Rachel Barr, MBA, PhD, from the Frumi Group in a speech entitled: "The Power of Why...Leading from within," among other reports and invitations.

Be sure to sign up!



## Member News

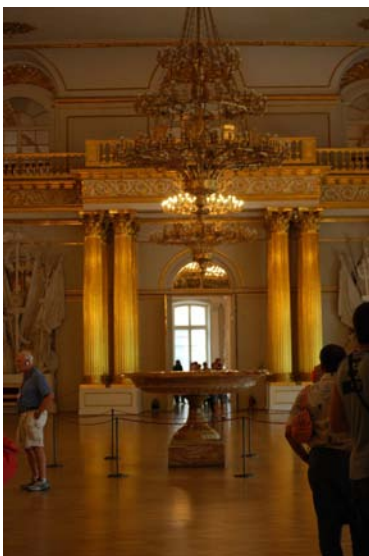
### From Claudia Chapman

#### Back from Russia - With Love

Besides being an eye opening about Russia and its history, our river cruise from St Petersburg to Moscow was truly enjoyable.

People there are not only friendly and reportedly more outgoing than in the past, but they are even candid about their thoughts on past and present day Russia. Our trip leaders were quick-witted and had great senses of humor. Our guides knew just about everything there was to know--especially our guide in St. Petersburg. Historical names, dates, and events--just amazing! As was this ancient city that is more influenced by Europe than is Moscow.

It is a beautiful country with incredibly rich history--much of which was filled with violence and human suffering. If one was of aristocracy, however, even the walls were lined with gold. See the photo from the Hermitage.



Russian artists historically glorified what they had to glorify--but most of the works were astonishing--just beautifully rendered.

The rivers and lakes journey took us through 16 locks--one even went down instead of up. Fascinating. The riverbanks were lined with dense, albeit of small

A room in the Hermitage Museum

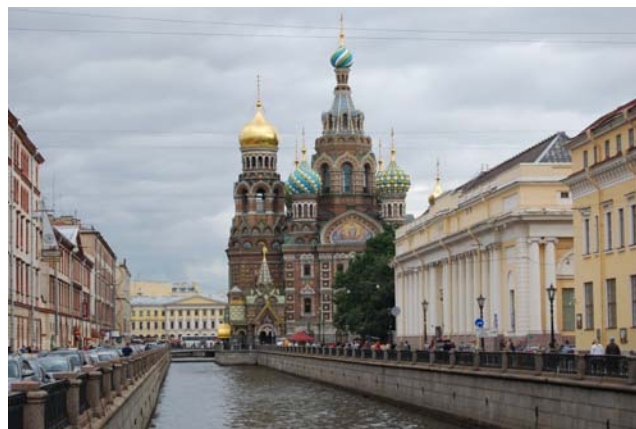
diameter birch trees. We cruised on the largest lake in the world--did not see land for quite a while.

Continuing refurbishing and restoration efforts made Moscow a city that shows its roots in history on one side and on the other a bustling modern hub. Its biggest problems appear to be traffic snarls. Many of the streets are extremely narrow and not equipped to accommodate the increasing number of cars that folks are now able to afford.

But the churches--well, take a look!



Above, Thirteenth Century Church made entirely of wood, Kizhi Island.



One of the many famous churches, St. Petersburg

### From Kristina Eriksen

After about 30 years of talking and fantasizing together about going to France, my friend Michele and I decided in June that we not getting any younger and NOW was the time. We wanted to finally realize our dream, so we journeyed to France together to attend a French language and culture immersion school at a converted 19<sup>th</sup> century monastery tucked away in the midst of olive groves and fields of fine lavender in the mountains in Southeast Haut Provence region of France.

The monastery is situated six kilometres from Moustiers-St-Marie, which is officially recognized as one of the most beautiful villages of France. Cobble passage-ways, shady squares, little bridges and waterfalls make this village, which is built right up against the mountainside, particularly picturesque.



Continued, See **Eriksen**, p. 5

## SISB 2011-12 Calendar—Save the Dates; Additions Forthcoming

### SISB Calendar

#### August

8/11 at 5:00 p.m. Board meeting and Members' social hour; 6:00 p.m. Business meeting

#### September

9/29 at 5:30 p.m. Board meeting at Pat Sheppard's home.

#### October

10/8 Heart Walk, see p. 2 for details

10/13 at 5:00 p.m. Board meeting and Members' social hour; 6:00 p.m. Business meeting

10/22 Fall District Workshop, hosted by SI Montebello, see p. 2 for details

#### November

11/10 at 5:00 p.m. Board meeting and Members' social hour; 6:00 p.m. Business meeting

#### December

12/8 Tentative: Holiday social TBA



#### January 2012

1/12 at 5:00 p.m. Board meeting and Members' social hour; 6:00 p.m. Business meeting

#### February

2/9 at 5:00 p.m. Board meeting and Members' social hour; 6:00 p.m. Business meeting

#### March

3/8 at 5:00 p.m. Board meeting and Members' social hour; 6:00 p.m. Business meeting

3/25 at Noon, Community Awards Luncheon TBA

#### April

3/12 at 5:00 p.m. Board meeting and Members' social hour; 6:00 p.m. Business meeting

3/20-22 Annual Spring Conference, Hotel Maya (Doubletree) in Long Beach

#### May

5/10 at 5:00 p.m. Board meeting and Members' social hour; 6:00 p.m. Business meeting

#### June

6/14 Tentative Installation/Business meeting

**Note:** the above calendar does not include programs; look for updates.

## Laxmi Parasuram Visits Santa Barbara

### **From Mary Jacob**

Laxmi Parasuram from SI of South Kolkata (SISK) visited Santa Barbara in early July on her way to the SI convention in Montreal.

She met with Myrna Gaskin, Mary Thompson, and Mary Jacob to discuss the Shikshakiran ("Ray of Education") program that SISK has undertaken to sponsor the school-education and mid-day meal for nine girls who live in the slums of Kolkata.

SISK collaborates on the project with another voluntary organization, the Institute of Psychological and Educational Research (IPER). SISK is seeking additional financial support for the project that pays for the school fees, textbooks and uniforms of the girls. Laxmi also met with Lynn Schockner to provide her with a report on the girl that Lynn has sponsored this past year.



Myrna Gaskin, left,  
with Laxmi  
Parasuram



## Member News Continued

**Eriksen**, continued from p. 3

Founded in the fifth century, Moustiers-Ste-Marie is also celebrated for its famous ceramics. Delightful shopping it was!

We preceded our French course with realizing our dream of sitting in a French café together sipping our café watching the local Parisians walking briskly by, attending a cathedral baroque concert AND then car touring throughout the val-



leys and villages of Provence, running through lavender fields, and visiting a 12<sup>th</sup> century abbey, and Cezanne's art studio preserved with all his original objects of his paintings.

At the French school we had course sessions 9 am to 1 pm and then in the afternoon we continued practicing our French engaging in various activities such as hiking the French Haut Provincial Alps, kayaking the Gorge of Verdon, and sailing on one of the largest lake in France. The Provencal cuisine was for gourmets - magnificent meals



right from the on-site biological vegetable garden paired with regional wine.

One of the highlights is that I gave the school a concert on the grand piano. Michele and I were the only Americans and we made classmate friends from all over Europe. It was a once in a lifetime experience – dream fulfilled...and a step closer *de parler en francais*.

**Member News continued on**

## Special Members' Corner

This box is reserved for members and family who need our special thoughts and prayers.

### Founding Member's Passing

Our dear Johnny Clem passed away and her memorial service took place Friday, August 5 at 3 pm at the First Presbyterian Church, 31 East. Constance Avenue. An obituary notice containing a brief outline of Johnny's life was published in the August 1 News Press edition. (Photo from Johnny's 90th Birthday)



We will send our best wishes, thoughts and prayers to:

**Robbin Behrens** and  
**Lynn Schockner-Nichols**



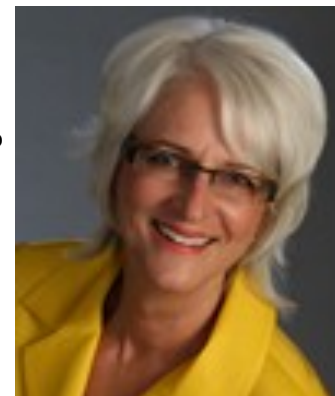
## SIA News

### Change in Leadership Reported

On September 1, SIA's longtime executive director, Leigh Wintz, moved on after 20 years of service.

SIA is pleased to announce Elizabeth M. Lucas, (pictured right) CAE, MBA, as our new executive director. Liz comes to Soroptimist with a diverse professional background. Her experience includes 15 years with the American Massage Therapy Association and the Massage Therapy Foundation—where she began her tenure as director of marketing and communications, and served the last nine years as executive director. In this position, she guided the strategic development of both organizations, which includes 56,000

practitioners, 450 educational institutions, and 51 chapters. Liz oversaw creation of a global expansion strategy and initiation of a worldwide partnership to recognize massage therapy as a healthcare discipline. She looks forward to using her knowledge and experience to guide SIA into the future. Please [welcome Liz](#) and visit [Soroptimist.org](http://Soroptimist.org) to learn more.



### SI Ruby Award for Women Helping Women

Margarita Guille Tamayo

In 1995, Margarita Guille Tamayo of Mexico City began the first women's shelter for abused women in Mexico. Today, the director of the National Network of Shelters in Mexico laments that domestic violence continues to rise in that country where six out of 10 women suffer some form of abuse inflicted by spouses or partners.



Her fight to stop and eliminate violence against women began when she was part of a radio program in the 1990s where women would call in and share their stories. While she listened, Margarita wanted to do more and started a magazine as a vehicle for debate and to empower women. She then began the first women's shelter calling it a "rough beginning" because it wasn't until 1996 that a law against domestic violence was created in the Federal District, the capital of the country. At the time, she says, women had few

options, no real justice, no social support, no job training and no state presence around this issue.

In 1999, she created a network of shelters with the other four that existed in Mexico, but it took years of lobbying and political work to sensitize authorities. In 2000, her work started to show results and the First National Violence Program was created, followed in 2005 by the General Law on Women's Access to a Life Free of Violence.

To date, 9,000 women and 27,000 children have been helped through the shelters. Margarita also established alliances with women leaders worldwide, leading to the founding of the Inter-American Shelter Network with participation of 17 countries. This model inspired the Global Network of Shelters born in 2009. That same year, she began a movement called "More Women in Decision Roles" to promote decision-making of women at home, work and in government.

Although the situation has changed for the better on behalf of abused women in Mexico, Margarita says realities such as drug, human and arms trafficking continue to challenge progress. She states: "The death rate, risk for women and femicide have increased, with 60 percent of femicides occurring in public and only 40 percent at home. It is almost as if Mexican women have to pay a special tax just for being women."

## Soroptimist Receives "Power of A" Silver Award

**National Award given for Soroptimist Human Trafficking Program (From SIA News Release August 18, 2011)** Soroptimist, received the "Power of A" Silver Award—ASAE's second highest level of recognition—for its Soroptimist STOP Trafficking program. The program raises awareness about the sex trafficking of women and girls. ASAE is a membership organization of more than 22,000 association executives and industry partners representing more than 11,000 organizations.

In 2007, the Soroptimist Women's Opportunity Awards program received ASAE's Summit Award, the highest-ranking honor. This year, ASAE gave "Power of A" Silver Awards to only 16 associations that exemplify how the association industry and its professionals strengthen America and the world. The awards recognize and celebrate the contributions associations make to society by enriching lives, creating a competitive workforce, preparing society for the future, driving innovation and making a better world.

## Member News Continued

### From Pat Sheppard

Co-President Pat and her husband Ernie were in France from September 9 through the 20th. They were based in an apartment in Marseille, then made day trips exploring various sights in Provence.

While there they saw Roman ruins in Arles and Orange, art and fountains in Aix-en-Provence, beaches and inlets in the fishing village of Cassis, and medieval villages Les Baux, Roussillon, and Gordes.



Pat at the fountain in Aix-en-Provence

Exhausted but happy, they're back in Santa Barbara and ready for their next adventure.



Yum! Lunch selections in Marseille. Can you believe how wonderful the baguette sandwiches are?!



Cassis, a small fishing village near Marseille.

They swam in the Mediterranean at St. Tropez, had wonderful food wherever they went, and did a major museum crawl through Marseille itself.

In Les Baux, a medieval village below the ruins of a medieval fortified castle and town. Pat is standing in with the models.



## Women's Fund Update

### From Pat Sheppard

Last June, SISB members voted to join the 2011-2012 Women's Fund with a donation of \$2,500.

The Women's Fund of Santa Barbara is a collective volunteer donor group that enables women to combine their charitable dollars and provide significant grants focused on the critical needs of women, children and families in Santa Barbara, Goleta and Carpinteria.

The Women's Fund has donated more than \$3 million to Santa Barbara area non-profits since 2004. It has grown from 15 members in 2004 to more than 500 members in 2010. All expenses are underwritten so that every dollar donated is applied to community needs. Our club is a group member of the Women's Fund, with our Board listed as the official members of "Team Soroptimist."

In that capacity, we will learn about critical community needs and effective programs transforming innovative ideas into viable solutions. We will also vote on how to distribute the collected funds and tour grantee sites to learn how Women's Fund gifts are changing lives. As a result of participating in the Women's Fund, we expect to know much more about the needs of women in our community and the non-profits who are meeting those needs.

Stay tuned for further updates on the activities of Team Soroptimist in the Women's Fund of Santa Barbara.

CHANGING  
*Lives*  
TOGETHER



*Soroptimist International of Santa Barbara*

P.O. Box 416  
Santa Barbara, CA 93102

"Making a difference  
in the lives of women and girls..."

We're on the Web!!

<http://sbsoroptimist.org/>

### Club Celebrations August & September



### Happy Anniversary

Kristina Eriksen, 9/99

Christine LeBon, 9/05

Monica Spear 9/07



### Happy Fall!

"We must give more in order to get more. It is the generous giving of ourselves that produces the generous harvest."

Author: Orison Swett Marden



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