



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. 16, Issue 4

Soroptimist International of Sequim

October 2011

Officers 2011 - 2012

President:

Deborah Carlson

President-Elect:

Shelle Paulbitski

Secretary:

Jane Manzer

Treasurer:

Kate Creasey

Assistant Treasurer:

Pamela Caldero

Directors: 2 year (one year remaining)

Colleen Blazier

Directors: 2 year

Peg Rinker

Directors: 1 year

Andrea Alstrup

Directors: 1 year

Susan Smith

Past President:

Missy Church-Smith

Newsletter Staff

Kathy Purcell
Sally Sue Barry
Colleen Blazier



“Stay committed to
your decisions, but
stay flexible in
your approach.”
~ Tom Robbins

MESSAGE FROM THE PRESIDENT

Dear Soroptimist Sisters,

Woman your soup pots, fall has arrived! Along with the fresh cool air and some barely tinged leaves on the trees, comes a full slate of Soroptimist goings-on. Next up, Fall Mall. Our events themselves are great fun and first rate, but, for me, I've found that the set-up beforehand and clean-up afterwards are some of the best moments of our endeavors. Our camaraderie, laughter, creativeness and hard working members are brought closer together during these “behind the scenes” ready-ings and I always walk away feeling like I'm part of something really great. Each member has something unique to offer our club, a skill that no one else has, an idea that makes a beneficial change, a caring word that makes a difference. We need all of us to be who and what we are.

On that note, I'd like to encourage the members we haven't been seeing at meetings to please join us. We miss you! Our new venue, The Elk's Lodge, is warm, bright, roomy and staffed with very friendly volunteers who get up much earlier than we do, to come in to cook and serve us a hearty breakfast – for several dollars less than we've paid in the last few years. In order to make it worth their effort, they've asked that we have a



minimum of 25 present for meetings – otherwise our club pays a \$50 room fee. Twenty-five bodies or \$50. We have had just 25, with a few guests at each meeting; we really need YOU – every one of you. Our budget does not allow for that \$50 each meeting and we work too hard for our funds, to give any away unnecessarily! Please come to the meetings. If you need a ride, call another member. If there's some other way we can help, call me.

There is strength in numbers, and if we all work together as a team, we are unstoppable. Please, we need you at the meetings.

President Deb

“It was character that got us out of bed, commitment that moved us into action, and discipline that enabled us to follow through.” ~ Zig Ziglar

Letter from the Editor

Dear Friends,

Autumn is here. It's not just the calendar that tells us this. The air is cool and the colors in the trees are showing up. Ever wonder why some years the colors are more vibrant? I did, and found out why.

Chlorophyll is present in leaf cells throughout the growing season. This appears as the green we see. In autumn chlorophyll production slows and the colors in the leaves – which are always present – are unmasked. While humans dress up for Halloween, nature discloses its true self.

The amount and brilliance of the colors that develop in any particular autumn season are related to weather conditions that occur before and during the time the chlorophyll in the leaves is dwindling. Temperature and moisture are the main influences. Lots of sugar and lots of light spur production of the dazzling pigments.



This reminds me of Soroptimist. Our club does not have regular meetings over the summer. During that time our new officers and committee heads – some of who are green – establish their roots and start to grow as a team. Regular meetings begin again in September, bringing us back together with the vision of our new leadership.

Autumn also brings our Soroptimist District Meetings. District 1 Director Bernie Bell and District 1 Secretary Debbie Daniels have an interesting weekend planned **October 14-16th**. This is the 58th Meeting of District 1 and we will be celebrating 90 years as an organization. The theme of the meeting is: **“90 years & Going Strong – Remember the Roaring 20’s”**.

There will be a special workshop on Friday afternoon called: **SURVIVOR – Northwestern Region!** In it we will learn, explore and practice the skills needed to achieve synergy and better communication as a team.

I was thinking about the phrase “Roaring 20’s” but was seeing ROaRing 20’s. There are clubs in our district who have 20 members. And yet with those 20 members they are going strong. United they are ROaRing. The reference here of course is: **R**etention, **O**rientation and **R**etention – the creed of membership. For a club to be successful, members need to participate.

Just as temperature and moisture influence the autumn leaves, our attitudes and openness influence our members. When we encourage and support one another we provide the right environment for the sweetness and light within to produce the most intense colors. The brilliance is always there, waiting for the right conditions to reveal it. And with Soroptimist we reveal with zeal.

Every autumn is different; so too is every Soroptimist year. But when we become more **fully involved** together, we see the most colorful results. I am grateful to each of you for showing up and adding the unique hue that is you.

Light and Love,
Kathy Purcell, Editor

CALENDAR

OCTOBER

- 1 Fall Mall
- 7 Board Meeting
- 11 Business Meeting
- 25 Program Meeting

NOVEMBER

- 4 Board Meeting
- 8 Business Meeting
- 22 Program Meetin

* EVENING MEETING



“fully involved!”

“These gems have life in them: their colors speak, say what words fail of.” ~George Eliot



“The task of leadership is not to put greatness in humanity, but to elicit it, for the greatness is already there.” ~John Buchan

“The finest kind of friendship is between people who expect a great deal of each other but never ask it.” ~ Sylvia Bremer

Celebrate Life!

BIRTHDAYS



OCTOBER

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

NOVEMBER

- 2 Mayme Faulk
- 2 Karen Kilgore
- 6 Kathleen DeJong
- 19 Monica Dixon
- 20 Jean Stratton
- 28 Marilyn Hooser



“Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning.”
~ Albert Einstein

Note the phone number for our
MEDICAL LOAN CLOSET

504-0231



MEDICAL LOAN CLOSET
Seroptimist International of Sequim
504-0231
600 N Sequim Avenue
600 N Sequim Avenue
(By appointment only)

“The great aim of education is not knowledge, but action.”
~ Herbert Spencer

OCTOBER PROGRAM MEETING

The Program for our meeting on October 25th will be Kids Kloset. Representatives from the North Olympic Foster Parents Association will speak to us. Come learn about the organization and how what we do impacts the lives of women and children.



“We worry about what a child will become tomorrow, yet we forget that he is someone today.” ~Stacia Tauscher

SOROPTIMIST MEETING DATES TO REMEMBER

2011 District 1 Meeting
Blaine, WA
Oct. 14 – 16, 2011

2012 Northwestern Region Conference
Spokane, WA
April 27 – 29, 2012

Roaring 20's



Human Trafficking Conference
Portland, OR
Jan. 13 – 15, 2012



Seroptimist International of the Americas Convention
Honolulu, Hawaii
July 18 – 21, 2012

VIOLET RICHARDSON AWARD

Andrea Alstrup, Linda Klinefelter and Jean Stratton have worked earnestly to distribute information for the Violet Richardson Award. Information flyers were provided to Mitzi Sanders at Sequim High School, The Boys and Girls Club, the Girl Scouts, Camp Fire, fourteen churches in the community along with media releases to the *Peninsula Daily News*, *Sequim Gazette* and *Sequim This Week*.



If any of our members know of any qualified young women who are 14-17 years of age who makes a difference in the community through volunteering, please refer them to our website <http://www.sisequim.org> and click under Education Support to download an application, or have them call 360-460-5522. All applications must be submitted by **December 1, 2011**. It is the hope this blitz of information will lead to a wonderful influx of applicants.

~ Linda Klinefelter, Awards & Scholarships Co-Chair

A BUSY WEEK FOR WIN ~ Cathy Angel

• Tuesday, 9/27, SI Program Meeting

- An overview of the WIN (Women in Networks) Program, made possible through the partnership of SI Sequim and Sequim High School, was presented to our club members by WIN Co-Chairs, Missy and Cathy, as well as Mitzi Sanders, Sequim High School Career Counselor and WIN Program In-School Director.

Mitzi and Cathy provided a historical perspective of this signature program, founded in September, 1997, to empower Sequim High School girls through exploration of non-traditional career options providing long-term economic well-being. More than 1,400 Sequim High School girls have benefited from meeting and hearing the personal stories of a diverse group of successful women. Other events have included field trips to college campuses, trades fairs, touring the Washington State Capitol with Lynn Kessler, Microsoft, and Fred Hutchinson Cancer Research Center. Also of note is the ROPES Challenge Course at Peninsula College – a physically challenging course building self-esteem, teamwork, trust & problem solving skills, with unconditional support among peers.

- Our informal talk was loosely organized around a lovely power-point presentation of the WIN program created by Missy, and a highlight was the reading by committee members of WIN participant comments from last year's WIN Student Survey, which we include on page 5.



• Tuesday, 9/27, WIN Student Liaison Luncheon

- Six SI/WIN Committee Members met with Mitzi Sanders and nine WIN Student Liaisons over a box lunch at Sequim High School for brainstorming and student input in planning WIN activities for the coming school year.
- Student suggestions, always interesting and sometimes entertaining, ranged from speaker panels including traditional and non-traditional medical/holistic careers to a field trip to Central Washington University and it's Chimpansim Language Research Center (doesn't that sound intriguing?).
- Suggested options are being explored by Mitzi and WIN Committee members, so stay tuned for upcoming WIN events, and please plan to participate!

• Wednesday, 9/28, ROPES at Peninsula College – DETAILS ON PAGE 5





September 28th: ROPES Course at Peninsula College! ~ Missy Church-Smith

Mitzi Sanders (Sequim High School Career Counselor) and 25 Sequim High School students made the trip to the Peninsula College Campus to participate in a day of challenging their boundaries and building new friendships! They were joined by many of our club members...”first-timers” Shelle Paulbitski, Jan Chapman and Marti Campbell (who took part in all activities...including the Power Pole!) ...President Deborah Carlson and her 4-legged buddy, Pete...and surprise visitor Jane Manzer during the lunch break! Perfect weather...lots of enthusiasm...a great day!

Does the WIN Program make a difference in the lives of the girls who participate? Just look at a sampling of their comments from the spring WIN survey...they capture the spirit and value of our partnership with the High School!

WIN helps us understand the importance of ourselves - to gain self-confidence.

WIN teaches girls & women how to defend themselves & speak out.

WIN helps us connect w/each other and learn about life.

WIN teaches girls how to have healthy lives.

WIN empowers girls and shows us how we can do whatever we set our minds to.

WIN helps us to live healthy lives and gives steps to a better education.

WIN gives girls opportunities to explore different educational and job opportunities.

WIN gives us experiences we wouldn't have without the program.

WIN makes us feel inspired and educated.

WIN helps girls have someone to turn to for information and help.

WIN helps a lot of girls explore options and gets them more education and better opportunities.

WIN inspires personal growth through the experiences and accomplishments of others.

We're off to a great start...thanks to the generous funding of the Hastings Foundation, administered by Carol Sanders. Thank you, Carol for your continuing support of WIN!

Hope all of you will make time during the coming year to join us for activities...and get to know the wonderful young woman of Sequim High School!

“Life's challenges are not supposed to paralyze you, they're supposed to help you discover who you are.” ~ *Bernice Johnson Reagon*



FALL MALL



HOW SWEET IT IS

See's candy has been available at **Pacific Mist Books** for over 10 years. **Marti McAllister-Wolf** has been handling the inventory and sales of the candy for Soroptimist International of Sequim, returning all the proceeds to the club. See's candy has a very loyal and dedicated following and this is the only year-round fund raiser for the Sequim Soroptimist. The net profit was over \$4,000.00 last year and the membership is extremely grateful to Marti for managing this delicious project. The candy is being moved to a new location and Marti wants to thank all the See's customers and followers.

As of **Tuesday, November 1**, the candy will be available at the **Artisan Creative Consignment** store at 609 West Washington St., Suite 11 (next to Sunny Farms Nutrition Center) in Sequim. Kathryn Westley-Ringer is the See's Candies Account Executive for the Olympic peninsula. On **Saturday, November 5th**, she will participate in the Grand Opening of See's at its new location.

The Artisan Creative Consignment, owned and operated by **Michelle Scott** originally opened in Carlsborg in 2004, but moved to the more prominent location five months ago. Hours of business are Tuesday to Saturday from **10 AM- 5 PM**. The shoppers will find a wonderful collection of hand-crafted artisan items that is constantly changing, so every visit is an adventure. Besides delicious See's candy, you'll find vintage, retro and contemporary fashions as well as home décor from a wide range of local talented artists. Not only does Michelle support Soroptimist, she has donated 5% of all store profits to the Brighter Smiles Foundation. This organization ensures that children needing dental care don't go without, simply because of financial challenges.

Michelle has offered to be the local distributor for the Soroptimist See's project and will continue in her predecessor's footsteps. Marti will be her consultant so there will be a smooth transition.

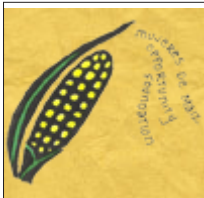
Please plan to stop by the Artisans Creative Consignment in the JC Penny Shopping Plaza on **Saturday, November 5th** for some delicious See's samples and meet Michelle, Kathleen and See's candy lovers.

~Colleen Blazier, See's Candy Chair

**See's
CANDIES**



“There are four basic food groups: milk chocolate, dark chocolate, white chocolate, and chocolate truffles.” ~ Anonymous



Sixth Annual Día de Muertos “Day of the Dead” Celebration Saturday, October 29

Including Dinner and Program about Chiapas, Mexico

In our silent and live auctions we offer:

The best yet selection of weavings, clothing, handicrafts, jewelry, purses, ornaments and more from Chiapas, as well as local artists' work and even an airplane ride in a 1956 Cessna!

Something for everyone!

Doors open at 5:30 pm for dinner and silent auction

Suggested donation \$20. No one will be turned away for lack of funds

Sequim Prairie Grange, 290 Macleay Road



MEMBERSHIP



ROaR

The membership committee is off to a good start for 2011-2012 with our first meeting last Friday, September 30th. We discussed ROaR – **R**ecruitment, **O**rientation and **R**etention, and setting up sub-committees to refine and retune programs which were developed last year. Over the last year many of our potential members have come to us by other means than a member sponsor. We feel it is essential for a new member to be introduced to the club through a sponsor. Some of the membership committee members volunteered to be sponsors, but we encourage other members to enjoy this opportunity. Please let us know if you are willing to serve.

We would like to encourage all members to attend meetings if at all possible. Our turnout has been somewhat low. The Elks have been doing a great job and the food has been wonderful. They are using all volunteers so this is a money maker for them as well. Our club only works well when we have input from everyone. We look forward to seeing more smiling faces as we get into our busy year.

Rose and Amanda, Membership Co-Chairs

CLINIC WALK – WELLNESS FAIR

Well, when you can't walk to raise awareness and funds for the Dungeness Valley Health and Wellness Clinic, the next best thing is to give out information. Kathy Purcell, Susan Smith and I represented all the fantastic women of Soroptimists International of Sequim. We provided information and hand-outs for the Medical Loan Closet, shared about our upcoming and extraordinary Garden Show in March 2012, the WIN Program and the process for recruiting applicants for the Violet Richardson Award. We were the "Three Amigos" at our finest and I believe I can speak for all of us, we had a great time.

~ Linda Klinefelter



How many Soroptimists does it take to...



One of our wheelchairs being put to use.

"He who has health, has hope. And he who has hope, has everything." ~ Proverb



Field Marshals - no badges, just vests.



Dr. Monica Dixon presents a healthy meal.



It's a Family Affair.

FOUNDERS PENNIES CELEBRATE FOUNDERS DAY

Soroptimist celebrates **Founders Day** on **October 3**, which acknowledges the day in 1921 when the first club in Alameda County, California, called to order its first business meeting. Clubs can celebrate the founding of the organization with activities to promote the organization and its early mission to “foster the ideal of service” through programs that now focus on improving the lives of women and girls in local communities and throughout the world.

The collection, an important Soroptimist tradition, is often linked to Founders Day. Each year, every Soroptimist is offered the opportunity to make a voluntary contribution of six pennies for each year of Soroptimist’s existence. These contributions directly fund SIA’s annual programs such as the Women’s Opportunity Awards, Soroptimist Club Grants, and the Violet Richardson Awards. Our club collects Founders Pennies with our dues.



SUCCESSFUL SUMMER SILVER SIGHTING

At our business meeting on September 13th, Susan Smith presented a check for \$500 to President Deb. This represents the total profit from the summer Silpada Trunk Show. We thank President-elect Shelle for opening her home for this event. We thank Susan for her generous donation and for opening our eyes to how lovely we can feel when dressed in silver. If you too want to be seen wearing some of this beautiful silver jewelry, contact Susan.

MAD HATTERS TEA PARTY

The 14th Annual Mad Hatter Tea Party was held October 7th. Members of SI Sequim were there to support awareness and early detection of breast cancer for women in our community. Barb Thompson won best-hat-at-the-table! She paraded around the room with other “winners”, to the music of “Boogie-Woogie Bugler Boy”.



President Deb Carlson, along with President-elect Shelle Paulbitski, presented a check for \$250 to Jan Kummet.



GARDEN SHOW ON TRACK

At September's business meeting, the Gala Garden Show's "Ménage au Trowel" presented the beautifully framed official artwork for the 2012 Garden Show. Artist Julie Peterson's lovely piece, "Potting Table", will appear on all our Garden Show advertising, and the original painting will make the rounds of Sequim businesses in the weeks leading up to the show. There will be expanded opportunities to bid on the painting, in addition to the silent auction usually held during the show.



Andrea Alstrup's vision and enthusiasm in taking the helm of the Garden Café inspired Garden Show co-chairs to properly fete the newly dubbed "Kaptain Kitchen". Ever-chic Andrea looked positively regal in her new rose velveteen cape, crowned with a colander and wielding a kitchen spoon "scepter". Kitchen crew, beware: we have a feeling Andrea has used such spoons for more than stirring~ Just kidding. Aibly co-chaired by Lorraine Shore and Pat Brown, and our fabulous cook Sherry Schubert, our Garden Cafe will surely be the best it's ever been.



October's here, so vendor space has been offered to last year's vendors. After November 1st potential new vendors will be invited. All vendor correspondence has been re-worded to emphasize that at least 75% of their products displayed at the garden show must be garden-related or themed. We'll be watching.

And so we hum along, on course for one more fabulous Gala Garden Show. And all you FaceBook fans: be sure to find the Gala Garden Show on Facebook and "like" us.

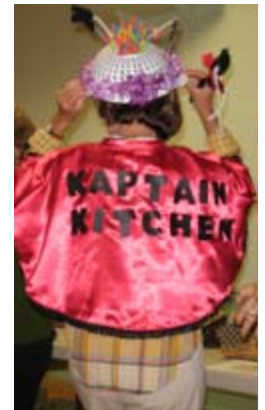


Barbara Thompson, Jan Chapman, Susan Smith
Gala Garden Show Co-Chairs aka Ménage au Trowel

"Gardening is about enjoying the smell of things growing in the soil, getting dirty without feeling guilty, and generally taking the time to soak up a little peace and serenity." ~Lindley Karstens



Full Bodied Artwork



SHARING A PLEDGE – BY THE BOOK

Past President Missy Church-Smith shared her roster book with prospective new member Caroline Stuckey as we said the Soroptimist Pledge on September 13. Oh wait! Caroline is a past member. But wait, there's more! She has submitted her paperwork to rejoin the club! Caroline will be getting her own roster book soon.



Dear Soroptomist Sisters:

Kathy has kindly asked that I include a monthly recipe for our newsletter as a part of helping to make our community a healthier place to live. I am pleased and honored to do that, as I have worked in this field for so many years and have many ideas to share. My goal is a simple, healthy, tried and true recipe each month to cook in your own homes, each of which has been hugely successful in my work. I have several parameters in which I try to fit my recipes, and those include:

1) Healthy, of course, but never so radically so that your mother wouldn't try it. I am a Registered Dietitian, the only nutrition professional recognized by the medical profession. Thus you can forward me questions about the entire range of health, including heart disease, diabetes, renal disease, hypertension, and my favorite, weight management. And I am more than glad to help you or your family members with questions. Either email me, dr.monica@me.com, or go to my website; www.monicaadixon.com.

2) Easy Easy and did I mention, Easy??? None of us have time anymore for fussing over a hot stove for six hours to prepare dinner, so I always aim for things that are simple.

3) I LOVE to entertain, but I often find that many think that entertaining is prohibitive, intimidating and far too "Martha Stewart-ish." That isn't always the way entertaining has been. It was about having a table full of hungry mouths where the emphasis was much more on the coming together and much less on the "fancy-ness" of the meal – which is how I grew up. Our table was never empty of some passer-by, friend or family member in need of a hot meal. I carry that through with my work; thus most of my monthly offerings will be perfectly suitable for casual entertaining. In fact, most of the recipes I will share with you have a fabulous story to accompany them and all have been served to some of my thousands of satisfied catering customers.

4) I am here to hold your hand. Please call me if you are in the midst of dinner prep and all is not going as planned; we'll figure out a solution! Just call me—360-790-0517 and I'll help you along!

For those of you unable to attend our great fun walk held two weekends ago, I will begin with the recipe I prepared that day. There are several reasons this is an amazing recipe, not the least of which is that it is full of anti-inflammatory ingredients (if you don't speak Greek, that means it will help protect against disease!), it will take all of 15 minutes to prepare and last but not least, it is absolutely gorgeous to serve!

Peach-Glazed Salmon with Berries

- ½ c. peach fruit spread
- 1-1/2 T. dark brown sugar
- 2 T. balsamic vinegar
- 1/8 t. crushed red pepper
- 1 c. fresh raspberries
- 4 (6 ounce) wild Alaskan salmon fillets or tilapia
- ¼ t. salt
- Olive oil cooking spray



Preheat grill. Combine peach spread and next 3 ingredients in a medium saucepan over medium high heat; cook 2 minutes, stirring frequently. Reserve 2 T. sauce. Add raspberries to pan; cook 1 minute, stirring gently.

Spray fish with oil and sprinkle lightly with salt; grill 4 minutes. Turn fish over and grill 4 more minutes or until fish reaches 145 degrees. Baste with reserved sauce. Spoon raspberry sauce over fillets. Yield: 4 servings

Calories: 391







Super Salad

- 6 cups baby spinach or mixed greens
- 1 t. turmeric powder
- 1 shallot
- 1 clove garlic
- dash of vinegar (red wine or white)
- Juice of 1 lime
- ¼ c. olive oil
- Pepper and salt to taste








Clean and chill salad greens. Mix next five ingredients in blender and blend well. Drizzle olive oil in while blender is running. Toss all. 6 servings

Calories: 102 per serving

October 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Fall Mall 
2	3 Founders Day	4	5	6	7 BOARD MEETING	8
9	10	11 Business Meeting	12	13	14 District 1 Meeting 	15 District 1 Meeting 
16 District 1 Meeting 	17	18	19 Susan Smith 	20 Jeanie Blaurock 	21	22
23	24	25 Program Meeting North Olympic Foster Parents Assn	26 Shelle Paulbitski 	27 Cathy Angel 	28	29 Mujeres Dinner 
30	31 Happy Halloween 					

November 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Mayme Faulk Karen Kilgore 	3	4 BOARD MEETING	5
6 Kathleen DeJong  Daylight Savings Time Ends 	7	8 Business Meeting	9	10	11	12
13	14	15	16	17	18	19 Monica Dixon 
20 Jean Stratton 	21	22 Program Meeting	23	24 	25	26
27	28 Marilyn Hooser 	29	30			

A Fall Song By: Ellen Robena Field

Golden and red trees
Nod to the soft breeze,
As it whispers, "Winter is near;"
And the brown nuts fall
At the wind's loud call,
For this is the Fall of the year.

Good-bye, sweet flowers!
Through bright Summer hours
You have filled our hearts with cheer
We shall miss you so,
And yet you must go,
For this is the Fall of the year.

Now the days grow cold,
As the year grows old,
And the meadows are brown and sere;
Brave robin redbreast
Has gone from his nest,
For this is the Fall of the year.

I do softly pray
At the close of day,
That the little children, so dear,
May as purely grow
As the fleecy snow
That follows the Fall of the year.



Soroptimist International of Sequim
P.O. Box 126
Sequim, WA 98382

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