



PLAN AHEAD

Soroptimist International of Palm Desert newsletter for December 2020

-Doris Churry, Editor

Here we are approaching the end of 2020. Many of us will say good riddance to a year filled with lots of challenges, but hopefully there are good memories you can take from this year as well. I know that Karen and I are enjoying are new grandbabies!!

Thanks, Becky, for coming up with a new Personal Project, the "You've Been Flocked" campaign. I think that I was one of the first people to be flocked. A donation has been sent to our treasurer to pay for the flock to be "flown" to another member. It was a day brightener and hopefully the flamingo flock will make their rounds over the next couple months.

Thanks also go out to Jacquie for getting us another grant. We'll be using the funds to benefit our adopted 5th grade class during the holidays. We will be donating gift cards so they can buy what they want/need for the holidays. Becky made a great card of our SIPD members to give to the classroom with their gift cards. You are both Soroptimist Superstars!! (And fortunately, our club is filled with many more!)

Merry
Christmas

We have also signed a contract to give our website a professional makeover. We have received a discount off their usual rate, but if anyone knows a company that needs a new website or website refresh, and refers them to Nicole Weber, Spot Color Marketing, we will save even more. Keep your ears open!

The deadline has passed for LYD applicants. According to Christine, we have 4 applicants that will be judged. Hopefully, our intent is to reward all worthy applicants with a monetary award next year.

We're still meeting via Zoom due to COVID requirements, but hopefully we'll be able to meet in person in the future. If you haven't participated via Zoom, please make a New Year's resolution to do so. We miss you!!



Karen and I are both very appreciative of our SIPD board and members. We have continued to improvise to meet the challenges of the pandemic, and yet, we've made people's lives better through the service we continue to do. You All Rock!!!



Our wish is that the upcoming holidays give us all an opportunity to be thankful for the blessings we have and grateful for our ability to serve others that are less fortunate. Let's continue to Rock and Roll with the changes.

We will all miss our annual Holiday party and auction at Marie's home this year, but for some holiday fun, Rose Mary has stepped up there with some hi-jinx and a good time for us at our zoom holiday meeting on December 16th at 5pm!

Looking forward to it RM!

-Co-President Cathy

DECEMBER



DECEMBER 2, 2020 @ NOON

SOROPTIMIST SPEAKER SERIES

New Chamber President Pam Scannell will be updating us on Chamber events!

DECEMBER 14, 2020 @ NOON

SIPD BOARD OF DIRECTORS ZOOM MEETING

WEDNESDAY, DECEMBER 16, 2020 @ 5pm

SIPD HAPPY HOUR HOLIDAY PARTY ON ZOOM

Rose Mary is "all in" with an unusual and fun
ZOOM PARTY!!! Call in / Dial in / Be there for it!

**holiday
fun**





PUBLIC AWARENESS is exactly that, making the public aware of us, and we are doing exactly that with an extra big push this year! Follow the highlighted links to our publicity hosts.

October 30th we were featured on "Eye on the Desert" with Patrick Evans, promoting our Live Your Dream Awards. Click on: [Becky Goebel talks about the Soroptimist Club's "Live Your Dream Awards" Scholarship and how you can apply.](#) The interview is on the Golden West Region website under "News". soroptimist.org/for-clubs-and-members/program-resources/soroptimist-club-grants-for-women-and-girls.html

November 14th The Desert Sun Giving Section ran an article on our adopted class, written by co-president Cathy Brown: [SIPD provides headphones to Sea View Elementary 5th graders.](#) This is shared on the Coachella Valley Unified Website: <https://www.cvusd.us/> with a thank you from the CVUSD Superintendent Dr. Maria G. Gandra, and shared on the PDACC website as well. <https://palmdesertchamber.chambermaster.com/mic/news/search?memId=7027&repId=14865>

SIPD Masks made the KESQ news on Veterans Day.

<https://www.facebook.com/SoroptimistInternationalPalmDesert/photos/a.764424073582965/4973571419334855/>

I developed and compiled "Facebook for Beginners" for our GWR Public Awareness Committee, for the region, and I distributed it to our club members in November.

https://docs.google.com/presentation/d/1ZdOcsf0BH1FKEAV1_b3f00BJZa5iJCvoWpnMIN1TYzk

Raising Public Awareness - The Riverside County Anti-Human Trafficking Task Force is a collaborative partnership led by the Riverside County Sheriff's Department, victim service provider Operation SafeHouse and Rebirth Homes, prevention and education Million Kids, FBI, the U.S. Attorney's Office, the District Attorney's Office and many more community and governmental agencies.



I participated in Desert Protect & Prevent November 2020 Zoom Meeting, representing SIPD on the Riverside County Anti-Human Trafficking Taskforce. Great presentation titled, "National Runaway Prevention" to highlight the impact of human trafficking on runaway and homeless youth in Riverside County. Norma Vazquez via operationsafehouse.ccsend.com This month, Rose Mary and I will be working on submitting an article to the Desert Sun about our donations to Soroptimist House of Hope. And then there's next year right around the corner.

-Becky Goebel

Governor Laurie's November "Come as You Are" ZOOM on DIBI

-Betsy Kreger, SIPD DIBI co-coordinator and GWR District 1 DIBI

November 11 evening zoom discussion was totally dedicated to Dream It Be It. Governor Laurie said that clubs should plan their event based on their county's COVID restrictions. So for SI Palm Desert, our DIBI event should be done virtually (unless things change by spring).

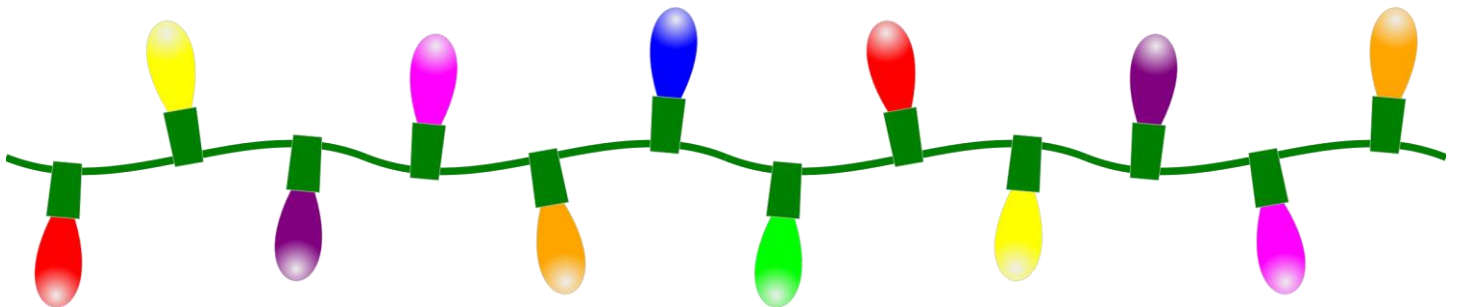
SIA and GWR have posted resources on their web sites. The DIBI curriculum has been updated so it can be used on-line. There are printable PDF forms that clubs can send the girls prior to DIBI event, so participants can fill out before virtual sessions. (Or arrange to have items picked up where the school has designated their schoolwork pickup.) Laura Paul, who is GWR DIBI coordinator, did a power point presentation to help clubs plan for their DIBI event. The slides are on the GWR web site. The club participation slides have hot links to click on. The SIA site has sample letters for community, school administrators and parents.



SI Phoenix gave girls DIBI binders with tabs to place worksheets for each session. They had a series of speakers come in and added topics that addressed current world issues, i.e. racial bias.

A reminder: Clubs must get parent consent. You can get consent over the telephone if in-person meet up won't work. Make sure to read through SIA web site "Reporting and Evaluation" section and have DIBI participants fill out the forms at the end of the DIBI event.

At the end of the zoom presentation, time was allotted for questions. It was asked if SIA could create a virtual management system for clubs to use.



THE TRAVELING SOROPTIMIST: "Airstream Style"

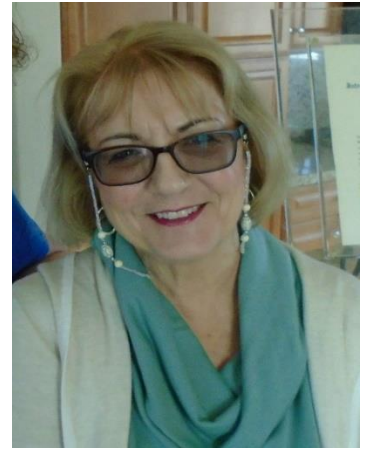
-Donna Williams

Pull-through campsites, sway bars, chocks – just a sampling of our new vocabulary since purchasing our 28' Airstream trailer and Chevy Silverado this summer. We took delivery of our beautiful Airstream on July 4th and immediately gained COVID Travel Independence. 😊

As a transplanted upstate New Yorker, our summer travel plans regularly included trips back east to visit family and friends. Bryan and I always flew, and honestly never even considered driving. COVID, of course, forced us to

re-think travel plans. Since we did not want to fly or stay in hotels, our solution was to buy an RV...of course! We never owned an RV, but have lots of ocean sailing experience, so we concluded that RV camping should be a relatively easy learning curve, which in fact it was...pewh!

Our wise friend Leanna Pettit encouraged us to rent before buying, so we rented a 2020 Class A motorhome for a long weekend. We traveled to Santa Barbara and Pismo Beach and really enjoyed the camping -- or shall we say "glamping" -- experience. After several weeks of research, we narrowed our wish list to Airstreams only. We fortunately found a great seller ("Airstream Mike") in Cathedral City with the perfect one for us: a 28' Airstream and our preferred floor plan.



Next challenge -- a tow vehicle. We initially thought we would purchase a large SUV with 9000 lbs towing capacity, but Airstream Mike encouraged us to test-drive pickup trucks, because they are so much more practical for camping. We did, and purchased a fabulous Chevy Silverado 4x4 short bed High Country truck.



Airstream...check. Tow vehicle...check. We were now fully committed to COVID camping and ready for our maiden voyage. It was July, and the beach was calling, so we headed to Malibu for our "shakedown" trip. Airstream camping at the beach...what a great launch. We loved it! We only called Airstream Mike once for help -- when we blew a fuse. He asked what we had plugged in when it happened, and when we said the electric pancake griddle he said...incredulously...an *electric pancake griddle*? *You're camping!* Bryan quickly unpacked our new propane Weber grill/griddle and yes, we enjoyed a fabulous pancake breakfast at the beach. 😊

We were ready to start our cross-country trip but had one more challenge. Governor Cuomo initiated his 2-week COVID quarantine rule right when we were about to leave...ugh! Bryan immediately called the NY State Health Department and reviewed our travel plans. The Health Department confirmed that the 2-week quarantine could begin when we left California, as long as we did not stay more than 24 hours in any state that was on the quarantine list. The only states that were on the way and not on the list were Colorado and Illinois. Planning our itinerary therefore was quite challenging, but we did it! First night AZ, next night NM, next 4 nights CO where we parked in our friend's driveway in Boulder. Next night KS, then MO, IL, IN, OH, and finally NY! We made it to NY in 12 days and quarantined for 2 days. I guess we could have stayed a bit longer in Boulder after all.

We named our Airstream "Daisy" (yes, we're driving Ms. Daisy) and she has been a bundle of joy. We've traveled 12,000+ miles since our COVID Travel Independence Day. We slept in our own bed with our own linens every night, used our own shower and bathroom. We cooked our own food in our own kitchen, brought our AlexaPure water filtration system with us, and used our own dishes and cookware. Most importantly, we traveled with our two wonderful doggies, Mr. Bojangles ("Bo") and Luci. I did not realize how much Bo and Luci needed a vacation too. They love traveling in the truck and especially enjoyed discovering new "*p-mails*" across the country. It was great having them with us.





Daisy has 4 solar panels, so we were able to “boondock” (no electric hookups needed) in some fun spots: a legendary moonshine distillery in Virginia, a hemp farm with a fabulous community barn in North Carolina, and a beautiful winery in West Virginia. We also found several great State Park campsites in New Mexico, Maryland, and Ohio, and an “Airstream only” park in Tennessee. We had the most unique experience when my niece’s husband arranged for us to camp at Ft. Meade in Maryland. We woke up to 6 am reveille and heard taps at 5 pm every day...so cool!

We recently joined the WALLY BYAM CARAVAN INT’L. AIRSTREAM CLUB. In addition to club rallies and caravans, membership includes “courtesy parking” at more than 500 member locations across the country. What a great way to meet fellow Airstreamers and learn from the locals. We can’t wait to explore more of our great country. Daisy, lead the way!



Franklin Distillery in Virginia and Chihuly at the Cheekwood Estate/Garden in Tennessee



LORI'S WHIRLD

-Lori Oliver

“The Juicy Ribeye Cookbook”

When I say, “I read a book...” don’t believe me. I don’t read books. I collect books, cookbooks primarily, and I have thousands of books, including a very large collection of old math books—the nerdiest books you ever laid eyes on. Most of my books were bargain books, but a few are special in some way and in a moment of madness, I agreed to shell out upwards of \$30 for a few of them, while most were twenty-five cents to a dollar, or free. Still, that is thousands of dollars’ worth of books based on an uncounted estimate of over 3,000. I chose the title, “The Juicy Ribeye Cookbook” to lure you into my net.

As I was saying, I read a book, which is to say I listened to a book on Audible, entitled, “The Carnivore Code.” The author is a doctor, a cardiologist in fact, named Paul Saladino. I find it rather humorous that a man whose argument is plants are trying to kill you has “salad’ in his name. He lays out, with waaaay too much science, chemistry, botany, biology, anthropology, and [insert one more nerdy science specialty here] to support his theory that humans are carnivorous, not omnivorous as we’ve been told. Or sold, as the case may be.

Let me say, I will not tolerate any pushback on this, because a) I am not trying to convince you to eat only meat (yes, I am), and b) I give zero craps about what you stick into your body, food or otherwise (that part is true). I am going to gently take your face, if you’ll let me, and slowly turn your head to make you look at something that will challenge your beliefs. Read on, but only if you dare.

The human brain evolved away from other primates when we started eating other animals as a primary food source. Early man ate whatever they could get their hands on. Some of the foods they ate killed them—some with claws and teeth, and some with poison. Plants can’t run, which means they can’t get away from predators, floods, or fire. They can’t roam, which means they can’t wander about looking for a mate with which to propagate. They use animals, water, and wind to scatter their seeds. Plants are designed with chemical and physical safeguards specifically designed to make them deadly, unpalatable, and/or painful to collect while also possessing attractive features such as beautiful fruits, a compelling aroma, and a sweet taste that attracts birds and other animals to aid in plant propagation. Plants aren’t here to provide building blocks for the human body. Likewise, humans to nothing for the benefit of the plants we eat. We coexist—except for the part where mankind has learned how to exploit plants for human gain. But nutritionally, we have a better alternative.

Animals are made of the same stuff humans are made of: blood, bones, skin, flesh...and fat. And it is in the fat where the magic lies. Fat is slow to burn which means you don't get hungry as often after a fatty meal as a carbohydrate meal. Early man could live for long periods without food if the previous meal was fatty. Organ meat provided all the nutrients needed, yes, even vitamin C. The brain prefers fat, so the brain grew. And over millennia, humans got brainier. They honed their hunting and fishing skills, made tools, learned to cook, and later preserve, meat. Bison kept man alive where berries could not.

Leap forward to the current era, and we see the health and wellness of humanity suffering from nutritional illness. Wheat, corn syrup and white sugar account for most of our calories, which some folks still count, not realizing that counting calories is like counting the hairs on your head. If you shave your head, yes, you'll have less hair, but you'll also be bald. If you cut calories, you will lose weight, but you're doing it by starvation. Don't do that. Instead, teach your body to return to its primal state where 'fat adaptation' was the key to survival and health. To do this eat mostly fat, a variety of meats, eggs and zero plants...except pepper. When your body adapts to this way of eating it will burn fat for energy and this is called fat adaptation. Carbs will no longer attract your interest. And you'll find yourself not needing food for many, many hours, sometimes days. And your body will change its shape as your fat stores are used as fuel stores. Some carnivores eat one meal a day and others eat only when they are hungry—the clock having no part of it. Salt is essential, water is essential, meat and fat are essential...and plants are not essential. Plants are trying to kill you.

I am going to remove my hands from your face now. You can turn your head away. Honestly, I don't care what you eat. I just wanted to show you something I stumbled on that has changed my life...for the better...and if you try it, I would like to know if you are happy that you looked.



A NEW IDEA FROM OUR BOARD!



Ladies, Becky's new idea of paying for one of the lunches you now do not eat monthly to help cover the funding needed to give out to our Live Your Dream awardees is being wonderfully accepted by the membership! Treasurer Janice will give us our precise numbers next report but it has moved on up past our first month of \$500. Fantastic! I just sent a check for several lunches as my first contribution and each of us is welcome to contribute on any schedule you choose. Very exciting to see us achieve more in a time when "less" is all about us. —Ed.



2 BIRTHDAY GALS FOR DECEMBER

Betsy Kreger – December 12

Susan Browne Rosenberg – December 13

HAPPY BIRTHDAY TO "A PAIR TO DRAW TO!"

