



February, 2011 Edition

Soroptimist International of Alpine

WHO ARE SOROPTIMIST?

Founded in 1921, we are an international volunteer organization for women in management and professions working through service projects to advance human rights and the status of women. Currently, over 90,000 Soroptimist members represented in more than 3,000 clubs in 124 countries/territories contribute time and financial support to community- based and international projects that benefit women and girls.

WHAT IS OUR VISION? To be the voluntary service organization chosen by all business and professional women committed to improving the lives of women and girls. We will share our time, talents and financial resources to enrich our communities by:

1. Improving the lives of women and girls.
2. Helping women achieve economic and political equality.
3. Serving as a global voice for women.
4. Providing outstanding leadership development opportunities for women.
5. Enhancing world peace and understanding.



Let's all remember the special people we love. Love is what motivates us to do good things for others.

MEETING SCHEDULE

Soroptimist International of Alpine Monthly Meeting Schedule at the Alpine Inn: First, Third & Fourth Tuesdays at 6:00pm
For more information about becoming a Soroptimist write to Soroptimist International of Alpine, P.O. Box 1053, Alpine, Ca. 91903 or our web site: sialpine.org

Visit the Soroptimist Web page www.soroptimist.org to learn more about Soroptimist International

Our January 18th meeting was canceled so our president, Barbara Gould, Sandy James, Joanne Marugg, Ellen Sweeney, and Pat Wood could attend the special meeting of the S.I. San Diego club to stop trafficking. Several special guest speakers were present to inform us on what is being done in San Diego to stop

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human trafficking. Public awareness is the key to putting a stop to this problem. Do you drop your children or grandchildren off at the mall and pick them up later? San Diego gangs are being supported mainly by human trafficking. One pimp can earn \$500.00 to \$1,000.00 a day by owning two girls. The way they convince these girls to do this, is by giving them the attention and “love” that is lacking in their lives. Another way is to gang rape and beat the girls they grab then forcing them into prostitution by threatening them with it happening again. We need to really work on informing parents what dangers lurk at shopping malls, on the internet (face book and my space), or the neighborhood coffee shops. Don’t let your loved one end up with a tattoo saying “Property

Of” Once she is taken the pimp forcibly tattoos his name on her to prove ownership. I wish all of you could have been at this event. This isn’t happening far away. It is happening right here. Parkway Plaza is real close to home. Let’s wake up and take notice!

Last Tuesday we had our Mad Hatter Luncheon meeting and the planning goes on. We talked about doing the registration a little differently. Karen is going to try to have all the baskets assembled before she leaves in March. The hat parade judges will be Martin Marugg, Joe Feeney and George Wood. Kathy Foster is preparing a power point presentation to be used at the MH Luncheon and the new member luncheon. Pat Cannon will be putting out a flyer as part of the advertising for the

luncheon. We have several sponsors for the Mad Hatter Luncheon. They are Chris Wiley, Alex Brown Bag, State Farm and Azmar Engineering. It looks like we have a good start on the planning.

Donna Feeney had a wonderful, relaxing, cruise to Mexico and was back for our Mad Hatter meeting. She is now working part time at her son’s restaurant, Alex Brown Bag. If you want a really good “Philly cheese steak” sandwich or any of the other wonderful items on the menu Alex Brown Bag is the place to visit!

Our March 6th event for Soroptimist and Friends will be held at the Crown Hills Club House, located at 1821 Victoria Park Terrace, Alpine, Ca. This will be a great chance for you to invite all the

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ASK

Alpine Soroptimist Keynotes

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friends to see what we do as Soroptimist and how much fun we have doing it.

Talking about how much fun the Soroptimist have, don't forget to sign up for the District III Winter Meeting to be held on February 26th on Mission Bay. This is a great way to learn more about the programs that Soroptimist has to offer and how the whole process works. It gives you an opportunity to meet women from all over our District and to learn what projects they are working on.

On March 22nd we will be having our Speech Contest at Joan McQueen school from 5:30 to? Sandy James has volunteered to bring 2 doz. cookies and 1 liter of Pepsi and Diet Pepsi. We still need four dozen cookies and maybe a case of water. Could I

please have some volunteers? Let me know at next meeting.

Pat Wood has finally unpacked all the boxes and found a place for almost everything. It is good to be finished, and to finally have some kind of a life back. We are in the process of redoing the drive way and have a few more improvements in mind. When these are done we should be very comfortable in our new, old house.

Please let me know what is going on in your lives. Remember your Soroptimist family relationship doesn't end when the meeting is over.

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SOROPTIMIST
Best for Women

Recipe for February:

COUNTRY 155

TANDOORI-DIJON CHICKEN BREAST

MAKES 4 SERVINGS

- 1/3 cup + 2 teaspoons plain nonfat yogurt
- 1 tablespoon grated fresh ginger root
- 1 tablespoon red wine vinegar
- 1 tablespoon Dijon-style mustard
- 1/2 teaspoon ground cumin
- 1/4 teaspoon cinnamon
- 1/8 teaspoon ground red pepper
- 1 1/2 pounds whole chicken breast, skinned and split

1. To prepare marinade, in gallon-size sealable plastic bag, combine yogurt, ginger, vinegar, mustard, cumin, cinnamon and red pepper; add chicken. Seal bag, squeezing out air; turn to coat chicken. Refrigerate at least 2 hours or overnight, turning bag occasionally. Drain and discard marinade.
2. Preheat broiler. Spray broiler rack with nonstick cooking spray. Arrange chicken on rack; broil, 6-8 inches from heat, 15-20 minutes, turning occasionally, until cooked through.

EACH SERVING PROVIDES: 3 Proteins, 10 Optional Calories
PER SERVING: 115 Calories, 19 g Protein, 3 g Fat, 3 g Carbohydrate, 171 mg Sodium, 49 mg Cholesterol, 0 g Dietary Fiber