



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.*

Vol. 22, Issue 11

Soroptimist International of Sequim

Celebrating 70+ Years of Service

May, 2018

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**“The butterfly counts
not months
but moments,
and has
time enough.”
~Rabindranath Tagore**

Message from the President

So, I was looking for a good subject for this month’s article and thought I would check to see what special interests have been adopted by the month of May. It was a daunting task to say the least. We are certainly not a country that is lacking in causes! Some were frivolous or at least less concerning such as:

National Asparagus Month
National Barbecue Month
National Egg Month
National Hamburger Month
National Salad Month

National Salsa Month
National Strawberry Month
National Moving Month
National Chocolate Custard Month

Some were of interest, but certainly not earth-shaking and of more concern to some than others:

National Motorcycle Awareness Month
Date Your Mate Month
National Bike Month
National Get Caught Reading Month
National Photograph Month
National Chamber Music Month

National Mediterranean Diet Month
National Bike to School Day (May 4)
Hand Hygiene Day (May 5)
Don’t Fry Day (May 27)
Ultraviolet Awareness Month
Healthy/Safe Swimming Week (May 23-29)

Now, don’t get me wrong, I love asparagus and barbecues and strawberries....ok, not moving! Thankfully, most of the events were vitally important to the health and well-being of our planet and its inhabitants, but the very fact that there were so many concerns addressed just in the month of May was a surprise to me:

Sturge-Weber Syndrome Awareness
National Mental Health Awareness Month
National Brain Cancer/Brain Tumor Awareness
Foster Care Month
National Blood Pressure Month
National Cystic Fibrosis Month
National Lyme Disease Awareness Month
National Water Safety Month
Melanoma Awareness Month
American Stroke Awareness Month
Arthritis Awareness Month
Better Hearing and Speech Month
National Celiac Disease Awareness Month
Cystic Fibrosis Awareness Month
Global Employee Health and Fitness Month
Hepatitis Awareness Month
Lupus Awareness Month
Mental Health Month
National High Blood Pressure Education Month
Older Americans Month
National Physical Fitness and Sports Month

National Physical Education and Sport Week
National Osteoporosis Awareness/Prevention Month
Children’s Mental Health Awareness Week
Food Allergy Action Month
National Women's Health Week
National Alcohol/Drug-Related Birth Defects Week
National Neuropathy Awareness Week
National Senior Health Fitness Day
World Autoimmune Arthritis Day (May 20)
Global Youth Traffic Safety Month
National Asthma and Allergy Awareness Month
National Teen Pregnancy Prevention Month
National Military Appreciation Month
North American Occupational Safety/Health Week
National Stuttering Awareness Week (May 9-15)
Cornelia de Lange Syndrome Awareness Day
HIV Vaccine Awareness Day (May 18)
National Asian/Pacific Islander HIV/AIDS Awareness
National Hurricane Preparedness Week (May 22-28)
Heat Safety Awareness Day (May 27)
World No Tobacco Day (May 31)

~continued on page 3

SI Sequim -1

Letter from the Editor

Dear Friends,

Last month five members of our club attended the 100th Northwestern Region Conference held in Coeur d'Alene. There were many takeaways; I'll share a few that had meaning for me.

During Friday morning's general session we heard from Jennifer Spears, the president and Creative Strategist at Clean Slate Strategies. Her theme was being "Unscripted." She showed a video of two people on an up escalator, but the escalator isn't moving. They call for assistance, even though they could just walk up to the top of it. We get so used to doing things a certain way (scripted), we forget there are other options. Going off-script allows people to be creative.

The unscripted mindset is a bit like improvisation. Those who are good at improv are better prepared for life. In an improv each person has to accept what is offered and build on it in order to stay in the scene. Jennifer referred to it as "Yes, And." To do this it is important to stay in the moment, to listen, and to understand where the focus should be. When we accept what is offered we are saying, "I got this."

We did an exercise at our tables that had several parts, each building on the previous. There was some finger pointing, but merely to indicate who was chosen to make the next move. It was fast-paced and energizing—and it made us laugh. It brought us closer together. Though the exercise was scripted, the results were unscripted.

At Friday's lunch we heard from Kim Bogucki. Wow! This woman is amazing! She is a 28-year veteran of the Seattle Police Department and Co-Founder of the IF Project. The website summarizes it as, "*IF Project engages current and former inmates of the Washington Department of Corrections to share intimate accounts of their experiences through writing and video diaries. This work creates a knowledge base that can educate communities and reduce the cycle of crime.*"

Can you imagine cops and convicts, working side-by-side? Kim showed a video of her with some inmates. In it she says, "What I'm here for is to try to figure out what it's going to take when you get out, if you get out, how to keep you out." Each woman wrote a letter to herself. One of the inmates read part of what she wrote: "If someone had told me that the world actually needed me, maybe I wouldn't have had to come to prison to get free."

The common theme of all the inmates was lack of a good adult role model. In most cases the women had none, or had one that was speaking only negative comments. When we see and hear things repeatedly, we start to believe and live them. What IF these women had had someone telling them they were important? What IF they had received encouragement?

This reminds me of the significance of the Soroptimist Dream programs. The most common thing I hear from the women and girls who receive Soroptimist awards is, "Thank you for believing in me." When I look at the word BELIEVE I see BE LEAVE—in order to BE the best we can be, we must LEAVE behind the old negative thoughts. We can choose to say NO to false beliefs and KNOW we are valuable.

The best takeaway from the NWR Conference is knowing what we give as Soroptimists allows women and girls the opportunities to live their dreams. I'm happy to walk up the escalator with all of you. Together, unscripted we share the Journey to the Mountaintop.

Light and Love,
Kathy Purcell, Editor



"If you have the opportunity to do amazing things in your life, I strongly encourage you to invite someone to join you." ~Simon Sinek

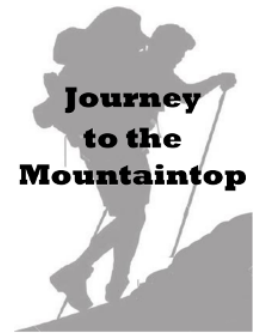
CALENDAR

MAY

- 3 Finance Cmte Mtg
- 4 Board Meeting
- 8 Business Meeting
- 15 Tea with SHE
- 22 Program Meeting
- *29 5th Tuesday

JUNE

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



***Evening Meeting**

"Be strong, be fearless, be beautiful. And believe that anything is possible when you have the right people there to support you." ~Misty Copeland



"I work very hard, and I play very hard. I'm grateful for life. And I live it. I believe life loves the liver of it. I live it." ~Maya Angelou

Celebrate Life!

MAY

- 3 Judy Field
- 4 Jeanne Martin
- 8 Marti Campbell
- 10 Sandy Reed
- 18 Pauline Geraci
- 20 Cynthia Martin
- 23 Linda Klinefelter

JUNE

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



Note the phone number for our
MEDICAL LOAN CLOSET

504-0231



“A mother's happiness is like a beacon,
lighting up the future
but reflected also on the past
in the guise of fond memories.”
~*Honore de Balzac*

~continued from page 1

I am thankful for all the support for so many worthy causes, but there are so many hurting, injured, neglected, and endangered people that need help. We Soroptimists have adopted or supported through projects just a few of the major efforts. Some I have highlighted in red and I'm sure I've missed our connection with some others. I think many of our most heartfelt causes are addressed in other months, but it is so important to remember that we need to be aware of the many needs around us. Some of these are affecting our neighbors, our friends and we don't even know it. Some are affecting our own lives and those of our family.

It is hard to put a limit on our passion. We can only do so much, but we need to remember that we are a part of the solution. Soroptimists RULE!!

Onward and upward!
President Gena



TEA WITH SHE

FIRST—Don't forget the **May 15th**

Tea With SHE event: Hospice Care: Benefits & Myths. Bring a friend and/or family, and learn about the hospice organizations in Clallam County.

SECOND—The committee is already thinking ahead to our Fall event in November, and we would like to ask the membership for potential topics to cover. Please send you suggestions to teawithshe@sisequim.org



~Jan Chapman, Tea with SHE Chair

**SAVE THE DATE—June 23, 2018
INSTALLATION**



SOROPTIMIST MEETING DATES TO REMEMBER



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

AWARDS & SCHOLARSHIPS



Makielah
VanderVelde

GIRL OF THE MONTH

Each month Soroptimist International of Sequim recognizes an outstanding female senior from Sequim High School. April's Girl of the Month has been awarded to Makielah VanderVelde. Makielah is planning after her graduation to attend Peninsula College and then transfer to Wenatchee Valley College for their radiology program. When not studying hard, you will find Makielah working at the YMCA as a certified lifeguard, or caring for children in their play care program.

"Ideals are like stars; you will not succeed in touching them with your hands. But like the seafaring man on the desert of waters, you choose them as your guides, and following them you will reach your destiny." ~Carl Schurz



Adrienne Haggerty

FOLLOW UP ON OUR 2016 VIOLET RICHARDSON AWARDEE

Just want all of you to know that Adrienne received a letter from Highline College congratulating her for academic achievement. They said that she may apply for membership with Phi Theta Kappa Honor Society. This will put her in good stead for scholarships for transferring to a 4-year university after next year. Soooo happy for Adrienne, and I know that Soroptimist likes to follow the students who they have supported. Good news for everyone!

Warmest regards,
Ruth Marcus, Adrienne's grandmother

Thank you to Kathryn Pacelli for her generous donation of gift certificates to our Live Your Dream Awardees!

DREAM IT BE IT

A few years ago, Soroptimist International of the Americas changed their mission focus from awards for service to educating girls through programs of empowerment. The Dream It Be It program and curriculum were developed with the help of one of our former members.



Saturday, April 14, 2018, was our first effort in presenting the Dream It Be It program. The girls were gathered from the beginning and teen section of the Boys and Girls Club's L5 groups. L5 stands for Lovely Ladies Learning Life Lessons. We had seven ladies participating in our first presentation.

Elaine Bradford, Susan Mesches and I helped Tessa Jackson, the B & G club Program Director. However, she also had some mentors and interns working with the girls as well. Each of them had support for all of the activities including identifying a person they admire, creating a collage, determining what goals are, how values affect their goals, and how stress and other factors can determine how you complete those goals.

We took a walk for lunch and another break to have coffee. The girls were engaged from 8:00am to 5:00pm. They loved the whole thing. All in all, the day was a success.

~Sandy Lawrence, DIBI Chair



GETTING ORIENTED

Membership held a new member orientation on April 17, 2018. This committee hosted a potluck salad and dessert dinner and invited all new members to learn more about being a Soroptimist in Sequim. Attending were Sharron Empens, Jess Mc Neil, Jodi Olson, Connie Van Roosendaal and Jennifer Weir.

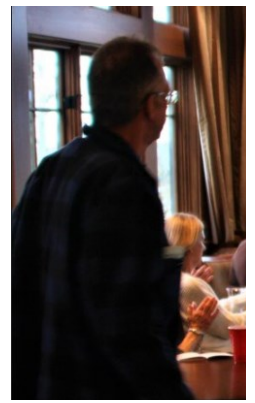
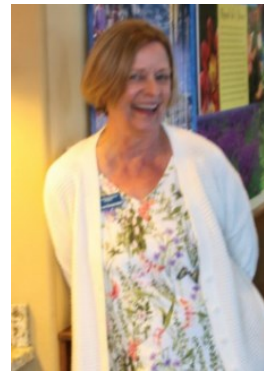
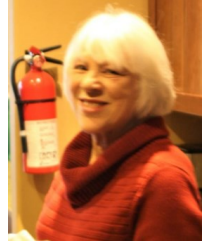
A video of past activities was playing to greet everyone as they arrived; Dave Fickes did a fabulous job of showcasing our club work. Mary Fasching put together the agenda and created content for a slide show used as talking points; we focused on outlining the club's organization and highlighting our biggest fundraising events, also noting all the information available on the SIS website and member roster. It was a well-planned event with time for introductions, socializing, dinner and Soroptimist learning.

Membership is a perfect committee for new members to join; think about using your experiences and skills while working on our club mission. Join us as we journey to the mountaintop together!

~Sandy Lawrence



*“We are like islands in the sea,
separate on the surface
but connected in the deep.”
~William James*



VIP LUNCHEON

V.I.P. Luncheon Chair, Maureen Gebbia, and her trusty volunteers are excited to host Festival and visiting royalty, at Key Bank before the Irrigation Festival Parade on **May 12**.



5th TUESDAY

The Program Committee is working hard on this month's 5th Tuesday Potluck event to be held at Solana Clubhouse @ **5:30pm on Tuesday, May 29**.

Get your costume ready and sharpen your pricing skills to play "**The Price Is Right—Costume Edition**." The competition between these contestants will be fierce for the ultimate grand prize. Put on your game face and "Come On Down!"



~Elaine Bradford, Programs Chair



Men with Guitars!



A night of oldies, country and originals

Saturday May 19, 2018

Olympic Theatre Arts, 414 N. Sequim Ave.

7 p.m. (doors open at 6:30)

Wine and beer available

\$15 Suggested donation (no advance tickets)

Featuring

*"Cowboy Bob and Uncle Mo" (duo from Twisted Roots) and
"High Divide" (Forrest Gilchrist and Kevin Munro)*

**All proceeds benefit education programs of
Mujeres de Maiz (Women of Corn) Opportunity Foundation**

www.MujeresDeMaiz.org

muejeres@olypen.com

Judith Pasco will be making a trip to Chiapas at the beginning of June. If anyone is interested in donating toothbrushes, she could use 30-40. You can bring them to the May program meeting, or drop them off at Computer Solutions by May 31.

IT ALL STARTS WITH IMAGE

Have you thought about the word “image?” An image can be applied to many things: a product, politics, a person, even an organization. How someone sees something is affected by how the image was applied to the item. Before we buy an appliance, a car or computer we have information that strives to give the product a positive image. The mental picture applied to the product often leads us to check into it further. A strong and powerful image is what makes a product popular, builds on a political idea or expands an organization.

We, as Soroptimist International of Sequim, have many images. We are viewed by many in the community as presenting a great garden show and a wonderful holiday gift show. Some see us as having an excellent medical loan closet. Those are all important images that apply to our organization, but there are more important images. It is the women and girls we support, serve and celebrate! These are the real images we want people to see and know.



As Soroptimists, when we are out in the community, often someone comments to us, “what a great garden show.” We ask that you reply by elaborating with a response that expands on our image. Share where our dollars go! Share whom we support! Share the benefits of empowering women and girls. Be an image maker!

Linda Klinefelter, Public Awareness Co-Chair



“A man’s work is nothing but this slow trek to rediscover, through the detours of art, those two or three great and simple images in whose presence his heart first opened.” ~*Albert Camus*

2019 GALA GARDEN SHOW

It’s hard to believe it was just six weeks ago when we held our 20th Annual Gala Garden Show. We are already starting to plan for the 2019 show. If you read the Public Awareness article in this issue of the newsletter you know that image is important. The image for the Gala Garden Show is artwork from a local artist. We have a new team handling the Artwork Contest for the 2019 show—Melody Albertson and Sharron Empens. They are preparing the documentation to send out to artists, inviting them to submit their artwork. Elaine Bradford will be handling the display at the entrance to the show. With her creativity, we’re sure it will be lovely. Many members from last year’s core committee have said they would like to stay on in the same role. Some have said they have other commitments. If you are interested in being on the Gala Garden Show Core committee, please let Kathy or Su know. The success of the show depends on all of us working together. That unity creates an image that shows our collective impact.

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



“A garden is a complex of aesthetic and plastic intentions; and the plant is, to a landscape artist, not only a plant—rare, unusual, ordinary or doomed to disappearance—but it is also a color, a shape, a volume or an arabesque in itself.” ~*Roberto Burle Marx*

BEING INVOLVED IN THE PROCESS

The Nominating Committee took their job seriously and did a few things differently this year. We provided nomination forms for members to nominate themselves or someone else. We attempted to reach all members by phone to invite them to be on the board. This yielded multiple candidates for several of the positions.

The elected board members for 2018-2019 are below. Please note: We are still in search of a President-elect.

President:	Elaine Bradford
President-elect:	VACANT
Secretary:	Linda Chapman
Treasurer:	Kathy Cunha
Assistant Treasurer:	Shelle Paulbitski
2-yr Director, 1-yr remaining:	Kathleen DeJong
2-yr Director:	Dave Fickes
1-yr Director:	Kris Osborn
1-yr Director:	Connie VanRoosendaal

Thank you to all those members who accepted nominations. And special thanks to Shelle Paulbitski and Paul Pacelli for their assistance in the process.

Kathy Purcell, 2018-2019 Nominating Committee Chair



Club attendees at the 100th Northwestern Region Conference



WORDS OF GRATITUDE

Dear Members of Soroptimist,

On behalf of OlyCAP, I would like to thank you for your generous donation of \$460.00 for the Sequim Senior Meals Program. Your commitment to helping families in need in our community is sincerely appreciated.












OlyCAP's mission is to lead and engage the community to promote self-reliance on behalf of those we serve while embracing innovation and collaboration with the determination and commitment to build a healthier community.

Thank you again for your generous support of our efforts.









Best Wishes,
Dale Wilson, Executive Director



May 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 SI SEQUIM 71 Years! 	3 Judy Field 	4 BOARD MEETING Jeanne Martin 	5
6	7	8 Business Meeting Marti Campbell 	9	10 Sandy Reed 	11	12 VIP Luncheon 
13 	14	15 Tea with SHE Trinity United Methodist Church 12:30 p.m. 	16	17	18 Pauline Geraci 	19
20 Cynthia Martin 	21	22 Program Meeting	23 Linda Klinefelter 	24	25	26
27	28	29 5th Tuesday The Price is Right- Costume Edition	30	31		

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

The Opening by: Matisha

Here in this moment...an invitation to awaken
in the Embrace of One holding all.

The opening experienced by each soul,
that alignment refined by the intensity
of the soul's "Yes!" to The New.

All opening forms the pathways through which
the most joyous dreams unfold as tangible experience.
The inner urgings within one's heart and mind,
are the seeds of potentiality giving rise
to the fullness of Love's Vast Presence
throughout the human family and all life...

The opening, a Quantum leap in consciousness...
If you are reading this,
there is something within your makeup that is both
calling and answering the Deeper Call...
This comes as a Welcome and Gratitude for beaming
the precious gift of your essence
within the Sea of Life from which
and through which all have their being...

A constancy of Love and Beauty blesses
through your every breath
in accordance with the depth of gratitude
through which the moments of your living find expression...

All BlesSings on the way...



SOROPTIMIST
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