



Riversidelines

SOROPTIMIST INTERNATIONAL OF RIVERSIDE NOVEMBER 2024

SOROPTIMIST VISION

Women and girls have the resources and opportunities to reach their full potential and live their dreams.

SOROPTIMIST MISSION

Soroptimist is a global volunteer organization that provides women and girls with access to the education and training they need to achieve economic empowerment.

SOROPTIMIST TAG LINE

**“INVESTING
IN
DREAMS”**

SOROPTIMIST CORE VALUES

Soroptimist International of the Americas is committed to:

- GENDER EQUALITY: Women and girls live free from discrimination.

- EMPOWERMENT: Women and girls are free to act in their own best interest.
- EDUCATION: Women and girls deserve to lead full and productive lives through access to education.
- DIVERSITY & FELLOWSHIP: Women from varied backgrounds and perspectives work together to improve the lives of women and girls.

SOROPTIMIST BIG GOAL

Invest in the dreams of half a million women and girls through access to education.

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PRESIDENT'S MESSAGE



*Edith Gingerich
2024-25 President*

The Live Your Dream Education and Training Award is one of the many projects Soroptimist International of Riverside conducts every year to assist women in getting an education and improving the lives of their families.

These monetary awards are given to women who are the primary support of their family and are seeking an education, be it college or vocational.

Many are single moms, some support spouses, parents or siblings and all have overcome obstacles to get where they are and aspire to a career that will better the lives of their family and their community.

"Soroptimist Global Impact in 2023-2024 year: \$3.1 million in education awards disbursed to 2,269 women all over the world. 40,000 volunteer hours given, and 762 new members joined Soroptimist because of the Live Your Dream Awards."

"Over half of our Live Your Dream Awards recipients are survivors of domestic violence, trafficking or sexual assault. Nearly all of the women and families we serve have overcome

enormous obstacles including poverty, teen pregnancy, and drug or alcohol addiction."

Live Your Dream Awards recipients may use the cash award to offset any costs associated with their efforts to attain higher education, such as books, childcare, tuition and transportation.

Here are some quotes from the Population Reference Bureau:

"When Women Learn, families live healthier lives."

"When Girls Go to School, they are more likely to get paying jobs and their financial contributions to their families and their nations increase."

"When Girls Have Educated Moms, they are more likely to be enrolled in school and to reach higher levels of education."

Women are economically empowered:

- 81% of recipients completed their education and improved their living standards.
- 93% increased their self-esteem.
- 96% are now living in a safe environment – of the 56% who are survivors of gendered violence.

"I'm determined to use it not only to improve my life, but the lives of my siblings. But most of all, I'm determined to use it so that I can continue helping others to mend their lives, to heal and to spread their own brand of kindness and good in the world."

Last year Soroptimist International of Riverside was able to help six very deserving women realize their dreams of higher education

and economic empowerment. We would love to be able to help more women, but we need your help to do so. If you would like to make a donation to Soroptimist International of Riverside, please visit our website at www.soroptimistrivside.org or mail us a check to P.O. Box 1631, Riverside, CA 92502.

Edith Gingerich
2024-25 SIR President



NOVEMBER 2024 CALENDAR

November

- 5 **BOARD MEETING**
12:00 PM on ZOOM
- 9 **WORLD FREEDOM DAY**
- 12 **BUSINESS MEETING**
12:00 PM, ZOOM and
Habitat for Humanity, 2180
Iowa Avenue, Riverside
- 19 **FRIENDSGIVING**
- 25 **INTERNATIONAL DAY FOR
THE ELIMINATION OF
VIOLENCE AGAINST
WOMEN**

No Program Meeting
In November

**DECEMBER 2024
CALENDAR**



- 2 INTERNATIONAL DAY FOR THE ABOLITION OF SLAVERY
- 3 BOARD MEETING
12:00 PM on ZOOM
- 5 INTERNATIONAL VOLUNTEER DAY FOR ECONOMIC AND SOCIAL DEVELOPMENT
- 10 BUSINESS MEETING
12:00 PM, ZOOM and Habitat for Humanity, 2180 Iowa Avenue, Riverside
- 10 INTERNATIONAL HUMAN RIGHTS DAY
- 15 HOLIDAY PARTY
3:00 PM, Home of Michelle Paradise

No Program Meeting
In December

DATES TO REMEMBER



February 21, 2025
RHINESTONES, COWGIRLS & AUCTION FUNDRAISER

March 15, 2025
LIVE YOUR DREAM: DREAM IT, BE IT CONFERENCE

April 2025

**SALUTE TO SERVICE
AWARDS LUNCHEON**

June 5-8, 2025
GWR SPRING CONFERENCE
We-Ko-Pa Resort & Casino
Fort McDowell, Arizona

July 2027
**SOROPTIMIST INTERNATIONAL
CONVENTION**

FOR YOUR INFORMATION

Soroptimist International of Riverside, a club in District 1 of the Golden West Region of Soroptimist International of the Americas, meets on the 2nd and 4th Tuesdays of each month. Business meetings are on the 2nd Tuesday and Program meetings are on the 4th Tuesday. Business meetings are hybrid on ZOOM and in person at Habitat for Humanity, 2180 Iowa Avenue, Riverside. Program meetings are in person only at Habitat for Humanity. Meetings will last from noon until approximately 1:15 PM. Please arrive a little early so we may begin promptly at noon.

**NOVEMBER 25, 2024
INTERNATIONAL DAY
FOR THE ELIMINATION OF
VIOLENCE AGAINST
WOMEN**



Violence against women and girls remains one of the most prevalent and pervasive human rights violations in the world. Globally, an estimated 736 million women, almost one in three, have been

subjected to physical and/or sexual intimate partner violence, non-partner sexual violence, or both, at least once in their life.

This scourge has intensified in different settings, including the workplace and online spaces and has been exacerbated by post-pandemic effects, conflicts and climate change.

The solution lies in robust responses, including investment in prevention. However, alarmingly, data on how much nations are committing to counteract violence against women and girls remains glaringly sparse.

For instance, just 5% of government aid is focused on tackling violence against women and girls and less than 0.2% is directed to its prevention.

We need more investment in women's organizations, better legislation, prosecution of perpetrators, more services for survivors and training for law enforcement officials.

**WHY WE MUST ELIMINATE
VIOLENCE AGAINST WOMEN**

Violence against women and girls (VAWG) remains largely unreported due to the impunity, silence, stigma and shame surrounding it.

In general terms, it manifests itself in physical, sexual and psychological forms, encompassing:

- Intimate partner violence (battering, psychological abuse, marital rape, femicide).
- Sexual violence and harassment (rape, forced sexual acts, unwanted sexual advances, child sexual abuse, forced marriage, street

harassment, stalking, cyber-harassment).

- Human trafficking (slavery, sexual exploitation).
- Female genital mutilation.
- Child marriage.

To further clarify, the Declaration on the Elimination of Violence Against Women issued by the UN General Assembly in 1993, defines violence against women as "any act of gender-based violence that results in, or is likely to result in, physical, sexual or psychological harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or in private life."

The adverse psychological, sexual and reproductive health consequences of VAWG affect women at all stages of their life. For example, early set educational disadvantages not only represent the primary obstacle to universal schooling and the right to education for girls. Down the line they are also to blame for restricting access to higher education and even translate into limited opportunities for women in the labor market.

While gender-based violence can happen to anyone, anywhere, some women and girls are particularly vulnerable. For instance, young girls and older women, women who identify as lesbian, bisexual, transgender or intersex, migrants and refugees, indigenous women and ethnic minorities or women and girls living with HIV and disabilities, and those living through humanitarian crises.

Violence against women continues to be an obstacle to achieving equality, development, peace as well as to the fulfillment of women and girls' human rights. All in all, the promise of the Sustainable

Development Goals (SDGs) - to leave no one behind - cannot be fulfilled without putting an end to violence against women and girls.

ARTICLE FROM:
<https://www.un.org/en/observances/ending-violence-against-women-day>

**SOROPTIMIST
INTERNATIONAL**



ACCESS TO LIFE-LONG LEARNING AND CONTINUING EDUCATION

Access to high-quality extended education and training throughout the life course transforms lives and communities.

The cross-cutting benefits of education and training for sustainable development and the fundamental role it plays in the achievement of gender equality was globally recognized specifically by Sustainable Development Goal #4 but also across other SDGs.

Education is a basic human right as established by the Convention on the Elimination of All Forms of Discrimination against Women (CEDAW) and the Convention on the Rights of the Child.

It is now widely acknowledged that as well as benefitting women and girls as individuals, educating women and girls throughout their

life course produces better health outcomes, fuels economic growth and ensures stable and peaceful societies.

The concept of 'cradle to grave' education has been fundamental to the development of education and training systems over many years. However, it is often the case that formal education becomes the focus of educational efforts within sustainable development, particularly due to the efforts carried out to achieve the MDGs and SDGs and the large amount of information already available on formal primary, secondary and tertiary based education.

It is critical that more recognition is given to informal education such as in healthcare or 'on the job' skills development which contributes to knowledge in societies and the economy.

Frequently women and girls are more present in this 'informal' sector so to not fully recognize informal education goes hand in hand with not recognizing the knowledge and contributions of women.

Vocational education and training are often seen as 'additional' or 'subsidiary' to formal education received at primary and secondary levels. Data for this area is not always kept or published so in many countries vocational training offering skills which contribute to the local economy are not included in reports.

For Skills Development, the ILO was instrumental in assisting in the development of a common global training strategy, "A Skilled Workforce for Strong, Sustainable and Balanced Growth," which was adopted by the G20 leaders in 2011.

Education and learning is not only about skills and jobs – it is about the quality of life and dignity of people. Many women including older women, who were deprived of education in their childhoods have suffered a lifetime of discrimination particularly in terms of education and employment.

Education and training in later life have numerous positive effects not only in a better understanding of areas such as health issues but also in terms of being better equipped to manage financial resources, to support the educational and social needs of others, stronger resilience to man made and natural disasters and civic engagement.

Knowledge and skills throughout the life course can make a significant difference to ending poverty. Re-training and continuous skill development are essential for those women looking to enter the world of work as well as those changing or wanting to progress their careers. Accessible and inclusive vocational training apprenticeships, skills training and other job orientated training are all key in this regard. These opportunities are particularly important for women who are migrants, their life circumstances have changed because they have become widowed or need to support their family or because ways of communication and technology and the types of work available has changed.

Older women who for a variety of reasons have not yet been able to access the education they need to live fulfilled lives should not be excluded from sustainable development efforts and should be included in the collection of education statistics. Their inclusion in all forms of education and training will further promote and enhance sustainable

development on the individual, familial and community levels.

Where Things Need to Go:

Solid foundations for learning need to be established across the lifespan, not just by giving universal access to primary education. States and civil society are urged to make all forms of life long learning available and financially supported. This should include:

- Economic empowerment for women and girls should be enhanced through vocational skills training.
- Provision should be made for life skill courses such as on health and maternal care, water and energy management, financial literacy and traditional skills for women and girls which will lead to improvements for communities and families.
- Language programs and conversion courses should be provided for migrant and refugee women and girls to ensure that assimilation and contribution to the new area or country is positive.
- Access to all forms of new technology for women of all ages supports and enables economic and sustainable development for communities.

Fundamental Action Member States are Urged to Provide:

Fulfil existing obligations in international treaties and agreements relating to equal access to education and training specifically CEDAW and the G20 commitments to developing a skilled workforce.

Prioritize quality education and training for women and girls

throughout their lifespan as a necessary foundation for the achievement of all development goals, particularly in relation to the Sustainable Development Goals and the Post 2015 Agenda.

Uphold international agreements to ensure that girls and women are not at risk of violence, assault or abuse on their way to and from educational and training facilities and ensure that domestic policies and justice systems are designed to protect women and girls in educational and training settings.

Pledge to work towards policies and programs with a life course approach to education, recognizing and understanding that access to learning is a human right at all ages and that women and girls have different learning needs at different times in their lives.

Collect sex-disaggregated data on enrollment, retention and completion, as well as sex disaggregated data on all outcomes to ensure that women and girls are afforded equal access to learning throughout life.

Work toward gender inclusive budget programs which enable and support women in all circumstances to engage in basic education, vocational training and other skills development at any stage in their lives.

Systems of continuing education and training become more accessible for girls and women of all ages, including by recognizing non-formal or non-traditional qualifications and experiences, understanding that women may have been unable to participate in formal education for a range of reasons but still have critical skills, knowledge and experience that mean that they are well qualified to participate in educational courses.

There is an expansion of all forms of supporting apprenticeships and scholarships and funding for vocational education especially technical, engineering and scientific programs specifically for women and girls.

Where Soroptimist International Stands:

These are the principles that Soroptimist international strongly supports and will advocate for and on behalf of women and girls, believing life-long learning is a fundamental continuation of the right to basic education and a necessary follow on to achieve sustainable development and improved societies.

Soroptimists support all actions of governments, intergovernmental institutions and civil society to promote, improve and enable the provision of continuing education and training provision whatever their age.

Soroptimists encourage all governments and other providers to create or ensure safe physical environments in all education and training such as proper sanitation facilities, clean water and safe transport.

Soroptimists will engage with governmental and civil society partners to monitor data and programs to measure progress toward gender equality and life long learning.

Soroptimists recognize the 2020 commitment by Member States at CSW to the implementation of the Beijing Platform for Action to achieve gender equality especially in the promotion of education and training for women and girls. This has further strengthened the need to achieve the targets of the Sustainable Development Goals.

The COVID-19 pandemic of 2020 has provided added impetus for the inclusion of programs of life long learning for women to ensure they are able to contribute to the revitalization of communities and economies effectively.

OCTOBER 4-5, 2024 DISTRICT 1 FALL MEETING

GOLDEN WEST REGION DISTRICT 1 FALL MEETING

October 4-5, 2024
Rancho Cucamonga CA

“SWEET DREAMS”



District 1 Fall Meeting was attended by Past President Melanie McKee (in place of Senior Delegate Lynn Scecina) and Junior Delegate Barbara Walling.

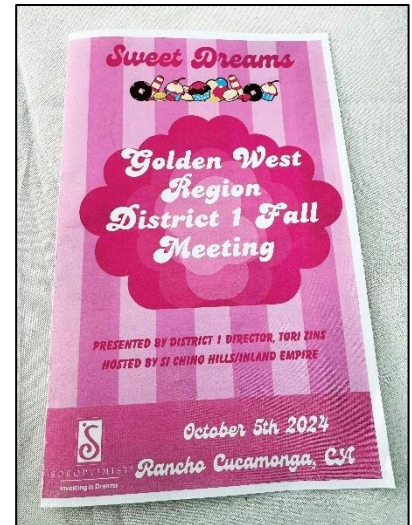
It was a memorable event filled with camaraderie, learning and inspiration.

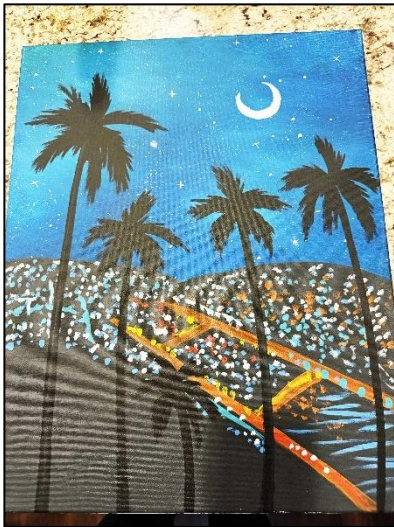
The goal of this meeting was to create a space where members could share dreams, learn from each other and work together to turn those dreams into reality.

The weekend began on Friday night with a painting party and dinner.

Saturday's agenda was filled with engaging speakers, interactive sessions and opportunities to network with fellow Soroptimists.

The SI Riverside Delegates wrote a detailed report of Fall Meeting activities along with Junior Delegate Barbara giving a presentation to the club at our October business meeting.





OCTOBER 13, 2024
COMEDY NIGHT

**SOROPTIMIST
COMEDY NIGHT**



They say that laughter is the best medicine and we were served up a healthy dose of it on October 13th at the Elk's Lodge where SI Riverside hosted our Comedy Night.

Three comedians led by Eddie Jarvis, a Riverside native, kept us chuckling, while a delicious

dinner prepared by the Taco Lady kept us well fed.

A selection of items were provided for our opportunity drawing and a week at a condo in Indio was our live auction item.

A big thank you to my co-chair, Linda Robertson, and to Debbie Kelley, SI Riverside president Edith Gingerich, Debbie Ferraro, JoAnn Moore and the many others who made this event a success.

Lynn Scecina
Comedy Night Co-Chair





**OCTOBER 22, 2025
"IN CASE YOU MISSED IT"**



Dr. Tiffanie Tate

October was Breast Cancer Awareness Month and, as Soroptimists pledged to do the best for women and girls, we had a program meeting on October 22nd on this very subject.

Dr. Tiffanie Tate, OB/GYN, FACOG, lecturer, author and fellow SI Riverside member, was the speaker and facilitator of lively conversations during the Q&A following her presentation. In her gifted and knowledgeable style, she told us of the progress in research and the need to continue awareness in the community.

The disease is incredibly personal and common which makes it relative to so many of us. You may be a survivor, newly diagnosed or know someone who is working through treatment and recovery. The foundation for progress is awareness and advocacy! Here are some

highlights of our time together on this important subject:

- Cancer is an overgrowth of cells that can happen in any part of the body and has been a part of the human condition for a very long time.
- Approximately 1 in 8 women develop breast cancer. It's the second leading cause of death in women and accounts for about 30% of all cancers. 99% of breast cancer occurs in woman, but 1% can occur in men.
- A thorough discussion with your doctor about your risks is key to diagnosis and treatment. Risks include family history of cancer and individual factors such as alcohol consumption, tobacco use, high BMI and a sedentary lifestyle.
- Early screening is the best tool for detection and treatment. Monthly self-exams are an easy way to track changes you might find such as lumps, dimpling or nipple discharge. Even if you don't find any abnormalities during self-exams, it is recommended to begin routine mammograms at age 40.
- Keep a health journal. Log your observations and questions. This will give your doctor information during visits when time is short and precious.
- It is important to consult a doctor for a diagnosis and not rely on alternative methods. That's not to say you can't adopt healthy habits like eating less processed foods or exercising more, even natural stress relievers like melatonin or

tryptophan. The point is that if you have been diagnosed with breast cancer, it is important to consult with your doctor! Partner with them and a board-certified oncologist to ensure the most up-to-date and personal treatments.

- The relationship between patient and doctor is directly related to the success of treatment. If you are not comfortable with a doctor or feel pressured to accept a treatment, know that you have the right to a second opinion.
- Unfortunately, sometimes the doctor's recommended medical treatment may be denied by insurance. Ask your doctor to resubmit the claim, possibly with different codes.
- The good news is that even with setbacks like insurance hoops, changing doctors or scheduling, 90% of breast cancer patients are survivors when diagnosed early.
- You are your First and Best Advocate! Be aware of your body. Be active in its care. Be supportive of continued research to benefit you and to those you love.



Group photo of attendees and guests for Dr. Tate's presentation on breast cancer.

**NOVEMBER 19, 2025
FRIENDSGIVING**



"FRIENDSGIVING" POTLUCK

**November 19, 2024
12:00 Noon
Habitat For Humanity
2180 Iowa Avenue
Riverside**

**Each attendee is asked
to bring a dish of their
choice. Please bring 8
additional servings as
Habitat Personnel will
be joining us.**

**RSVP WITH THE DISH
YOU ARE BRINGING TO:**

**Pam Bradford
pambradford@pamsemail.net**



**DECEMBER 15, 2025
HOLIDAY PARTY**

**it's a
HOLIDAY
PARTY**

**"SAVE THE
DATE"**

**SUNDAY
DECEMBER 15,
2024**

3:00 PM

**MICHELLE
PARADISE'S
HOME**

**MORE DETAILS
TO COME**



**FEBRUARY 21, 2025
RHINESTONES, COWGIRLS
& AUCTION**



"Rhinestones, Cowgirls, and Auction" will be held on February 21, 2025, at the Elks Lodge in Riverside. Please mark your calendars for this date change. "Save the Dates" will be sent out on November 18, 2024, with formal invitations following in the week of January 2, 2025.

Melanie McKee & Tiffanie Tate
RCA Co-Chairs

**MARCH 15, 2025
LIVE YOUR DREAM:
DREAM IT, BE IT
CONFERENCE**



**"SAVE THE
DATE"**

**March 15, 2025
Riverside City
College**

Get Ready! The 2025 "Live Your Dream: Dream It, Be It Conference" will be here before you know it!

The Committee is running small but is mighty, chaired by Michelle Paradise with Rosa Santos-Lee second in command!

We are still in need of a couple of volunteers, specifically to help with the SIA Grant, Security and Food and Drink.

Also, everyone is encouraged to begin collecting pictures and quotes that can be used for the Dream Collage Project (aka Vision Board). Whenever you see an inspiring photo and/or quote, grab it (legally, of course) and save for JoAnne Moore, Chair of the Dream Collage Project.

This year we are trying a couple of new ideas to encourage greater attendance. As the School Liaison Chair, Rosa Santos-Lee is attempting to recruit middle school aged foster girls to the conference, outside of the AVID programs.

We are also encouraging the schools to offer an "extra credit" incentive for attending the conference, which is good timing since the conference is two weeks before the end of the quarter and Spring Break.

Really great news is that we have secured our morning keynote speaker – Jengi Martinez, the awe-inspiring Air Force Pilot!

Finally, please don't forget to seek grants and donations so we may continue this wonderful tradition of inspiring and empowering our next generation of women warriors to turn their dreams into reality.

Michelle Paradise
LYD Conference Chair



**SOROPTIMIST
EDUCATION & TRAINING**



**Soroptimist
Programs**

Soroptimist's mission is to improve the lives of women and girls, through programs leading to social and economic empowerment. To accomplish this goal, the organization sponsors several international programs.

**Soroptimist Dream
Programs**

The Dream Programs of Soroptimist ensure women and girls have access to the education and training they need to reach their full potential and live their dreams. Soroptimist is committed to investing in programs that have a sustainable, measurable change for women and girls.

**Soroptimist Live Your
Dream: Education and
Training Awards for Women**

The Soroptimist Live Your Dream Awards were established in 1972 to assist women with primary financial responsibility for their families to obtain the skills training and education necessary to improve their employment status and standard of living for themselves and their family. Each year, more than \$1.7 million in club, region, and federation funds is awarded to more than 1,200

women in SIA's 19 member countries and territories. The women receiving these financial awards may use them for any costs associated with their educational efforts, including tuition, books, childcare and transportation.

Soroptimist Dream It, Be It: Career Support for Girls

The Soroptimist Dream It, Be It program targets girls in secondary school who face obstacles to their future success. It provides girls with access to professional role models, career education and the resources to live their dreams. Soroptimist clubs in 20 countries and territories work in partnership with girls in small groups or a conference setting to provide them with the information and resources they want and need to be successful. The topics covered include career opportunities, setting and achieving goals, overcoming obstacles to success and how to move forward after setbacks or failures.

The following Soroptimist programs have been developed over the years to support club's efforts to improve the lives of women and girls in local communities and throughout the world.

Soroptimists STOP Trafficking

Raises awareness in the general population about trafficking and sexual slavery.

Soroptimist Workplace Campaign to End Domestic Violence

An ongoing effort to raise awareness about a little addressed domestic violence

issue - domestic violence as a workplace concern.

Soroptimist Club Grants for Women and Girls

Given to Soroptimist clubs to start or continue projects in their communities that improve the lives of women or girls.

Soroptimist Disaster Grants

Clubs and regions can apply for grants up to \$20,000 to assist women and girls who are at risk or are victims of disasters in their local communities.

Soroptimist Teen Dating Violence Project

An ongoing effort to raise awareness about teen dating violence, as well as provide resources to teens and their families.

Soroptimist Advocacy

Efforts to advocate for important issues facing women and girls. In addition, SIA provides many resources to support clubs local-level projects.

Article from:
Soroptimist 101

NOVEMBER BIRTHDAYS



Susan Wolf – 2nd
Melanie McKee – 24th

NOVEMBER MEMBERSHIP ANNIVERSARIES



Barbara Walling
11-01-2001

Tillie Soliz
11-09-2010

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CONTACT US

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SOROPTIMIST PLEDGE



I pledge allegiance to Soroptimist and to The ideals for which it stands:

**The Sincerity of Friendship,
The Joy of Achievement,
The Dignity of Service,
The Integrity of Profession,
The Love of Country.
I will put forth my greatest effort to promote, uphold, and defend these ideals, for a larger fellowship in home, in society, in business, for country and for God.**

RIVERSIDELINES



EDITOR
Pam Bradford

DEADLINE
Submit articles and photos by the 25th of each month to Pam at:

pambradford@pamsemail.net

GIVING THANKS



“The more you practice the art of thankfulness, the more you have to be thankful for.”

NORMAN VINCENT PEALE



“
Be present in all things and thankful for all things.”

Maya Angelou

“Life is strange, beautiful, and terrifying ... and I am thankful for every minute of it that I have had.”

BENJAMIN W. BASS



FEELING
GRATITUDE
AND NOT EXPRESSING IT IS LIKE
WRAPPING A PRESENT
AND NOT GIVING IT.

~WILLIAM ARTHUR WARD~

