

BUNNYTALES

Fall Newsletter from SI of Conejo Valley



SOROPTIMIST®

Investing in Dreams

Soroptimist International
of Conejo Valley

Fall 2020

President's message

During tough times, it is great to be able to lean on your family and friends for support. Usually support is for congratulations and achievements but during COVID times it is important to lean on them for your health and well-being. Many are falling into depression being in quarantine since March 3, it's difficult to determine whether or not we can go out or go anywhere safely. For me the unknown has forced me to play it safe as not to put any of the club members at risk. We have a strong desire to meet in person but have played it safe. When we are out and about we wear our masks and social distance. Honestly, I think we are all getting a little tired of this pandemic, we hope it will soon be over.

Since the pandemic, I feel I have become more aware of "me" and my health, what do I like to do? What is going to keep me busy and not go crazy? How should I handle my life going forward? I found Health & Wellness has been my focus, I started working out to eliminate stress, eating healthier to lose weight and talk to more people via zoom for mental wellness. I encourage everyone to pick up the phone and keep the

conversations going between each other. It has been the most effective way to stay sane. Experts say if you plan 4 fun things to do for yourself a week you will be a much happier person. It does work. Take the time to read, cook a new recipe, bake, learn a new hobby or take a walk. Try one planned thing a week for those of you who work fulltime.

I'd like to share two new books I found that have given me new insight on a few things. One, is a book called Changing to Thrive, Coronavirus has changed the way we live almost overnight. This book helps you understand and learn to manage change to improve health and happiness. I'm already on chapter 2 and have been inspired to change my behavior and understand the different stages people go through during change. Some change slower than others. It's a great book. The other book I am reading is called Breath. No matter what you eat, how much you exercise, or how wise you are, if your not breathing properly none of it matters.

I have been so proud of the members in this club, they latched onto the latest and greatest technologies very quickly. Mind you all of us are over the age of 50 so technical platforms have been challenging. I believe the members of the club focus solely on what is best for women, how we can empower them to be their best during these challenging times. These beliefs get them through our technical challenges, they embraced them and move forward. We have a strong team that has achieved more together!

Be with family and friends this holiday season, stay safe!

Ramona Evey
President
SI of Conejo Valley

SI Conejo Retreat Annual Planning Session - The New Way!

This year our planning session took on a new look, out doors at a local park. It was fun, functional and all agreed it was great to see each other in person. Planning sessions included discussion of fund raising, service projects, program meetings, review from our Treasurer Dixie, "Live Your Dream" and "Dream it Be It" program statuses. Also discussed were goals of our president Ramona - and social media efforts from Jacque.



We Even had special guests at the retreat trying to get in on the action!



Service is still a focus for SI of Conejo Valley, in spite of COVID-19. In August, club members donated various hygiene products to Lutheran Social Services Community Care Center, for use at their shower facilities that are provided to the homeless population in Conejo Valley.

August Service Project



Soroptimist International of Conejo Valley members donated a variety of hygiene products and toiletries to be used to restock the shelves of the LSS Community Care Center in Thousand Oaks, when they are able to reopen the shower facilities that are made available to the homeless population in Conejo Valley.



Located in the city of Thousand Oaks, LSS Ventura County operates and manages emergency assistance programs throughout Conejo Valley. We provide short-term emergency assistance, addressing the immediate needs of marginalized and underserved communities, while promoting a sense of self-reliance and community among all persons.

“Socks for September” was another Service Project for SI of Conejo Valley. Members donated 196 pair of socks to Heart to Heart – an organization that supports the needs of foster children and families. The socks will be distributed at their October drive-by Gift-Away Event.



socks for september



September Service Project: Soroptimist International of Conejo Valley members donated a variety of socks, sizes from kids to adults, to be included in the **October Gift-Away Event** for individuals and families in foster care and kinship care. **sponsored by Kids & Families Together and Heart 2 Heart**



Kids & Families Together is a not-for-profit support, education and counseling resource center that provides services for individuals and families in foster care, kinship care and adoption, for the preservation of families and the physical, emotional and mental health of children.



Aiding families caring for foster and/or kinship youth in Ventura County by providing durable goods for free.



BUSINESS MEETINGS CONTINUE - AND PROGRAM MEETINGS AS WELL -
MEET CHERYL NILSSON - OUR FIRST ZOOM GUEST - A MIND AND BODY
COACH GIVING GREAT TIPS ON HEALTH AND WELLNESS



Human Trafficking Continues to be a problem globally. SI Conejo Valley puts forth efforts to bring attention to this horrific issue locally.



SI of Conejo Valley is focused on Human Trafficking

The pandemic, restrictions and quarantine efforts has led us to think more about how we can help our community so this year we decided to focus our Human Trafficking efforts in our own backyard. This past January, we successfully organized our first annual Poker Run event to support Human Trafficking awareness. We had a lot of fun. We are now planning our 2nd annual Poker Run, January 30, 2021. We are looking forward to partnering with our sister clubs - Oxnard, Camarillo, Fillmore and Ventura. We discovered Interface Children & Family services and the Ventura County Human Trafficking Task Force has played a huge part in the fight against Human Trafficking in our area. We would like to partner and help prevent abuse, neglect and the abandonment of children. Training on pimp culture, case management and labor trafficking has been made available to us and we plan on taking full advantage in learning more about Human Trafficking in the Conejo Valley and the Ventura County areas. For more information on our poker run or to volunteer, please email rvanderwyck@gmail.com

live YOUR dream

education & training awards for women®



Two of our three recipients of Live Your Dream were able to meet in person to receive certificates and some goodies - Rachel Lopez and Amber Fairclough are pictured above with our Co Chairs Sherry Love and Jacque Turner. Suzanne Walker also attended to meet our "Live Your Dream" winners as Suzanne will be taking over the Live Your Dream Chair position for 2021.

A SPECIAL 'SO LONG' TO SUE!!!



A TRIBUTE TO SUE GORE A LONG TIME MEMBER AND FRIEND

Sue Gore, one of our solid long term members and supporters have decided to move on to other activities. We had a very nice "Sue Send Off" at Mejico Restaurant one of our Margarita Mix Off contributors. Her input and work over the years has been invaluable and she will be missed but I suspect she will still attend MMO, our guest speaking events and be a long time friend of the Soroptimist of Conejo Valley.

Thank you so much for all your dedication!



Upcoming Calendar

October 6 - Business Meeting - Zoom 6:00 pm

October 20 - Guest Speaker Zoom - Kim Volla presenting Essential Oils

November 3 - Business Meeting - Zoom

November 17 - Human Trafficking Guest Speaker

December 1 - Last Business Meeting of 2020 - Zoom

Holiday Party TBD

January 5 - First Business Meeting 2021

January 19 - Program Meeting - TBD

January 30 2021 - 2nd Annual Poker Run Fund Raiser

February 2 - Business Meeting

February 16 - Program Meeting - TBD

SAVE THE DATE!!!



SOROPTIMIST®
Investing in Dreams
SOROPTIMIST INTERNATIONAL OF CONEJO VALLEY



presents...

2nd ANNUAL POKER RUN

Saturday, January 30, 2021

For more poker run information contact: Ramona Evey at (805) 418-0382

See pictures below from our First Annual Poker Run in January of 2020. The Event raised money to contribute to the Human Trafficking Awareness Campaign. SI Conejo Valley is looking for another Successful event for 2021 and years to come.





Soroptimist Vision & Mission

VISION

Women and girls have the resources and opportunities to reach their full potential and live their dreams.

MISSION

Soroptimist is a global volunteer organization that provides women and girls with access to the education and training they need to achieve economic empowerment.

CORE VALUES - Soroptimist International of the Americas is committed to:

Gender Equality: Women and girls live free from discrimination.

Empowerment: Women and girls are free to act in their own best interest.

Education: Women and girls deserve to lead full and productive lives through access to education.

Diversity & Fellowship: Women from varied backgrounds and perspectives work together to improve the lives of women and girls.

Soroptimist Pledge

I pledge allegiance to Soroptimist
And to the ideals for which it stands;

The Sincerity of Friendship,

The Joy of Achievement,

The Dignity of Service,

The Integrity of Profession,

The Love of Country.

I will put forth my greatest effort to promote, uphold and defend these ideals for a larger fellowship in home, in society, in business, for country and for God.