

Don't look back, you're not headed that way ...

# Adios 2020!



The Soroptimist International of Palm Desert newsletter for January 2021

# PLAN AHEAD

-Doris Churry, Editor

Well, I'm sure that I speak for all of us when I say, "2021 can't get here soon enough!" That being said, I hope that you enjoyed the Holiday Season and I look forward to a New Year filled with new opportunities, new ways to serve our community, and new ways to stay connected. As many of you may know, our co-president Karen is moving to the beach to be closer to her beautiful granddaughter. I will miss her can-do attitude and willingness to serve, but she has promised to continue to be part of our Soroptimist family in the Desert, so it's not a good bye, it's just a good luck!





Kudos to Rose Mary and her elves for putting us all in the holiday mood with the Zoom Holiday get together. The hand delivered (or mailed) boxes of goodies were so thoughtful and it was great to see everyone in their holiday PJs, sweaters, and, of course Doris in curlers. In the New Year, we'll look for other ways to connect like this.

More kudos to Jacquie for spearheading the effort to get our adopted classroom gift cards and stockings for the holidays. Becky got to witness our class singing to us and wishing us good cheer. Our teacher, Patsy is so grateful for what we're doing for her students and I know that we're making a difference. Thanks also to Mary Kay for donating a 10 foot lit Christmas tree to the school. The principal has agreed to accept it, so next year, things will look a little brighter at the school.

Becky has been working with Spot Marketing to get our website improved. We should see our new and improved website after the first of the year -- see Becky's article in this PLAN AHEAD!

As Soroptimists we have always adapted to change and we will continue to do so. Next year, we will still award LYD scholarships and hopefully get DIBI off the ground. And, who knows? Maybe we can still hold our fundraising concert! In the meantime, thank you everyone who stepped up and contributed to our LYD scholarship fund in all manner of ways: \$25 per month, occasional

contributions, one time contributions, all in amounts TBA; success has brought us to over \$1,000 to date and rising, to supplement our Live your Dream awards this spring. Great job SIPD!

May you experience the magic of this season all year round!

-Co-president Cathy

# Happy New Year



Wednesday, January 5 @noon: SIPD ZOOM SPEAKERS SERIES MEETING with special guest lecturer on art in public places -Deborah Schwartz Glickman's successor to the position- "Palm Desert Public Art Collection!"

# Happy New Year

Monday, January 18 @2pm: SIPD ZOOM Board of Directors Meeting

# Happy New Year

Wednesday, January 20 @noon: SIPD ZOOM Business Meeting



# A Virtual Holiday Zoom Meeting Brought Some Smiles...

--Rose Mary Jameson, Membership Co-Director

It all started with an innocent question asked at our SIPD Board meeting, "What shall we do for our Holiday Party?" followed up with an idea inspired by Pinterest. How could we make a Zoom Call, set for our regular meeting date with just a later start time with all of us in virtual boxes, seem like a holiday party? Next up, put out feelers to the club members to see how many would be game and Becky and co-director Christine stepped up to the plate. Becky developed a cute "save-the-date" card through the App Punchbowl. With some clever wording and the date and time chosen, the card went out to all the members. Then Christine, with help from Betsy, followed up with phone calls to a few of our ladies and before you knew it, we had a full commitment from most of our members!



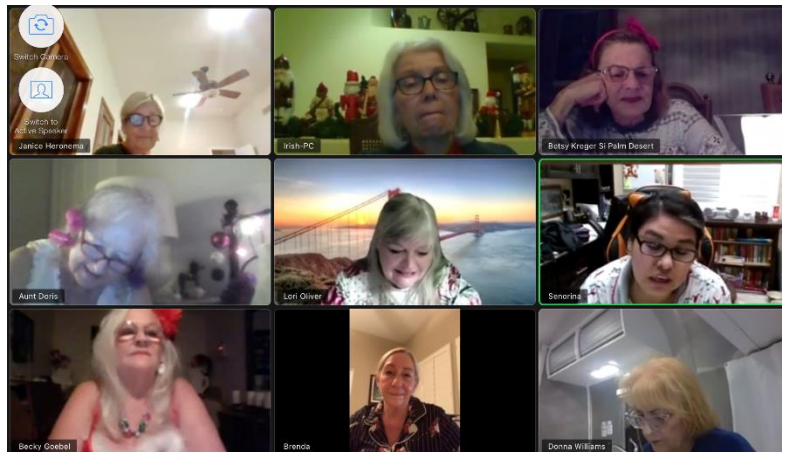
Game on, let the Elves come out to play!!! A flurry of text exchanges, emails and Pins with Becky led to quite a few ideas; a Scavenger Hunt? Bingo? Word search? Ornament-making? There is a world of inspiration available if one just knows where to look! Soon we had a plan: Call it a Pajama Party, prepare a Holiday box to gift participants (with hands-free, curbside delivery) adding some fun goodies inside (a vintage ornament made by Rose Mary, a holiday mask created by Becky, hot chocolate or cider packets, candy canes and chocolate, of course). Make sure

they arrive before the party date...which meant an early mailing for our favorite out-of-state member (Hi, Lori!) and desperate finger-crossing. For our local gals, drop-offs were easy and fun, it ended up being a grand reason to leave the house with a mission. A quick wave from the street is the closest I have come to seeing some members in a few months! I even had the pleasure of meeting our newest potential member Senorina Saldoval (not up close) but in person so that was a treat.

We settled on offering a couple of games, with Becky taking the lead in creating a word search with Soroptimist words and ideals as the hidden clues. Which went out with the boxes along with a laminated Bingo card, again with similar words. Thanks to Lori, a website full of holiday "PJ" ideas was shared with the club...some cute ideas for next year, too!

Our excitement grew as we tracked our responses and realized a more than 75% participation rate (a few are just not comfortable with the Zoom app and a couple were out of town or busy). Upon the night of the event, we all settled into our cozy space and began a jolly happy hour of a meeting. A round of personal introductions and a special question opened the meeting, "What is your favorite holiday cookie or drink?" which led to a few reminiscences and laughs. We even had a couple of special shares of ornament collections from each member's home; that was a bonus and certainly added the possibility of another question.

With an eye on the clock we moved into the next segment, a rapid fire "bingo" calling session...make a straight line bingo, and the winner gets....oh wait, what??? We forgot to arrange prizes!!! Quick as a wink Becky had the great idea of our fabulous bakers offering cookies to the winners of our games. Well,





wouldn't you know right away we had three step right up and offer their baking finest! Whew! Great American Baking Challenge has got nothing on our gals!!! The winner of our first game received Marie's famous Russian Tea Cakes.

Moving on to the "Word search" we added an overlay of a story to fill the time we allotted (a whole 11 minutes, yikes!) Becky shared with us the unexpected treat of receiving a Christmas greeting and Song

from our "Adopt-a-class" teacher Patsy--she was given the experience when dropping off items to the teacher. This moment could also have been used for a little SOLT talk or other club sharing. And in under 6 minutes, Senorina won by finding ALL the words! She then confided in the fact that she and family members challenge each other with these types of word games! A word to the wise, keep your mind healthy and young with brain-teasers! She won the next set of cookies from baker Beth, a concoction of white chocolate and cranberries! I think next time we share a couple recipes, yummm-o.

Our final game of blackout Bingo finished off the last fifteen minutes of the hour. As I named the words I also listed them in the "chat" box of the Zoom meeting to help keep track of the 'called' words. Then our last winner closed the night claiming Betsy's bountiful Biscotti...

We had quite a few gals decked out in their PJ finest, but we all agreed that our Beloved Doris takes the cake (ohhhh, I wonder who is going to bake that one!) for best "costume" of the night. With her hair in rollers, while sitting in her "boudoir" Doris really got into the spirit of the game! Thanks for your enthusiasm, Doris!!!

All in all, it was a fun night and we surely missed the ones who were not with us. Which has led to a different idea for keeping membership engaged in the developmental stage....more on that to come! A fun diversion was created from the Zoom madness that is our best way of communicating in this year. Which also proves the point: if you give Soroptimist a challenge, get ready for a crazy out-of-the-box reaction!

# HAPPY NEW YEAR



"Party Boxes" included: cute Santa lining, handmade tree ornament and holiday mask, games and candy!

# Palm Desert Chamber of Commerce meeting December 8

Betsy Kreger, Chamber Representative

Today's meeting had a panel of five speakers on the topic of coping with stress during COVID stay-at-home orders. The five speakers were: psychiatrist Dr. Sam Elesandi, Eisenhower Medical Center; Palm Desert Hypnotist Roger Moore; "On Trac" Life Coach Wendy Johnson; OPTAVIA mentor Joy Diffendal; Mel Robertson of De-Cluttering Spaces. Each had differing approaches to deal with stress.

Dr. Elesandi talked about how we can lose confidence in ourselves, as our personal support system is lost and all the negative news affect us. Being anxious leads to stress which affects our physical wellbeing. In his geriatric patients, he sees stress increasing their underlying conditions and therefore they become addicted to their medications. To deal with this stress, we (1) need to be physically and mentally active, (2) participate in activities that are mentally and socially stimulating, (3) and eat a Mediterranean-like diet.



Roger Moore is a health and wellness therapist. He points out that we all make a choice as to how we deal with this stress. Use mindfulness to redirect and control the situation. Be in the present. And use relaxation techniques.

Wendy Johnson recommends yoga and meditation. Again, be in the present; ground yourself. Breathe in for 6 seconds, hold for 4 seconds then breathe out for 6 seconds. And stretch your body as you breathe. Refocus and pay attention to what you are doing. Do what matters to you; what values you hold. Be kind to yourself; use positive affirmation statements. Exercise; use your body. Practice relaxation techniques with good breathing. Remember to self-care.

Mel Robertson is a clutter expert. Clutter comes from within as well as in your physical environment. You have to motivate yourself to unclutter your insides. Yoga and mindfulness help you to be present in your body. For five minutes a day, connect with yourself. She gave us her website that has some techniques. [Http://freedomfromclutter.net](http://freedomfromclutter.net)

Joy Diffendal has a diet program called OPTIVIA. She says that people are getting out of balance due to stress and eating non-beneficial foods. She agrees with the other panel members that the pathway to health is having body, mind and behavior in balance. People are feeling isolated and need community support. She says that the average weight gain since March "lock down" is 10 to 25 pounds.

I really enjoyed listening to this panel. They gave great advice. Now if I could only stop dreaming of Brandini toffee and get out of the chair to be physical. Guess I know what my New Year's resolution should be.





# GRANDMA'S PLANS ARE CHANGING

-Karen Koch, Grandma and Outgoing Co-President

Happy Holliday! Ahhh grandchildren and family! They mean so much to us and we want to experience them growing up first hand. Also the drive up Palms to Pines Hwy and through Temecula may get more difficult to



make as we get older. Cathy and I intended to announce my moving to Oceanside during the Holiday Party, however, the frivolity was so much fun that it totally slipped my mind!

The decision to sell while housing prices were up and we could recoup some of the remodel costs we put into our home was easy. The fact that it sold the first day we listed it the weekend before Thanksgiving and then closing on December 23<sup>rd</sup> has us reeling! So we're basically homeless ... feeling unusually free and thinking we should buy a 1970 VW van. But my knees remind me that sleeping in the back of one of those is really for the young and not the young at heart. Thus we were on a quest to find the house of our dreams near the kids.

We have now made an offer on a new construction condo in Oceanside. On Monday, January 4, we'll find out if we get our first pick of lot #293 at the Pacific Ridge Brisas development in the Rancho de Oro neighborhood in Oceanside. So say a little prayer for us, as we would love to stop looking and know that we'll be settled in our home by early April. Right now we are living in a condo near Old Town La Quinta on the Embassy Suites property and will be

here until the end of January. Then it's off to an Airbnb on Sleeping Indian Road in Fallbrook, three miles from our daughter Marya's home in Bonsall, until early April. That's as far as our homeless plans go for now.

I am stepping down from my position as co-president as unfortunately I don't have the time to give to it and also relocating. I will remain active in SI Palm Desert by attending Zoom meetings and helping with Dream It Be It, should we be able to launch an "in person" program in March. Additionally, we are hopeful that a live concert is deemed safe for April or early May, as my sister Judy and husband Doug Smith would love to perform again for our fundraiser. Cathy says she has a place for Judy and Doug to stay during that trip, so all we need is the SIPD go-ahead approval. SIPD is a great club and I am happy to be part of it via a long-distance relationship for the second half of the 2020-2021 club year. I cherish the friendships I've made interacting with each of you! I wish you all a Blessed New Year!

Happy New Year!

# MORE CHRISTMAS FOR OUR ADOPTED 3rd GRADERS!

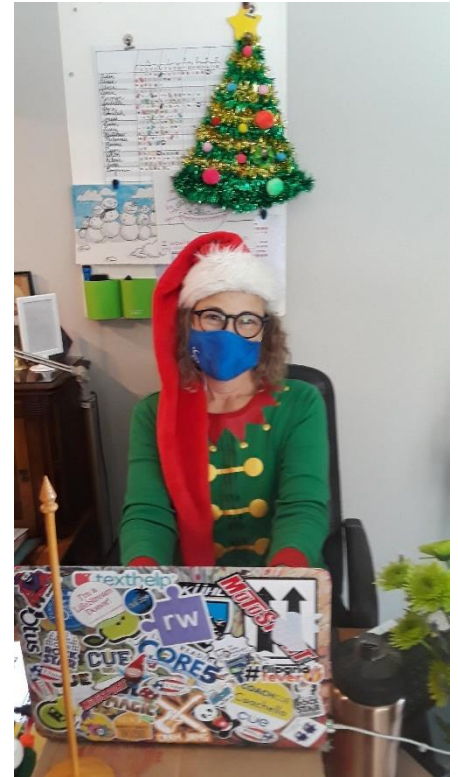
-Becky Goebel, Public Awareness Co-Director

As we learned in December PLAN AHEAD, our 26 adopted students received their individual headsets from us, which president Cathy delivered. Soroptimist Palm Desert Soroptimists also added sparkle to our adopted classroom by donating \$50 gift cards to each student's family in our entire class of Seaview Elementary School in Salton City. In addition, teacher Patsy Bauman was gifted with \$300 to purchase items to enhance distance learning. Funding our students Christmas is being provided in full from our second Hanson Grant, obtained by Jacquie Gunning.

Mrs. Bauman told us that "Keeping 3rd graders engaged while distance learning can be very challenging." I was their guest in their virtual classroom the day before Christmas vacation. They sang "Here Comes Santa Claus" in Spanish and read the thank you letter they had written to our club. Some of the thank-you comments:

- "Thank you for making me feel important"
- "You are nice ladies to give us gifts"
- "You made me happy"

The children were all on Mrs. Bauman's computer screen and I saw first-hand some of the challenges distance learning for 3rd graders presents. Keeping the children engaged was the biggest challenge as they are in noisy areas with people moving in and out of their space while class was in session. Mrs. Bauman really works hard to keep them engaged by giving each child a Christmas name: Mrs. Claus, Rudolph, Dancer, etc. She wore a Christmas elf shirt, hat and slippers to help keep them focused, repeating many times, "class turn your camera on or turn your microphone on". The class schedule was written on a white board behind her makeshift classroom. Her laptop computer sat on a cardboard box on a small table with an office chair positioned to face a large patio door. The teachers all deserve a medal of valor for teaching during the pandemic, as they are the frontline workers for our children's education!



**It is time to forget the past and celebrate a new start with  
renewed hope, happiness and positivity!**

-Soroptimist Founder Region





## Chicken Soup (Jewish penicillin)

SOURCE: "Cooking Jewish" (Workman Publishing) by Judy Bart Kancigor ©

-Recommended by her friend Rose Mary Jameson

**"IMPORTANT NOTE:** If not using Kosher chickens, you must brine them. Use 1 cup Kosher salt to 20 cups water. I do about 12-18 hours. Next day rinse chickens and proceed with recipe. I find I need no additional salt. Taste it when it's nearly done, and add salt only if needed.

### LIL'S FOUR IMMUTABLE LAWS FOR BEST CHICKEN SOUP RESULTS

1. You must use Kosher chickens. The jury is still out on why they taste so much better. Is it the method of killing? The freshness? The salting? The blessing? Who knows, but there really is a difference. (Note: Kosher chickens are salted, so watch that shaker!)
2. Pack it in! Use as much chicken and vegetables as you can pack into your pot, or conversely, use as little water as possible to give the most intense flavor. Resist the temptation to get a little more soup by adding more water.
3. You must use fresh dill and lots of it (the hairy kind, not the pickling kind).
4. After cooking, reserve the carrots to be sliced into the soup later, then squeeze the remaining vegetables well through a strainer to retain all the flavors.

**Open letter to my cousins:** Many of you claimed that your mother's chicken soup is the best. My mothers' made the final cut for two reasons. First of all, this cookbook was my idea, and when you write your cookbook, you can say your mother's is the best! Second, I am including it because it really is the best, and anyone who disagrees either has never had my mother's chicken soup or is congenitally taste-bud challenged. It is dark golden in color, intensely flavorful, and, in short, an elixir of the gods. I hoard the leftovers to use on special occasions in recipes calling for chicken stock (the real secret of my stuffing and gravy). You see, my mother adheres to the "if some is good, more is better" school of cooking. While this theory

usually spells disaster in the kitchen (notably in her meat loaf!), it is the method of choice in making chicken soup. And this is one case where the method is as important as the ingredients.

While her exact ingredients vary as the mood hits her, here is her recipe from a typical day. Serve the soup with matzoh balls and lokshen (thin noodles), or on Passover with mandlen (soup nuts). **Makes about 3 quarts.**



2 chickens (3 $\frac{1}{2}$  to 4 pounds each) with giblets (no liver), quartered 2 pounds carrots (yes, 2 pounds, not 2 carrots)  
2 large onions, cut in half  
5 large ribs celery with leaves, cut in half  
2 large parsnips  
1 small sweet potato (6 ounces), cut in half  
1 turnip (6 ounces), cut in half  
1 rutabaga (6 ounces), cut in half  
1 small celery root, cut in half (optional)  
1/2 large green bell pepper, stemmed and seeded  
1/2 large yellow pepper, stemmed and seeded  
2 large bunches dill, coarsely chopped (about 1 $\frac{1}{2}$  cups)  
1/2 bunch curly-leaf parsley (about  $\frac{1}{4}$  cup)  
3 cloves garlic  
Kosher (coarse) salt and freshly ground black pepper, to taste  
Chopped dill, for serving (optional)

Place the chicken in a 16-quart stockpot and add water to barely cover. Bring just to the boiling point. Then reduce the heat to a simmer and skim off the foam that rises to the top. Add all the remaining ingredients (except the optional chopped dill) fibrous vegetable membranes that remain in the strainer. If you're fussy about clarity (and we're not), you can strain it again and only enough water to come within about two thirds of the height of the vegetables in the pot. (Most recipes will tell you to add water to cover. Do not do this! You want elixir of the gods or weak tea? As the soup cooks, the vegetables will shrink and will be covered soon enough. Eight to 10 cups of water total is plenty for this highly flavorful brew.) Simmer covered, until the chicken is cooked through, about 1 $\frac{1}{2}$  hours. Remove the chicken and about half the carrots from the [vegetables to extract all the flavor. Scrape the underside of the strainer with a rubber spatula and add the pulp to the soup. Discard the through a fine tea strainer, but there goes some of the flavor. Cover the soup and refrigerate all overnight.

When you are ready to serve the soup, scoop the congealed fat off the surface and discard it. Reheat, adding more dill if desired (and we do). Debone chicken, slice reserved carrots and add to the soup, and serve."



# “FLOCKED BY SI PALM DESERT!”

-Becky Goebel

I have a new personal project fundraiser. Perhaps some of you saw co-president Cathy's Birthday Flocking Post on Facebook (photo also in this PA issue), well, that was me. This is how it works, for \$25 a flock, 12 lovely pink flamingo lawn ornaments will mysteriously appear on the nominee's lawn for a special occasion or simply just because. If you really want to go big for \$50 you can have two flocks. It all started when another Soroptimist Club called me out of the blue and asked me if our club would be interested in a fun Fundraiser, so I listened while they explained what it was about and then said sure, I'll do it as a personal fundraiser. The \$100 they offered paid for 2 flocks of flamingos and a "Flocked by Palm Desert" sign! I flocked their brother in Palm Desert for his 70th Birthday and that's how the mania began. This is the letter that accompanies the flock:

## Congratulations You've Been Flocked

Don't Despair... This is a fundraiser by [Soroptimist International of Palm Desert](#). A friend of yours paid us to place these pink darlings in your yard. This flocking is done in good spirits and is not meant to be mean. These flamingos will roost on your lawn until this evening when they will mysteriously migrate to another friend's (victim's) lawn.

If you would like to specify the next victim, all we ask is a small donation to our group. Of course, the removal of these flamingos will be done at no charge, so please don't hurt our pink feathered friends. Again, thank you for your sense of humor and your support.

Group Name: Soroptimist International Palm Desert

Contact Name: Becky Goebel

Phone Number: 760-534-8782

You can also purchase "flocking insurance" for \$10 if you choose to never be flocked!



Thanks Becky! It was fun to be flocked. LOL -Ed.

## Flamingo Flocking Form

Name of Friend "Victim" to be Flocked \_\_\_\_\_

Friend's Physical Address \_\_\_\_\_

*Note: Flamingos are not allowed to flock on public property or apartment complexes.*

Special Instructions \_\_\_\_\_

How many Flamingos do you want to Migrate to your Friend's Yard?

☐ **Small Flock** (12 Flamingos) - **\$25 Donation**

☐ **Medium Flock** (24 Flamingos) - **\$50 Donation**

Do you want your friend to know it was you who ordered the flamingo flocking? \_\_\_\_\_

Your Name \_\_\_\_\_

Phone \_\_\_\_\_

Other Info \_\_\_\_\_

***Thank You For Your Support !***

Sold By \_\_\_\_\_





-Lori Oliver

## "BABY, I'LL BE OUTSIDE"

Sung to the tune of "Baby, It's Cold Outside"

I want to go out  
     Baby, there's germs out there  
 I'm starting to pout  
     A new strain of germs out there  
 I'm climbing the walls  
     I see you chewed your nails off  
 I'm going mad  
     I'll hold your hand but please don't bite  
 My therapist's going to worry  
     So give a call to Doc D. Churry  
 My doctor will be charging me double  
     Just listen to the Champagne bubble  
 No, really, I'm going crazy  
     I'd drive you but I'm just too lazy  
 Well, maybe just a touch of brandy  
     I'll grab the mugs, the brandy's handy

I can't taste the booze  
     Baby, how does it smell  
 The flavor's not there  
     Oh crap! 'Rona's got your tongue  
 I feel like crap  
     Your eyes and face are glowing red  
 I need to lay down  
     Your fever is really spiking  
 I need to take this filthy mask off  
     Mind if I leave your house now  
 Please hang on for just one minute more  
     I'll stay till the doctor arrives  
 I'm breaking a sweat  
     Great, here she is now...Baby, I'll be outside

