



# Soropti-SCOOP

A Communique by  
women dedicated to improve the lives of women and girls  
in local communities and throughout the world.

SOROPTIMIST

Best for Women

Vol. 13, Issue 7

Soroptimist International of Sequim

January 2010

## Officers 2009 - 2010

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Rose Jaeger

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## MESSAGE FROM THE PRESIDENT

As I was reflecting about what to write, many ideas came forward. I remember recently helping someone at my store, Henery's Garden Center. She wanted a few greens for something. I ended up giving them to her for free, as the amount was so negligible. This small act made her day. She apparently had been having a bad day and this small gesture renewed her spirit. Many of you do similar things, but it is worth reminding ourselves of the positive power of a single act.

I read an article in the paper about a class being taught free of charge on Paying It Forward. It was very interesting to read about the curriculum. The first lesson was to do something nice for yourself. Then you did something nice for a family member, followed by friends. Lastly you did something nice for a stranger.

This class has gone crazy with people enrolling; it is now done online and all ages are involved. It reaffirms the need people have to give back, especially in hard economic times. What a change a small idea has created.

Speaking of seeds, we have the seed of a Garden Show which is coming up sooner than we think. If you have not already signed up to help, be sure to do so. Everyone is needed! It is exciting to see the ideas sprouting and turning into reality as we put the show together.

"Every gardener knows under the cloak of winter lies a miracle—a seed waiting to sprout, a bulb opening to light, a bud straining to unfurl. And the anticipation nurtures our dream." Barbara Winkler

May all your seeds sprout in 2010.  
President Rose



"One generation  
plants the trees;  
another gets the shade."  
~ Chinese proverb

### Joint Club Meeting:

In December I was able to arrange a luncheon with officers from the two Port Angeles clubs and the Port Townsend club. I had wanted to do this for some time. We all agreed that we should meet more often and we should try to do some joint ventures. If we can combine our efforts, we should be able to do some fantastic things together. We have one person following up on the possibility of doing a tree for the Festival of Trees next year. We are considering a picnic sometime this summer for all the clubs, and are waiting for possible dates. We talked about other ways to raise funds and also the possibility of an Awards Luncheon or Breakfast, with combined efforts. It was encouraging to banter ideas around and get the ball rolling on some possibilities. Seeds waiting to sprout. Hopefully the conditions are right for that to happen. Rose

## Letter from the Editor

Dear Friends,

Reading an email recently, a phrase jumped out – giddy up. My first thought was of a rider on a horse. Then I thought about the word giddy – as in happy.



My mind flashed back to the Holiday Joy Project – more specifically the Family Day on December 12. Many club members participated in this at various levels. You can read Missy's report on page 5.

Beverly Hoffman, who organized the event, gave us a brief training session, explaining the process – from gift selection, to wrapping, to treats at the end. Beverly reminded us that we are all connected, sharing one common humanity. She announced that the kids could wrap their own packages and suggested using the time as a teaching experience. Little did I know at the time who would be doing the teaching.

I wound up on wrap duty in the kids' area; so did Jane Manzer. The first group of kids came into the wrapping room. I started helping a young boy who was about 10 years old. I asked if he wanted to wrap the gifts himself and he said yes. I invited him to choose the paper(s) – there were 3 gifts. When we were wrapping the third package, he said, "I don't get the wrapping paper. Why do we wrap the presents?" I had to smile. I told him ladies like pretty wrapped boxes – and surprises – and his mom would appreciate the way he wrapped her gifts.

A brother and sister talked about what they had each chosen and how to address the tags. The girl said she was going to fill in both their names on the tags for the gifts she selected. Now that was sibling caring.

One girl came in a second time – with one gift, hugging it to her chest. As we wrapped it she said, "This is for my dad. My mom and dad don't live together." Mixed emotions running thru me, I said that happens sometimes. I told her it was nice that she was thinking of her dad and he would surely like the gift. It was a picture frame. There's a lot of symbolism in that...

Jane helped an eight year old boy who gave a lesson on how to wrap. He had chosen a basket of toiletries for his mom. The usual way we wrapped that type of gift is to lay the paper on the table, place the gift in the middle, bring up the paper from all sides, and cinch it at the top with a ribbon.

This young man had a different way. Like us, he put down the paper. But unlike us, he layed the basket on its side and wrapped the paper around the base. Then he folded the paper to cover the bottom of the basket, taped it and taped the paper up the side. Turning it upright, he cinched up the paper at the top with a ribbon and a bow. It actually uses less paper. What a lesson that was!



I am so grateful to be a Soroptimist. It has allowed me to have this wonderful experience of Holiday Joy. Sharing with the kids really put me in the holiday spirit. You might say it got my Giddy up.

As Soroptimists, there are so many opportunities to get our Giddy up. But in order to do that, we need to giddy-up. We are the riders on the horse, and have control of the reins. It's up to us to take action, to get involved. As we do this, we plant possibilities and discover how to BEE our Best.

Light and Love,  
Kathy Purcell, Editor



"Joy comes from  
using your potential."  
~ Will Schultz

## CALENDAR

### JANUARY, 2010

- 8 Board Meeting
- 9 Human Trafficking Conference
- 11 National Day for Human Trafficking Awareness.
- 12 Business Meeting
- 24 Program Meeting (GOM Dec & Jan)

### FEBRUARY

- 5 Board Meeting
- 9 Business Meeting (GOM Feb & Mar)
- 23 Program Meeting

\* EVENING MEETING



"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day."  
~ Edith Lovejoy Pierce



"For last year's words belong to last year's language and next year's words await another voice."  
~ T.S. Eliot

# Celebrate Life!

## BIRTHDAYS



### JANUARY

- 6 Rose Jaeger
- 10 Kate Creasey
- 11 Jane Elyea
- 15 Alana Schmicker
- 27 Andrea Alstrup

### FEBRUARY

- 8 Deborah Groesbeck
- 11 Missy Church-Smith
- 22 Jan Chapman



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

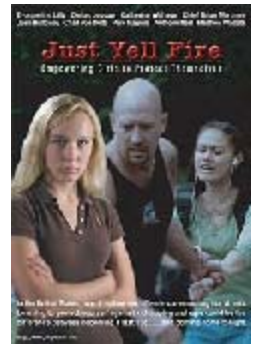


MEDICAL LOAN CLOSET  
Soroptimist International of Sequim  
**504-0231**  
(Please call members)  
6000 N. Sequim Junction  
Across from the Sequim High School Auditorium  
(By appointment only)

**“Teamwork is the ability  
to work together toward a  
common vision.  
The ability to direct individual  
accomplishments toward  
organizational objectives.  
It is the fuel that allows  
common people  
to attain uncommon results.”  
~Author Unknown**

## A PROGRAM WITH IMPACT

Don't miss a fun & interactive program meeting on **January 26th!** Mary & Kristel (Boys & Girls Club) will demonstrate techniques from the “Just Yell Fire” Seminar! They, along with Michelle Barth and her daughter Serena, attended “Train the Trainer” classes in Portland last summer...so now we have our very own cadre of talented JYF trainers here in Sequim!



## SOROPTIMIST DATES TO REMEMBER

**2010 Region Conference**  
Anchorage, AK  
April 22 – 25, 2010

**2010 Federation Convention**  
San Francisco, CA  
July 7 -10, 2010

## Convention Updates

As SIA gears up for the 41st Biennial Convention in San Francisco, check out <http://www.youtube.com/watch?v=uC9hbDZWSIk> to see the fun had at conventions past. Also, click here <http://www.soroptimist.org/members/meetings/SanFrancisco/2010ConventionSchedule.pdf> to view the convention schedule and to start planning your trip.



Are you or someone you know interested in becoming a vendor on the exhibit floor in San Francisco? Please contact Eva Matyskiela, [eva@soroptimist.org](mailto:eva@soroptimist.org) SIA meetings manager, for complete details.

Soroptimist is happy to announce a new Facebook page dedicated to the San Francisco convention! The page includes all of the most up-to-date information about the event, exciting contests, photos, videos and a chance to interact with other members planning to attend. Please visit the page today <http://www.facebook.com/pages/Soroptimist-Convention/260176252587?ref=ts> and become a fan so that you don't miss any of the exciting convention details!

## AWARD WINNING EDUCATIONAL SUPPORT

Crunch time for this committee!! Thanks to great help from Colleen Blazier, we put the finishing touches on our **Ruby Award** nomination packet and hope that Judith Pasco will receive recognition beyond the club level for her work with the Mujeres de Maiz Foundation.

The recipients of the **Violet Richardson Award** have been decided, but they have not yet been notified, so we'll leave that announcement until next month. The first-place recipient's application will be forwarded to Region shortly. Thanks go to Andrea Alstrup, Dale Simon, and Alana Schmicker for doing the review and judging of the four applications that we received.

Three applications were received for the **Women's Opportunity Award** and those applications are currently being reviewed by a panel of non-Soroptimist judges. Again, the local recipient's application will be forwarded to the regional level for further award consideration. Thanks to go Betty Osborn for chairing this particular award program for our club.

Next month, look forward to learning about the recipients of both the Violet Richardson and Women's Opportunity Awards.

~Jane Manzer, Co-Chair Educational Support

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## AVIATION GROUNDS WIN STUDENTS

A panel of three women of flight helped WIN students reach for the sky at a special Aviation Luncheon at Sequim High School library on December 16, 2009.

**Tamara Senz** was told she was too short (by a quarter inch) to fly planes. But that didn't stop her. She took action, contacting elected government officials as well as the press. She enlisted the help of mentors. Her tenacity and belief in herself, made her dream become a reality.

**Susan Strand** was one of the first women to be trained by the military as a helicopter pilot and the first female U.S. air safety investigator. She eventually became a national park ranger. Strand shared that along the way, she needed help from men and women.

**Summer Martell** became a flight instructor, then developed her own flight school where she taught aerobatics. She also had a role as actor Janine Turner's pilot body double in the television show "Northern Exposure."

Martell was a guest speaker for the first Women In Networks event 13 years ago, and now flies a corporate jet out of Portland.

Many thanks to Tamara Senz, Susan Strand and Summer Martell for sharing their experiences, knowledge and insights.





January 5, 2010

Dear Ladies,

I have to admit I don't even know how to write this thank you note to your organization because I personally felt blessed by so many of you who were fabulous sponsors/workers/elves for our Holiday Joy project. I fell in love with you all at that breakfast meeting, seeing Jane Manzer in the group, having Kathy Purcell come up to me, and meeting Missy with whom I had chatted by e-mail many times. Your group has abounding energy that changes the world!

The list just continues – Kathleen DeJong...why I'm going to adopt her! I'm also anxious to meet Jan, whose husband was an absolute delight...and, boy, did she fill up stockings beautifully! Amanda's homemade bags were gorgeous and one teenaged girl loved packing up a sewing machine for her mom in one of them. For all of you – Colleen, Pam, Deborah, Jan, Missy, Kathleen, Jane, Kathy P., and Jean Stratton (and whoever helped stuff stockings!) – I thank you for your individual hands in our project.

In total we sponsored 121 victims of domestic violence/sexual abuse this Christmas. It was lovely to work in a community with such heart. A variety of people joined hearts and spent time and money to lighten the load for others. I felt honored to work with you.

Your energy sparked new light in a time of darkness for some women and children.

Sincerely,

Beverly Hoffman  
Holiday Joy Volunteer

*“Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us.” ~Hal Borland*

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## The Joy of Helping Others

The items from our Medical Loan Closet(MLC) just “keep on giving”... mobility, comfort and support to members of the community all year long.

This is the time of year to reflect on the activities of the ten members of the MLC Committee. It was incredible to see (from our daily log sheet) that 446 items have either been checked in or out since June 20, 2009. That doesn't even begin to reflect the number of hours members donate during their week “on call”.

This community service project has truly been a blessing for the recipients of the medical equipment. We often hear, “I don't know what I would have done without your help!” Members are now accepting various pieces of equipment and medical supplies from our grateful clients. We have also received \$1899.00 in donations, which helps defray the cost of the Vonage telephone and the storage units at The Stow Place. Louella found a great price on two badly needed transport wheelchairs, so they were added to the inventory. It isn't unusual to have a “Wait List” for some items that seem to be very popular and in high demand.

Our partnership with The Medical Care Alliance has also been an extension of utilizing a lot of excess medical equipment/supplies. When we have extra walkers, broken wheelchairs and donated supplies that fill a storage unit, we contact the Alliance. They have volunteers to repair the equipment before it is shipped to Morocco. The impact of having crutches, a walker, a wheelchair gives hope and courage to these recipients. What a joy to be a part of spreading international good will and understanding.

~Colleen Blazier for MLC



## MUJERES de MAIZ OPPORTUNITY FOUNDATION UPDATE from Judith Pasco

Mujeres de Maiz Opportunity Foundation is looking for support to help fund what we consider to be extremely worthwhile education projects in Chiapas. We are in receipt at this time of two proposals, but a third is expected any time.

### Project “Strengthening Education and Empowering Children in Zinacantán”

Four of our scholarship recipients have created this project as part of their community service requirement. Thirty indigenous children who are having difficulty with primary school will be served by this year long program. They will meet once a week for three hours and will receive instruction in basic math skills, reading and writing in Spanish as well as in their native language, Tsotsil. Other topics over the year will include creativity development, self-esteem, motivation, values, spelling and garbage recycling. A light lunch will be provided. The children will be selected by their teachers who will identify their learning difficulties coupled with scant resources available in their families for education. Each session would involve either a qualified professional in the field or one of the four scholarship girls who was adept in the subject. Each session would also need a translator. Goals include remediating skills, motivating children to continue their education, increasing self-worth, and increasing community participation. It is hoped that this program would continue after the first year is concluded.

The estimated cost for this twelve month project is \$5460, which comes out to \$182 per child per year.

### Project “Women’s Literacy in Altamirano”

The branch of the women’s cooperative in Altamirano has taken a hard look at the issue of illiteracy in their area. Many indigenous women are not able to start, let alone finish, their primary education. As a result, many adult women feel inferior and ashamed that they never learned to read, write, or even sign their name. A group of fifteen women from Altamirano have proposed a full-year certified program to complete their primary education. Study sessions would be twice a week for three hours and a few workshops (women’s rights, self-esteem, etc.) would be interspersed with the study sessions. Exams are included.

The cost of this twelve month literacy project is \$3800. The comes out to \$26 per woman per month.



Ana Belen participating in a workshop on gender equity, part of a project that we funded in 2009.



Felipa and Petrona, from Zinacantan, are two of the four scholarship girls who created the Strengthening Education and Empowering Children of Zinacantan project.



These four women are a Zinacantan family. The two young women on the right are the other two scholarship recipients (Juana and Yoli) who created the Zinacantan project with Felipa and Petrona.

“The good we secure for ourselves is precarious and uncertain until it is secured for all of us and incorporated into our common life.”  
~ Jane Addams

## GETTING ON BOARD

In the past we have had a **Soroptimist Sponsor Board** at the Garden Show. It is a great way to advertise your business and/or show your support for our organization and our mission. The SI Sponsor Invitation letters were recently sent to all club members. You may have noticed there are some additional options this year. If you have any questions, please contact Kathy [kathpur@roxum.com](mailto:kathpur@roxum.com). Please join me in supporting our club and community by returning the form with a check for **\$100.00 or \$500.00** payable to Soroptimist International of Sequim.



Planting Possibilities!



### WANTED

Vendors for the 12<sup>th</sup> Annual Gala Garden Show.

If you know anyone selling garden related items, please contact Jenni or Kathy:

[vendors@sequimgardenshow.com](mailto:vendors@sequimgardenshow.com)

A map with the booths is available online. You can checkout the MAP at:

<http://www.sequimgardenshow.com/map.pdf>

## ED HUME KEYNOTE SPEAKER AT GARDEN SHOW



ED HUME is celebrating his 42nd year as a gardening personality. His weekly television show, GARDENING IN AMERICA, seen on KONG TV in Seattle, channels 6/16, is the longest continuous-running gardening television show in North America and possibly in the World. He also has a weekly radio show, 10am Saturday on KOMO, 1000 AM, and has written for various local, regional and national publications. Ed is also a well-known International speaker.

He has served on countless boards, both regionally and nationally. Through his accomplishments and energetic activities, Ed Hume has made major contributions to the field of horticulture locally, regionally and nationally.

The recipient of numerous awards and honors, Ed Hume is especially proud of his induction into the Garden Writers Association “Hall of Fame”, their highest honor. He has also received the “National Garden Communicators Award” (1977). Hume has also received the coveted National Academy of Television Arts and Sciences “Silver Circle”. He is an honorary “Master Gardener”; “Certified Professional Horticulturist”; honorary member of the “Washington Association of Landscape Professionals” and an honorary lifetime member of the “Washington State Nursery and Landscape Association”. On October 5th, 2006, Ed was awarded the WaFlorA Cup, the highest honor of the Washington Floricultural Association.



His latest book, is GARDENING WITH ED HUME. NORTHWEST GARDENING MADE EASY. Ed has also written several other books including the ED HUME GARDEN BOOK, the KEEP IT SIMPLE series of books, and a special children’s book entitled HOW TO PLANT A BUNCH OF STUFF.



Kate – the Barista Extraordinaire



# CHRISTMAS SHARING



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JOINING VOICES



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See a flash video of the Christmas Party at: <http://www.lighterview.net/>

## ABOUT THE NORTHWEST COALITION AGAINST TRAFFICKING



To learn more visit: <http://nwcat.org/>

The Northwest Coalition Against Trafficking founded by Soroptimist International Northwestern Region is a coalition of many Agencies, Political Leaders, Community Organizations, Individuals, Media and Business Supporters throughout the Northwest working to Inform, Educate, and Protect the women and girls from the Human Labor & Sex Trafficking in the Northwest Region of the United States of America.

### The Mission

The coalition is “Looking Beneath the Surface” through informing, educating, and protecting the women and girls in the Northwestern States and beyond through conferences, education, events, movie consultation, and safety measures including but not limited to increasing awareness of the need for shelters for victims of the trafficking industry.

**Human trafficking is modern-day slavery, and it's happening right here in the United States.**

**National Human Trafficking Resource Center (NHTRC)**

**1-888-3737-888**

or email: [NHTRC@PolarisProject.org](mailto:NHTRC@PolarisProject.org)

TOLL-FREE | 24 Hours/day, 7 Days/week  
Confidential | Interpreters available if needed

**WHO ARE THE VICTIMS?**

Victims are forced to provide labor or commercial sex, and can be:

- U.S. citizens or foreign nationals
- Men, women, or children

**WHERE DOES HUMAN TRAFFICKING HAPPEN?**

Human trafficking can happen in many situations, including in:

- Commercial sex industry (street prostitution, strip clubs, massage parlors, escort services, brothels, internet)
- Factories (industrial, garment, meat-packing)
- Farms, landscaping, or construction
- Peddling rings, begging rings, or magazine crews
- Private homes (housekeepers, nannies, or service marriages)
- Restaurants, bars, and other service industries (nail or hair salons)

Call to report a potential case, get information or resources, request training or technical assistance, or receive referrals.

FOR MORE INFORMATION: [www.PolarisProject.org/nhtrc](http://www.PolarisProject.org/nhtrc)

### Partners & Supporters

- Soroptimist International of the Americas
- Transitions Global International
- Timothy D. Leavitt, Mayor-Elect City of Vancouver, Washington
- Oregonians Against Trafficking Humans
- Clear Channel Radio
- Not For Sale Campaign
- The State of Oregon, Legislative Representative Tina Kotek
- Clark County Sheriff's Office
- City of Portland Bureau of Police
- The County of Multnomah
- Multnomah County Sheriff's Office
- Oregon State Human Trafficking Task Force
- Multnomah County Commissioner Diane McKeel
- Helping Heroes / National Vigil For Hope
- National Center for Missing and Exploited Children
- TAKE25 Campaign
- InstantAmber
- Oregon Bureau of Labor and Industries (BOLI)

**“I made no resolutions for the New Year. The habit of making plans, of criticizing, sanctioning and molding my life, is too much of a daily event for me.” ~Anaïs Nin**

## SOROPTIMIST SUMMARY

### Blog Talk Radio

Be sure to check out SIA's radio program on Blog Talk Radio: <http://www.blogtalkradio.com/soroptimist>. Each month, interesting guests are interviewed about a subject important to women. Past shows are archived and can be listened to at your convenience. The December 14 show featured a discussion about women and philanthropy, and included guests Deb McKinnon, Soroptimist and co-founder of the International Theos Foundation, and Andrea Pactor, associate director of the Women's Philanthropy Institute.



### View from Corporate Relations

Love/Avon Army of Women is excited to announce the launch of its newest program, the Health of Women Study (HOW). The online study is a new approach to research that may help discover how breast cancer starts and ways to prevent it. Members of Love/Avon Army of Women will receive a "Call-to-Action" email giving them the opportunity to sign up for this program. If you haven't done so already, become a member of [Love/Avon Army of Women](http://www.armyofwomen.org/) <http://www.armyofwomen.org/> and participate in the largest-ever study designed to help fight breast cancer. Check out the Partners Section <http://www.soroptimist.org/partners/partners.html> on SIA's website for more information—it's a unique way to be part of a life-saving mission in 2010.

### Act Now

Some 60 million girls in developing countries have been married off against their will and as young as age 8. Child marriage puts these girls at greater risk of contracting HIV, experiencing domestic violence, living in extreme poverty, being denied an education, and dying in pregnancy or childbirth. Visit Act Now! at <http://www.soroptimist.org/actnow/actnow.html> on the SIA website for more information. Read SIA's newest white paper, "[Unhappily Ever After: A history of marriage and the plight of child and mail-order brides](#)," and look for the feature article in the December/January/February issue of *Best for Women*, which will focus on this topic.

**"The object of a new year is not that we should have a new year. It is that we should have a new soul." ~ G. K. Chesterton**

### Program Updates

The deadline to join the lottery for the Project Sierra Study Tour is January 15. The trip to Sierra Leone is May 2-7, 2010. Please note that travel conditions and many services in Sierra Leone are basic and the trip will be physically demanding. The estimated cost for the trip is \$1,300, excluding airfare to Sierra Leone. SIA has two spots available and will use the lottery to choose participants. Interested members should contact [lori@soroptimist.org](mailto:lori@soroptimist.org) for additional information. Are you receiving SIA's trafficking news alerts? Each month, SIA sends a news alert highlighting the biggest news stories on human trafficking around the world. To be included on the list, email [program@soroptimist.org](mailto:program@soroptimist.org).

### Soroptimists STOP Trafficking

Best of luck to all U.S. clubs that have Soroptimists STOP Trafficking events: <http://www.soroptimist.org/members/program/programresources.html#trafficking> scheduled on January 11, the National Day for Human Trafficking Awareness. Since 2008, Soroptimists have used this day as a way to raise awareness of sex trafficking. Remember to report your club's activities.



### Spanish and Portuguese landing pages

Have you checked out the new Spanish and Portuguese landing pages on the SIA website? The new mini-websites enable clubs to provide prospective members with information, as well as direct Soroptimists to resources in their own language. Be sure to watch the new organizational videos in Spanish and Portuguese, available on these sites soon. The Spanish web address is: [www.soroptimist.org/spanish.html](http://www.soroptimist.org/spanish.html). The Portuguese address is: [www.soroptimist.org/portuguese.html](http://www.soroptimist.org/portuguese.html). Spanish and Portuguese-speaking clubs are encouraged to include this web address on flyers, posters and other promotional materials they distribute in their communities. A site in Japanese will be available shortly.



### Featured Sales Item

Medium gold "S" pin features "S" logo with rhinestone border. Makes a great gift during the holiday season!



## HITTING THE ROAD -

Our Thanksgiving Adventure - Short, Sweet and Close To Home

by: Nina Jones

For Thanksgiving, my husband and I decided that it was time to do something a little different. Let me assure you, this trip turned out to be a long list of 'new' adventures – yet not too far from home. We did a lovely circuit down to Oregon and back up the coast.

Because Ron doesn't get home until 7:00 p.m., we decided that we would leave bright and early Thanksgiving morning. We figured we'd avoid the worst traffic that way. It appears that we weren't the only ones who came up with that idea. It took 4 hours just getting past Olympia!

We got into Cottage Grove, Oregon (15 minutes south of Eugene) around 3:00 p.m. The first part of this trip was an opportunity to see Ron's brother and nephews and to meet his new bride, who happens to be from Mainland China. She spoke almost no English and we sadly have no idea how to speak Mandarin – so there was a lot of bowing and nodding and pointing.

Her name is Yam and she was a Pastry Chef at a fine hotel in southern China. She is an excellent cook, if I say so myself. For Thanksgiving dinner, Yam decided to honor us by cooking a Turkey....something she'd never done before.



Have you ever had Chinese style roast Turkey? It was stuffed with rice and clams and was very sweet. The potatoes were shredded and also sweet. Tom (my brother-in-law) decided to contribute to the dinner by cooking up an apple pie. Wow! I can honestly say it was an experience!

After a lovely and relaxing visit, we left Saturday morning for a two-day drive up the coast. Ron brought his trusty ol' GPS. He set it to take us to the Coast. He told it to keep us off the Interstate, figuring we could see some lovely countryside. Well, after one hour, we found ourselves on the outskirts of ... Eugene! (Guess what I got Ron for Christmas this year???? Yup, a NEW and IMPROVED GPS!)

After regaining our bearings and asking a live person for directions, we headed off to Florence. What a CUTE town! Some of the cutest stores, and nice and clean. After a little lunch, we headed north.



~continued on page 13

~continued from page 12

We took a turn through Heceta Head Lighthouse. The view is really stunning. We're hoping to go back, as they have turned the Light keeper's quarters into a beautiful Bed and Breakfast. It looks perfect for a secluded getaway. They have a very active volunteer guide program, with live tours and plenty of people to answer questions.



From there we took off for something I had been looking forward to since we first began to plan our trip...the Tillamook Cheese Factory just outside of Oceanside. Ron had visited the factory a few years back and it sounded like fun! You have to understand, my husband calls me the 'Extra Cheese Queen'...so a cheese factory would have to be one of the closest things to heaven around. For those of you who have never been, it has a self guided tour overlooking the cheese making process, a gift shop, an ice cream bar that serves all 38 flavors of their ice cream (how can one decide????), and best of all, free tastes of cheese! It was delightful, though too short as we only had an hour before closing.

Back into the car, we headed for Astoria, right where the Columbia River meets the Pacific Ocean and Oregon meets Washington. We spent the night in a chain hotel that was quite satisfactory...until about 1:00 in the morning when we found that we were right next to a marina that had become a special sanctuary for Sea Lions...very loud, very nocturnal Sea Lions!

Who knew they were that loud?

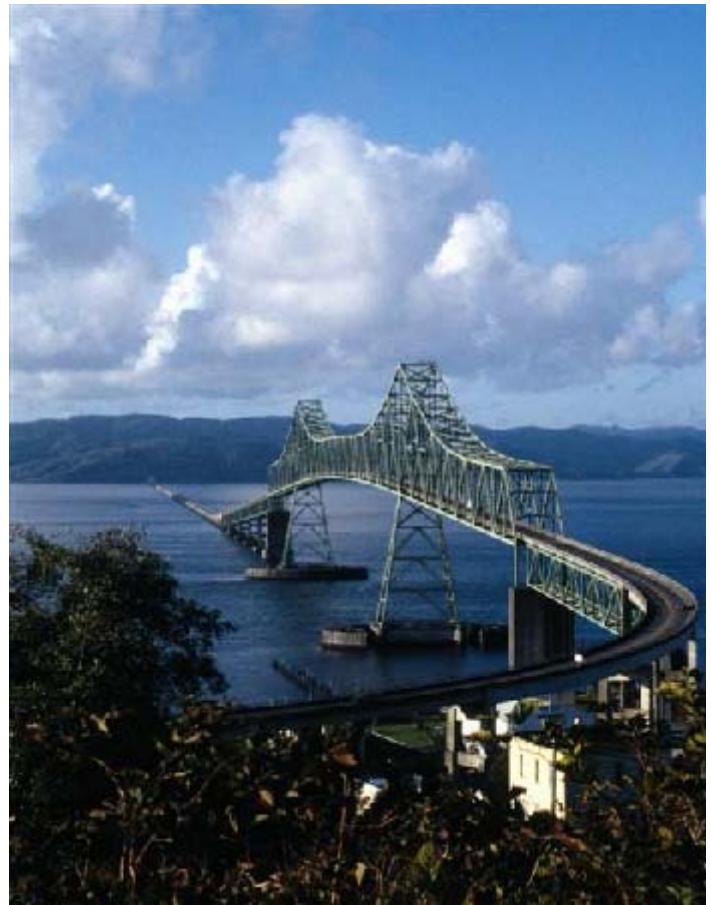
~continued on page 15



~continued from page 14

The next morning was Sunday, so we headed off for church. It turns out that Astoria is built on some very steep hills. Getting to church was a little exciting! We saw a couple of signs that said “Beware, dangerous intersection!” Boy, I’d hate to be in Astoria in a snowstorm!

We crossed over the Astoria Bridge around noon (this is one of the longest bridges in the Northwest). The rest of the trip was driving up the coast. It was very cloudy and rainy in many areas, but it was a lovely drive all the same. By dark we were in Forks and by 7:00 we were home where I popped a couple of turkey legs in the oven and whipped up some mashed potatoes. After all, what’s Thanksgiving without a few leftovers????



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## NATIONAL WEAR RED DAY – The Heart Truth

On Friday, **February 5, 2010**, Americans nationwide will wear red to show their support for women’s heart disease awareness on National Wear Red Day®. This observance promotes the Red Dress symbol and provides an opportunity for everyone to unite in this life-saving awareness movement by showing off a favorite red dress, shirt, or tie, or Red Dress Pin.



### What is Heart Disease?

When you hear the term “heart disease,” you may think, “That’s a man’s disease” or “Not my problem.” But here is *The Heart Truth*®: one in four women in the United States dies of heart disease, while one in 30 dies of breast cancer. If you’ve got a heart, heart disease could be your problem.

### What Are the Risk Factors for Heart Disease?

An astonishing 80 percent of women ages 40 to 60 have one or more risk factor for heart disease. Having one or more risk factors dramatically increases a woman’s chance of developing heart disease because risk factors tend to worsen each other’s effects. In fact, according to research compiled by the NHLBI, having just one risk factor doubles your chance of developing heart disease. To learn more visit: <http://www.nhlbi.nih.gov/educational/hearttruth/lower-risk/risk-factors.htm>.





## A QUESTION OF QUESTIONS

January is a time we see snow (in some places). This month's question is:  
“What is a memorable snow/winter story?”

In Kodiak (are you getting tired of my Kodiak stories?), it was pretty much a given we'd have a blizzard for Easter; more often than not we did. So my little girls in all their Easter frills would get stuffed into snowsuits and boots for church and Easter egg hunts. We ALWAYS had a huge late March blizzard, usually after a warm spell when all the perennials popped and were at their most vulnerable. I used to say, “March comes in like a lion - and goes out like a Tyranosaurus Rex.

But once we had a major blizzard mid-May. My greenhouse was full of bedding plant starts and newly-planted hanging baskets. At 11 pm, my hubby came to wake me and said, “I have the woodstove and 2 space heaters going in the greenhouse, and I'm willing to stay up to keep the fire stoked. But it's 36 degrees in there now, outside it's in the teens and dropping, and I can't guarantee your plants won't freeze”. So we bundled up and trudged off to bring in 40 flats of plant, and 20 hanging baskets, all draped with bath towels so they wouldn't freeze on the walk to the house. The house was quite a sight inside, for the next few days, until the weather warmed enough to take everything back out.



Barb T.

I remember as a young girl having a snowfall one winter season. My neighbors and I decided we wanted to find out how deep the snow was by wearing our mom's old high heels down the street. I don't recall the depth but thought it amusing to what lengths we as children go when seeing unexpected snow.



Rose

The winter I became engaged to my husband was the same winter we had the huge snowfall that wreaked havoc across the Peninsula. But snow or no snow my friend Kelley and I were determined to get to a store to purchase wedding magazines so we could start planning the big event.



However, a tiny, rear wheel drive Mazda pickup does not do well in snow. As I turned the corner at Front and Lincoln in Port Angeles the truck slid and I smacked into the curb. The worst part was the people at the bar on the corner had seen several people do the same thing in the minutes before we arrived and began scoring the passersby. I received a 7 since I only smacked the curb and didn't actually hop the curb. :o)

Toni G.

The year I was pregnant with my first child I was due November 9th. All summer long when asked when my due date was my answer would be, “after the first big snow”. It got to be rather funny because, as you know, Sequim isn't known for it's BIG snow. Anyway, November 9th came and went. On November 18th, 1977 it snowed 14 inches over night. Not a lot for some places, but a lot for Sequim. The next day I went into labor and our son was born 24 hours later. Now that was funny and has made for a good memory, but there's more.

I also started talking about how Sequim would get a good heavy snow about every 7 years. So, guess what? On his 7th birthday, we had planned a combination birthday party with a friend of his whose birthday was just two days from his. On the day of the party, it started snowing so bad it was a white out. They closed the schools, sent the kids home early and his birthday cake remained in the back of the car for two weeks, frozen solid because it was so cold. After that, I decided to quit making predictions about snow. Now I just wait for it to show up.



Kate C.

Corby and I bought our home in Sequim in 1993, but we did not move here and live here until May 1995. During the intervening time, we visited our home and met our wonderful neighbors who assured us that it “never” or “almost never” snowed here in Sequim, and if it did snow there was only a light dusting that was gone in a day or two.








So our first winter here (winter of 1995 – 1996) imagine our surprise when the week between Christmas and New Year's three feet of snow fell at our house!!! We made a pot of beef stew and baked a loaf of bread and called all neighbors and invited them over (if they could get to our place) for dinner and to enjoy a fire in the fireplace. Several came & enjoyed the novelty of the snow. Everyone assured us this was a 100-year storm and we haven't seen such a deep blanket since that winter.

The Post Office was giving out mail to anyone who walked in & said they were from a particular neighborhood, because they couldn't get the mail out. One neighbor had a large truck and he would bring back groceries for all of us when he went to town. The snow lasted about 2 ½ weeks. And yes, we thought we'd been snookered by those who assured us that it never snowed here.











Jeanne M.

# January 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 New Year's Day 	2
3	4	5	6 Rose Jaeger 	7	8 BOARD MEETING	9 Human Trafficking Conference
10 Kate Creasey 	11 Jane Elyea 	12 Business Meeting Girls of the Month	13	14	15 Alana Schmicker 	16
17	18 Martin Luther King Jr Day 	19	20	21	22	23
24	25	26 Program Meeting "Just Yell Fire"	27 Andrea Alstrup 	28	29	30
31						

# February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
American Heart Month 	1	2	3	4	5 BOARD MEETING Nat'I Wear Red Day 	6
7	8 Deborah Groesbeck 	9 Business Meeting VOTE 	10	11 Missy Church-Smith 	12	13
14 Valentine's Day 	15 President's Day 	16	17	18	19	20
21	22 Jan Chapman 	23 Program Meeting	24	25	26	27
28						

## Another New Year

“Another fresh new year is here . . .  
Another year to live!  
To banish worry, doubt, and fear,  
To love and laugh and give!

This bright new year is given me  
To live each day with zest . . .  
To daily grow and try to be  
My highest and my best!

I have the opportunity  
Once more to right some wrongs,  
To pray for peace, to plant a tree,  
And sing more joyful songs!”

~ William Arthur Ward



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SOROPTIMIST

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girls in local communities and  
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To A Woman Making A Difference For Women