

BIG SISTER LEAGUE OF SAN DIEGO, INC.

Serving women and girls in San Diego County for over 60 years

NEWSLETTER #8

WINTER/SPRING 2006

BIG AND LITTLE SISTER NEWS

After years exceedingly well spent

Marien Kissling said goodbye in August 2005 after 10 years as the Big Sister League's Director of the Big & Little Sister Mentor Program. We look happily back at those years exceedingly well spent. A special highlight of our Big and Little Sister annual summer picnic and retirement party was the unveiling of a beautiful plaque naming the mentoring office the "Marien Kissling Kottage". Marien is a life-long teacher and educator who brought very capable skills, caring, kindness and efficiency to her daily tasks. Marien had a very special ability to match girls with big sisters. Often these relationships evolved into years of lasting friendships. She was a skilled "mentor" to her many interns offering them support, comforting kindness along with knowledge that assured them success in



their chosen pursuits. As a founding member of the Mentor Coalition, an avid supporter and member of the Speakers Bureau, Marien attended meetings regularly since its inception. On the five-year anniversary of the founding of the San Diego Mentor Coalition, Marien Kissling was presented with a Certificate of Special Congressional Recognition in acknowledgement of outstanding and invaluable service to the community.

Marien plans to travel, spend time with her husband, George and family and enjoy her beautiful garden that was featured in *Better Homes and Gardens* magazine. Big Sister, Jeani Buchanan, spoke for all of us in a recent letter to Marien "We will all greatly miss your kind and steady leadership. I thank you from the bottom of my heart for all your help and wish you much happiness!"

With wholehearted enthusiasm

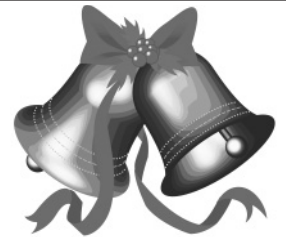
Jane Moyle has stepped into the spotlight as Mentor Program Director. Jane was a Residential Advisor and assistant to Lydia Lewis, Big Sister League's Executive Director. Jane worked for the Home Savings Bank for over 19 years and was bank manager and vice president. She received special recognition as "community involvement manager of the year" and later Jane went on to manage the Central



Division for Meals-on Wheels and one of the largest senior centers in Southern California.

Mentoring has been a part of her work and life experience. Jane continues to volunteer at the San Pasqual Academy with junior and senior high school students that live and attend public school on the premises. Jane is also an artist. Her "Heart of the City" banner is displayed at the San Diego airport. Jane's proudest achievement; her daughter Jennifer who lives and works in San Francisco. ~LL/JM

The Board of Directors, staff and residents of the Big Sister League wish you and your family all the joy, love and abundance of this special season



Wish List

The Big Sister League depends on private and in-kind contributions. All donations are tax deductible and are accepted every day at 115 Redwood St. in Bankers Hill/Hillcrest area. Please call 297-1172 ext 111 if you wish to donate.

- Costco, WalMart, or Target gift cards to purchase food, supplies
- Paper products-napkins, paper plates, hot cold drinking cups, toilet paper, towels, plastic tableware
- Step ladder
- Heavy-duty flashlights with batteries
- Ticket donations to local events
- Bike rack (any size)
- 20 lb. copy paper
- #10 blank envelopes

Letter from the Executive Director and President, Board of Directors

Amid Unprecedented Global Need, Local Charities Need Help Too

In a year that has brought a seemingly unending string of natural disasters – earthquakes, landslides, floods and the busiest Atlantic hurricane season on record – it is easy to overlook the important, but not as visible, local needs right here in our own community. Now, as we launch our **2005-2006 Annual Campaign** we kindly ask you to remember our local efforts and once again give us your support.

The Big Sister League's Big & Little Sister Mentor Program and Housing Program for Women has been a "beacon of light" for those who have needed and benefited from our services over the past 63 years. As we continue to provide these essential programs, we struggle with funding – this year as never before.

With all of the natural disasters needing help, you may feel spread thin or feel your donation is nothing more than a drop into a large sea of need. But, even the smallest donation adds up and we're grateful for whatever you can give. We've seen it before – even small donations add up to big numbers.

We've learned that when the need arises, this world is more generous than it often appears on the surface. We've also learned that sometimes it's just a matter of asking for what you need. This

year the Big Sister League of San Diego's Housing Program has touched the lives of over 221 women, assisting them to become independent, functioning members of the community. The Big & Little Sister Mentor Program has matched more than 60 young at-risk girls with adult mentors. We kindly ask that of you now; please donate to our **Annual Campaign** and help a troubled woman or an at-risk young girl and together we can build a stronger, more compassionate community.

Planning, preparation and response to the needs of others remains first in our hearts and more urgent than ever.

Wishing you and your family all the joy, love and abundance of this special season.

Most sincerely,



Lydia Lewis, LCSW
Executive Director



Donna M Moore,
President, BOD

Big Sister League Board of Directors

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Leana Robertson

Carol Smith

Yolandra Smith

Please return this portion and your donation in the enclosed envelope

We get by with help from friends like you!

Yes! I want to help the Big Sister League assist women and young girls in need with a heartfelt gift of:

\$50 \$100 \$200 \$500 \$1000 Other \$ _____

My employer will match my gift: (You can double your gift)

Company Name _____

Address _____ State _____ Zip _____

Telephone _____

My check is enclosed. Please make payable to the Big Sister League

Please charge my credit card Visa MasterCard Gift Amount \$ _____

Card number _____ Exp. Date _____

Name (as it appears on credit card) _____

Address _____ State _____ Zip _____

Signature (required for credit card) _____

Recent legislation gives a tax incentive to all Americans to give to their favorite charities up to 100% of their adjusted gross income, provided the gift is made between August 28 and December 31, 2005.

I would like more information to establish a planned gift to benefit the Big Sister League

I would like more information on establishing an Endowment Fund to benefit the Big Sister League.

Your financial planner or attorney can help you devise a planned gift that is right for your needs and charitable objectives.

Thank you for your generosity! During this Annual Campaign your tax deductible gift will make a real difference in the lives of San Diego women and girls in need (501 c 3 #95-1793706)

Big Sister League of San Diego, Inc.,

115 Redwood Street, San Diego, CA 92103 • (619) 297-1172 • www.bigsisterleague.org

Leaving Footprints on Somebody's Heart



Debra Kerrigan offers the adage "Any kindness I share, let me do it now for I shall not pass this way again." It is the credo she tries to live by every day. A native San Diegan and the youngest of five children, Debra has been a Big Sister with the League for 13 years. Debra moved to Los Angeles from 1975-1990. She had a friend who had a Little Sister and the three of them enjoyed lots of activities together.

The friend encouraged Debra to get involved.

Debra moved back to San Diego in 1990. "I was single, my nieces and nephews were all grown, I wanted to make a difference." Debra became part of the Big Sister League family. Her first Little Sister, Ashley, an only child, and her mom, a single parent, worked hard to make ends meet. Mom struggled to find time to spend with her daughter. Suddenly, her mom passed away from cancer. Ashley and her dad moved to Ireland. Debra maintains correspondence with Ashley and recently went to Disneyland when she visited from Ireland.

The next match for Debra was Arazane, who is now fourteen. Arazane and Debra have been together for eight years. Arranging to see Arazane was difficult at first. The family moved several times and the home situation Debra described as "rocky."

Between her work at UCSD as an Administrative Assistant and

her activities with her Little Sister, Debra is very busy. She is interested in her community and making a difference. She recently participated in the 2005 Breast Cancer Walk and frequently participates in activities like beach clean up events. She not only gets Arazane involved with all different kinds of activities but also brings along other Little Sisters when their Big Sisters are out of town or not free to be with them. Arazane's sisters, Diamond and Neona participated in many activities together.

Debra encourages her Little Sister to get good grades and they do homework together, enjoy camping trips and simple things like baking cookies and just spending time together. Debra says "I talk to the girls about not smoking, no drugs, going to college, their hopes, dreams and desires and the need to have good grades." She uses opportunities like heartwarming movies to get the girls to open up and talk to her in a meaningful way.

Debra says that one day when she can afford it, she would love to adopt a child or be a foster parent but right now, the Big Sister League affords her the opportunity to interact with a child that she normally would not have a chance to be with. ~DK/JM

The real value of the Big Sister League can be found in the inspirational stories like Debra's that show how the League and its programs have touched lives of women and girls throughout San Diego County.

Be a Mentor! *Be a Big Sister!*

If you or a woman you know would like to be a Big Sister, please refer to our website at www.bigsisterleague.org or call **619.297.1135** or email bigsister619@cox.net to request an application. **We need You!**

Here's how, in 6 easy steps you can become a Big Sister:

Step 1: Orientation and training session will introduce you to the basic Big Sister/Little Sister Program. The training will help you become familiar with questions that may be asked by the Little Sister and how to answer them, be aware of situations that may arise and how to handle them, and understand how to interact with the Little Sister's family.

Step 2: Fill out the **Request for Live Scan Service**. Your fingerprints will be forwarded to Sacramento electronically and the clearance will be forwarded to our office by e-mail.

Step 3: Go to the **Department of Motor Vehicles** and get a **print out of your driving record**.

Step 4: Copy your **proof of insurance** card and include that with your application.

Step 5: Include **two personal references** on your application.

Step 6: **Three personal written recommendations**. They should include information about:

- How long the person has known you?
- How they came to know you.
- Give examples of the qualities they think will make you a good Big Sister.
- Explain how they came to realize those qualities.
- Any other information the person may feel is pertinent.

Have recommendations sent directly to our program, addressed to:

Big Sister League of San Diego, Inc.
Big & Little Sister Mentor Program
115 Redwood Street, San Diego, CA 92103
or e-mail: bigsister619@cox.net

BSL RESIDENTIAL ADVISORS a heartfelt appreciation for a job well done!



Bryanna Humphrey

Carol Smith



Hallie Lever

Yolandra Smith



Leana Robertson

Intern at the League

Sheilah Corley is a native San Diegan and the youngest of nine children and has two adult daughters living on the east coast. She has been a registered nurse for 27 years and has worked as a medical surgical nurse. But most of her career has been spent working in the managed care industry. Currently, Sheilah is a senior at Bethel Seminary in San Diego pursuing a Masters in Marriage and Family therapy.



Sheilah says, "I strongly believe that my life experiences have led me to the field of counseling. I hope to help many people in the

process of self restoration. My future goals are to work in a capacity that will allow me to empower women and to advocate for senior citizens." Sheilah is grateful to Lydia Lewis, Executive Director of the Big Sister League for allowing her the rich and valuable opportunity to work with residents who live at the League's Housing Program. "Lydia," says Sheilah, "is compassionate, an excellent mentor and field instructor."

As a Christian woman, nurse and student Sheilah is beginning to see more clearly how life circumstances shape and define who we become in life. It is her desire to assist people in making the best of each and every opportunity as they strive to become productive individuals in the community. ~SC

The Big Sister League of San Diego, Inc., publishes a newsletter three times a year. Our newsletter reaches 3500 homes and businesses in the San Diego area. Advertising in our newsletter is a great way to reach new customers and help a worthwhile community based organization. If you are interested in placing a business card size ad in our newsletter, mail a check for \$50.00 and your business card to the Big Sister League of San Diego, Inc. 115 Redwood St. San Diego, CA 92103.

Meet the Leagues' Board of Directors



Judith L. Enns, PhD has been a board member since 1994 and has served in all board capacities. Judy received her doctorate in Communications from Ohio State

University. In 1990, Judy founded HR Solutions to address the Human Resources needs of small, medium and large employers in Southern California. Currently the firm has seven practice locations throughout the west and in Atlanta, GA.



Deborah Moore, Secretary for BSL joined the Board in 2005. A native San Diegan and self proclaimed Navy "brat". She attended the University of California - Santa Barbara majoring in

Business Economics with a minor in Accounting. Deborah is Director of Accounting for Photon Research Associates, Inc, a wholly owned subsidiary of Raytheon's Space and Airborne Systems.



Laura Tetlow joined the Board in 2001 and served as both Vice-President and Co-President. By laying the groundwork for our "Raise the Roof" campaign, and most recently, the "Linda Ord

Endowment," Laura has helped to grow BSL funding in excess of \$90,000. Laura and the staff at Nautilus Entertainment Design recognize the League provides women and girls with critical services that are otherwise underserved in the San Diego community, and happily donate their efforts to the League.



Megan Groover, VP of Human Resources for BSL, works as the Recruiter for Scripps Green Hospital and has been with Scripps for the past three years. She is currently pursuing her MSBA in Human Resources at San Diego State University.

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Donna M Moore As a Big Sister and a board member, Donna's experienced both sides of the League. In 2000 she was matched with her little sister, Aurora. Almost six years

later, they remain friends and still see each other. Donna owns Moore Productive, a communication strategies business specializing in public relations and marketing. She holds a BA in English with a minor in Public Relations. Recently stepping in as president of the Board of Directors, Donna's goals are to improve infrastructure as well as heighten the League's awareness in San Diego.



Lenore Hawkins, Treasurer for BSL, works as the Vice President of Finance and Technology for Centara Capital Management Group Inc., a San Diego based money management and financial planning firm. She holds a BA in Mathematics and Economics from Claremont McKenna College and an MBA in Strategy & Finance from the Anderson School at UCLA.

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Ellen Cutler Owens has served on the BSL Board since 1994. She has held many Board positions including CFO, Vice President and Secretary. Through Ellen's determination, this year and last, the League received grants from the Cardinal Health Foundation. Ellen attended the University of Minnesota and works at Cardinal Health-Pyxix Division.



Cynthia Deigert Tanner joined the BSL Board in 1999 and has served in all board capacities. Cynthia is President of the Residency Board. She holds an MBA in Finance and is a CPA. She is

Director of Finance for a large senior living facility owner and operator, Senior Resource Group.



Robin Behm joined the Residency Board in 2005. Her professional careers include credit management for Citibank and Trans Union, project consulting for First Data Corp, and real

estate sales for Prudential Realty. Born and raised in Baltimore MD. Robin received a BA in Economics & Sociology from Sweet Briar College in VA. Robin volunteers and has held board positions for a variety of non-profit organizations since early 1980.



Wendy L. Beerbower Wendy is the Vice President of Sales for Welcome Wagon, a 77-year old national marketing company, that connects local businesses with families

who have recently moved. Prior to joining Welcome Wagon, Wendy held the position of Regional Vice President, Sales for Cendant Corporation. Wendy received a BA in Economics from Rollins College in Winter Park, FL.



Cathy A Kell, Realtor, Coldwell Banker Serves on the Big Sister League Board of Directors and as Secretary of the Residency Board.

- Cathy A. Kell**
- Antonia Lawrence**
- Anne Pillsbury**
- Gloria Wikie**
- Laurie Wright, Esq.**

We take inspiration from Sharon Davies and her sister, Linda Ord



Linda Ord

When Sharon Davies first moved to Alaska in 1967 she found herself part of a community made up largely of fellow adventurers like her, bent on making a life of doing good for others. As a teacher, she won the heart of her community. Soon after, she won the heart of Brian Davies, a petroleum engineer for British Petroleum. They married soon after. Both shared love of community and helping where the need was greatest. Sharon was on the Board of Directors

for the Alaska National Symphony. While at the Symphony she learned the value of having an endowment and how a non profit can benefit (since an endowment does not interfere with public funding or tax free status). Sharon added, "It's much too hard to rely on an up and down revenue stream – non-profits have needs far beyond that."

By now Brian was a Vice President. For several years, work took them to San Francisco and Houston. While in San Francisco, Sharon volunteered for several botanical garden projects. In Houston, Brian was invited to join the board of the Houston Symphony. Sharon taught English as a second language and sat on boards of several small non-profits.

Linda Ord, Sharon's sister, worked as a San Diego Probation Officer for 30 years. Linda was an active member of her church and the Women's Auxiliary. Through her church outreach, she met Valerie, a Big Sister League resident. A great friendship developed and Linda became surrogate mother to Valerie. Linda also became a strong advocate of the Big Sister League programs, becoming aware of the lack of supportive services for women with mental ill-

nesses. Linda's vision was to open a transitional home for women. She devoted herself to fulfilling a dream. But her health was failing and in 2002 Sharon's beloved sister, Linda Ord died.

After Linda's death, love and loyalty motivated Sharon and Brian to search for organizations to fulfill her sister's dream. Sharon admits she looked for a non-profit closer to home so she could become more involved in helping. Unable to find a program like the Big Sister League, she approached the Leagues' Board of Directors and sparked a challenge. "After meeting and engaging the board members and the executive director, I was confident I found the right place that had legitimate needs and these women had a long track record of doing good things," says Sharon. She was sure the League's philosophy fit perfectly with her sister's wishes. "This is a jewel of an organization with a long successful history in San Diego that deserves an endowment to cushion its good works for cyclical downs of the economy," adds Sharon.

Linda's legacy will help secure the League's future – a legacy that will continue to enrich lives of others by providing women with a safe haven, 24-hour caregivers, nutritious meals and a program geared toward independent living.

We thank all of our generous donors who helped us raise \$50,000 to match Sharon and Brian's generous \$50,000 endowment from the estate of Linda Ord. The Big Sister League is grateful for \$100,000 Linda Ord Operating Endowment Fund to secure our future. Linda's vision has been fulfilled and Sharon has found a grateful group of women to share in fulfilling her dream. ~LL

Friends of the Big Sister League...we thank each and every one of you for your generosity and kindness!

Betty Clarquist- Incentive Management, Georgianna Galas-Altrusa International-Project Linus, Ernie Villa, Project Linus, Susan Richardson, Cynthia Deigert Tanner, Marcia Kitson Jones, Trader Joe's, Alyssa Goldberg and her Parents, Theatre in Old Town, Mount Carmel Key Club, Deborah Moore, Girl Scout Troop 8369, Build a Bear Workshop, Megan Groover, Pat and Oscar's, El Pollo Loco, Sea World, Miracle Theatre Productions, Six Flags Magic Mountain, Legoland, Tom Rottler, Outback Adventures; UCSD, Skipper Ragsdale, Taryn Ranao, Kimberly Skinner, Dominique Smith, Peggy and Carl Silva, Ellen, Ida and Harvey Baron, Carlos Bosio, Liz and George Schwartz, Debbie Koperski- WM Wrigley Jr. Company, Glen Paculba- Star Surfing Company, Dieter May- World Famous Restaurant, Michael Grust- President Senior Resource Group, Federally Employed Women San Diego Chapter "Crafty Ladies" thank you, Debbie, Kathy, Terry, Jan, Cathy, Carol Ann, Linda V, Linda F., Jeanette Castor, Tracy Guizow, Starbucks on University Avenue, Ed and Deb Nava, Aquahine, Mission Beach Cheap Rentals, Glenn Brush-Prudential Real Estate-Escondido, Amanda Barrack, Andrea Ernesto, Print Business Cards.com,

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The Big Sister League of San Diego, Inc. wishes to thank the following generous individuals, corporations, foundations and community groups for their gifts made between 1/1/05 to 12/5/05

Grants 2005

Toni Atkins-Wells Fargo Foundation
Cardinal Health Foundation
Volunteer Leadership Grant - Ellen Cutler Owens
ECHO - Employees Charity Organization of Northrop Grumman Corp. -Northrop Grumman Radio Systems
United Way of San Diego Country
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in memory of Candy Romaine-Belasco
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Morgan Systems
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Beau and staff- One Up Technology
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Kathleen Wheeler
Judith C. White
Gloria J. Wilkie
Donald & Betty McCall Williams
Larry & Jennifer Williamson
Women's History Museum & Educational Center
World Famous Restaurant
World Reach, Inc.
Dr. Michael & Patti Worthen
Gregg H. & Marjorie Wright
Carolyn Yorston

Linda Ord Matching Endowment Fund 2005

It was a significant accomplishment to raise \$50,000 to match the challenge made by Sharon and Brian Davies. Linda Ord's vision has been fulfilled due to your generosity. The Linda Ord Endowment will provide perpetual support by distributing interest annually to our organization. The Endowment funds were deposited in a conservative interest bearing investment, but the original principal is not distributed. The interest income secures the financial future of the Big Sister League of San Diego, Inc. To all of our generous donors THANK YOU and a special thanks to board member, Laura Tetlow.

\$8000

Family of Ida Hays McPherrin
\$1,000-\$4,999
Sharon & Brian Davies
Jane Hahn, Esq.
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Wendy L Beerbower
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Carolyn Yorston
Rev. Dr. Barbara King (in honor of her sister Victoria Davis)
Up to \$99
Edith Watson
Donna M. Moore
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Janet L. Christy
Joan B. Roseman
Katherine Laterno
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To order tickets, please use the form below.

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The Big Sister League will receive 100% of the proceeds from your purchase toward programs that help women and girls in need.



Contact Information:

Big Sister League of San Diego, Inc.
115 Redwood Street
San Diego, CA 92103

phone: 619.297.1172
fax: 619.297.3908
www.bigsisterleague.org

OUR MISSION: The Big Sister League assists women and girls in San Diego County by providing supervised transitional housing, volunteer mentor relationships and support services. The League programs are designed to encourage confidence, self-esteem and independence. The Big Sister League of San Diego, Inc. is supported by private donations, local businesses, grants, and United Way/Chad designations.

Please visit us on the web at www.bigsisterleague.org

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