



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. 10, Issue 4

Soroptimist International of Sequim

October 2006

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A MESSAGE FROM THE PRESIDENT - MAKING DREAMS HAPPEN IN 1492

A sailor on the Pinta sighted land early in the morning of October 12, 1492 and a new era of European exploration and expansion began. The next day, the crew members of Christopher Columbus's three-ship fleet ventured onto the Bahamian island, which ended their voyage that began ten weeks earlier in Spain. The Library of Congress has a copy of his "Book of Privileges", a collection of agreements showing how Columbus was remunerated for his explorations.

The first celebration of Columbus Day in the U.S. took place on October 12, 1792; it commemorated the 300th anniversary of Columbus's landing. The 400th anniversary inspired the first official Columbus Day holiday when President Benjamin Harrison issued a proclamation urging Americans to celebrate the day.

Today, Americans celebrate Columbus Day as a day of rest and relaxation. It occurs in "Indian" summer or Golden October (as it is called in Germany). During this period, the people of the New World introduced hammocks and chocolate to Europeans. They would have been enchanted with Sees candy!

I ha^{ve} just returned from my own adventure. I have wanted to visit Croatia for a number of years but was fearful of the trip during the war. Croatia is a country in southeastern Europe. It was politically organized since 1946 as one of the six republics of Yugoslavia. I drove from Venice, Italy along the Croatian coast and passed through a tip of Slovenia. Croatia is a stunningly beautiful country. It is slowly re-emerging from years of conflict to regain its role as a popular destination. The first free elections (since World War II) were held in 1990 when Croatia seceded from the socialist republic of Yugoslavia. In 1998, the last region was returned to Croatian administration.

I am awe struck by the determination that it has taken to forge ahead despite unparallel adversity. We enjoy our freedoms and at times take them for granted. Our perspectives in life help to broaden our view of the world and what we experience. I called the Soroptimist club in Zagreb since it is the only club in Croatia. I had hoped to visit with Soroptimist as I traveled along the coast. I'm sure there are so many heart-to-heart stories to be told. These heroic people have had a dream to reclaim their country and now it has happened.

The landscapes vary from the wild uninhabited craggy gorges to steep river valleys. I was overwhelmed with the stunningly beautiful indented coastline stretching into the lower Adriatic Sea. There are over 1000 islands and I only visited Hvar since I was asked to deliver a presentation at a European nursing forum. This truly was a once in a lifetime opportunity to Make A Dream Happen.

Blessings in Friendship,
President Colleen

Letter from the Editor

How do you feel about rain? If you were a farmer in an area where there was a drought, you'd welcome it. If you were living in Louisiana you might feel the opposite. It all depends on your perspective. How we view something is filtered thru the experiences we've had in our lives.

We don't have to personally live thru every situation, in order to understand and learn from them. That is where sharing comes in. There is a great value in sharing stories. A good example is our last Program Meeting: 'Kate Goes To Philly.' Through a well thought out and prepared Power Point presentation, Kate Creasey shared with us her trip to the Federation Convention. It was in Philadelphia, the town where the headquarters of Soroptimist International of the Americas resides.

We heard about some of the personal side of Kate's visit – like the bus ride, the duck bill noise maker, how to order a Philly Steak sandwich. And we heard about the important issues of Soroptimist – The Renaissance Campaign, Awards: Women's Opportunity, Making A Difference For Women, Violet Richardson. Thank you, Kate, for being eyes and ears for our club.

The upcoming District 1 Meeting is another way for us to garner additional experience, as well as share our own. Why reinvent the wheel?

A couple of years ago, our Communication/Image Committee came up with a Program Focus Report (PFR) Contest. The reason for it was two-fold: 1) to encourage members to visit the Region website <www.soroptimistnwr.com> and 2) to educate members about Program Focus Reports. I was talking with Jeri Bawden, the Region PFR Chair last week and I mentioned about our contest. She asked if she could use the idea. I found the original contest rules – still on my computer – and I emailed that to Jeri. She is going to update it and make it a Region contest. Why reinvent the wheel?



Program Focus Reports are a significant tool. Since Programs fall under my responsibility as President-Elect, I will be encouraging committee and project heads to fill out these reports. They are surprisingly easy to do. We will learn about them together.

Each new experience shared, broadens our view and gives us a chance to see from an expanded perspective. The more we know, the deeper our understanding becomes, and our bond as an organization strengthens. When we view life thru the Soroptimist filter we bless both the rain and those who experience it.

With Gratitude & Love,
Kathy Purcell, Editor

The secret of success in life is for a man to be ready for his opportunity when it comes. ~ Benjamin Disraeli

CALENDAR

OCTOBER

- 6 Board Meeting
- 6-8 DISTRICT MEETING
- 10 Business Meeting
(GOM Oct & Nov)
- 24 Program -
Mujeres de Maiz
Chiapas, Mexico
- 31 Halloween Party

NOVEMBER

- 10 Board Meeting
- 14 Business Meeting
- 28 Program

Somehow I can't believe that there are any heights that can't be scaled by a man who knows the secrets of making dreams come true. This special secret - curiosity, confidence, courage, and constancy, and the greatest of all is confidence. When you believe in a thing, believe in it all the way, implicitly and unquestionable. ~ Walt Disney



Celebrate Life!

BIRTHDAYS



OCTOBER

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

NOVEMBER

- 2 Mayme Faulk
- 6 Kathleen DeJong
- 7 Terry Coe
- 7 Barbara Stratton
- 28 Marilyn Hooser

Note the phone number for our
MEDICAL LOAN CLOSET
504-0231



KIDS KLOSET

The season has changed and soon the clocks will be turned back. We're FALLing back into step with another collection of clothing for the **Kids' Kloset**. Bring your new donations to the **October 24th** meeting.



MEDICAL LOAN CLOSET UPDATE

In last month's newsletter we asked for a couple of volunteers to help with the Medical Loan Closet. We still need two more member for MLC. If you think you might like to serve in this very rewarding service, call Louella Hanson or Sally Sue Barry.

HALLOWEEN PARTY

We will be hosting a Halloween the fifth Tuesday in October. It is for Soroptimist **members and spouses** on **Oct. 31st**. Please bring a decorated or carved pumpkin. We will allow those attending to judge them. You can decorate it carved or whole, however you wish. We are also doing a potluck that night – we will meet at **6:00 PM at Kathleen DeJong's** house. If you would like to dress up, feel free to do so, but it is not required. There may be a few other surprises as well. Hope to see everyone there.



Rose Jaeger
Hospitality Chair



A MESSAGE FROM THE TREASURERS

Anyone who spends money for a club related project, event, activity, etc. and wishes to be reimbursed, should fill out a check request form and give it to the appropriate treasurer. All committee heads have check request forms, as do the treasurers.

Sometimes members purchase or provide products or services for our club, but do not ask for reimbursement. We appreciate that very much. It helps keep down the club's expenses. However, we would like to better track the 'real' cost of doing business as a club. In order to do this, we need your help. If you 'donate' a product or service, please let the appropriate treasurer know the amount. You can use the check request form if you like; just mark 'IN KIND DONATION' – a copy of a receipt can be submitted if you have one.

Thank you,
Your Treasurers

THIRD ANNUAL OLYMPIC PENINSULA HEALTH FAIR

When Kate Creasey suggested SI/Sequim have a booth at the Health Fair, some members wondered why. You no longer have to wonder. One of our club's signature projects is our Medical Loan Closet (MLC). We loan out medical equipment on a temporary basis, at no charge. Although we have had this project for many decades, some people – even in the medical field – still did not know about it. The Health Fair was a great place to inform them. This was a definite benefit.

Sally Sue Barry and I worked the first shift. Sally Sue was like a barker, with MLC brochure in hand, she reached out to those walking by. Another benefit of our participation at the Health Fair was PR. Kate designed a new banner and with husband Tim, a display stand was created. (It's a good thing they're on the payroll.) The banner and stand made their debut at the Health Fair, but will be useful in other venues as well. While Sally Sue and I were there, a gentleman walked up and thanked us for our Medical Loan Closet services. He said he had borrowed some equipment last year that was very helpful to his mom. We ARE making a difference!



Sally Sue and Kathy in front of the NEW banner!

An additional benefit to our having a booth is finding prospective new members. There were 12 women who signed up to learn more about Soroptimist. That is probably because Membership Chair Gail Frick, along with Marilyn Hooser, were on duty during the second shift. Gail will be following up with those women and we may see them at future meetings.

Thank you ladies (and Tim!) for sharing your time, talent and energy. And thanks to President Colleen who helped get the booth setup.

Kathy Purcell
Program Chair



Gail and Sally Sue talk about Soroptimist.



Sally Sue talks about our Medical Loan Closet.



Gail and Marilyn in a rare moment when they weren't talking up Soroptimist.

Do You Know About 2-1-1?

While at the **Health Fair** we heard about the 2-1-1 assistance. Here's some info you may not have known.

What is 2-1-1?

2-1-1 is the three-digit telephone number assigned by the Federal Communications Commission for the purpose of providing quick and easy access to information about health and human services. 2-1-1 has emerged from the nation's Information and Referral (I&R) industry, which operates as a critical part of the health and human service delivery system. Professional I&R specialists work with callers to assess their needs, determine their options and a best course of action, then direct them to appropriate programs/services, provide culturally appropriate support, intervene in crisis situations, and advocate for the caller as needed.

As of October 2005 there are 171 call centers in the U.S. reaching more than 139 million people in 32 states - 46% of the population. In Canada 211 services 15% of the total population.

What are the problems that 2-1-1 addresses?

Who does a single mother call when she has no food and her children are hungry?

Who do you call when an earthquake strikes and disrupts public services?

Who does a worried father call to find drug counseling for his teenager?

Who do you call when an older parent needs support to continue living independently?

Where does a new immigrant family go to sign up for English language classes?

Information and referral services can answer these questions and hundreds more. But most people don't know information and referral exists. 2-1-1 will change that, bringing familiarity and ease of use across the state. In addition, 2-1-1 stores an efficient and accurate database of current community resources and has the capacity to track gaps in services for various community needs.

In a time when budget cuts will most likely reduce services and accessibility to information about services, 2-1-1 can help fill the information gap. 2-1-1 provides a cost effective, efficient way to connect people with the services that are available.

Planting Seeds for the 2007 Garden Show

The Garden Show Core Committee which was finalized early last month, met on September 27 at Leah Tuttle's to brainstorm for our 2007 show. After Leah fed and watered us, the ideas started to spread like wild flowers. We're off to a great start. We can always use additional sponsors, so if you have ideas for that, please let Gail Frick know. Anyone who has suggestions for vendors, please contact Philippa Manley-Piper. Thank you, Leah, for hosting the meeting, and thank you Core Committee members for being part of the team.

Kathy Purcell
Garden Show Chair

Chair: Kathy Purcell

Distribution -Kathleen DeJong

Advertising/Marketing - Sandy Reed

Raffle - Mayme Faulk & Janet Wicker

Corporate Sponsors - Gail Frick

Food Concessions - Sherry Schubert

Speakers - Rose Jaeger & Cathy Angel

Vendor Support - Heather Cerutti

Vendor Registration/Contact - Philippa Manley-Piper

Treasurer - Leah Tuttle

Set-up/Tear-Down - Laura Maroney & Peg Rinker

OCTOBER IS BREAST CANCER AWARENESS MONTH

EARLY SIGNS

- A lump is detected, which is usually single, firm, and most often painless.
- A portion of the skin on the breast or underarm swells and has an unusual appearance.
- Veins on the skin surface become more prominent on one breast.
- The breast nipple becomes inverted, develops a rash, changes in skin texture, or has a discharge other than breast milk.
- A depression is found in an area of the breast surface. Women's breasts can develop some degree of lumpiness, but only a small percentage of lumps are malignant.
- While a history of breast cancer in the family may lead to increased risk, most breast cancers are diagnosed in women with no family history. If you have a family history of breast cancer, this should be discussed with your doctor.

FACTS

- Every two minutes a woman is diagnosed with breast cancer.
- This year more than 211,000 new cases of breast cancer are expected in the United States.
- One woman in eight who lives to age 85 will develop breast cancer during her lifetime.
- Breast cancer is the leading cause of death in women between the ages of 40 and 55.
- 1,600 men are expected to be diagnosed with breast cancer this year and 400 are predicted to die.
- Seventy percent of all breast cancers are found through breast self-exams. Not all lumps are detectable by touch. We recommend regular mammograms and monthly breast self-exams.
- Eight out of ten breast lumps are not cancerous. If you find a lump, don't panic-call your doctor for an appointment.
- Mammography is a low-dose X-ray examination that can detect breast cancer up to two years before it is large enough to be felt.
- When breast cancer is found early, the five-year survival rate is 96%. This is good news! Over 2 million breast cancer survivors are alive in America today.

DETECTION PLAN

An Early Breast Cancer Detection Plan should include:

- Clinical breast examinations every three years from ages 20-39, then every year thereafter.
- Monthly breast self-examinations beginning at age 20.
- Look for any changes in your breasts.
- Baseline mammogram by the age of 40.
- Mammogram every one to two years for women 40-49, depending on previous findings.
- Mammogram every year for women 50 and older.
- A personal calendar to record your self-exams, mammograms, and doctor appointments.
- A low-fat diet, regular exercise, and no smoking or drinking.

How to do a Breast Self-Examination

IN THE SHOWER Fingers flat, move gently over every part of each breast. Use your right hand to examine left breast, left hand for right breast. Check for any lump, hard knot or thickening. Carefully observe any changes in your breasts.

BEFORE A MIRROR Inspect your breasts with arms at your sides. Next, raise your arms high overhead. Look for any changes in contour of each breast, a swelling, a dimpling of skin or changes in the nipple. Then rest palm on hips and press firmly to flex your chest muscles. Left and right breasts will not exactly match - few women's breasts do.

LYING DOWN Place pillow under right shoulder, right arm behind your head. With fingers of left hand flat, press right breast gently in small circular motions, moving vertically or in a circular pattern covering the entire breast. Use light, medium and firm pressure. Squeeze nipple; check for discharge and lumps. Repeat these steps for your left breast.

Info from: http://www.nationalbreastcancer.org/early_detection/index.html

Keeping your body healthy is an expression of gratitude to the whole cosmos – the trees, the clouds, everything. ~ *Thich Nhat Hahn*

MEMBERSHIP

IT'S GOOD TO BE BACK -

Taking a leave from Soroptimist for a year was a hard thing to do, however it was necessary to meet some commitments I made. During that time away I missed you, the friendship, your energy, wisdom and encouragement. While I kept in touch with many of you during the year, I missed the opportunity to get to know our new members. I am looking forward to getting to know all of you again and continue the great work we are doing in the community. . . I would encourage any of you that are busy (and we all have years that are overwhelming) DO NOT QUIT SOROPTIMIST take time out if you need it. You will come back with new energy and realize that you receive much more from this group of women than you give. . .

Gail Frick

MEMBERSHIP

Do you know some one that would be interested in joining Soroptimist International of Sequim? Recruiting new members is best done by our own members. You all can tell the story of what we do and what we are about. At the recent Health fair we gathered 12 names of potential members. WOW. . This happened because five members Sally Sue, Kathy, Marilyn, Colleen and Gail talked about the impact we have in the community, nationally and international for girls and women.

The membership Committee goal is to install 10 new members this year. I will have new membership kits at each meeting or if you need one before that please give me a call Gail Frick Work: 683-7204, Cell: 452-6961.

We installed our first new member since we started meeting this year Lyell Fox at the first meeting of the year. Why did Lyell join? Her 2 daughters participated in the WIN program and the community was very supportive during some hard times. Her comment was "It's time to give something back." Learn more about Lyell in this newsletter.

ROSTER BOOKS are now available.
Contact Gail Frick if you need one!

MEMBERSHIP CLASSIFICATION

Each active member of Soroptimist receives a classification code when joining the club. The classification code received is based on the industry you are in. This method of classification provides an efficient method of tracking members for networking, locating contact for referral of authorities in a particular field and special interest group inquiries. It also provides a less cumbersome method for clubs to assign and report classification numbers.

Club membership should reflect the types of businesses, services, professions and organizations found in the community. Each club should include members that represent a variety of classifications.

Most classifications are a four digit number. The first two digits is the primary principal and recognized activity of the firm, company or an independent business or profession that employs the member or prospective member. There are 37 of the categories.

After the major category is decided, the profession, field or job title in which the member works is selected by consulting the specific professions under the major category.

Examples: Accountant/CPA who works for an association or independent

06 – Association
01 – Accounting
Classification code 0601

Real Estate Agent
29 – Real Estate
11 – Real estate Agent
Classification code 2911

Real Estate Property Management
29 – Real Estate
14 - Property Management
Classification code 2914

Do you know your classification? If you would like to know more give me a call or ask me at the next meeting. . . Gail Frick

MEET OUR NEWEST MEMBER

My two daughters have participated in the WIN Program and this community has been incredibly supportive to our family during hard times. It's time to give something back.



FOX, Lyell
824 Atterberry Rd , Sequim
The Women's Clinic
Work: 417-7365
Home: 681-0934
Email: lfox@olympus.net
Birthday: 7/16

I have lived in Sequim 16 years. We came for lack of rain compared to Forks where we lived 1985 – 1990. I work at The Women's Clinic as a women's health nurse practitioner and a nurse midwife. I deliver babes at OMH!

My first job was as a waitress. I was also a paralegal for Vista, an RN in Obstetrics, a baker at a yummy bakery, oh, and a cook in a tavern.

I am a strong advocate for women's health. One of my strengths is diplomacy. I enjoy sewing. As a Soroptimist I hope to network with people around the world where I hope to someday travel and volunteer doing 3rd World health care.

REACHING ACROSS THE BORDER TO MAKE DREAMS HAPPEN

In March of this year both the *Sequim Gazette* and the *Peninsula Daily News* included a story about a peninsula based foundation that was created to bring aid and hope to Mayan women. The focus of the Mujeres de Maiz Opportunity Foundation is women and girls, something that they share with Soroptimist. **We will have an opportunity to hear about their 'dream' at our October 24th Program Meeting.** You can read a little about it here.

In August of 2005, a group of six local women went to San Cristobal de las Casas to meet with a cooperative of indigenous women. Mujeres de Maiz en Resistencia is a seamstress cooperative of women from six communities in the state of Chiapas, Mexico. The women meet every two months to share new knowledge, design patterns, sew and practice computer skills. They have accomplished an extraordinary amount despite the abject poverty in which they live. However, they have no resources for long term educational goals.

In response to their experience, these women formed a non-profit organization dedicated to:

Helping the young women of Mujeres de Maiz en Resistencia Cooperative pursue their educational goals.

Raising social awareness about the desire of indigenous women for self-determination.

Generating a network of financial and moral support for educational purposes among women in the cooperative.

Promoting understanding between the United States and Chiapas, Mexico.







Their aim is to help women achieve: a high school education, a two-year post high school vocational degree, or a four-year university degree. Possible costs include tuition, room and board, transportation for visits from home, and books.

Chiapas is the poorest state in Mexico. The indigenous women suffer from institutionalized poverty, discrimination and lack of opportunity. Their Maya culture is alive and well, and they are determined to learn and grow as to be productive in their communities and in society at large.

October 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 Breast Cancer Awareness Month</p>  <p>MLC—Sandy</p>	2	3	4	5	6 Board Meeting DISTRICT 1 MEETING	7 DISTRICT 1 MEETING
8 DISTRICT 1 MEETING	9 Columbus Day	10 Business Meeting (GOM—Oct & Nov)	11	12	13	14
<p>15 Judy Ogilvie</p>  <p>MLC—Louella</p>	16	17	18	19	20 Jeanie Blaurock	21
22	23	24 Program: Judith Pasco Mujeres de Maiz (Chiapas, Mexico) United Nations Day	25	26	27 Cathy Angel	28
<p>29 Daylight Savings Time Ends—turn clocks back</p> 	30	<p>31 HALLOWWEEN PARTY</p> 				

November 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Violence Against Women Awareness Month			1	2 Mayme Faulk 	3	4
5	6 Kathleen DeJong 	7 Terry Coe Barbara Stratton Election Day 	8	9	10 BOARD MEETING	11 Veterans Day
12	13	14 Business Meeting	15	16 UN International Day for Tolerance	17	18
19	20 UN Universal Children's Day	21	22	23 THANKSGIVING 	24	25 UN International Day for the Elimination of Violence Against Women
26	27	28 Marilyn Hooser Program Meeting 	29	30		

Subject: Too much time on their hands

This has got to be one of the cleverest E-mails I've received in awhile. Someone out there either has too much spare time or is deadly at Scrabble.

DORMITORY:

When you rearrange the letters:
DIRTY ROOM

GEORGE BUSH:

When you rearrange the letters:
HE BUGS GORE

SNOOZE ALARMS:

When you rearrange the letters:
ALAS! NO MORE Z 'S

PRESBYTERIAN:

When you rearrange the letters:
BEST IN PRAYER

THE MORSE CODE :

When you rearrange the letters:
HERE COME DOTS

A DECIMAL POINT:

When you rearrange the letters:
IM A DOT IN PLACE

ASTRONOMER:

When you rearrange the letters:
MOON STARER

SLOT MACHINES:

When you rearrange the letters:
CASH LOST IN ME

THE EARTHQUAKES:

When you rearrange the letters:
THAT QUEER SHAKE

>DESPERATION:

When you rearrange the letters:
A ROPE ENDS IT

ANIMOSITY:

When you rearrange the letters:
IS NO AMITY

ELEVEN PLUS TWO:

When you rearrange the letters:
TWELVE PLUS ONE

THE EYES:

When you rearrange the letters:
THEY SEE

ELECTION RESULTS:

When you rearrange the letters:
LIES - LET'S RECOUNT

MOTHER-IN-LAW:

When you rearrange the letters:
WOMAN HITLER



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