

ASK Alpine Soroptimist Keynotes

March, 2011 Edition

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.



MARCH WINDS are blowing in some great programs this year.

Susan has notified the Violet Richardson honorees and the Ruby Award and Women's



SOROPTIMIST

Best for Women

Soroptimist International of Alpine

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

Opportunity Award winners, they will be attending our Mad Hatter Luncheon on April 2nd.

Calendar of Events for March:

- March 1: Business meeting.
- March 6th: Soroptimist & Friends, new member recruiting luncheon.
- March 15: Mad Hatter Luncheon meeting.
- March 22: Speech

ASK

Alpine Soroptimist Keynotes

March, 2011 Edition

contest at Joan McQueen School. March 29: Regular meeting.

Preparations for the Mad Hatter Luncheon are moving forward at full speed. Laurie will be visiting 45 of the local businesses asking for donations. Donna Feeney donated a basket full of Disney fantasy. Bons Worth and Osmo's Creations will be featured at our informal fashion show.

On Wednesday February 23 the basket committee met at Pat Wood's house and completed wrapping all the baskets. We had a great time, joking, laughing and wrapping. We also did a little bit of brownie eating.

The SI Mission Bay Soroptimist did a fantastic job hosting the District III Winter meeting. The theme was "Connecting Money to the Mission". In our

groups we discussed different fund raisers and how they worked. Then we chose one fund raiser and each group shared WHY, (where the funds would be used) WHO, WHERE, WHEN, and HOW the event would take place. There were a lot of good ideas shared.

The guest speaker was Virginia L. Weber. She spoke on estate planning, and the importance of having a living will. She stressed the importance of keeping it updated every couple of years.

For those ladies that didn't make it, the District meetings are very informative and a lot of fun interacting with other Soroptimists.

Don't forget to invite someone to our Soroptimist and Friends event on March 6th at the Crown Hills Club House. It should be a fun and informative day.



SOROPTIMIST
Best for Women

Soroptimist International of Alpine

Now we'll take a look at our recipes for March. They were sent in by Donna Feeney:

Easy Corned Beef & Cabbage

One small can (14 to 15 oz.) vegetable broth.
2 to 3 cloves garlic
½ teaspoon caraway seeds
¼ teaspoon coarsely ground black pepper
½ of a small head of cabbage cored and cut into 4 wedges
1 ½ cups baby carrots
¾ to 1 lb. baby potatoes about 1 inch in diameter
¾ lb thin sliced deli corned beef

In a saucepan or deep sauté pan with lid or electric frying pan, heat the broth, garlic, caraway seeds and pepper to boiling. Add the cabbage, carrots and potatoes: reduce the heat and simmer for 15 min. Remove the pan from the heat. Layer the sliced corned beef evenly over the

ASK Alpine Soroptimist Keynotes

March, 2011 Edition

vegetables. Cover the pan, and let it stand for 5 min. till corn beef is heated through. Arrange on platter and serve.

Irish Brown Bread

4 cups whole wheat pastry flour
2 to 3 tablespoons sugar
1 teaspoon salt
1 teaspoon baking soda
2 teaspoons baking powder
1½ cups buttermilk
2 tablespoons vegetable oil or melted butter (1oz)

In a large bowl, stir together the flour sugar, salt, baking soda and baking powder. Make a well in the dry ingredients and pour in the buttermilk and the oil or butter. Stir together until blended- some lumps will remain. Turn the dough out onto a floured board and knead about 10 times, or until it all holds together. Form into a large ball and place it on a lightly greased baking sheet. Cut a deep cross in the top. Bake the

bread in a preheated 400 degree oven for approximately 40 min., or until it tests done. Yield: 1 large round loaf, 10 to 12 inches in diameter.



I hope everyone has a Happy and Safe St. Patrick Day!

Editor: Patricia A. Wood
S.I. Alpine



SOROPTIMIST

Best for Women

Soroptimist International of Alpine