



**SOROPTIMIST  
BEST FOR WOMEN**

# Soroptimist International of San Francisco Newsletter

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Club Year 2011-2012



**Live Your Dream Art Contest**  
closed Dec 31st

Watch out for the winners of the 4th Annual **Live Your Dream Art Contest**. The contest raises awareness for our clubs and encourage local schools to participate in the Soroptimist mission.

<http://www.soroptimist.org/LiveYourDream/LYDArtContest.html>

## Inside this issue:

- Installation of SISF Officers 2011-12 **2**
- Welcome to new SIA ED Elizabeth **2**
- SISF Grant to Safe-House **3**
- Susan Hinchman's Lessons on the 30 Sec Elevator Speech **3**
- Two New Members ! Cassie Miller & Lisa Kelley **4**
- SPR's Leadership Summit Aug 12-13 at UC Merced **5**
- SIA: Incoming President Pat Donohue and "Drive for Dreams" **6**
- SI: Dec 10th Appeal: Birthing in the Pacific **7**
- Calendar **8**

## President Carla's Message

### Share Soroptimist: Getting us Known

All of my Agendas and Minutes have a Soroptimist symbol and brand of some sort on them because my theme is to share Soroptimist...to expose it so it is no longer the best kept secret in our community.



What I love seeing is everybody pitching in ...whether its Board members, committee members or club members, everyone helps by doing something. Inviting friends to our Dinner Meetings, suggesting speakers, donating items for the Jared boxes, donating ice cream and napkins for the Madonna Residence parties, this collaboration makes us a happy and successful club.

So grab your best friends, whether they are Soroptimists or not, and choose a committee to work on to help get the San Francisco Soroptimist club known.

Do you want to get the word out to high school seniors that we have one or two \$5000 scholarships to give away? Do you want to get the Domestic Violence Awareness Poster Contest off the ground in the San Francisco High schools? Do you want to eat ice cream and cake with senior women and listen to them talk about their quilting and their lives? Do you want to help a single Mom go back to school to better herself and live her dreams?



Get hold of Gail, Diana or Cheryl and find out how to get started. Our collaboration with each other as well as our friends will get Soroptimist known among our friends, the schools, and students of all ages.



EXECUTIVE  
DIRECTOR  
ELIZABETH  
LUCAS

Soroptimist International of the Americas welcomes **Elizabeth M. Lucas**, CAE, MBA, of Lake Bluff, IL, as its new executive director. She replaces Soroptimist's long time executive director, Leigh Wintz.

*"I look forward to taking Soroptimist In. of the Americas to its next future state...for women's issues are important human rights issues, stated Lucas. "It's about time the rest of the world caught on to this fact!"*

#### SISF NEWSLETTER

Editor: Gail Dekreon



Contributors: Carla Armstrong, Gail Dekreon, Carola Shepard, Susan Hinchman, Cassie Miller, Lisa Kelley, Gov. Sherry Pearson, SIA Pres Pat Donohue, SI President Alice Wells

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### June 15, 2011 Dinner Meeting INSTALLATION OF INCOMING PRESIDENT CARLA And Roast Beef for Dinner!!

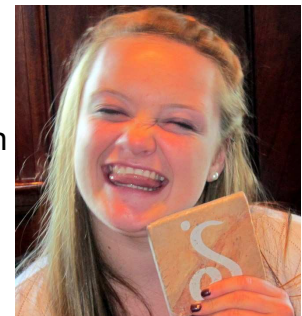
At our June 15th Dinner Meeting we tried something new... we held the installation ceremony of our new President and Board at the dinner meeting instead of at a separate party. June, being the month of graduations and vacations, is a tough time to plan an Installation party. Past President Dee and President-Elect Carla suggested making Installation our feature for our June dinner.



Board Member Barbara Russell, Vice President Cheryl Addleman, President Carla Armstrong, Governor-Elect Pat Jones

Governor-Elect Pat Jones installed our officers with a patriotic 4th of July theme, honoring our country and Carla's life as an Army brat and now Controller of the Presidio Trust.

Attending were Carla's Mom, who collects our mail rain or shine, Carla's Soropti-niece Kristin, past District II Director Barbara Irlj, past Governor Barbara Giambastini, and S.I. N. San Mateo County member Frances Luster.



Soropti-niece Kristin

We gained two new members that night! Cassie Miller, *Pathways for Kids* Director, and Kathe Sprouse of *Kathe's Jewels* had a great time and now are members. Carola Shepard, *SAFEHouse* Director and a loyal friend of SI of San Francisco, attends our dinners whenever she can.



Cassie Miller, Kathe Sprouse, and Carola Shepard

## **S.I. of SAN FRANCISCO GIVES SAFEHOUSE'S WOMEN'S BOUNDARIES GROUP GRANT TO HELP MORE WOMEN IN RECOVERY**

*By Carola Shepard*



**SAFEHOUSE**  
SAN FRANCISCO

The weekly Women's Boundaries Group is led by one of our peer counselors, Gretchen Richardson, who is herself in recovery from drug addiction and a long-time SafeHouse employee. Every Tuesday evening, from 7 pm to

9 pm, the women of SafeHouse gather together to catch up on events of the past week and discuss their progress in recovery. The discussions cover a broad range of issues: health, family concerns, weekend events, problems faced in school or at work. This is a time for the SafeHouse family to give input to the individual, comments that are different from the information received during one-to-one meetings with the Case Manager or with a therapist.

Several residents have commented on how valuable the Women's Boundaries Group has been for their recovery. During this weekly meeting, women learn to express themselves in front of a group and to confront issues in a setting where they feel safe. Just as important, the women learn to see another's point of view and to motivate each other to stay on track and achieve. Since the women often have different schedules, the process group offers them a chance to get to know one another and openly express feelings.

*Wow!! THANK YOU for your continuing and generous support -- we are so delighted that our original link with the Soroptimists has been maintained and been strengthened.*

*Carola Shepard,  
Business Manager,  
SafeHouse*

### **Aug 9, 2011 Dinner Meeting** **SUSAN HINCHMAN and THE ELEVATOR SPEECH:** **HOW TO SELL YOURSELF IN 30 SECONDS**



Susan Hinchman from the Bay Area Diversity Council not only entertained us at our August 9th Dinner, but also educated us on the importance of being a "walking business card" to market ourselves, our businesses or our club, and how to do it.

Susan's Top Six list of things to do to prepare yourself for a career of great elevator speeches:

6. Go to Toastmasters
5. No funny shaped business cards
4. Find 3 people smarter and more successful than you and call on them often
3. Go to lunch and coffee with people and then call them afterwards
2. Make sure people like you by bringing good energy
1. Make sure YOU like you.

**Introducing New Members**  
**CASSIE MILLER and KATHE SPROUSE**



**CASSIE MILLER**  
**Program Director—Pathways for Kids**  
**Retired Member of SISF**

Cassie L. Miller is a retired administrator from the San Francisco Unified School District. Her credentials are in teaching, counseling, and administration. She has worked with children and youth for over 30 years and during that time to now has never given up on a child. Her philosophy is that, "All children and youth given the proper love, nurturing and dedicated commitment by adults can and will flourish emotionally and academically!"



Cassie has worked with a variety of youth from diversified cultures, environmental backgrounds, and ethnic distinctions. Throughout her career as teacher, counselor and administrator she has planned and worked within programs designed to address the immediate needs of the children participating in these programs. She has worked with special needs students, academically challenged students, underserved students, and limited English speaking students.

Pathways for Kids serves to empower San Francisco's Underserved, Inner-City Youth by exposing them to career opportunities through Mentoring and Motivational Programs, with an emphasis on Entrepreneurialism, Investing, and Capital-Building. If you or your business would like to host a visit, contact Cassie, she would love to hear from you.

**LISA KELLEY**  
**SF Data, President and CEO**  
**Member of SISF**



Lisa directs all functions within SFDATA.NET LLC and SFDATA.NET RO SRL from operations, business development and marketing, to software development, architecture, systems engineering and implementation.

SFDATA is a San Francisco based IT consulting firm that combines depth of expertise with the speed and efficiency of a small, streamlined organization. We cultivate long-term business partnerships with our client's, and focus on delivering technologies and solutions tailored to our clients' specific budget, corporate culture and business needs.

Lisa spent a decade as a paralegal before moving into technology in 1994.

She began her technical career with SBC Internet Services as a T1 and DSL provisioning coordinator; then moved into IP Administration and Infrastructure Network Engineering. Lisa later joined ZD Labs as a Senior Analyst and acted as the lead analyst for technology studies conducted by Fortune 50 hardware and software companies. She was recruited by Zantaz, Inc. (now Autonomy) as a Senior Regulatory Audit and Quality Assurance Engineer. In this position Lisa gained experience in regulatory compliance and developed a passion for software development.



**Sherry Pearson**  
Governor  
2010-2012

**SIERRA PACIFIC REGION**  
**Soroptimist International of the Americas**  
**DISTRICT II**

*(S.I. By the Bay; S.I. Los Gatos-Saratoga; S.I. North San Mateo County;  
S.I. San Francisco; S.I. Santa Clara and S.I. Silicon Valley)*

**Gail Dekreon**  
District II Director  
2010-2012



**SPR's 2011 LEADERSHIP SUMMIT A BIG SUCCESS**  
**AT U.C. MERCED CAMPUS AUG 12-13**  
*By Gov. Sherry Pearson*

Cathy Standiford, Soroptimist International of the Americas Past President returned for the 2nd year in a row as our Official Federation visitor to Leadership Summit this year. Last year our members enjoyed her presentations so much that we invited her back this year to give "Part Two: This year she presented "Soroptimist Building New Partnerships for Women and Girls", and "Great! We Disagree, can We Talk?". Cathy's presentations are professional interactive and entertaining!

We also had Dawn Walsh join is form SIA headquarters in Philadelphia. Dawn is the "Program Manager" for Soroptimist, which means she is an expert about all of the wonderful programs that Soroptimist has in place to benefit women and girls. She presented "It's All About Soroptimist Program" and she gave a "hands-on" workshop about Program forms and the criteria for each Soroptimist Program award applicant.



The SPR Board Officers' last trip to the UC Merced parking lot, close of the Summit

We have revitalized Leadership Summit eliciting bigger and better information for our clubs' new officers. The positive energy produced by all of the Soroptimist that attended cannot be topped. Thanks to everyone of you for caring so much about our Mission and he women and girls that we serve.

- SPR Board 2010-2012**
- OFFICERS**
- Sherry Pearson - Governor
  - Pat Jones - Governor Elect
  - Debbie Jensen - Secretary
  - Ora Hoover - Treasurer
- DIRECTORS**
- Angie Muhlenhaupt - District I
  - Gail Dekreon - District II
  - Nancy Lilly - District III
  - Pam Taylor - District IV
  - Bonnie Armendariz - District V
  - Jo Ann Vear - Parliamentarian



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### Soroptimist

### Drive for Dreams

Win a one-year lease on an Acura TSX Tech or US\$10,000 cash prize!

Drawing will take place during the 42nd Soroptimist Convention in Honolulu, Hawaii, July 18-21, 2012.

Donation: US\$50 for one entry or US\$100 for three entries

[Click here](#) for more information about this exciting opportunity!

## INCOMING SIA PRESIDENT PAT DONOHUE IS "PINNED" IN HAWAII at the Soroptimist Invitational Leadership Seminar August 2011 August 26-27, 2011, Honolulu, Hawaii

### A MESSAGE FROM OUR NEW SIA PRESIDENT:



Thank you for joining women of all ages, cultures and ethnic groups who work together to improve the lives of women and girls, in local communities and throughout the world. As a Soroptimist, we know you are a leader in your community who believes in making a difference. We look forward to teaming up with you to make the world a better place for women and girls!

Outgoing President Sharon handed over her president's pin to Incoming President Pat (S.I. Watsonville) at the Soroptimist Invitational Leadership Seminar. The seminar in Honolulu was a productive meeting where forward-thinking Soroptimists leaders convened to strategize about the organization's future.

For information go to <http://www.soroptimist.org/Drive4Dreams.html>

Watch the welcome video from SIA President Pat Donohue at <http://www.soroptimist.org/members/membership/newmembers.html>

### NEWS RELEASES

<http://www.soroptimist.org/news/releases.html>

#### [Soroptimist Helps Disaster Victims in Japan](#)

Release date: 12/19/11

Organization grants more than \$66,000 to help women and girls affected by earthquake and tsunami

[Soroptimist grants \\$60,000 to help Japan women devastated by massive earthquake and tsunami](#)

Release date: 9/28/11

Funds will help provide recovery and support to women and girls who suffer disproportionately during times of disaster.

#### [Soroptimist honors women with three awards](#)

Release date: 9/8/11

Organization announces winners of its Women's Opportunity, Ruby and Violet Richardson Awards.

[Soroptimist wins national award](#)

Release date: 8/18/11

Human Trafficking Program wins ASAE "Power of A" Silver Award

[Soroptimist announces Elizabeth M. Lucas as new executive director](#)

Release date: 8/16/11

Taking helm of international women's organization

[Soroptimist grants more than \\$15,000 to help Ecuadorian women affected by floods and mudslides](#)

Release date: 8/1/11

Organizations helps 30 women and their families rebuild their lives.

a global voice  
for women

Soroptimist International



**NEWS FROM SOROPTIMIST INTERNATIONAL**

**December 10th Appeal Commemorates the Adoption of the Universal Declaration of Human Rights**

*By Alice Wells  
Soroptimist International President*

Dear Soroptimists, Dear Visitors,

**Human Rights Day**, celebrated on December 10th each year, commemorates December 10<sup>th</sup>, 1948, when the Universal Declaration of Human Rights was adopted.

This day holds a special place in Soroptimist International's history, from 1981, when SI President Catherine Salt chose a project on the island of Pulau Bidong, Malaysia, to help refugee women and children.

This year on Human Rights Day, December 10<sup>th</sup>, I would like to invite Soroptimists worldwide to join together to support a very special project under our international programme of work, "Educate to Lead".



BIRTHING IN THE PACIFIC

For the very first time, we have a Soroptimist project that was created in SI South West Pacific and became a federation project before being selected as the 2011 December 10<sup>th</sup> Appeal project. This project is called 'Birthing in the Pacific' (<http://www.soroptimistinternational.org/our-projects/december-10-appeal/birthinginpacific>) and works to increase the skills and education of health professionals and birth attendants in Papua New Guinea with the goal of reducing maternal mortality and morbidity. This project supports Millennium Development Goal #5 which is to improve maternal health.

Papua New Guinea has the second highest maternal and infant mortality rate in the Asia/Pacific! What is shocking is that 88-98% of these deaths could be prevented with improvements and investments to health care systems. How sad it is that in a developing country where there are over 1,000 births each month there is an expectation that mothers and babies will die from pregnancy complications. What is even more tragic is that 40% of the clinics in PNG have closed due to lack of funding.

The December 10<sup>th</sup> Appeal always takes place on Human Rights Day and requests that Soroptimists worldwide give up something of importance on this day and donate what would have been spent to the December 10<sup>th</sup> Appeal project. Perhaps it is a glass of wine, maybe a movie, or a special dinner or lunch at your favorite bistro. As we educate, empower and enable these birth attendants, your donations will be saving women's lives....LITERALLY.

Thank you for your support of this very worthwhile project.

**Alice Wells**  
International President 2011 – 2013



**ALICE WELLS**, Soroptimist International President, 2011-2013

**Project Sierra: A Family And A Future** celebrated

reaching its £1 million fundraising target to help disadvantaged women and children in Sierra Leone in October 2011.

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



**PROJECT SIERRA:**

- 129 young mothers caring for and providing for their babies independently having completed their education or vocational training.
- 200 families stabilized.
- 48 former street children reconciled with their families.



**SOROPTIMIST  
BEST FOR WOMEN**

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

*Soroptimist Mission  
Statement*

### SOROPTIMIST INTERNATIONAL OF SAN FRANCISCO CALENDAR

#### August 2011

- August 1 - solicitation letters to clubs for Federation Board nominees
- August 1 - Deadline, \$100 late fee for delinquent SIA Dues
- August 2 - **SISF Board Meeting**
- August 3 - **HAPPY BIRTHDAY DIANA OWYANG**
- August 9 - **SISF Dinner Meeting at Delancey Street**
- August 10 - **HAPPY BIRTHDAY NANELL MAWBEY**
- August 12-13 **Sierra Pacific Region Leadership Summit, U.C. Merced**



- August 14 - Sierra Pacific Region Board Meeting, U.C. Merced Campus,
- August 21 - **HAPPY BIRTHDAY SHIZ MIHARA**
- August 23-25- SIA Governor's Roundtable, Honolulu, Hawaii
- August 26-27- SIA Leadership Institute, Honolulu, Hawaii

#### September 2011

- September 6 - **SISF Board Meeting**
- September 11- **HAPPY BIRTHDAY REGINA McMAHON**
- September 13 -**SISF Dinner Meeting at Delancey Street Restaurant**
- September 15- **deadline for Electoral Area Board Nominations**

#### October 2011

- October 1- **deadline for submissions to *Best for Women* magazine**
- October 3- **Founder's Day**
- October 4 - **SISF Board Meeting**
- October 7 - **HAPPY BIRTHDAY RACHEL DORCY**
- October 15- **District I and II, Hilton Garden Inn, Gilroy**
- October 11 - **SISF Dinner Meeting at Delancey Street Restaurant**
- October 19 - **HAPPY BIRTHDAY CHERYL ADDLEMAN**
- October 22- District III, Oakdale Senior Center, Oakdale
- October 28 - **HAPPY BIRTHDAY CLAUDIA BOUTOTE**
- October 29 - **HAPPY BIRTHDAY FRANCES MORIOKA**
- October 29 - **HAPPY BIRTHDAY BARBARA MIZOTA DETATA**
- October 29- District IV and V, SI Visalia Clubhouse, Visalia

#### November 2011

- November 1 - **SISF Board Meeting**
- November 5 - **HAPPY BIRTHDAY LISA SMITH**
- November 8- **SISF Dinner Meeting at Delancey Street Restaurant**
- November 15- Form 990 due to IRS
- November 25- International Day for the Elimination of Violence Against Women
- November 25- Soroptimist Workplace Campaign to End Domestic Violence

#### December 2011

- December 1- **Violet Richardson Award applications due**
- December 3 - **SISF Social: Bake cookies for girls incarcerated at YGC**
- December 3- **bring donations for Salvation Adopt a Family and the girls**
- December 6 - **SISF Board Meeting**
- December 10- **International Human Rights Day- Dec 10th Appeal**
- December 14- **HAPPY BIRTHDAY LISA SMITH**
- December 15- **Women's Opportunity Award applications due**
- December 21- **Holiday Party for Girls at YGC**
- December 29 - **HAPPY BIRTHDAY CARLA ARMSTRONG**
- December 29 - **HAPPY BIRTHDAY LISA KELLEY**