



SOROPTIMIST®

Investing in Dreams

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.*

Volume 24, Issue 8

Soroptimist International of Sequim

Celebrating 70+ Years of Service

February, 2020

Message from the President

Officers 2019 - 2020

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**“Awareness is like the sun. When it shines on things, they are transformed.”
~Thich Nhat Hanh**

It's February. Did you know February is Teen Dating Violence Awareness Month? I wasn't aware of that until **Sandy Lawrence** submitted an article for this edition of the *Soropti-SCOOP* (see page 6).

Speaking of awareness, January was Human Trafficking Awareness Month. As you know our club collaborated with SI/Port Angeles and SI/Port Angeles Jet Set to bring a Human Trafficking Awareness program to our community. The topic was: **Responding to the Sexual Exploitation & Trafficking of Youth**. (Read **Shawn Dredla's** article on page 5.) One woman I greeted as she entered said she was there to learn more about the issue. That's exactly what our intention was—providing education.

The presenter, **Brenna Doyle** from WA Trafficking Prevention, told the audience to ask questions along the way rather than wait till she finished her PowerPoint presentation. Wow—there were so many questions! It was interesting to see there were two young girls in the audience—one with her mom, the other with her grandmother. One of the girls asked several good questions. Also in attendance were two representatives from the Boys & Girls Club.

One woman (at a table with three of her co-workers) stood up and said she was with the prosecutor's office. She told us they recently had a sting operation in Clallam County that resulted in the arrest of 13 offenders. There were a few gasps in the room—obviously some were stunned to learn exploitation of youth was happening in our community. There was a police officer—not in uniform—who stood and shared that they are watchful and take this issue seriously. When a woman asked what we could do, Brenna said the best thing we can do is to start by networking with others in the room.

Lots of people remained after the presentation, talking to others in the room. Also, many waited in line to talk with Brenna. **Shawn Dredla** had done two interviews on KSQM, and after the event the radio station contacted her to do a follow-up. We have started the flow of info to our community. This is very exciting! At the end Brenna told me she didn't get through half the slides. However, she considered it a worth-while evening because of how engaged the audience was and how many good questions they asked.

This event was spearheaded by Linda Klinefelter, our HTA Committee Chair. It came together with the assistance of Jean Hordyk (PA-Jetset) and Gayle McCormick (PA-noon), as well as other members from the three clubs. Thank you all for making this happen.

As Soroptimists we strive to empower women and girls through access to educational resources. Our HTA event offered access to resources that provide education to the entire community. Awareness is such a vital tool.

Another avenue for awareness is our **Peninsula Area Meeting** which will be held **February 22** at the Port Orchard Yacht Club. This is our opportunity to meet members from other clubs in our area and to brainstorm, share ideas, and increase our knowledge about Soroptimist. Please consider attending this important meeting.

It's February—the month of Love. It is a time we often think of cupid and romantic love. However, there are various kinds of love and many ways to express it. For example, the mother and grandmother who brought the young girls to the HTA event. They showed their love for them by sharing information that raises their awareness of an issue that might otherwise go unnoticed.



Our greatest inner treasure is Love. I am thankful for this awareness and grateful for all of you. Let us continue to empower one another as we increase our awareness and discover more ways to express our Inner Treasures.

~President Kathy

Discovering Our Inner Treasures (DO IT!)



This month we hear from Sandy Lawrence President 2014-2015



Sparking the Special Power Within.



I was introduced to Soroptimist in the late 90s. In the 20th century, Soroptimist International had membership guidelines. Unfortunately, being a Soroptimist at that time was not to be. Years later, I was reintroduced to Soroptimist on the North Olympic Peninsula and the new guidelines which would allow me to join.

Once I joined the Sequim club, I wanted to immerse myself in all things Soroptimist. I attended the next Northwestern Region Conference to learn as much as I could. I came home with extra passion for our mission. I was willing to run for a 2-year Director position for the next fiscal year.

This was a very active club that I had joined. It was growing by four to five members each year as well. I was excited to be a part of it. I attended the next District 1 Meeting, and by the beginning of the next year, I was considering running for president of the club.

Happily, I was the President-elect to President Amanda Beitzel. With her leadership we facilitated a brainstorming session that would determine the direction of our club for the next few years. Amanda's "Journey" took us to the theme of my presidency, "Sparking the Special Powers Within."

Each president meets with her leadership team during the summer to prepare for the annual S.T.A.R.T. meeting. Our focus for the club was going to be the FISH! philosophy for the environment and culture during the year.

The four practices of the FISH! Philosophy are:

Be there—Be emotionally present for people. It's a powerful message of respect that improves communication and strengthens relationships.

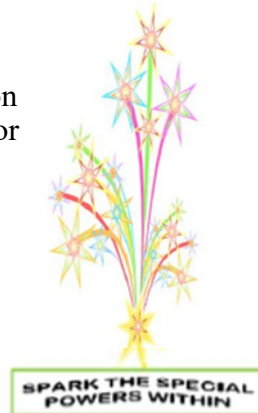
Play—Tap into your natural way of being creative, enthusiastic and having fun. Play is the spirit that drives the curious mind, as in "Let's play with that idea!" You can bring this mindset to everything you do.

Make their day—Find simple ways to serve or delight people in a meaningful, memorable way. It's about contributing to someone else's life—not because you want something, but because that's the person you want to be.

Choose your attitude—Take responsibility for how you respond to what life throws at you. Your choice affects others. Ask yourself: "Is my attitude helping my team or my customers? Is it helping me to be the person I want to be?"

When a team (club) lives the philosophy, they improve their culture, service, engagement, retention, recognition and leadership.

~Sandy Lawrence



CALENDAR

FEBRUARY

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

MARCH

- 6 Board Meeting
- 10 Business Meeting
- 21-22 Gala Garden Show
- *31 Potluck After Garden Show Celebration

*Evening Meeting



"A mighty flame followeth a tiny spark." ~Dante Alighieri



*"Goal-getting matters. And writing down the brave acts and bold dreams you intend to accomplish will provide the spark to get them done."
~Robin S. Sharma*

Celebrate Life!

FEBRUARY

Becky Archer
Jan Chapman
Missy Church-Smith
Su Howat
Sherry Lacey
Joan Miller

MARCH

Rita McCabe
Susan Mesches
Kathryn Pacelli
Laura Rundle
Anji Scalf



Note the phone number for our
MEDICAL LOAN CLOSET
360-504-0231



*“A good head and a good heart are
always a formidable combination.”
~Nelson Mandela*

Please join us for the upcoming
**SOROPTIMIST INTERNATIONAL
OLYMPIC PENINSULA AREA MEETING**



FEBRUARY 22, 2020

Registration: 9:30 a.m. - 10 a.m.

Program: 10 a.m. to 3 p.m.

Port Orchard Yacht Club
201 SW Bay Street
Port Orchard, WA

Cost: \$25.00 per person
Includes morning munchies and catered lunch

Reservations and check due by February 15th
Mail to: SI Port Orchard
P.O. Box 326
Port Orchard WA 98366

*“Nobody has ever measured, even poets, how much
a heart can hold.” ~Zelda Fitzgerald*

SOROPTIMIST MEETING DATES TO REMEMBER



Olympic Peninsula Area Meeting
Port Orchard Yacht Club
Port Orchard, WA
February 22, 2020



NWR Conference
Hyatt Regency Lake Washington
Renton, WA
April 16-19, 2020



SIA 46th Biennial Convention
Hyatt Regency Bellevue
Bellevue, WA
July 22-25, 2020

AWARDS AND SCHOLARSHIPS

YOUTH COMMUNITY SERVICE AWARD

SI of Sequim offers its Youth Community Service Award yearly. This \$500 monetary award recognizes a young woman from 14 to 18 years old for the improvement of the quality of life for her fellow citizens, and the demonstration of her commitment to improving the life of others, and her involvement in family, school activities and service in the community. This year JoNell Hill is receiving the award to be divided between the Sequim Food Bank (in her honor) and herself. We will meet JoNell at the February 11th Meeting. Thank you, Marti Campbell, for your hard work finding our candidates.



~Melody Albertson, Awards & Scholarships

*“Youth is, after all, just a moment, but it is the moment, the spark that you always carry in your heart.”
~Raisa Gorbachyova*

TEA WITH SHE – SAVE THE DATE

We have the next Tea With SHE tentatively scheduled for May 19, 2020. We are firming up our topic and locating a keynote speaker.



~Connie VanRoosendaal, Tea With SHE Co-Chair



“What I want in my life is compassion, a flow between myself and others based on a mutual giving from the heart.” ~Marshall B. Rosenberg

MEMBERSHIP

TROBERG, Liz



Elizabeth “Liz” Troberg and her husband moved to the Sequim area 10 years ago from Eastern Washington.

Liz’s career as a nurse included work in hospitals, clinics, long term care and phone triage. She’s active in her church and the Newcomers organization. Her career and volunteer work, including earlier work with the Boy and Girl Scouts, provides a great background for participation in all that we do at SIS.

Liz enjoys quilting, camping and travel; activities and hobbies shared by many of our members. We look forward to getting to know Liz as we work together and benefit from her experience and talents.

NEW MEMBER COMMITTEE

The New Member Committee would like to thank you for all the donations that we received at our last Club meeting. Wow! When asked, you respond in a BIG way! We dropped them off at the Seventh Day Adventist Church and at First Step Family Support Center and they were very appreciative. We will continue to have the donation box available at every Club meeting for the next few months so clean out those closets and First Step is looking for child items like diapers, wipes, children’s clothing, etc. Again, a big THANK YOU!!



~Shawn Dredla,
New Member Committee Chair



DIGNITY FOR WOMEN PROGRAM

We have purchased feminine products and wipes totaling \$974 to date since July and have delivered them to the Food Bank. We have exhausted our budget from uncommitted funds for the year. However, we received an anonymous contribution of \$1,500 for this very worthwhile program to continue to serve women in the Sequim community. Thank you very much, anonymous.

We would like to have another diaper drive to assist the Food Bank in providing for the local community. Please bring diapers (sizes 4, 5, or 6) to the breakfast meeting on **February 25**. **Costco has diapers on sale beginning on February 5**. Thank you very much.



~Elaine Churchill and Becky Archer, Co-Chairs for Dignity for Women Program

Let us not be satisfied with just giving money. Money is not enough, money can be got, but they need your hearts to love them. So, spread your love everywhere you go.
~Mother Teresa

MEDICAL LOAN CLOSET

The Medical Loan Closet had an extremely busy January. First of all, kudos to Chris who was able to negotiate a reduction in phone charges from \$50 per month to \$7 per month. In addition, she was able to obtain a \$430 credit from the prior year's charges. In effect, there will not be a phone bill for the Closet for the next five years. Prior attempts to renegotiate the monthly bill were rebuffed by the service provider.

We purchased several much-needed knee scooters and transport chairs for the Closet this month. We had **186** phone calls; lent **148** pieces of equipment; and had **88** pieces of equipment returned. We also received \$640 in donations from the community.

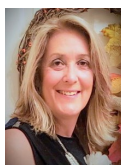


~Becky Archer and Chris Snow, MLC Co-Chairs



SHARING AWARENESS ABOUT HUMAN TRAFFICKING

On January 21, 2020, SI/Sequim, SI/Port Angeles, and SI/Port Angeles Jet Set put on an event for Human Trafficking Awareness Month called Responding to the Commercial Sexual Exploitation and Trafficking of Youth. It was attended by 75 people who weathered the rain, cold, and darkness in order to be there. Brenna Doyle from the Washington Trafficking Prevention put together an excellent presentation that was well-received by the audience and was reflected in the 56 surveys that were returned. Some of the comments were: "fantastic; eye opening; educational; scary." A young girl was in the audience and she asked some very good questions and said that she will share this information with her friend. Another person said that they will share the information with their 13-year-old son. The general take-away was sharing the information learned with other community members. Awesome event that met the objective!!



~Shawn Dredla, Human Trafficking Awareness Committee



Brenna Doyle

Some photos from the event: <https://www.flickr.com/photos/108582458@N03/albums/72157712802032161>

TEEN DATING VIOLENCE AWARENESS

February is Teen Dating Violence Awareness Month, a national effort in the United States to raise awareness about abuse in teen and 20-something relationships and promote programs that prevent it. Teen dating violence is the physical, sexual, or psychological / emotional abuse within a dating relationship among adolescents.



According to the Department of Justice, girls and young women between the ages of 16 and 24 experience the highest rate of intimate partner violence — almost three times the national average. One in three teens in the U.S. will experience physical, sexual or emotional abuse by someone they are in a relationship with before they become adults. Eighty-nine percent of college students report that they are not confident in their ability to recognize the warning signs of dating abuse.

Teenagers often think behaviors, such as teasing and name-calling, are a ‘typical’ part of a relationship. In reality, the behaviors can turn abusive and develop into more advanced forms of violence. Only 33% of teens who were in a violent relationship ever told anyone about the abuse.

Young people are not the only ones affected by dating violence. Dating violence is defined as the perpetration, or threat, of an act of violence, by at least one member of an unmarried couple on the other.

Dating violence also happens when one partner attempts to maintain power and control over the other through violence. Dating violence crosses racial, age, economic and social lines. Abuse is neither prejudiced nor racist; abusers and victims have that in common. There is a stigma that accompanies abuse; we are expected to come from a broken home or be abused as a child. Abuse can happen to anyone, at anytime, anywhere in the world.

From One Love Foundation: Explore the 10 signs of an unhealthy relationship—intensity, possessiveness, manipulation, isolation, sabotage, belittling, guilt, volatility, deflecting responsibility, and betrayal. And 10 signs of a healthy one—comfortable pace, trust, honesty, independence, respect, equality, kindness, taking responsibility, healthy conflict, and fun.

If you are seeing unhealthy signs in your relationship or in someone you know, it’s important to not ignore them and understand they can escalate to abuse.

If you think you or someone you know are in a dangerous situation, trust your gut and get help. If you work with youth: equip yourself! DATING MATTERS is a free, online 60-minute course that walks through warning signs and consequences of teen dating violence, as well as ways to promote healthy relationships.

Know the resources. If you or someone you know needs help:

- Locally, contact Healthy Families of Clallam County at 360-452-HELP (360-452-4357)
- loveisrespect provides highly trained peer advocates to offer support and information- Chat at www.loveisrespect.org, or Call 1-866-331-9474
- The National Domestic Violence Hotline provides support, crisis intervention info and referral services in more than 200 languages. Call 1-800-799-SAFE (7233)
- <http://www.loveisrespect.org/resources/dating-violence-statistics/>; <https://www.breakthecycle.org/learn-about-dating-abuse>
- https://yourdream.liveyourdream.org/2017/02/i-am-a-survivor-of-teen-dating-violence/?utm_content=101806542&utm_medium=social&utm_source=facebook&hss_channel=fbp-137923463000884



~Sandy Lawrence



“Non-violence, which is the quality of the heart, cannot come by an appeal to the brain.”
~Mahatma Gandhi

A letter from our Live Your Dream Award recipient for this year.

Dear Sequim Soroptimist members,

I just wanted to firstly apologize for not being present for your meeting. Ellensburg is quite far away! However, I hope I have a chance to meet you all in the future. Thank you so much for awarding me the scholarship. I am deeply honored and humbled. This award will bring me that much closer to reaching my goals. Thank you so very much.

My two boys are doing exceptionally well. They are both fluent in English now, and my older son Kazuki, now 8, just started the violin in his school's orchestra program. He is the youngest member of the group. I am very proud! I sometimes volunteer in the classroom early on Tuesday and Wednesday mornings. He is always happy to have me there. Takumi (age 4) is attending preschool/daycare and he is doing very well. He seems to be memorizing his alphabet and numbers very quickly!

It is a big challenge to balance school and home life, but I am trying my best every single day. This quarter I am taking a number of art classes, including Asian art history; since I had lived in Japan so long, I find it completely fascinating. I am also participating in a brand new chamber orchestra, playing principal cello. It's an exciting new group, which is going to be the foundation of a community orchestra for the Yakima/Kittitas area. Up until now, there has been no such group available for community members to join. I feel honored to be a founding member. There is no greater joy than being able to share the love of music and make it accessible to people in all walks of life. At present, I am playing on a very old (maker/age unknown) cello on indefinite loan to me from a friend in Japan. I feel blessed to be able to continue playing even after all that has happened. Currently I am not doing work outside of volunteering with coaching orchestra students and part-time translation work (English/Japanese).

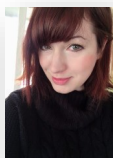
I hope to continue to succeed in school, and strive continuously, to the best of my ability, for excellence.

Thank you again for awarding me this wonderful opportunity.

All the best.

Sincerely,

Alexandria Rose Allen



*“Write it on your heart that every day is the best day in the year.”
~Ralph Waldo Emerson*

Spice up your Sunday morning by treating yourself to a delicious

Mexican Breakfast!



Including corn tortillas, cheese and scrambled eggs, tomato-chile salsa, black beans and freshly brewed Ravens Brew coffee and tea

Sunday, March 1

8:30 to 12:00

Suggested donation: \$12

Macleay Hall

290 Macleay Road, Sequim

For further information call: 360-809-0393

No advance tickets

All proceeds go to educational programs and projects

of **Mujeres de Maiz Opportunity Foundation**

(tax exempt 501(c) (3) www.MujeresDeMaizOF.org)

SEQUIM COMMUNITY AID

Founded in 1947, the same year as Soroptimist International of Sequim, Sequim Community Aid has served the Sequim area for more than seven decades. Its primary focus is to provide utility or rent assistance in order to prevent homelessness. It is staffed entirely by volunteers and is a non-profit 501©(3) donor-based organization. It is one of the organizations to which SIS contributes each year through the Committed Funds account of our budget.

Sequim Community Aid helps Sequim residents ranging from single parents on limited incomes to disabled persons who live solely on Social Security. When someone calls the Sequim Community Aid pager, a return call sets up an appointment at the person's residence, which must fall within the Sequim School District, and two trained volunteers conduct an interview. When provided, funding for utilities or rent relief is paid directly to the utility district or the landlord. Assistance can be provided once a year. It also provides local bus tickets for transportation to job interviews and doctor appointments.



Sequim Community Aid also offers referral services to other agencies which provide standard emergency, long-term, and self-help assistance. Its large referral list includes agencies and churches for those who need help with such expenses as housing, food, medical assistance, transportation, clothing and other resources.

As president Kathy Suta describes it, during snowstorms, like the one in January, calls to Sequim Community Aid increase sharply. She said, "Along with heating bills going up, kids were home from school, so they weren't able to access free and reduced lunches at school. So that all hits the budget."

From its early years, Sequim Community Aid has held its Toys for Sequim Kids event in December. On this magical day, volunteer elves help parents or guardians choose toys, blankets, clothes and more for children up through middle school age. This year 411 children from 140 families received gifts and 31 children also received bicycles. All the toys and other gifts are donations from within the community.

The current officers are Kathy Suta, President, Linda DeMoss, Vice-president, Linda Alexander, Secretary, and Kathy Fong, Treasurer.



~Patricia C. Willis, Public Awareness Committee



"At different states in our lives, the signs of love may vary: dependence, attraction, contentment, worry, loyalty, grief, but at the heart, the source is always the same. Human beings have the rare capacity to connect with each other, against all odds." ~Michael Dorris

GARDEN SHOW UPDATE

By the time you read this the 2020 Gala Garden Show will be less than six weeks away.

We're happy to say Janet Popelka volunteered to handle coordinating the Volunteer Staffing for the show up until the setup. Any follow-up during the show will be handled by Elaine Bradford. Thank you, Janet and Elaine, for stepping up.

The flower power t-shirts have been ordered and Jan Chapman will have them soon to distribute.

Marti Campbell will have yard signs and car magnets at the February meetings. Please be sure to pick these up and display them.

The Vendor Recruitment Team advises there is only ONE inside booth still available! Co-chair Chris Snow reported: "I was excited the other day to sell the next to last indoor booth to Tarra who is a veteran and owns her own business. Tarra told me how she and her family had moved here seven months ago from the deep South and now has the newest fencing company in Sequim: Logs & Links Fence Company. She is participating in the show in order to gain the visibility a new business needs to build their clientele. As I thought about this, I counted the number of either women-owned or women-partnered businesses that registered for the show. I found 31 out of the 40 for-profit businesses are either solely owned by a woman or co-owned by a woman and her family. To me, as a Soroptimist, that is an amazing statistic and I am so proud that our club is helping women in this way."

There has been activity with Sponsors. Kim Renfro may have carpal tunnel in her index finger and/or a sore ear. She has made follow-up phone calls—almost single-handedly—to businesses who had received our sponsorship letter. Thank you, Kim.

Since last month we've gotten two platinum sponsors—both because of personal outreach. Paulette Hill contacted Ron Allen and Linda Klinefelter contacted Jerry Allen. This resulted in a \$1,000 sponsorship from 7 Cedars Casino. Linda also made contact with Cascade Bark and we've received a \$1,000 donation from them as well. We are very grateful to Paulette and Linda—and to the members of the community who support our work. Networking really does make a difference. It's not too late to be a sponsor or to bring in another sponsor's donation.

This year we are going to be selling garden container arrangements. Some members have already volunteered to prepare these. We will have a sign-up sheet at the February meetings for those who still want to participate in this.

The success of the show depends on everyone doing their part. If you haven't signed up yet, please let Janet Popelka know where you'd like to work.

The next meeting of the Gala Garden Show Core Committee is **February 19** at the First Security Bank Community Room. The **time** is **DIFFERENT** than in the past. We will meet at **8:45**.

Thanks, Everyone!



~Kim Renfro and Kathy Purcell, Gala Garden Show Co-Chairs



"Sometimes the heart sees what is invisible to the eye." ~H. Jackson Brown, Jr.

WORDS OF GRATITUDE

Dear Soroptimists:

Thanks to you, last year our Club members had a safe, positive place to be when school was not in session. In addition to supportive adult guidance, members were given nutritious meals, homework assistance and access to academic enrichment, healthy living programs and opportunities to improve their character and citizenship. Over 1,100 registered members received services last year with 400 children attending daily at our Sequim and Port Angeles Units. Your commitment to help the youth in our community is appreciated by us and most importantly, by those who benefit from our programs—the children who need us the most.



Sincerely,
Janet Gray, Resource Development Director
Boys & Girls Club of the Olympic Peninsula

Dear Ladies,

I just want to thank you for the yummy See's Candies. They are wonderful. Have a Happy New Year.

Thank You.
Key Bank Girls

Dear Soroptimist International of Sequim,

We wish to thank you for your donation(s) for 2019. With your assistance we have been able to help many families and individuals in Sequim with basic needs, including utilities and shelter. Payments for rents and deposits in 2019 totaled approximately \$15,300. Payments for utilities totaled almost \$21,0300. Your donation helped make that possible.

Sincerely,
Kathy Fong, Treasurer
Sequim Community Aid

Soroptimist International of Sequim,

Thank you for your 2019 contribution of \$250. It seems 2019 flew by. With your help, the Sequim Food Bank had a very busy year— providing nutritious food and programming for our hungry neighbors and friends.

Here are a few accomplishments:

Stories in Numbers

- 12,800 total household visits through our Distribution Program
- 5,300 Weekend Meal Bags to Sequim Kids
- 1,268 Family Holiday Meal Bags distributed in November and December

There are no numbers to express the impact your gift has had in the lives of our visitors and our community. Thank you for helping fight hunger, we are amazed by and grateful for the compassion in our community.

Sincerely,
Andra Smith, Executive Director
Sequim Food Bank

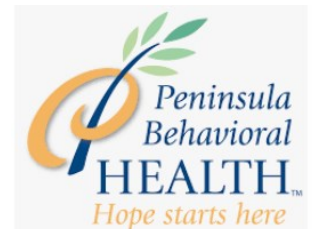


Dear Soroptimist Friends,


Thank you for your unwavering support of Peninsula Behavioral Health in 2019. Your gift has an ongoing ripple effect in our community. When people who are hurting receive the care they need, their lives, their families, and their communities grow stronger.

Thank you for looking after our most vulnerable neighbors by making quality, comprehensive behavioral healthcare accessible to them. We are proud to serve Clallam County as the largest not-for-profit agency on the Peninsula and as Clallam's primary community mental health provider.

With gratitude,
Rebekah Miller, Development Coordinator
Peninsula Behavioral Health



February 2020

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
BIRTHDAYS THIS MONTH Becky Archer Jan Chapman Missy Church-Smith Su Howat Sherry Lacey Joan Miller							1
2	3	4	5	6	7 BOARD MEETING	8	
9	10	11 Business Meeting	12	13	14	15	
16	17	18	19	20	21 	22 Olympic Peninsula Area Meeting 	
23	24	25 Program Meeting	26	27	28	29	

March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 BIRTHDAYS THIS MONTH Rita McCabe Susan Mesches Kathryn Pacelli Laura Rundie Anji Scalf Gerry Sladowski</p> 	2	3	4	5	6 BOARD MEETING	7
<p>8 </p>	9	10 Business Meeting	11	12	13	14
15	16	17	18	19 	20 Setup for the 22nd Annual Gala Garden Show!	21 Gala Garden Show 
22 Gala Garde Show 	23	24	25	26	27	28
29	30	31 Potluck After Gala Garden Show Celebration				

Ability To Carry Awareness

by: Margaret Alice

Sometimes my mind turns into a dragonfly hovering over the waters of reality, a glow-worm with its inner light extinguished

I can't rekindle the flames of interest by remaining within the borders of sensory objects, I have to spread mental wings and take off

To visit spiritual realms of vibrations manifested as sound and light broken up into colours denoting the electric power of feelings

The magnetic energy of love as consciousness to replenish my ability to carry awareness...



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