



SOROPTIMIST

Best for Women®

Soroptimist International of Chico
Improving the lives of women and girls in local communities and throughout the world

Erasing the Stigma
of Mental Illness

Dec. 12, 2017

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Message from President Natalie Conrad



Greetings!

This Wednesday is our last meeting of the year. I really hope you will join us. No matter how you choose to celebrate the holidays, we all can feel a little stressed during this time of year with the traditions, extra commitments and so on. In the interest of your personal mental health, I want to leave you with a few self-care tips for this season:

1. Carve out "me" time - take a hot bath or go for a walk without your phone
2. Go the bed at a reasonable hour, every night
3. Set limits on the amount of time you spend on social media
4. Drink more water
5. Be present - in the moment,

Events



[Click here to see all our upcoming events](#)

HOLIDAY BREAK - NO LUNCHEONS

December 20th - Christmas
December 27th - New Years



Save the Date SI Chico 88th Birthday Celebration

When:

January 26th, 2018

Where:

Kathy Erickson's Home

Time: TBD



More details coming soon

SUDS (Soroptimist Understanding through Drinking & Socializing)

Monthly SUDS

2nd Thursday of the month.



Join us December 14th at Hudson's Gastropub, 2760 Esplanade, Ste. 100. Starting at 5:30 ish until ???

Potential members are welcome to attend with their potential sponsors.

This event is brought to you by SI Objectives Committee

Sew-A-Dress Party

take in the good stuff around you

From my home to yours, have a Merry Christmas!



In service,

**Soroptimist International of Chico
2017-2018 President**

This Week's Program

**SI President's Appeal
Women, Water & Leadership**



Mariet Verhoef-Cohen
2017-2019 SI President

[Read more about President Mariet](#)

December 10th President's Appeal and You [Click here](#)

Presenters:

Trudy Duisenberg
Linda Sheppard
Rosie Postestio

SIA 2017 Member Survey

Below is a note from SIA
CEO & Executive Director,
Elizabeth M. Lucas



Location: Cathy's Sew & Vac

Jan 17th - 5:00 to 8:00 pm

Jan 25th - 5:00 to 8:00 pm

Change a life by sewing a simple dress for a girl in need. Click on the link below to sign up:

[Click here to sign up](#)

[Click here for Dress-A-Girl Flyer](#)

Coordinators:

Sandi Decker & Gail Nottingham

email: dressagirl@sichico.com



JESUS CENTER Servers Wanted

Thank you everyone for signing up for our 2017 servers, it is now time to sign up for 2018.

[Sign Up Here](#)

Amy Hawes

Jesus Center Coordinator

a_planner@yahoo.com

Wednesday Door Greeters Wanted

Greet our members, guests and speakers with your smiling face as they walk in the door. Thank you all for signing up as door greeters. 2018 is beginning to fill up, so sign up now.



Signup Here

[Click to sign up](#)

Thank you for signing up,

Thank you for your continued support of Soroptimist! We're growing our movement dedicated to empowering disadvantaged women and girls, and we need your help.

When you have a moment, can you please complete our 2017 member survey? It will help us get to know you better and tell us how we can make Soroptimist programs and clubs an even better experience in the future!

All answers will remain confidential, and any feedback is welcomed and encouraged.

We can't wait to hear what you have to say.

Many thanks,
Elizabeth M. Lucas
CEO & Executive Director,
Soroptimist International of the Americas

[Begin Survey](#)

Monthly Lunch Raffle



Thanks to all of our members who have supported our monthly lunch raffle so far this year!

This lunch drawing is an internal fundraiser. The money collected is used to help fund our operating costs throughout the year so we can give away more \$\$!

Member Center

Quick Links....

[Our Website](#)

[Meet our 2017-2018 Officers](#)

[News & Events](#)

[Roster](#)

[Handbook](#)

[E-blast Archives](#)

[Roster Change Request](#)

[E-blast Insertion Request](#)

[Submit An Event](#)

[General Resources](#)

[Members Only Facebook Page](#)

[Public Facebook Page](#)

[SNR Website](#)

[SIA Website](#)

[Soroptimist Store](#)

[Live Your Dream Website](#)

[Dream It Be It](#)

Soropti-Wear



We have lots of those cute little hoodies that you can purchase for \$30! Contact Kathy Erickson at: kathyerickson@pacbell.net

Starfish Award



Meet our Sponsors that help pay for our weekly E-blast

A professional advertisement for Kim N. Huber, CFP®. It features a headshot of Kim on the left. To the right, the Barrett Financial Services logo is at the top. Below it, her name and credentials are listed: "Kim N. Huber, CFP®", "kim.huber@lpl.com", "530-894-2244", and "BarrettFinancialServices.com". At the bottom, there is a small disclaimer: "Kim N. Huber, CFP® is a Registered Representative with, and securities offered through LPL Financial. Member FINRA/SIPC. Investment Advice is offered through WCG Wealth Advisors, a registered investment advisor. WCG Wealth Advisors and Barrett Financial Services are separate entities from LPL Financial."

[click here to visit Kim's Website](#)

[click here for Kim's Facebook page](#)

Know a member that is making a difference in the committees, the club or the community? Let's recognize her or him with a Starfish Award. Please email your nomination to Kathy Erickson, Alternate Delegate at

kathyerickson@pacbell.net

Please include the members name and a brief description of what the member did to make a positive impact for others.

A professional advertisement for Laura Burghardt, CRS, GRI. It features a headshot of Laura on the left. To the right, her name and credentials are listed: "Laura Burghardt, CRS, GRI", "OWNER / BROKER", "CERTIFIED RESIDENTIAL SPECIALIST", "CELL: (530) 864-6632", and "EMAIL: Laura@ChicoLaura.com". Below that, her company information is listed: "City of Trees Realty", "120 Amber Grove Drive, Suite 124", "Chico, CA 95973", and "BRE License #00991783".

[click here to visit Laura's Website](#)

[click here for Laura's Facebook page](#)

From the Editor's Desk

SPONSORS WANTED



Special Pricing going on through the end of the year. Submit your payment by December 31st and pay only \$50 on your advertisement costs through June 30th. For more information contact:

Joyce Brown
at eblast@sichico.com



Remember this is the last meeting of the year....What does that mean??....It means **Margaret Bomberg** will be bringing us her **Christmas stockings and Christmas cups**. You don't want to be left out in the cold. Join us!

Send all E-blast requests by 5 pm Sunday to the following address:

eblast@sichico.com

Joyce Brown, Editor