



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. 15, Issue 3

Soroptimist International of Sequim

September 2010

Officers 2010 - 2011

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Missy Church-Smith

President-Elect:
Deborah Carlson

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Jan Manzer

Treasurer:
Kathy Purcell

Assistant Treasurer:
Betsy Johnson

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(one year remaining)**
Jan Chapman

Directors: 2 year
Colleen Blazier

Directors: 1 year
Andrea Alstrup

Directors: 1 year
Barbara Thompson

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Kathy Purcell
Sally Sue Barry
Betsy Johnson
Jane Manzer
Barbara Thompson
Heidi Elston - HTR



“Without continual growth
and progress, such words
as improvement,
achievement, and success
have no meaning.”
- Author Unknown

MESSAGE FROM THE PRESIDENT



Here's a little brain teaser for you! What do the following have in common??
ROaR...Transport Chairs...SI Drill Team...Strategic Plan...ROPES???
(answer: All are topics discussed at our **KICKOFF EVENT** – the **START Meeting**)

What a fun and productive evening! It was so good to see friends...catch up on summer news...dine on home-made treats...and launch the 2010-11 year! Many thanks to ALL who attended & contributed to making this a successful event! And special thanks & welcome to **Britni Gordon**, last year's Women's Opportunity Award recipient – she inspired all of us with her personal story of strength, conviction and positive attitude!




- **New members, new board, new** committee chairs...and a **new** fundraising committee
- **New** Reimbursement Procedure
 - Member gives completed form to appropriate Committee Chair
 - Committee Chair records and gives to Treasurer Kathy at SI meeting
 - Treasurer Kathy gives check to member at next SI meeting
- Meeting location: Cedarbrook Café
 - \$11.00/member (pay at door – cash or check payable to SI Sequim)
 - 6:50 arrive; 7:00-7:30 breakfast buffet/social time; 7:30-8:30 meeting
- Great **new** look to our SI Sequim website...thanks to our talented Webmistress Kathy!
 - Check it out: www.sisequim.org
 - Minutes of SI business meetings will be posted on Members Only site
- Survey results will be reviewed by our Directors (Andrea Alstrup, Colleen Blazier, Jan Chapman, Barb Thompson). Recommendations will then be made to club membership.
 - Have suggestions? Share with the Directors



What Do I Do Now??

- Note dates on the SI Activities Calendar (e-mailed)...1st meeting 9.14.2010
 - Cost of guest meals \$20.00/member – please pay Treasurer Kathy ASAP
 - Covers: Girls of the Month, Scholarship Recipients, Families, Speakers, et al
 - Review the **SI Strategic Plan (draft)** – at www.sisequim.org
 - share your thoughts/suggestions with the board
 - Like the idea of a long-term Signature Project? – share your ideas with the board
 - Want to participate in the Irrigation Festival SI Sequim Drill Team? – let Deb know
 - Have a design idea for a SI Sequim “badge” (to hold your SI pin(s) – share with the board
 - Know of a member who should receive a SI card? Notify Toni Gore, Sunshine Chair
 - Have an idea for a **new** project? Let's talk!
 - Have an idea for a fundraiser? Share with Deb & Shelle!
- Interested in attending the District 1 Conference? Let me know by 9.10.2010

We're off to a great START...thanks to all of **YOU!** 
President Missy

Letter from the Editor

Dear Friends,



Have you ever noticed an advertisement for a product saying **New** or **New and Improved**? Some may even say **New Formula**; maybe it is toothpaste. A pair of jeans may say **New Design – Slimming Effect**. Who wouldn't want that?

In July a **New** Soroptimist Biennium began. That brought in some **New** officers and **New** committee heads – not just in our club, but also at District, Region, Federation and International levels.

There are many **New** things happening! Did you notice the Northwestern Region has a **NEW** website? Even if you try to go to the old one, you will be redirected to the new one: www.soroptimistnwr.org. It has a completely **new** design and is more interactive. There is a blog by Gov. Sue, and links to social networks like Facebook and Twitter. Check it out! It is definitely **New and Improved!**

Another **New** thing is our own updated website: www.sisequim.org! In addition to the **New** banner at the top, there is a YouTube video about Soroptimist; it



incorporates interviews with Soroptimist members, as well as a Women's Opportunity Award recipient. It is very informative and a good tool for understanding who we are and what we do as well as a great resource to share with others. There is also a YouTube video about **NWCAT** – Northwestern Coalition Against Trafficking. Ok, it's not all videos. Our **new** homepage has current and upcoming events listed. This page will be updated regularly, making it the '**go to**' place – especially for members. I encourage you to visit it often.

Gov. Sue's theme is "Sing Until the Whole World Hears". Our **New** District 1 officers, Director Bernie Bell and Secretary Debbie Daniels, have taken that theme and created an offshoot – Songs in Your Heart – for our District 1 Meeting. It will be held **October 15 -17, at the Tulalip Resort Casino**. President Missy has sent an email to all members with the Call to Conference. You can also find a link to the Call on our website.



There are many other **New** things happening that you can read about in this month's *Soropti-Scoop*, including a request by President-Elect Deb to submit ideas of a **New** name for the Party Party event. We have a **New** sub-committee called Fundraising which you can learn about in the article by **New** member Shelle Paulbitski. **New** member, **New** committee – Wow! Sounds like some **New Formulas** for us to check out.

There are many **New** tools available to us. In order for them to have the most impact, in order to determine their true value, it requires us trying them out. If the toothpaste isn't put on the brush and brought to our teeth, if the slimming jeans remain on the hanger, then their benefits are not realized.

I look forward to seeing all your bright smiling faces, as we support one other releasing the Songs in Our Heart and discovering the Power of One.

Light and Love,
Kathy Purcell, Editor



"I am always doing that which I cannot do, in order that I may learn how to do it." ~Pablo Picasso

CALENDAR

SEPTEMBER

- 10 Board Meeting
- 14 Business Meeting
- 28 Program Meeting

OCTOBER

- 8 Board Meeting
- 12 Business Meeting
- 26 Program Meeting

* EVENING MEETING



The Power of One

**"Everyone has a 'risk muscle.'
You keep it in shape by trying
new things. If you don't,
it atrophies. Make a point
of using it at least once a day."**

~ Roger Von Oech



**"I love the development of our
music, that's what I really dig
about the whole thing. How
we've tried to develop, y'know?
It grows. That's why every day
people come forward with new
songs. Music goes on forever."**

~ Bob Marley

Celebrate Life!

BIRTHDAYS



SEPTEMBER

- 2 Sherry Schubert
- 23 Sally Sue Barry
- 30 Michelle Barth

OCTOBER

- 15 Judy Ogilvie
- 19 Susan Smith
- 20 Jeanie Blaurock
- 26 Shelle Paulbitski
- 27 Cathy Angel



Note the phone number for our
MEDICAL LOAN CLOSET

504-0231



MEDICAL LOAN CLOSET
Soroptimist International of Sequim
504-0231
(This is a local number)
600 N Sequim Avenue
Across from the Sequim High School Auditorium
(By appointment only)



“Who in the world am I?
Ah, that’s the great puzzle.”
~ *Lewis Carroll*



Healthy Families/Back Door Updates

Our package of items for the Mother and Daughter (12 yr. old) has been delivered. The Mother sends her thanks and appreciation; it’s a new beginning for them. Thanks so much for your generosity. These women will be healthy and happy in their new home.



Again a special Thanks for your support of the Back Door, Quality of Life, and Personal Care for Women and Children.

Kathryn Haapanen

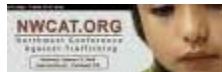


“It is one of the most beautiful compensations of this life that no man can sincerely try to help another without helping himself.”
~ *Ralph Waldo Emerson*

SOROPTIMIST DATES TO REMEMBER

2010 District 1 Meeting
Tulalip, WA
Oct. 15 – 17, 2010

2011 Region Conference
Vancouver, WA
April 29 – May 1, 2011



Human Trafficking Conference
Portland, OR
Jan. 14 – 16, 2011



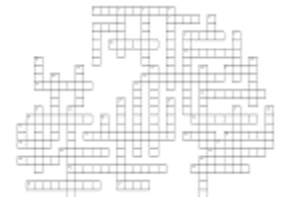
Soroptimist International Convention
Quebec, Canada
July 10 - July 14, 2011

PUZZLED ABOUT SOROPTIMIST

Not a crossword to say about Soroptimist, just a Crossword Puzzle to tease your brain regarding your knowledge about Soroptimist. Check out the Soropt-Speak puzzle on page 9.

Have fun! Answers are on the club website:
www.sisequim.org!

Soropti-Speak



“The art of simplicity is a puzzle of complexity.” ~ *Doug Horton*

CONTINUING EDUCATION SCHOLARSHIP RECIPIENTS ANNOUNCED

Soroptimist International of Sequim announces the award of three, \$1,000 Continuing Education Scholarships. These scholarships are funded exclusively from monies raised by the Sequim club, primarily at the Annual Gala Garden Show the third weekend of March. This year's recipients are:



Rondale West, a 2005 Sequim High School graduate, received her Bachelor's Degree in Psychology from Central Washington University in 2009. She has been working as a mental health worker and therapeutic aide and will begin a Master's program in mental health counseling at Central Washington University this fall. Rondale's goal is to become a licensed mental health counselor with a focus on children and adolescents.



Christina Bruce, a 2009 graduate of Sequim High School, is a student and athlete at the University of Great Falls in Montana. She plans on a double major of Health and Human Performance, along with Psychology. Upon graduation, Christina would like to join the National Health Service, helping people who would not otherwise receive help.



Olivia Creasey, a 2008 graduate of Sequim High School, is a student at the University of Pittsburgh and is studying to be a bioengineer. Her goal is to use bioengineering to improve human quality of life. Olivia spent this summer working in one of the University's medical center bioengineering research labs and hopes to continue participating in research this fall.

Jane Manzer, Continuing Education Chair



"The purpose of life is not to be happy - but to matter, to be productive, to be useful, to have it make some difference that you have lived at all." ~Leo Rosten

WIN PROGRAM ON SCHEDULE

School has started and WIN begins, as girls at Sequim High School (SHS) sign up to participate in the WIN Program. We will be presenting information at our **September 28th** club meeting to let our members know what WIN is about, and you will meet Mitzi Sanders, our SHS liaison.

The first event scheduled is a day at the Ropes Course at Peninsula College **Tuesday, October 5th!** We encourage you to join us for this. You don't have to harness up, just show up to cheer on the participants. Keep your eyes open for more details as we get closer to October. We will have opportunities for you to volunteer to help with future events...November Celebration; possible December Medical Career Panel; trips to colleges after the first of 2011. Stay tuned.

Jean Stratton, 2010-11 WIN Chair



Backpack Picnic – A NOFPA Summer Event!

What a time the kids had picking out their own backpacks!!!! What a great job we did helping provide school supplies and filling the backpacks. A good time was had by all who attended. Lori Brothers, the current President of North Olympic Foster Parent Assn (NOFPA), sang our praises for all we did to make this a success.

We enjoyed fried chicken provided by Albertsons and wonderful grilled hamburgers. There were all sorts of homemade salads and cookies and other goodies. All the kids were having a ball and eating up a storm. They got to pick out Halloween costumes and get their face painted. Clowns provided plenty of fun! The kids got to spray a fire hose and get a close up look at the shiny red fire engine from Carlsborg and hear the siren too!

I want to thank all of you who helped with the Backpacks. I realize there are so many important projects around Sequim and the Peninsula and our participation in this one is voluntary. Thank you for helping.

There will be a dinner in November. More info will be provided as soon as it is available.

Dale Simon, Kids Klost Liaison



Stuffing backpacks



Kids choosing their backpacks



Costumes available



Clowns taking a rest

“The world is as many times new as there are children in our lives.” ~Robert Brault



Mujeres de Maiz Opportunity Foundation Fourth Annual Día de Los Muertos Celebration Saturday, October 30

Including Dinner and program about Chiapas, Mexico and Silent and Live Auction
Featuring the best and biggest selection yet of weavings, handicrafts, clothing, ornaments and jewelry from Chiapas, plus local art...items perfect for holiday gift giving

Doors open at 5:30 pm for dinner and silent auction
Suggested donation \$15. No one will be turned away for lack of funds
Sequim Prairie Grange, 290 Macleay Road
For further information call: 683-8979



START-ING UP

If one was passing St. Luke's last week and happened to peer in the window they might have thought they were looking into an aquarium for all of the starfish floating about, clinging to pot luck dishes, wine glasses and old friends.

SI Sequim launched the beginning of the 2010-2011 year with START, Soroptimist Team And Reunion Time, in the big room at the back of the church. We began the evening by introducing the **new** officers, board members, and **new** members. It was great to see so many of each present.

We also had the pleasure of finally meeting Britni Gordon, last year's Women's Opportunity Award winner. Her schedule was always so busy she was unable to make one of our meetings, but she must have been saving up her gratefulness until our meeting, for she was heartfelt and emotional in her thanks and gratitude to our club. There was not a dry eye in the house as she spoke. It was a gift to hear her tell her story and know that the wonderful group of women sitting in that room helped to make it possible. Big hearts, all.

President Missy ran a tight ship and kept the meeting moving along quickly, and according to her very organized schedule. Committee chairs had 5 minutes to bring us up to date, plenty of time! **New** ideas were tossed around lightly.

There are a few **new** or recaptured procedures that are in effect for this year.

1. We will collect \$20 instead of \$17 to cover the costs of program breakfasts for our speakers/guests. Please have a check for Kathy at the Sept 14th meeting.
2. Potential **new** members will pay \$11 for their own breakfasts unless a hosting member brings them and wants to pay for them. Their responsibility, your choice.
3. Meetings at Cedarbrook are a buffet breakfast. Each member pays \$11 at the door whether you plan to eat or not.
4. Meetings start at 6:50 a.m. again so we can visit, eat and get our meeting started and finished on time. Please be prompt.

Thank you all for your attendance and contributions at this gathering. We're going to have a STELLAR STARFISH year. Remember, The Power Of One.

Deb Carlson, Programs Chair



What a STAR(fish) gathering



WOA recipient Britni Gordon with Jane



Our fearless leaders know how to have FUN!



Hmm...this was called the START Meeting. Looks like some Brainstorming going on!



Kate is an advocate for a Signature Project with Impact



Jean Stratton shows off the \$10,000 check from the Hastings Trust for the WIN Program



Kathryn counts the cash from the sales of her beautiful bouquets which will go to the Domestic Violence Project.

“You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose. You're on your own. And you know what you know. You are the guy who'll decide where to go.” ~ Dr. Seuss

GETTING WITH THE PROGRAM

As we enter another **new** year of service to our community and women of the world, I sit holding the sign up sheets for Programs and I'm in awe of what all we accomplish in this little town on the Olympic Peninsula.

There are still a few slots to fill. If you are **new** to the club and not sure about the duties involved, please ask one of the seasoned members. My theory when I joined the club was to do as much as I could as soon as I could, find out what I like and what I was good at. We are a diverse group; we have niches for everyone.

Sierra Leon, the current Quadrennial Project, has **new** information and updates available now with a click of your mouse on the home page of our very own SI Sequim website, thanks to our remarkable editor, Kathy Purcell. She continues to make our lives easier. Please read and familiarize yourself with what the project is all about at www.sisequim.org. I find I enjoy things more if I'm informed about them.

Our first event of the year will be Party Party in November. The first thing to do is change the name! Think of something catchy to describe a room full of home party vendors all selling under one roof. Quickly!

Please send me any ideas you have. This was a great fund raising event, but the name really didn't let people know what was happening. We need six members to work and currently have only one. It's only one day and you can do most of your Christmas shopping in one room.

We will update and inform on programs as they near. Welcome **new** members, jump in and get your feet wet!

Deb Carlson, Programs Chair



President-Elect Deb with new Fundraising Chair Shelle

FUNDRAISING COMMITTEE NEEDS YOUR IDEAS

Good things happen when great minds think alike. And that is what happened at the SI Sequim Leadership Retreat in June.

As we discussed at the START meeting, we would like to have an extra pool of funds on hand that are not committed to any specific project.

How are we going to raise the funds? We don't know and that is where you come in. We need an infusion of ideas and ways we can raise money. Yes, we need everyone to give thought to fundraising possibilities and opportunities.

What are we going to use the money for? It is not being raised for a specific program. The idea is to accumulate a little something extra so that when we see a need, we can respond, either because we have the money on hand or we have a fundraising idea already thought through and ready to put in motion.

So, give it some consideration and send your suggestions to Shelle Paulbitski at shellep@mac.com, or Deb Carlson.

If two heads are better than one, just think what we can come up with when we have 47 heads!

Shelle Paulbitski, Fundraising Chair



PROJECT ROaR (Recruitment, Orientation, and Retention)



RECRUITMENT — SPONSORSHIP/MENTOR RESPONSIBILITIES

PROSPECTIVE MEMBER:

- Sit with guest at first 3 meetings
- Introduce guest to membership
 - * Guest will be given packet containing name tag, club brochure & welcome note
- Call evening prior to meeting as a reminder for next 3 meetings
- Offer to pick up and take to meeting or event
- Call if guest misses a meeting
- Make sure guest is aware of the cost of the meetings
- Give a **New** Member Packet to a guest who wishes to join

NEW MEMBER

- Introduce **new** member to membership at induction and read their bio
- Explain committee activity and involvement that is expected of all members
- Try to engage **new** member in an activity or event by inviting them to join you or partner them with another member if you are unable to participate in the activity
- Be prepared to answer questions, or direct them to the answers

Basically, be their mentor, pal, guide, etc. Your role is crucial to member involvement and retention and we thank you for your efforts in growing our club.

The Membership Committee



The **New** Roster Books will be handed out at the meeting on September 14th.

Additional books are available for **\$3.00**.



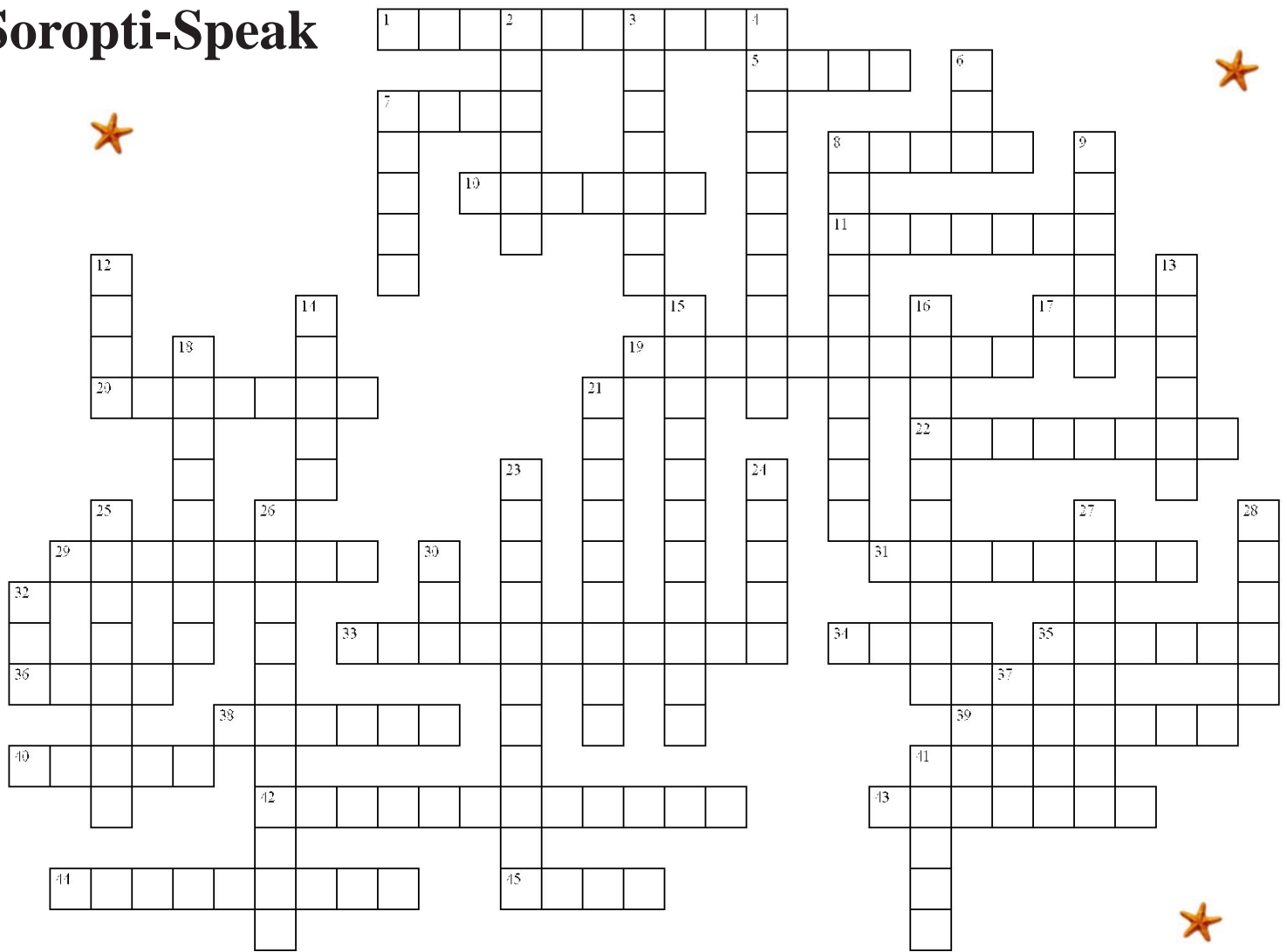
GARDEN SHOW #13 ON A ROLL

Now that Summer is behind us and Fall is in the air, it's time to start the engine on the Garden Show "planning machine." We have had several meetings over the summer to get the ball rolling, and now we look forward to bringing the Garden Show Committee together to start our detailed planning. If you are on the GS Committee, please watch out for an email to schedule a meeting in September. We look forward to working with the committee, and the entire membership, to make the 2011 Garden Show another HUGE success.

Jan Chapman & Barb Thompson



Soropti-Speak



ACROSS

- 1 One of the four areas of the SIA strategic plan; dealing with recruitment and retention
- 5 Award for Women Helping Women
- 7 Local Project to help women leaving domestic violence situations, The Back ____
- 8 ____ of Friendship; program to develop a spirit of friendship and unity among Soroptimists of all countries
- 10 ____ Richardson Award recognition program for young women ages 14-17 engaged in volunteer action within their communities or schools.
- 11 Bell ____ holiday event for Salvation Army donations
- 17 Medical ____ Closet; Sequim SD residents – may borrow equip. at no cost
- 19 ____ Education Scholarship; 3 @ \$1,000 – annual local scholarship/already in college
- 20 One of the four areas of the SIA strategic plan; dealing with awards and grants
- 22 ____ of Service; hands-on community service project often held close to March 8th
- 29 Soroptimist International of Sequim
- 31 Scholarship ____ Review – Annual club selection of 8 scholarship recipients
- 33 Women's ____ Award, for woman head of household to help improve employment status
- 34 ____ the Member (classification talk) Member talks about her careers/professions
- 35 ____ Daniels; new District 1 Secretary
- 36 ____ of the Month; recognition of a high school girl
- 38 ____ Society; contributions to this are used to fund Soroptimist programs and awards
- 39 SI magazine - ____ Women
- 40 Northwestern Coalition Against Trafficking
- 42 Our award winning monthly newsletter
- 43 GS ____ Dinner; Post Garden Show celebration held the last Tuesday evening in March
- 44 One of the four areas of the SIA strategic plan; dealing with marketing; Public ____
- 45 ____ Member; Federation-designated member type prior to July 2001

DOWN

- 2 ____ Bell; new District 1 Director
- 3 Soroptimist Celebrating ____!; recognizes the best practices of Soroptimist clubs in each of the four areas of the SIA strategic plan.
- 4 SI ____ Appeal; Dec 10th Appeal
- 6 ____ Program; Women in Networks – high school girls/careers
- 7 Live Your ____ Campaign inspires women and girls to live their dreams and encourages them to pass on their good fortune to others.
- 8 SI Sequim annual major fund raiser
- 9 Conference held every April (we are the Northwestern)
- 12 Soroptimists ____ Trafficking; program to raise awareness about sex trafficking
- 13 ____ Club Campaign; yearly opportunity for clubs to donate \$ to help fund Soroptimist programs and awards.
- 14 August pot luck; formerly known a Brainstorming
- 15 ____ International; organization with over 3,000 clubs around the world striving to achieve the best for women
- 16 Club Project to help local foster children
- 18 ____ Day; October 3rd - the day Soroptimist started
- 21 Transitional home for victims of domestic violence
- 23 ____ Project. 4year project to transform the lives of women and girls – currently it is Project Sierra, helping women in Leone Sierra, West Africa
- 24 New Northwestern Region Governor, Sue ____
- 25 Meeting held every October (we are #1)
- 26 One of the four areas of the SIA strategic plan; dealing with finance
- 27 Workplace Campaign to End ____ Violence
- 28 WIN team building activity-@ Peninsula College
- 30 Irrigation Festival ____ Luncheon the day of the parade
- 32 Soroptimistnwr. ____; new Northwestern Region website
- 37 Just ____ Fire! Program to help teach girls how to fight back against predators and sexual assault
- 41 Program ____ Report (PFR) – submitted for each event

PUBLIC AWARENESS Opportunities

As you read in last month's *Soropti-Scoop*, we've been busy updating our Medical Loan Closet brochure, magnets and business cards, as well as our brochure for prospective **new** members. Soroptimist of Sequim will be getting its face out into the community again in the next few weeks.



- **Free Clinic Fun Walk / Health Screening** – The Free Clinic will be having their Fun Walk on **Saturday, September 18, 2010**. We will have a free booth to promote our Medical Loan Closet as well as our club. Sign-up at our business meeting, or contact Kathleen DeJong.
- **Open Aire Market** - On **Saturday, October 2, 2010**, we will have a free booth at the Open Aire Market. Sign-up at our September meetings or contact Kathleen DeJong.

Please also note that our homepage has a **new** look: www.sisequim.org! The video at the top is an excellent tool to educate people who want to know more about Soroptimist. Be sure to check it out and to share it!

Communication/Image Committee



ISSUES BY THE BOOK

You may recall in last month's *Soropti-Scoop* Kathleen talked about a book that she and Sandy had purchased at the SIA Conference in July (*The Johns: Sex for Sale and the Men who Buy It*”, by Victor Malarek). Kathleen thought the book was worth mentioning because it covers topics that are a concern to Soroptimists.

Another book Kathleen recommended is titled: “*HALF THE SKY, Turning Oppression Into Opportunity For Women Worldwide*” by Nicholas D. Kristof and Sheryl WuDunn

“Half the Sky” tackles atrocities and indignities from sex trafficking to maternal mortality. But the moving stories of survivors humanize the issues, revealing facts that might otherwise be obscured.

Kathleen suggested that we offer a column in the newsletter where we can share books that discuss issues that touch on areas that matter to women. This is a **new** idea and we welcome your suggested reading.



WELLS FARGO & COMPANY HONORS GOVERNOR SUE RINEY

From Press Release August 9, 2010 - Wells Fargo & Company will contribute \$10,000 to the Northwest Coalition Against Trafficking (NWCAT), an awareness and education arm of Soroptimist International Northwestern Region, in Sue Riney's honor to recognize the valuable contributions she has made to Soroptimist, through its Volunteer Service Award program.

Riney, a Wells Fargo team member within ATM and Store Strategies, is based in Oak Harbor, Washington. She has volunteered within Soroptimist for 24 years and currently serves as region governor. She volunteers at least 60 hours a month to Soroptimist and has previously served as the region board's treasurer and district director. The Soroptimist Northwestern Region Board recently established NWCAT (www.nwcat.org) to inform, educate and protect women and girls from human labor and sex trafficking in the Northwestern Region of the United States.



HITTING THE ROAD

★ A Portrait of Portugal by: Colleen Blazier ★

Portugal has more to offer than most countries ten times its size with some of the world's loveliest beaches, tumbles of Roman ruins, Medieval walled towns that still look like they did 700 years ago. The fishing villages are so quaint that you'd think Disney must have been assembling all the props, since the old men are still mending their own nets and the women auction the catch at local markets.

I was so eager to return to Portugal and spend a few weeks along the southern coast. I landed in Lisbon and decided to see a few sights, because I had a few days to spare before the condo could be claimed in Vilamoura. My first stop was in Obidos where I noticed the "traditional" Barcelos Cock in all shapes, sizes and colors. The legend behind the symbol is: A Galician pilgrim was accused of stealing silver from a landowner in the small town of Barcelos and was sentenced to death. As a final plea to save himself, he requested a meeting with the judge who was about to have a meal of roast cockerel. As a testament to his faith, the Galician vowed that as proof of his innocence the cockerel would stand up on the plate and crow. The judge ignored the plea but as the prisoner was hanged, the cockerel stood up and crowed. The judge, realizing his mistake, hurried to the gallows and found that the Galician had miraculously survived thanks to a loose knot. From that moment on the cockerel has become a symbol of faith, justice and good luck. It has become Portugal's national symbol and these brightly colored "Lucky roosters" can be seen all over the country.



Obidos is an enchanting whitewashed town enclosed in castellated walls; it has been restored and preserved as a picture-postcard village with the red tiled roofs and aqueduct. Nazare has a sweeping bay backed by steep cliffs; this fishing village is a popular resort. Fortunately I was in Fatima before the Pope arrived to millions of faithful pilgrims. The basilica is flanked by an esplanade twice the size of St. Peter's Square in Rome.



Coimbra is a vibrant city and home to one of the world's oldest and most illustrious universities, founded in 1290. In the "lower town", I saw Winnie the Pooh smiling at shoppers, and a beautiful park spelled Coimbra in flowers. As I planned my trip south, I stopped in Alcacer do Sal for the night, only to awaken to a view of the River Sado and rooftops covered with stork nests. The imposing castle was a hill fort as early as the 6th century BC.



It was a Maalox driving experience since the priority two-lane roads twist and turn as the kamikaze drivers force you to view everything as if you were on fast forward. The Algarve area was my home base as I set out each morning in a different direction, but came "home" to Vilamoura at the end of each adventitious day. This vacation paradise is rimmed by dazzling beaches and red sandstone cliffs with sea sculpted rocks. The focal point is the 1000 berth marina – the largest in Europe that is fronted by restaurants, cafes and shops. You could see luxury yachts that have sailed the Atlantic, around the world, or merely along the coast.



~continued on page 12



My first round trip was to Aljezur (founded by the Arabs) with a triangle linking Lagos with Vila do Bispo and Sagres. As I stood in the ruins of the 10th century Moorish castle there was a commanding view of the countryside. I couldn't help but notice the farmers plowing the fields as they have done for centuries, with the donkey leading the way. I also saw a field with something flapping in the breeze which



captured my curiosity. When I saw the billboard with "Olho Espantalho", I could see that the local children had made their own field/yard art for a Scarecrow's Night (watch). Portuguese is close enough to Spanish so I was able to communicate once I acclimated to the dialect.



Sagres has a picturesque harbor with one of the largest bays in the Algarve opening to the Atlantic. Henry the Navigator built a school of navigation in an attempt to discover "things hidden from men". In 1419 he sent his fear-stricken sailors into unknown waters and they rounded the region of the Western Sahara. Sagres' 17th century fort still has a few cannons that kept this windswept promontory safe.

Olhao has been involved in fishing since the Middle Ages. They have one of the largest sardine canning center in the Algarve. My one purchase was from a narrow, pedestrian shopping area where you find the Saturday morning stalls lined with fruit, fish, nuts, honey and live chickens. Blue and white tile (azulejo panel of intricate detail) are seen everywhere. These painted ceramic tiles were introduced to Spain and Portugal by the Moors. They remain a very important addition to the interior/exterior architecture of Portuguese buildings. A beautiful example of this tile can be seen on the Milfontas Igreja Matriz Church. There was also a memorial to sailors along the ancient wall.



Most of our grocery shopping was done in Quarteira where the local market (Mercado) sold wonderfully fresh fruit, vegetables, Algarve honey in colorful ceramic jars; but the real pigs feet didn't appeal at all. The gypsy flea market was a real test to seasoned power shoppers.





Alte is one of the prettiest villages in the Algarve. The gardens were over-flowing with gorgeous flowers and even bananas. Olhas de Agua is a tiny fishing village that was definitely off the tourist path. The red sandstone cliffs cradled the colorful boats on the beach where I saw the fishermen repairing nets from a heavy catch earlier in the day.



Salema was only a pier away and I was offered octopus that had just been coaxed out of the jug where it was trapped. The fishing “equipment” hasn’t changed in hundreds of years and the boats and fishermen are “weathered” but extremely friendly.



“My affection hath an unknown bottom, like the Bay of Portugal.”
~ *William Shakespeare*







Cascais was featured as one of the best places to retire in the September/October AARP magazine. The article noted that the castles, wine, ancient ruins and cobble-stoned streets make you feel like you’ve fallen through a crack in time. The Mercado had the largest selection of fish, flowers, vegetables – plus the Boca do Inferno (Mouth of Hell) where the sea rushes into the clefts and caves, making an ominous booming sound that sends up a spectacular spray in rough weather.






The beautiful hillside towns, especially along the coast, enjoy the cleanest beaches in Europe. Fortunately, large stretches of coast and unspoiled countryside are protected as conservation areas and nature reserves. There are birds of/in paradise.



September 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Sherry Schubert 	3	4
5	6 Labor Day 	7	8	9	10 Board Meeting	11
12	13	14 Business Meeting	15	16	17	18 Free Clinic Walk/Health Screening 
19	20	21	22 Autumn Begins 	23 Sally Sue Barry 	24	25
26	27	28 Program Meeting	29	30 Michelle Barth 		

October 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>October is Breast Cancer Awareness Month</p> 				<p>1 Mad Hatter Tea Party</p> 	<p>2 Open Aire Market</p> 
3	4	5	6	7	8 BOARD MEETING	9
10	11	12 Business Meeting	13	14	15 Judy Ogilvie District 1 Meeting 🎵🎵 Songs in Your Heart ♥	16 District 1 Meeting 🎵🎵 Songs in Your Heart ♥
17 District 1 Meeting 🎵🎵 Songs in Your Heart ♥	18	19 Susan Smith	20 Jeanie Blaurock	21	22	23
24	25	26 Program Meeting Shelle Paulbitski	27 Cathy Angel	28	29	30
31						

New Beginnings By: Author Unknown

I see the field where life does grow
in patches green from down below
where now we walk thru seeds once sown
a time of new beginning

We look not back from whence we came
or where we go it's all the same
where life's within a picture frame
in times of new beginning

Hold not for what tomorrow brings
to change your life, so many things
the bell once tolled, no longer rings
for a time of new beginning

Give not to sadness, enjoy the smiles
In fields, once yielded to the plow
come lay with me for just a while
This time of new beginning

So look now deep into my eyes
enjoy this time for how it flies
of gentle moans and tender sighs
for us and new beginnings



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