



Bunny Tales Winter 2025 Edition



President Suzanne's Message

Greetings to all Soroptimist Members.

Soroptimist International of Conejo Valley is women at their best, working to help other women be their Best.

In December we participated in the SIA UpLift Her Program. We collected gently used women's clothing and delivered the much needed clothing to the Lighthouse for Women in Oxnard,CA.

Our Fentanyl Awareness Community Meeting took place on January 30th at Monte Vista Presbyterian Church, Newbury Park, California.

Pastor Tom Stephen served as panel moderator. Our panel of speakers consisted of Ventura County Officials, Health Officials and City Officials. They addressed the Fentanyl epidemic. We thanked them for their time well spent in delivering information to the attending public.

On February 18, 2025 we celebrated our three worthy "Live Your Dream" recipients. We have invested in the lives of these three women who are turning their lives around through education. It is a proven fact that when women and girls are educated they have the opportunity, choice and power to make healthy decisions for themselves and their families.

Looking forward to the Camino Real Region Spring Conference in April. It should be a very informative and fun time. Hope we can all plan to attend.

Your President, Suzanne



SOROPTIMIST®

Investing in Dreams

SOROPTIMIST INTERNATIONAL OF CONEJO VALLEY

Service Projects

Soroptimist International of Conejo Valley provided Pajamas and gift cards for the Formerly Heart to Heart now part of Shelter Care Resource for our December Project.

The children and youth in attendance were invited to have

treats with Santa and do some art projects, Every family had a personal shopper to carry the toys and cozy items for them so they could concentrate on picking out gifts that best suited the children they're caring for. Providing opportunities for children and caregivers to spend nurturing time together.

January Soroptimist International of Conejo Valley participated in the "SIA Uplift Her Program" by delivering gently used clothing to Lighthouse for Women and Children, an organization thru Ventura County Rescue Mission Alliance that assists women with shelter, substance abuse recovery, case management, education, life skills development, transitional housing and referrals.

Also on January 30th we held our Fentanyl Awareness Community Meeting. The event brought in speakers and people from the community interested in learning about this crisis.

February we hosted our Live Your Dream Banquet honoring three women with monetary assistance.

FENTANYL AWARENESS COMMUNITY MEETING

FREE EVENT

Join us for this important community event featuring expert speakers who will discuss the dangers of Fentanyl, how it's affecting our community and what we can do to help.

Questions and comments are highly encouraged for this event.

Panel & Speakers include:
Ventura County Officials, Law Enforcement Community,
Healthcare and Treatment Professionals.

**THURSDAY, JANUARY 30, 2025,
6:00 PM – 8:00 PM**

*Monte Vista Presbyterian Church
3797 Lynn Road Newbury Park CA
Moderator: Sr. Pastor Tom Stephen*



in partnership with
**SOROPTIMIST INTERNATIONAL
OF CONEJO VALLEY**
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Soroptimist International of Conejo Valley in partnership with Monte Vista Presbyterian Church hosted a Community Meeting on January 30th 2025 to bring awareness about the dangers of Fentanyl in our community. The Attendees had many questions for the panel of speakers regarding how to identify a potential victim, how the local schools are distributing information and what assistance law enforcement and services are available to the community. Below left Senior Pastor Stephen for Monte Vista Presbyterian Church was the moderator and kept the conversation inciteful.





Above left is Sherriff Jim Fryhoff representing Ventura County Sheriffs organization. Below on the right is Erik Nasarenko, Ventura County District Attorney. Bottom left is Ventura District 2 County Supervisor, Jeff Gorell and right is Joel Price, representing Jacqui Irwin's office representing 42nd Assembly District for California.



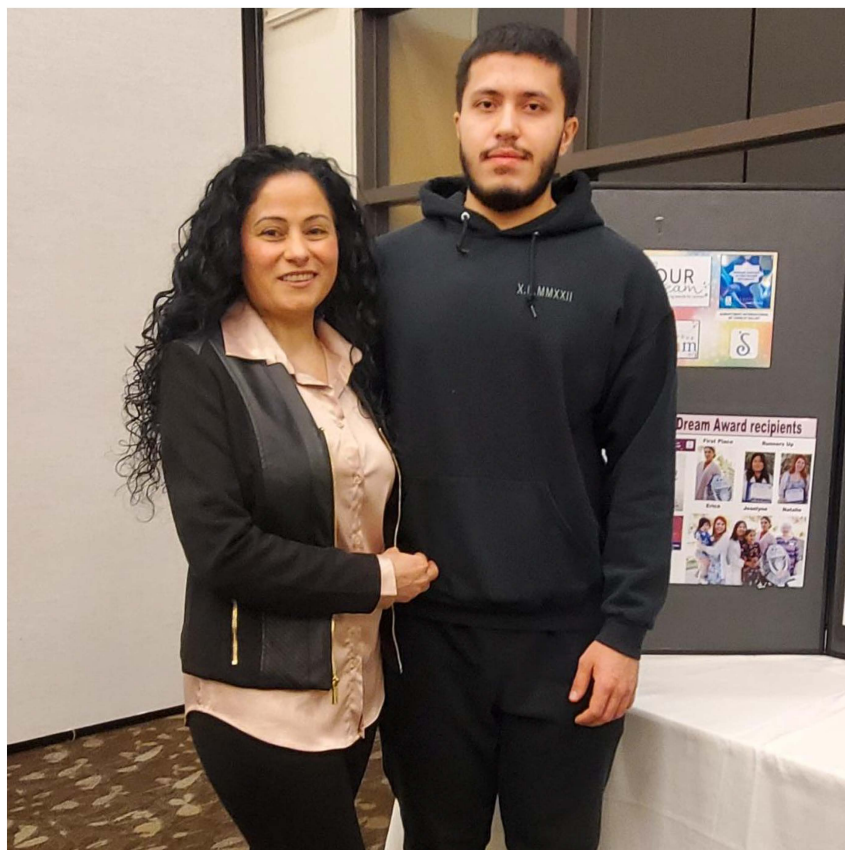
Representing services that work with drug addiction patients are Maria Di Battista from Ventura County Behavioral Health and Ian Anderson from Conejo Health. Below also is Dr. Christopher Young, Chief Medical Examiner for Ventura County.



live
YOUR
dream 
education & training awards for women[®]

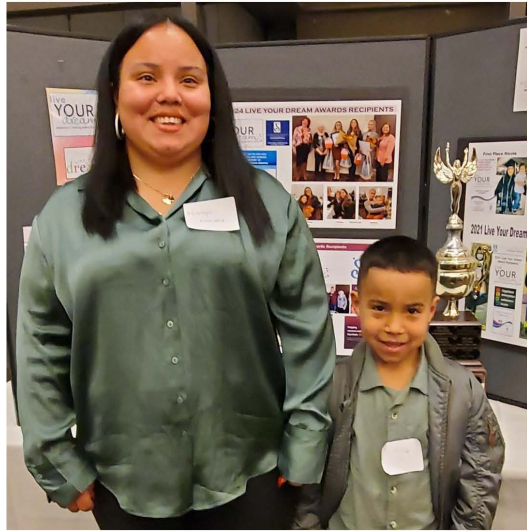


Soroptimist International of Conejo Valley held their annual Live Your Dream Awards Banquet on February 18th at Los Robles Greens. We had 3 recipients, Sona, Marilyn and Ruth. Awards were given out by our Live Your Dream Chair Claire Chang and Co Chair Susanne White. Below is our First Place winner Sona Poghosyan



Sona Poghosyan is a passionate and resilient student at California State University, Northridge pursuing her Bachelor of Science in Sociology and set to graduate in June 2025. Six years ago, Sona moved to the United States with her two children, determined to create a brighter future despite facing economic and personal hardships. As the sole financial

provider for her family, she has balanced her education with a 20-hour-per-week internship in the CalWORKS program at Los Angeles Valley College where she supports students from diverse backgrounds, including immigrants, English learners, and working parents.



Above on the left is recipient Ruth who is a mother of two wonderful teenagers and two adorable dogs. Her family is one of the main reasons she decided to continue her education and set an example for them to follow. She is currently attending California State University, Northridge as a junior and plans to graduate with a Bachelor Arts degree in Art Education. She also plans to obtain her teaching credentials after graduating in 2026. She believes Art is a great way to help everyone feel at ease and serves as a form of therapy and plans to focus on middle school and high school students.

Above on the right is recipient Marilyn. She is a single mother to a 6 year old son. She is pursuing her goal of becoming a registered nurse by working toward her Bachelor of Science in Nursing, currently at Moorpark Community College while completing the prerequisite courses. She plans to apply to nursing school in the Fall of 2025.



Our Live Your Dream Program is supported by many sponsors including Conejo Free Clinic. Conejo Free Clinic offers free medical and dental services to our Live Your Dream winners and their family members. Sarah Hawkins (below left) and Susan Murphy (below right) and was in attendance to personally deliver Coupons for services to the clinic. Susan Murphy announced at the banquet she is retiring and introduced Sarah as her replacement.





Above Jacque and Cheryl enjoy the 32 Annual Mardi Gras Ball 2025 Held March 1 at the Hyatt Regency fund raiser by Community Conscience.



The club had a very nice holiday dinner with a gift exchange on December 17th at Los Robles Greens. It was a fun lighthearted gathering with holiday music, a wonderful dinner and dessert, and lots of surprises with gift stealing and exchanges. The favorite was the Snowman who was stolen multiple times. Below is Dixie and Cheryl with the famous Snowman. Jennie also made a run at the Snowman shown below. Debbie is shown opening her gift, pleased with a nice bottle of wine.





T together
E everyone
A achieves
M more



What have the members been up to?



Congratulations to Debbie and Don Cutler, who are grandparents of twins born February 6. Above left Debbie and daughter Breanna hold the new twins, Ezra and Olive.

In addition to the new twins Debbie is pictured with the three other children ages Asa 8 years old, Asher 6 years old, and Elsie 4 years old. Debbie has been busy helping out with her daughter and family in Montana

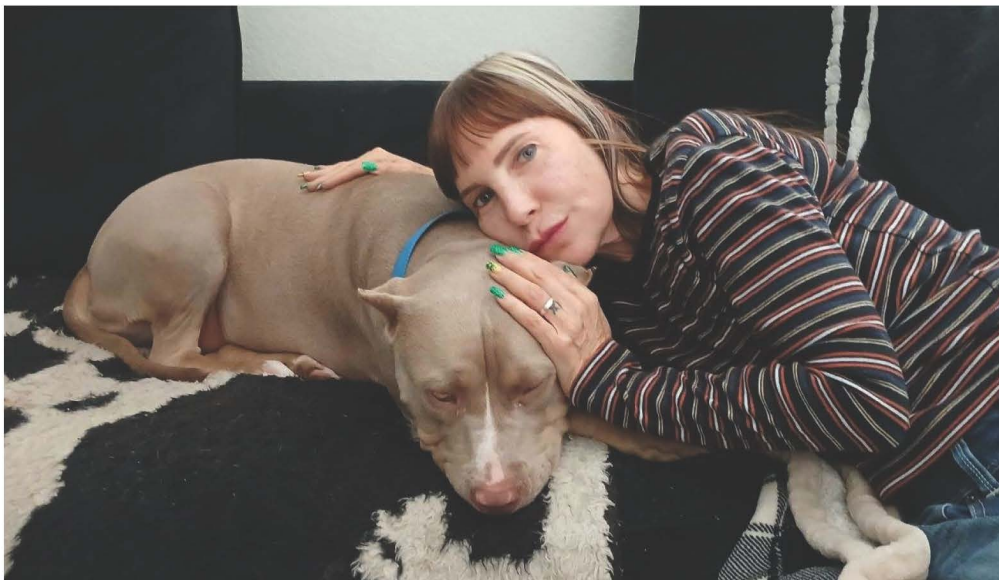
From Debbie "I am taking the kids back and forth to school, doing house chores and cooking during day, off time playing lots of games with kids, very tired at end of day,"

Below left is a picture of Leslie and husband Ernie, celebrating Ernie's 70th birthday - party of 80 with a band and great

food. Right is Leslie and Ernie's grand daughter Phoebe Jean now 17 months old.



Member Heidi has been re-cooperating from back surgery. She is still recovering from major surgery, working, doing arts and crafts, and training her new foster dog, Reign pictured below.





Tortellini and Sausage Soup

- 1 tablespoon Olive Oil
- 1 pound mild Italian Sausage (ground)
- 1 small yellow onion finely diced
- 6 cloves of garlic minced
- 1 tablespoons tomato paste
- 1 quart chicken stock or broth
- 1 14.5 oz can crushed tomatoes
- 1 teaspoon kosher salt
- 4 cups packed stemmed and roughly torn curly kale
- 10 oz fresh cheese tortellini
- 1 cup heavy cream
- $\frac{1}{4}$ teaspoon red pepper flakes for serving (optional)
- Freshly shaved or grated Parmesan Cheese for serving (optional)

Sauté onion, garlic and sausage until sausage is browned and onion is clear
Add chicken stock, tomato paste, crushed tomatoes, kosher salt and heavy cream - bring to boil

Add Kale and tortellini - cook until tortellini is soft and kale is cooked down
Serve with grated Parmesan Cheese and season with red pepper flakes (optional)

Great with Garlic Toast



Upcoming Events:

- March 4, *Business Meeting Los Robles Greens 6:00 pm*
- March 8 - *Soroptimist Celebrates Women's History Month
March and International Women's Day*
- March 18 - *Program Meeting Los Robles Greens 6:00 pm*
- April 1 - *Business Meeting Los Robles Greens 6:00 pm*
- April 15 - *Program Meeting Los Robles Greens 6:00 pm*
- April 25 - thru 27th *Camino Real Region Spring Conference
Commerce Casino and Hotel*
- May 6 - *Business Meeting Los Robles Greens 6:00 pm*
- May 20 - *Program Meeting Los Robles Greens 6:00 pm*



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.**

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