



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. 11, Issue 4

Soroptimist International of Sequim

October 2007

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MESSAGE FROM THE PRESIDENT

Dear Emerging Butterflies!

October is a busy month for Soroptimist. The organization began on October 3, 1921; you can read about Founders Day on page 9. Our District Meeting happens in October. This year President-Elect Kathleen and Director Rose will be our delegates; both of them will be first time attendees to a District Meeting. They are spreading their wings and I foresee some butterflies emerging during and after the meeting. While these representatives of our club are preparing for the trip north to Alaska – the District Meeting is in Fairbanks, I will be heading to the Midwest for my nephew Justin's wedding. Family ties and new additions...

Speaking of new additions, at our October Business Meeting on the 9th we will be adding four new members to our club: Deborah Carlson, Deborah Groesbeck, Diane Jones and Nina Jones. Wow! The following day, October 10th, we are sponsoring a WIN event – a ROPES Challenge Course at Peninsula College. I understand four or five members plan to go. If you are interested in joining the group, either as a participant or as an observer, it's not too late; just let Missy Church-Smith know.

Our guest speaker for our October 23rd Program Meeting is Deborah Carlson from Camp Blaze. If her name looks familiar, it's because she is one of the ladies who is becoming a new member of our club at the Business Meeting. How cool is that?! You can read a brief review about Camp Blaze on page 9.

October has five Tuesdays, so we are going to have a Halloween Party on Tuesday, October 30th. This is an evening get-together; spouses are invited too! We'll have a pumpkin decorating contest and a costume contest; costumes are optional (see more info on page 3).

October is Breast Cancer Awareness Month. A group of our members attended the Mad Hatters' Tea Party on September 28th. The money raised from this event goes to help uninsured women at risk pay for mammograms. Early detection is helpful with this disease. One of our sister clubs, SI Greater North Kitsap, is having a fundraiser called "Bras for a Cause." Organizations or individuals can enter a bra decorating contest. When I mentioned this to our club at the September Business Meeting, an Ad Hoc Committee was formed, headed by Gail Frick. I'm sure with all those creative minds, our entry will be interesting, imaginative and inspiring.

As we go about our 'busy-ness' this month, let us remember to make a few minutes each day for ourselves – whether it is sharing a cup of tea with a friend; taking a walk in the park; running thru autumn leaves; listening to music; hugging a loved one; or maybe just taking three deep breaths. Doing these kinds of things puts us in the best position to discover our own inner butterflies.

Wishing you awakenings!
President Kathy

Letter from the Editor

Dear Friends,

As I was walking the dog recently, I noticed fallen leaves – some of them rather colorful. Where does the color come from in an autumn leaf? This is a question answered in elementary school biology class; although you might express it in what looks more like a math equation. You start with a plant, add moisture from the earth, carbon dioxide from the air and sunshine from the sky. This produces glucose which provides energy for growing. We know the process as photosynthesis. A chemical called chlorophyll gives leaves their green color and helps make photosynthesis happen.

Looking up the words Photo- and Synthesis, here's what answers.com says:

Photo-

Light; radiant energy

Synthesis:

- a. The combining of separate elements or substances to form a coherent whole.
- b. The complex whole so formed.



During the winter there isn't enough water and light for photosynthesis. As the bright green fades away, we begin to see yellow, orange and red colors. Small amounts of these colors have been in the leaves all along. Weather plays a role in the colors of autumn. Temperature, sunlight and moisture are highly variable each year, assuring that no two autumns are alike.

When winter comes, the woody parts of trees and shrubs can survive the cold. While underground parts remain alive, above ground parts of plants will die off. In the winter, plants rest and live off stored food until spring. On the ground, fallen leaves are broken down and the decomposed leaves restock the soil with nutrients.

I was thinking that Soroptimist are a bit like plants. Our activities are like photosynthesis. We each have our own individual light that radiates energy. When we join together we combine our separate elements to form a coherent, complex whole. Just as the strength of the plant comes from the roots, the strength of our club comes from the underlying bond created through working and playing together. When our resources seem low, we nurture one another and things fall into place as our inner colors show forth – for our true colors have always been there.

As we look at the beautiful autumn colors around us, let us take notice of the beautiful butterflies within one another. This is Awakening the Dream at its best!

With Gratitude and Love,
Kathy Purcell, Editor

The least movement is of importance to all nature. The entire ocean is affected by a pebble. ~ *Blaise Pascal*

CALENDAR

OCTOBER

- 5 BOARD MEETING
- 6-7 District Meeting
Fairbanks, AK
- 9 Business Meeting
(GOM Oct & Nov)
- 23 Program Meeting -
Deborah Carlson of
Camp Blaze
- 30 HALLOWEEN PARTY*
Pioneer Park

NOVEMBER

- 6 Orientation - 5:30 pm
Gail Frick's Office*
- 9 BOARD MEETING
- 13 Business Meeting
- 25 Program Meeting -

* EVENING MEETING



DISTRICT 1 MEETING
October 6 - 7, 2007
Princess Lodge
Fairbanks, AK



There is a way that nature speaks, that land speaks. Most of the time we are simply not patient enough, quiet enough, to pay attention to the story.
~ *Linda Hogan*

Celebrate Life!

BIRTHDAYS



OCTOBER

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

NOVEMBER

- 2 Mayme Faulk
- 6 Kathleen DeJong
- 7 Terry Coe
- 16 Gail Bush
- 28 Marilyn Hooser



Note the phone number for our
MEDICAL LOAN CLOSET

504-0231



You are invited to a Potluck Halloween Party
Spouses are invited too!

October 30, 2007

5:00 pm – open for trick or treaters

Pioneer Park in Sequim

This is a Potluck, but you don't have to think about what to make. Sherry Schubert, owner of *A Catered Affair*, is our Hospitality Chair this year. She has a menu in mind and has recipes for each of the menu items. At our Business and Program Meetings in October, members can draw a recipe from a basket, and that's the Potluck item you will bring. Members can swap recipes if they choose. There will be a pumpkin decorating contest – bring the pumpkin already decorated, please. Costumes are optional, but this is your opportunity to use your imagination! With Sherry and Heather working on this event, you'll want to be there just to see the decorations!

Pumpkin Decorating Contest



Costume Contest



WOMEN WHO DARE



Clara Barton

Back in March, Kate Creasey gifted me with a book titled *Women Who Dare*. It is a book of postcards celebrating women – some already passed into history, other still with us – who defied expectations. In this year of *Awakening the Dream*, it seems appropriate to share some of these with you. -kp

With no institutional affiliation or formal training as a nurse, the indefatigable Clara Barton became a one-woman relief agency on the Civil War's front lines. Barton (1821 – 1912) later founded the American Red Cross and headed the organization for its first 23 years..

EDUCATIONAL SUPPORT

Women's Opportunity Award

The Women's Opportunity Awards program is Soroptimist International of the Americas' (SIA) major service project. The awards improve the lives of women by giving them the resources they need to improve their education, skills, and employment prospects. Each year, Soroptimist clubs in 19 countries and territories assist women in overcoming personal difficulties and improving their lives through education and skills training. The women, who provide the primary source of financial support for their families, may use the cash award to offset any costs associated with their efforts to attain higher education, including books, childcare and transportation. Our club's Women's Opportunity Award winner will receive \$1,000. Club recipients become eligible for additional cash awards at other levels of the organization, including three \$10,000 finalist awards.



Making a Difference for Women Award

The Making a Difference for Women Award acknowledges women who are working to improve the lives of women and girls through their personal or professional activities. Their efforts help to promote the issues that are important to the Soroptimist organization. Honorees are women who have worked in extraordinary ways to benefit women and girls. Examples of the type of work honored include: spearheading an effort to open a domestic violence shelter, working to secure health services for low-income women, starting a mentoring program for at-risk girls, or lobbying companies to provide on-site child care.

The program enables local Soroptimist clubs and the Soroptimist organization to thank these women and encourage others to explore ways to assist women and girls. The program begins on the club level, where SI/Sequim honors the woman at one of our meetings and thru an article in the local newspaper. Award winners at the club level are eligible for additional awards at other levels of the organization. The SIA finalist receives a \$5,000 donation to the charitable organization of her choice.

Violet Richardson Award

Named for the president of the first Soroptimist club, the Violet Richardson Award honors girls who are making a difference through volunteer service. Each year, Soroptimist clubs honor girls who donate their time and energy to causes that make the community and world a better place— such as working to end discrimination and poverty, assisting women and children who are victims of domestic violence, or mentoring young girls.

The program begins on the Soroptimist club level – the first place winner in Sequim will receive \$500 plus \$250 for the charity of her choice. Our club offers a second place award, with the winner receiving \$250. Club recipients become eligible for additional awards at other levels of the organization. One winner is chosen to receive a finalist award, which includes a contribution of \$2,500 to the charitable organization of the recipient's choice.

The deadline for the competition is December 1, 2007. Applications may be obtained at the Sequim High School Library, Cole's Jewelers in downtown Sequim or Sequim Village Glass in Carlsborg.



No kind action ever stops with itself. One kind action leads to another. Good example is followed. A single act of kindness throws out roots in all directions, and the roots spring up and make new trees. The greatest work that kindness does to others is that it makes them kind themselves. ~ Amelia Earhart

MEMBERSHIP REVIEW

DALE SIMON: I was born and raised in Chicago, and lived in the Midwest until moving to Sequim. My husband, Gil, and I have been married for 42 years. We raised 2 boys and it darn near wore me out. I have a degree from the University of Illinois in Science Education, Can you imagine me in a Chemistry classroom or studying Microbiology? Well I graduated with honors, but never pursued a teaching career.

I became an Antiques Dealer shortly after I graduated. It has been more fun than you can imagine, and a great learning experience as well. I decorated over 250 restaurants with antiques, what fun! Even though we own Sequim Village Glass, I still go to garage and estate sales when I can. Unfortunately our house doesn't have a basement and my husband thinks of antiques as Landfill. That's all right because he used to be a corporate lawyer and we all know what people think of lawyers.

Not much has changed except now we have our one and only granddaughter, Evie, who is the light of our lives. She is far away in Boston and we go there at least 3 times a year. Through the years I have been involved in charitable work. I learned this from my parents who always gave their time and financial support to good causes. I hope my children have learned this from me.

DOVIE CARSON: I moved to Sequim from Augusta, Georgia in August 2001. We came in obedience to the Lord's prompting. Expecting to be used in ministry, we were surprised when He said "stationery store." Not understanding, we walked out the vision in faith and continue today.

Recently, we were able to move into the mainstream of Sequim shopping corridor and are pleased with the results we have had there.

My husband, John, is a mental health professional working at Peninsula Community Mental Health in Port Angeles as a crisis worker. He retired previously (1992) from the military. He is a great encourager and help to everything I do. We have four grown children and three grandchildren. We like to visit them as often as possible.

I've been mostly a volunteer. When I worked, I was a portrait photographer and managed five studios in the Seattle – Tacoma area. I've worked as a volunteer in school libraries, been PTA President in Berlin, Germany and class administrator for Bible School Fellowship in Augusta, Georgia.

I love to read, teach Bible classes, minister with prayer, and now run The Dove's Nest for Jesus. I pray I do it well.

Anne Knight is back!



MEMBER ORIENTATION

November 6, 2007

5:30 pm

Gail Frick's Office

154 E. Bell, Sequim



If you want to find out more about Soroptimist in general and our club in particular, mark your calendars for the Orientation Meeting on November 6, 2007. This is not just for new members, but we strongly encourage all new members to attend. Please join us as we learn, laugh and share.

FAIRING HEALTHY at the Olympic Health Fair

... and a good time was had by all! That seems to be the consensus among the volunteers who staffed the Soroptimist table at the Sequim Health Fair on September 15. It was a gray and drizzly day – perfect for keeping cozy at home – but attendance was steady all day with peals of laughter punctuating the constant buzz of conversation.

The Olympic Health Fair was held at Sequim High School and, in addition to the Soroptimists, participants included several local chiropractors, massage therapists, vendors of nutritional supplements, and others involved in the health and safety professions. There was information concerning earthquake and tsunami safety, domestic violence, and representatives of a service dog training organization. All in all, lots of interesting and very important information.

The Soroptimist's table provided information on our Medical Loan Closet, as well as general information on Soroptimist International, and a membership sign-up sheet. We began the day with 250 Medical Loan Closet flyers, and ran out before the end of the day. The folks who stopped by our table had unanimous praise for the program, with many saying they had either used the service, knew about it, or *wished* they had known about it when they had needed it. We also signed up eleven potential new members.

Missy Church-Smith checked us in that morning and was there throughout the day to assist and encourage the volunteers at our table. Thank you, Missy for all your efforts in coordinating the scheduling and being there for all of us! Many thanks also to Peg Rinker, Kathy Purcell, Mayme Faulk, Diane Jones, Anne Keane and Gail Frick who generously gave up a portion of their Saturday to help.

Patrice Varela-Daylo



Hmm, this looks familiar...How many Soroptimist does it take to hang a banner...



A hug - the Healing Universal Gift...



Peg, Mayme & Missy share info about our Medical Loan Closet.



Diane explains an MLC story to Missy.



Anne & Patrice share a moment.



Left: Gail & Patrice having fun with a visitor to our booth.

A WALK IN THE PARK



As members of our community, we have numerous ways to make a difference locally. That's why when I was approached at work (by Missy Church-Smith no less!) to be a sponsor for the 2007 Dungeness Valley Health and Wellness Clinic Fun Walk, I didn't think twice.

The Dungeness Valley Health and Wellness Clinic is a place where professional health care volunteers provide affordable, quality, compassionate basic medical care to the uninsured and underinsured in the Sequim-Dungeness Valley.

The life-blood of the clinic is the cadre of volunteers, both medical professionals and lay people, who enable the clinic to function. The second great need to sustain the operation of the clinic is ongoing funding. The Fun Walk is a major fundraiser for the Clinic.

A few weeks before the Walk I found out that several other Soroptimist business women were sponsors as well. Since sponsors can have a free team, the idea came to mind to have a Soroptimist team.

We had the option of a 1 mile walk around Carrie Blake Park, or a 5 mile walk on the Discovery Trail. Most of us did the 5 mile walk. It started at 9:00 a.m. and we were back in time for the closing ceremony (including awards and door prizes) at 10:30. While Mayme Faulk and Gail Frick walked away with prizes, I walked away with a hand-painted butterfly on my left cheek!



The Walk provided benefits on the Soroptimist level – getting exposure for our name (members wore clothing with the Soroptimist name); getting our faces out in the community; building solidarity and friendship among the members. It also provided benefits on a personal level – getting exercise; giving something back to the community.

Thanks to all the members who participated. Perhaps next year we'll have even more members join our team. We could get enough to win the award for the Most Members on a Team!

Kathy Purcell



Gail, Mayme and Sally Sue crossing at the START.



Gail, Mayme, Sally Sue and friend Annette in mid-stride.



These gals are either surrendering, or they are ready to cross the finish line...



The Rock Family along the route.



At the half-way point...



Gail, Kathy, Mayme and Missy (with her WalMart vest :-).

A PROGRAM MEETING FULL OF HEART!

Did you know that having a healthy heart means more than loving another and being loved in return? On Tuesday, September 25th, our guest speaker, Lexine Funston, nurse practitioner with the Klahhane Clinic in Port Angeles, spoke of the risk factors and the steps we can take to promote heart health. Some of the major risk




Lexine Funston

factors are smoking, being overweight, diabetes, physical inactivity, high blood cholesterol, high blood pressure and stress. She challenged us to evaluate our own risk factors and immediately put into action, activities that will help us lead a healthier lifestyle.

Yes, she is asking us to make a change. I know, all too well, just how hard it is to make a big change. However, it doesn't have to be a "big" change, to make a big difference in our overall health. Lexine suggests starting out slow. Walking is a very low impact activity that can be done all day long. Start with just 10 minutes and then build to 30 minutes each day. Try taking the stairs instead of using the elevator. Decide to paint a room or do some gardening. Common chores and sporting activities can help in the fight of weight management. Oh yes, and don't forget the "three deep breaths." The most important step to take is to avoid injury and have a little fun.

So, put on those sweats, tie up those laces, stretch those muscles and head out on your own personal journey to find a healthy heart.

Happy Trails,
Heather Cerutti 

One way to keep track of the steps you take is with a pedometer. Here's one place to get a free one: <http://www.myheartnow.com/content/index.jsp>



Members listen to the thought-provoking details.

MAD HATTER'S TEA PARTY

"Never doubt that a small group of thoughtful people can make a difference, in fact it is the only thing that ever has." – Margaret Meade-

The Mad Hatter's Tea party was an idea thought up by a small group of local women ten years ago to increase awareness and support for women with breast cancer within our community. And what a difference they have made. As Soroptimists we were proud to be a part of this event and our presence was noticed. This is what being a Soroptimist is all about, supporting women in times of need.

In the past years, Mad Hatters established a fund, "Mad Hatter's Fund", available for uninsured women at risk, to pay for their annual Mammograms through Family Planning of Clallam County. This year, in addition to funding Mammograms through Family Planning, they will fund the Women's Cancer Support Group at the Olympic Medical Cancer Center in Sequim.

This year's guest speaker was Martha Rudersdorf, a Sequim High School Art Teacher who told of her personal journey with breast cancer. She did this



through words, pictures and art. I don't think there was a dry eye in the room, men included. Every time you hear one of these stories it makes you realize it could have been you. It makes you keenly aware of how important self breast exams are and regular mammograms as well. You can see more of Martha's art at:

<http://www.sequimwadailyphoto.com/index.php/the-art-of-martha-rudersdorf/>

If you would like to see if you are at risk for breast cancer or other diseases, there is a list on a website connected to Harvard Center for Cancer Prevention. I am told it is very intuitive and right on the mark. The website is www.yourdiseaserisk.harvard.edu.

I encourage other members to attend the Mad Hatters' Tea next year. It is an informational and inspiring afternoon. Maybe we can make this a yearly event.

President-Elect Kathleen

Here is Rose's response to the event: "I was most impressed with the positive outlook she had when dealing with a very difficult diagnosis. Despite all she went through, she still found a way to help others with her attitude and art work. What a testament to the strength we women have when needed."

FOUNDERS DAY

On October 3, 1921, just after women won the right to vote...before women were offered business opportunities, before they could own property, Soroptimist International was founded in Oakland, California. They chose their name from two Latin words meaning “best for women.”

A group of 80 working women representing such professions as medicine, laboratory technology, printing and clothing industry, joined together to “foster the ideal of service.” From that small beginning the world’s largest classified service organization for business and professional women has grown to approximately 100,000 Soroptimist members residing in 120 countries/territories throughout the world.

Yearly we honor Soroptimist Founders Day by donating “Four Pennies” for every year Soroptimist has been in existence. For years our club has collected the Founders Pennies with our dues. This year the amount per member is \$3.48. Individually this is small, but collectively it is about \$7,000 for the Northwestern Region. And there are 24 Regions in our federation – Soroptimist International of the Americas (SIA). If you ever thought a few dollars wasn’t important, look at the impact it has when it is joined with others!

This money, along with the funds from Club Giving, Individual Giving, Laurel Society and Laurel Legacy allow SIA to continue to improve the lives of women and girls. This happens thru programs such as the Women’s Opportunity Awards, Soroptimist Club Grants for Women and Girls, the Violet Richardson Award and the Workplace Campaign to End Domestic Violence.

Happy Founders Day! And thank you all for giving!
President Kathy

NEXT BUSINESS MEETING

At our next business meeting, **October 9**, we will be installing four new members. Come and help us welcome these additions to our club.

Love and kindness are never wasted. They always make a difference. They bless the one who receives them, and they bless you, the giver.
~ Barbara DeAngelis

DONATIONS: TOILETRIES AND CARDS

Now that many of us have had some fun vacations, we may be facing a pile of miscellaneous samples. We have the perfect place for them. At each meeting there will be a basket for you to donate any samples of shampoo, soap, lotions, etc. that need a good home. Whatever we collect, will be taken to Serenity House and the Dream Center where there is a need.



We will also accept those greeting cards you get sent in the mail. I know I always wonder what to do with them and hate to throw the cards away. Plus, when I donate them, I don’t feel the obligation to send in money. Every little bit helps, so thanks in advance.

Rose Jaeger



BLAZING THE TRAIL

The guest speaker for our **Program Meeting on October 23rd** will be Deborah Carlson who will tell us about Camp Blaze. The camp is a pilot project sponsored by Women in the Fire Service, a national nonprofit organization committed to maximizing women’s involvement in the fire service through education, networking, advocacy, and policy development. The mission of Blaze is to develop, support, and implement an annual camp for qualified young women to learn about the fire service and to have a great time while they’re at it.

Young women will learn, among many other things:

- rappelling
- using self-contained breathing apparatus
- search and rescue
- aerial ladder climbing
- teamwork

Camp Blaze sounds like a good match to the Soroptimist mission of improving the lives of women and girls in local communities and throughout the world.

Learn more at: <http://www.campblaze.com/>

Physical activity

The first part of healthy living involves the energy that you release from your body. Physical activity not only burns energy (calories), but can also help lower the risk of some types of cancer. Here is all it takes to get started:

- If you have been inactive for a long time, are overweight, have a high risk of heart disease or some other chronic health problem, see your doctor before starting an exercise program.
- Build physical activity into your daily routine. All you need is moderate (where you break a sweat) activity — like brisk walking for 30 minutes a day.
- Do whatever physical activity you enjoy most and gets you moving.
- After exercising, think about how good you feel about yourself and about your body. Use that feeling to motivate you the next time out.

If you are already physically active, keep up the good work. Physical activity may help lower your risk from breast cancer. This is because exercise lowers estrogen levels, fights obesity, lowers insulin levels and boosts the function of immune system cells that attack tumors.

- Gaining weight after menopause increases a woman's risk for breast cancer.
- Weight gain after the age of 18 may increase your risk for breast cancer.
- If you have gained weight, weight loss may lower your risk for breast cancer.

Exercise helps fight weight gain. A healthy diet and regular physical activity may lower your risk for breast cancer.

Maintaining a healthy weight may also lower your risk for breast cancer.

Nutrition

The second part of healthy living involves what you put into your body.

- Eat more fruits and vegetables. Strive to eat at least five servings per day.
- Eat more whole-grains and cereals. Whenever possible, choose whole-grain breads and cereals.
- Eat fewer high fat foods and concentrated sweets.
- Take a daily multivitamin with folate.
- Get plenty of calcium. Your body needs at least 1000 mg each day. You can get it from low-fat milk or yogurt, fortified fruit juices, spinach, kale or calcium tablets.

Alcohol — or the lack of it

The third part of healthy living is drinking less alcohol. You may have heard about research studies which showed that drinking one serving of alcohol (for example, a glass of wine) each day improves your health by reducing your risk of heart attack. That is true, but the key is moderation. Many studies have also shown that high levels of alcohol intake increases the risk of breast cancer. In general, the more alcohol you consume, the higher your risk of developing the disease. If you drink alcohol, drink in moderation — less than one drink a day.

Let there be no smoke

If you don't smoke cigarettes, don't start. You have done your body a world of good by avoiding tobacco. If you do smoke, please ask your doctor for help in quitting. Smoking has been linked to higher risks of many types of cancer. There are health benefits from quitting at any age. And after five years of being smoke-free, the risk of developing diseases as a result of having smoked goes down.

Emotional health

Keeping your body free from disease is a big part of healthy living, but it is also important to keep a healthy attitude. Here are some ways to help maintain your emotional health.

- Do things that make you happy and that bring balance to your life. Pay attention to yourself and your needs. Go to the library and pick out a novel. Take a walk in the park. Have coffee with a friend.
- Have faith in yourself. Many things can help you be healthier and feel better about yourself. Learning to get in touch with the spiritual part of you through meditation or prayer can help you gain inner peace — in spite of what is going on in your life.

Breast health care

Last but certainly not least, for a healthy life, remember your breast health care, too.

- Have mammograms and clinical breast exams done by a health care provider as recommended.
- Perform breast self-exams each month. (For step-by-step breast self-exam instructions, visit www.komen.org/bse.)
- Keep up with all your other regular appointments with your health care provider.

WAYS TO REDUCE STRESS

"Never borrow sorrow from tomorrow. If you worry about what may happen tomorrow and it doesn't happen, you have worried in vain. Even if it does happen, you have to worry twice."

1. Pray
2. Go to bed on time.
3. Get up on time so you can start the day unrushed.
4. Say No to projects that won't fit into your time schedule, or that will compromise your mental health.
5. Delegate tasks to capable others.
6. Simplify and un-clutter your life.
7. Less is more. (Although one is often not enough, two are often too many.)
8. Allow extra time to do things and to get to places.
9. Pace yourself. Spread out big changes and difficult projects over time; don't lump the hard things all together.
10. Take one day at a time.
11. Separate worries from concerns. If a situation is a concern, find out what God would have you do and let go of the anxiety. If you can't do anything about a situation, forget it!
12. Live within your budget; don't use credit cards for ordinary purchases.
13. Have backups; an extra car key in your wallet, an extra house key buried in the garden, extra stamps, etc.
14. K.M.S. (Keep Mouth Shut). This single piece of advice can prevent an enormous amount of trouble.
15. Do something for the "Kid in You" everyday.
16. Sit on your ego.
17. Get enough rest.
18. Eat right.
19. Get organized so everything has its place.
20. Listen to a tape while driving that can help improve your quality of life.
21. Write down thoughts and inspirations.
22. Every day, find time to be alone.
23. Having problems? Talk to God on the spot. Try to nip small problems in the bud. Don't wait until it's time to go to bed to try and pray.
24. Make friends with happy people.
25. Keep a folder of favorite inspirational quotes on hand.
26. . Every night before bed, think of one thing you're grateful for that you've never been grateful for before.
27. Laugh.
28. Laugh some more!
29. Take your work seriously, but not yourself at all.
30. Develop a forgiving attitude (most people are doing the best they can).
31. Be kind to unkind people (they probably need it the most).
32. Talk less; listen more.
33. Slow down.
34. Remind yourself that you are not the general manager of the universe.
35. Remember 3 Deep Breaths (3DB's).










Your DNA structure is designed so the choice to function in love is the only choice that brings you fulfillment. Stress is inner biofeedback, signaling you that frequencies are fighting within your system. The purpose of stress isn't to hurt you, but to let you know it's time to go back to the heart and start loving. ~ Sara Paddison

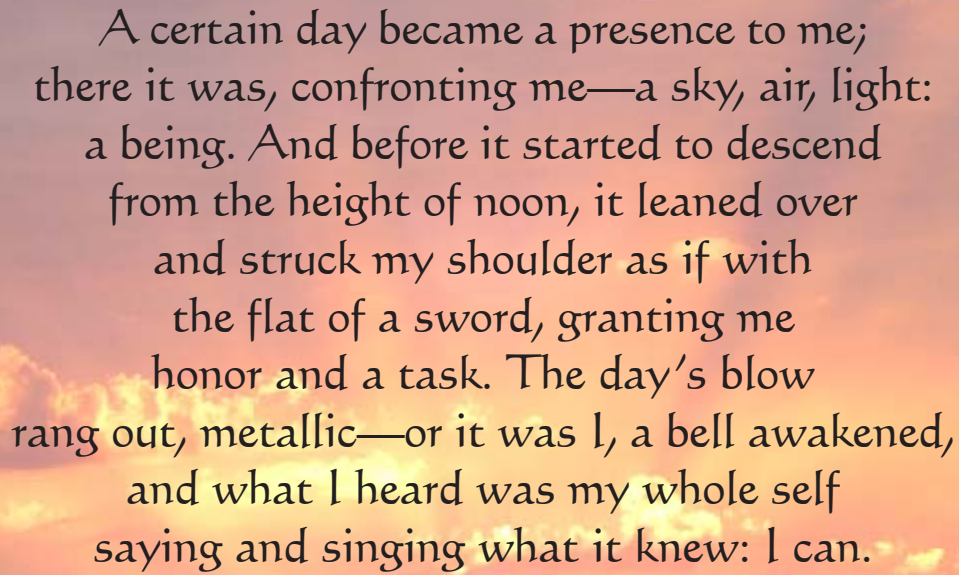


October 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breast Cancer Awareness Month 	1	2	3 FOUNDERS DAY 	4	5 BOARD MEETING	6 DISTRICT MEETING 
7 DISTRICT MEETING 	8	9 Business Meeting— Installation of New Members!	10 WIN sponsored R.O.P.E.S. Challenge Course 	11	12	13
14	15 Judy Ogilvie 	16	17	18	19	20 Jeanie Blaurock 
21	22	23 Program Meeting Deborah Carlson Camp Blaze	24	25	26	27 Cathy Angel 
28	29	30 HALLOWEEN PARTY Pioneer Park 	31 Halloween			

November 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Violence Against Women Awareness Month				1	2 Mayme Faulk 	3 Turn Clocks Back 
4	5	6 Kathleen DeJong Election Day ORIENTATION MEE Evening Meeting 	7 Terry Coe 	8	9 BOARD MEETING	10
11 Veterans Day 	12	13 Business Meeting—GOM Oct & Nov	14	15	16 Gail Bush 	17
18	19	20	21	22 Thanksgiving 	23	24
25 Participate in Soroptimist Workplace Campaign to End Domestic Violence	26	27 Program Meeting	28 Marilyn Hooser 	29	30	



A certain day became a presence to me;
there it was, confronting me—a sky, air, light:
a being. And before it started to descend
from the height of noon, it leaned over
and struck my shoulder as if with
the flat of a sword, granting me
honor and a task. The day's blow
rang out, metallic—or it was I, a bell awakened,
and what I heard was my whole self
saying and singing what it knew: I can.

- Denise Levertov



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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