



# Soroptimist Scene

*Newsletter - October 2020*

## *President's Message*

Hello Tampa Soroptimists,

I'm excited to chat with you this month about LUNAFEST. LUNAFEST is one of our major fundraising events that allows us to continue our Live Your Dream program, a unique education grant for women who provide the primary financial support for their families. It also helps to fund our Dream It, Be It: Career Support for Girls program, which gives girls the tools they need to achieve their education and career goals, empowering them to break cycles of poverty, violence, and abuse.

For almost 20 years, this film festival has been championing and supporting women. The LUNAFEST film festival was created to provide a platform for women to share their untold stories with the world. These important award-winning films bring fresh perspectives, ideas that rock our future.

Please help us by sharing the below link to our Eventbrite page with your friends and family members. Ticket price is only \$15 for a program that features seven (7)



**President Trish Wild**

short films with a total running time of 96 minutes. A streaming link and passcode will be sent to all attendees the morning of the event date. The link and passcode will be valid for 24 hours, starting at noon on Saturday, October 17, so YOU get to choose when and with whom you would like to view the films.

Link: <https://www.eventbrite.com/e/virtual-lunafest-tampa-fl-tickets-121073848139>

Yours in Service, President Trish



### *Special points of interest:*

- President's Message
- Southern Region Conference
- Upcoming Events
- LYD

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## **2020—2021 SI Tampa Board**

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## LYD

Know a woman who is the head of her household? Is she working on getting back to school or into the workforce? Tell her about Soroptimist's *Live Your Dream Awards* program. A unique education grant for women who provide the primary financial support for their families. *Live Your Dream Awards* give women the resources they need to improve their education, skills and employment prospects.

Applications are being accepted until November 15th. For more information [click here](#).



## What does it mean to be "empowered"?

Women are economically empowered when they have control over their own finances and well-being, and when they have a voice in the financial decisions to shape their lives and the lives of their families. When women and girls are empowered, they have a personal sense of autonomy, self-confidence, and the power to control their private and public lives. We focus on access to education because we believe it's the most effective way toward empowerment.



### When women learn

families live healthier.

Source: Population Reference Bureau



### When girls go to school

they are more likely to get paying jobs and their financial contributions to their families—and their nations—increase.

Source: Population Reference Bureau



### When girls have educated moms

they are more likely to be enrolled in school and to reach higher levels of education.

Source: Population Reference Bureau



### When women are educated

their countries are more likely to have greater economic growth.

Source: World Bank

## Save the Date...

The 94th Southern Region Virtual Conference and Fall Meeting will be held on October 29th—November 1st. Be sure to check out pre-conference on October 29th.

More information will be forthcoming soon!



## 2020~2021 SI Tampa Events

Here is a tentative look at upcoming events with the SI Tampa Club. Some dates have not yet been finalized, however, that information will be forthcoming.

- \* October 6th ~ Human Trafficking Summit Online
- \* October 8th ~ Club Meeting via Zoom
- \* October 17th ~ LunaFest via Streaming Link
- \* December ~ Christmas Party
- \* January 26th ~ Light Up The Night 5K, Pasco
- \* February ~ Swashbuckler Soiree
- \* March ~ Live Your Dream Awards @ The Rusty Pelican
- \* April ~ Dream It, Be It One Day Seminar @ The Children's Board
- \* April 22nd - 25th ~ Southern Region Conference, Tampa

**\*\* SI Tampa General Meetings will be held on the 2nd Thursday via Zoom or at the Children's Board when the proper time permits.**

October is...

Breast Cancer Awareness Month, an annual campaign to increase awareness of the disease. Choose a day each month to complete a breast self-exam. Mark it on your calendar or set a reminder on your phone. Here are three ways a breast self-exam can be performed...

### 1) In the shower

With the pads/flats of your 3 middle fingers, check the entire breast and armpit area pressing down with light, medium, and firm pressure. Check both breasts each month feeling for any lump, thickening, hardened knot, or any other breast changes.

### 2) In front of a mirror

Visually inspect your breasts with your arms at your sides. Next, raise your arms high overhead.

Look for any changes in the contour, any swelling, or dimpling of the skin, or changes in the nipples. Next, rest your palms on your hips and press firmly to flex your chest muscles. Left and right breasts will not exactly match—few women's breasts do, so look for any dimpling, puckering, or changes, particularly on one side.

### 3) Laying down

When lying down, the breast tissue spreads out evenly along the chest wall. Place a pillow under your right shoulder and your right arm behind your head. Using your left hand, move the pads of your fingers around your right breast gently covering the entire breast area and armpit.

Use light, medium, and firm pressure. Squeeze the nipple; check for discharge and lumps. Repeat these steps for your left breast.

Visit [nationalbreastcancer.org](http://nationalbreastcancer.org) for more information.



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Melda Chase

October 8th

Helen Ennis Madden

October 28th



Check it out  
October 17, 2020

