



SI Los Angeles NEWS *Fellowship with a purpose!*

Greetings!

Greetings!

As we enter this holiday season, let us be thankful for the many blessings we have and let us also remember those who are not as fortunate as us. Our annual service project with 1736 will be held on Saturday, December 18 at 9AM. Please arrange your schedule so you can join in this rewarding experience as we brighten the lives of families who have suffered trauma. If you have not had an opportunity to make a donation, please send a check made payable to SILA to Janet, who will forward the total donations - plus additional Club funds for a Target giftcard for each resident - to DeAnna who will be doing the shopping for us. We need all hands on deck on the 18th and please bring your wrapping paper, gift bags, boxes and ribbons. We will have a great time!!!!



We have decided to have our annual luncheon at The Castaway Restaurant in Burbank on April 16, 2011. Start planning your list of invitees and thinking of great items for the silent auction.

I wish you and your families a wonderful holiday season! Be safe and I look forward to seeing you soon!

President Jeri

In This Issue

- Fall District Workshop
- Spring Conference at Spa in Carlsbad
- Lunch at Taix French Restaurant
- Get fit!
- Rockettes Christmas Spectacular!
- Member News

Quick Links

- [SILA's Website](#)
- [Camino Real Region Federation \(SIA\)](#)
- [International \(SI\)](#)

2010-2011 Board

- President: Jeri Durham
- 1st VP (Programs): Ginger Cole
- 2nd VP (W&M): Carole Oglesby
- Secretary: Joyce Jacob
- Treasurer: Janet Elliott
- Directors 2009-11: Barbara Jury and Irene Recendez
- Directors 2010-12: Karen Johnson and Dona Lawrie

Contact Information

For more information about SILA or this Newsletter, please contact:

President Jeri Durham at jrd18@sbcglobal.net or 626-826-2224

Editor Janet Elliott at jvelliott@cox.net or 310-809-2438

Fall District Workshop

The Camino Real Region Fall District Workshop was held on Saturday, November 13th, in Long Beach. SILA members **Jeri Durham**, **Sheila Tatum** and **Janet Elliott** attended and heard updates from **Governor Michele Memmott** and reports from the regional chairs on the Renaissance Campaign areas of Public Awareness, Membership, Fundraising and Program. Speakers talked about teen/dating violence and the importance of teaching kids what a healthy relationship looks like (check out www.loveisrespect.org) and there was a quick primer by a fundraising expert on how SI clubs can plan a successful Annual Campaign. Expect to hear more on all of these over the next few months.

Spring Conference at Spa in Carlsbad

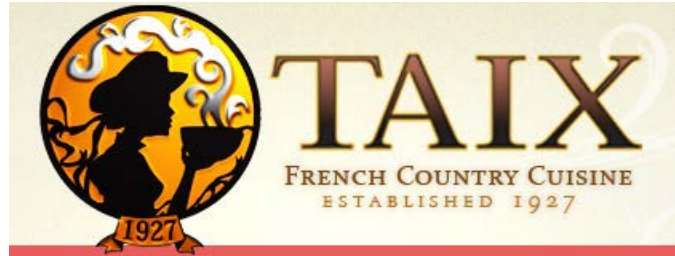
It's not too early to mark your calendar for Spring Conference! May 13-15, 2011 at the Sheraton Carlsbad Resort & Spa. This conference will be a joint conference with Camino Real Region and Desert Coast Region, giving Soroptimists a chance to meet and mingle and share ideas. It will be held at a beautiful spa hotel, next door to Lego Land - maybe worth scheduling an extra day with the grandkids?! Our own **Sheila Tatum** is once again Conference Chair and extended an invitation at the Fall District Workshop to all Soroptimists come to the three day event next spring. The Conference will begin with the Leadership Academy - a great learning session for new officers and new members - and include events honoring the regional winners of



the Womens Opportunity Award, Violet Richardson Award and Ruby Award.

Lunch at Taix French Restaurant

Have you had trouble making it to evening meetings? This month's second meeting on November 17 was a lunch meeting arranged by **Stephanie Klopsfleisch** at Taix French Restaurant at 1911 Sunset Blvd., Los Angeles, CA 90026. We had our own room but could order individually off the menu. Parking was only \$2.50. Be sure to share your opinion with **President Jeri** and **VP Programs Ginger** if you think we should consider going back to at least an occasional noon time meeting to accomodate more members.



Get fit!



The guest speaker at the November 17th meeting was Certified Personal Trainer and Nutrition Consultant **Lee Ann Edwards** of [Rose City Wellness](#). Her top 10 wellness tips are basic but effective:

1. Move at least 60 minutes most days of the week.
2. Avoid or limit alcohol, refined sugar, deep-fried foods and salty snack foods.
3. Eat primarily fruits and vegetables.
4. Focus on the right quantity of quality carbs - oatmeal, rice, quinoa, buckwheat, potatoes, sweets potatoes and squash.
5. Eat a carb and a protein at every meal.
6. Plan meals weekly; cook and eat at home primarily.
7. Get your heart rate up 5 times a week for 30 minutes.
8. Do some type of resistance training at least 2 days a week, working all parts of the body.

9. Take time out to pray, meditate and/or journal every day.
10. Get plenty of rest and enjoy activities with friends and family.

Thanks to **Pam Smith** for arranging for Lee Ann to inspire us in her "sane yet fun approach to fitness and permanent weight loss."

Rockettes Christmas Spectacular!

Come join SILA to see the National Tour of the Radio City Spectacular Christmas Show featuring the world famous Rockettes on Friday, December 10th at 7:30pm at the beautiful Nokia Theatre at LA Live! Thanks to **Ginger Cole** for putting



together this opportunity for SILA to experience this wonderful family tradition and celebrate the holidays together. If you are interested and don't yet have tickets, contact [Ginger Cole](#) asap!

Member News



Sheila Tatam had to endure a second knee replacement surgery on November 15 but she's home from the hospital and starting her recovery. Best wishes to be up and kicking again soon!



Try it FREE today.