

SYNERGY

A Bi-Monthly Publication of Soroptimist International of Norwalk

Special points of interest:

- HUSH to perform a the Gala
- Irene knits for babies
- Laura Morales is an official SINner
- October is Breast Cancer Awareness Month
- President Henrietta talks about Human Trafficking

Soroptimist International of Norwalk
Destined to Inspire

President's Message

Stop Human Trafficking

At the recent District 1 Fall meeting we were given an exercise that involved creating a service project that dealt with Human Trafficking. Our group scenario was that we were a young club that had no exposure or previous dealings with a service project on this topic. Having listened to Sue Haddock discuss the ABCs of service we decided that the best course of action was to collaborate with an already established organization such as Amnesty International. Sue explained to us that participating in another service organization's event can also be classified as a service project for your club. Some of you may have already known that but I didn't and it was good to know. I always thought that that if we didn't organize the event then our contributions could not be considered a service project. I listened also as some clubs announced events that their clubs were involved in the help Stop Human Trafficking;

one of which is SI Brea/La Habra which is presenting a Human Trafficking Awareness Movie Night with the documentary "Branded". The event will take place on at 6:30pm - October 28, 2008, at the Congregational Church, 845 N. Euclid, Fullerton CA. The event is free and I encourage those that can attend to do so.



roptimists STOP Trafficking, coincided with the National Day of Human Trafficking Awareness and brought light to the fact that millions of women and girls worldwide are the victims of sexual slavery. Sex trafficking is not just taking place in other countries it's taking place here in the United States, here in California, and here in our local communities.

In an article I recently read, with comments from Louise Shelley, the founder and director of the Terrorism, Transnational Crime and Corruption Center in Washington, it indicated that the vast majority of sex trafficking victims in the United States are Americans, predominantly young Americans most of whom are run-aways. Ms. Shelley estimated that the statistic are 100,000 to 300,000 as compared with imported sex workers that number between 14,500 and 17,500 from Asia, Latin American and the former Soviet-bloc countries. Criminals often exploit the lack of opportunities and promise these women good jobs or opportunities for study. Once these women reach their

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On January 11, 2008 Soroptimist launched a new project in the United States to help clubs raise awareness to sexual slavery. This project, So-

Meet Laura Morales

SI Norwalk welcomes its newest member, Laura Morales. Laura, shown receiving her Soroptimist pin from VP Recruitment & Retention, Gail Connolly, is a registered nurse employed by Whittier Presbyterian Hospital, as well as an independent Cookie Lee consultant. In fact, Laura became acquainted with Soroptimist when she was invited to show Cookie Lee jewelry at the Awards Tea last March.

Laura likes to travel and shop and her hobbies include photography and scrap booking. She also likes to go camping

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SIN Sends Message to the United Nations



In observance of the International Day of Peace which was held on September 21, 2008, the United Nations launched a campaign to bring visibility to the peace campaign. Cell phone users were urged to compose a text message on peace and send it to the UN Department of Public Information. The messages would be gathered and delivered to world leaders gathered at the UN General Assembly on September 23.

Members of SIN composed the following text message which was sent by President Henrietta:

“For Peace sake: Don’t be greedy, take only what you need; Respect other countries’ borders and their religion; and be INCLUSIVE not EXCLUSIVE (rid the world of discrimination).”

A Tribute to my Godmother by Angela Knox



October is Breast Cancer Awareness Month

I always began my telephone conversations to my godmother with, “How is the Love of my life?” Her reply, “I am fine, Peanut.” My Godmother lived in California for well over 30 years and upon her retirement, moved to McDonough, Georgia where she built the most beautiful home. When she moved to Georgia, she promised she would visit every year. So, every March she would come and stay with me at my home. Each visit we would attend the Pasadena Jazz Festival and frequent fabric stores. You see, she was a seamstress, or better yet, an interior designer. During her visits, I would come home and find she had redesigned a section of my home. Whether she painted a room, sewed drapes, or re-upholstered a chair, her creativity was beautiful and I always looked with forward with a kid’s excitement to see her completed masterpieces.

This year, our annual gathering was cut short and we (my Godmother and her family) were introduced to Ovarian Cancer, to her surprise and our family’s shock. In April 2008, she was diagnosed with cancer. We all were so perplexed by this diagnosis because “Mother Spears” was a health nut and we thought, “not her, please,” when given this horrible news.

agonizing journey of seeing someone you love so much go through hell and back only to be told there was nothing more to be done except to continue chemotherapy treatments. The cancer had spread to other organs. The chemotherapy treatments made her sick and weak and reduced this 6’5” woman to a tiny size 6. Her beautiful hair fell out early in this nightmare so she decided to cut it all off. Mother Spears decided to have no further chemotherapy and said she wanted to go home. I held back my tears as I said, “Okay,”

I visited her one week later arriving on a Thursday and left Monday, August 25. **Jean Donaldson Spears, died on August 31, 2008.**

Ovarian cancer is a hard cancer to detect. A pap smear test DOES NOT detect ovarian cancer. Will you join me in honoring my Godmother by spreading the word about Ovarian Cancer symptoms?

For more information about this disease, go to:

www.ovariancancer.org

Symptoms of Ovarian Cancer

Historically, ovarian cancer was called the “silent killer” because symptoms were not thought to develop until too late for a cure. Recent studies have shown this to be not true and that the following symptoms are much more likely to occur in women with cervical cancer than women in the general population.

These symptoms include:

- Bloating
- Pelvic or abdominal pain
- Difficulty in eating or feeling full quickly
- Urinary symptoms (urgency or frequency)

Our journey began, and I mean an

Gail Connolly, Editor

SIN Fund Raises

SIN has two fund raising activities coming up as directed by Director of Ways and Means, Cynthia Stepens.

On October 31st, Halloween evening,



SIN will have a booth in the City of Norwalk's annual Halloween Festival. The event is held to provide a safe environment for trick-or-treaters on Halloween night. There are a multitude of game booths with candy as the prizes, a costume contest and food booths sponsored by local service groups. SIN will be selling slices of pumpkin pie with either coffee or apple cider. Look for photos in the next newsletter.

SIN's annual holiday Gala will held December 5 at the Sproul room (moving back to the smaller room). The following information comes from the Holiday Gala Committee meeting that was held on October 11th. Be sure and check to see where you can help with this event.

Every member of SIN has been provided with at least 10 tickets to the event. Tickets cost \$35 each. Also SIN members are encouraged to sell raffle tickets. People who purchase the raffle tickets do not have to attend the event to win the prizes: 1st prize is a Wii Entertainment system.

Rodgers Catering will be providing the meal of chicken, jambalaya, red beans and rice, cornbread with peace cobbler for dessert.

Four, six foot pre-lit trees have been purchased and the tree teams identified.

Entertainment will be provided by Hush, See musicbyhush.com. Hush has featured Soroptimist of Norwalk on it's website including information about how we use the funds we raise. Thanks to Fran for securing this wonderful entertainment for us.



A Jazzy Holiday Gala is coming!

Save the Date

December 5, 2008

Featuring HUSH!

SINners are Winners

Stitches From the Heart

SIN member, Irene Kho has joined an organization called "Stitches From the Heart." This organization, started by Kathy Silverton, provides knitted and crocheted blankets, booties and hats for needy babies.

There are over 12,000 volunteers in the organization and during the four years of its existence, it has provided over half a million items to over 1,088 hospitals and charities around the country. The volunteers, including our own Irene, purchase their own supplies and no one in the organization receives

a salary.

Blessings to you and your club's members, Irene from all your SIN sisters.

Fran Wins

Fran Valenzuela was VERY lucky at the District meeting held earlier this month. She won two door prizes! Fran donated one of the baskets to the toy tree for the upcoming Holiday Gala! Maybe we should let Fran do our "Quick Picks!" Congratulations.



Soroptimist
international of
Norwalk

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We're on the Web
Sinorwalk.org

and ride off-road vehicles with her family and friends. She is also big Laker fan.

Laura's family includes a brother and sister and recently added a niece. A 2-year old Shih Tzu named Mia shares Laura's home.

Laura says she joined Soroptimist because she's always been interested in giving back to the community in some way. She said when she attended our Awards Team she found it "inspirational" and thought it would be a great opportunity to be involved.

Welcome Laura!



I went on a Princess Cruise to the Baltic Sea with 10 other people. We visited Denmark, Finland, Sweden, Poland, Russia, Estonia and Germany. We took a train ride and visited Berlin, went to the Absolut Ice Bar in Sweden and had a drink in freezing temperature, boat ride in St. Petersburg called Venice of the North and lots of other excursions. My friend and I participated in a 5k breast cancer walk on the ship called "On deck for the cure." It was fun supporting the cause and burning off some extra calories while at sea.

Officers 2008-2009

Henrietta Willis-Kendall—President

Frances Valenzuela—VP Programs & Publicity

Gail Connolly—VP Recruitment & Retention

Treasurer—Cheri Kelley

Secretary—Irene Kho

Director/ Service—Amanda Secola

Director/Soroptimist Village—Jo Rodriguez

Director/ Ways & Means— Cynthia Stephens

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destinations they learn they've been deceived and find themselves in coercive or abusive situations that they can't because of difficulty or danger cannot escape. The article suggests that American society is doing too little to address the problem of human sex trafficking in the United States.

The SIA website provides a number of wonderful resources that clubs can utilize to get the word out. I would like to challenge each of you to come up with ideas for a service project to bring awareness of this plight.

We are an innovative club, small yet mighty, and I look forward to hearing your suggestions.

President Henrietta