



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 3

Soroptimist International of Sequim

Celebrating 70+ Years of Service

September, 2019

Officers 2019 - 2020

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Kathy Purcell

President-Elect:

Kris Osborn

Secretary:

Linda Chapman

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Shelle Paulbitski

Assistant Treasurer:

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Director: 2 year

(one year remaining)

Dave Fickes

Director: 2 year

Jan Chapman

Director: 1 year

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Director: 1 year

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Gena Royal

Newsletter Staff:

Kathy Purcell

Rose Jaeger

Jane Manzer

Pat Willis

*“A smile starts on the lips, a grin spreads to the eyes, a chuckle comes from the belly; but a good laugh bursts forth from the soul, overflows, and bubbles all around.”
~Carolyn Birmingham*

Message from the President

Every morning when I walk, I see more leaves on the ground. The seasons are changing. As we leave summer and step into fall we fall into place with our new Soroptimist year. We have a new meeting place for 2019-2020—Holiday Inn Express, next to Black Bear Diner—see info on page 4.

Our theme this year is **Discovering Our Inner Treasures—DO IT**. Several tools for facilitating this were presented at the Installation Dinner. Those in attendance were given bags of gold coins—which have a purpose. Members are tasked with giving a coin to another member who does something they feel has made a difference—to either themselves or to someone else. The two major benefits of this are: 1) as givers of the coins, we are **taught to be aware** of the treasures other members are sharing, and 2) as the receivers of the coins, we are **taught to recognize** those treasures.

Members were also given a circular card that looks like a coin on one side and were asked to write the letters **TUIT** on the back. This represents all the things we have said we will do when we get **around to it**—this is our **Round-Tuit**. Members were asked to fill out the back with a goal they want to accomplish this year. It could be something Soroptimist related such as: “to be in charge of the Girls of the Month,” or it could be non-Soroptimist related such as: “to clean the garage,” or “to take ballroom dancing lessons.”

Members were also invited to fill out a form telling us who inspires them and why. Sharing who inspires us, inspires others. Blank **inspire forms** and **TUITs** will be available at the September business meeting for members to fill out. **Coins** will also be available. The more we understand about one another, the stronger we become—individually and collectively.

We kicked-off our year with our evening **S.T.A.R.T.** Meeting late last month. We went around the room and each person stated one of their positive attributes—starting with the letter **A** and going thru the alphabet. With 40 in attendance we passed **Z** and started again with **A**. Everyone had a voice—even Dave Fickes who moved around seeming to evade making a verbal statement. We are everything from **Amazing** to **Zealous!** (See photos on page 8.)

Our guest speaker, Dot Bristow, taught us about the healing power of laughter. While humor is subjective, laughter is universal. **Laughter** decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving our resistance to disease. **Laughter** triggers the release of endorphins, the body’s natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain. **Laughter** also helps us think better, so it’s good to laugh—especially a good belly-laugh—before brainstorming or starting a new project.

The seasons are changing—the falling leaves showing up on the ground are an indicator. One thing that doesn’t change is the spirit of our members and our unity. How we show up is an indicator that we are grounded in our commitment to one another and to improving the lives of women and girls. Together we will be Discovering Our Inner Treasures. Together we will DO IT.



~President Kathy

Discovering Our Inner Treasures (DO IT!)



“A smile is a curve that sets everything straight.” ~Phyllis Diller

This month we hear from Missy Church-Smith, President 2010-2011



A Look Back...*The Power of One*



Wow, we've come full circle since July 2010! The *Legend of the Starfish* theme, "...making a difference one at a time..." has been played out in so many ways this year! Each one of you has contributed to our club's success and to our community by hard work & outreach...by behind-the-scenes activities...by being a loving and caring person...and by giving your time and heart so generously to *be the difference*.

So how did we do? We had an *AWESOME YEAR!!* Let me share just a *FEW* of the wonderful things you accomplished in the past 12 months...

We met or exceeded all goals set forth in the 2010-2011 Strategic Plan!

Programs

...contributed talent & funds to such local organizations as Healthy Families' Domestic Violence Shelters, Mujeres de Maiz, Boys & Girls Clubs of the Olympic Peninsula, Kids Kloset...

...received Healthy Families' *2011 Gratitude Award* at the *Domestic Violence Vigil*

...researched & supported programs to enhance community awareness of issues such as Human Trafficking and Street Safety

Membership

...exceeded membership projections: inducted 12 new members, bringing our current membership roster to 54!

... *RoAR Team* held new member orientations, as well as a reunion to honor and update former members!

Public Awareness

... social media: enhanced SI Sequim website, Facebook page

... excellent media coverage: local newspapers, local radio stations

... comprehensive Gala Garden Show tab

... Irrigation Festival VIP Luncheon for visiting royalty

Fundraising

...Soropti-Gear, Fall Mall, See's Candy, Bouquets for Bucks, Gala Barn Sale

...targeted donations to victims of natural disasters in the United States and abroad

...scholarships to local women and girls

Mission Support

...budget presentation and workshop for all club members

...communication tools: SoroptiScoop, e-mail, website, Facebook, e-newsletters

...member/delegate attendance at all conferences throughout the year

...partnership with fellow area clubs to host 2011 Area Meeting

...and SO much more!

Many thanks to the *2010-2011 Board, Committee Chairs* and *ALL members* for making this year such a pleasure! It's been my privilege to represent our club for the past 12 months...you make us all shine!

Missy



"What you leave behind is not engraved on stone monuments but what is woven into the lives of others."

CALENDAR

SEPTEMBER

- 6 Board Meeting
- 10 Business Meeting
- 24 Program Meeting

OCTOBER

- 4 Board Meeting
- 8 Business Meeting
- 15 Program Meeting
- 24 Tea With SHE
- 25-17 D1 Meeting
- *29 5th Tuesday



***Evening Meeting**

"The only difference between you and the star is that you shine below, and the other shines above: wherever you are located, you are a star!"
~*Michael Bassey Johnson*



"Each one of us can make a difference. Together we make change."
~*Barbara Mikulski*

Celebrate Life!

SEPTEMBER

- 2 Mary Fasching
- 14 Paulette Hill
- 21 Pat Willis
- 23 Jennifer Weir
- 26 Elaine Bradford
- 27 Gail Watson

OCTOBER

- 4 Linda Naylor
- 11 Melody Albertson
- 12 Marilyn Buffer
- 20 Jeanie Blaurock
- 24 Jeani Penn
- 26 Shelle Paulbitski



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



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

SEPTEMBER PROGRAM MEETING

Want to laugh, learn and bond with your fellow Soroptimists? Our program for September will fulfill that want! Bring your willingness to play, support for your Soroptimists sisters and brothers and you'll leave with knowledge and a smile!



Thanks!
~Kris Osborn, Programs Chair

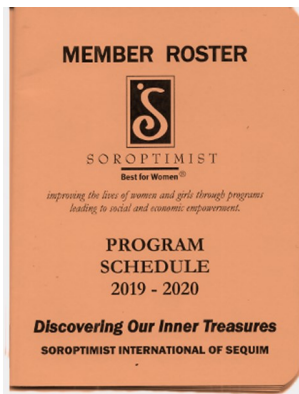


EBLAST REQUESTS

If you have a message you want to have sent out as an eblast to all members, please send it to president@sisequim.org. Please indicate contact info for the person you want to receive replies. The eblast will be sent with that contact info at the top.

When members receive an eblast, please take note of that contact info when responding. This ensures communication is handled in the most efficient way.

Thank you.
Discovering Our Inner Treasures – DO IT together



Member Roster Books
are printed and will be available at the Business Meeting on September 10.

SOROPTIMIST MEETING DATES TO REMEMBER

D1

District 1 Meeting
Suquamish Clearwater Casino Resort
Suquamish, WA
October 25-27, 2019



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

AWARDS AND SCHOLARSHIPS

The SIS Awards and Scholarship Committee has been active and is pleased to announce that the latest **Vo Tech** winner is **Alicia Potswald**. She will be at the September 24th meeting. She is going through training and internship with the Bainbridge Fire Department and will receive her FF1 Certification when completed. Hopefully she will return to Sequim for employment.

SIS gives out one \$1500 Vocational Technical Award for a student enrolled in a non-degree program leading to a certificate or license. Applications are submitted by August 1st and awarded in September. We will need a new committee member to step up for the 2020 award. Thanks to Deb for working on this year's award.



~Melody Albertson, Awards & Scholarships Chair

“An idea not coupled with action will never get any bigger than the brain cell it occupied.” ~Arnold Glasow

NEW MEMBERSHIP COMMITTEE

A subcommittee within the membership committee has been formed for new members. More than once a new person has expressed how intimidating and lonely it can be to walk into one of our meetings, feeling like it is a room full of strangers. The purpose of this group will be to help new members, from the beginning of their membership, feel engaged and connected in a small group setting. Even though there may be a social aspect, service work based on the Soroptimist mission of empowering women and girls will be the heart of the committee. It will also be a venue to provide information about our club and SIA.



This subcommittee will be made up of the 2019/20 new members. The 2018/19 members are also invited to be a part. There will also be three facilitators: Amanda Beitzel; Elaine Churchill; and Susan Mesches.



~Susan Mesches, New Member Committee Co-Chair



NEW MEETING VENUE



Our club meetings are being held at **HOLIDAY INN EXPRESS**, 1441 E. Washington St, Sequim—next to Big Bear Diner. Our first meeting this term is Tuesday, **SEPTEMBER 10, 7:30AM**. The cost of the meeting is \$8.

Please remember **DO NOT** enter through the hotel lobby. Enter through the doors from either the north or south parking lots—look for the sandwich board signs stating **SOROPTIMIST MEETING** by the doors to use. ~kp

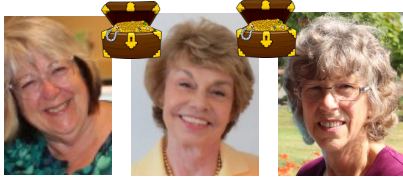


Look for this sign.

MEDICAL LOAN CLOSET STATS

Our little Medical Loan Closet keeps ticking right along. It surprises me how every month we help a few more people and get more and more accolades from the community. In August, we answered **160** phone calls, loaned out **134** pieces of equipment, had **66** pieces returned and are grateful to have received **\$511** in donations. All of our volunteers are working hard to keep things updated and organized. Thank you!

~Jeani Penn, Becky Archer, Chris Snow, MLC Co-Chairs



“You’ve got to show your soul otherwise you’re just a piece of equipment.” ~Sylvester Stallone

DOMESTIC VIOLENCE AWARENESS

As a prelude to more a more in-depth article on Domestic Violence Awareness in next month’s newsletter, here are a few facts to get us thinking about this subject:

- **OCTOBER** is National Domestic Violence Awareness Month.
- **PURPLE**, symbolizing peace, is the official color representing domestic violence awareness.
- **HEALTHY FAMILIES OF CLALLAM COUNTY** is the local agency whose mission is to help, educate, inform, listen and support victims and their families.

SI OF SEQUIM is a financial supporter of Healthy Families through our committed funds and is linked on their website, healthyfam.org. Check out their website for more information.

If you have a heart for increasing awareness of this subject and would like to join the few of us who indicated interest during committee sign-ups, we welcome your ideas and help. Please contact me or any one of the members listed under DVA in last month’s newsletter or check your roster.



~Jane Manzer, Domestic Violence Awareness Chair



CLINIC FUN WALK

Our club will be participating in the 13th Annual Dungeness Health and Wellness Free Clinic Fun Walk to be held **September 14, 2019**.

We’ll meet at **Trinity United Methodist**

Church, 100 Blake Avenue in Sequim at **8:30 a.m.** The walk begins at 9:00 a.m. Our Team Captain is **Elaine Churchill!** Members are encouraged to wear their Flower Power t-shirts if possible. Dogs are welcome on the walk also; no t-shirt required. Over 15 members have already signed up. If you’re not one of them, but you want to participate, it’s not too late. The sign-up sheet will be at the business meeting on September 10. ~kp



MARK YOUR CALENDARS – HUMAN TRAFFICKING AWARENESS PRESENTATION

This year the Human Trafficking committee has decided to join the Soroptimist Jet Setters in Port Angeles for a community education program.

Linda Klinefelter, chair of the Human Trafficking Committee, has been organizing this event and arranging speakers. It may seem early to mark your calendars, but we'd like to maximize participation from both Soroptimist clubs. The presentation will help community members gain a better understanding of what human trafficking is, learn how to identify the signs of trafficking, undertake a practical response in our communities and identify resources for safety and referrals. We can't prevent this crime without community support and involvement.

To learn more about human trafficking, please review the information at: Polaris <https://polarisproject.org>
<https://humantraffickinghotline.org/state/washington>.

HUMAN TRAFFICKING AWARENESS (HTA) FACTS

- Studies show that youth are recruited as young as 12-14 years old
- Coastal location of Washington State is a major hotbed of sex trafficking

WHAT: Human Trafficking 101 Presentation
WHERE: Trinity United Methodist Church (Sequim)
WHEN: January 21, 2020



~Colleen Blazier, Human Trafficking Awareness



“The whole idea of compassion is based on a keen awareness of the interdependence of all these living beings, which are all part of one another, and all involved in one another.” ~*Thomas Merton*

OLYMPIC CELLARS SUMMER CONCERT

Thank you! Thank you! Thank you! A big thank you to the members (and one husband) who came out to the Olympic Cellars winery on the evening of July 27 to help out. All our hard work at the Olympic Cellars Concert paid off. Not only did we all seem to be having a great time, but we were able to raise **\$1,429.26** for our club. Three cheers for us!




~Kathleen DeJong and Susan Mesches, Olympic Cellars Co-Chairs

“When you go to a symphony, you don't go just to see others perform or go to hear a great artist sing or a great musician play. What you really go for is that they awaken within you something that corresponds to and with what they are doing. And they really give you back to yourself. This, too, is an adventure in self-discovery.” ~*Ernest Holmes*

WOMEN FOR WOMEN INTERNATIONAL SPONSOREE

We have recent communication from **Mahboba Azizullah**, a woman in Afghanistan we support through Women for Women International. Here's her letter in her own language and hand, with the translation provided below:



 **Mahboba / Azizullah**

Participant Name: محبوبه عزيز الله
 اسم الشراك كننده
 Participant WFWI ID#: 47606981
 لمبر شناعت الشراك كننده
 Group Name: 2964
 نمبر گروه
 Location: اندر ازل قوت
 مساهه
 Month / Year: 9 2019
 مه / سل

Letter to be written by the participant in her local language on top half of the page.
 نامه الشراك كننده په لسان محلي بايد دو قسمت بالاي ورق نوشته شوه

Dear Sponsor, (write this greeting in the local language)

سنگر عزادار
 زما نوم محبوبه عزیز الله ده زه په کابل کي زیږیدلې يم او د من م د کابل بار دا می
 جا ما په پښتني ژوند کوم زه پوره کلم ییم او میرمه ییم د ملتک په ازده کورنۍ ییم
 ه درون لوم او سه خواهرنی یو وروڼه یې ده او د کابل او د کابل او د کابل او د کابل
 رکا ادره کالونه په هر دې
 پلار یې د زور کار دې او زه کوچنی کوم تر څو خپل د کورنی دیو ه بله توبه شیم
 او له خپلې کورنۍ سره د پسته د کورم او سا څکله یېن لاملی زمان در حدیست برامه کی
 اجوزا د وگر و څکله یې سا وروڼه بل یې کوم خدمت یې پنځو څه و یانې کیر یې لودنه یې
 هم دیو څه ازده کوم تر څو د کولای یې شیم یې خپل ژوند په پسته سوگر پر منځ میوسم
 او هیله یې داده یې لیدې یېنایښه د اقلی میان ازده لودنه ترفو زوڼه ژوند په
 بل سوگر پر منځ لار شې او د سوگر او سوگلور لامل وگر قتی یه

Hello and Respect to my dear sponsor. My name is Mahboba. I was born in Kabul. I live in Kabul Province now. I am 17 years old and I am single. I have six brothers and three sisters. My father is poor worker. I joined this program to learn something. Thank you so much.



~Jane Manzer, Women for Women International





**AREA
PICNIC**

More photos from the Area Picnic: <https://www.flickr.com/photos/108582458@N03/albums/72157710253473397>



**S.T.A.R.T.
Soroptimist Team
And Reunion Time
MEETING**

More photos from the S.T.A.R.T. Meeting: <https://www.flickr.com/photos/108582458@N03/albums/72157710732101092>

PUBLIC AWARENESS COMMITTEE—WHAT THE NEWSPAPERS WANT

I have been writing press releases for many years, long before becoming a Soroptimist. Having learned what the paper usually wants, and always open to gaining knowledge, I decided to get an update from the source.

I contacted Mike Dashiell, Editor of the *Sequim Gazette* and he put together an informative list. It is still the same as I learned years ago but thought it was worth sharing what Mike sent.



From the *Sequim Gazette* Editor:

Press releases: Who, what, when, where, why, how much and who to call.

The first thing to remember about a press release is that it probably will be rewritten. That's partly a matter of course, partly a matter of style and partly a matter of available space.

- **Who:** What organization is making the announcement or sponsoring the event? You needn't say it's open to the public; if it weren't the paper wouldn't print it.
- **What:** What is the event, its name plus a brief description: a dinner, a play, an auction? Don't get gushy here. A dinner and silent auction aren't an evening of intoxicating fantasy just because you say so.
- **When:** The time, day and date and where it will happen.
 - **Example:**
 - **Time:** 10 a.m. or 8 p.m. goes first. Use lowercase p.m. or a.m. and follow both letters with periods.
 - **Day:** The day of week. Don't abbreviate it.
 - **Date:** The month and date. Abbreviate months **except for March, April, May, June and July.**
 - **NOTE:** Make sure you use the right page of the calendar. It is easy to look at a November calendar for a December date.
- **Where:** The location of the event, including a street address and city. Numbered street addresses are written as First through Ninth, then 10th on.
- **Why:** What's the reason for the occasion?
- **How Much:** If admission will be charged, how much is it? If prices range for tickets according to seating or for age groups, list them. Where can you buy them?
- **Who to Contact:** Who (or what) should the public contact for more information?
- **Who again:** Who can an editor or reporter call for clarification or more information?

If you are attaching a photo—identify and do so from left to right. Was the photo taken at some special event or place? Remember to identify.

The style of writing used by newspapers is required by the Associated Press. It is a style used throughout the US. When writing your press releases for any of our events, the Public Awareness Committee requests you use the forgoing information. Before sending anything out for publication, we do ask that you send it to the Public Awareness Committee for review and approval.



~Linda Klinefelter, Public Awareness Chair 

PAC focus: We are raising awareness of SIA's mission to improve the lives of women and girls and club work that supports the mission. This is less about promoting one event or project, but about the club's collective efforts to raise awareness throughout the year.

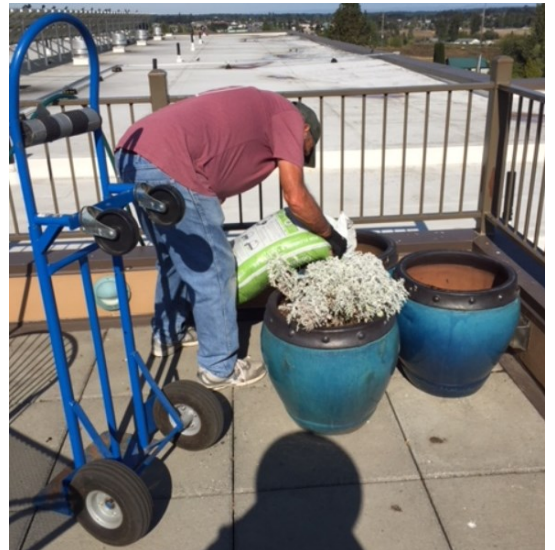
“There is a difference between giving directions and giving direction.” ~Simon Sinek

HOLIDAY ROOFTOP GARDEN PROJECT

The title of this article should be Miracles on the Roof-Top! What was a sad looking roof-top garden at Holiday Inn Express was turned into a beautiful and attractive place to sip morning coffee, visit with friends or just relax and enjoy the view.

Our Ad Hoc work party was comprised of **Jan Chapman**, **Linda Naylor** and her wonderful husband, **David**, **Melody Albertson**, **Jess McNeil** and me (**Linda Klinefelter**). We were excited that we did not break one pot when removing any of the dead or near dead plants and trees. We gingerly cut, removed dirt and roots, and carefully extracted plant after plant—which contributed to a huge savings. Jan and I had previously shopped for what we felt would be needed to replace the dead or dying plants and we spent the second day planting. We chose plants that offer a variation of greens, texture and shape. We will soon be adding some fall flowers to give color and even more texture to the pots. In the spring we will then work on the flat low-lying roof-top beds that hold sedum and will add a focal point along with some succulents. In the end, the hotel manager was ecstatic with the outcome!

Thank you to everyone who worked so hard and we hope members will consider being a part of the on-going, but minimal maintenance or will volunteer to water.



~Linda Klinefelter,
Rooftop Garden Chair



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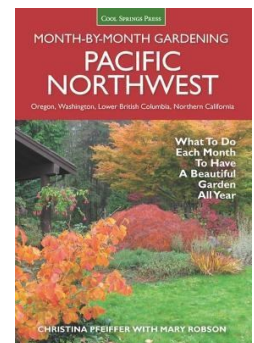


Rooftop Garden: <https://www.flickr.com/photos/108582458@N03/albums/72157710732139397>.

GALA GARDEN SHOW CORE COMMITTEE UPDATE

Let me introduce myself, Kim Renfro, Co-chair of GGS 2020. Many may not know me since I am a new member to SIS. After attending last year's GGS event, I was amazed at how organized and efficient things were, and how everyone—vendors, volunteers and attendees—were having such a great time. So much so, that I decided to jump in and be a co-chair for the 2020 event with Kathy Purcell. I am learning what it takes to put this type of event together and asking a ton of questions along the way—and luckily for me—all the sub-committees know what they are doing. This will be a wonderful learning experience for me and I recommend to all members who have not undertaken this experience, to jump in and be a co-chair in the future. With that being said, I for one am looking forward to hearing our keynote speaker, give us all the “how to” information for having a successful garden without headaches and bombs being involved.

As per last month's newsletter, our Keynote Speaker for GGS 2020 will be: **Christina Pfeiffer**, co-author of the book; *Month by Month Gardening, Pacific Northwest*. Ms. Pfeiffer is a horticulture writer and educator with 40 years' experience in landscape management and arboriculture. She is a frequent speaker for local horticulture groups and public programs, including the NW Flower and Garden Show, Master Gardener programs and public classes at the UW Botanic Gardens. She will be sharing “practical information on essential horticultural practices that are the key to success, no matter what style garden or climate zone.”



We still have a few slots to fill on the GGS Core Committee and we'll be reaching out to some of you with these opportunities. But if interested, feel free to contact Kathy Purcell or myself, Kim Renfro, to find out what positions are still available.

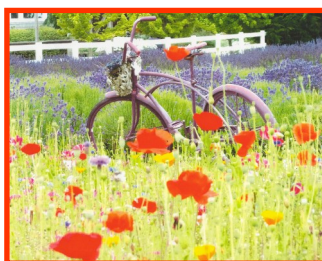
The next Gala Garden Show Core Committee meeting is
Wednesday, September 18, at 8:30 a.m. at
the **First Security** community room in Sequim.

This is going to be a Great Event!

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













“When you're doing exactly what you want to do, it's not tiring. You've been planting these seeds, and finally, you have a full garden in bloom; you're like,
'Oh, I just want to smell the flowers and play among the flowers all day.'
That's what I'm doing. I'm playing among the flowers.” ~*Colman Domingo*



September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
		Mary Fasching 			BOARD MEETING	
8	9	10	11	12	13	14
		Business Meeting				14 Paulette Hill Clinic Fun WALK 
15	16	17	18	19	20	21
			18 Gala Garden Show Core Committee Meeting 8:30 a.m. First Security Community Room			21 Pat Willis 
22	23	24	25	26	27	28
	Jennifer Weir 	Program Meeting		26 Elaine Bradford 	27 Gail Watson 	
29	30					

October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 Linda Naylor BOARD MEETING 	5
6	7	8 Business Meeting	9	10	11 Melody Albertson 	12 Marilyn Buffer 
13	14	15	16	17	18	19
20 Jeanie Blaurock 	21	22 Program Meeting	23	24 Jeani Penn Tea With SHE  	25 District 1 Meeting Squamish, WA  <small>FOROPTIMIST™ Investing in Dreams</small>	26 Shelle Paulbitski District 1 Meeting Squamish, WA  <small>FOROPTIMIST™ Investing in Dreams</small> 
27 District 1 Meeting Squamish, WA  <small>FOROPTIMIST™ Investing in Dreams</small>	28	29 5th Tuesday	30	31		

Let Laughter Way Out of Yourself by Morhardt Carmen Mencita Monoi Angel

Let laughter way out of yourself
Make the happy sound awake
Laughter magic and enchanting
Don't sustain it in your soul
Let yourself go into joy
May it help forever
People from wherever
Getting circled together
Laughter can be a kind of help
A worthy enemy to distress
Rise this laughter so dear
To be heard by human ears
Make it go on around the world
Little chuckles happy giggles
So many ways of laughing
Don't fear the others comment
Let laughter way out of yourself
Be assured laughter is magic
Open your heart to this very
Very special kind of sound
Let laughter way out of yourself
Make the happy sound awake



SOROPTIMIST
Best for Women

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

Soroptimist International of Sequim
PO Box 126
Sequim, WA 98382

To a Person Making a Difference for Women