



# 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

February 2007

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Colleen Blazier

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## THE FATHER OF OUR COUNTRY

This month we will celebrate the birthday of the foremost man in America; the fate of our country depended on him more than any other man during the last twenty-four years of his life. George Washington held the highest office in the land as the first president of the United States; the office of president had in fact been designed with his virtues in mind. It was the mere honest recognition of this that time bestowed upon him the epithet, Father of our Country, and that upon his death, the memorial address presented on behalf of the Congress of the United States named him, "first in war, first in peace, and first in the hearts of his countrymen".

Why should Americans who care about their country and aspire to do something worthwhile with their lives be interested in the greatness of George Washington? For at least two reasons: first, although knowing what is worthwhile and what is possible is essential to living a good life and doing some good for our families, communities and country, we are not born knowing these things. We learn these things in three ways: by experience, reflection and study. If we are fortunate, our family and our friends provide us with examples of what is worthwhile, what is good. As Soroptimist we learn and serve our communities, country and the world to make life better for those in need. Our Soroptimist friends stand up for us in a pinch and teach us by their example. Knowing them – experiencing their goodness and reflecting upon it – is one of our most important educations. It introduces us to both what is good and what is possible. It inspires us to be like those we love and admire. George Washington revealed qualities and capacities that would have been difficult or impossible to imagine without his example. In this way, those with the greatest gifts (greatness) reveal to the rest of us, the human potential that we might otherwise never have realized on our own.

The second reason has to do with America. In the course of his life, Washington's fate became inseparable from the fate of our country. By the time of his death, in the eyes of the world, he was identified with America and the cause of liberty for which America stood. His greatness was a testament to America's promise. The significance of that testament has not diminished with time. Soroptimist stands as an international volunteer organization for business and professional women who work to improve the lives of women and girls. Our testament is known in our communities and throughout the world.

There was a public eulogy by Fisher Ames (a Massachusetts Federalist) in February 1800 – "The best evidence of reputation is a man's whole life. It requires thought and study to understand the true ground of the superiority of his character over many others, who he resembled in the principles of action, and even in the manner of acting. But perhaps he excels all the great men that ever lived, as he was the patriot without reproach. When his country needed sacrifices that no other man could or perhaps would be willing to make, he did not even hesitate".

We have all been called to reach our zenith of potential. There are world leaders and Soroptimist leaders to inspire us. The rays cast by the light of their greatness itself, plus the qualities of mind and character that shine brilliantly, are fully deserved.  
God Bless America.

Blessings in Soroptimist Friendship,  
President Colleen

## Letter from the Editor

What are fog lights? And when do you need them? Have you ever been out in the fog? Have you ever traveled through fog at night? I had an experience with fog just recently. I was on Bell Hill visiting President Colleen and darkness set in. Colleen warned me that the fog on the hill can be intense. She asked if I had fog lights. Thinking that I did not, I said no.

The time came for me to move along. The fog was out there waiting. I couldn't miss it as I walked to my vehicle. Pulling out into the street, the fog enveloped the car. I could see only a few feet in front of me. My full attention was focused on that small area. Colleen had suggested driving in the center of the road. That's what I did. I drove slowly, keeping my foot close to the brake.



After a short while the fog lessened and I could see much of the road ahead. I got down from the hill safely; there were only patches of fog the rest of my way home.

While walking my dog one morning a few days later, I was thinking about my article for this newsletter. I wanted to write about the upcoming Regional Conference, however, the exact words to say about it weren't clear. It was light outside but it was foggy – very foggy. There was a parallel between the weather and my thoughts about my article. When we crossed the street, I had to pay attention to where the street was. It was a little bit of a challenge.

I started thinking about the word fog and wondering what it means. At first, fog may bring to mind something we might label as negative. But what came into my head was: Friends Offering Guidance. That stirred my curiosity, so I decided to look up the meaning of the word fog on Goodsearch.com.

Fog is a cloud in contact with the ground. Fog differs from other clouds in that fog touches the surface of the earth. Fog is defined as a cloud which reduces visibility to less than 1 kilometer.

During the time I was walking and driving in the fog, I had to pause because my visibility was lessened – but there is a lesson in this. When we are in a 'fog' we can focus on a small area and get through things. This reminded me of what it means to be a Soroptimist. And that brought to mind the Regional Conference. Soroptimist from all over the region gather together to share ideas – ideas that can help us thru the fog. Breakout sessions encourage us to focus on specific areas.

Just as fog is in contact with the earth, we become grounded when we make contact with our Soroptimist friends. The more intense the fog, the more important it is to make contact. So hereafter, when I experience fog, I will think of Friends Offering Guidance. I realize now that we all have fog lights. Our fog lights are those caring friends.

With Gratitude & Love,  
Kathy Purcell, Editor

## CALENDAR

### FEBRUARY

- 9 Board Meeting
- 13 Business Meeting
- 27 Program - Violet Richardson and Making a Difference for Women Award Winners

### MARCH

- 3 Saturday of Service (SOS - Baby Shower) Sunland Foursome Noon till 2 p.m.
- 9 Board Meeting
- 13 Business Meeting
- 13 Chamber of Commerce Lunch - 60th Anniversary Presentation
- 17-18 GARDEN SHOW
- \*27 PROGRESSIVE DINNER

### \*EVENING MEETING



Double Hearts VI by Jim Dine

Clarity of mind means clarity of passion, too; this is why a great and clear mind loves ardently and sees distinctly what it loves. ~ **Blaise Pascal**

**F**riends  
**O**ffering  
**G**uidance

# Celebrate Life!

## BIRTHDAYS



### FEBRUARY

- 6 Sharon Vera
- 22 Jan Chapman

### MARCH

- 11 Penny Wolf
- 27 Megan O'Donnell



Note the phone number for our  
MEDICAL LOAN CLOSET

**504-0231**



Love is everything it's cracked  
up to be...It really is worth  
fighting for, being brave for,  
risking everything for.  
~ Erica Jong



## SOS - SATURDAY OF SERVICE Community Baby Shower



*Can You Help Us ?*

Soroptimist of Sequim  
Invites you to a Community Tea and Baby Shower  
on March 3rd  
At the Foursome 135 Fairway Dr Sunland 12-2  
The unwrapped gifts will be distributed to  
Serenity House Dream Center & Care Net

RSVP to [babyshower@sisequim.com](mailto:babyshower@sisequim.com)

## SAVE THIS WEEKEND

## ROOMIES NEEDED APRIL 27 – 29, 2007

Kathleen DeJong and Heather Cerutti will be first time attendees at the Regional Conference in April. Also planning to attend are: President Colleen, President-elect Kathy, Past-President Kate, Jane Manzer and Sandy Reed. There's room for more! Please check your calendars and consider sharing the fun at this year's Regional Conference!

## OPPORTUNITIES AROUND ON 5th TUESDAY!

Tuesday, January 30th, offered the Sequim Soroptimist Club many opportunities. First, there was the opportunity to visit amongst friends, as we gathered at Mayme Faulk's house. Next, there was the opportunity to "taste test" many delicious soups and salads that were made by our club members. Then, there was the opportunity to make our own valentines, as Kate Creasy brought her supplies and taught us how to have a little fun and be creative, all at the same time. However, the most fulfilling opportunity of the evening was presenting "The Women's Opportunity Award."



Wendy Gale and her daughter joined us for dinner and I had the honor of learning more about them and what this award means to their family. Wendy is a single mother raising two children, ages 9 and 7, without receiving any child support. Last year, she and her children worked closely with Habitat for Humanity, to help build their new home. She told us this process was a lot of work but was definitely a rewarding experience for all of them. Wendy is currently enrolled as a student at Peninsula College and is working towards completing the nursing program. After graduation she plans on continuing her education through the University of Washington and obtaining her Bachelor's Degree in Nursing.



In getting to know Wendy, it became quite obvious why she was picked for this year's award. She is clearly motivated by her children and her inner desire to be successful in life, no matter what the cost. Take for example this short excerpt from her application: "I am determined to offer my children a fair chance at life and I know it will not be possible to do so without being able to amply support them. I've read all sorts of statistics in my studies regarding children who are raised by single mothers and children raised in poverty and the horrible effects it has on them. I am bound and determined to not let my family become another statistic! I will overcome the odds set against us and I will do this by getting an education and bettering our lives. I also feel that I am teaching my children an invaluable lesson about the importance of an education, as I make succeeding in school a top priority."

As the evening came to a close, I presented Wendy with an award certificate, a check for \$1,000.00 and a lovely bouquet of flowers. Wendy is an inspiration to this club and a fine example of how we can continue to help women, in our community through this great program!

Heather L. Cerutti

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**There is no remedy for love but to love more.**  
**~ Henry David Thoreau**

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## Women for Women International Sponsorship

As many of you know our club has sent support to Women for Women International for the past two years as part of the Soroptimist International quadrennial project. Through our efforts we have already seen one woman participate in and graduate from their program and we are now sponsoring a second woman. Her name is Shila Noor Aqa and she will be graduating in about three months.

Because of our donation Shila is attending rights education classes that cover topics such as domestic violence, women's rights, disease prevention, family health and voting. She will also complete training in market-based job skills that will allow her to find employment or start her own business.

Graduation is a time of celebration and Shila will receive a certificate to commemorate her participation in the program. Now is our opportunity to continue to support Shila by writing her letters congratulating her on her commitment to self-sufficiency and independence. These notes of encouragement need to be turned in to Kate **on or before the February 27th** meeting so that they can be sent in time to arrive for her graduation.

There will be Soroptimist note cards at both February meetings that you can use to write your note. Wouldn't it be great for Shila to receive several notes from her Soroptimist sisters from around the world? Just two minutes of your time is all it takes to encourage a woman thousands of miles away.

Kate Creasey



Greetings Soroptimist Friends!

The Project Independence [website](#) has recently been updated. With 8 months left in our special partnership, Soroptimists are as active as ever. Visit the website to learn what members from all over the world are doing to raise awareness about women survivors of war.

- *Let Freedom Ring*, the Grammy-nominated CD created as a fundraising tool by SI-Newport Harbor Area California, is now available through Women for Women International's Virtual Bazaar for a limited time only. [Purchase your copy today.](#)
- Read about women in [Afghanistan](#), [Bosnia and Herzegovina](#), and [Rwanda](#) that Project Independence is helping. Their journeys and successes could not be possible without your commitment.
- Be informed about Project Independence: See a by-the-numbers [update](#) on your support. With 8 months left to go, we can accomplish so much!
- View and download recent versions of both the [International Soroptimist](#) and [Soroptimist News](#) to stay on top of all the latest in Project Independence news.

We can only learn to love by loving.  
~Iris Murdoch

### Network with Other Soroptimists Member-2-Member Marketplace

Interested in networking with more than 40,000 Soroptimists and developing new business relationships? Soroptimist's new Member-2-Member Marketplace gives you the opportunity to reach a targeted demographic of business and professional women who are dedicated Soroptimists just like you! Visit the Member-2-Member Marketplace in the members-only section of [www.soroptimist.org](http://www.soroptimist.org) today to learn more about this exciting new member benefit.



**For only \$99, your business description and contact info appear in the Marketplace for 12 months**

## Chamber of Commerce 60th Anniversary Presentation

On March 13th at 12 noon at the Dungeness Golf and Country Club , Kate Creasey will be presenting a Power Point presentation to the Chamber of Commerce representing our 60th Anniversary Celebration. The Power Point will include some history of Soroptimist International, some structure of the organization, an explanation of why we focus on women and girls and then some information on our club.

We will also be doing the Road Show on that day and selling Garden Show pre-sale tickets. This will be our first public presentation promoting our 60th Anniversary, and we would like to see as many Soroptimist members turn out as possible. There is a cost of \$10.00 for the lunch and you must **rsvp by Friday, March 9th to Kate Creasey** that you will be attending so she can give the Chamber a head count of how many to expect.

It would be really great to have enough members there to have at least one member at each table and all of us wearing our flower power t-shirts. Please seriously consider showing your support of our club by planning to attend. Let's show our community that Soroptimist is a vital, thriving, growing club. I will look forward to hearing from you.

Kate Creasey

All love that has not friendship for its base, is like a mansion built upon sand. ~ **Ella Wheeler Wilcox**

## Not the Same Old Song and Dance

On February 1<sup>st</sup>, our first Road Show for the 2007 Garden Show got under way. Sandy Reed and Sherry Schubert joined Kate Creasey in the specially revised rendition (thanks to Kate!) of Spring is Busting Out All Over. The Road Show is a tool for promoting both our Gala Garden Show, as well as Soroptimist in general.

This year, being our 60<sup>th</sup> year of service to Sequim, we have even more to sing about. The Road Show was a great success! We sold \$80 worth of pre-sale tickets! What's really interesting is the way these gals Made the Dream Happen! During the Road Show \$56 was collected ; the other \$24 was from pre-sale tickets that Kate and Sandy sold while they were enjoying lunch after their presentation. Kudos to Kate and her Flower Power Singers!

To love and be loved is to feel the sun from both sides. ~ **David Viscott**



On February 9<sup>th</sup> Kate took another set of singers (including President Colleen and Jane Manzer) to the Port Townsend Soroptimist club. Flyers and posters were handed out and \$36 was raised from selling presale tickets.

Kathy Purcell  
Garden Show Chair

## A MINUTE TO HELP A MULTITUDE



A favor to ask, it only takes a minute....

Please tell ten friends to tell ten today! The Breast Cancer site is having trouble getting enough people to click on their site daily to meet their quota of donating at least one free mammogram a day to an underprivileged woman. It takes less than a minute to go to their site and click on “donating a mammogram” for free (pink window in the middle).

This doesn't cost you a thing. Their corporate sponsors/advertisers use the number of daily visits to donate mammograms in exchange for advertising. Here's the web site! Pass it along to people you know.

<http://www.thebreastcancersite.com/>

AGAIN, PLEASE TELL 10 FRIENDS TO TELL 10 TODAY

## GO RED FOR WOMEN



February is American Heart Month. Did you know one in three American women dies of heart disease? It's the #1 killer of women, regardless of race. It strikes at younger ages than most people think, and the risk rises in middle age.

Heart disease can diminish health and the ability to do even simple activities like climbing stairs. It can decrease your entire quality of life. Two-thirds of women who have heart attacks never fully recover. If you have a heart attack your risk of having another increases.



### ACT NOW TO PROTECT YOUR HEART

You can start by learning The Heart Truth at [www.hearttruth.gov](http://www.hearttruth.gov). You'll find out how heart disease can affect you personally – and why women everywhere are embracing The Heart Truth's Red Dress, the national symbol for women and heart disease awareness.



### Fundraising Made Easy

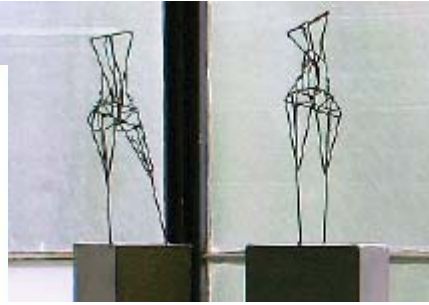
Don't forget to use Goodsearch as your search engine. Funds for Soroptimist can be raised one search at a time with Yahoo. The web site to use is called GoodSearch at: [www.goodsearch.com](http://www.goodsearch.com).

GoodSearch is Yahoo-powered search engine that donates 50% of its advertising revenue, about a penny per search, to the user's favorite charity – ours, of course, is Soroptimist. The pennies add up quickly. Consider that if only 1,000 members, friends and staff search the internet just twice a day, Soroptimist can earn \$7,300 a year – just for doing something we do every day! If we think bigger – 10,000 users searching twice a day will earn Soroptimist \$73,000 a year!

Go to [www.goodsearch.com](http://www.goodsearch.com). Where it asks: “Who do you GoodSearch for?” type in Soroptimist and click the ‘verify’ button. Soroptimist International of the Americas – SIA will appear. Then you can type in whatever you want to search for in the SEARCH box and click ‘Search the Web.’

You don't have to be a Soroptimist to raise money for Soroptimist on GoodSearch. It's been one of the best kept secrets, but now it's time to share it! Tell your family and friends about [goodsearch.com](http://goodsearch.com); it gives them an opportunity to help support us and our mission: *improving the lives of women and girls in local communities and throughout the world.*

## WIN Program Promotes Use of Left and Right Brain



On February 7, 2007 at 6:00 am the WIN Bodies / Cornish College Fieldtrip was underway. There were 27 WIN girls participating. Our WIN Reporter, Amanda Cerutti was unable to attend. Mitzi Sanders, our Co-Captain extraordinaire gave me

the skinny on the event. What an experience the Bodies Exhibition was! For a time, the bodies seemed like they were plastic facsimiles. It was a little creepy to think the bodies were real. The exhibit showed bodies at various stages. There was an example of a lung showing the damage done by smoking; another showed what excess fat deposits look like. You can't argue with the presentation, because everything was real – from once real living beings. The girls left having a better understanding of what happens when you don't eat right. The body is a synchronized system – each part needs the other parts. The exhibit emphasized the importance of taking good care of your body.

It is confidence in our bodies, minds and spirits that allows us to keep looking for new adventures, new directions to grow in, and new lessons to learn - which is what life is all about.  
~ Oprah Winfrey

After viewing the Bodies Exhibit, the group walked to Cornish College of the Arts. Lunch was held in their café, where healthy food was on the menu. Cornish College was founded by Nellie Cornish in 1914. Her philosophy was that education should include exposure to all forms of art, not just one specific area. If you were interested in drama, you should also learn about painting, music, photography. Nellie was quite progressive for her time. She was a woman who Made Dreams Happen, and the college continues to do that. The tour was of the main campus, and was exactly what was promised. It even took them into the wonderful darkroom. Who would have thought you could become enlightened in a darkroom?

The tour of Cornish College was a contrast to the Bodies Exhibit. This trip was certainly a blending of the left and right brain. Some of the girls signed up for the trip because they were interested in science, other girls signed up because they were interested in the arts. The girls who participated in the fieldtrip said they enjoyed both areas. Mitzi commented that the girls sucked up the information like sponges. They were all very appreciative of the trip. The experience showed the girls they still have something to learn, and they learn from one another.

Mitzi said everything went smoothly. Making it all happen took a lot of organizing and preparation on the part of Mitzi. We are so blessed to have her as our partner in the WIN Program! Mitzi shared that when the day was over she felt a little high. It looks like she took something home from the trip as well.

~kp for WIN Committee

## MAYONNAISE AND COFFEE

When things in your lives seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar and the 2 cups of coffee.



A professor stood before his philosophy class and had some items in front of him. When the class began, he wordlessly picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls.

He then asked the students if the jar was full. They agreed that it was. The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous “yes.”

The professor then produced two cups of coffee from under the table and poured the entire contents into the jar effectively filling the empty space between the sand. The students laughed.

“Now,” said the professor as the laughter subsided, “I want you to recognize that this jar represents your life. The golf balls are the important things—your family, your children, your health, your friends and your favorite passions—and if everything else was lost and only they remained, your life would still be full. The pebbles are the other things that matter like your job, your house and your car.







The sand is everything else—the small stuff. “If you put the sand into the jar first,” he continued, “there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff you will never have room for the things that are important to you.

“Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your spouse out to dinner. Play another 18. There will always be time to clean the house and fix the disposal. Take care of the golf balls first—the things that really matter. Set your priorities. The rest is just sand.”

One of the students raised her hand and inquired what the coffee represented. The professor smiled. “I’m glad you asked. It just goes to show you that no matter how full your life may seem, there’s always room for a couple of cups of coffee with a friend.”



# February 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Library Lover's Month 	American Heart Month American Heart Association <i>Learn and Live...</i> 			1	2	3
4	5	6 Sharon Vera 	7	8	9 BOARD MEETING	10
11	12	13 Business Meeting Install NEW MEMBERS	14 Valentine's Day 	15	16	17
18	19	20 President's Day 	21	22 Jan Chapman 	23	24
25	26	27 Program Meeting Introduce our Violet Richardson and Making a Difference for Women Award Winners	28			

# March 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Women's History Month				1	2	3 Saturday of Service Community Baby Shower 
4	5	6	7	8 International Women's Health Day UN Day for Women's Rights & Int'l Peace	9 BOARD MEETING	10
11 Penny Wolf 	12	13 Business Meeting Chamber Lunch—60th Anniversary Presentation	14	15	16	17 St. Patrick's Day 9th Annual Gala Garden Show 
18 9th Annual Gala Garden Show 	19	20	21 United Int'l Day for the Elimination of Racial Discrimination	22	23	24
25	26	27 Megan O'Donnell  Progressive Dinner	28	29	30	31

## The Gift of Knowing You

There are gifts of many treasures  
For both the young and old,  
From the tiniest little trinkets  
To great boxes filled with gold.

But, put them all together  
And they could not stand in lieu,  
Of the greatest gift of all  
The gift of knowing you.

When your times are filled with troubles  
Sadness, grief, or even doubt,  
When all those things you planned on  
Just aren't turning out.

Just turn and look behind you  
From the place at which you stand,  
And look for me through the shadows  
And reach out for my hand.

I will lift from you your burden  
And cry for you your tears,  
Bear the pain of all your sorrows  
Though it may be for a thousand years.

For in the end I would be happy  
To have helped you start anew,  
It's a small price to pay  
For the gift of knowing you.

- Dave Stout -



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 Woman Making A Difference For Women