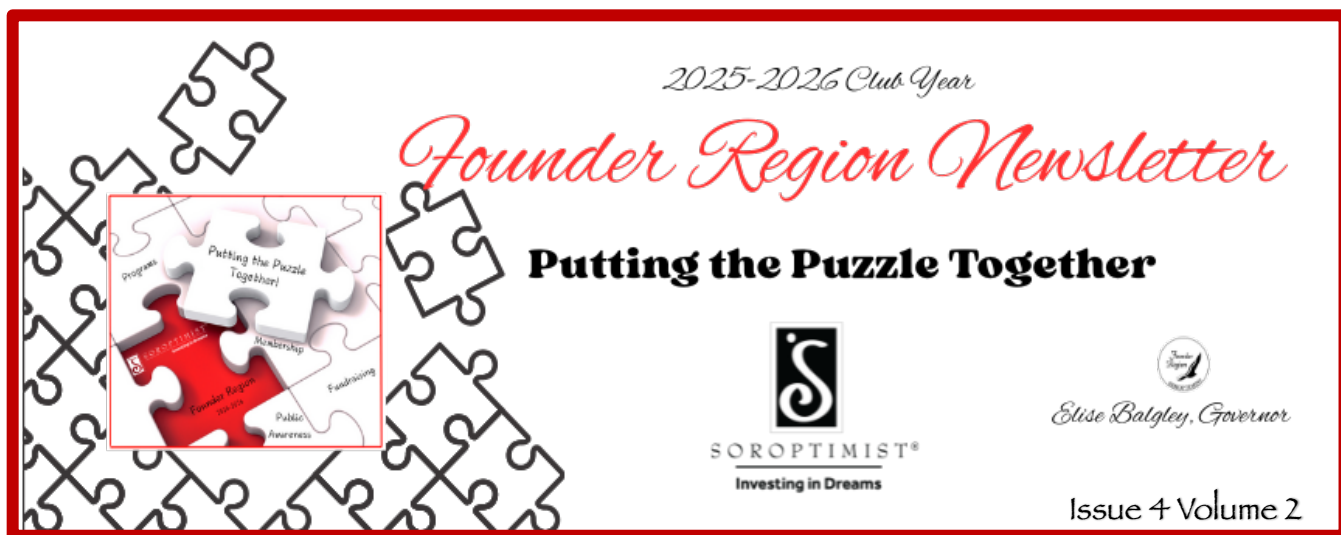




October Governor's Message

October is the month of District Meetings. By the time you read this, two of those meetings will be over and we will be headed to Maui. It has been wonderful seeing so many of you at these meetings. The enthusiasm is amazing, and I appreciate the kind comments from various members.

What's next? By November 15, Live Your Dream Award applications will all be in. Before then, encourage people to apply. Then, let's get those judged, shared as needed, and be ready to give out even more awards than we did last year.

Keep going on your Big Goal Accelerator Projects. Good progress is being made on the Federation level to reach our Big Goal of investing in the dreams of half a million women and girls by 2031. Be part of that progress.

Let's also keep going on our efforts to grow our clubs and our Region. I am seeing and hearing about a number of inductions of new members. You are an involved Soroptimist, or you wouldn't be reading this; share that with someone else.

It's also time to look at nominations for the 2026-2028 Region and Fellowship Boards. Who do you know who would be a great fit for one of those positions? Maybe it's you??

Be proud of your membership in Soroptimist, our organization, and your fellow members. We truly do change lives. Let that pride shine through and Soroptimist will continue to grow and thrive.

I hope to see you soon.

Governor Elise

Calendar of Upcoming Events

October- DV District meeting Oct. 18th Maui, DV Leadership training Oct. 19th Maui

November- LYD online system closes 11/15

December 1- Nominations due for Region Board and Fellowship Board SIA Grant applications open.

January – Mandatory Convention fee will be sent to clubs- See flyer at the end of the newsletter for details.

January 2- [Relief assistance](#) for Convention Fee opens

January 15- Early LYD submissions due for opportunity drawing ticket

February 1- LYD and Violet Richardson Awards due to District Reps.

March 24- Call to Caucus (virtual)

May 1-3- Region Conference-San Ramon Marriott



Fundraising-Joy Swank, Chair

Happy October to all,

It is pumpkin spice and everything nice time of year.

I hope your fundraisers are coming along successfully. Please share with me if you would like them in our newsletter.

I asked all directors to have your club presidents explain and promote the Laurel Society as well as Stargazers sign-ups. Both are great ways to fund our many programs. All information is on our website. Thanks for all you do,
Warmest regards, Joy

Membership- Angie Haramoto, Chair

"Aloha, by the time you read this newsletter, some of your District would have had their District Meeting, I hope the presentation from SIA was both interesting and informative. Remember to log on to SIA's website and look up what the Region Membership Chair webpage has to help increase your membership or samples of how to keep your members engaged. If more help is needed, I am here for you." Angie

Programs- Jackie De Vries, Chair

Live Your Dream (LYD) Resources

At the end of this newsletter, you'll find **resources for LYD** along with helpful **suggestions for finding applicants**. Chair **Maida** is sharing a breakdown of **where our applicants are hearing about us so far**-valuable information to help guide your outreach!

Ruby Award Does your club present a **Ruby Award**? You can find **resources on the Founder Region Resource Page**. While not an official **SIA** or **Founder Region** program, many clubs still participate to celebrate women who help other women-one of the most meaningful recognitions we can give.

🌸 Violet Richardson Award

It's time to start recruiting your **Violet Richardson Award** applicants!

Your **District Representatives** need your **club finalists by February 1st** so that district-level judging can take place. Each district will have one winner, and the young woman will receive **\$500 at Conference**. Let's help celebrate young women making a difference! ***Violet Richardson Reps:** District I- Carol Dippel, District II-Jan Schults, District III- Laurie Gallian, District IV-Dyann O'Brien, and District V- Rene Tokanaga*

🚀 Big Goal Accelerator

Keep those **Big Goal Accelerator Awards** coming! To be recognized at **Conference**, submit to SIA by **April 1, 2026**. Even if you submitted last year, please submit again, each year we're impacting **new women and girls**. Last year, we **exceeded our SIA-set goal**, reaching **1,853 women and girls**! We're already **28% of the way toward our 2031 Big Goal**, let's keep that energy going!

Public Awareness- Sue Pretzer, Chair

It was great to see so many clubs and Soroptimist members from Districts I and II at the District Meeting at the Concord Senior Center. We shared ideas on how to grow our Clubs and keep members engaged and learned how to promote our various Dream programs. Yes, Soroptimist is still one of the world's best-kept secrets. Let's work to change that by using our local news media! Here are some things to think about!

The media recognize that their audiences are on social media, so they maintain a strong presence there as well. Engage local media and encourage them to promote and share your stories.

- Add photos and videos to your posts to attract attention.
- Tag local media in newsworthy posts.
- Like/follow the pages of all your local media and share your club projects on their social media pages as well.

Continue growing and learning!



Around the Region

District I- District Director Laura Koehler

We had a wonderful turnout for our District I and II meeting—thank you to 24/680 (Walnut Creek) for serving as one of our gracious host clubs! I hope you left feeling inspired by our “*Membership: Piece by Piece*” program and full of fresh ideas to energize your club through fun, engaging activities.

Speaking of revitalizing membership, be sure to check out the announcement from SI/Oakland, our Founder Club, about their upcoming Friendship Gathering on October 25th.

Finally, my heartfelt thanks to all District I clubs for your generous gift presented at the meeting. It’s truly an honor and a joy to serve as your District Director.

**Please Join Soroptimist International of Oakland ~
The Founder Club for our Special Event!**

Led by Friendship Club Chair, Dr. Catherine Pinkas, this event will

- ~Revitalize connections between Soroptimist clubs from around the globe.
- ~ Foster new and existing friendships.
- ~ Enhance and understand different club programs within Soroptimist.
- ~ Discover how we all share a powerful common goal, "To support women and girls!"

Each club has unique programs, but our shared mission unites us worldwide!

Event Details:
Saturday, Oct. 25th, 9am-1pm
Chabot College Event Center
25555 Hesperian Blvd - Building 700, Hayward, CA

Don't miss out on this chance to strengthen our global sisterhood!
We eagerly anticipate gathering with you.
Please join!

 www.soroptimistoakland.org



FREE EVENT

SPONSORED BY

SI/OAKLAND- THE

FOUNDER CLUB

Use the QR code for

tickets.

District II- District Director Dana Holve

The District I/II Meeting was a wonderful success! Members left energized with a dynamic 30-Day Action Plan. Exciting ideas include “Sip & Share” cards, “Walk & Talks,” and creative gatherings that strengthen our Soroptimist connections. Members are reaching out personally: inviting newer members for coffee or wine, rekindling mentorship pairings, and checking in with those we haven’t seen in a while. Clubs are also planning lively “Vision Board Parties,” “Speed Networking” events, and welcoming “Meet & Greet” mixers at local venues. Some are even choosing a new seat to meet someone different at club events or calling a member who’s been away. Together, we’re keeping our Pieces in Motion, one inspired action at a time!

District III- District Director Nancy Koski

Thank you, District III and IV delegates to our District Meeting on October 11. We survived microphone malfunctions, table confusion (mea culpa, we’ll be better prepared with signs for the sales tables next time), and a little presentation confusion. You took it all in and laughed with us as we muddled through. Sometimes we used our outdoor voices to speak without microphones. You still got the message and dived into discussions with gusto! I’m awed by your enthusiasm and wonderful ideas. Kudos to Aileen and Kris, our sound techs extraordinaire, and to our phenomenal Host Clubs, SI Novato and SI Arcata.

District IV- District Director Crystal Arbuthnot

Greetings from District IV. This month’s article highlights our Fortuna club.

Soroptimist International of Eel River Valley (SI/ERV) is off to a busy and inspiring season! Their *Bunco for Books* monthly fundraiser events combine friendship, fun, and purpose as they raise funds to support literacy and provide books for the local school libraries.

To gain new members, they hosted a *Meet & Greet*! It’s a great opportunity for guests to learn more about our mission to improve the lives of women and girls -and how they can join in the fun and service. SI/ERV is staying visible and active in the community through several outreach efforts - from keeping our roads clean with the *Adopt-a-Highway* project to connecting at the *Citywide Yard Sale*, *Chamber Mixer*, and *Auto Expo*. Each event helps us share who we are and what we do while strengthening community partnerships.

Together, we’re making a difference through service, friendship, and teamwork - and showing that when women unite for a cause, great things happen!

District V- District Director Teri Lynn Sato

Our only Club on Maui will be hosting our upcoming District Meeting on October 18th, then Leadership Meeting on October 19th. This club was sponsored on May 3, 1970, by our Waikiki Club. With 14 members, this club is a powerhouse on the Island of Maui! Lead by President Carole Zoom, they continue to partner with community organizations and buy local. In anticipation of Maui’s long-term recovery needs after the widespread destruction from Maui wildfires, this club continues to partner with local organizations that align with their mission and support local women-owned businesses as the Maui economy adjusts after the devastating wildfires.



Dream It, Be It- Jackie Arnold-Chair

Let's welcome fall and the holidays to come - a season of change, gratitude, and new beginnings! As we enjoy this beautiful time of year, it's also the perfect opportunity to get your Dream It, Be It thoughts in gear. Soroptimist's Dream It, Be It program empowers girls to dream big, set goals, and build confidence as they plan for bright futures. Now is the time for clubs to start organizing meaningful sessions that will inspire and uplift the next generation of young women. Gather your committee, review the resources on the Founder Region website, and start planning your program. Whether it's a single-day event or a series of workshops, every effort makes a difference. Together, we can guide girls to dream it, believe it, and be it - creating lasting impact in our communities as we move into this wonderful season ahead.

Live Your Dream- Maïda Herbst-Chair

One month to go for applicants to submit their application on-line or on paper. Most applicants complete their application in the month of November.

All LYD club chairs need to sign a new on-line confidentiality agreement using the link below.

<https://soroptimist.jotform.com/program/lyda-confidentiality-agreement>

After you sign your confidentiality agreement, you need to find the end of July email from "LYD Awards SIA" with a subject line of "Your Live Your Dream Award Application System Account". Log in and activate your account. If you cannot find this email, contact your District Representative or send me an email.

SIA is collecting data on how the applicants learned about Live Your Dream Awards. So far, 22% learned from a career counselor or advisor, 17% from an internet search, 10% from a friend, relative or co-worker, 5% from a flyer posted in their community, 5% from a local plumbers and steam fitters union, 7% from social media, 5% from family and child services. The rest learned from scholarship databases, case workers, financial aid advisers, and domestic violence organizations. Do you have any more suggestions? Please email me so I can add them to the list and other clubs will benefit.

Thanks again for making Live Your Dream happen.

Maïda Herbst
 Founder Region Chair Live Your Dream Program
 707-337-7673 (before 8PM)
MaïdaRHIA@aol.com

"S" Clubs- Dawn Shepherd-Chair

This month I have a few ideas I wanted to share with you.

If you have not attended a meeting with your High School "S" Club, now would be a good idea. Providing a quick overview of what Soroptimist is all about, our mission and our programs can help our "S" Clubbers have a better understanding of the importance of helping women and girls achieve academic goals.

Another thought is to help your "S" Club Board and members brainstorm some project ideas. It's fall (and Halloween), maybe they would like to make and provide healthy snack bags/pumpkin "Boo" baskets for children staying in local shelters. Maybe they make small succulent-decorated pumpkins to sell and then choose a women's or girls organization to give the proceeds to. Your possibilities are endless.

Have a wonderful October.

Resources from the District Meeting

Webmaster Kris will be posting the PowerPoints from our District Meetings from the Pillar Chairs, and the Fabulous Directors Membership Presentation. They will be great resources to share with your club members who were unable to attend.

Attached is a PDF of the very fun Bingo game from the Directors.

The Elevator speech activity is also included- a fun activity to play with your club members.

To get the Bingo Cards for the fun Soroptimist Bingo click here: [BINGO](#)

Here is a link to the Video about Live Your Dream to post on your Facebook/social media pages. [video link](#)

Live Your Dream

Here are the suggestions from SIA for finding LYD applicants.

Make a list of organizations to contact

• Local schools (<i>community colleges, universities, adult education centers, vocational/training schools</i>) • Community/recreation centers • Charitable organizations • Homeless shelters & transitional housing programs • Domestic violence shelters	• Government public assistance offices • Welfare-to-work programs • Employment agencies • Local job/career fairs • Addiction recovery & rehabilitation centers • Organizations working with women and girls
• Food banks • Women’s health centers • Community health clinics • Childcare or daycare facilities	• Libraries • Places of worship

Think about who you already know!

SIA | FALL 2025 |

As discussed at the District Meeting, you can still accept PDF applications per SIA. Please let your LYD Rep know if you have received applications by PDF so they can be entered into the report. Also note, if you choose to extend the deadline you must still have your winners turned in by Feb. 1, and if you are trying to get a drawing ticket for turning it in early the date is January 15. The online system is convenient, and you are encouraged to use it.

Important Information from SIA regarding Convention

During their recent meeting, the SIA Board of Directors approved the use of Disaster Funds to assist clubs in covering the mandatory convention club fee for the 49th Biennial Convention in Incheon, South Korea.

To help you plan accordingly, please take note of these key dates:

- **January 1, 2026:** An \$825 mandatory convention fee invoice will be sent to all club emails.
- **January 2–February 15:** Applications open for clubs to request relief funds.
- **January 2–March 2:** SIAHQ staff reviews applications and notify clubs of their final status.
- **March 15:** Mandatory convention club fee payments are due.
- **March 16:** A 10% late fee will be applied to any accounts with unpaid fees.
- **April 1:** Clubs that have not paid by this date will be notified that they are at risk of losing their club charter.

Learn more about the detailed timeline, criteria to apply for the mandatory convention club fee relief and anticipated FAQs.

[SIA Relief Package—Key Information](#)

[LINK](#)

Your assistance is particularly appreciated—if you know of clubs that are struggling, encourage them to apply as soon as possible once the application opens January 2. These funds will be available on a first-come, first-served basis, so clubs will potentially be at a disadvantage if they wait.



FELLOWSHIP REPORT

“Solving Puzzles by Degrees”

As I write this, we have one District Meeting behind us and two more to go. Last weekend, at the District I/II Meeting in Concord, we raised enough money from our basket drawing to award seven fellows and we had one member who purchased her first level Fellow at that meeting. Congratulations! Many clubs sold all their issued tickets and sales at the meeting continued. These basket drawings are a major fundraiser for Fellowship and we can only award our amazing grants at Conference because of member participation and generosity. A complete list of winners of the drawings will be posted in next month's Founder Region newsletter.

At our District I/II Meeting, Fellowship was extremely excited to be presented with a \$10,000 donation from SI/the East Bay. We will be awarding a special grant at Conference next May in honor of this donation; that is a grant in addition to the grants we will give from last year's fundraising. Our Fellowship board thanks the members of SI/the East Bay from the bottom of our hearts for your generous gift!

Founder Region Fellowship has beautiful custom created President's pins for sale. These pins have our Founder Region logo surrounded by a bling gem border. These pins will be available at our next two District Meetings and we will be making them available through our store on the Fellowship website. Please consider purchasing one of these unique pins as a gift to your president or, past presidents may want one as a token of their past terms.

Once again we have our puzzle games as a Conference fundraiser this year. These are 9 piece puzzles available for \$90. Each puzzle enters you into nine separate drawings for a Fellow. Contact your Fellowship Director or President Vicki to purchase one. They will also be available on our website store. Be sure to invite your Fellowship Director to a club meeting and she will explain the game and have puzzles to sell.

Again we ask you to please consider signing up for monthly giving. This becomes an easy way to bring your donation to \$1,000 for a new Fellow or level up. Forms are available on our website or scan the QR code at the right.

President Vicki



Fellowship Board

President—Vicki Ham

Treasurer—Danelle Tegarden

Fellowship Directors

District I—Amelia Benko

District II—Kay Kelley

District III—Colleen Ganaye

District IV—Tess Albin-Smith

District V—Cindy Rasmussen

Website:

www.founderregionfellowship.org

Email:

vickiham01@gmail.com

Treasurer Email:

danelletegarden@gmail.com

Address:

3505 Pine Street
Eureka, CA 95503



OUR MISSION:

To advance the Soroptimist mission by awarding grants to outstanding women in the final phase of their doctoral program within Founder Region.



Why Stay Soroptimist?



Quick Tips + Fresh Examples

1

Remember why you joined

- I wanted to make a difference in my community
- The club's mission spoke to my heart
- I was inspired by the women I met

2

Share a special moment

- Seeing a woman win a grant brought tears to my eyes
- We helped a girl pursue her dream career
- I've made incredible friendships here

3

Describe a reason you stay

- I feel re-energized after every meeting
- This club renews my faith in women **helping** women
- The world can be hard, but Soroptimist gives me hope

4

Express why it's worth it

- I want to show what's possible when women support each other
- What we do here really matters
- My kids are proud to see me standing up for other women

#PuttingThePuzzleTogether

Soroptimist

ELEVATOR SPEECH TOOLBOX

Mix, match, and snap together your perfect elevator pitch!

- ☐ Who we are
 - ☐ What we do
 - ☐ Why it matters
 - ☐ How to get involved
-

1. WHO WE ARE (Choose one):

- ☐ Soroptimist is a global network of women volunteers improving the lives of women and girls.
- ☐ We're a local club that's part of an international movement for women's empowerment.
- ☐ I'm part of a community of women helping women — locally and around the world.
- ☐ Soroptimist brings women together to make a meaningful impact through service and support.

2. WHAT WE DO (Choose one or two):

- ☐ We give career and education support to women striving for a better future.
- ☐ We help women and girls overcome obstacles through mentoring, scholarships, and community support.
- ☐ We offer cash grants to women going back to school and programs that help girls dream big.
- ☐ Our focus is on education, economic empowerment, and creating real opportunity.

3. WHY IT MATTERS (Choose one):

- ☐ When you invest in a woman, you lift up a family and a community.
- ☐ Education is one of the most powerful tools for change, and that's what we provide.
- ☐ Women often face tough challenges alone. We walk alongside them as they build a new path.
- ☐ We believe every woman deserves support, opportunity, and the chance to thrive.

4. HOW TO GET INVOLVED (Choose one):

- ☐ We'd love to invite you to an event. No pressure, just come see what we're about.
- ☐ If you care about helping women and girls, this is a place where you'll belong.
- ☐ We're always welcoming new members who want to make a difference.
- ☐ There are lots of ways to get involved, from volunteering or just showing up to connect.

Sample Speeches (Mix & Match)

Social/Casual Setting: "I'm part of Soroptimist, a women's volunteer group that supports other women through education and mentorship. We fund scholarships and run programs for girls. It's a great way to give back. Would you like to come to our next event?"

Networking Setting: "I belong to Soroptimist International, a global nonprofit that helps women and girls succeed through education with grants and mentoring. I've gained leadership experience and meaningful connections through it."

Personal Setting: "I belong to Soroptimist International, a global nonprofit that helps women and girls succeed through education with grants and mentoring. Through it, I've gained leadership experience and meaningful connections."

District I Director Laura's: "Soroptimist is an International non-profit organization whose mission is to support women and girls globally and in our community through education. We provide grants, scholarships, programs for girls and also provide education for the public regarding issues facing women and girls today. ."

Director Dana's: "I'm a member of Soroptimist, a global network of women empowering women and girls through education and support. I joined to connect with inspiring women beyond my work as a veterinarian and mom, and to make a meaningful impact. We'd love for you to join an event and see the difference we're making."

Director Nancy's: "I was introduced to Soroptimist by a friend who thought I'd appreciate an organization that works to better the lives of women and girls through education. I've learned that Soroptimist is much more. We offer scholarships and awards to women and girls in need. We also contribute to community, national, and worldwide non-profit organizations helping women escape domestic abuse, poverty, human trafficking, and oppression. Give a man a hand up and he benefits himself. Give a woman a hand up and she benefits her family and her community."

Director Crystal's: Soroptimist is an International organization of members who support women & girls. I joined to help our club not fold, but I stayed because of the mission and what we do in the community to support women and girls and our town. Having 3 boys, it's also my "girl time" and lets me give back to my community in so many ways and allows me to network with other women who support the same things. I have made so many new friends, not only locally, but around the world.

Director Teri's: "A friend invited me to a dinner and I instantly loved the camaraderie of the ladies. My sons had just graduated as Eagle Scouts and being a volunteer for 13 years with men and boys, I figure I can help women too, now. I have no regrets. Soroptimist is an organization of like minded women with a focused mission on empowering women and girls by giving them tools to make better decisions for themselves and their families which ultimately will extend out to their communities."