

PLAN AHEAD

Soroptimist International of Palm Desert newsletter, February 2019

-Doris Churry, Editor



Hard to believe that our club year is half over. January was Human Trafficking Awareness Month and our guest speaker was a human trafficking survivor, Amy Andrews. She gave a “jaw dropping” talk on what it’s like to be trafficked and how hard it is to get out of this cycle. We also had an “up” time with the Wine and Cheese Tasting event at Christine and Richard Duranceau’s new condo home.



Amazing that they had just moved in two weeks before this event. AND - talk about a wonderful view out their windows.

I thought that my February article should recognize the “silent” killer of so many women. I hope this information leads to better health care for all of us. –President Betsy

When you think you are having “Signs of a Stroke”, THINK: F.A.S.T.

F is for FACE - If you are experiencing weird tics or anything similar, look in the mirror. Is one side droopier than the other? You may be experiencing a stroke.

A is for ARM - If you lift your arm into the air, does it fall back down? Do you feel weak, tingly or numb on only one side of the body? You may be experiencing a stroke.

S is for SPEECH - Are you having trouble getting words out? You may be experiencing a stroke.

T is for TIME - As soon as you think something odd is going on, call 911. You may be experiencing a stroke.



HEART MONTH

February

February is Heart Disease Awareness Month

Heart disease is the leading cause of death in the United States, killing more than 600,000 Americans each year. And it's why the entire month of February is devoted to raising awareness of heart health. Reading the latest statistics, women are dying at a higher rate than men of heart disease. Heart disease is the number one killer of women. Why? One reason is that often the symptoms of a heart attack in women are different than those of men. We often **feel discomfort** in our **neck and shoulders** and not the classic chest pain that men often feel.

Heart Attack - Women don't always get the same classic heart attack symptoms as men, such as crushing chest pain that radiates down one arm. Those heart attack symptoms can certainly happen to women, but many experience vague or even "silent" symptoms that they may miss. For women it can be pain in **your arm(s), back, neck, or jaw**.

Other times, women experience severe abdominal pressure that feels like an elephant sitting on your stomach. You can have **Shortness of breath, nausea, or lightheadedness**. If you're having **trouble breathing for no apparent reason**, you could be having a heart attack. **Breaking out in a nervous, cold sweat** is common among women who are having a heart attack. **Fatigue** can also present as a symptom. Not everyone experiences all of these or even some of these same symptoms. **Know your body and pay attention!**

Stroke: People who develop stroke symptoms, such as arm weakness, speech problems or face droop, should call for help immediately. Remember: If you think you are having a stroke, ask for a CT scan right away.





Wednesday noon, February 6, 2019 – Speaker Series Meeting

“The doctor is IN!” Christine Duranceau, retired ER Physician, Desert Falls Country Club

Submit your questions in writing in advance: docinwis@gmail.com



Tuesday @4:30pm, February 19, 2019 – Board of Directors Meeting
Desert Falls Country Club

Wednesday noon, February 20, 2019 – Business Meeting
Desert Falls Country Club



Valentine Brunch and Sweets Auction to benefit Ophelia - \$45 per person

Sunday, 10:30am, DFCC February 10, 2019 – SIPD members are asked to donate baked goods to be auctioned



WINE AND CHEESE TASTING FUNDRAISER

-Christine Duranceau



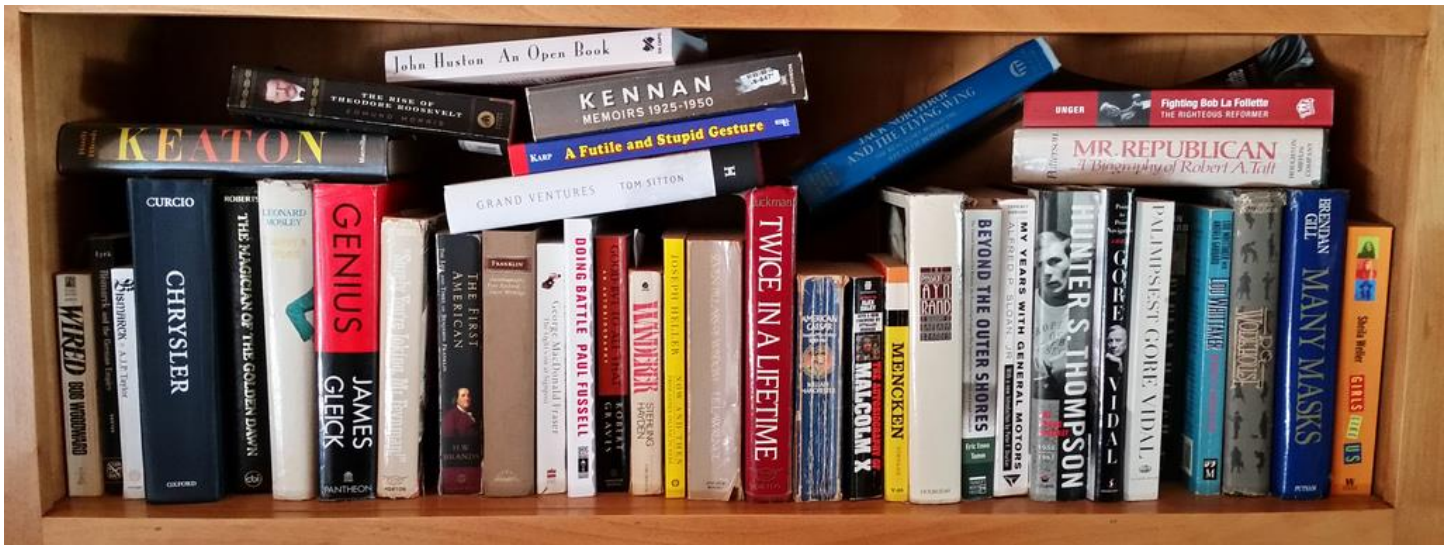
January 18 everyone was invited to partake in a wine and cheese tasting at our new condo in PGA West to sample the delights of some of my favorite French



wines and cheeses. Doris was curious about the Mouton Cadet; the white wines in general were not very good. The Mouton Cadet was a disappointment. Out of six wines, Vigilance was considered the best. There were five cheeses but the baked brie disappeared within 5 minutes. For the record, Susan Rosenberg said, "I liked the white and JR liked the red. The warm brie was delicious." We held the event just two weeks after moving in (!). It seems that everyone (about 20 Soroptimists and guests) enjoyed themselves and monies were raised to help our SIPD general and service funds' bottom line.



MY READING LIST



-Susan Browne Rosenberg

At the end of 2018, I read somewhere on social media about a woman who decided to read only books authored by women in 2019. I thought that was an intriguing challenge. Maybe we all should tackle this together. I began the year with one of the hottest books on the charts: “Becoming” by Michelle Obama. President Obama listed it on his top ten books of the year. Gee, surprising? It is an interesting read and reveals the behind-the-scenes struggles of raising two young girls in the White House. I plan on donating my copy to Soroptimist House of Hope.



My next book was “On Turpentine Lane” by Elinor Lipman. This book is an easy read about an old house with a mysterious history. I think I picked this up from the Staff Recommendation Area of the Palm Desert Library. Most of the librarians there are women and their picks may reflect a female point of view bias. Last year, they led me to books about Ruth Bader Ginsberg and Ruth Reichl, the NY Times food editor. I love

Biographies and am on the library waiting list for the latest by Sally Field, “In Pieces.” [It was interesting to note that on January 16th that Jan Heronema **also** makes a point of reading biographies -- at least six per year! Challenging idea. -Ed.]

On my library request list also is the latest release by Barbara Kingsolver, “Unsheltered: a novel.” Apparently she is well known and loved because I am number 73 of 94 requests. This better be worth waiting for.

My next read is titled “You Negotiate Like a Girl” aka “Reflections on a career in the National Football League” by Amy Trask. Amy is considered to be one of the most powerful women in pro football. Amy was hired by Al Davis, the owner of the Oakland/LA/Oakland/Las Vegas Raiders. She worked her way up from unpaid intern to General Counsel for the Raiders. But first, my husband has to finish reading it. If you don’t like “F” bombs, this book may not be for you.

SOROPTIMIST SERVICE PROGRAM: LIVE YOUR DREAM AWARDS

Now rescheduled to March 7th!

Ladies, I thought you'd like to read this email from College of the Desert about our Live Your Dream winners. We are making a difference! -President Betsy

"Dear Soroptimists,

Wow! This is terrific news! It is wonderful that Soroptimist International of Palm Desert and SI Palm Springs continue to recognize and empower women and their families. Thank you for this valuable support for our Coachella Valley students!

We are particularly proud of the four COD recipients, Danitra Jackson, Angela Valle-Gaxiola, Dulce Herrera (EOPS/CARE/CalWORKS) and Nicola Warren (EOPS/Foster Youth).

We would like to share the news with the COD Public Information Office and *The Chaparral*, the COD student newspaper. Do you have a general press release or some particular information that I may provide to them? Also we'd be delighted to purchase tickets for two or three of our staff to attend the award presentation on March 7. I'll provide their names to you soon. Thank you again for your work and support.

Steve Arbuckle, Director
EOPS/CARE/Foster Youth
College of the Desert"

SOROPTIMIST DISTRICT TWO, GOLDEN WEST REGION

-Becky Goebel, District Two Director



Excitement is in the air! The Golden West Region board of directors hosted an awesome new member networking mixer in Temecula at the Falkner Winery, on the lawn last Friday at sunset! It was a beautiful late afternoon with over forty Soroptimists and new member prospects gathering and chatting about club life. I met three members from the Desert Coast Region and also one member from Marie Newton's SI La Jolla club. Exciting news: they are all planning to attend our spring conference! Our GWR board members and directors, the governor from Desert Coast Region, SoCal Soroptimist club members and prospective members came together at twilight to share information over a glass of wine. LYDA, DiBi, Laurel Society membership and spring conference were all "hot topics" being discussed. Let me tell you it is



so much fun to hear the excitement build for the new Temecula club charter at spring conference! Plans are in the works to charter the new Temecula club – in the “Wine Cave” during conference. It will be thrilling to welcome a new club to our region; one of many reasons you want to pencil in and save the date for the 2019 Golden West Spring Conference at Pala Resort and Casino, June 6-8, 2019.

The Ophelia Project is being actively discussed at GWR, so stay tuned for any possible developments!

My official District Two Director club visits to our D2 Soroptimist clubs are in full swing, so if you miss me at our SIPD meetings, I’m on the road to the clubs in our district. Watch for the “Call to Conference” due to arrive in early March so you can start your own personal, and our SIPD club, planning to participate and attend. Region is actively seeking GWR participation by D2 club members for committees. Yes! You can become involved with our region! Openings are available for the “Dream it Be it” committee and the “Membership” committee -- just give me a call to place your name in with our Governor Lori Reed for any position!

Get involved with your region, it is FUN!

SIPD MEMBERSHIP

Make someone your Valentine this year, invite them to join Soroptimist International of Palm Desert! We all have a friend, a family member or acquaintance that we know would be a great fit for our club.

- Invite them to a club meeting and let them experience our friendship as we support our causes. After all, who can resist helping women and girls SUCCEED!
- Invite them to our Live Your Dream Awards on March 7th. This is what we fundraise for every year! We are increasing our reach into the community.

We are embracing the presence of our two newest members, who are already becoming an integral part of SIPD!

Karen Koch and Denise Jacobs

Welcome back to one of our associate Soroptimist members visiting for the winter:

Joan Andreas, SI Carson City, Nevada

If you have friends wintering in the desert from other Soroptimist clubs, invite them to join us at our meeting and events while they are here. Just saying... We have a lot to offer!



THE TRAVELLING SOROPTIMIST

OUR OFFICIAL SIPD BLOG

-Lori Oliver



WHERE?

MINNESOTA

NORTH CAROLINA

DELAWARE

SOUTH CAROLINA

GEORGIA

FLORIDA

ALABAMA

MISSISSIPPI

LOUISIANA

TEXAS

Greetings from Minnesota? Nope! My sister needed help with her move to North Carolina, so just before Christmas I drove thataway. The move was a disaster. The sisterly support strings were seriously stretched...so I hit the road. Not to worry, the sister stuff is all good.

Where did I go? Wilmington, then Southport (the Stars Hollow of the Atlantic coast), then Edisto Island, Hilton Head, through Georgia, and on to Thomasville FL (home of Pebble Hill Plantation), and on to Destin FL on the gulf



coast/panhandle. You know those paintings of beaches, with wind-torn stick fences, tangled with tall sea grasses, rising out of mounds of white sand, with an aquamarine sea in the background, sporting the tiniest of waves? They're for real! Not just the imaginings of a romantic novelist.

The gulf coast is stunningly beautiful, including, and pardon me for saying "of all places," Alabama! I expected Florida to have the familiar beach-body-worthy coastline but I always thought of Alabama as more bayou-ish. And Mississippi! Who knew Biloxi was post card perfect? In stark contrast to my next stop, New Orleans. Yeah, I don't see it. I know, I know, people love-love-love Nawlins. Not me. Yes, I had Café du Monde coffee with chicory, and snowy white beignets, yes I visited the French Quarter, ate shrimp and grits, blah, blah, blah. Never going back. But you should go. At least once.

I've always wanted to see Galveston TX. Coastal, Texan, resort...all things I love, plus there is an old hotel, El Galvez, which reminds me so much of the Riverside Mission Inn where I lived as a child. While it was a bit out of my budget roomnight-wise, I could enjoy breakfast in the lobby café. As I strolled the grounds capturing images my memory would fail to record, it struck me. I have to go to the bathroom. Fast forward two minutes, I did not make it. While a funny story today, it was a runny story two days ago. I am so grateful that it wasn't worse than it was...and it was pretty bad. Enough about that.

On to another wish-list town, Corpus Christi. Skip it. You've been misinformed. Plus it is under repair...for the next 10 years. Wait until then. I am currently in San Antonio! Loves me some San Antonio. Just enough culture, cuisine, touristy stuff, and best of all it isn't too big. Or is it? Texas is so huge maybe it just seems small by contrast. Next stop Austin...the Portland, Oregon of Texas. Seriously, if you took off my blindfold and asked "Where are you?" I would be hard pressed. Unless of course it was sunny, in which case I'd know it wasn't Portland. After that? Not sure. Elsewhere, most likely.

