



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

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Soroptimist International of Sequim

September 2005

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Directors: 2 year

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Directors: 1 year

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Kathy Purcell
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Sally Sue Barry



A MESSAGE FROM THE PRESIDENT

Hello Ladies!!

Our year has begun! The turnout at the brainstorming meeting was excellent and we had a really great time. Colleen and I are now officially installed as president and president-elect even though we stepped into our roles over a month ago.

I have already been overwhelmed by the enthusiasm and energy of this group. We have stepped up to meet the challenges and goals before us. Already, I have attended a group get together with Carol Sanders, our gracious benefactor of the WIN program and her daughter-in-law Gabby. I've seen: the calendar for the WIN program begin to take shape; the medical loan closet get the new phone number up and running; the new treasurers begin their work; and our President-Elect Colleen Blazier come on board and start getting things organized. I met with Terri at Petals and gave her our schedule so she is ready for us to come.

At the brainstorming meeting, we were treated to a story of how our medical loan closet made the dream of a motorized scooter come true for a local gentleman. Occupational Therapist Teresa Bockman was the facilitator and was so impressed that she wants to join Soroptimist. Wow! We haven't even had our first meeting yet.

I read recently that dreams are not vaporous, fanciful thinking, but rather, they are building blocks of reality. I believe all of us have dreams inside us waiting to be fulfilled. As children we had dreams and when we were young it was easy to believe that our dreams could come true. Somehow, as we get older we let the "reality" of life rob us of our ability to dream and our ability to believe our dreams could be realized. Dreaming is not a frivolous waste of time as some might think.

I was looking at some of the Science Fiction comics, movies and books written in the past and it is remarkable how many of their imaginations are now reality. Remember when:

- 1) Batman had a car phone before we even knew they could exist?
- 2) Superman's bullet proof suit? or
- 3) Buck Rogers flying his shuttle into space and back?

So, I exhort you to dream. No dream is too small. Small dreams can grow into bigger ones. Each dream accomplished is a building block for the next dream and the next and the next.

Remember too, to share your dreams. Dreams shared are dreams more easily realized because when we share them with those around us who care about us and believe in us it gives us incentive and courage to see the dream come to pass. I am excited to be dreaming about our year together in Soroptimist. You are all playing a vital role in our club achieving great things. Keep up the good work everyone.

Blessings
President Kate

Letter from the Editor

Dear Friends,

Last year we were introduced to a new logo for SIA, and a new tagline: *“improving the lives of women and girls in local communities and throughout the world.”* Notice how the words mention ‘local’ community first? It reminds me of dropping a pebble into a pond – splash! and the ripples move out from there. It also reminds me of District, Regional and International meetings.

When I first became a Soroptimist, I was like a pebble. I plunked down in Soroptimist of Sequim and that was just fine with me. I was focused on my club. After 2 ½ years, I became president of Soroptimist Int’l of Sequim. At that time, I had not attended a meeting outside of Sequim.

Why hadn’t I? Part of it was I thought the meetings were just an excuse to get together. I’m trying to run a business; I can’t be taking time off to travel around to unnecessary meetings. Part of it was my feelings about Soroptimist of Sequim. There is a strong camaraderie among the members of our club. We support, guide, sometimes nudge and encourage one another. There is a feeling of acceptance. Truly this is unique, or so I thought. Part of it was feeling I didn’t have much to offer outside of my own club. Part of it was feeling that only people who were going to be officers of the club went to the meetings. I was content to be a pebble.

Looking back now, I don’t recall the first meeting I attended outside of Sequim. I know it was after I had been president; so much for my last theory above. Actually, all of my theories above have proven to be wrong.

Attending District, Regional and International meetings helps strengthen the entire organization. Members share their experiences and learn from others. I learned that the feeling of solidarity is in all Soroptimist clubs; it is not just our club. The cohesion is undeniable. I learned everyone has something to offer, even me. I learned that the knowledge each of us gains at the meetings, can be taken back to the club and shared – whether you’re an officer or a regular member. The more each of us understands about the whole picture, the more we value what we do as individuals.

Being a Soroptimist has changed my life. Over the years I have begun to feel like the ripple in the water, not just a pebble. Pebbles are necessary to start the movement of the water. But being the ripple, well, that is like discovering you are more than just a small stone. There is a larger nugget within you that can make a difference – that can *improve the lives of women and girls in local communities and throughout the world* – starting with YOU.

The District 1 Meeting is coming up October 15 – 16. I know a few of you who would like to go, already have prior commitments. The Regional Conference will be April 28 – 30, 2006 in Tacoma. I strongly encourage you to mark your calendars and make plans to attend that meeting. Let’s Dream Big and let’s Target Tacoma together!

With Gratitude and Love,
Kathy Purcell
Editor

CALENDAR

SEPTEMBER

- 9 Board Meeting
- 13 Business Meeting
- 27 Program -
Do Your Dream

OCTOBER

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

Newsletter Staff

Kathy Purcell
Colleen Blazier
Sally Sue Barry



TARGET TACOMA
Regional Conference
April 28 – 30, 2006

Celebrate Life!

BIRTHDAYS



SEPTEMBER

- 2 Sherry Schubert
- 4 Joni McKeta
- 8 Nanc Smith
- 11 Kat Essex
- 23 Sally Sue Barry
- 29 Leah Davis

OCTOBER

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

New phone number for our
MEDICAL LOAN CLOSET

504-0231



Medical Equipment shipped internationally

Once again SI Sequim has been able to assist not only locally but also internationally by donating several pieces of medical equipment to Clear Path International. CPI collects and ships medical equipment to hospitals in landmine affected countries. The medical equipment is loaded into containers that are shipped to areas such as Vietnam, Cambodia and the Thai-Burma Border.

Continuing Education Scholarships

We had twenty five applicants this year, up from thirteen last year. The word is getting out and there truly is a need. The following is a list of this year's winners:

Tracie Hirz, is attending City University and pursuing a Bachelors Degree in Elementary Education. Someday she hopes to go on and complete her Masters in Education. Tracie is a friend of Svetlana Pancetovic, whom many of you may remember from one of our program meetings and our Saturday of Service – SOS.

Angela Nesse, will be attending Spokane's Intercollegiate School of Nursing. I would like to share a statement from her letter, "I realize that as my college education progresses, financial aid decreases." This is the heart of why we in Sequim Soroptimist provide the Continuing Education Scholarships.

Tomi-Kay Thompson, will be attending Skagit Valley College on Whidbey Island, where she will complete her prerequisites for nursing. In grade school, Tomi-Kay was diagnosed with Dyslexia and ADD/ADHD. She states in her application, "I found that my disability has also become an asset. I have found that facing your problems and working through them makes you a better and stronger person." We wish her strength and courage as she goes on to follow her dream of helping women and small children.

It was a difficult task choosing only three for the scholarships as many of the applicants deserve financial help to assist them in pursuing their educational dreams. We wish them all the very best!

Kathy Burrer
Educational Support Committee Chair



Sally Sue Barry, Peg Rinker, Jane Manzer, Imbert Mathee (CPI) and Colleen Blazier

AMANDA CERUTTI - WIN Reporter

"Serving Our Community and the World"

As a WIN reporter, I was asked to attend the August 25 Soroptimist gathering at the Hurricane Coffee Company. Our guest for the afternoon was Carol Sanders, the benefactor of our WIN Program, who was visiting from California. (Also attending were Carol's daughter-in-law Gabby, Soroptimist members: Jeanne Martin, Jane Manzer, Penny Wolf, President Kate Creasey, Kathy Purcell and fellow WIN student, McKinley Fitzgerald.) It was during this meeting that I learned about several ongoing opportunities to volunteer in our community, like helping out at the Soroptimist Garden Show. I was excited to hear that WIN doesn't stop just because school is out for the summer!



Carol Sanders, Amanda Cerutti, McKinley Fitzgerald, Penny Wolf

All this new information filled my head and got me thinking about my purpose with the Women In Networks Program. At first, I thought the program was designed to show young women that there are many different, rewarding careers to consider. Now, I realize it is here, for the taking, to offer more. Case in point, let me share with you the mission statement of Soroptimist International, adopted in 1986: "Soroptimist International seeks to recognize the needs of people throughout the world; to initiate awareness, advocacy and action to improve the quality of life; to advance international understanding, goodwill and peace; and to serve voluntarily, using the diverse skills of its members in individual, group and cooperative endeavors."

WIN offers each of us the opportunity to enrich our lives, as well as, the lives of others. It invites us to look inside ourselves and build upon our developing characters. It teaches us compassion and offers us, in return, a great satisfaction knowing that we have made a difference.

Looking ahead to the new year I am excited to be part of such a wonderful group. Mitzi and Penny have worked very hard to organize some fun events for us. On our "kick-off" night we will have a guest speaker who is a local well-known author, Barbara Stanny. We will be going back to the University of Washington and this year, we will have two opportunities to experience the R.O.P.E.S. Course at Peninsula College. Can we influence positive social change? Yes! Are you all with me?



Project Independence Study Tour to Rwanda

The next Project Independence study tour will be to Rwanda. Two dates will be offered: February 13 through February 17, and February 20 through February 24. The trip will allow participants to gain an intimate and personal look at the SI quadrennial project, Project Independence: Women Survivors of War and its operations in Rwanda. In addition, there will be an expedition between the tours to visit the mountain gorillas in western Rwanda. The days will be long and the transportation will not always be comfortable. Personal stamina is necessary for participants.

The cost for participants for the Project Independence tour is \$1700 (not including air fare) and an additional \$825 for the gorilla expedition. SIA is allowed two participants for each tour—four all together. SIA President-elect Tes will attend one of the tours and SIA will handle the remaining three spots as a lottery. Those who have traveled previously on a Project Independence tour will not be eligible. SIA will do a drawing and contact everyone by September 19th. For more detailed information about the tour, please contact program@soroptimist.org.

Internet Coordinator Report

Dear Soroptimist Sisters:

Does this look familiar?

District Meeting Calls

[District 1](#)

[District 2](#)

[District 3](#)

[District 4](#)

Check the updated [meeting dates and place information](#) The great news is all you have to do is click on the hotel name to get the Number and to check the area out!

If you said YES, then it means you've been to the NWR website <soroptimistnwr.com> recently. The 52nd Annual District 1, Northwestern Region Meeting is October 15 & 16, 2005 at the Best Western Lakeway Inn in Bellingham, WA.

So far there are five members committed to attending: Colleen Blazier, Nanc Smith, Sandy Reed, Gail Frick and myself. We're looking for one more so we will have an even number. Check your calendars and let President Kate know if you can attend.

Kathy Purcell
Internet Coordinator

Dreams are renewable. No matter what our age or condition, there are still untapped possibilities within us and new beauty waiting to be born.

-Dale Turner

Membership Committee Report

For many of our members, the summer has been a time for R & R – rest and relaxation.

For others, it has been a time to plan and organize. As we start our fall season it is time for another kind of R & R – Refocus and Re-Energize! The Membership Committee is dedicated to helping you do that!

Those of you who attended the Brainstorming meeting have already received your 2005 – 2006 Member Roster book. The bright yellow color grabs your attention. It's more than a list of members' names and addresses. It shows a calendar, including dates for District, Regional and International meetings. It has inspirational quotes that reflect President Kate's theme: Dream Big!

This year the book has a new feature. In the back are instructions for logging into both the NWR <soroptimistnwr.com> and SIA <soroptimist.org> websites.

Dale Simon has generously offered to put plastic on your roster cover. All you need to do is take the book to her shop, Village Glass, 865-D Carlsborg Rd, 681-7600.

The Membership Committee has some other things in the works: a booklet on the Rules of the Road of Membership; a member directory that will include members' business information (a Yellow Page directory of sorts); a club mentoring program.

There were three prospective new members at our Brainstorming meeting. What a way to start the year! We encourage each of you to invite other women to attend our meetings and learn more about who we are. Together, let's Dream Big!

Kathy Purcell
Membership Chair



WHAT'S NEW . . . from the SIA Website

Best for Women Auction

The Soroptimist Best for Women Online Auction is set to open September 6. Don't miss this great opportunity to shop for great values while supporting Soroptimist's mission. Visit the auction site at <http://soroptimistauction.cmarket.com> and look at the catalog full of exquisite jewelry, phenomenal vacations and retreats, unique collectibles, interesting art and more. Keep watching because new items continue to be added—among them jewelry items from Brazil, Taiwan and the Philippines. Be sure to place a watch on items that interest you now so when the auction opens, you will be able to follow the activity on those items. Remember it is not too late for you or your club to donate an item. The money raised from the Best for Women Online auction supports Soroptimist programs, so please let your friends and family know about the auction and how their participation will help women and girls. E-mail auction@soroptimist.org with any questions or comments.



Hurricane Katrina

In response to the destruction caused by Hurricane Katrina in the United States' Gulf Coast, SIA has received messages from Soroptimists around the world expressing their sympathy and support.

Thankfully, no Soroptimist clubs were directly affected by this disaster; although, we have heard that many Soroptimists have friends and family in the devastated areas. There are no Soroptimist clubs in Louisiana and only one inland club in Mississippi.

President Jean and Executive Director Leigh have authorized a \$10,000 donation from the Disaster Relief Fund to the American Red Cross to assist with the immediate needs for food, water and shelter. More can be sent with board approval should it appear necessary. Currently, there is almost \$200,000 in the general disaster relief fund. Money is pouring in from around the country, but that does not seem to be the biggest problem at this moment in time. Getting aid and relief workers to the thousands affected is paramount at this point in time.



Executive Director for a Day

Congratulations to Fatima da Ponte from Soroptimist International of North & West Vancouver (Western Canada Region) for being chosen as Executive Director for a Day to shadow Executive Director Leigh in her daily activities for one day. The drawing was held on July 9, 2005, at the Recognition Banquet in Los Angeles, California. Fatima will receive an all expense-paid trip to Philadelphia for 3 days and two nights, which includes airfare hotel, meals, and other surprises.



Regions were challenged to obtain a donation from 10 percent of their membership in exchange for the opportunity to be Executive Director for a Day. The regions that met that goal are America del Sur, Eastern Canada, and Taiwan. Their enthusiastic response to the fundraiser is greatly appreciated.

Many thanks to all the members who donated for the opportunity to be Executive Director for a Day and to all those who promoted this SIA fundraiser, including the Board of Directors, Fund Development Council, Governors and region fundraising chairs. Headquarters is busy preparing for Fatima's visit.

Save the Date








Soroptimist's 39th Biennial Convention will take place in historic Philadelphia, Pennsylvania, **July 19-22, 2006**. Don't miss this opportunity to join Soroptimists from around the world in SIA headquarters' hometown for what is sure to be a fun, inspirational and educational event.



Linda Ellerbee

World renown broadcast journalist and author Linda Ellerbee will be the keynote speaker. Following her presentation, she will moderate a media panel to explore the dearth of women in key media positions and what this mean to society; what can be done to turn it around; and the experiences of women who do serve in these capacities. Linda has worked as a network news correspondent, anchor, writer, producer, and is currently president of her own production company, Lucky Duck Productions. Her newest book is *Take Big Bites, Adventures Around the World and Across the Table*. Be sure to check the [Meetings/Conventions](#) page of the members-only site to find the latest convention news...

September 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
MLC = Medical Loan Closet, person on call				1 MLC—Peg Rinker	2 Sherry Schubert 	3
4 Joni McKeta MLC—Pres Kate 	5 Labor Day	6  Women Online Auction (Sept 6—Oct 14)	7	8 Nanc Smith 	9 BOARD MTG	10
11 Kat Essex MLC—Sally Sue Barry 	12	13 Business Meeting	14	15	16	17
18 MLC—Jane Manzer	19	20	21	22	23 Sally Sue Barry 	24 Open Aire Market Club Bake Sale
25 MLC—Sherry Schubert	26	27 Program Meeting “Do Your Dream”	28 WIN— ROPES Course	29 Leah Davis 	30 Cutoff for Dist Meeting room reservations	

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—Louella Hanson	3 Rosh Hashanah Soroptimist Founders Day	4	5	6	7 BOARD MTG	8
9 MLC—Peg Rinker	10 World Mental Health Day	11 Business Meeting (GOM Oct & Nov)	12 Yom Kippur	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	20 Jeanne Blaurock 	21	22
23 MLC—Sandy Reed	24 United Nations Day	25 Program Meeting	26	27 Cathy Angel 	28	29
30 MLC—Sally Sue Barry	31					

Excerpt **FINDING PEACE IN A STRESSFUL LIFE**

By Marielena Zuniga

Why do women find it so hard to give themselves a little TLC? Social and genetic programming have a lot to do with it, says Alice D. Donma, PhD. In addition, women inherit the idea that other's needs are a priority over their own, explains Deborah Aikens, Ph.D., director of the Northwest Center for Health Promotion in Eugene, Oregon. "This comes from our patriarchal paradigm in society...where women's needs don't count and men's needs do," she says.

The paradigm is the base of the difficulty women have in self-nurturing, says the clinical psychologist who has conducted workshops on this topic. "Women inherit this [model] and pass it on from generation to generation," she says. "But we are a transition generation, trying to change this legacy."

According to Alice Domar, the lack of extended family nearby also impacts women with children. When a woman had a baby 100 years ago, she was living with or near aunts, female cousins and sisters who would swoop in and take care of everything for her and the baby. "I have two children and no one swooped into take care of my needs," Domar states.

For many women, the first step on the road to self-care is learning to accept help and that not everything has to be perfect.

According to Alice Domar, a woman who learns how to 'dance the dance' when she cares for others and cares for herself, is going to be psychologically and physically healthier and a better mother, wife and friend.

One important strategy is for women to surround themselves with a strong support system, including close friendships. Domar offers these suggestions: When the alarm goes off in the morning, women can give themselves 15 – 20 seconds to choose one nice thing they will do for themselves that day. It may be as simple as buying a pint of blackberries and eating them on the spot or calling a close friend.

"Take as little as 10 minutes a day. Put on a piece of beautiful music, sit in the sun, take a hot bath, make a lunch date. Women need to make themselves part of their 'to do' list," states Domar. "And put yourself on that list in pen – not pencil – so you don't erase your obligation to yourself.

Some suggestions for self-care and stress relief from the experts include:

- *Plan and prioritize. Delegate. Ask for help.*
- *Establish and maintain a strong support system of family and friends.*
- *Negotiate responsibilities with your partner, especially if you have children.*
- *Don't get caught in the TV trap. Unwind with a book or light exercise.*
- *Stop the negative self-talk.*
- *Start a gratitude journal, which shifts energy in a positive way.*
- *Rediscover or start a spiritual practice, even for five minutes a day*

From an email . . .

FEMALE SMARTS

Eleven people were hanging on a rope under a helicopter, ten men and one woman. The rope was not strong enough to carry them all, so they decided that one had to leave, because otherwise they are all going to fall.

They were not able to name that person, until the woman gave a very touching speech. She said that she will voluntarily let go of the rope, because as a woman she is used to giving up everything for her husband and kids, or for men in general, and was used to always making sacrifices with little in return.

As soon as she finished her speech, all the men started clapping

Their hands.....

The following is the philosophy of Charles Schultz, the creator of the "Peanuts" comic strip. You don't have to actually answer the questions.

Just read the e-mail straight through, and you'll get the point.

1. Name the five wealthiest people in the world.
2. Name the last five Heisman trophy winners.
3. Name the last five winners of the Miss America.
4. Name ten people who have won the Nobel or Pulitzer Prize.
5. Name the last half dozen Academy Award winner for best actor and actress.
6. Name the last decade's worth of World Series winners.

How did you do?

The point is, none of us remember the headliners of yesterday. These are no second-rate achievers. They are the best in their fields. But the applause dies. Awards tarnish. Achievements are forgotten. Accolades and certificates are buried with their owners.

Here's another quiz. See how you do on this one:

1. List a few teachers who aided your journey through school.
2. Name three friends who have helped you through a difficult time.
3. Name five people who have taught you something worthwhile.
4. Think of a few people who have made you feel appreciated and special.
5. Think of five people you enjoy spending time with.

Easier?

The lesson: The people who make a difference in your life are not the ones with the most credentials, the most money, or the most awards. They are the ones that care. You're a blessing in my life!

"Don't worry about the world coming to an end today. It's already tomorrow in Australia." (Charles Schultz)



Soroptimist International of Sequim
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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