

## What You Can Do

- Volunteer to help in one of our projects or fundraisers
- Attend one of our weekly meetings to learn more
- Make a donation to support our projects
- Join and benefit from membership by:
  - Networking with others
  - Serve your community
  - Meet like-minded people from around the world
  - Make a difference for your self and others
  - Have Fun!



Annual "Sips for Soroptimist" Tea and Fashion Show



Volunteering:  
Lost Coast Kennel Club  
Dog Show Parking,  
Flags on Main Street,  
Highway Clean-Up



## Where and When We Meet

**Soroptimist International of Eel River Valley meets the first three Wednesdays of each month September thru June at:**

**8:00 AM**

**St. Francis Episcopal Church**

**568 16th Street - Fortuna**



**Develop Leadership Skills!  
2026-2028**

**Board of Directors and Members**

**For Information Contact:**

**Laurie Garrison at 707-496-3588**

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**Mail at: SIERV**

**P.O. Box 869**

**Fortuna, CA 95540**

To learn more about Soroptimist and our activities go to our website at:

**[soroptimisteelrivervalley.org](http://soroptimisteelrivervalley.org)**

"Like" Soroptimist International of Eel River Valley on Facebook

**Soroptimist International  
of Eel River Valley**



**SOROPTIMIST®**

**Investing in Dreams**

*Improving the lives of  
women and girls in local  
communities and  
throughout the world*

# Who We Are

Founded in 1921



Soroptimist is a global volunteer movement consisting of five Federations. We work together to transform the lives of women and girls.

Members in our local communities and around the world to Educate, Empower, and Enable opportunities for women and girls.

**Soroptimist** means "Best for Women" and that is what our organization strives to be - women at their best helping other women to be their best.

The principles of Soroptimists are to strive for:

- The advancement of the status of women
- High ethical standards
- Human rights for all
- Equality, development, and peace
- The advancement of International understanding, goodwill, and peace

Soroptimist International of Eel River Valley has served the greater Eel River Valley since it was chartered in January 1982. We are part of the Soroptimist International of the Americas Federation.

*We believe that by helping women and girls they will become a strong voice for all women!*

# What We Do



**The Live Your Dream Award** provides women with the financial resources they need to improve their education, skills, and employment prospects.

Many recipients have overcome enormous obstacles including poverty, domestic violence, drug and alcohol abuse.

## Women's Opportunity Award

This award assists women who are motivated to gain additional skills through further education or training to achieve an elevated employment status, but do not have the resources to do so.



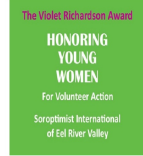
The award can be used to offset any costs associated with efforts to attain higher education including tuition, books, supplies, childcare, or transportation costs.

## The K. Chapman Mental Health /Social Work Scholarship

is in recognition of Kay's passion for the mental and social wellbeing of kids and family. The scholarship is open to women attending a credentialed program with the goal of completing a Master's Degree in Mental Health or Social Work.



## Violet Richardson Award



- Named for the President of the first Soroptimist Club, this Award honors girls who are making a difference through volunteer service. These young women donate their time and energy to causes that make the community and world a better place.

## Student Teen Award for Resilience (STAR)

is awarded to a young woman who has demonstrated resilience in high school to achieve her goal in furthering her education in a college, university, or vocational program.



## Youth Citizenship Award



The Youth Citizenship Award recognizes young women who make outstanding contributions to home, school, community, and country.



**Dream-It-Be-It** is a program that gives girls the tools they need to achieve their education and career goals, empowering them to break cycles of poverty, violence, or abuse.

## Library Book Project/Library Breakfast



For over 35 years, library books have been donated to elementary, middle, and high schools

throughout the Eel River Valley. We honor the school librarians and their administrators at the annual Library Breakfast when the books are distributed.

## Girls of the Month

Recognizes girls from Fortuna, High Ferndale High, East High, Eel River Valley Community School, and Academy of the Redwoods for their achievements.



## Other Projects

**Backpack for Kids** - Monetary support for Food For People program in the Eel River Valley.

**Christmas Charity** - Each year at our annual Christmas Breakfast we support SI Foundation projects and donate to those in need in the community.

**Fellowship** - Monetary awards given annually to women in the last year of their doctoral program. The purpose is to affirm the importance of the recipient's work and value as an individual, and to support women who are working in fields that have great social & economic scientific importance.

**Soroptimist Stop Trafficking** - Raising awareness about the devastation of human trafficking.