



# 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 3

October 2005

Soroptimist International of Sequim

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## A MESSAGE FROM THE PRESIDENT

Hello Ladies!!

Oh my goodness, it is October already! Time really does seem to fly by more quickly. Our first board meeting, business meeting and program meeting are behind us. All the more reason to look forward and keep working on making our dreams come true.

I took a motorcycle riders training course a couple of weeks ago and one of the things they kept telling us over and over again was "don't look where you are, look ahead to where you are going and you will go there." They were right, when I looked down at the ground where I was, I lost perspective of where I needed to go and I would lose control of the motorcycle. But when I looked up and ahead, I had no problem getting to the point I wanted to get to. It didn't matter if I was moving fast or slow, as long as I looked at where I wanted to be, I could get there. Let's keep our eyes on the goal and we will see our goals met.

Our first program meeting brought us two members from the Port Townsend Soroptimist club who came to share their dream of bringing their "Do Your Dream" project to Sequim. If you weren't at the meeting, read the article that Kathy has written about it here in our newsletter. We have a member who has expressed an interest in playing a part in making this happen. We have also been given an idea for a venue to use. Are there others who want to step up and see this project happen in Sequim? The gals from Port Townsend are willing to work with us, so give it some thought and give me some feedback.

We have also been given the name and information of the woman we are sponsoring under Project Independence Women survivors of war. Read a little about who she is and where she lives further on in the newsletter (page 4) and find out what you can do and what the money you help the club raise is doing for her.

We are partners with a common purpose supporting one another in our pursuit to improve the lives of women and girls in our community and around the world. No one person stands alone in this endeavor. We must all come together utilizing one another's strengths and knowledge. As we work side by side we will all learn something; our lives will be enriched. Together we all have the power to DREAM BIG!

President Kate

*Letter from the Editor*

Dear Friends,

When walking with my dog Kona the other morning, it dawned on me that he stops and sniffs the same areas every day. Why? This got me thinking about a goldfish story I had heard. The fish spent its entire life in a small fish bowl—until one day it was placed in a bathtub filled with water. Instead of swimming all around the tub, the goldfish swam around in the same amount of space that had been in the fish bowl. Did the goldfish not see the larger environment available?

Then, as I tend to do, I started thinking about Soroptimists. I wondered if sometimes we are like that goldfish in the bathtub. Will we step outside our comfort zone in order to engage the larger environment around us? This year, more than ever, we have an incentive to do so. (Remember, President Kate’s theme is DREAM BIG!)

At our September 27th program meeting, two Soroptimist sisters from Port Townsend—Judi Morris and Nancy Stelow—visited to share two of their programs. The first they call “Do Your Dream.” Judi explained that it starts as a day long seminar with a panel of three to seven women who either have realized their dreams or are in the process of doing so. The purpose is to get the audience thinking. Last year two of the panel members were Karen McCormack, CEO of First Federal Savings and Loan and Kathleen Purdy, of WA State Economic Development Council.



Judi Morris

Then audience members (a.k.a., dreamers) can choose to be matched up with mentors (volunteers from the community arranged in advance). The dreamers share their thoughts about the dreams they’d like to turn into reality. The mentors share their insights about how to avoid or remove roadblocks.

Judi explained further that dreamers and mentors are matched based on the scope of the dream, for example, start a business...or go back to school...or achieve financial independence...or start a self improvement program...or whatever. Mentors commit to a six-month period of support, agreeing to meet with her dreamer at least once a month. *Wouldn't it be great to bring this program to Sequim?*

The Do Your Dream Workshop was the brain child of Barbara Stanny, a Soroptimist who wrote “*Prince Charming Isn't Coming*”. Barbara provides business plan and financial plan information in the workshop in addition to a motivational speaker. Barbara is going to be the keynote speaker at our WIN (Women In Networks) Celebration on November 2 (see article in this newsletter page 7).



Nancy Stelow

Next, Nancy Stelow shared her dream of bringing breast cancer screening to women who haven’t had access to that early detection service. As a breast cancer survivor, Nancy is committed to breast cancer awareness. She spoke of mobile mammography trucks that have taken screening to the women who need it most. So far, the service has concentrated on Jefferson County and areas to the east. Now Nancy would like to see things expand to Clallam County. *Perhaps some members of our club would be interested in learning more and working with Nancy to help bring the screening here?*

- continued on page 3

**CALENDAR**

**OCTOBER**

- 7 Board Meeting
- 11 Business Meeting  
(GOM Oct & Nov)
- 15 & 16 District Meeting
- 25 Program

**NOVEMBER**

- 4 Board Meeting
- 8 Business Meeting
- 22 Program
- 25 Rose House Tour
- 29 Social

**Newsletter Staff**

- Kathy Purcell*
- Colleen Blazier*
- Sally Sue Barry*



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

*Celebrate Life!*

**BIRTHDAYS**



**OCTOBER**

- 15 Judy Ogilvie
- 20 Jeanie Blaurock
- 27 Cathy Angel

**NOVEMBER**

- 2 Mayme Faulk
- 6 Kathleen DeJong
- 18 Myrtle Zapponi
- 28 Marilyn Hooser

New phone number for our  
MEDICAL LOAN CLOSET  
**504-0231**



*“Have a bias toward action -  
let’s see something happen  
now. You can break that big  
plan into small steps and take  
the first step right away.”  
- Indira Gandhi*

**The Medical Loan Closet Has  
A Reputation That Can’t Be Beat**

The good work that the members of the Medical Loan Closet committee is doing is reaching all parts of the peninsula. A few weeks ago, we received a call from the Senior Center in Forks, WA. They had “heard” about our program and wanted to donate medical equipment. That goes with the saying, “A good deed never goes unrecognized”. Louella has been contacting many of the members in our community who have borrowed equipment over the past several months and haven’t returned it. At this point, our cup runneth over. After considering our blessings, we decided to offer this excess equipment to Imbert Mathee, the director of Clear Path International. When he picked up equipment a few months ago, he couldn’t accommodate the hospital bed that Sherry Schubert wanted to donate. At this point, he is coordinating another trip so he can fill another container going to a third world country.

Speaking of Clear Path International, they are celebrating their Fifth Anniversary and sent us an invitation to join in the gala on October 16<sup>th</sup>. Kate and Megan are hoping to attend the “Evening of Hope For Landmine Accident Survivors”. It will be a momentous occasion as they celebrate the five years since they began their work assisting landmine accident survivors. We can’t wait for them to tell us all about the festive dinner and fun evening. The King 5 Evening Magazine host – John Curley — and singer, songwriter Sally Taylor (daughter of James Taylor and Carly Simon) will preside over the festivities.

During the past five years, Clear Path International has provided everything from prostheses to vocational skills training to more than 2,300 mine and bomb victims in Southeast Asia. They have sent 50 containers with \$3.5 million worth of medical equipment and supplies to hospitals in 20 mine-affected countries.

We certainly are blessed and now we can extend those blessings to others in need.

Louella Hanson & Sally Sue Barry  
MLC Co-Chairs

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**A Fish Story** -continued from page 2

Nancy and Judi reminded us that October is Breast Cancer Awareness Month and informed us that a workshop is scheduled for October 29 at the Uptown Community Center in Port Townsend. It is sponsored by Sorooptimists of East Jefferson County and the Jefferson County Health Department with a generous contribution from Susan G. Komen Foundation. (See the special article in this newsletter - page 11).

I urge you attend. Become informed, challenge your comfort zone, and venture into new waters. An ocean of possibilities awaits us. We can begin now. All we have to do is to DREAM BIG!

With Gratitude and Love,  
Kathy Purcell  
*Editor*

## Program Committee... The Holidays are coming

Now that we have enjoyed the first few days of fall, it's time to mark your Member Roster one more time. When Janet Wicker was coordinating plans for the Soroptimist party at the Sunland Foursome Club, she found that the previous date just wouldn't work. So mark your calendar for Monday, December 12th. More details about what is planned will be forthcoming.



### Date Change for Holiday Party: December 12

With the spirit of the season being fostered by Nanc Smith and making gift bags for the holidays (to support our commitment to Project Independence), we are still asking for **volunteers to ring bells** for the Salvation Army. We only need 8 members and I hear that the WIN students would like to join us. The dates are available now but I need to know if anyone is interested. We will ask for volunteers at our next meeting on October 11th so please think it over.

Colleen Blazier  
Your Program Chair



## Meet Our Women for Women International Sponsored Sister

Zainab Meeohusain is living in Afghanistan and was born in 1978 so she is 27 years old. She has two children: one son and one daughter. We were not given their ages or names. She is a widow with no



formal education, illiterate and has indicated that she is also innumerate – which means it is difficult for her to understand numbers, including her age and the number of children she has. Zainab does not currently have any form of shelter.

She is currently unemployed and is unable to find work or earn a meaningful income. During her time in the program, Zainab will receive rights awareness and leadership education, vocational and technical skills training and access to income generation support. We are encouraged to write to Zainab and she will be read the letters we send. While she will be encouraged to write back sometimes this is just not something they are ready to do.

We are asked not to send any gifts of any kind or extra money. The atmosphere is very fragile and to do so could actually cause more hardship on Zainab and her family. I encourage as many of you as possible to write just a brief note to Zainab. Just a few sentences are all that you need to write. Send them to me at [k-creasey@olypen.com](mailto:k-creasey@olypen.com) and I will forward them to Women for Women International to be translated and forwarded to Zainab.

Whatever you can do or dream you can,  
begin it. Boldness has genius, power and  
magic in it. Begin it now.  
-Johann von Goethe

## PROJECT INDEPENDENCE Report

We have made a commitment of \$1500 this year to Project Independence. We've already raised over \$800! Thank you to all the Soroptimist members who helped with the Open Aire Market – either by making bags, baking, or working the booth!

280 from Bake Sale  
 448 from the Celebration  
 130 donations over summer from some of my friends

- Rose Jaeger
- Jane Manzer
- Mayme Faulk
- Janet Wicker
- Jeanne Martin
- Megan O'Donnell
- Judy Ogilvie
- Sandy Reed
- Laura Maroney
- Sherry Schubert
- Kathleen DeJong
- Dale Simon
- Peg Rinker
- Nanc Smith
- Kathy Purcell
- Pamela Caldero
- Sally Sue Barry
- Betty Osborne
- Kate Creasey
- Cindy Bidegary

**Great Job, Ladies!**



Sally Sue Barry



Cindy Bidegary



Peg Rinker



Sandy Reed with Kathleen DeJong



Jeanne Martin with Sally Sue Barry



Jane Manzer



Pamela Caldero with Megan O'Donnell



Janet Wicker



Pamela Caldero with Rose Jaeger

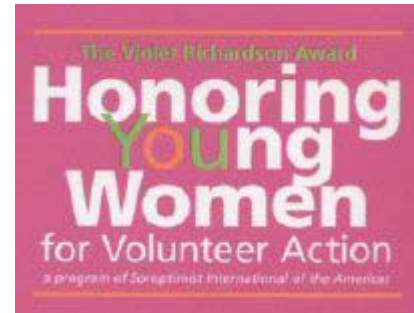


Peg Rinker with Sally Sue Barry and Betty Osborne

## Educational Support Committee

### Violet Richardson Award Applications Now Available

Soroptimist International of Sequim is holding its 2005/06 competition for outstanding volunteer efforts by a young woman who resides in the Sequim school district and is between the ages of 14 and 17 at the time of her application. Members of Soroptimist International are committed to making the world a better place through volunteerism. This Award for volunteerism is named after Violet Richardson, the very first President of the first Soroptimist Club, which was organized in 1921. Violet Richardson was devoted to volunteering.



We are very proud of the young women who give so generously of their time and effort to help other people. The special focus of this award is toward bettering life for women and children. Applicants must demonstrate a commitment to improving the lives of others through volunteer action. This Award is a merit award and not based on academic achievement.

This year's award now carries with it a \$500.00 cash prize for the local winner and a \$250.00 cash prize for the runner up. In addition, the Sequim Soroptimist Club will make a cash donation to the winner's charity of choice.

Our local winner will then compete on the Regional level. If she wins this level she will receive a cash prize and will be entered in the competition at the Soroptimist National level. There is also a cash prize at the National level.

Last year our Local winner, McKinley Fitzgerald, was a runner up at the Regional level and won an additional cash prize. We were very thrilled for her. She is a very accomplished and devoted young lady and volunteers for Project Linus.

Award applications are available from Mitzi Sanders at the Career Center in the Sequim High School Library, at Cole's Jewelry Store on Washington Street and from Sequim Village Glass in Carlsborg. The completed applications, along with a 750-word essay, are due back no later than December 1<sup>st</sup>.

## Membership Committee

The due date for the information for the Meet the Member Directory is just around the corner. I think you will all be surprised to read the 'stories' of your sister Soroptimists.

If you have a business card or special photo you'd like to have included, please get them to me by October 31, 2005.

Kathy Purcell  
Membership Chair



## WIN - Women in Networks Committee



### Some Tips for the ROPES

Since the course is outside and in the woods, it is cold and wet even if the sun is shining. So dressing with that in mind (layers! and perhaps a knit hat) helps to make it an enjoyable experience. It's not a good idea to wear anything you don't want to get dirty. The best footwear is a good pair of tennis shoes. Bringing a water bottle is suggested.

We will leave the high school parking lot @ 8:00 and return by 3:30. We pack a lunch or bring \$\$ to purchase lunch in the Peninsula College cafeteria.

You are invited to a Special Evening  
Celebrating the 9th year of the  
WIN - Women in Networks Program  
with Keynote Speaker  
Barbara Stanny

*Please join us for a dessert buffet*  
Wednesday, November 2, 2005  
7:00 pm.  
Oak Table Cafe  
292 W. Bell Street  
Sequim

To ensure enough tasty desserts,  
**Please RSVP to:**  
Mitzi Sanders: 582-3631 mitzi@sequim.k12.wa.us  
Penny Wolf: 683-8168 or win@sisequim.com

**Barbara Stanny is a woman on a mission.** That mission is to motivate women to become financially empowered. Barbara grew up relying on her father (the 'R' of H&R Block), then her husband, to manage her money. But a devastating financial crisis became a personal wake-up call.



Her journey to financial independence is inspiring. She began by interviewing financially savvy women from diverse backgrounds. She discovered a surprising series of insights that all these women shared—insights that enabled them to feel 'smart' about money. Those insights turned her life around, and became the core of her first book, *Prince Charming Isn't Coming: How Women Get Smart About Money* (Viking Press).

Once Barbara had completed her first book and had a solid feeling of financial security, she decided to take this process to the next level. It was time to focus on women's earnings. But rather than concentrate on the wage gap and gender barriers, she turned her attention to the women who were breaking those barriers. Barbara interviewed over 150 women who make \$100,000 or more. Her goal: to find out how they did it, if others could too, and how to avoid the pitfalls along the way. From this new research came her latest book, *Secrets of Six Figure Women: Surprising Strategies to Up Your Earnings and Change Your Life* (HarperCollins). Barbara not only uncovered the secrets that enabled these women to become so financially successful, but personally proved her theory was possible. For the first time in her life, she became a six-figure woman...before she even finished writing the book.

Barbara's background in business, her years as a journalist, her Master's Degree in psychology, her extensive research and her poignant experience with money have given her a unique perspective on women's financial issues.

Her next book, *Overcoming Underearning: A Five-Step Plan to A Richer Life* (HarperCollins) will be published in late December 2005, just in time for New Year, New You campaigns.

## Can dreams come true for the people of Sequim?

This is the question that remained on my mind after the September 27<sup>th</sup> morning Soroptimist meeting. We met at Petals restaurant and shared a delightful breakfast together. After the donations of “Happy Dollars,” we were introduced to two members of the Port Townsend Soroptimist Club. They shared with us their “Dream Come True” (Do Your Dream) program. It is financed through donations from businesses in their community. The group advertises a “workshop” event that invites people to apply for the scholarships (in order to know what they want it for, timeline of events, etc.)

Based on the amount of money received from donations, the group looks over all the applications, and at the end of the Do Your Dream workshop an announcement is made telling what the dreamers are doing and who is awarded the scholarships. One of their biggest success stories is a local author, Dahti Blanchard, who just finished writing her book and has recently found a publisher!

The Sequim Soroptimist Club seemed very interested in this type of program. Could we soon see a pursuit of a similar event in Sequim? Let’s hope so. After all, what could be more satisfying than to help someone who had only looked at the stars, to actually reach out and touch them!

Sweet Dreams,  
Amanda Cerutti  
WIN Reporter



WIN Reporter Amanda Cerutti with her mom Heather

## A Sequim Soroptimist connection over two decades old

I was granted the opportunity to meet the Sequim Soroptimist club members not once, but twice during my senior year in high school. Once was when I was chosen as “Girl of the Month” and the other was during my reign as “Irrigation Festival Royalty.”

When I first tried out for the Irrigation Festival Royalty, I did not make it. I was devastated! The very next day after the pageant, I got a call from the royalty mom stating that one of the girls had “stepped down.” She asked me if, under the circumstance, I would be willing to become a princess and I accepted. It was the first time in the history of the festival that this sort of thing had ever happened. Divine intervention? I believe so, as being a part of the festival royalty was one of my biggest dreams, along with graduating at the top of my class, getting some scholarships and getting accepted to a good college.

The Sequim Soroptimist club invited us to join them for a luncheon at Bandits Pizza Parlor. I remember that day well. After we performed our song and dance routine, we ate lunch and listened to the ladies of the group speak. Much of the emphasis was on becoming a “woman of distinction” while making a difference in the world. Many stood up and shared their inspiring stories. I remember thinking that it seemed like such an important task to accomplish. How could one possibly be a wife, a mother, a professional, a mentor and help others in the process? I was inspired that day, by the ladies I met and twenty years later, your club lives on, stronger than ever.

Thank you for the example you set for me long ago. And thank you for your continued pursuit to inspire a “new” generation of young women. Together, we can make a difference!




Heather Cerutti  
(Amanda’s mom)

*Like mother, like daughter...looks like both the Cerutti ladies have a way with words. - kp*

# October 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
MLC = Medical Loan Closet, person on call						1 UN Int'l Day of Older Persons  MLC—Sherry Schubert
2 MCL—Sandy Reed	3 Soroptimist Founders Day  Rosh Hashanah	4	5	6	7 BOARD MTG	8
9 MLC—Peg Rinker	10 World Mental Health Day	11 Business Meeting (GOM Oct & Nov)	12 Canadian Thanksgiving	13	14  Online Auction Ends	15 Judy Ogilvie DISTRICT 1 MTG Open Aire Mkt 
16 UN World Food Day DISTRICT 1 MEETING MLC—Laura Maroney	17 UN Int'l Day for Eradication of Poverty	18	19 R.O.P.E.S Course	20 Jeanne Blaurock 	21	22
23 MLC—Louella Hanson	24 United Nations Day	25 Program Meeting	26	27 Cathy Angel 	28	29 Daylight Savings Time ends—set clocks back 1 hour
30 MLC—Sally Sue Barry	31 Halloween 					

# November 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Mayme Faulk 	3	4 BOARD MEETING	5
6 Kathleen DeJong 	7	8 Election Day  Business Meeting	9	10	11 Veterans Day	12
13	14	15	16 UN Int'l Day for Tolerance	17	18 Myrtle Zapponi 	19 Greywolf Bazaar
20 Greywolf Bazaar	21	22 Program Meeting	23 Thanksgiving	24	25 UN Int'l Day for Elimina- tion of Violence Against Women Rose House Tour	26
27	28 Marilyn Hooser 	29 SOCIAL—evening mtg	30			

Did you know:  
Washington has highest Breast Cancer rate in U.S.?  
Want to know why?



October 29, 2005  
Come to the free  
Cancer and Wellness Workshop



9AM to 4PM  
Uptown Community Center  
Port Townsend, WA

- 9:00AM: Breast Cancer rates in Washington—the facts will amaze you!  
10:30AM: 3 Breakout Workshops:  
Mauris Emeka, author of “Fear Cancer No More!”  
Surviving & Thriving: Healthy Life Style Choices  
“If looks could kill...Toxic Grooming”  
11:30AM: Take Charge of Your Breast Health  
1:00PM: Importance of Cancer Screening  
2:00PM: Navigating the System—Insurance and Medical  
3:00PM: Coping with Cancer; talk with women who are!

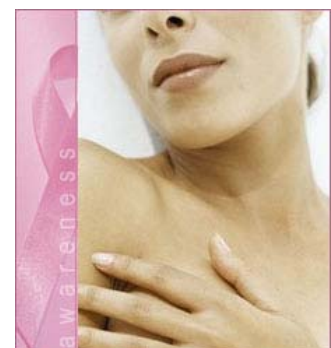


Sponsored by Soroptimists of East Jefferson County  
And Jefferson County Health Department  
Generous contribution from Susan G. Komen Foundation

*the Doctors that were involved last year are from Sequim and PA:  
Dr. Michael Crim, Clare Bertucio (sp) from the Radiation Center and Dr. David Wong.*



**October is  
Breast Cancer  
Awareness Month  
Have you had your yearly  
Mammogram yet?**



Anyone who has pets will really like this. You'll like it even if you don't, and may decide you need one.

Mary and her husband Jim had a dog, Lucky. Lucky was a real character. Whenever Mary and Jim had company come for a weekend visit, they would warn their friends to not leave their luggage open because Lucky would help himself to whatever struck his fancy. Inevitably someone would forget and something would come up missing. Mary or Jim would go to Lucky's toy box in the basement and there the treasure would be, amid all of Lucky's favorite toys. Lucky always stashed his finds in his toy box and he was very particular that his toys stay in the box.

It happened that Mary found out she had breast cancer. Something told her she was going to die of this disease... she was just sure it was fatal. She scheduled the double mastectomy, fear riding her shoulders. The night before she was to go to the hospital she cuddled with Lucky. A thought struck her... what would happen to Lucky? Although the three-year-old dog liked Jim, he was Mary's dog through and through. If I die Lucky will be abandoned, Mary thought. He won't understand that I didn't want to leave him. The thought made her sadder than thinking of her own death.

The double mastectomy was harder on Mary than her doctors had anticipated and Mary was hospitalized for over two weeks. Jim took Lucky for his evening walk faithfully but the dog just drooped, whining and miserable.

But finally the day came for Mary to leave the hospital. When she arrived home, Mary was so exhausted she couldn't even make it up the steps to her bedroom. Jim made his wife comfortable on the couch and left her to nap. Lucky stood watching Mary but he didn't come to her when she called. It made Mary sad but sleep soon overcame her and she dozed.

When Mary woke, for a second she couldn't understand what was wrong. She couldn't move her head and her body felt heavy and hot. Panic soon gave way to laughter though, when Mary realized the problem. She was covered, literally blanketed, in every treasure Lucky owned! While she had slept, the sorrowing dog had made trip after trip to the basement and back, bringing his beloved mistress his favorite things in life. He had covered her with his love.

Mary forgot about dying. Instead she and Lucky began living again, walking further and further together every night. It's been 12 years now and Mary is still cancer-free. Lucky? He still steals treasures and stashes them in his toy box but Mary remains his greatest treasure.

Live everyday to the fullest... because every day is a blessing from God!



Sorooptimist International of Sequim  
P.O. Box 126  
Sequim, WA 98382

S O R O P T I M I S T

**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