

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 4

investing in Dreams

Soroptimist International of Sequim

Celebrating 75+ Years of Service

October 2022

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"The only person that deserves a special place in your life is someone that never made you feel like you were an option in theirs." ~Shannon L. Alder

Message from the President

After people find out I have worked in the ER for many years, they always seem to say the same thing: You must have a lot of stories. I probably do, but I usually don't talk about them—but since October is Domestic Violence Awareness Month, I would like to tell you one story.

This story is about Dan, an elderly gentleman who used to come into the ER occasionally due to his diabetes. Dan was a retired conductor; now he had stories! He had lost his wife due to a heart attack several years prior to my meeting him. When I met Dan, he was losing his eyesight due to diabetic retinopathy. So a home aid was sent to help Dan with his daily life activities, something that was done regularly for patients.

The thing is that I started to notice Dan was coming to ER a lot, due to falls! Dan lived in a modest one story home, so for him to be falling so often was questionable. Dan never said anything about how he fell; he would just say he fell. Occasionally the home aid would find him down, or he would call for help. But the amount of falls was increasing, so we notified social services to do a home visit. After the social worker did a home visit, we were later told that the living conditions were atrocious. Dan was removed from his home and placed into a convalescent home, since we thought he could no longer care for himself. But we still wondered about the number of falls occurring and why all of a sudden this was happening. After talking with the home aid, the stories kept changing and the reason why didn't they report the living conditions was questioned. After further investigation it was found that the home aid was emotionally, physically and financially abusing Dan. Dan had been too afraid to say anything; he thought he would get into trouble or the home aid would find out and hurt further.

I only tell this story because domestic violence affects so many, and elder abuse is one of the least reported abuses in the nation. It is sad to say that one in every 10 people over the age of 60 has been abused. Over 5 million elders in America are abused every year. The statistics are probably higher due to non-reporting, so it is hard to determine the actual numbers. Almost 90% of perpetrators are family members and every two out of three victims are women.

So think about it, if you have a friend or family member you have not heard from lately, call them and see how they are doing. If they are in a convalescent home, visit them more regularly. Look for changes that might not be normal for them. We were lucky that Dan always went to the same ER, so we were able to catch the issue. But what if he had been taken to numerous ER's in the area instead?

So are you wondering what happened to Dan? I found out from the social worker that his daughter took him to her home. She had offered this to him on numerous occasions, but Dan turned her down because he didn't want to be a burden to his family. However, after this incident, Dan was grateful to his daughter and went to live with her family and his five grandchildren. I think he was quite busy with all those grandchildren, don't you?



President Kim
Change is Always Good



Letter from the Editor

Dear Friends,

It's October. What comes to mind when you hear that word? For some it might be Oktoberfest; for others it might be Halloween, or the color orange, or cooler nights, or later sunrises.

Blue and I haven't seen much orange on our morning walks, or cooler temperatures, but it has been a bit dark—so much so that I wear my headlight. Something I've noticed is that my senses seem heightened—perhaps because there is less input in the dark, so the senses are more focused. For example, one of the bridges that we traverse crosses over Jimmycomelately Creek. Recently, while on the bridge I heard a noise below. Blue heard it also and wanted to go investigate. I knew the sound was summer chum salmon.

The backstory. . . . In March 1999 the summer chum salmon originating from Hood Canal and the eastern Strait of Juan de Fuca watersheds were considered at risk of extinction under the Endangered Species Act. The Washington Department of Fish and Wildlife and Point No Point Treaty Tribes distributed the "Summer Chum Salmon Conservation Initiative" in April 2000. The initiative described a comprehensive plan for the implementation of summer chum salmon recovery. The plan incorporated harvest and production management, and also addressed habitat protection and restoration. The Summer Chum Salmon Recovery Plan was formally adopted by the National Marine Fisheries Service under rule 4(f) of the Endangered Species Act in March 2007. Chum salmon have the potential to return in huge numbers to the lower sections of the major rivers to spawn, usually in the summer or late fall.

Speaking of fall.... October is the first full month of fall, and it brings Soroptimist District Meetings. This is so appropriate because our Soroptimist organization was founded in October. District 4 has already had their meeting; District 3 comes next weekend, followed by District 2, and finally District 1. We might think of it as Soroptoberfest, though it is much more than music and games. It is a chance to share ideas, ask questions, and reconnect at the core level. It provides opportunities for us to Explore New Possibilities.

Something that might not normally come to mind when thinking about October is that October is Domestic Violence Awareness Month. Domestic violence (DV) is often an unseen, unmentioned disease—a dis-ease felt by everyone involved. Often victims of DV who leave their abuser, return and are further abused. This is in part because they don't have family or friends to support them. At our program meeting in September our speaker was Dana Lawson, founder of Unbounded Horizons in Port Angeles. Dana is also a member of SI of Port Angeles. Unbounded Horizons provides support, healing, and resources for women who have experienced trauma. They offer a healing retreat for survivors of trauma, and DV is a form of trauma. A bond is created between the 12 retreat attendees; they learn about tools and resources they can use. The attendees stay in touch afterward, which provides a trusted support system for all of them. That support is life-changing.

It reminds me of the replies we receive from recipients of our Live Your Dream Awards and various scholarships; the one thing they often write is how much our support and belief in them and their goals means to them.

As the nights become cooler and the colors in nature change, we know our members' compassionate, loving nature will remain the same. Staying focused we continue to support one another as we move forward knowing Change is Always Good,



Light and Love, Kathy Purcell, Editor



"The heat of autumn is different from the heat of summer. One ripens apples, the other turns them to cider." ~Jane Hirshfield

CALENDAR

October

- 7 Board Meeting
- Business Meeting (GOM Sept & Oct)
- Program Meeting (DVA)
- 28-30 District 1 Meeting

November

- 4 Board Meeting
- 8 Business Meeting
- 22 Program Meeting
- *29 5th Tuesday

*Evening Meeting



"Many men go fishing all of their lives without knowing that it is not fish they are after."
~Henry David Thoreau



"When you encourage others, you in the process are encouraged because you're making a commitment and difference in that person's life.

Encouragement really does make a difference."

~Zig Ziglar

Celebrate Life!

OCTOBER

Melody Albertson Jeanne Blaurock Shawn Dredla Lisa Martinez Linda Naylor Shelle Paulbitski Rosie Tomlin

NOVEMBER

Sunni Becker Mayme Faulk Shirley Legg Wei Lindstrom



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



"Each meeting occurs at the precise moment for which it was meant. Usually, when it will have the greatest impact on our lives." ~Nadia Scrieva

HOLIDAY JOY SPREADS JOY FOR THE HOLIDAYS

Holiday Joy is a special program of Healthy Families of Clallam County (HFCC) brought to life by Beverly Hoffman, a local resident with a compassionate heart. The program is designed to make the holidays a little brighter with Christmas gifts for clients of HFCC—many who are survivors of domestic violence. The selected families

make a list with the names of their family members and what gifts each of them would like to receive. Members of the community are invited to sponsor a family. For many years, members of our club have joined together in small groups to sponsor some of the families. It's so much fun to go shopping for the special items the individual family members have put on their wish list. Last year our club sponsored more



than half the families. It's that time of year again. This year there are 20 families. If you are interested in partnering with other member/members to adopt a family, please let Jane Manzer know.



~Jane Manzer, Holiday Joy Chair



"As long as you keep secrets and suppress information, you are fundamentally at war with yourself.... The critical issue is allowing yourself to know what you know. That takes an enormous amount of courage."

~Bessel A. van der Kolk

SOROPTIMIST MEETING DATES TO REMEMBER



District 1 Meeting Semiahmoo Resort Blaine, WA October 28-30, 2021

Olympic Peninsula Area Meeting TBA February 25, 2023



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



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

CONTINUING EDUCATION SCHOLARSHIP RECIPIENTS 2022-2023

This year the Awards & Scholarships committee had a \$10,000 budget for Continuing Education Scholarships. This included funding for two \$1000 awards donated through the Olympic View Community Foundation.

We received 10 applications for the first year of the scholarship and awarded four scholarships.

Last year we awarded Continuing Education scholarships to nine women, and this year we funded the second year for the five women who applied for it. Their records demonstrate outstanding success.

FIRST YEAR AWARDS



Megan Bland \$1000 Olympic View Foundation Scholarship

Megan has just started her first fall semester at Pacific Lutheran University and is formulating ideas about her Doctor of Nursing Practice (DNP) project. Even though she has experience in urban healthcare settings, her goal is to be in a rural healthcare setting. She wants to assist in alleviating the need for providers in underserved communities by becoming a DNP prepared Family Nurse Practitioner. "This scholarship has had an impact in that I was able to lessen the loan amount by a little bit, which I know will be better in the long run. I greatly appreciate this opportunity."



Kaelyn Davila \$2000 Scholarship

Once Kaelyn becomes an RN, she intends to pursue a Master's degree in Nursing specializing in nursing education, public health or nurse midwifery. The diverse opportunities of nursing are part of what excite her about working in the field. She has been able to gain experience with hospice patients in her time as a caregiver and med-tech at Sherwood Assisted Living. "It frustrates me to see our community short-staffed of nurses but it especially pains me that we have to waitlist people for hospice care because there aren't enough nurses available for assessments and care."



Corenna Messinger \$2000 Scholarship

The decision to become a nurse was a difficult one due to the dedication to the program that is needed to be successful and inability to work full time, care for her children, and do well in the program. Working as a medical assistant in a primary care clinic has given her an opportunity to care for patients and to see the need in our community for all healthcare professionals. "I wanted to make sure that nursing was absolutely the best choice for me before committing to it".... Corenna is a single mother and is also applying for our Live Your Dream Award.



Yang Zhang \$2000 Scholarship

Yang Zhang met and married her husband Wayne in China. They lived there for three years and had a daughter. His job ended abruptly and he had to return to America without Yang and his daughter. It took two years for him to find a stable job and for the immigration paperwork to be finalized; in September 2019, they were reunited. She had dreamed of being a doctor and her husband told her "This is America, the land of opportunity, you can become a doctor here." She spoke only broken English, so she first enrolled in classes to help her to successfully read, write and speak English. She is now in the Peninsula College nursing program. Yang said "Although I have faced many challenges in the last two years, I am

maintaining an overall GPA of 3.960." Our scholarship, she says: "... will be a great help to release our financial pressure and "put a wing" on my dream; as a result, I can focus on my study and reach my life goals more efficiently."

"Vision unknown is self-abuse. Vision known is self-abuse discovery. But vision applied is self-liberation. Application is the key." *~Israelmore Ayivor*

SECOND YEAR CONTINUING EDUCATION SCHOLARSHIPS



Rylie Booth \$1000 Second Year Scholarship

Rylie received our Live Your Dream Award last year. "As a mother I have a huge passion to strive to do better and provide for them with a life sustaining career as a Registered Nurse." She is on the honor roll, a member of the Nursing Honors Society and Phi Theta Kappa Honors society for Peninsula College. She will be the first of her close family to receive an educational degree in the medical field. Rylie is an Alaskan Native American, a member of the Tlingit Haida tribe. Rylie is a leading example for many youths also interested in the nursing career.



Brianna Cowan \$1000 Second Year Scholarship

Brianna is pursuing a nursing degree from Seattle Pacific University and has been on the dean's list every semester. She has completed her pre-requisite courses and will begin the nursing program in January. She hopes to become a labor and delivery nurse one day and to continue her education to become a nurse practitioner. This summer Brianna went on a mission trip to the Dominican Republic and volunteered as a counselor at Camp Leo, a camp for young people like her who are living with Type I Diabetes. She says, "I greatly appreciate your willingness to invest in the education of the young women in our community."



Arianna Flores-Cisneros \$1000 Second Year Scholarship funded by a donation through the Olympic View Foundation

Arianna has completed three semesters in the Pre-Health Professions Post-Baccalaureate at San Francisco State University. In fall of 2021, instruction was online so she was able to stay in Sequim and work at the Family Support Center as a community health worker and a parents as teachers home visitor. She has maintained a 4.0 GPA and is on track to complete the program next May. She is now living in San Francisco but plans to apply for medical school in Washington in 2023. She says, "My goal is to participate in the rural medicine training program and return to serving the people of Clallam County." She thanks us for our generosity in helping cover part of her tuition so she could focus on her studies.



Kianna Miller \$1000 Second Year Scholarship

Kianna is double majoring in special education and elementary education and began work on a Spanish minor in the fall. She's taken so many classes that she already has senior level standing even though her junior year hasn't yet begun! She feels that being at least bilingual is important in her quest to be a better teacher and a better world citizen. "Thank you so much for this incredibly generous scholarship! I am so grateful for the continued support from you and your organization. I have just two years of school left, before I hopefully return to Sequim to start my teaching career."



Nathalie Torres \$1000 Second Year Scholarship

Nathalie is majoring in clinical physiology and going toward the athletic training route. She is minoring in physical rehabilitation therapy and Spanish. When she was at Sequim High School, she was an avid soccer player but an injury ended her soccer career. She wants to be an athletic trainer to be part of the sport she loves and to be able to help young athletes keep their bodies healthy and prevent injuries that will affect their future, as hers did. Nathalie's family almost lost their housing this last year. The scholarship helped pay tuition so she could continue in school.

"I have been impressed with the urgency of doing. Knowing is not enough; we must apply.

Being willing is not enough; we must do." ~*Leonardo da Vinci*

SEEKING LIVE YOUR DREAM AWARD APPLICANTS

The Live Your Dream Awards portal is open, and we are accepting applications from qualified candidates. The deadline for receipt of club applications is November 15th. This year, Soroptimist International of the Americas will distribute almost \$3 million to about 1,700 women to help them further their education, achieve financial security and reach for their dreams. There are three levels of awards: 1) Club awards—our club will give two \$2,000 awards; 2) Our recipient goes to the Region level for the opportunity to receive \$3,000 to \$5,000 awards; and 3) those chosen go on for a chance at one of three Soroptimist Federation awards of \$10,000.



Please canvas your friends, acquaintances, co-workers and families to reach out applicants who may qualify. Have a housekeeper? A gardener? Go to a coffee shop or restaurant regularly and have a favorite server? ASK!!!

A woman is eligible to apply if:

- *She is a woman with primary financial responsibility for herself and her dependents;
- *She is accepted to or attending an undergraduate degree program or vocational skills training program; and
- *She has a financial need.

The application site is https://apply.soroptimist.org/acc/l/ or have them go to sisequim.org for a link.

A copy of the LYDA poster will be emailed to all club members and will be available on the club website. Please print it and hand it out or post it—at your church, beauty shop, gym—anywhere it can be seen by eligible women. Or share it via email! If there are any questions, please have applicants contact me at lyda@sisequim.org.



~Natasha Merkuloff-Nichols, Live Your Dream Award Chair



"Self-study, self-exploration, self-empowerment—these are the virtues of a great education." ~Shimon Schocken

MAKING THE PATH TOGETHER

Pathways met on Saturday, September 10, 2022, at Missy's home, and Amanda surprised us with very yummy scones. We reviewed the roster and the 2022-23 budget, then focused on Committed Funds recipients and how those organizations might benefit from a Pathways Project! Each member was assigned two of those recipients to inquire about non-financial support we might provide and will bring that information back to the group to select and plan our fall project.



L to R: Jan Hartig, Sunni Becker, Lisa Martinez (**on IPAD**) and Rosie Tomlin

The committee includes Sunni Becker, Cheryl Easterling, Jan Hartig, Lisa Martinez and Rosie Tomlin. This is such an awesome committee for new members to 'get their feet wet' and learn all about Soroptimist in the process. The energy and enthusiasm among these ladies are contagious! I encourage you to get to know each one of them.



~Jan Hartig, Pathways Committee



"The only way to make sense out of change is to plunge into it, move with it, and join the dance." ~*Alan Watts*

MEMBERSHIP NEWS

Hello, All! We are already a month into our club year! Fall is in the air, the trees are turning their beautiful colors, and the shadows are growing longer. I love this time of year! The participants in the Secret Pal program will be notified of their match during the second week of October. The Public Awareness Committee and the Membership Committee are working on table decorations for the Chamber of Commerce 14th Annual Business Expo to be held on October 12th at Sunland Golf Club with the theme being "Out on a Limb." Thank you to Cat Xander and Chris Snow for attending and representing us!





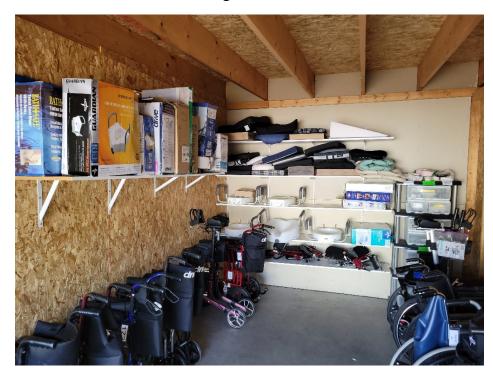
~Shawn Dredla, Membership Chair

"When you go out on a limb, that's when you really know you're living." ~ Robin Quivers

MEDICAL LOAN CLOSET

We had a very busy month at the Loan Closet! We received **203** calls during the month of September. That is an average of **50** calls a week, which is well above the pre-pandemic average of 40 calls. We lent **112** items and had **111** items returned. We are limiting donations to heavy demand items due to lack of storage space. We were excited to have one Stand-Up Walker and knee scooter donated this month. We received **\$525** in donations from our generous community.

We would like to thank our MLC team member, **Elaine Powlesland**, for her idea to change the shelving unit in one of our units. Based on her idea, the spacing between the shelves was increased a few inches. This gave us the ability to store toilet seat risers much more efficiently, get items off the floor and onto shelves and lower the top shelf to make it easier and safer for our volunteers to reach items. The shelf that was now 'excess' was relocated to the wall above the transport chairs. It is now used to store 'still in the box' items. Our thanks to **Rich Snow** for installing the new shelf.



Becky Archer and Chris Snow, MLC Co-chairs

"When we clear the physical clutter from our lives, we literally make way for inspiration and 'good, orderly direction' to enter." ~ *Julia Cameron*

SWEET FUNDRAISING

SI/Sequim's See's Sweet Shoppe is open for business! Please visit our holiday Sweet Shoppe by clicking https://www.yumraising.com/secure/soroptimisti_soroptimist_of_sequim_sweet_shop89/NatMer9563/ or See's Candies in the graphic below—to order your sweet treats for gifts this holiday season and to sweeten your holiday tables. Orders will be shipped after November 10th. Posters will be emailed to all members so you can print and pass them out to friends and family. The poster will also be available on the club website. Thanks for helping the club achieve our fundraising goals this Soroptimist year.

The Fundraising team will be at Greywolf Elementary School November 19th and 20th selling See's Candy at the school's PTA Holiday Bazaar. Volunteers are needed to take shifts selling candy. If you can help please contact either Sandy Lawrence or Natasha Nichols.



~Natasha Merkuloff-Nichols





FOUNDERS PENNIES

Each year, Soroptimist clubs make Founders Pennies donations to celebrate the founding of our organization and support its global Dream Programs. Founders Pennies are a classic, time-honored tradition for clubs, and a creative way to help fund life-changing programs. Founders Pennies help create a local and global relationship between Soroptimist clubs and members, and the women and girls who need our support.

Founders Pennies are used to fund the Live Your Dream Awards, Dream It, Be It, and other SIA programs that improve the lives of women and girls in local communities and throughout the world. Founders Pennies represent approximately 10 percent of the total \$1.7 million contributed to fund federation programs.

Founders Pennies are set at \$.06 per member times the number of years that SIA has been in existence (1921).

The tradition of giving pennies began in 1943. Clubs collected one penny for each year of Soroptimist's existence and used the money to help re-establish clubs in Europe that had disbanded as a result of pre-World War II political conditions and the war itself. In 1946 the fund was renamed the Founders Fund. This fund provided international fellowships, scholarships and other awards to improve the status of women. Beginning in the 1960s, Founders Pennies began funding for the Youth Citizenship Awards, and now the Live Your Dream Awards.

For more info visit: https://www.soroptimist.org/for-clubs-and-members/donate/club-gifts/founders-pennies-faq.html

PRESIDENT KIM PRESENTS CHECK TO HEALTHY FAMILIES OF CLALLAM COUNTY



Leslie Bond, President, Kim Renfro and Tracy Caldwell

To Soroptimist International of Sequim,

THANK YOU for the very generous donation of \$3,000!!! JoAnne will send out the receipt. I know you are aware how much this is needed at Rose!

Tracy Caldwell
Deputy Executive Director/
Co-Interim Director
Healthy Families of Clallam County

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." ~John F. Kennedy

WORDS OF GRATITUDE

Sequim Soroptimist Scholarship Committee,

Thank you so much for awarding me this scholarship. I very much appreciate the support! I will continue staying in touch with career updates. I still have a long road ahead, but I look forward to the day I can move back to Sequim as an MD.

Best regards, Arianna Flores-Cisneros

Sequim Soroptimist Scholarship Committee,

I am so grateful to you all for choosing me to receive this scholarship! My road to becoming a Registered Nurse has been so much work and the opportunity to receive scholarships while I continue my education is such a blessing. Please send my family's thanks and appreciation to all who decided this. I have sent the requested information to the treasurer. Thanks again!

Sincerely, Corenna Messinger Sequim Soroptimist Scholarship Committee,

Thank you so much for this incredibly generous scholarship! I am so grateful for the continued support from your organization. I am heading back to WWU in just a few days and I am so excited to continue my educational journey there. I have just two years of school left, before I hopefully return to Sequim to start my teaching career. I am loving college and my experience in Bellingham so much, but I am very excited to graduate and return to the wonderful town that has always supported me! Again, thank you so much for your generosity in this scholarship. I am beyond thankful.

Kianna Miller

Soroptimist International of Sequim,

Thank you for granting me a second-year scholarship. It is very appreciated and very helpful. I am honored to have received such a scholarship from an amazing organization. I can't wait to see what the second year holds.

Thank You! Nathalie Torres

BIRTHDAYS THIS MONTH Melody Albertson Jeanne Blaurock Shawn Dredla Lisa Martinez Linda Naylor Shelle Paulbitski Rosie Tomlin District 1 Meeting Curious Event Day Sun National Pasta Day National Unity Day 10 National Mental Health Day Mon Program Meeting World Animal Day Business Meeting Tue United Nations Day National New Friends Day National Gumbo Day National Be Nice Day Wed Navy Birthday National Noodle Day 균 BOARD MEETING District 1 Meeting National Apple Day National Dessert Day Ŧ. National Hero Day District 1 Meeting National Mushroom Day National Nut Day National Burnt Ends Day Sat

October 2022

Novembe

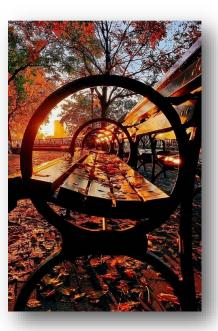
27 National Bavarian Cream Pie Day	20	World Kindness Day	6 10 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2	BIRTHDAYS THIS MONTH Sunni Bedser Mayme Faulk Shirley Legg Wei Lindstrom	Sun
CYBER MONDAY	21 National Stuffing Day	14	7		Mon
29 5th Tuesday	22 Program Meeting	National Philanthropy Day PHILANTHROPY Page 1 Page 2 Page 3 Page	Business Meeting	National Cinnamon Day	Tue
National Mason Jar Day	23	National Button Day	v	2	Wed
	LIANKSGIVING	17	10 National Forget-Me- Not Day	3 National Sandwich Day	Thu
	25 National Maize Day	18 Mickey Mouse's Birthday	Veterans Day	4 BOARD MEETING	Fri
	Small Business Saturday	National Camp Day	12	National Bison Day	Sat

Drops of Color

by Lynne Adams

Today it rained Leaves
Of Gold, Red and brown,
I thought I heard them laughing
As they swirled and spun around.

"Look up!" I cried, and see what I see
The Trees were dancing, in the gentle breeze,
I twirled, and jumped, as the leaves did fall
Drops of color, splashing, coloring the ground.





Soroptimist International of Sequim PO Box 126 Sequim, WA 98382

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