

Officers 2018 - 2019

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Gena Royal

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Vacant

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Director: 2 year

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Director: 1 year

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Director: 1 year

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**“Celebrate who you are
in your deepest heart.
Love yourself and the
world will love you.”
~Amy Leigh Mercree**

Message from the President

Valentine’s Day is coming. It’s a day that means different things to different people, often based upon where they are in life. The most blessed among us have known the joy of having and being someone’s special Valentine!

This year our church is holding a Valentine’s dinner themed after our Pastor’s wife’s favorite romantic movie, Lady and the Tramp. To promote signups for the dinner, the announcement was shown on the backdrop of the movie’s most romantic video clip... Tramp and Lady sharing a plate of spaghetti. They find they are sharing a long noodle, as they inch closet and closer to each other, until at last, in a moment of modesty, Lady turns quickly away, smiling shyly. Tramp, in an act of chivalry, nuzzles a meatball in her direction. It was so sweet and touching until someone in the congregation said, “That’s fine, I don’t mind sharing a noodle with you, but you’d better keep your nose off my meatball!” Hmm, did I really say that out loud. Yep, I did. My hubby is such a good sport!

Do you remember as a child passing out those little one sided Valentines that came in the cellophane wrapped box at the class party? There was always one special one for your teacher and enough “Be My Valentine” wishes for each of your classmates.

I remember that some of the kids considered having more Valentines than the rest of us as a status symbol and they would go through their decorated brown paper bag carefully counting each one and triumphantly announcing their grand total to all who would listen. I could never figure out how they could have more than I did. After all, there were 23 kids in the class. Shouldn’t we all have 23 cards? One from each of the other students and, of course, that coveted one from Mrs. Wallace. So how did I always end up on the short end of the tally? Did someone purposely skip me, did someone forget to give one to me as they went along slipping a treasured sentiment into each open bag? Maybe, in my haste to peruse the heartfelt messages, I had scooped up my bag before one my classmates had a chance to ask me to please be their Valentine. It wasn’t until 4th grade that I figured out that Sadie wasn’t more popular than the rest of us, it was that she always gave one to herself and the one that her mom put in her lunch box also managed to make its way into her bag, clinching for her the title of Valentine Queen. The quantity makes quality years!

Later, the value of Valentine sentiments was based on the accompanying heart shaped candy printed with Be Mine or Sweet Heart. Finally, it became a criteria based on hand written sentiments and, if you were especially loved, handmade cards that held secret messages between the best of friends.

How warm and reassuring it was and still is to hear how special you are to someone, to know they are thinking of you, to feel valued and appreciated!

I hope you all know how special you are to me! Each one of you are treasured and valued for your dedication, your shining smile, and especially for your loving heart.

Will You be My Valentine?

President Gena
“We Rise by Lifting Others”



Letter from the Editor

Dear Friends,

It's February, which means it is Black History Month and American Heart Month. It's also the month that brings us Presidents Day, Cupid's Day a.k.a. Valentine's Day—and this year—snow?

When thinking of Black History Month the first person who came to mind was Rosa Parks. Maybe it is because spring is around the corner and *roses* will start to bloom soon. Or perhaps it is because Rosa was born in February (February 4, 1913). Her biography page states: "*Rosa Louise Parks was nationally recognized as the 'mother of the modern day civil rights movement' in America. Her refusal to surrender her seat to a white male passenger on a Montgomery, Alabama bus, December 1, 1955, triggered a wave of protest December 5, 1955, that reverberated throughout the United States. Her quiet courageous act changed America, its view of black people and redirected the course of history.*" The word courage comes from the French word *coeur* which mean heart. Rosa Parks certainly put heart into how she lived her life.

Speaking of heart, President Lyndon B. Johnson declared the first American Heart Month in February, 1964, to tackle heart disease in the United States. Heart disease can occur at any age. American Heart Month educates us about the ways we can help reduce our risks while eliminating those over which we have control.

Speaking of presidents, history.com states this about Presidents Day: "*Presidents Day is an American holiday celebrated on the third Monday in February; Presidents Day 2019 occurs on Monday, February 18. Originally established in 1885 in recognition of President George Washington, the holiday became popularly known as Presidents Day after it was moved as part of 1971's Uniform Monday Holiday Act.*" That means a three-day weekend for federal employees.

With the recent snow storms we've had here on the Olympic Peninsula we all have had a few days off. However, I'm sure cupid will find a way to shoot arrows of caring on Valentine's Day.

Speaking of the Olympic Peninsula, February also brings us the Olympic Peninsula Area Meeting; it will be held February 23, 2019, in Port Angeles. This is also the month the Call to Conference will be posted. This year's Northwestern Region Conference will be held April 25-28, 2019, at Skamania Lodge in Stevenson, WA. Watch your inbox on February 25.

February is also the month we define our club's Nominating Committee. Yes, the process for selecting the officers and board for 2019-2020 is starting. If you are asked to serve, please consider it. If being on the board doesn't fit you for next year, consider trying on a leadership role as a co-chair of one of the committees. Sign-up sheets will begin to show up at meetings after the election.

We can all take an example from Rosa Parks and think about what areas speak to our hearts. We don't have to wait for cupid's arrow; we can choose how we participate. Our quiet acts reverberate throughout the community. When we act from what has meaning for us, when we come from the heart, it is heart-healthy. In the process we rise and we lift others, and in some cases, we redirect history. I am grateful to be part of the uplifting, along with all of you!

Light and Love,
Kathy Purcell, Editor



**"Without passion man is a mere latent force and possibility, like the flint which awaits the shock of the iron before it can give forth its spark."
~Henri Frederic Amiel**

CALENDAR

FEBRUARY

- 8 Board Meeting
- 12 Business Meeting
- 23 Area Meeting
- 26 Program—LYDA

MARCH

- 8 Board Meeting
- 12 Business Meeting
- 16-17 Gala Garden Show
- *26 Gala Garden Show
Potluck Celebration



We Rise By Lifting Others

***Evening Meeting**

**"If you're passionate about your work, it makes the people around you want to be involved too."
~Wanda Sykes**



"A great leader's courage to fulfill his vision comes from passion, not position." ~John Maxwell

Celebrate Life!

FEBRUARY

- 2 Becky Archer
- 2 Cindy Rhodes
- 11 Missy Church-Smith
- 12 Su Howat
- 15 Theresa Alcayaga
- 17 Joan Miller
- 22 Jan Chapman
- 22 Sherry Lacey
- 25 Maureen Gebbia

MARCH

- 4 Anji Scalf
- 21 Laura Rundle
- 24 Susan Mesches
- 27 Gerry Sladowski
- 28 Kathryn Pacelli
- 29 Tina Thomson
- 31 Carol Pearson



Note the phone number for our
MEDICAL LOAN CLOSET

360-504-0231



“Love many things, for therein lies the true strength, and whosoever loves much performs much, and can accomplish much, and what is done in love is done well.” ~*Vincent vanGogh*

ELEVATOR SPEECH CONTEST

You may have noticed the Public Awareness article in the region newsletter that just came out. It talks about having our “elevator speech” ready. The term “elevator speech” comes from the notion that the speech should be delivered in the short time period of an elevator ride—usually **20-60 seconds**.

Deb Carlson read the article and came up with an idea for a contest. She said whenever someone asks her what Soroptimist is all about she mentally fumbles for the right answer. It's like someone asking you about a good place to eat...you can never think of any place. She eventually gets it out but it's never the same and may not always be very cohesive.

Here's the contest: We invite all of you to come up with a suggested elevator speech about Soroptimist—concise words that captures what we do. **Keep in mind it should be 20-60 seconds.** You will have until February 15, 2019, to make your submission. All entries will be compiled and members will vote for their favorite one. There will be a prize for the winning speech. The winning wording can be put on a card for members to carry with them as a reminder.

Send your “elevator speech” to: elevatorspeech@sisequim.org

“It isn't about the words you say. It's about the energetic message you send.”
~*Pete Carroll*

SOROPTIMIST MEETING DATES TO REMEMBER



Peninsula Area Meeting
Port Angeles Yacht Club
Port Angeles, WA
February 23, 2019 / 10am—3pm



NWR Conference
Skamania Lodge
Stevenson, WA
April 25-28, 2019



21st Soroptimist International Convention
Kuala Lumpur, Malaysia
July 18–21, 2019

AWARDS AND SCHOLARSHIPS

YOUTH CITIZEN'S AWARD

ASHLEY ROSALES

Soroptimist International of Sequim is pleased to announce they awarded their Youth Citizen's Award to Ashley Rosales for her volunteer work with the Sequim Food Bank. Ashley is flanked by her proud parents, Stephen and Kim. In addition to volunteering for the past nine years with the food bank, Rosales also volunteers for the Boys and Girls Club and Habitat for Humanity. Ashley is a senior at Sequim High School and will be attending the University of Washington in the fall and majoring in pre-law. Cash awards were given to both Rosales and the Sequim Food Bank.



“I think that if you start teaching about giving back and helping other young people, that will be a given for your child their whole life.” ~Eva LaRue

FEBRUARY PROGRAM MEETING

Our Live Your Dream Award will be presented at the February 26 Program meeting. Her name is Luisa Sheppard. Luisa was chosen by an independent panel. Luisa is a stellar example of a woman who has earned such an award. Plan to attend and meet this inspirational woman.



Tea With SHE – Living Well: Ten Tools For A Healthier YOU!

The next **Tea With SHE** event will take place on **Tuesday, May 7, 2019, 12 p.m. to 1:30 p.m.** at **Trinity Unity Methodist Church**. Join Dr. Monica Dixon for this fun, engaging presentation on how ten simple tools can change your life! You've cared for everyone else, now it's time to take care of you! Learn the latest research-based information to living a healthier life in the second half, and simple steps you can take to optimize your health and your life.

Dr. Monica Dixon is a Health Psychologist and Registered Dietitian with over 35 years of experience in the health field helping people live healthier lives. She is a national speaker and trainer, an internationally published author and co-founder of the Olympic Peninsula Healthy Community Coalition.

~Jan Chapman, Tea with SHE Chair



“Life loves the liver of it.” ~Maya Angelou

MEET OUR NEWEST MEMBERS

KIMBERLY RENFRO

...sponsored by Jan Durham



Kimberly and her husband Robert moved to Sequim 2 years ago from Sacramento, CA, attracted by Sequim's small town/community feel and wonderful weather! Retired from careers in both nursing and the I

nsurance industry, **Kimberly** now has time to volunteer with the local **Community Emergency Response Team** (CERT), as well as enjoy sewing, cooking, baking and travel!

Her advice: **Before you move on in life you need to forgive or let go of the past so you can have a peaceful future.**

Welcome to **Kimberly!**
Committee: **TBA**

ANJI SCALF

...sponsored by Amala Kuster



Anji grew up on the Peninsula! After 33 years in Port Townsend, she and her partner Caleb moved to Sequim in 2017. She has enjoyed a career in business management and is the current Director of the **Sequim-Dungeness Valley Chamber of**

Commerce. **Anji** was an active member of Soroptimist International of Port Townsend; it is our good fortune that she has transferred her enthusiasm and talents to SI Sequim! Volunteer activities have included animal rescue and youth advocacy. **Anji** has also worked as a pastry chef, and loves local food and gardening!

Her advice: **Don't be afraid, you were born for this!**

Welcome to **Anji!**
Committee: **TBA**

SIS MEMBERSHIP is on a Roll!

Our club continues to attract wonderful new members, thanks to all of you who invite friends and neighbors to come to a meeting and *check us out!* With our most recent applicants, our membership stands at 86 (82 regular members, 4 life members)! New members infuse our club with enthusiasm, curiosity and energy, keeping SI of Sequim fresh and vital!

The Membership Team continues to offer support and activities just for **Newbies**, such as orientation (February) and a luncheon (May), as well as encourage all to join in 5th Tuesday gatherings, Garden Show potluck and other social activities.

New members are highlighted in the **SoroptiScoop** as applications are processed; please take time to read their bios. You may find many common interests, passions and talents!

And one reminder: please go to the **Members Only/Roster Updates** page of our website to find updated contact information for both new members and members whose information is incorrect in the printed roster.

Thanks to all of you!
The 2018-19 Membership Team

“While I started out with a vague understanding that diversity would be important, my own observations have led me to realize that achieving greater levels of diversity is in fact vital to our long-term success.” ~**Wendy Kopp**

MEDICAL LOAN CLOSET

We have a new Co-Chair for the Medical Loan Closet! I would like to thank Becky Archer for stepping up to help out with the day-to-day administration of the closet. There is more to it than people realize to keep the closet going.

I want to thank Gena Royal and Su Howat for all the hard work they put into the closet as Co-Chairs. They both will stay involved but in a less participatory way. We all thank you so much for the changes you implemented and the guidance you provided to everyone.

I would like to thank all the new members of Soroptimist who have joined the Medical Loan Closet committee. We have several new enthusiastic members that are most welcome and appreciated.

And last, but not least, I need to put a thank you out there to the Sequim Community. Their generous donations have given us enough money to purchase some larger sized wheelchairs and commodes which are very much in demand.

~Jeani Penn, Co-Chair, Medical Loan Closet



“There are big problems that change the world. If we are working together, that will make us understand each other, appreciate each other, help each other.”

~Jack Ma



MUJERES UPDATE

Greetings!

2019 is getting off to a good start. Mujeres will continue funding seven children's programs plus a summer program. These programs are planned and taught by young women who are on scholarship with us as part of their community service obligation. We receive detailed lesson plans for the entire year from each program. These sessions, focusing on primary students, take place on Saturday or Sunday for three hours, and include a meal. Indigenous children typically have inadequate education in their communities, so these supplemental classes mainly emphasize Spanish (their second language) and math. Over 100 children will participate this coming year. We have found that these programs stimulate interest in continuing education past the 5th grade. We have also found that the girls conducting the classes serve as role models and inspire the young children to aspire to higher goals.

Thanks to all for supporting Mujeres for 14 years now! If any of you would like more information on our other programs, Kathy Purcell is one of our board members. Or see our website at www.MujeresDeMaizOF.org

Judith Pasco
Board chair, Mujeres de Maiz Opportunity Foundation
www.MujeresDeMaizOF.org
www.mujeres@olypen.com



PUBLIC AWARENESS

Public Awareness within Soroptimist means developing and communicating information on our projects and activities which we do for our community. When we provide information for the community, we build support in several ways: membership, financial and educational. Be a part of public awareness! Build and use that elevator speech with your family, friends, neighbors and co-workers. You don't need to be a member of the Public Awareness Committee to participate in public awareness for Soroptimist.

~Linda Klinefelter, Public Awareness Chair



FEATURING OUR BOARD

We want to acquaint our membership about our board members—especially those who are new to our board. Each month we will be featuring a board member.

SHELLE PAULBITSKI– Assistant Treasurer



Shelle Paulbitski, our Assistant Treasure, is multi-talented. She grew up in Northern California as the youngest of three girls, plus she has four half-sisters. That is a lot of females.

Her first job was in the insurance industry, followed by positions in the employment benefits field. The main focus was on the administrative/service side dealing with health and retirement benefits. She managed corporate benefits for Sprouse-Reitz before their closure. How many of you remember them?

She loves to read, sew and do quilting. Fit4Life sees her regularly, as does the Sequim Picklers, a pickle ball group. I did not know there was such a thing. Her Goldendoodle, Sadie, was a good trainer as well. Shelle said she learned quickly.

Other volunteer activities include her church and the Sequim Education Foundation, of which she is Treasurer. She has been President, President Elect, and Assistant Treasurer for Soroptimist. I think we are in very good hands.

~Rose Jaeger, Pubic Awareness Committee



“Love puts the fun in together, the sad in apart, and the joy in a heart.” ~Author Unknown



“We Rise by Lifting Others”

5th Tuesday Member Get Together



WOMEN FOR WOMEN INTERNATIONAL

From: Keziah Yohanna, Nigeria, our Women for Women International Sponsoree (taken verbatim from Keziah's hand-written letter, written in Nigeria's language, English)



WOMEN *for* WOMEN
International

Dear Sponsor:

It is my sincere hope that everyone is doing fine.

I am so glad to tell you how my life is getting empowered by WFWI (Women for Women International) training program. I learnt how to plan for the future by setting my goals and taking an action plan to achieve them. I also learnt how to manage time and stress well to achieve work life balance.

I chose trading as my vocational skill tract to have a better business knowledge, so as to do a sustainable business.

Your sponsorship has given me great hope for life ahead. I sincerely appreciate. Thank you.

Your sister,
Keziah Yohanna

GALA GARDEN SHOW UPDATE

It's February and we're getting more excited about the upcoming Gala Garden Show. Here's some of what's happening.



- ◆ Linda Klinefelter has given all articles to the *Sequim Gazette*. Thank you to all those who submitted articles.
- ◆ A draft of the insert will be provided later this month for proofing prior to being printed.
- ◆ Missy Church-Smith has sent out a sign-up sheet for staffing the show. Please let her know where and when you'd like to work.
- ◆ The posters will be designed and printed by the end of the month.
- ◆ Magnets and car signs will be available at our February program meeting.
- ◆ Merchant flyers will be printed and ready for distribution by the end of the month.
- ◆ Pre-sale tickets will be available by the end of the month. These make a nice gift.
- ◆ Jan Chapman is making arrangement to have some books by our keynote speaker Jessi Bloom available for sale after her talk. Jessi will also be signing the books.
- ◆ A reminder: We are doing something slightly different this year. We are asking vendors to park in the grassy area to the north and west of the Boys & Girls Club and NOT in the B&G Club parking lot and NOT in the elementary school parking lot next door; we are giving vendors a sign to put inside their cars that says VENDOR. Also, we are asking ALL members to NOT park in the B&G Club lot and NOT in the elementary school's lot. This will leave more spaces open for patrons. There are several off-site areas for members to park. A map will be provided closer to the show.
- ◆ Deb Carlson has ordered new overlays for Parking signage.
- ◆ The next Gala Garden Show Core Committee meeting is Wednesday, February 13, 2019 at 8:30 a.m. at the First Security community room in Sequim

Thank you all for doing your part to make this a great show.

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



“Love yourself, even a little bit each day, and your life will bloom into infinite joy.” ~Amy Leigh Mercree

WORDS OF GRATITUDE

On behalf of staff and Board of Directors of Healthy Families of Clallam County we thank you for your generous donation of \$500 to support our agency.

Healthy Families

Dear Soroptimists,

Thank you so much for facilitating the generous donation to the Helen Haller Library. Please extend this thanks to the wonderful donor as well. The funds will be used to purchase much need books for the library collection.

With Gratitude,
Sheri Kruckeberg, HHE Librarian

Dear Soroptimist International of Sequim,

We are so grateful for the generous donation of \$500. Please let the benefactor know how much we appreciate the support of our cause.

Thank you!
The Kathleen Suttan Foundation Board of Directors

Dear Sequim Soroptimists:

I want to thank you on behalf of the Greywolf Elementary Library for the anonymous donation that was given to us for purchase of books. This was such a wonderful surprise and will directly affect kids and their love of reading. By purchasing new up-to-date books, kids get so excited about coming to the library and checking out books. Books! Books! Not video games...but their excitement is for books. love seeing their faces light up when we are able to bring new books into the library.

Thank you for helping me provide the opportunity to reach the varied interests and levels of our students through reading. The donation will most definitely help our students.

I appreciate the investment in our kids, who are the future. Helping kids become life-long readers, not just school readers, is a big job. Thank you for having a part in the work.

Sincerely,
Dena Riccobene
Greywolf Elementary Teacher-Librarian

Dear Soroptimist International 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 \$1,000.00.

If you have not already done so, please go to our web site www.vhocc.org, press the 'subscribe' button and provide us with your e-mail address so that we may electronically send you our quarterly newsletter. We will never share your e-mail address.

Sincerely,
Nancy Bar
Treasurer

Dear Friends,


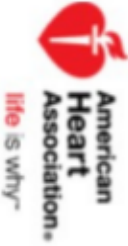




You have made a remarkable difference for so many women, girls and boys. Step-by-step, you are paving the way for justice and lighting the path to freedom for victims of child sex trafficking. Looking back over the year, 2018 was again packed full of amazing stories and victories for Shared Hope International, all thanks to you!

- ◆ This past November marked Shared Hope's 20th Anniversary. You made this milestone possible!
- ◆ We launched the first two courses available through our interactive, online learning platform.
- ◆ We trained and equipped more than 1,000 professionals our JuST Conference in San Diego.
- ◆ We successfully supported legislation in 13 states that addressed gaps in state laws.
- ◆ We partnered with 13 shelter and service organizations in four countries (including the U.S.).
- ◆ 1,126 HIV/AIDS-related medical visits were made to potential trafficking victims in red light districts.











Thank you for fighting child sex trafficking through your strong support of Shared Hope International. We could not have done it without you! Together, in 2019, we'll continue to advance on the good things we've started!

Sincerely,
Linda Smith

February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Becky Archer Cindy Rhodes 
3	4	5	6	7	8 BOARD MEETING	9
10	11 Missy Church-Smith 	12 Business Meeting Su Howat 	13	14 <i>Happy Valentine's Day</i>	15 Theresa Alcayaga 	16
17 Joan Miller 	18 	19	20	21	22 Jan Chapman Sherry Lacey 	23 Peninsula Area Meeting
24	25 Maureen Gebbia 	26 Program Meeting Live Your Dream Award 	27	28		

March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Anji Scalf 	5	6	7	8	9
10 	11	12 Business Meeting	13	14	15 Gala Garden Show Setup	16 Gala Garden Show 
17 Gala Garden Show 	18	19	20 FIRST DAY OF Spring MARCH 20 	21 Laura Rundie 	22	23
24 Susan Mesches	25	26 Gala Garden Show Potluck Celebration	27 Gerry Sladowski 	28 Kathryn Pacelli 	29 Tina Thomson 	30
31 Carol Pearson 						

You, The Exquisite Part Of Valentine's Day

by Kaya De Poetic

Hearts are flying.
Stars are aligned.
So many valentine cards I will find
On top of my desk,
And under my chair.
I even found one tangled up in my hair.
Oh Valentine's Day,
Valentine's Day,
The love, how could you miss it?
There's something about it that makes it so exquisite.
Oh me, oh my,
How can it be true!
The exquisite thing is, you.



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