



SOROPTIMIST
Best for Women

Nov.- Dec. Soroscope

SOROPTIMIST INTERNATIONAL OF

DIABLO VISTA



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2005 - 2006 Club Year
Volume 1 Issue No. 3

S.I. Diablo Vista meets the 2nd, 3rd and 4th Wednesdays at 12:00 noon at the Outback Steakhouse, 150 Longbrook Way, Pleasant Hill, CA

Mission and Core Purpose

To improve the lives of women and girls in local communities and throughout the world

President's Message

We are at the end of 2005 and well into our Soroptimist projects. This is an especially busy time of year for everyone, but I know our members are skilled organizers and can manage their personal, business and Soroptimist obligations effectively.

We have completed our first major fundraiser with the successful 2-Bit Auction.

Our next large fundraiser is the Murder Mystey Dinner in the spring. We have tentatively scheduled Saturday, April 22, 2006 to hold the dinner. This event requires a lot of planning, so we are starting early. Jay-Marie is already looking at options for plays. Some options for number of performances and possible sharing of work/profits with another club is under discussion. The committee will need to make some decisions soon, so if you are a committee member be prepared!

Our Making a Difference for Women Luncheon is scheduled for Wednesday, February 22, 2006, at noon at the Contra Costa Country Club. If you have suggestions for who we should honor contact Jo Harlow who is the Chair for this event.

We should have received applications for WOA and Violet Richardson awards, with review underway.

Founder Region Governor-Elect Sue Finch is looking for members to participate on 2006-2008 committees to further the Renaissance Campaign objectives. There are a lot of different jobs and time commitments. I will share more information at our upcoming meet-



ing, but please consider participating. Forms are due 1/15/06.

Another project coming soon is Saturday of Service, March 4, 2006. This is a day chosen for all Soroptimists to carry out a one day project that improves the lives of women and girls. The day is an opportunity to bring awareness to the public of our organization and its mission.

We also have Youth Recognition to plan for which occurs March 16, 2006.

These are just a few highlights of the work and fun ahead.

I hope you all have a Merry Christmas and a wonderful New Year!



Karen Jameson

Upcoming Events

- November 30 - Board Meeting - Old Republic Title
- December 14 - Business Meeting
Making a Diff. for Women
Committee meeting after.
- December 17 - Deliver to our adopt-a-families
- December 21 - Christmas Party - Remember
your secret pal
- December 28 - Dark - no meeting
- January 4 - Board Meeting - Old Republic Title
- January 11 - Business Meeting

Margaret Caudel

September 2, 1915 - October 28, 2005

Club members were sad to lose Margaret shortly after celebrating her 90th birthday. She passed away two weeks after suffering a stroke. She was surrounded by her loving family during her last days.

Margaret was honored by S. I. Concord as a Woman of Distinction in the spring of 2000. She remained an active, faithful member of Soroptimist and was most supportive of our merger to become Soroptimist International of Diablo Vista. Margaret always had a twinkle in her eye and a great sense of humor. Her club slogan as a realtor was, "I have lots you haven't seen."

Margaret was born in Vancouver British Columbia, Canada. She was a Real Estate and Insurance Broker for 38 years in the Port Chicago-Concord area. She was married in 1938 to Lawrence Hull who passed away in 1948. On August 14, 1952 she married William M. "Bud" Caudel (who was also a Real Estate Broker) and they were happily married for 53 years. She raised four children, Daniel Mark Caudel (who preceded her in death), Lawrence Donald Hull of Sebastopol, Rebecca Ann Cortopassi of Martinez and Linda Elaine Holmes of Idaho Falls, ID. She was a loving grandmother to eight grandchildren and 13 great grandchildren.

Margaret was an active member of Soroptimist International of Concord which she joined in 1954 and was active in the First Presbyterian Church of Concord. She was the first female president of the Concord Real Estate Board and a member of the Contra Costa Insurance Association. She also belonged to the Mt. Diablo Flying Club. She enjoyed flying, fishing, and summering in Sicamous, British Columbia. She was dearly loved and will be greatly missed.



Helen Lucille Torbet

February 4, 1921 - October 29, 2005

Although Helen had not been active in club for a number of years, we were sad to hear of her passing. Helen had been battling alzheimer's.

She was a long time Concord resident of almost 60 years. She is survived by her husband Clifford; two daughters, Linda Thomassian and Judith Branson; six grandchildren and 22 great grandchildren.

Helen was born in Ogden, Utah, the daughter of Joseph Brigham and Blanche Robinson. She resided in Ogden all her formative years and attended schools there through Junior College. After which, she went to and graduated from Oregon State College, and then trained at Christ Hospital in Cincinnati, Ohio to prepare to be a registered dietitian.

After WWII, she moved to Concord to establish a family and begin her professional career. She was employed by Contra Costa County for about 17 years, and retired as Chief Public Nutritionist in 1983. She was one of the founders of the Meals on Wheels Program in the central county, past president of Soroptimist International of Concord, delivered meals on wheels for many years, was a member of various dietetic organizations and recipient of the California Dietetic Association's Dolores Nyhus Award for outstanding service in the field of dietetics. She loved to travel, and toured much of the United States and western Europe. She liked people, enjoyed life immensely, and will be missed by those who knew her and the family she left behind.



The January Blues (Forewarned is forearmed)

'Twas the month after Christmas, and all through the house,
Nothing would fit me, not even a blouse.

The cookies I'd nibble, the eggnog I'd taste
At the holiday parties had gone to my waist.

When I got on the scales there arose such a number!
When I walked to the store (less a walk than a lumber),

I'd remember the marvelous meals I'd prepared;
The gravies and sauces and beef nicely rared,

The wine and the rum balls, the bread and the cheese
And the way I'd never said, "No thank you, please."

As I dressed myself in my husband's old shirt
And prepared once again to do battle with dirt...

I said to myself, as I only can,
"You can't spend a winter, disguised as a man!"

So, away with the last of the sour cream dip.
Get rid of the fruit cake, every cracker and chip.

Every last bit of food that I like must be banished
Till all the additional ounces have vanished.

I won't have a cookie, not even a lick.
I'll want only to chew on a long celery stick.

I won't have hot biscuits, or corn bread, or pie.
I'll munch on a carrot and quietly cry.



I'm hungry, I'm lonesome, and life is a bore...
But isn't that what January is for?

Unable to giggle, no longer a riot.
Happy New Year to all, and to all a good diet!

Two-bit Auction A Success

Our Italian Dinner and Two-bit Auction held on November 12, 2005 at the Contra Costa Country Club raised a little over \$4,000.00 earmarked to help keep the family shelters open benefit other local community projects.

A big thank you to chairman Sue Manning and all who helped her with the event. The auction prizes were great and everyone had an evening of fun, great food and good fellowship.

Women Making a Difference for Women Luncheon - February 22

Put your thinking caps on. Who is volunteering in the community to help women and girls? Who is mentoring other women? Who is helping to bring clothes to women who are reentering the work force? This year we want to especially recognize women who are helping women and girls.

Happy November Birthdays

Flower: Chrysanthemum Birthstone: Topaz

November 13 Jay-Marie Garcia

November 21 Jackie Finkelstein

Happy December Birthdays

Flower: Holly Birthstone: turquoise

December 7 Marie Broman

December 9 Wilma Weldon-Orput

Ideas From Other Clubs

* Soroptimists in Glendale, California, recently held a fundraising event called **“Bras for a Cause.”** Individuals, corporations, companies and organizations paid a \$100 participation fee to submit decorated bras. At the event, 82 bras were displayed and auctioned off in live and silent auctions. The event, which raised more than \$29,000, brought attention to breast cancer and focused on the importance of early detection. After the event, decorated bras were displayed in the local mall and breast cancer center. **“Bras for a Cause”** boosted awareness about Soroptimist in the community and the club reports an increase in membership as a result of sponsoring this women-focused project. (Glendale Newspress)

* To teach young women how to avoid becoming victims of rape, SI/Indian Rock, Pennsylvania, has partnered with the Abington Memorial Hospital of Pennsylvania to form **The Students Understanding Sexual Assault Now (SUSAN)** program. SUSAN, a peer-based, interactive workshop, is designed to make young women more aware of sexual violence. It uses real-life scenarios to teach 14- to 21-year olds how to reduce their risk of becoming victims of sexual assault. In 2002, the club received an \$8,000 grant from Soroptimist International of the Americas in support of this program. (CNN Headliner News)

* California Soroptimists from clubs in Rancho Bernardo, Ramona and Poway jointly hosted the eighth annual **All That Glitters fundraising gala.** The event, which raised \$24,000 last year, will help the clubs fund fully equipped transitional homes for battered women and their children. As part of the transitional housing project, members of the three clubs find, clean, and stock apartments with everything from eating utensils to wall hangings. Women and their children can stay in the rent-subsidized apartments for up to 18 months. While there, club members help the women find jobs and encourage them to become self-sufficient. Currently, the clubs are capable of assisting three families at a time, and are striving to increase that number to five. Since the program started in 1997, the three clubs have helped 22 families.

(San Diego Union-Tribune)

* In Japan, violent crimes targeting nursery and elementary school-age girls are on the rise. Many young girls have been kidnapped on their way home from school. The victims are often molested, and in some cases, killed. In response to this gruesome problem, the Soroptimists of Yanagawa, Japan, donated three police cars and a loudspeaker van to the City. The members hope the vehicles will help ensure a safe environment for the entire community. The article appeared in five newspapers and was reported on two TV news programs.

* In an effort to treat the needs of women and their families living in some of the world's poorest countries, the South Atlantic Region has started a project called **“The Soroptimist Village Dispensary Kits.”** Soroptimists in Maryland, West Virginia, Virginia, North Carolina, South Carolina and the District of Columbia make the kits on their own, or send the cost of the kit (\$130) to the Howard County, Maryland, Soroptimist club to prepare. Each kit includes over-the-counter medical products with extended expiration dates, which the Howard County club purchases from a local pharmacy with which it has a working relationship. The clubs then ship the kits to remote areas, including Honduras, the Dominican Republic, Nicaragua, Haiti and Guatemala.