



# Soropti-SCOOP

A Communique by  
women dedicated to improving the lives of women and girls  
in local communities and throughout the world.

SOROPTIMIST  
**Best for Women**

Vol. 9, Issue 5

Soroptimist International of Sequim

December 2005

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**Directors: 2 year**  
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**Directors: 1 year**  
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Kathy Purcell  
Colleen Blazier  
Sally Sue Barry



## A MESSAGE FROM THE PRESIDENT

Merry Christmas Everyone!

This is my favorite time of year. I love to hear Christmas carols and sing them,



the crisp feel in the air and SNOW, the bright sparkling lights. There is to be found, if you look for it, an atmosphere of caring, giving and sharing that I believe is stronger at this time of year than any other.

I have been watching how much our club gives of their time, money and abilities and I am overjoyed to be part of such a concentrated effort. Take time to enjoy the holidays, refresh yourselves. We cannot pour out from empty vessels so make time for yourselves as well.

I will see you all at our December 27th meeting at Petals.

Until then, Happy Holidays!!  
President Kate



Our hearts grow tender with childhood memories and love of kindred, and we are better throughout the year for having, in spirit, become a child again at Christmas-time. ~Laura Ingalls Wilder

## Letter from the Editor

The holidays are a time for gratitude, a time for giving, a time for sharing with family and friends. Sometimes we wonder what to give. What does someone else need?

Last week I received a wonderful gift from Gene, my brother-in-law in Illinois. He may not even realize what he gave to me – at least not until he reads this article.

Back in August I had my first ever cholesterol test. The doctor's office called to tell me the counts were on the borderline of high. They wanted to put me on medication to reduce the cholesterol. After thinking for just a moment, I said I'd like to try to bring the levels down by changing my diet. Sounding not quite assured, they said okay, but wanted me to take another test in two months.

Immediately I changed my diet. Gone was all fast food, all except Subway turkey sandwiches, without cheese, of course. Added: lots more fresh fruits and vegetables.



My sister Donna, Gene's wife, sent information about Weight Watchers and counting points. That helped me learn a lot. I tried to check the cholesterol and fat on everything I ate. As a reformed choc-o-holic, I thought I'd have a problem going cold-turkey, but that wasn't the case.

I realize that diet change doesn't always bring the levels down enough. Heredity can be a factor in a person's cholesterol. In fact, at least one of my siblings is on medication to help control cholesterol. But I was determined to give it my best try. Many of my Soroptimist sisters were aware of my situation and gave me encouragement. (Thank you all for your support!)

I waited three months before I went for another blood test. I felt it was a good sign when a week had gone by and I still hadn't received a call from the Doctor's office. The first go around, they called me two days after the test. This time the news came via a letter. My counts were all within the normal range. No medication was prescribed, just a note to continue what I was doing.

Every Saturday morning I call Donna. Before we hung up last Saturday, Gene got on the line. He congratulated me on the good news regarding my cholesterol. Then he said perhaps I could write about it for the newsletter – to share with the group what I did. At the time I hadn't yet written a column for this *Soropti-Scoop*.

*-continued on page 3*

Blessed is the season which engages the whole world in a conspiracy of love! ~Hamilton Wright Mabie

## CALENDAR

### DECEMBER, 2005

- 2 Board Meeting
- 12\* HOLIDAY PARTY  
(This is a **MONDAY**)  
5:30pm - Social Time  
6:00pm - Dinner
- 27 Business Meeting

### JANUARY, 2006

- 6 Board Meeting
- 10 Business Meeting
- 24 Program
- 31\* Social

\*EVENING MEETING

### Newsletter Staff

Kathy Purcell  
Colleen Blazier  
Sally Sue Barry



**TARGET TACOMA  
Regional Conference  
April 28 – 30, 2006**

*Celebrate Life!*

**BIRTHDAYS**



**DECEMBER, 2005**

- 20 Kerry Paulin
- 23 Cindy Bidegary
- 30 Laura Maroney

**JANUARY, 2006**

- 6 Rose Jaeger
- 10 Kate Creasey
- 30 Brenda Dunlap

**Medical Loan Closet - The Word Is Getting Around**

News about the Soroptimist Medical Loan Closet has reached as far as Seattle !

Last week Colleen received a telephone call from the University of Washington Hospital. She initially thought it had something to do with her recent hospitalization there. When the conversation centered around helping a patient transition home, she realized that the caller really wanted equipment from the Medical Loan Closet. Information was provided about the type of durable medical equipment that was available and the procedure for obtaining the supplies for a maximum of three months. When Colleen asked how the caller heard about the MLC and obtained her telephone number, she was told that the patient had heard about the special Soroptimist project.

It truly is a small, small (wonderful) world.

The MLC has received \$925.00 in cash donations since the beginning of this Soroptimist year (September 2005). In addition, we have been given a variety of durable medical equipment that has been put into circulation. We received a deluxe cruiser one morning and it was requested that same day. As Colleen has often said, she believes that “things happen for a reason.”

Medical Loan Closet Committee

New phone number for our  
MEDICAL LOAN CLOSET

**504-0231**



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*Gifts-continued from page 2*

Gene’s idea was a wonderful gift and it meant a lot to me. But it meant even more to me that he understood me well enough to know what I would like to write about. And he cared enough to give me his input. That shows real friendship. Gene may not think what he gave me on the phone that Saturday morning was a big deal as far as gifts go, but to me it was better than any gift wrapped in fancy paper.

This time of year we wonder what to give. We think perhaps that what we have to offer isn’t exactly right or isn’t good enough. I am reminded of the Little Drummer Boy. When our hearts beat with the caring for others and we give from that place, then that is the most precious gift. That phone call you make, that kind word you give, that hug you share – well, sometimes that is all someone else needs.



May your holiday be filled with gifts just like those from the Little Drummer Boy.



With Gratitude & Love,  
*Kathy Purcell*, Editor

Remember  
This December,  
That love weighs more than gold!  
~Josephine Dodge Daskam Bacon

**PROJECT INDEPENDENCE Report - a Bazaar Day at Greywolf**

I just want to thank everyone that has helped for their continued work and support. Marilyn, Dale, Kathy for all their crocheting/knitting efforts – it has been a big boost to our sales. Thanks to all of you who have come to help with the bags at different times, donated materials etc. Cindy for making all those bags herself and donating them. Joni and Peg for working on bags at home in their spare time. Dale, Kathy and Pamela for their continued morale support!!! And thanks for those of you who have signed up to help with the selling/set up end of things. I will get a final accounting of our totals and let you know how much we have earned. **AND THANKS TO THOSE WHO HAVE PURCHASED!!!** Thank you President Kate, for your choice of theme for this year. You have inspired us to Dream Big!



Karmen Chen with President Kate



Karmen Chen, Kathy Purcell, Kim McFarlen, Jeanne Martin, Valerie Moser



Kathy Purcell with Amber Nelson, Stacia Bibler & Claire Puntenney



Valerie Moser and Megan Obregon



Peg Rinker talks with a customer



Smiling Workers Rose Jaeger and Nanc Smith

Here are pictures from our very successful two-days at the Greywolf Bazaar, November 19th and 20th. Special thanks to the WIN girls who helped!



Our booth at the Greywolf Bazaar



Peg Rinker encouraging a customer to checkout the scarves



Valerie Moser and Megan Obregon model scarves and bags.

*Thank you, everyone!*



The ever stylish Jack Rinker

## This Holiday Has A Ring To It

Some things you expect to see over the holidays – like snow (at least on the mountains); poinsettias; wrapped gifts; Santa; bell ringers for the Salvation Army. But what you don't usually see is the bell ringers singing and dancing. On December 3<sup>rd</sup> shoppers who visited Safeway in Sequim between 10:00 am and noon, got just that!

As part of giving to the community, once again SI Sequim members volunteered to ring bells for the Salvation Army. And once again WIN girls joined us. In fact, it was three WIN girls who provided the entertainment: Janae, Alyson & Staci Stratton – yes, they are all sisters.



Janae, Staci & Allyson Stratton singing and ringing



Jane Manzer, Janae, Staci & Allyson Stratton with President Kate

The girls started singing and their bodies started swaying. People going into and coming out of Safeway, were smiling as they received this special treat. Some people sang along; many put donations into the kettle. The holiday spirit was contagious.

President Kate and Treasurer Jane Manzer, who worked that shift, said once the girls started, they kept right on. Hmm. Kind of sounds like the Soroptimist spirit, doesn't it?



Ann Salmon making a donation.

*It is Christmas in the heart  
that puts Christmas in the air.  
~W.T. Ellis*



Kathy Purcell and Ann Salmon

Ann Salmon and I covered the second shift. Rather than singing, the music we made was from the bells we rang and the greetings we offered. There was much giving and receiving that day. One incident sticks in my heart.

A short, thin, grey haired woman walked across the parking lot and stopped when she got under the overhang at the store. I noticed she had what looked like an oxygen tube in her nose. Not knowing if she needed help, I walked up to her smiling. Running my hand over her shoulder I said, "How nice that you have come out today. Is there anything that you need?" She said that she had stopped to catch her breath. Then she looked up at me and asked how long I had to be outside ringing the bells. When I told her it was a two-hour shift she replied, "Oh, that's not too bad." Looking at each other we exchanged holiday greetings and she continued on her way into the store. This woman amazed me. We had just met, and yet, she was concerned about me being out in the cold. It certainly is a season of giving.

*-continued on page 6*

**Bell Ringing** -continued from page 5



A young man adds his donation.

Several parents encouraged their children to put donations into the kettle. What a wonderful lesson these adults are teaching.

And speaking of teaching, it was 3 high school Special Ed students (Courtney Brown, Emily Willis and Kelsey Bartlett) and 2 of their teachers (Heidi Elston and Barbara Cooper) who helped us out on the third shift. It is often in giving to others that we discover more about ourselves. The smiles on the girls' faces reminded me of the tagline on the MasterCard commercials – everything else is priceless.



Emily Willis, Courtney Brown, Barbara Cooper, Heidi Elston and Kelsey Bartlett spread the holiday cheer.



Barbara Cooper happily makes her donation.

By the time the final shift was underway, the sun was disappearing and it was getting a bit chilly. But Sally Sue Barry and Dale Simon are experienced bell ringers so they knew to bundle up. (*Special thanks to Dale for switching shifts.*) And of course Dale was wearing one of the Project Independence scarves. Dale mentioned that more people were giving this year. She thought it was because of all the challenges we have seen in our country these last months. One woman came up to the kettle and put in a \$20 bill. She said that we were out there in the cold and she appreciated that.

Sally Sue said the time went fast with good company and very generous public. She said, “Only a couple of people put in change – it was all folding money. We saw a 20 and a 10!! The kids are the most fun.” Dale had a great time and commented, “The Safeway customers were very generous and gracious. I am so proud that SI Sequim members participated in this program to help our less fortunate neighbors on the peninsula.”



Sally Sue Barry and Dale Simon smile as they ring in the holiday.

Sally Sue was right. When speaking with Major Hadz of the Salvation Army, he said the total amount collected on Saturday at Safeway was \$312.13 - \$261.00 was in bills, \$51.13 in coins. Major Hadz said our most valuable commodity is our time and he extends gratitude to all of us who participated.

-kp

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**Christmas is the season for kindling the fire of hospitality in the hall, the genial flame of charity in the heart. ~Washington Irving**

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## Oh Tannebaum, Oh Tannebaum

Christmas tunes and Christmas cheer is made brighter by the Caring Trees that have been placed in local banks for several years. Peg Rinker has been in charge and takes great pride in obtaining the perfect gifts from local assisted living facilities. Names of residents that need some personalized Christmas cheer are provided from: Sherwood Assisted Living, Wisteria Cottage, Olympic Care and Rehabilitation Center and some "homebound folks" that rarely hear a Christmas carol. The banks that have the Caring Trees are: First Federal Savings & Loan (on West WA Street), Frontier Bank, Kitsap Bank, and Sound Community Bank.

Kate Creasey had a fun work party at her home a few weeks ago and a group of elves made the tags to go on the trees. Peg has the master sheet so she knows where each carefully selected and wrapped gift goes. Last year a number of tags remained and not to be deterred, she had a few hand picked elves to help do some shopping and wrapping. Christmas is so much better when Soroptimist joins with the community in the spirit of giving.

So as we decorate our Tannenbaum and reflect on the true meaning of the season, I know many of our senior citizens will still believe that the spirit of Christmas is alive right here in Sequim.



Brenda Dunlap puts tags on the tree with Michelle Sorrentino, Bank Manager at Sound Community Bank



Joni McKeta, Marilyn Hooser and Nanc Smith socializing



Members working together on the tags for the trees.



Brenda Dunlap and Colleen Blazer chatting.



Nanc Smith, Ann Salmon & Laura Maroney sharing.

## WELCOME NEW MEMBER, NANETTE CRAMER



I am an accountant and work part-time for Jeanne Martin, CPA. The rest of the time I am a self-employed accountant handling several small businesses in the area. I have an MBA that emphasized in corporate accounting.

I am also the music director at St. Luke Episcopal Church in Sequim. There is a chancel choir and a handbell choir. I love to play the handbells and will be performing a concert in May. The Boar's Head and Yule Log Festival is performed in year closing the Christmas season. I have 3 children: Michelle in Boise with 4 children, Kelli in Denver with 2 children, Don in Portland-no children yet.






**CRAMER, Nan (John)**  
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I am married to The Reverend John W. Cramer, PhD. who is semi-retired. He has a part time counseling practice. He takes care of our "acre" on Happy Valley Road where we have several fruit trees and we love to decorate for the season. We moved to Sequim in 1999. We have Miko, an outside Yellow Lab and Buddy, an inside cat that likes to bite any newcomers, but loves Christmas time with the tree and all my "snowmen". We like to take small trips and go camping in any spare time we can find.

# December 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Universal Human Rights Month				1 UN Aids Day  Completed Violet Richardson Award applications due	2	3 Salvation Army Bell Ringing at Safeway 
4 UN Int'l Volunteer Day	5	6	7	8	9 BOARD MEETING Hanukkah begins 	10 UN Human Rights Day SI President's Appeal
11	12 Holiday Party 5:30-Social, 6:00 -Dinner 	13	14	15 Completed Women's Opportunity Awards applications due	16	17
18	19	20 Kerry Paulin 	21	22	23 Cindy Bidegary 	24 Christmas Eve 
25 Christmas Day 	26 Kwanzaa Hannukkah 	27 Business Meeting	28	29	30 Laura Maroney 	31 New Year's Eve 

# January 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 New Year's Day 	2	3	4	5	6 Rose Jaeger BOARD MEETING 	7
8	9	10 Kate Creasey Business Meeting (GOM Dec & Jan) 	11	12	13	14
15	16 Martin Luther King Jr. Day (observed)	17	18	19	20	21
22	23	24 Program Meeting	25	26	27	28
29	30 Brenda Dunlap 	31 SOCIAL—Evening Meeting				Book Blitz Month 

Everything I Need To Know  
About Life I Learned  
...From a Snowman



It's OK to be flaky once in a while  
It's OK if you're a little bottom heavy  
Wearing white year-round is acceptable  
There's no stopping you once you're on a roll  
When life dumps snow on you, make snowballs  
Just like snowflakes, each person is unique  
You've made it when they write a song about you  
It's OK to have an occasional meltdown  
You always lose weight in the summer  
You can weather any storm  
Don't get too much sun  
The key to life is to be a jolly, happy soul!



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SOROPTIMIST

**Best for Women**

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

To A Women Making A Difference For Women