

## What You Can Do

- Volunteer to help in one of our projects or fundraisers
- Attend one of our weekly meetings to learn more
- Make a donation to support our projects
- Join and benefit from membership by
  - ⇒ Networking with others
  - ⇒ Serve your community
  - ⇒ Meet like-minded people from around the world
  - ⇒ Make a difference for yourself and others
  - ⇒ Have fun



Annual "Sips for Soroptimist" tea & fashion show



Volunteering is what we do:  
Lost Coast Kennel Club Dog Show Parking, Highway Clean Up, Flags on Main Street



## Where and When We Meet

**Soroptimist International of Eel River Valley meets the first three Wednesdays of each month September thru June at:**

**8:00 AM**

**St. Francis Episcopal Church  
568 16th Street —Fortuna**



Develop Leadership Skills!  
2024-2026  
Board of Directors and Members

### For Information Contact:

Laurie Garrison—707-496-3588  
Lg7485@aol.com

To learn more about Soroptimist and our activities go to our website:

**[soroptimisteelrivervalley.org](http://soroptimisteelrivervalley.org)**

"Like" Soroptimist International of Eel River Valley on Facebook

SIERV

P.O. Box 869

Fortuna, CA 95540

**Soroptimist International  
of Eel River Valley**



**SOROPTIMIST®**

**Investing in Dreams**

*Improving the lives of  
women and girls in local  
communities and  
throughout the world*

## Who We Are

### Founded in 1921



Soroptimist is a global volunteer movement consisting of five federations. We work together to transform the lives of women and girls.

Members in our local communities and around the world work to Educate, Empower, and Enable opportunities for women and girls.

**Soroptimist** means "Best for Women" and that's what our organization strives to be -- women at their best helping other women to be their best.

The principles of Soroptimists are to strive for:

The advancement of the status of women; High ethical standards; Human rights for all; Equality, development and peace; The advancement of international understanding, goodwill, and peace

**Soroptimist International of Eel River Valley** has served the greater Eel River Valley since it was chartered in January 1982. We are part of Soroptimist International of the Americas federation.

*We believe that by helping women and girls they will become a strong voice for all women!*

## What We Do



The *Live Your Dream Award* provides women with the financial resources they need to improve their education, skills, and employment prospects.

- More than \$2.9 million annually is disbursed to over 2,000 women all over the world.
- Many recipients have overcome enormous obstacles including poverty, domestic violence, and drug and alcohol abuse.



### Women's Opportunity Award

This award assists women who are motivated to gain additional skills through further education or training to achieve an elevated employment status, but do not have the resources to do so. The award can be used to offset any costs associated with efforts to attain higher education including tuition, books, supplies, childcare, or transportation costs.

### K Chapman Mental Health / Social Work

**Scholarship**— is given to women attending a credentialed program with the goal of completing a Master's Degree in Mental Health or Social Work.



**Ruby Award**—Recognizes women who have worked to improve the lives of women and girls through their professional and/or volunteer work; named in honor of the first federation president, Ruby Lee Minar.

**Violet Richardson Award**—Named for the president of the first Soroptimist club, this Award honors girls who are making a difference through volunteer service. These young women donate their time and energy to causes that make the community and world a better place.

### Youth Citizenship Award

This Youth Citizenship Award is given to young women who make outstanding contributions to home, school, community, and country.

### Student Teen Award for Resilience (STAR)

Is given to a young woman who has demonstrated resilience in high school to achieve her goal to further her education in college, university, or vocational program.



**Dream-It-Be-It** is a program that gives girls the tools they need to achieve their education and career goals, empowering them to break cycles of poverty, violence, and abuse.

**Shoe Box**—Shoes are purchased for school-age children who need adequate shoes to attend school. School counselors in the Eel River Valley work with SIERV to support this program.

### Book Project/ Library Breakfast—



For over 35 years, library books have been donated to elementary, middle, and high schools throughout the Eel River Valley. We honor the school librarians and their administrators at the annual Library Breakfast when the books are distributed.

### Girls of the Month

Recognizes girls from Fortuna, Ferndale, and East High schools for their achievements.



## Other Projects

**Fellowship**—Monetary awards given annually to women in the last year of their doctoral program. The purpose is to affirm the importance of the recipient's work and value as an individual, and to support women who are working in fields that have great social & scientific importance.

**Soroptimist Stop Trafficking**—Raising awareness about the devastation of human trafficking