



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 27, Issue 10

Soroptimist International of Sequim

**Celebrating 75+ Years of Service**

April 2023

## Officers 2022— 2023

**President:**  
Kim Renfro

**President-Elect:**  
Shirley Legg

**Secretary:**  
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**Assistant Treasurer:**  
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(one year remaining)**  
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**Director: 2 year**  
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**Director: 1 year**  
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**Past President:**  
Cat Xander

Newsletter Staff:  
Kathy Purcell  
Susan Coffee  
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**“It’s your job to  
be curious. To discover  
what matters.  
Then to give  
yourself over to it fully.  
But none of this  
is entirely possible,  
if you are not  
practicing self-care.”  
~Julianne O’Connor**

## Message from the President

Well, here I am writing the President’s message sooner than I had anticipated. However, life happens contrary to the best laid plans, and difficult decisions are forced upon us. I know that Kim’s decision to cut her term as president short was not one that she made with ease, as her commitment and love for Soroptimist is obvious. Kim contributed much to the welfare of SI of Sequim. Her warmth, her welcoming smile, her positive attitude, her ingenuity in problem-solving and her homemade “gifts” brought delight and joy to meetings. In addition, Kim was a friend to all. She gave much and I suspect hid that fact, and we only saw the surface of the depth of the weight she carries in caring for others well beyond Soroptimist.

I was recently forced to take an inventory of my own commitments and responsibilities which I’ve imposed on myself. I know that it is not easy to feel that you’ve failed or disappointed those that depend on you.

Thoughts of Kim and knowing my own burdens led me to think about the role of being a Soroptimist. Each of us joined for many reasons, but I believe that the primary reason is because we care and have had experiences in our own lives that drive us—to contribute time, energy, and money in the hope of improving the lives of women, girls, and others—not only in our own community but around the world! That is a lot of responsibility!

There is a cost involved in being a caregiver that is often overlooked.

“Best for Women”—we look outward when we see or say these words. What can we do as Soroptimists and caregivers to take actions that are “Best for Women?” But how often do we apply a similar question to ourselves. “What actions can I take that are best for me?” This is not a selfish question. I think most of us do and have made sacrifices at the expense of our own well-being in service of others.

However, I believe that to be the best members in service to the mission we each strive to fulfill as Soroptimists, as well as the other roles we’ve assumed in our lives, be it parent, partner, friend, and more, we must not ignore our own needs. Our own physical and mental health is so very important. It is okay to say, I need a break; I need to prioritize; I need to heal; I need to turn my attention to a critical situation. . . . And it is so very important that we support each other in the decision to do so.

I often give myself advice that I am not necessarily good at following, but each day our calendars should reserve a block of time—even if for only 15 min—for a moment of “what is best for me.” A moment to walk away from the caregiver role and define a moment in time doing something that is “best for me” allows us to continue being our best.



President Shirley  
**Change is Always Good**



## Letter from the Editor

Dear Friends,

As Blue and I were on our walk this morning, my mind was wandering and wondering what my article would be about this month. It wasn't exactly writer's block. It was more like reaching out and inviting inspiration to enter. I stood facing south, with a south-easterly wind blowing across my face. I noticed some foliage buffeting around. That and the coolness brought me to that present moment.

It's April. The first thing we often think about is April Fool's Day—after all, it is on the first of the month. We think of taxes half-way through—taxes are due by April 15—the middle of the month.

For our club, April is the month we vote for board members for the next year. It's also the month a draft budget for the next year is presented.

I started wondering what other things happen in April. I opened the browser on my computer and typed in "April is what month?" The liveabout.com website came up; it has over 50 entries. Here's just a few of those: Celebrate Diversity Month; Financial Literacy Month; Foot Health Awareness Month; National Humor Month; National Poetry Month; National Volunteer Month; Stress Awareness Month. I see these exhibited in SI/Sequim.

All of our members bring their own knowledge and experience to our club—a diversity that makes us strong. This month we will enhance our financial literacy while working on the budget—walking through the various line items that will keep us on healthy footing. There will be humor along the way as we update some calculations. In the end it will be like poetry [*the art of rhythmical composition, written or spoken, for exciting pleasure by beautiful, imaginative, or elevated thoughts*]. We appreciate each member for the many volunteer hours. Our stress is lessened when we work together.

While the previous paragraph may sound a bit like word salad, it is actually a form of improvisation [*the art or act of improvising, or of composing, uttering, executing, or arranging anything without previous preparation*] with words. That's my story and I'm sticking to it. That's my position on it.

Speaking of positions . . . There are a couple of board positions still open for 2023-2024. I've noticed over the years that some people aren't quick to accept a leadership position—especially on the board. I was one of those when I first became a member. I thought to be on the board meant I had to know everything about the job and about the club. Then I started consciously looking at the board members. Some of them missed things or made mistakes and another board member stepped in to assist. Sometimes it was a non-board member who assisted. Those examples proved to me that our members support our leaders—and one another. No one person does any job solo.

Like a rhythmical composition, we all work together, exciting imagination and elevating thoughts. Together we choose to be the change we want to see in the world as we continue to empower women and girls to live their dreams. No more wandering or wondering . . . Change is Always Good.



Kathy Purcell, Editor



"Sometimes I'll start a sentence and I don't even know where it's going. I just hope I'll find it along the way."  
~Michael Scott

## CALENDAR

### April

- 7 Board Meeting
- 11 Business Meeting
- 20-23 NWR Conference  
Davenport Hotel,  
Spokane, WA
- 25 Program Meeting

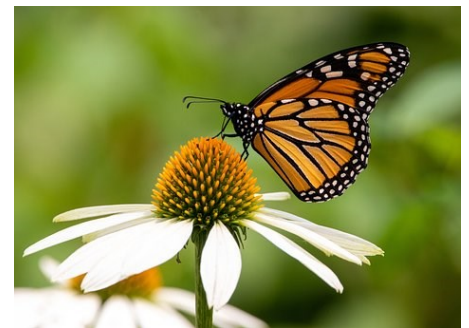
### May

- 5 Board Meeting
- 9 Business Meeting
- 23 Program Meeting

### \*Evening Meeting



"Be yourself; everyone else is already taken." ~Oscar Wilde



"Friendship is born at that moment when one person says to another, 'What? You too? I thought I was the only one!'"  
~C.S. Lewis

*Celebrate Life!*

**APRIL**

Chris Snow

**MAY**

Marty Campbell  
Pauline Geraci  
Jan Hartig  
Shirley Huntley  
Linda Klinefelter  
Cynthia Martin  
Jeanne Martin



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



“A positive attitude causes a chain reaction of positive thoughts, events and outcomes. It is a catalyst and it sparks extraordinary results.”  
~Wade Boggs

# Shredding Event

Your generous donation will go toward our mission of providing women and girls with access to education, empowering them to live their dreams.



**Saturday, April 29, 2023**

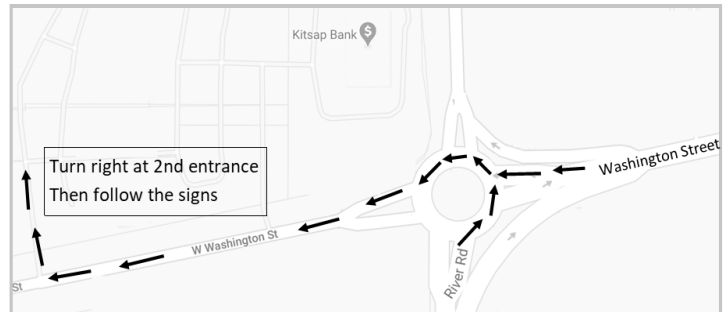
**9 am - noon**

**Kitsap Bank**

**1320 W. Washington Street**

Enter only from the traffic circle.  
Take the exit going west.

Limit **75** pounds, about  
4 paper grocery bags full.



Sponsored by Soroptimist International of Sequim and Kitsap Bank



“Trust only movement. Life happens at the level of events, not of words. Trust movement.” ~Alfred Adler

## SOROPTIMIST MEETING DATES TO REMEMBER



**NWR Conference**  
Davenport Hotel  
Spokane, WA  
April 20-23, 2023



**SI Convention**  
Challenge the Future  
Dublin, Ireland  
July 27-29, 2023

Dublin, Ireland • 27-29 July 2023

## PAST SCHOLARSHIP RECIPIENTS' UPDATES

I am doing wonderfully! I got fully licensed shortly after completing and passing my MBLEX exam and have been working on building up my client base. I work out of my home, in a small studio room, and have about 20 clients who I've seen; about 15 of those I have maintained on my schedule to date. I have been approached by two different chiropractors who have offered me in-house positions (one is as a W2 employee, the other as a 1099 subcontractor). I haven't taken any positions thus far, as I'm still working on building up my practice, but the prospects are wonderful and I'm happy to be wanted!



I've taken three Continuing Education classes already to further my studies and skills (it's a bonus that it all counts towards my license credentials). I am loving my new profession and consider myself very blessed for all the opportunities I've been given—and all of the help I've received. I am working my way out of my school debts and am on a steady course to be debt free by the end of the year (hopefully)!

Thank you so much for your support, and the help financially. Every bit is precious, and it has created more than just a job for me, but a passion to pursue. Blessed be!

Many Thanks!  
**Bee Wilkinson**

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*“If you listen to your body when it whispers, you won't have to hear it scream.” ~Unknown*

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Junko Harbord was a waitress at Stymie's Restaurant for about seven years. In 2021-22, she received our Continuing Education scholarship, and she completed her two year System Administration Degree from Peninsula College at the end of March.

She was reflecting on her journey, and sent this to me to share with you:  
“I am ready to give up working full-time hours while also carrying 10-15 credits of schooling; just working is enough, especially with a kindergartener and high schooler at home. I am fully submersed in my IT job with the Jamestown S'Klallam Tribe and am learning on the job each day. It is challenging, but I know I have the right tools and the determination to succeed. The job is much better suited to having a family; and though I do miss the social aspect of restaurant work, the ability to put my family first is well worth it. Through this I have managed to set examples for my children on the value of education, goal setting and determination.



“I wanted to update you all and thank you for the faith and support that was provided along the way. You all have made a huge impact on my life, and my career. You have touched each of my family members with the generosity your group provides. Going back to school was a scary expense; you all made it a much easier hill to climb. Thank you!

“I am looking forward to returning to climbing the hills of the Olympic Mountains on the weekends this spring. I am glad to have the opportunity to convey how meaningful and valuable this journey has been, and that I have effectively expressed the impact your organization has had.”

Thank you again,  
**Junko Harbord**

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*“Computers are magnificent tools for the realization of our dreams, but no machine can replace the human spark of spirit, compassion, love, and understanding.” ~Louis V. Gerstner, Jr.*

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## HIGH SCHOOL SCHOLARSHIP NOTEBOOKS

This year we had 42 notebooks submitted for our High School Scholarship program. Our scholarships are intended to help women facing obstacles. One measure we have always used to evaluate economic need is whether they are receiving “free and reduced price” lunches. Only six of the girls checked that box. The counselor said, “We do have students who qualify but because ALL students have been free for the past two years, and not all students like to eat school lunch; we have less and less students fill out the form.”



There was one huge obstacle that all these girls had to face: COVID. One girl wrote that it felt like her whole life fell apart without the structure of school. Some took jobs instead of focusing on schoolwork. Activities stopped and some of the girls never returned to their pre-COVID sports or groups like the Girl Scouts. Those who moved here had difficulty making friends.



It's a hard decision to choose the girls who will get our awards. Kris Osborne wrote about one candidate that helping “ladies like this girl is one of the reasons I love SI/Sequim. When you look at a notebook from a place of ‘is she going to be supported by the community for funds?’ this girl is going to slip thru the cracks without us.” Soroptimists can be counted on to help provide the opportunities and resources for these girls to succeed.



~Cat Xander, Awards and Scholarships Chair



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“The true essence of humankind is kindness. There are other qualities which come from education or knowledge, but it is essential, if one wishes to be a genuine human being and impart satisfying meaning to one’s existence, to have a good heart.” ~*Tenzin Gyatso*

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## MEDICAL LOAN CLOSET

Each month seems to be busier than the last at the Closet! This month each volunteer commented at the end of their week that they were very, very busy. The number of calls shows that was true. We received a new record number of calls during the month of March: **213** calls. The prior record was 211 calls back in February 2020. We lent **126** items and had **166** items returned, which came very close to record breaking numbers. Our generous community donated **\$474** in March.



~Becky Archer and Chris Snow,  
MLC Co-chairs

## OPENING PATHWAYS THROUGH PUBLIC AWARENESS

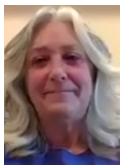
This month, I am writing on behalf of the Membership Committee and the Nominating Committee. I had the pleasure of attending the Chamber Luncheon on March 28<sup>th</sup> with several other members. Jeanne Martin and Cheryl Easterling did a great job of representing our club and our commitment to the community and to the empowerment of women and girls. We got a few Chamber members who were interested in the club.



“The first follower is actually an underestimated form of leadership in itself...  
The first follower is what transforms a lone nut into a leader.” ~*Derek Sivers*

## NOMINATING COMMITTEE

Now onto the Nominating Committee, We are still in need of a President-elect and a Treasurer. Please consider one of these positions as Shirley leads our club forward in 2023-2024. We need leaders with a vision, so, please examine why you became a Soroptimist and be part of the board. We will vote on the slate of Board Members at the Business Meeting on April 11<sup>th</sup> and need a quorum. I was also able to present to the Pathways Committee about Membership. I have to commend Amanda and Elaine for doing such a wonderful job with the new members. Great way to retain members!!



~Shawn Dredla, Membership and Nominating Committee Chair



“Authentic leaders do not lead for the sake of validation.  
They are validated by the impact of their contribution.” ~*Gift Gugu Mona*

## OUR NEW SISTERS THROUGH WOMEN FOR WOMEN INTERNATIONAL

We've now been matched up with two new "sisters" through Women for Women International for 2023!



**Mary Ajio** is a mother of 5 living in South Sudan. As I learn more about her and hopefully receive communication from her, I will keep the club informed as to our sponsorship of her. According to Women for Women International-South Sudan:

"The peace that came with South Sudan's 2011 independence has been short-lived. Civil war erupted in 2013, and a fragile negotiated peace collapsed in 2016. Since 2016, there has been an upsurge in conflict that reached the area where we work. Due to the security situation, Women for Women International made the difficult decision to suspend activities later that year, for the safety of the women we serve and our country staff. Women for Women International has now resumed work in South Sudan to continue supporting women living in conflict.

"Reopening in the middle of conflict comes with challenges: To meet the community's specific needs, we innovated and adapted our program for the current situation, to bring women the right tools and skills to strengthen them. Together with a local partner, our team is implementing a modified, shorter program that is just as intensive as the year-long program, covering the same social and economic empowerment topics that help women grow their businesses, defend their rights, and bring peace to their communities."

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*"Education makes a people easy to lead but difficult to drive: easy to govern, but impossible to enslave." ~Peter Brougham*

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**Bitete Mwatumu** is in the program in the Democratic Republic of Congo. She is a woman between the ages of 31-40 in an informal union and she has no children. I have sent Bitete a letter and hope to hear back from her. Again, I will keep the club posted as to our sponsorship.

According to Women for Women International - DRC:  
"In the eastern part of Democratic Republic of the Congo (DRC), which has grappled with wars, civil strife, and multiple rebellions since 1996, women and girls suffer disproportionately from high rates of violence and extreme poverty. At the same time, services such as health care, psychosocial support, security and justice for survivors of violence are limited. Women for Women International has developed a program that offers women in eastern DRC a constructive, dignified way to regain control of their lives.

"With your support, our foundational training helps women know and defend their rights, influence decisions at home and in their communities, initiate activities that generate income, and save money for the future, contributing to economic self-sufficiency in their lives and for their families.

"Since 2004, Women for Women International – Democratic Republic of the Congo has served more than 102,000 women through our yearlong program in eastern Congo's North and South Kivu provinces."



~Jane Manzer, Women for Women International Liaison



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*"Education is the most powerful weapon which you can use to change the world." ~Nelson Mandela*

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## SHREDDING EVENT!

We're gearing up for the Shredding Event on April 29<sup>th</sup> from 9 am–noon! Some of our members have already volunteered to work, but we need all the help we can get to make it easier on everyone.

The event runs from 9 am – when the truck arrives – to noon. You can volunteer for a two-hour shift (8-10 or 10-12) or a four-hour shift (8-12). The areas to be covered include the following:



**Traffic:** Shawn Dredla

**Signs:** Jane Manzer

**Donations:** Amanda Beitzel

**Shredding:** Shirley Legg

**Public Relations:** Cat Xander and Sandy Lawrence (already getting the information out to the public)

Once you have signed up on a team, the captain will make contact with more specifics about what needs to be done. Basically, we will park in the Walmart parking lot north of the Kitsap Bank and meet at the front doors of the bank at 8 am to be assigned to your posts. Those who are taking donations and handling the items to be shredded will be wearing the SI/Sequim blue aprons, and everyone else will wear whatever Soroptimist vests, shirts, hats or whatever you have. Remember to wear your Soroptimist pin and name badge.

Before that time, please use the flyers to get the word out to your neighbors and friends. All they need to do is drive through the line and let us do the work. The limit is **75 pounds**, which is about four paper grocery bags full. Of course, donations will be happily accepted.

Let's make this an even more successful event than the last one so we can fulfill our pledge to provide resources and opportunities to women and girls so they can reach their full potential and live their dreams.



~Jan Hartig



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## FINANCE COMMITTEE

It is that time of year and we have been working on the budget for the 2023-2024 club year.

We've been talking with committee chairs, reviewing our committed fund recipients and projecting our income and expenses. We will be sharing the budget with the club members at the April business meeting. Members will have the opportunity to ask questions and make suggestions at the May business meeting before we vote on the budget.

What is a budget? In the case of our club, it is a collaborative effort on the part of many members of the club. Each chair, for example, provides their best estimate of incomes and expenses for the coming year. It is the work of the Finance Committee to take these pieces and create a budget that our members can support. A budget isn't cast in stone, but it does provide guidelines the Finance Committee and the Board expect our Committee Chairs and our members to operate within. As the last few years have taught us, we need to stay flexible if we are to be a viable and contributing organization.



























As a reminder, no matter how well intentioned, no single member is authorized to financially obligate the club. Only the Board can financially obligate the resources of the club.



































~Kathy Cunha and Shelle Paulbitski



# April 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>BIRTHDAYS THIS MONTH</b> Chris Snow						
2 National Ferret Day 	3 World Party Day 	4 National School Librarian Day 	5 National Flash Drive Day 	6 National Burrito Day 	7 BOARD MEETING	1 National Handmade Day 
9 Easter 	10 National Sibling Day 	11 Business Meeting	12 National Colorado Day 	13 National Scrabble Day 	14 National Dolphin Day 	15 Purple Up! Day 
16 National Orchid Day 	17 National Haiku Poetry Day 	18 National Columnists' Day 	19 National North Dakota Day 	20 Volunteer Recognition Day 	21 National Kindergarten Day 	22 National Earth Day 
23 National Talk Like Shakespeare Day 	24 National Bucket List Day 	25 Program Meeting	26 Denim Day 	27 National Tell a Story Day 	28 National Blueberry Pie Day 	29 World Wish Day 
30 National Pet Parents' Day 						

# May 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>7 National Lemonade Day</p> 	<p>1 May Day</p> 	<p>2 National Teacher Appreciation Day</p> 	<p>3 National Specially-Abled Pet day</p> 	<p>4 National Bird Day</p> 	<p>5 BOARD MEETING</p> 	<p>6 National Scrapbook Day</p> 
<p>14 Mother's Day</p> 	<p>8 National Student Nurse Day</p> 	<p>9 Business Meeting</p> 	<p>10 National Shrimp Day</p> 	<p>11 National Twilight Zone Day</p> 	<p>12 National Limerick Day</p> 	<p>13 National Fruit Cocktail Day</p> 
<p>21 International Tea Day</p> 	<p>15 National Chocolate Chip Day</p> 	<p>16 International Day of Light</p> 	<p>17 National Walnut Day</p> 	<p>18 International Museum Day</p> 	<p>19 National Pizza Party Day</p> 	<p>20 Armed Forces Day</p> 
<p>28 National Hamburger Day</p> 	<p>22 National Solitaire Day</p> 	<p>23 Program Meeting</p> 	<p>24 National Wyoming Day</p> 	<p>25 World Thyroid Day</p> 	<p>26 National Road Trip Day</p> 	<p>27 National Cellophane Tape Day</p> 
<p>29 Memorial Day</p> 	<p>30 National Creativity Day</p> 	<p>31 World Parrot Day</p> 	<p>31 World Parrot Day</p> 			

## Why Caterpillars Do Not Wear Shoes

by: Susan Jeavons

I watched a little caterpillar  
walking up a tree  
and wondered how  
that worm would look  
if he were dressed like me.  
I think his mother would complain  
if she had shoes to buy,  
cause by the time she tied them all  
he'd be a butterfly!



Soroptimist International of Sequim  
PO Box 126  
Sequim, WA 98382

SOROPTIMIST®

**Investing in Dreams**

*Soroptimist®: a global volunteer organization that provides women and girls with access to education and training they need to achieve economic empowerment.*

To a Person Making a Difference for Women