



SOROPTIMIST®
Investing in Dreams



December 2020

Volume 3, Issue 2

President's Message

Calendar

Business Meetings

Dec. 2

Jan. 6

Feb. 3

March 3

Programs via Zoom

Dec. 9-Rainforest Art Project

Dec. 16 - The Salvation Army's George Walker Drug Rehabilitation Center

Jan. 13-Birthday Party

Jan. 20-100 Year legacy

Feb. 10-Giving Committee Awards

Feb. 17-Abilities First

Pages 6, 7 & 8 is a tribute to our beloved Bev



Greetings fellow Soroptimists,

It brings me great joy to announce that our SI Chico club has voted to support my President's project. Choosing to help Catalyst with the Haven playroom remodel was an easy choice for me. This is an opportunity for me to give back to Catalyst for the support and services I received from them many years ago. For those who know me well, they know children are near and dear to my heart. I have a super soft spot for kids and animals. Providing the funds for

the playroom remodel brings so much happiness to my heart.

Catalyst Domestic Violence Services has helped so many women and children in our community. They provide a huge array of services for families during a very difficult time in their lives. Our Soroptimist club has a long history of supporting Catalyst over the years. On November 16, 2020, I happily delivered the "BIG" check.

Soroptimist International of Chico donated \$6,000 to Catalyst to pay for remodeling the children's playroom at the HAVEN location. HAVEN has operated as a confidential temporary communal living environment for victims of domestic violence and their children, whose immediate safety is at risk. The residents staying there are provided with housing while receiving a variety of supportive and advocacy services including case management, crisis intervention, and counseling services. The children are often dealing with trauma and need a place to feel safe. The new playroom design will provide a safe space for healing.

The playroom will have an ocean theme with soothing color palettes, ocean animal decals, and 3 sensory boards (Octopus, Seahorse, and Clownfish). The visual, tactile, and audio elements will vary across the boards. There will also be a plaque

with interesting animal facts and additional interactive elements included for intellectual and developmental disabilities. The design approach will allow for individual play and multi-sensory opportunities while being both decorative and engaging.

There will be a workspace with height appropriate seating and tables for older kids too. Including a small couch, weighted blankets, fun, and entertaining age-appropriate developmental toys such as fidget spinners, sensory boards with letters that pop out for letter recognition, storage for art and journaling supplies, and furniture that encourages calm, self-soothing, and bonding time.

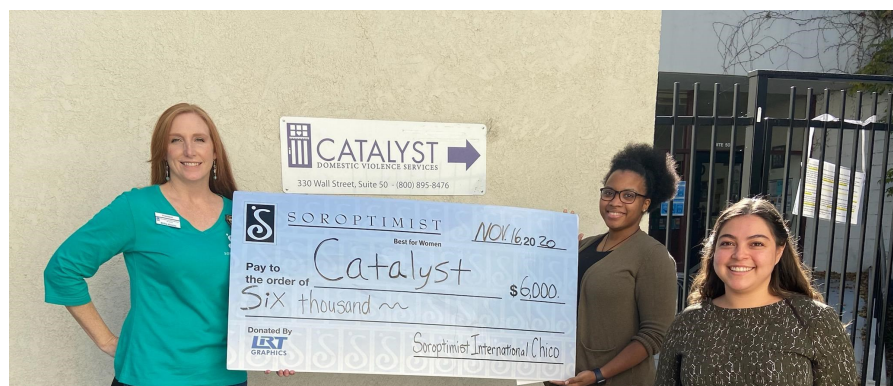
This multi-purpose space will provide children a safe comfortable space for relaxation, recreation, and childcare. It will be used for art therapy, toddler time, movie nights, and family bonding. The adaptability of the room will allow it to be used to meet sensory, intellectual, therapeutic, and recreational needs while providing a physical environment to help ease emotional distress. During these times of the COVID-19 Pandemic and domestic violence on the rise, there are a hundred reasons to cry. This project provides us a thousand reasons to smile!

With gratitude,

President Billie



"Growing gratitude"





Sorooptimist International of Chico's 100-Year Legacy Project Update

BRIGHT PAST
BRILLIANT FUTURE

By President-Elect Sara Beacham

The ad hoc committee for the 100-Year Legacy Project met with the leaders of the Girl Scouts of Northern California via Zoom on Friday, November 6. It was a pleasure to hear about the project and the number of girls in our area that will benefit from the new Outdoor Pavilion.

One of the first questions asked was about the results of the Power of 100 vote. We had to deliver the bad news that SI Chico was not selected for this round of funding from the Power of 100. Despite the temporary devastation of not getting this funding, we did receive one small donation from the Power of 100, and our name goes back into the hat to potentially be drawn at a later date.

The next steps for the project include getting contractors lined up for labor and materials and getting permits from the city. Leaders of the Girl Scouts are hoping for a quick turnover of permit obtainment, but that lies with the city of Chico. Fingers crossed. Vice President Kathy Erickson is working to line up civil engineers for the project, and President Billie Araiza is working with Payless Building Supply to potentially get discounts on materials.

The Outdoor Pavilion at this new facility, located on the corner of Floral and East Avenues in Chico, currently house a modular office and Girl Scout store. The outdoor facilities will include a shaded meeting and activity space, an outdoor cooking area, and certainly one of the most important items on the list, an outdoor bathroom. Nearly 700 Girl Scouts in the area will have access to this facility. Now, more than ever, these girls need the experiences that Girl Scouts can offer.

There will be plenty of hands-on work in the coming months as the project progresses. Some of these hands-on projects include work parties (actual hands-on, getting dirty type party), guest speakers and so much more. The committee will submit an official request to the giving committee for these hands-on projects for the entire club to participate!

Since SI Chico was not selected as the Power of 100 Women's winner this quarter, we as a club, along with the Girl Scouts of Northern California, are working hard to close the funding gap. The Outdoor Pavilion project will cost approximately \$40,000 to complete, which is phase one of the long-term property plan laid out by the Girls Scouts of Northern California. Several years ago, SI Chico leadership had the foresight to begin setting aside funding for this legacy project. Our club has \$20,000 to grant the Girl Scouts for this first phase. There are ways our club can drum up funds for this project, including a direct donation to the project at

<https://sorooptimistchico.org/100-years-legacy-project/>.

Feel free to share this link with your friends and family, or anyone who asks to donate to the project. All funds received through this link will be earmarked for the 100-Year Legacy Project.

SOROPTIMIST
Celebrating 100 Years
Helping women and girls
#Sorooptimist100

SI Voices; A Podcast for Soroptimists!

By: SIC Past President Bonnie Chapman



Did you know that there is a podcast just for Soroptimists? Having launched on our organization's 99th anniversary, October 3, 2020, SI Voices provides listeners with great information and compelling interviews. The goal of the podcast aligns with our mission, giving a voice to women and girls. There are currently 4 episodes available, each a quick and fascinating listen of under twenty minutes. The topics thus far include;

*A conversation with our SI President

*Soroptimist International since 1921

*Tough Women, Tough Topics

*Women Creating a Greener Sustainable Future

Put on your headphones, take a walk, and get inspired as we learn more about the global organization, we all are proud and privileged to be a part of.

SI Voices can be found on Spotify, Apple Podcasts, Google Podcasts and on YouTube. You can also listen directly from this link on the SI website; <https://www.soroptimistinternational.org/podcasts/>



SI Chico Zoom Installation Oct. 7, 2020

What a great turnout for our Board of Officers Installation on Zoom. Our guests were Billie's parents and daughter, District 1 Director Kerri Cobb, Governor Elect Lisa Fitzgerald, and Governor Sarah Carrasco.

President Billie, pictured on the right, is wearing a necklace given to us by our friendship club, SI St. Albans in 1980 when they came and visited us, to be handed down to each SI Chico incoming President. In President Billie's hands are gifts given by SNR Governor Sarah Carrasco. It consists of a bucket, watering can and a bag of Sweet Pea seeds. President Billie's logo is the Sweet Pea which is a symbol of gratitude and happiness.



Where it all began ... in 1921 Oakland, California.

A dash of SOLT by Rosie Potestio

Soroptimist International was founded in Oakland in 1921 with 80 professional and business women. Within five years, they had expanded to 15 clubs. Prior to 1921, it was frowned upon for women to be a part of service groups, so Soroptimist's really broke the mold because almost 100 years later, we have clubs in 121 countries with over 160,000 members. The founding club's first project was "Save the Redwoods," which succeeded in helping to set aside land to preserve our beautiful California redwood forests. Look how we have grown!



Winter Bistro Bag Fundraiser



Our Bistro Bag fundraiser is well underway and we are now taking orders for our Winter Bistro Bag! The featured meal kit is for a Raviolo dinner with a brussels sprouts appetizer and a winter green salad. All the fresh ingredients to make your meal will be chosen by Chef Ann Leon and included with your meal kit will be a YouTube link for a special cooking lesson from Ann. Raviolo filling

choices are short rib meat or sugar pie pumpkin. Also available for purchase are desserts and wine bottles. Get your order in by December 1st for curbside pick-up on December 12th. For more information and to order your Winter Bistro Bag online, visit BistroBag.org.

Lupe Medrano and Daran Goodsell

SI Chico Fundraising Co-Chairs

Our Winter Bistro Bag Sponsors are:



DIANE FOSSUM
BISTRO BAG SPONSOR



If you just feel happy to be a Soroptimist, send us a small token of your joy, \$5 or \$10 or \$20. Share good news and special moments.

We will need help for future in club resources for this year, so please, please give generously.

Easy payment options

1. Mail a check, write Happy \$ in the memo line, to:
SI Chico
P.O. Box 1812
Chico CA 95927
2. Use PAYPAL via paypal.me/sichico (note funds are for Happy \$'s).

After submitting your payment email your good news and special moments. to Joyce at joycebrown@sichico.com

Your Internal Fundraising team thanks you for your help.



November Senior Moment of the Month, Vilma Starnes

Vilma reflected on her memories of Soroptimist over the years. You can find the complete article in our November 3, 2020 edition of our weekly E-blast on our website at

<https://soroptimistchico.org/category/newsletters/>

Article by: Jami McNamee, Co-chair SI Objectives Committee

The Bear Fire



Rosie Potestio & Margaret VanLaanMartin distributed 20 Walmart gift cards each in the amount of \$100 at the distribution event in Oroville on October 3, 2020. Women with children and single women were our only priority.



Soroptimist International of Santa Clara Silicon Valley VP Emma Brunner, pictured on the left with SIC President Billie, drove to Chico and delivered a very generous donation for us to give to our local fire evacuees. They filled up the entire back of President Billie's SUV! The donation included \$300 in gift cards, two boxes of new clothes, and numerous bags of gently used clothes, along with a \$500 check. Their club requested that we use the \$500 check to help any Soroptimist members who were evacuated due to the fires.



How to Cope During the Pandemic

By: President-Elect Sara Beacham

When I decided to write an article for the Snail about coping through the pandemic, I wasn't sure where I wanted to start. There are so many different directions to go when thinking about coping mechanisms. I will start with the changing seasons.

Changing Seasons

There are a few things I love more than the changing seasons, and one of them is being warm. I love the colors of fall and the smell of fireplaces keeping houses warm along with delicious comfort food cooking in the kitchen. I am a summer girl through and through, and I will take the hot summer days over the cold days and nights always; but the changing seasons signals the holidays are coming, and the holidays mean joyful times. We need joyful times right now.

When the pandemic first sent the world into a global shelter-in-place, it was spring. The air was starting to warm up and flowers began popping open. In the beginning, a couple of days at home sounded okay, like it was something we all needed. I enjoyed being in yoga pants all day long. Bra, what bra? I am self-employed running two businesses – a bookkeeping and payroll business from home and a personal training studio here in town. The shutdown did not immediately affect me.

Changes in Routine

Business as usual was no longer *usual* after the shutdown. Obviously, the payrolls I was processing became modified payrolls. Some of my clients had to close up their businesses for a while; others thrived. More importantly, my fitness clients needed me more than ever. I had to find a way to help my fitness clients survive what was shaping up to be a long haul. I did lose a couple of personal training clients at the start of the pandemic. Some moved away, others needed to be full-time moms to their children who were now at home on distance learning. Others decided it was too hard to workout outside of the four walls of the gym.

I always say be careful what you wish for, because the universe will conspire to find ways to help those wishes come true. I wished for a bigger presence online with my fitness business, sharing workout videos and tips and tricks to make working out more fun. At the shut down, I had to figure out a way to help my remaining clients stay engaged with fitness. How could we do it?

We switched to virtual training. For my personal training clients, we switched to training over FaceTime or Facebook Messenger on video. For my clients coming to group classes, I offered a Facebook Livestream every Monday through Thursday at 5:30 pm. Switching to this style of training and teaching helped me get online. After the first week, I had a realization that I needed to change the way I was working out and leading my clients. I had been doing my own workouts as usual, and leading my classes by doing, and demonstrating more than ever due to the platforms I was now teaching on. I was also recording a video for social media every day of the week. It quickly became apparent that my wish came true, but at a cost. I was tired. I realized that I was working more than I had done before, between the actual workouts and writing new workouts for posting and sending to my personal training clients.

The more tired I became, the less I wanted to do. This was the moment that I am sure many of you also experienced two weeks into the shut down – fatigue. I didn't want to get out of my yoga pants. I was exhausted. I was, frankly, over it. Then, one day, a miracle happened. I put on earrings. It was a small miracle, but a miracle none-the-less.

Suddenly, I felt amazing. The fatigue shifted to a growing desire to get dressed and motivated for those who I was serving – my clients and those closest to me. I found myself putting makeup on and doing my hair, putting on a nice shirt for Zoom calls. I felt energized despite the changing world around me.

As I started to feel more energy, I was able to come up with new ways to keep my fitness clients engaged. Knowing that virtual training was not what these clients had signed up for, I started offering workouts in the park. The feedback was amazing. I still went Live every Monday through Thursday at 5:30 pm and still do to this day.

Fitness Matters

It was clear to me that fitness mattered, and I said that from the beginning that fitness centers should be considered essential. One of the top two comorbidities common in Covid-19-related deaths are obesity and diabetes. These two comorbidities can be prevented with regular physical activity.

The first several months of the shutdown created several challenges in delivering excellent fitness training. What I noticed from the clients that stuck with it over virtual training to finally getting back into the gym was two-fold. First, I noticed the gains they had accumulated prior to the shutdown did not go away. Second, their mental and emotional fitness remained high.

Fitness is great for so many reasons beyond just the physical benefits. Working out, whether in the gym, the park or just going for a walk or run outside, can boost the endorphins in your dopamine system. In other words, you feel like a million bucks.

One of the hardest times in the winter are the cold days and shorter daylight hours. During the summer, it is easy to get outside and enjoy physical activity in the warm, long daylight. Walks with family and friends in the park are one of my favorite ways to cope over the last few months. I often refer to training sessions as therapy sessions, not just for my clients but for me, too. There is truth in "fitness matters". Fitness keeps you healthy in every way, physically, mentally and emotionally healthy.

Takeaways

I know that this was long-winded and probably more information that you actually wanted to hear. I will end with these takeaways.

First, move your body. Whatever that means to you, do it. There is no right answer to getting your body moving. You need to do what is right for you, what feels good. Which leads me to number two. Do what feels good in a meaningful, intentional way. Be intentional with your day. Set reminders if you need to. I set alarms on my phone to go off throughout the day with reminders to "Choose Bliss" and "Be Intentional". These gentle reminders steer back on track when I get wrapped up in doom-scrolling the news and social media feeds. Stay present and blissful. This shall pass.

Remembering Bev

Beverly (Bev) Anne Rozendaal

October 12, 1943 -- November 18, 2020

Soroptimist International Member: January 1990 - November 2020



Long time beloved member, Bev Rozendaal, of Soroptimist International of Chico (SIChico) passed away on Nov. 18, 2020. Many knew Bev as the shining star of SI Chico. She had a brilliant radiance that captured everyone who came in contact with her. She would draw you in with that glorious smile and infectious laugh. Then capture you with her fun, outgoing personality. Bev had a heart of gold and was willing to share love and kindness with everyone she met. She was by far, one of the most giving persons, I have ever had the honor to know.

Bev joined Soroptimist in January of 1990. When Bev joined, SI Chico only had 40 members. When she passed away, SI Chico had 80 members. Many of those members were invited to join Soroptimist through Bev. I myself was one of those lucky ladies. During Bev's 30 years as a Soroptimist, she held many important positions in our club. She had held every board position and chaired all the different committees, at one time or another. She served as the SI Chico President for the 2001/2002 club year but her biggest impact was her amazing ability to draw in new members. Bev took over the membership committee and the club started to grow rapidly. Over the years when club membership would decrease, Bev would be called in to work her magic and the membership numbers would go up dramatically again. She was an incredible woman with an amazing ability to make everyone feel loved and cared for. Her legacy will continue to live on in our SI Chico Club and our community. SI Chico is currently working on putting together an annual scholarship, to be awarded in honor of Bev's service and contributions to improving the lives of women and girls. If you would like to make a contribution to the SI Chico Legacy fund in honor of Bev please click on the link:

<https://givebutter.com/BevRozendaal>

With gratitude,
President Billie



Billie's Induction with Sponsors Bev & Diane Sept. 2016



Bev, Billie, & Diane at Epicurean Rendezvous



**The 3 Bees
Bev, Billie & Bonnie**

Remembering Bev Continues on next page

Remembering Bev



Bev Rozendaal
Oct. 12, 1943 -
Nov. 18, 2020



Bev & Susan



Bev's Installation with
Maureen



Bev's first
meeting as
President



Maureen pinning
Bev



Rosie & Bev



Diane & Bev



Janet & Bev



Kimm, Bev, Lisa, & Margo



Kimm, Bev, Sharadin, Maureen



Kimm, Sara, Bev, Sharadin &
Kathy



Bev & Kimm

Remembering Bev



Bev & Chris goofing off



Bev with Big Bird & Maureen at retreat



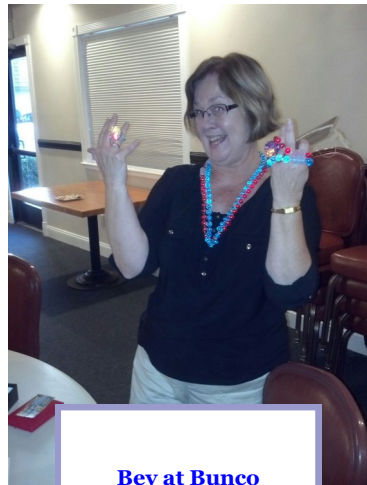
Bev & Big Bird



Karen & Roadrunner Bev



Gayle's Installation



Bev at Bunco



Billie, Bev & Kimm



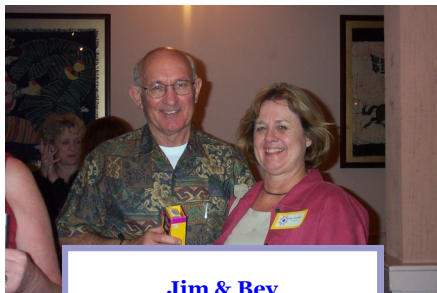
Bev & Vanessa



SIC 75th Birthday Party



Bev & Joyce



Jim & Bev