

**Soroptimist International of Conejo Valley
Spring/Summer Edition Bunny Tales 2025**



President Suzanne Walker Message

Greetings Soroptimist Members!

As my term as President for 2024-2025 draws to a close, I am happy to say our Club has accomplished a lot together. With the theme "Working Together To Turn Dreams Into Reality."

We worked to make our 2024 Fundraiser Margarita MixOff the best it has ever been and we look forward to this year being even better.

We raised a significant amount of money and funded monetary awards to non-profit charitable organizations that share our vision and align with the Soroptimist mission.

We gave three young women who are striving to better their lives through education and the lives of their children a "Live Your Dream" monetary award.

We hosted a "Fentanyl Awareness Community Meeting". We wanted to make the community aware of the serious problem we are facing with the Fentanyl epidemic.

My 2025-2026 term as your President will focus on my theme "Embrace Change & Let Yourself Grow"

Change often requires us to let go of the past, to make room for the future. We can't be afraid of change. We need to try new ideas, new suggestions.

As dedicated Soroptimist members we will work together to help each other grow as individuals and grow our Club.

It is important to be a good person, create positive influence, agree to disagree, be respectful and supportive of one another.

Every day is a CHANGE to be better.

It is not who you are that holds you back, it is who you think you're not. I look forward to spending another year with all of you, as your President.

Sincerely, Suzanne



Our wonderful member Susanne White moves On.....

Susanne White has moved on to Idaho. This is a tremendous loss to SIOCV as Susanne has contributed many hours of volunteer work and held positions such as Live Your Dream Co-Chair, Ways and Means Chair and jumped in to volunteer positions for many of our activities to support the local community and events. We wish her well in her many new ventures. Ms. White we will miss you!!



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Meet our newest member, Donna Deutchman

Donna recently joined Soroptimist International of Conejo Valley after hearing about our club from Suzanne Walker at the Thousand Oaks Woman's Club. Donna comes to us with much experience. She spent 18 years with a Non profit that built homes and provided services to veterans. Donna also holds executive positions for the Thousand Oaks Women's club as Parliamentarian and Website Chair. She has 42 years of marriage, 2 daughters Amanda who lives locally, and Jessica who resides in Walnut Creek. She is now a proud grandmother of Joey Rayne who is 3 months old. We look forward to Donna joining in the many activities for SIOCV and will utilize her skills to enhance the club activities. Welcome Donna!!!



June 17, 2025 Installation Banquet was a night to cherish as SIOCV celebrated the Incoming Officers. Suzanne Walker will continue as President, below pictured on the left, and Claire Chang on the right is stepping up to be Vice President. Dixie DiCeglie was installed as our Treasurer and Sandy McDougall will be the Corresponding Secretary.

Cheryl Klepper continues on as Recording Secretary and Nancy Nevitt will be Assistant Recording Secretary.

Director 2-Year will be Jacque Turner and Director 1-Year will be Leslie Escoto.



Our Special Guests were Camino Real Region 2024-2026 Governor Cynthia Jarvis, and District 1 Director, Carole Savala. President Suzanne was surprised with special gifts of President's Pin and Laurel Society Membership. It was great evening.



Our Featured Soroptimister!!!

In our club we have our significant others we affectionately call "Soroptimisters" - One of our favorites that has attended our meetings is "Ryder" the son of Sandy McDougall. Ryder is 7 years old. His favorite subjects in school are math and science, and is currently on a baseball team. Next for Ryder is Basketball and Soccer. The ladies love to hear what Ryder is up to during our business meetings.



We cannot leave out our dedicated "Vintage" Soroptimisters - Many have held that special title, Don Shewmon, Don Cutler, Andy Blake and Clay Gallimore to name a few. Below Soroptimister Ernie Escoto on the left with a booth at Margarita MixOff and Soroptimister Greg Lockwood on the right with wife Jacque at a concert at the park. We appreciate our supporters who are hopelessly devoted to our efforts with our newest supporter, Ryder leading the charge!



Service Projects

SIOCV continues to support service in our community by volunteer activities and donations to local organizations.

In May, member Carol Magorien participated in World Vision Walk for Water pictured on left below. It was sponsored by the Camarillo YMCA and Crossroads Church in Camarillo.

June Project was our annual Installation Banquet.

On a global scale, Soroptimist has initiated a program called "UpliftHER" and the Big Goal Accelerator. The "UpliftHER" projects and the Big Goal Accelerator have targeted projects for us to participate in, as example January focuses on Trafficking offering a career or college mentoring program. March is "single Parenting" month to provide financial assistance for childcare during school or training programs. May is "Period Poverty" - to donate funds allocated for feminine products to a local agency serving foster girls, shelters, or low-income support programs.

In July our club donated to Manna the local food bank for "Period Poverty." Period Poverty occurs when women and girls have issues without the proper supplies monthly and impacts ability to attend work and school during that time. Soroptimist of Conejo Valley focused on Manna Conejo Valley Food Bank with a donation for Manna to purchase feminine products for Manna clients.

Below right is the group picture taken at Manna with our \$250 donation check Presented on July 3, 2025, to Anthony Linquata, Executive Director, Manna Conejo Valley Food Bank.

This August we will have our Annual Planning Retreat and session hosted by Suzanne Walker and September is our "Margarita Mix Off"



What have the members been up to?

Below on the left is Jacque and Greg visiting with a past member Ann Kilrain who now is retired and living in the San Diego area. On the right is Leslie and Ernie Escoto at the Rotary Chili Cookoff last May. Below is a collage of travel with Jacque and Greg from a trip in Arizona last May.





Herbed Quinoa & Chickpea Salad with Lemon-Tahini Dressing

- 1 Cup Quinoa rinsed in fine mesh colander
- 2 cups water
- 1 Can (15 oz) Chickpeas rinsed and drained
- 1 $\frac{1}{2}$ cup roughly chopped baby spinach
- $\frac{1}{2}$ cup chopped fresh flat leaf parsley
- $\frac{1}{2}$ cup chopped fresh cilantro (or additional flat leaf parsley)
- $\frac{1}{2}$ cup chopped Green Onion (green parts only)
- 1/2 cup crumbled Feta cheese
- 1/3 cup toasted pepitas (hulled pumpkin seeds) toasted and cooled

Add rinsed Quinoa to two cups boiling water, once boiling turn heat down and cook for 15-20 minutes

Let cool - Add all the ingredients to a large bowl to mix thoroughly

Lemon-Tahini Dressing

- $\frac{1}{4}$ cup Olive or Avacado Oil
- 3-4 Tablespoons of Lemon Juice (I like lemon so I triple it)
- 2 tablespoons of Tahini
- 1 large clove of garlic pressed or minced
- $\frac{1}{2}$ Teaspoon fine sea salt
- Freshly ground pepper to taste

Note: Add Kalamata Olives for a twist - adds great flavor



Upcoming Events

July 1 - Business Meeting Los Robles Greens 6:00 pm

August 5 - Business Meeting Los Robles Greens 6:00 pm

August 9, Retreat and Planning Session hosted by Suzanne Walker

August 16 - Fundraiser at Ameci's Pizza Thousand Oaks

September 2 - Business Meeting Los Robles Greens 6:00 pm

September 16 Program Meeting Los Robles Greens 6:00 pm

September 25 - Margarita Mix Off Los Robles Greens 5:30 pm to 8:00 pm

October 7 - Business Meeting Los Robles Greens 6:00 pm

October 21 - Service Banquet Los Robles Greens 6:00 pm

Note - no July and August Program Meetings



Soroptimist Vision & Mission

VISION

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

MISSION

Soroptimist improves the lives of women and girls through programs leading to social and 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.**