

In this issue:

1, 2	Recent Club Events and News
3	From Your President
3, 4	Know your Club
5. 6	Amigos de los Californios
7	Historical Society Update Save These Dates

RECENT CLUB EVENTS

2010 Christmas Party at the Manors'



“Soroptimisters”



A good time was had by all on December 16th at our annual Christmas Party. Many thanks to Don and Linda Manor for once again opening up their “Christmas House”. A special thanks to Soroptimister, Don, for the wonderful food!

DATES TO SAVE

See also Dates to Save section on page 5

2nd Wednesday each month- Business meeting

3rd Wednesday each month- Guest speaker

All meetings Noon Carver’s unless otherwise notified

HUMAN TRAFFICKING AWARENESS

On Saturday, January 9, 2010 SI Vista hosted their third annual “Walk for Awareness” in recognition of National Human Trafficking Awareness Day on January 11th. Four of our members attended, both working the event and participating in the march through downtown Vista. Kimberly Hunt, news anchor for Channel 10 was the guest speaker. A check for \$14,900.00 was presented to Kaye Van Nevel who spear-headed this project. A \$1,000.00 donation was also received from an anonymous couple from Vista. The event raised \$1,200.00 through the participants who paid \$5.00 to march. Hats off to SI Vista for bringing this issue to the public!

A few facts about human trafficking:

It is the second largest criminal industry in the world after drug dealing.

Between 12.3 to 27 million people are currently living as slaves.

Each year 800,000-900,000 people are trafficked across international borders

80% of trafficking victims are women and children trafficked for sexual exploitation.

It is happening in our own back yards!



Toni, Nancy, Judy and Pam



SIRB & SI Poway

(T-shirts in background were made by abused/trafficked victims or in memory of them.)

FROM YOUR PRESIDENT

3

Dear Fellow Soroptimists,

First of all, I wish you and your families and loved ones a very Happy, Prosperous and Healthy New Year.

The New Year brings the usual challenges. We must all juggle our family and business commitments as well as the commitments we all make to others through SIRB and the other organizations we support. For SIRB, the Gold and Silver Ball is our primary fund raiser. It will take much of our time between now and April 17 to ensure success. I thank all of you who are already working on the planning.

Our annual awards and recruitment luncheon is in planning for February 17. It is a perfect venue for honoring our Women's Opportunity, Ruby and Violet Richardson awardees and for exposing potential new members to the scope of our work. This year we also plan to use the event to showcase other of our activities such as the Bolivia water project, the rape survivors' clinic and Miss RB and Miss Teen RB. Please make sure that the date is on your calendar.

We will also have lots of FUN. Look out for invites to the Fun events organized by our FUN Committee!



Thank you all for all that you do. Love Chris

KNOW YOUR CLUB

Club newsletter

As you know, the newsletter is on line and can be accessed from the www.soroptimistrb.org website. It is a powerful publicity and recruitment tool as well as keeping members apprised of what is going on in SIRB and SIA. Please support it by providing photos and news articles to Pam at pwarnock@san.rr.com.

Know your Fellow Members

We will be featuring two members a month in the Newsletter so we can all get to know one another better. An e-mail will be going out to request a short bio and photo for each of you to send to Pam. There are many interesting facts we can find out about our sisters, so let's make this fun!

WELCOME NEW MEMBERS BETH AND SARAH!



Meet Members Beckette Williams and Beth Gemberling!



Beckette and husband, Brent

Beckette Williams

Beckette Williams is one of our newer members. She joined SIRB in the Spring of 2009. Beckette is a Registered Dietitian with her Master's Degree in Health Education. Currently she owns Nutritious & Delicious a mobile personal chef service, which provides healthy gourmet meals to clients for everyday use and also provides custom in home dinner parties. She maintains her nutrition skills by working part time at the University of California San Diego Medical Center in Hillcrest.

Beckette is married to Brent Williams who has been on active duty for the US Navy for the past 24 years. They have one daughter, Kacyenne, who is a Junior at Cal Poly San Luis Obispo studying nutrition. Beckette resides in Sabre Springs and has been living in San Diego since 1998. She grew up in Connecticut, where she achieved both her undergraduate and graduate degrees at the University of Connecticut. The military has provided Beckette and her family the opportunity to live in many places, but San Diego is the place she wants to call "home."

In her spare time she enjoys gourmet cooking and wine tasting throughout California. She also enjoys reading and spending time with family and friends. Beckette is currently working with SIRB on the Transitional Housing Committee, and is a co-mentor for one of our "moms". She is working with "S" Club at RB High and is on the Gold and Silver Ball Committee. She looks forward to her SIRB volunteer opportunities.

Beth Gemberling

Graduate Northwestern University -- Major in Spanish --- Member of Alpha Phi International Fraternity -- as alumna served as Chapter Advisor at UCLA and House Corporation Board President.

Began career at Illinois Bell in Chicago -- transferred after 5 years to Pacific Telephone (now AT&T) and spent 13 years -- primarily in Marketing.

Dedicated 5 years to manage my own consulting business -- then moved to New Jersey/New York and worked as a telecom consultant at CBS, Inc. supporting nationwide locations. Opportunity presented to move to Sony Music Entertainment (now Sony/BMG) as an Associate Director -- managed support staff of MIS/Telecom department, administered 7.4 million budget, managed national cellular and virtual private network of 10 million.

Upon retirement moved to San Diego and acted as consultant and vendor liaison for network services at Sony Electronics in RB.

Passions are golf at Country Club of RB and travel -- some of the recent highlights would be China, VietNam, Cambodia, South Africa, Japan, S. Korea, Croatia, Montenegro, Budapest and Prague.

5

Amigos de los Californios Mini Clinic from Sue Evarts

Amigos de los Californios decided to expand this year on a trial basis. On Friday, November 21, five of us left San Diego, heading to the small town of San Ignacio in Baja California Sur, Mexico. We had been invited by the Board of Directors of the Deborah Wayne Foundation to come and set up a dental clinic in their new building. They had raised funds and built a beautiful two-story building specifically for health care and it had never been used. We were their trial run.

We took two vehicles and traveled the two days (600 miles) to reach our destination. We had Dr. Ray Thomas as our general dentist, Dr. Lorna Thomas as an assistant, Vicki Lindblade as translator, Bill Evarts as logistics coordinator, and me (the cook). We set up shop in the clinic building, and took over the dormitory floor's furnished bedrooms and modern kitchen. I was thrilled to have an actual stove and refrigerator at hand. I did find out quickly that the oven was a centigrade oven that, unfortunately, had no knob to tell me what temperature I was dialing in after calculating the degrees from Fahrenheit.

As usual we took everything with us, or so we thought. We had been piggybacking with a group from San Diego called VIDAIL, made up of volunteers from UCSD, SDSU, and the Autonomous University of Baja California. They were doing a clinic in San Quintin three weeks before us. The plan was to leave equipment and supplies in San Quintin for us to pick up on our way down. After we unpacked in San Ignacio, we found some of the equipment necessary for our operation had been inadvertently sent back to San Diego. It took several phone calls back to the US and a six-hour trip to Mulege to round up all our needed supplies, but we had the most necessary stuff from the US by the following morning, in time for us to open and be ready to see our first patients.

We were warmly received by the community and treated to a delicious carne asada and baked oyster dinner our first day there. They supplied us with great helpers who had pre-screened the patients so we would be sure to get the worst cases and even provided transportation to get them there on time. Most were children from the local boarding school whose families live in the surrounding mountains. We were requested to make a house call on a woman who had been stricken with meningitis and was a blind paraplegic. Dr. Thomas did a marvelous job of working through all the problems with the equipment and supplies, and all 40 patients were treated.

To get acquainted with the community, we put on a Thanksgiving dinner with turkey, ham, and all the trimmings. We had about 30 guests, including the town mayor, the Deborah Wayne Foundation Board members, and community health workers. I explained to Amigos de los Californios Mini Clinic

Amigos de los Californios decided to expand this year on a trial basis. On Friday, November 21, five of us left San Diego, heading to the small town of San Ignacio in Baja California Sur, Mexico. We had been invited by the Board of Directors of the Deborah Wayne Foundation to come and set up a dental clinic in their new building. They had raised funds and built a beautiful two-story building specifically for health care and it had never been used. We were their trial run.

We took two vehicles and traveled the two days (600 miles) to reach our destination. We had Dr. Ray Thomas as our general dentist, Dr. Lorna Thomas as an assistant, Vicki Lindblade as translator, Bill Evarts as logistics coordinator, and me (the cook). We set up shop in the clinic building, and took over the dormitory floor's furnished bedrooms and modern kitchen. I was thrilled to have an actual stove and refrigerator at hand. I did find out quickly that the oven was a centigrade oven that, unfortunately, had no knob to tell me what temperature I was dialing in after calculating the degrees from Fahrenheit.

As usual we took everything with us, or so we thought. We had been piggybacking with a group from San Diego called VIDAIL, made up of volunteers from UCSD, SDSU, and the Autonomous University of Baja California. They were doing a clinic in San Quintin three weeks before us. The plan was to leave equipment and supplies in San Quintin for us to pick up on our way down. After we

unpacked in San Ignacio, we found some of the equipment necessary for our operation had been inadvertently sent back to San Diego. It took several phone calls back to the US and a six-hour trip to

6

Mulege to round up all our needed supplies, but we had the most necessary stuff from the US by the following morning, in time for us to open and be ready to see our first patients.

We were warmly received by the community and treated to a delicious carne asada and baked oyster dinner our first day there. They supplied us with great helpers who had pre-screened the patients so we would be sure to get the worst cases and even provided transportation to get them there on time. Most were children from the local boarding school whose families live in the surrounding mountains. We were requested to make a house call on a woman who had been stricken with meningitis and was a blind paraplegic. Dr. Thomas did a marvelous job of working through all the problems with the equipment and supplies, and all 40 patients were treated.

To get acquainted with the community, we put on a Thanksgiving dinner with turkey, ham, and all the trimmings. We had about 30 guests, including the town mayor, the Deborah Wayne Foundation Board members, and community health workers. I explained to our guests the traditions of Thanksgiving's gluttony, and they talked about how much we were appreciated.

We hope to make this an annual event, maybe without the huge dinner and supply problems. We all felt it was worthwhile week and a wonderful trial run.



Ladies preparing side dishes for Carne Asada Luncheon

HISTORICAL SOCIETY

Soroptimist materials have been placed in the display cabinet at the historical society. We will be adding a few more things. We have the display case for a three month period after which another organization from RB will display their items. The Historical Society has offered to store some of our material which will help to organize and purge old documents.



Not quite complete, but on its way.

SAVE THESE DATES

February 3, 2010 – Board Meeting - NC Credit Union – Noon

February 9, 2010 - Fundraiser Cooking Class at Café Merlot

February 10, 2010 – Business Meeting – Carver’s Noon

February 17, 2010 – Awards and Recruitment Luncheon – venue to be decided

February 20, 2010 – District II Winter Meeting in Ramona

March 17, 2010 - Program Meeting – Self Defense- Belinda and Morgan Hill

April 17, 2010 – Gold and Silver Ball at Country Club of Rancho Bernardo

April 30-May 2, 2010 – Spring Conference

July 7-10, 2010 – 41st Biennial Convention in San Francisco

Newsletter editor: Pam Warnock pwarnock@san.rr.com

Website: www.soroptimistrb.org