



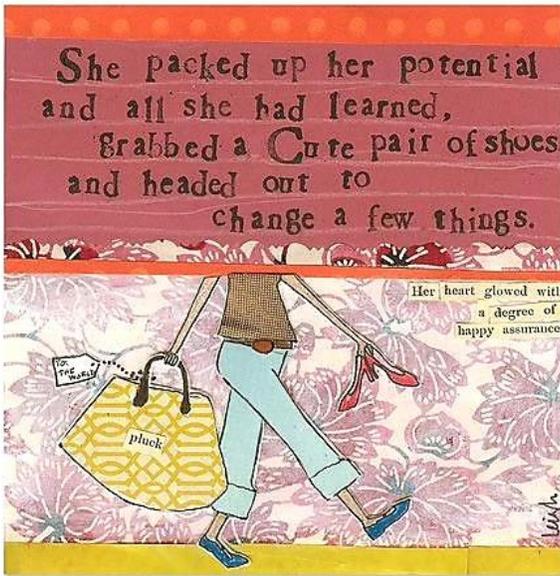
July 2021

Soroptimist International of San Diego

Sorop-Times

Volume 90, Number 1

President's Message



A big thank you to the Special Events committee, Judy Lawton, Beverly Parsons and everyone who attended our 2021-2022 installation!! It's going to be a great year! Enjoy your summer and we'll look forward to seeing everyone at the Retreat on July 31st.

President Terri

July Birthdays

| | |
|-----------------------|-----------------|
| July 1 st | Eleanor Snyder |
| July 6 th | Jessica Barajas |
| July 7 th | Beverly Parsons |
| July 12 th | Judy Cole |
| July 28 th | Paula Day |
| July 31 st | Joy Brown |

July Club Meetings

July is DARK!!! There are no club meetings scheduled.

August Club Meetings

August 3rd Business Meeting: Happy Hour 5:00 p.m.; Business meeting 6:00 p.m., Bankers Hill Club, 3030 Front Street, San Diego 92103.

August 17th Program Meeting: Happy Hour 5:00 p.m.; Program meeting 6:00 p.m., Bankers Hill Club, 3030 Front Street, San Diego 92103.

Committee Meetings

Community Projects: A meeting is being planned for July. The committee chair will be providing time & place soon.

STAT: Wednesday, August 14th, 5:30 p.m.; contact Paula Day for Zoom link.

Save the Date!

"Meet Up at the Beach": July 2nd; 4:00 p.m. (Look for more information farther on in this bulletin.)

SISD Club Retreat: July 31st, 9:00 a.m.-1:00 p.m. Monica's clubhouse, Address & details to follow.

SISD Book Club: August 10th, 5:30 p.m. via ZOOM, "Lions of Fifth Avenue" by Fiona Davis

Desert Coast Region Leadership Training: August 21st, Palomar Estates West, San Marcos, more information to follow.

Desert Coast Region Annual Conference: May 1-2, 2022.



Officers & Board Members 2021-2022

President: Terri Welter
 First VP: Tango Tangorra
 Second VP: Ruth Turoff
 Recording Secretary: Jessica Barajas
 Treasurer: Joy Brown
 One-Year Director: Grace Meyers
 One-Year Director: Kathy Conrad
 Two-Year Director: Erin Liddell
 Two-Year Director: Susie Hartmann
 One Year Delegate: Monica Logan
 One Year Alternate Delegate: Susan Ritchey
 Two Year Delegate: Kathy Biewenga
 Two Year Alternate Delegate: Allison Whitney-Schnepper
 Parliamentarian: Jennifer Keller

Turkish Cooking Class.. A HUGE success

On Saturday June 12th, the International Projects committee together with Etiler Soroptimist Istanbul hosted a complimentary Turkish cooking class by celebrity chef, Meltem Acikel. Meltem was instrumental in setting up the cooking school that SISD supports at the Balat Cultural House in Istanbul. The class celebrated three decades of friendship with our Istanbul friendship link.

The Zoom cooking class was the brainchild of Bev Parsons with lots of support from the members of the Etiler club. SISD members issue a huge THANK YOU to Bev & Etiler for this very successful event!

The cooking class was offered in both English & Turkish languages and was celebrated with rave reviews:

“This was the BEST publicity! We had Soroptimists from other clubs and guests from Canada and Mexico as well as other parts of the U.S. Some were watching in groups so there was probably 80 in attendance.”

“ Oh Bev! What an incredible experience! Thank you for your insight and your ‘never give up the ship’ attitude. This was the greatest humanity lesson in the world! Exposing different cultures to one another to show how much alike we really are! Thank you, one million times!”

“ What a great event! I have been isolated for so long I forgot women are women no matter where are...we just connect”

“Thank you again for the invitation to attend this lovely event!! I can’t wait to prepare this meal for my family.” Well, that was fabulous! And delicious!”



Soroptimist International of San Diego is elated to report our friendship link Soroptimist North Shore Auckland New Zealand and SI San Diego are working together to provide North Shore Women an *Educate to Lead* monetary award. This is a unique education grant for women who provide the primary financial support for their families.

The award will support a woman who is the primary financial provider for their family; and gives some financial support to further their education, skills and employment prospects in the future. The recipient may use the funds provided in any way which directly supports her costs to support her to attain higher education skills or formal qualifications. This may include, but is not restricted to fees, books, transport or tuition, therefore enabling the recipient to focus on her studies rather than the challenge of some of the costs involved.

Applications close 15 August.

North Shore Auckland, New Zealand PO Box 33-495,
Takapuna, Auckland, New Zealand



Community Projects

It is the end of the year and time to wrap up our projects and review what we have done.

Last year we transformed the **Second Chance** sober living home for women from a very clean, dark, empty structure to a cheerful, lively home by painting the walls and buying chairs, area rugs and art. This year we added canned lighting to the living and dining rooms and a fan for the dining room to create warm bright lighting. We contributed to their Thanksgiving dinner and Holiday dinner and presents, that

included sweatshirts and Walmart gift cards. For their outdoors and recreation during the confines of Covid, we contributed a sectional and lounge chairs for their patio, art supplies and easels, a picnic table with a ping-pong tabletop and paddles. Each resident can take her bedding and towels with her as she leaves, so we contributed those for 12. We are granting their request for shades to block the glare of the setting sun in the patio and to replace the broken shed.

Our other on-going project has been to contribute backpacks and school supplies to **Girls Rising** for them to distribute to their at-risk girls and a picnic for them and their mentors. This year, with the understanding that backpacks last more than a year and the girls were at home on zoom schooling, we offered to supply them with what each girl needs. We are supplying five backpacks and school supplies off last year's list to 18 girls. Because of Covid their numbers are down. Their picnic is scheduled for early August and we will underwrite their picnic.

The club was very impressed with Jessica's presentation on the history of the **Girl's Club** and transitioned that to the Boys and Girls Club. We have asked her to make a proposal for a project for girls only. It is the end of the school year, involving graduations from the program for many of their students. She will get back to me.

The members of the committee gave very thoughtful advice and comments on the proposals for the year. Many thanks go to Kathy Biewenga, Nancy Goodrich, Susie Hartmann, Judy Lawton, Carol Levy, Ruth Turoff and Allison Whitney Schnepfer.



Shelter Island Happy Hour?

- ✓ Every 1st Friday of the month (till the cold drives us inside).
 - ✓ 4:00 p.m. (cause that's when Happy Hour starts on the Point)!
 - ✓ On the grass across from the Concert Entrance at Humphreys. (on Shelter Island). Bring a chair, something to drink, and something to add to the charcuterie board.
- ✓ It gets chilly so think layers!
- See you there!!

If you get lost, text Eleanor 619-323-4427 or Susan 602-696-1856.



The committee sign-up sheet was circulated at the June business meeting and is included with this bulletin. If you have not had the opportunity to select your committee choices for the 2021-22 club year, please contact either President Terri or the committee chair to have your name added to the listing.



Community event flyers & newsletters are received electronically by SISD.

To view, please click on the links:

SI Vista North County

<https://drive.google.com/file/d/18wBfsxkczFEO3Fw8LZtqAzpb5N7vZxa/view?usp=sharingista, North County Bulletin:>

SI La Mesa Bulletin:

<https://drive.google.com/file/d/1eFiTGMZmQoJdk1YRdyUV3rYNWEdKr83L/view?usp=sharing>

The PayPal link for the "Pay the Pig" brags is:

https://www.paypal.com/cgi-bin/webscr?cmd=_xclick&hosted_button_id=ZXM3HVT2AD9DE&source=url



A Day at the Del Mar Races!

Thursday, July 29th. Gates open at noon. Post time 2:00 p.m. No host lunch in Il Palio at Equus Skyroom overlooking the finish line. Email Paula phday@cox.net if you are interested in a ticket Must reserve by 7/24.

This event raises funds so Freedoms Foundation at Valley Forge-San Diego Chapter can send local high school juniors to a leadership summit. "And away they go..."



On June 1st SISD celebrated their first in-person meeting in a long while. They have been meeting via Zoom for the past 14 months and it felt so good to be back together.



And... On June 13th, the club celebrated President Terri Welter and her officers & board of directors' installation. Bev Parsons was the inducting officer. She used President Terri's theme of "Step Up With Purpose" to perform the induction which was cleverly done and inspirational. The event was held at the San Diego Yacht Club. The day included a beautiful sun-filled San Diego day, a delightful luncheon, and the joy of being together to celebrate our incoming officers & board.



If that wasn't enough celebrating for one month, at the June business meeting, the club voted to help 8 present & 6 former *Live Your Dream* recipients by giving each a cash grant to help in defraying their education & living expenses. Next month's bulletin will provide our recipients' 'story' so stay tuned....



Recipes from the Turkish Cooking Class

Chef MELTEM AÇIKEL

I was born in Istanbul in 1965. I studied culinary arts programs. For several years, I worked as a manager and instructor in different kitchen workshops and worked to enrich my own kitchen more and more each year in the process. Since 2000, for 21 years, I have been on many cooking shows on national television channels. I worked as a culinary instructor for 5 years in a kitchen workshop project that was started in 2011 to help women learn a profession at the Balat Culture House which was founded with great efforts by the Soroptimist Federation of Turkey. I am grateful to the Soroptimist Club for their intense effort and support in this project which is very precious to me.

My culinary adventure started as a child, in my mother's kitchen by tasting, kneading, smelling what she cooked. I grew up with Turkish cuisine in the light of both my grandmothers' teachings. Prepared with love and served with a lot of effort, I think Turkish cuisine has the best flavors in the world. To me, the most important reasons we have such a fascinating culinary culture has always been the respect shown to unity and the gathering of the entire family around the dinner table. Although we are now forced to consume rapidly and to waste in today's world, I have never forgotten that I am a descendant of grandmothers and grandfathers who knew the value of every single grain of rice on their plate. I continue to learn, experience, taste and cook in order to preserve these legacies.

Starters

MÜCVER / FRIED ZUCCHINI FRITTERS

- 3 Zucchini
- 2 Eggs
- 1 cup of flour
- A handful of scallions (green onions)
- A handful of dill
- 1 onion
- 1 cup of grated low-fat feta cheese
- 3-4 tablespoons of vegetable oil
- 1 teaspoon of salt
- 1 teaspoon of black pepper
- 1 espresso spoon of cumin

Grate all the vegetables. Squeeze them to extract excess juice. Finely chop the dill and scallions. Mix everything with eggs, cheese, cumin, salt, pepper, flour and vegetables. Put the vegetable oil into a frying pan and heat it. Put a spoonful of the batter in sizzling oil then lightly pat it with the back of your spoon to flatten and give shape to your fritters. Fry flipping both sides until both sides get a golden color. Put your fritters on paper towels after taking them out of the pan to remove excess oil. Serve with yogurt.

REEN RUNNER BEANS

- 2 pounds green runner beans
- 2 onions
- 4 tomatoes
- 1 clove of garlic
- 1 teaspoon salt
- 1 espresso spoon black pepper
- 1 cup of olive oil

First, dice the onions. Remove the stringy stems of the beans by running a vegetable peeler down each side and cut them into half vertically. Put half of the olive oil into a big pot. Place one whole garlic with peels on in the middle of your pot. Start placing a row of green beans around it, follow with a layer of onions and tomatoes. Then make another layer of beans and add another layer of onions and tomatoes on top. After all your layers are set you can add the rest of the olive oil, sugar, pepper and salt. Put the stove on low heat, place a lid and cook. Check occasionally as it cooks. You can add a little water before it's done if the juice of the tomatoes is not enough. When the beans absorb the juice and water and are soft enough you can turn the heat off and wait until it gets cold. Finally, flip the pot onto your service platter.

Main Course

LAMB SHANKS

(4 servings)

- 1/2 cup of olive oil
- 4 lamb shanks
- 25 shallots
- Fresh thyme
- 1 teaspoon of coriander
- 10 cloves of garlic

- 10 prunes
- 1 teaspoon of salt
- 1 teaspoon of black pepper
- Lemon peel
- Fresh rosemary
- 10 cherry tomatoes

First put coriander, grated lemon peels, black pepper and salt together in a mortar and crush everything. Add 3 cloves of garlic and fresh thyme then stir and crush more until you have a coarse paste. Add the olive oil into the mix and blend it all together. Marinate lamb shanks with this mixture in the refrigerator overnight. Put olive oil on a pan and seal the lamb shanks until both sides turn golden at high heat. Add 2 cups of water, pepper and salt then cook it over low heat for 2 hours. Place the cooked lambs on a baking tray afterwards. Add the cherry tomatoes, the rest of the garlic, rosemary, fresh thyme and prunes. Wet a baking sheet and cover the tray with it. Put the oven on for 375 degrees and bake for 30 minutes.

CLASSIC ORZO PILAF

- 2 tablespoons of butter
- 2 tablespoons of vegetable oil
- 2 cups of orzo
- 1 teaspoon of salt
- 1 espresso spoon of black pepper
- 3 cups of broth
- 3 green peppers
- 2 red peppers
- A handful of scallions

Finely chop the scallions, green peppers and red peppers. Put butter and olive oil in your pan. When the butter melts, add the scallions and peppers. Stir until they soften. Add orzo. Boil the broth in another pot on the side and pour it slowly over the orzo. Add salt and pepper to season and cook with low heat until the broth is fully absorbed.

Dessert

EASY PEACH PIE

- 1 cup flour
- 1 cup semolina (if unavailable use whole wheat or bread flour)
- 1 cup sugar
- 2.5 teaspoons baking powder
- 2.5 teaspoons vanilla
- 5 grated peaches (2 pounds)
- 1 teaspoon cinnamon
- $\frac{3}{4}$ cup butter
- 2 tablespoons powdered sugar

Grate the peaches without peeling them. Mix grated peach with cinnamon. In a large bowl mix flour, semolina, sugar, vanilla and baking powder. Grease the sides of the springform pan with 5 teaspoons of butter. Put $\frac{1}{3}$ of dry mixture into the pan and add half of peach mixture. Make a second layer of this and cover with dry mixture at the end. Cut the remaining butter into small chunks and put these on top of your pie, dividing them evenly. Set your oven on 350 degrees and bake it for 45 minutes. Sift powdered sugar over the pie using a sieve when it's still hot. Serve with a scoop of ice-cream.

Soroptimist International of San Diego: www.SISanDiego.org President: Terri Welter terriwelter55@gmail.com
PO Box 81766 SISanDiego@Soroptimist.net Editor: Jennifer Keller jenniferkeller323@gmail.com
San Diego, CA 92138



"Soroptimist ... A global volunteer organization that provides women and girls with access to the education and training they need to achieve economic empowerment."



Get Connected San Diego

We're on LinkedIn! Join our new group! <https://www.linkedin.com/grp/home?gid=6986070>

And we're on Twitter! Follow us... https://twitter.com/Soroptimists_SD
[#SoroptimistAtWork](https://twitter.com/Soroptimists_SD)

Like us on Facebook

2021-2022 Officers & Board Members

- President: Terri Welter
- First VP: Tango Tangorra
- Second VP: Ruth Turoff
- Recording Secretary: Jessica Barajas
- Treasurer: Joy Brown
- One-Year Director: Grace Meyers
- One-Year Director: Kathy Conrad
- Two-Year Director: Erin Liddell
- Two-Year Director: Susie Hartmann
- One Year Delegate: Monica Logan
- One Year Alternate Delegate: Susan Ritchey
- Two Year Delegate: Kathy Biewenga
- Two Year Alternate Delegate: Allison Whitney-Schnepper
- Parliamentarian---Jennifer Keller