

SINERGY

October 2006

Soroptimist International of Norwalk

President's Message

At last Thursday's meeting there was confusion regarding the different service programs/focus etc. for Soroptimist International and for Soroptimist International of the Americas.

First of all, keep in mind that Soroptimist of Norwalk is a member of the District I, Desert Coast Region, Soroptimist International of the Americas (SIA) Federation, of Soroptimist International (SI)

This month's message will focus on the programs/projects of the International organization of which our SIA Federation is a part.

SI 2003-3007 Programme Focus categories: Human Rights/Status of Women, Education, Economic and Social Development, Health (SIN received its 1st Best Practices Award for BSE Cards for Brasov in this category), Environment, and International Goodwill & Understanding.

SI Quadrennial Project 2003-2007 Every four years SI launches a major international project in partnership with a charity, a NGO or a United Nations agency. Each

project is designed to be self-sustaining at the end of SI's 4-year commitment. Each Federation takes a turn to propose an international project; SIA initiated the current Quadrennial Project, the partnership with Women for Women International to enable women victims of war to rebuilt their lives. The field of operation for this project is Afghanistan, Bosnia and Rwanda.

Project 5-0 is a partnership with five international women's organizations: International Council for Women, International Federation of Business and Professional Women, International Federation of University Women, SI, and Zonta International. Project 5-0 celebrated its 25th anniversary in 2005. The aim of this project is to help women in poor economic circumstances in developing countries by training them to acquire the necessary income-generating skills to alleviate poverty and improve their status.. The projects are aimed to be self-sustaining after five years. Project 5-0 has had field of operations in Argentina, Bangladesh, Benin, Brazil, India, Latvi, Madagascar, Mexico,



Morocco, Nepal, Nigeria, Papua New Guinea, Philippines, Samoa, Senegal, South Africa, Thailand, Togo, Turkey, Uganda, and Zimbabwe.

President's Annual December 10 Appeal Every year, on Human Rights Day (December 10), the President of SI selects a project that provides direct assistance to women in extreme need. The 2006 project is **Project Punjab: Helping Girls into School**. This project is in partnership with Oxfam GB, a charitable, British development, relief and campaigning organization that works with others to find lasting solutions to poverty and suffering around the world.

So, when you get your yearly dues billing and allot an amount for SI Projects — this is where your money goes! We'll talk about SIA Projects next month.

President Jeana



Inside this issue:

Calendar Notes	2
Distinguished Soroptimist	2
The Gala is Coming!	2
Meet SINner Kathy Salama	3
Domestic Violence Awareness	3
Hoot Owl Cookies	4

Soroptimist International is a worldwide organization for women in management and professions, working through services Projects to advance human rights and the status of women.

SIN Calendar Notes

Birthdays

11/6	Terri
11/20	Irene
11/24	Claudia
11/26	Latoya



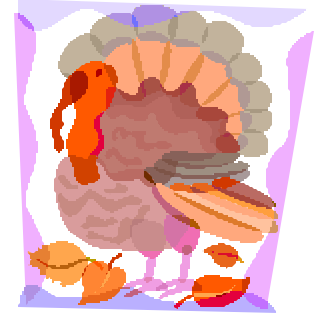
Meetings in November

11/2	SIN Board Meeting
11/9	SIN Business Meeting / Birthday Party*
11/14	Soroptimist Village Board Meeting
11/16	SIN Program Meeting
11/30	SIN Gala Prep Meeting

- **SIN had originally planned to celebrate its 53 years of service on November 14 and cancel the meeting on the 16th. However, we'll have an informal birthday party at the 11/9 business meeting and also have the regular program meeting on 11/16. Please plan to be there—Curly Jones Restaurant**

Special Dates

11/11	Veteran's Day
11/14	SIN is 53!
11/23	Thanksgiving



Distinguished Soroptimist

The Desert Coast Region has created a special recognition for those club members who promote membership-related activities. A Distinguished Soroptimist is a member who has made a personal



commitment to developing her club by recruiting one new member to the club and accomplished at least four of the membership-related activities listed below:

- Participated in a new member orientation;
- Attended at least one District Fall or Winter meeting, or a Region conference;
- Served as a Mentor/Big Sister/Buddy to a new member;

- Accompanied a new member to another club's event;
- Served as a club "greeter" during the current club year;
- Hosted a Friendship Link visitor;
- Staffed a Soroptimist display at a community or membership event; or
- Served on club, district or region Membership Committee.

The Gala is Coming!

SI Norwalk will be celebrating its annual fundraising event, *The Christmas Gala*, on Friday, December 1. The theme of the 2006 Gala is "Christmas Around the World." As in the past, the club members will be decorating and "gifting" 6 Christmas trees with an approximate value of \$500 each. Attendees will have the opportunity to purchase raffle tickets to win one of these trees.

There's a couple of new innovations this year. First of all, the venue is being changed from the Sproul Room at the Norwalk Arts & Sports Complex to the gymnasium. This move allows the club to sell twice as many tickets as we have in the past. Second, we'll also be selling raffle tickets for a fully-decorated Christmas tree



by "Flowers by Allen." The tree will be delivered to the home or business of the lucky winner! Tickets for this raffle will not be sold at the door.

Dinner will include an international selection of food in keeping with the theme.

We're looking forward to seeing you there!

Meeting SINners featuring Kathy Salama

She writes poetry and is a new mother. Meet SIN member, Kathy Salama, shown below with daughter, Isabella Abby.

As the Media Relations Coordinator for the Los Angeles County Registrar-Recorder/County Clerk, Kathy provides election and recorder information to the media and the general public.

Kathy has a Master of Science Degree in media management from Syracuse University, S.I. Newhouse School for Public Communications; Bachelor of Science in Communications/Journalism from California State Polytechnic University, Pomona; and studied French: conversation and culture at the University of Sorbonne. (I need to talk to Kathy about the SINergy editorship!).

A native Californian, Kathy was born in Los Angeles. She and her husband, Anthony Salama, enjoy watching basketball together. Crafts, going to the beach, traveling, movies, getting pampered by and lounging with her hubby, cooking, and hanging out with her family rank high on Kathy's list of things to do. Laughing with beautiful Bella is the best!

Little Known Facts:

- Was a Candy Striper and a Police Explorer
- Has a little Shih-Tzu name Mochi (her other baby)



The Salamas
Bella & Mom
Anthony & Kathy
Mochi



Why I Joined Soroptimist:

"I love the cause and clicked with the people. They were all so warm and welcoming."

October is Domestic Violence Awareness Month

In the hope that public awareness will remain keen about all aspects of domestic violence, communities across the United States mark each October as Domestic Violence Awareness Month (DVAM).

Originally, in October 1981, the intent of the first Day of Unity was to enable battered women's advocates across the

nation to bond in an effort to end violence against women and their children. Six years later, that "day of unity" evolved into a month-long observance that - since 1989 - has been supported by U.S. congressional legislation.

Over the years, a purple ribbon has become the visible gesture of support for victims and survivors of domes-

tic violence.

In October, members of SI Norwalk distribute purple cards with the telephone number of the National Domestic Abuse Hotline. We all can help.



Soroptimist International of
Norwalk

P.O. Box 125
Norwalk, CA 90650-125
Gail Connolly, Editor

We're on the Web
sinorwalk.org

Soroptimist International
of Norwalk serving its
local and global
community since 1953.

Give Away My Services—Sue Patton Thoele

“I love the passage from the Gospel of Matthew that tells us to “heal the sick, cleanse the lepers, cast out demons; freely you have received, freely give.” It helps me remember that individually, we are like small lakes. When there is both an inflow and egress, the water remains fresh and clean. But when a lake has no outlet, the water is trapped and becomes stagnant and covered with scum. The same is true for us. When energy is welcomed and accepted within us and then invited to flow from us in the service of others, we remain clear and vibrantly alive.

Allowing energy to flow through us attunes us to the Law of Generosity: That which is freely given away returns manifold. Energy-returns are often experienced as light-heartedness, a sense of accomplishment, a feeling of being worthwhile, and the knowledge that we have been useful to a person, an activity, or a cause.

We are freshwater beings,
Born to give generously and joyously

Halloween Cookies

Hoot Owl Cookies

Ingredients:

- 1 cup white sugar
- 3/4 cup butter
- 1 egg
- 1 teaspoon vanilla extract
- 2 1/4 cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 3 tablespoons unsweetened cocoa powder
- 1 cup semisweet chocolate chips
- 1 cup cashew halves

Directions:

1. Preheat oven to 350 degrees F (180 degrees C).
2. Cream butter and sugar until fluffy. Beat in egg and vanilla. Add baking

powder and salt. Beat well. Add flour and mix until blended. Remove 2/3 of dough. Roll or pat dough out to form two 10 x 4 inch rectangles. Add cocoa to remaining 1/3 of dough. Mix until blended. Shape chocolate dough into two 10 inch long rolls. Place on rectangle and roll plain dough to cover chocolate dough completely, not including ends. Wrap in plastic wrap and chill at least 2 hours.

3. Cut dough into 1/8 inch slices with a sharp knife. Place two slices side by side on a cookie sheet to resemble an owl's face. Pinch upper "corners" to resemble ears. Put chocolate chips in each dark circle for eyes and a cashew in the center for the beak.
4. Bake for 8 to 12 minutes in the pre-heated oven, or until lightly

browned.

