



**SOROPTIMIST**  
Best for Women

# Soropti-Scoop

*A Communiqué by  
women and men dedicated to improving the lives of women and girls  
through programs leading to social and economic empowerment.*

Soroptimist International of Sequim

**Celebrating 70+ Years of Service**

June, 2018

**Officers 2017 - 2018**

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Gena Royal

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Elaine Bradford

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Pat Willis

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**Assistant Treasurer:**

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(one year remaining)**

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**Director: 2 year**

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**Director: 1 year**

Kris Osborn

**Director: 1 year**

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**Past President:**

Kathryn Pacelli

**Newsletter Staff:**

Kathy Purcell

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Jane Manzer

Pat Willis

**Message from the President**

Oh my, what a year it's been!

The journey has seemed long at times, but it has been so much fun. We've done some of the same things that we do every year and done them very well, and we've done some new things and learned new things and made new friends along the way. The work we do is so worthwhile and the time you all spend is so graciously given.

I hope that during this year you've had the opportunity to help others, help our club, and, by pushing ourselves beyond our comfort zone, I hope it has also been a help to you as it has helped me.

I can't thank everyone enough. When we discovered that Baylee was coming I was very concerned about how the year would go. But you were there. You covered for me, you provided for me, and, oh my gosh, that baby shower!!! It has been a blessing to have each one of you for support. I can't imagine what I would have done without you.

As we look back on the year, I hope that you are able to see the difference that you have made in our community and in our world. That journey to the mountaintop that I spoke about a year ago has been laborious as well as fruitful. I'm pretty sure I stubbed my toe a few times. I may have even sprained my ankle, but with good companions by my side, I have been able to trudge on. And we have seen some glorious sites along the way, the faces of children during the Christmas season, the smiles and success stories of our girls of the month, the aspirations of our Live Your Dream award applicants, our first Dream It Be It girls, and the appreciation of our scholarship winners. These are the things that made it all worthwhile and I hope that we continue to support all those endeavors.

We've now reached as high on the mountain as were going to get for this year. There's still a long way to go to get to the mountaintop, and so we will continue with our journey into the next year. I wish Elaine the very best in her upcoming year and I know that we will support her as much as you've supported me. Thank you all for your love and kindness, your hard work, and your endurance. You are, without a doubt, the GREATEST TEAM EVER!

Onward and upward!  
President Gena



*"Presence is more than  
just being there."  
~Malcolm Forbes*

*"It's always inspiring to me to meet people who feel that they can make a difference in the world. That's their motive, that's their passion... I think that's what makes your life meaningful, that's what fills your own heart and that's what gives you purpose." ~Maria Shriver*

## Letter from the Editor

Dear Friends,

What's in a name? William Shakespeare tells us—thru Juliet, “*a rose by any other name would smell as sweet.*” Does a name have meaning? What about the letters? If we rearrange the letters of the word *name*, it can *mean* something else, and *Rose* becomes *Eros*—the Greek god of love.

Many organizations use letter as acronyms, for example, the non-profit organization Mothers Against Drunk Drivers—**MADD**. It was started in 1980 in California by the mother of a young girl who was killed by a drunk driver. The mother rose to action due to her love for her daughter. Another non-profit organization, also started in California and that has an acronym, is Soroptimist International of the Americas—SIA. These are letters we recognize.

Speaking of letters, in her recent letter in the *Best for Women* magazine, SIA President Dawn Marie Lemonds talks about having a list of “she’s” in her mind when she talks about our programs. These are the women and girls Soroptimist has helped overcome obstacles—particularly through the SIA Dream Programs. President Dawn Marie asks who are our she’s?

This brought to mind our club’s signature project—Soroptimist Helping and Empowering—**SHE**. At the recent Northwestern Region Conference we received honorable mention for Soroptimist Celebrating Success under Programs for our **Tea with SHE**.

**SHE** is an easy acronym to remember. The dictionary shows this definition of the word acronym: *an abbreviation formed from the initial letters of other words and pronounced as a word.* **SHE** is more than a mere word, and there is nothing abbreviated in our activity.

Another acronym that comes to mind is a different kind of **MAD**—**Making A Difference**. This is something we do every day. We all make a difference—with our words and with our actions. Rearranging the letters in the word SHE we get HE’S—and we have several HE’S in our club.

It is June, 2018, the end of a Soroptimist club year and the end of a region biennium. It’s the time we rearrange club, district and region officers and board members. Some new people step up while others step back. Committee leadership is often rearranged also. Committee sign-up sheets will be available again at our June business meeting. Remember to place your name where you most wish to make a difference.

No matter how we rearrange things, it’s not Greek to us. We rise to action due to our passion for our mission. We know who we are. We are Soroptimists, providing meaning, as together we make the journey to the mountaintop, loving and supporting one another. We have proven Teamwork Makes the Dream Work.

It has been a blessing to travel this year’s journey with all of you.

Light and Love,  
Kathy Purcell, Editor



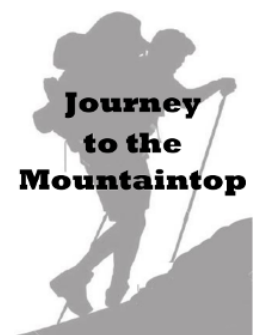
“The road of life twists and turns and no two directions are ever the same. Yet our lessons come from the journey, not the destination.”  
~Don Williams, Jr.

## CALENDAR

### JUNE

- 7 Finance Cmte Mtg
- 8 Joint Board Meeting
- 12 Business Meeting
- 19 Member Social\*
- \*23 Installation

## Summer Hiatus



\*Evening Meeting

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“It is good to have an end to journey toward; but it is the journey that matters, in the end.”  
~Ursula K. Le Guin

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“Focus on the journey, not the destination. Joy is found not in finishing an activity but in doing it.” ~Greg Anderson

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# Celebrate Life!

## JUNE

- 3 Dorothy Ward
- 13 Elaine Churchill
- 14 Sharron Empens
- 19 Linda Chapman
- 23 Jodi Olson
- 26 Sharron Gerardi

## JULY

- 1 Sharon Jensen
- 2 Janet Wicker
- 5 Kris Osborn
- 7 Jolene Sanborn
- 16 Amala Kuster
- 7 Kathy Purcell
- 28 Jane Manzer
- 29 Gena Royal



Note the phone number for our  
MEDICAL LOAN CLOSET

**360-504-0231**



“Some people drink from the fountain  
of knowledge, others just gargle.”  
~Robert Anthony

## PROGRAMS

Our 2018 Live your Dream recipient, Shaelee Evans, is the owner of Goodness Tea. Let us support Shaelee’s entrepreneurial endeavor and visit her shop located at: 261043 Hwy. 101 in Carlsborg or at Sequim Farmer’s Market, whenever possible.



**Reminder:** Committee sign-up sheets will be available again at our June 12 meeting. Every member is expected to join at least one committee (above and beyond the Gala Garden and Gift Shows).



**Reminder:** Reservations for the new Board Installation are due by **June 16** to Jan Chapman. Installation Dinner is Saturday, June 23 at 5 p.m. at Sunland.



~Elaine Bradford, Programs Chair



“No graduation speaker will ever tell you that the future is anything but uncertain. It never is. But graduations need not only be obsessed with looking ahead; a graduation can be a day on which we turn back and trace our steps to see how we ended up where we are.” ~Taylor Mali

## SOROPTIMIST MEETING DATES TO REMEMBER



45th Biennial SIA Convention  
Yokohama, Japan  
July 30–August 2, 2018

**D1**

District 1 Meeting  
Four Points Sheraton  
Des Moines, WA  
October 19-21, 2018



NWR Conference  
Skamania Lodge  
Stevenson, WA  
April 25-28, 2029

## AWARDS & SCHOLARSHIPS



### HIGH SCHOOL SCHOLARSHIPS

Our club is pleased to announce the presentation of our 2018 high school scholarships to three graduating seniors from Sequim High School. **Abbey Norman** (left) will be attending the University of Portland and majoring in mathematics. **Chloeanne Erickson** (middle) will be attending Central Washington University and will double major in sociology and art (art therapy) and **Kaitlyn Davis** (right) will be attending Western Washington University and will major in general engineering. Congratulations to these three amazing young women.

### VOCATIONAL/TECHNICAL AWARD

The Soroptimist **Vocational Technical Award** is currently being advertised with a deadline of **July 1**. Jeani Penn is leading the charge with several good applicants already in hand and she's hoping for more! Info and application are available on the Awards & Scholarships page of the club website: <http://sisequim.org/what-we-do/awards-and-scholarships/>.

~Deb Carlson, Awards & Scholarships Chair



“You owe it to all of us to get on with what you’re good at.” ~*W.H. Auden*

### UNCOMMITTED FUNDS PUT TO GOOD USE

A couple of months ago the club responded to a request for funds by the all-girl FBLA team going to the state competition. The Finance Committee corresponded with one of the girls and voted to recommend the board support payment of \$300 (\$100 per each girl traveling to the competition). The board of directors did approve that expense from our Uncommitted Funds budget line and they were very thankful for the help. The total cost per girl was over \$400. Another student, Vita Olson (daughter of member Jodi Olson), competed remotely as she was involved in a different scholastic competition at another location the very same day.



As a part of our April program meeting, we invited the girls and their coach to come and share a little bit about their experience. One of the girls was unable to come, as she was at a training for her new FBLA state office position that she was elected to at the convention. The girls who did come were chapter Vice President Kianna Miller, chapter Secretary Eva Lofstrom, and chapter Treasurer Vita Olson, along with their coach Sonja Miller. Member Kris Osborn introduced them and shared that she was active in Sequim High School FBLA exactly thirty years ago. It was nice to have Kris sitting at the same table during breakfast as she could relate to their competition experiences. The girls were so very poised and professional in their presentation and were verbally appreciative of our club’s support. It’s nice to hear from young people who we support and I think you’ll agree that those uncommitted funds were well-spent!

~Jane Manzer

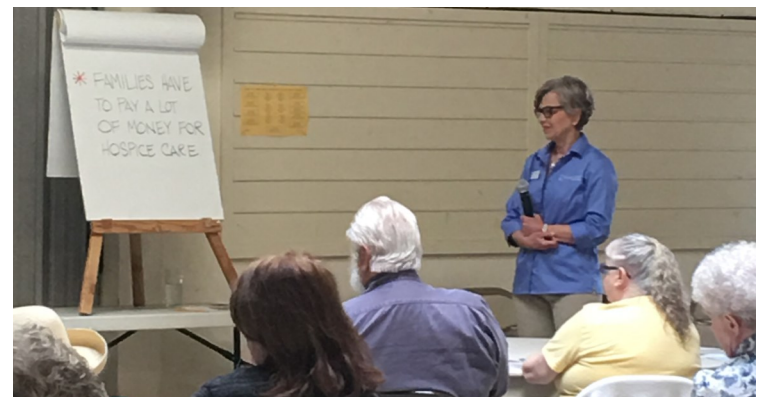


## TEA WITH SHE

We had a fairly small turn out for our **Tea With SHE** event, held on May 15th. However, the program was very informative and well received by the audience. The topic, Hospice Care - Myths & Benefits, may have been a deterrent for many, but the discussion was very interactive with those in attendance.

The committee will meet on June 5th to evaluate the last event and select a topic for the next event to be held in the Fall.

~Jan Chapman, Tea with SHE Chair



*“There is a wonderful mythical law of nature that the three things we crave most in life— happiness, freedom, and peace of mind— are always attained by giving them to someone else.” ~Peyton Conway March*

## SUMMER PROGRAMS AT BOYS & GIRLS CLUB

If you are interested in helping with the Summer **Literacy Program**, the contact person for that is: Tessa Jackson: [tjackson@bgc-op.org](mailto:tjackson@bgc-op.org)

If you are interested in helping with the **Lunch Program**, it would require 3-6 people each day of a week. The lunch program covers three sites. Typically the Boys & Girl Club assigns the Soroptimists one week to fill. They have one person (three total) for each of their sites, but need one or two others per site. One will need a vehicle large enough to take the lunches in a cooler and the tent/games in a plastic tub. Some of the sites, like Carrie Blake Park, really need two people and a large cooler for food.



The kids come from all over, but have to stay to eat. If they eat the perishables, they can take the rest—apple, carrots, etc. The game box is broken open and toys and lawn games are setup. There are Frisbees, bubbles, coloring books and chess. If you are interested, check with the Boys & Girls Club at [360-683-8095](tel:360-683-8095).

## MEMBERSHIP



### MEMBERSHIP NOTES...from Jane & Missy 2017-18 WRAP-UP



Membership has enjoyed quite a year; thanks to all of **YOU**, our **SIS Family** continues to thrive and expand. As of this writing, we plan to induct nine new 2018-19 members at the June 12<sup>th</sup> business meeting...with others *in the wings* for fall induction! Thank you again for being the **face of SIS** in the community...in your neighborhoods...in other organizations; your enthusiasm and generous hearts are the catalysts for our club's growth.

**Recommendations** for 2018-19—based on committee's/new members input and experience—include:

- New members to be given a white name badge with a sticker to identify each as 1<sup>st</sup> year.
- Continue *mixing up* tables at the program meetings.
- New member gatherings quarterly, rather than monthly.
- Mentor\* to be the sponsoring member. If new member was not sponsored, a member of the committee team will be mentor for the first year.

\* Mentor will help the new member *navigate* his/her 1<sup>st</sup> year. A few suggestions:

- Remind member of meeting/gathering times.
  - Save seat for mentee.
- Meet periodically to go over questions/expectations/concerns.
- Help new member select a committee or join the mentor's committee.
- Introduce new member to other members.
- Perhaps carpool to social gatherings.
- Other...

“Do just once what others say you can't do, and you will never pay attention to their limitations again.” ~James Cook

You've made our job a pleasure this year...thank you all!!



## MEMBERSHIP—COOL STUFF

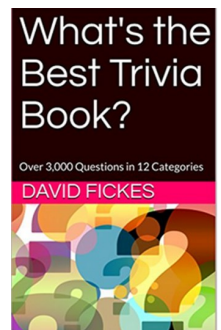
### TRIVIA—YOU CAN BOOK ON IT

Member **Dave Fickes** has written a book! It is available in Kindle format or in paperback.

Dave has put together 130+ trivia programs for the Thursday spin cycling classes at Fit4Life and they're always fun and educational. This explains why he does so well at trivia games . . .

You can get his book on Amazon!

<https://www.amazon.com/Whats-Best-Trivia-Book-Categories-ebook/dp/B07D3NG73R>



### JANE WITH A DIFFERENT JAN

At our May business meeting Jane happened to be sitting next to a visitor named **Jan Hartig**. During their conversation Jane learned that Jan is a Soroptimist—from SI of Moreno Valley. She may have been away from home, but not away from family. We were happy she was there to share with us.



## MORE COOL STUFF

### FAMILY CONNECTIONS

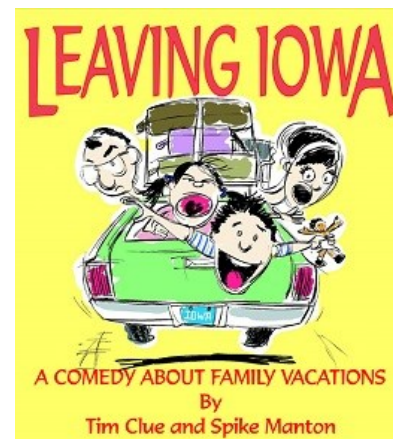
The recent Northwestern Region Conference was held in Coeur d'Alene, ID. This was great for President Gena because her son and his family live nearby. On Friday night of the conference Gena went to dinner with them. That meant she missed the Tell and Sell—but Gail Watson and I didn't. In fact, I found something very special there. One of the clubs was selling onesies that said, “**My Grandma is a Soroptimist.**” I purchased one for Gena's granddaughter Baylee Rose. Gena brought Baylee to our May program meeting wearing her new outfit. So fitting! ~kp



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### MORE FAMILY CONNECTIONS

**Monica Ostrom** will be appearing in the Olympic Theatre Art (OTA) production of *Leaving Iowa*. It is a comedy (you knew it had to be if Monica is in it!) about a middle-aged writer who decides to finally take his father's ashes to his childhood home, as requested. Road trip! Monica plays several characters, and she is also on the stage crew. We have multiple opportunities to see Monica, as the play runs June 15–July 1, 2018. ~kp



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“The only gift is a portion of thyself.” ~*Ralph Waldo Emerson*

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### GALA GIFT SHOW

There are less than six months remaining before December 1—the day of our Gala Gift Show. This is a fabulously classy place for folks to shop for their holiday gifts. It isn't your grandmother's bazaar! It is a very fun day for our club, and we dress to the nines in black, gold, and white to host this wonderful event.



Save the date notices are being sent to our previous vendors, and information and applications are being updated with all this year's pertinent material. Contracts are in the works.

The Boys and Girls club have calendared our event, and some of the core committee are already hard at work. Key to the tasks at hand are work with the vendors (Linda Chapman, Kathy Purcell and Laura Rundle), marketing (Pauline Gerraci), the bake sale (co-chair Pat Willis), the raffle (Laura Rundle), front entry (Elaine Bradford) and See's Candies sales (Jeani Penn and Shelle Paulbitski). We do need a bit more help to put this show together. We need sign placement, interior decorators, café managers, setup/cleanup/maintenance crews.

This is a one-day event where all hands need to be on deck. If you have already volunteered for one of the needed positions, please remind my feeble mind, and I thank you for all you do for women and girls in our community. If you are interested in finding out more about how you can help, email me, or see me on June 12 at our business meeting.

~Sandy Lawrence, Gala Gift Show Chair



# VIP LUNCHEON

Members of Soroptimist International of Sequim treated visitors royally at this year's VIP Luncheon for the Irrigation Festival Parade. Thank you, Ladies! And thank you, Key Bank! ~kp



*"but remember, nothing comes without a price. Our paths are not mapped; they're made." ~Priya Ardis*



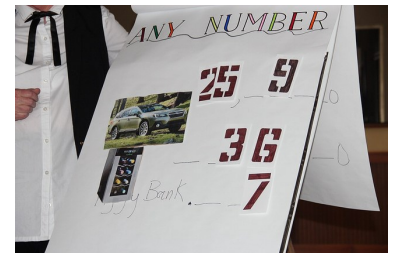
5th TUESDAY



COSTUME EDITION



Jan Chapman was the champion! She won a car but it got into an accident, ending upside down.



More photos: <https://www.flickr.com/photos/108582458@N03/sets/72157695744964991>



## CONTINUING TO REFLECT OUR IMAGE

It is hard to believe our business year of 2017-18 is almost at an end and yet, it is just around the corner. As co-chair for the Public Awareness committee, I wish all of you a wonderful and joyful summer. May the days be filled with sunshine, family, laughter, memories and most of all, love.

The public awareness committee is a quiet and unassuming committee, but it is one that promotes the good works and accomplishments of our organization. As you enjoy the summer, we hope you continue to share our mission with your friends, family and neighbors. Be the messenger and the voice for our organization as we take our summer break.

Linda Klinefelter, Public Awareness Co-Chair



**THIS JUST IN...**First Security Bank now offers a free meeting room to the community. The meeting room can easily accommodate 30-40 people. White erase board and projector available for use along with a small kitchenette. Linda Klinefelter is working with the bank to determine the exact hours of usage along with sign-up procedures. This would be a great meeting room for committees and other venues for Soroptimist.

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*“I always want to be a messenger, a person that, you know, that’s not afraid to pass on wisdom.” ~Mary J. Blige*

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## GALA GARDEN SHOW—PASSING THE BUCKS

At our May business meeting, Gala Garden Show Treasurer Shelle Paulbitski presented Club Treasurer Kathy Cunha with a check for **\$25,619.27**. Many **thanks** to all of you for your part in making our 20<sup>th</sup> Annual Gala Garden Show such a great success!

We are currently doing an outreach to local artists in the community, in search of original creations—one of which will be our featured artwork for the 2019 Gala Garden Show. If you know of an artist who does garden-related art, please contact Melody Albertson or Sharron Empens or email: [sigsartwork@gmail.com](mailto:sigsartwork@gmail.com). The deadline for submissions is **July 15**. The Gala Garden Show Core Committee will meet late July to view the entries and make a selection.



~Su Howat & Kathy Purcell, Gala Garden Show Co-Chairs



## Your Health Bank Account

Want a great deal? Invest 1.6% of your day (30 minutes) and get 100% return! Benefits? Here are just a few: More Memory, Strength, Flexibility, Energy, Stamina, Better Balance, Stronger Immune System, Faster Healing, Better Blood Pressure and Less Pain. Your joint health improves with movement and every system and part of your body depends on the blood flow that occurs with healthy effective exercise. Obesity has a major negative effect on our joints and exercise can help you control your weight better.

The stronger your muscles become you can experience an easier ability to get in and out of a chair or car. The stronger and more balanced you become you should be able to get off the floor without help; consequently, saving your family and the Fire District's EMTs from having to come to your rescue. Positive results can be noticeable in as little as 30 days, if you exercise effectively every day.

**FACT:** Balance and muscle strength can be improved regardless of your age. Here are some tips on how to learn an effective and challenging program that will build the balance in your Health Bank Account.

In your home: Sing and/or play fun music and “solo dance” moving your arms and legs in all directions side to side, forward and back for 20-30 minutes. Try to do this without stopping. This is possible even with a cane, walker, braces, etc. Perhaps holding onto or skimming your hands along the kitchen counter will allow you to feel that you have more control, safer steps and more freedom of movement. As you improve, rely less on the counter and eventually no holding or skimming, if at all possible for you.

Go to one of the many classes available throughout Clallam and Jefferson Counties at Senior Centers, Fitness Gyms, YMCA's, etc. Attend at least 3X/wk. and then do the same exercises at home 4X/wk. on your own.

Hire a personal trainer at one of the fitness centers to evaluate your initial level of exercise and to give you a program. Join the gym, meet friends, and exercise in warm dry rooms! Are you aware that most Medicare Supplements pay 50-100% of gym membership fees?

Ask your physician for a Physical Therapy referral to be evaluated and learn a daily individualized program. Continue program daily after discharge from P.T.

As we age, without a daily exercise program, we are increasingly at risk of: falling, losing our independent way of life and our ability to live it in our own homes. I have seen people of all ages and disabilities improve with determination. You are no doubt just as brave and tenacious! Start growing your Health Bank Account today! You'll reap the rewards of your deposits!

~Barb Paschal, Physical Therapist



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“The concept of total wellness recognizes that our every thought, word, and behavior affects our greater health and well-being. And we, in turn, are affected not only emotionally but also physically and spiritually.” ~Greg Anderson

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## WORDS OF GRATITUDE

Dear Members of Sequim Soroptimist,

On behalf of the Sequim Community Aid volunteers I thank you for your generous donation to our program. As I'm sure you are aware, this donation will be used to help needy families in the Sequim community pay past due rent and utility bills. All money is sent directly to the landlord and/or utility companies. Again, thank you for your generous donation.

Linda DeMoss, Vice President  
Sequim Community Aid



Dear Soroptimists:

Thank you so much for the darling dolls you made for our club kids to help comfort them when times are tough! It's even more thoughtful that you engaged young girls to serve their community.

Thanks,  
Monica Dixon  
Boys & Girls Club Care Closet



Dear Soroptimist of Sequim,

Thank you very much for including us in your breakfast meeting this morning. It is nice to have faces to associate with organizations and donations. We sure appreciate how much you have supported us.

Sincerely,  
Sonja Miller

Dear Soroptimist of Sequim,

On behalf of Volunteer Hospice of Clallam County (VHOCC) and our extended family, the people in our community who benefit from VHOCC care and services, please accept our gratitude for your recent donation of \$100.00.

Sincerely,  
Nancy Bargar, Treasurer

Dear Sequim Soroptimists,









Thank you so much for your support of Sequim High School FBLA! We truly appreciate your generous donation! The State and Region Conferences that you supported us in were a huge success. At the State Conference two out of three members advanced to finals and one placed 7<sup>th</sup> in Impromptu Speaking. In addition, our chapter president campaigned for Regional Vice President of Puget Sound and was elected. Overall, the conference was a huge success all thanks to your support.

Thanks so much!  
Warmly,  
SHS FBLA












**“Greet every morning with open arms and say thanks every night with a full heart. Each day is a precious gift to be savored and used, not left unopened and hoarded for a future that may never come.” ~Regina Brett**

# June 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 Dorothy Ward 	4	5	6	7	8 JOINT BOARD MEETING	9
10	11	12 Business Meeting	13 Elaine Churchill 	14 Sharron Empens 	15	16
17 	18	19 Linda Chapman 	20	21 	22	23 Jodi Olson INSTALLATION 
24	25	26 Sharron Gerardi 	27	28	29	30

# July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Sharon Jensen 	2 Janet Wicker 	3	4 	5 Kris Osborn 	6	7 Jolene Sanborn 
8	9	10	11	12	13	14
15	16 Amala Kuster 	17 Kathy Purcell 	18	19	20	21
22	23	24	25	26	27	28 Jane Manzer 
29 Gena Royal 	30	31				

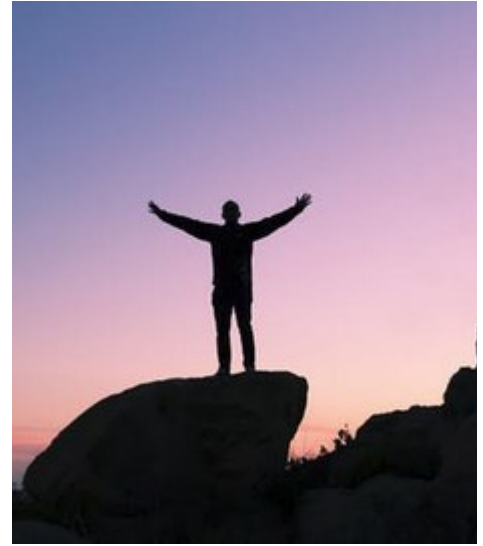
## **Journey** by Liz Munro

I'm feeling so focused and calm today;  
nothing negative is gonna get in my way.  
My eyes are shining so bright and clear;  
it feels like all my dreams, close to coming true are near.

Only I can hold myself back  
if I stray off this positive track.  
But there is a new me, different to the me of old.  
I have started a journey—and amazed,  
I follow and watch my journey unfold.  
For I am going somewhere I have never been,  
and my mind is unlocking things previously unseen.  
From negative entrapment, I am breaking free,  
now is the time for discovering the true and inner me.

Focused and happy, my journey feels right,  
like my spirit has grown wings, and to a higher level takes flight.  
Everything for me is starting to click into place,  
I no longer rush life by, at such a fast pace.

For whatever life throws at me, I know I'll survive it,  
and I will continue my journey, until it reaches mortal end,  
where I know on a higher plane, my journey will begin again.



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Best for Women

Soroptimist International of Sequim  
PO Box 126  
Sequim, WA 98382

*improving the lives of women and  
girls through programs leading to  
social and economic empowerment.*

To a Person Making a Difference for Women