



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 28, Issue 8

Soroptimist International of Sequim

Celebrating 75+ Years of Service

February 2024

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**“Love is the name of
an irrepressible moment
formed inside
one complete
pulsation of a heart.”
~Munia Khan**

PRESIDENT’S MESSAGE

Since February is Heart Health Month, I decided to dedicate the President’s Message to women’s heart health. Having unexpectedly been diagnosed with a heart issue several years ago, I strongly feel that every woman should pay as much attention to her heart health as she does to breast health. My diagnosis came out of the blue. I had no idea I had an issue as I have been physically active throughout my life with no indication of any heart issues. Symptoms I was experiencing I judged to have nothing to do with my heart. Wrong! I now visit my cardiologist annually and am more attuned to what is needed to maintain heart health.

I share with you below facts from the American Heart Association. Heart disease is not an “old age” disease. Young and old, we need to know the signs and what we can do to ensure we give our hearts every opportunity to keep on beating.

Fact: Cardiovascular disease is the No. 1 killer of women, causing 1 in 3 deaths each year. It’s a third of our mothers, sisters, friends, neighbors, coworkers and more.

Fact: Cardiovascular disease impacts some women at higher rates than others, but the simple truth is that most cardiovascular diseases can still be prevented with education and healthy lifestyle changes.

Fact: Heart disease and stroke can affect a woman at any age, making it vital for all women to understand their personal risk factors and family history. Women can also experience unique life events that can impact their risk, including [pregnancy](#) and [menopause](#). Furthermore, research shows that stress may impact health, making it important for women to understand the mind-body connection and how to focus on improving both their physical health and mental well-being.

Fact: Losing even one woman to cardiovascular disease is too many.



~President Shirley



GO RED FOR WOMEN



Letter from the Editor

Dear Friends,

It's February—the month of hearts and flowers—and chocolate! February is also Heart Health Month.

We've got the chocolate part covered with the sales of See's Candies. Yes! Our online See's Sweet Shop is open now through March 25—see page 11. Here's a link to the sweets available: https://www.yumraising.com/secure/soroptimisti_sequim_soroptimist_sweet_shop77/NatMer9563/candy. Please share the link with the chocolate lovers you know. It will sweeten their lives.

We've got the Heart Health Month covered with President Shirley's message on the front and the additional article on page 9. The information she provided is meant to help educate us about cardiovascular issues. Quoting from page 9 "Most cardiac and stroke events can be prevented through education and lifestyle changes, such as moving more, eating smart and managing blood pressure." The American Heart Association suggests eating more fruits and vegetables, getting more exercise, more rest, and less stress. All of this addresses mainly the physical side of things.

There is another side—the mental well-being. There is a lot of information on the American Heart Association's website. One thing that grabbed my attention was an infographic about how to reduce stress; I've included that on page 13. It mentions sleep and exercise, but it also mentions getting a daily dose of friendship, laughing, and volunteering. Gosh, that sounds a lot like Soroptimists.

In late December member Patty Lebowitz forwarded an email to me that had an inspirational saying; it is called the Daily Doodle and as the name suggests, one is sent every day. Each Daily Doodle has a drawing with one or two sentences that express some positive, uplifting, supportive thought. Below it is a postscript by the author/artist, Diana Bluthenthal, explaining what inspired that day's Doodle. I noticed at the bottom it had a snail mail address in Carlsborg, WA. I liked the inspirational message, so I subscribed to the Daily Doodles. I've written directly to Diana with comments to some of her Doodles. (<https://www.dianadoodles.com/>)

In January I received one of the Doodles that was particularly meaningful. It said: "*A toolbox full of soothing words, acts of kindness and ways to feel connected is as important as your first aid kit.*" In her postscript she wrote that she has a self-care toolbox with things like thank you notes, poems, a rock from the beach, a fortune cookie message. I responded to her: "I see the toolbox of soothing items as the FIRST First Aid. All those things can be so healing. They are all reminders of our importance in the scheme of life." How many of you have a self-care toolbox? What do you have in it?

How we are feeling at the heart level can affect how we respond to things going on around us. We might be having a stressful day, and a friend calls. We wind up laughing and feeling better about everything. It doesn't have to be Heart Health Month for us to realize the importance of providing what feeds our hearts. Our club gives us many opportunities to do that.

We've covered chocolate and hearts—now it's time for the flowers. We've got that covered too, with the Gala Garden Show. It starts with the featured artwork which has flowers! Working on the GGS is just one way we feed our hearts. Interacting together in unity we empower one another as we continue Lighting the Path Forward.



~Kathy Purcell
Editor



"It's not the substance of what you make known to me that's beautiful; it's the opening of your heart. It is the 'yes' in your heart to be mine. The fact that you are revealing the secrets and letting me peer into your heart—that is in itself the beautiful part." ~Dana Candler

CALENDAR

FEBRUARY

- 6 GGS Core Meeting
9 am 1st Security Bank
- 9 Board Meeting
- 13 Business Meeting
- 24 Area Meeting
- 27 Program Meeting

MARCH

- 5 GGS Core Meeting
9 am 1st Security Bank
- 8 Board Meeting
- 12 Business Meeting
- 16-17 Gala Garden Show
- *26 GGS Potluck
Celebration

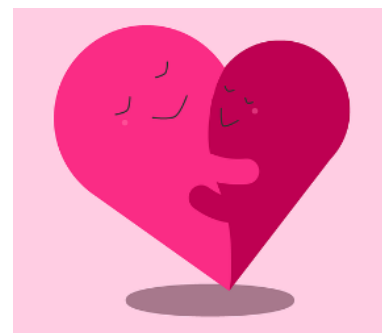
*Evening Meeting

Lighting



the Path Forward

"Let my soul smile through my heart
and my heart smile through my eyes,
that I may scatter rich smiles
in sad hearts."
~Paramahansa Yogananda



"Come live in my heart and
pay no rent." ~Samuel Lover

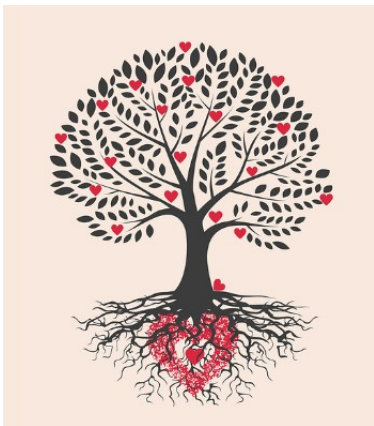
Celebrate Life!

FEBRUARY

Becky Archer
Sherry Lacey
Patty Lebowitz

MARCH

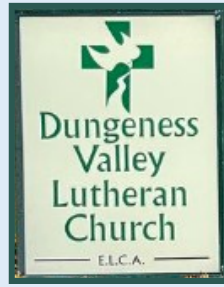
Brandi Larson
Kathryn Pacelli
Gerry Sladowski



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



“Life is short and we have never too much time for gladdening the hearts of those who are travelling the journey with us. Oh be swift to love, make haste to be kind.” ~*Henri Frederic Amiel*



NEW LOCATION—SAME TIME

Beginning **February 13, 2024**
we will be meeting at
Dungeness Valley Lutheran Church
925 N. Sequim Avenue.
The church is located just south of
Hardy's Market.
We will meet in the sanctuary!

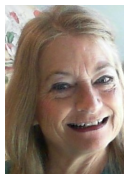
OLYMPIC PENINSULA AREA MEETING

February 24 is the date of the Olympic Peninsula Area Meeting this year. Greater North Kitsap will be our hosts and the meeting will be in Poulsbo. Put this date on your calendar. At this time, the area clubs are in the planning stages. We do have a few details based upon past meetings.

The meeting will start in the morning close to 9:00 a.m. and finish around 1:30 p.m. We will set up a carpool caravan. It is hoped that many members from our club will attend.

The agenda will include recognition of a charity which the clubs support. Our District Director, Becky Taft, will give a report of the Northwestern Region, and a roundtable activity based on the Region information will follow. We have lunch, and then the club presidents each give a 5-minute report.

A sign-up sheet will be sent around at our February business meeting. I hope to see all of you signed up to attend.



~Sandy Lawrence



SOROPTIMIST MEETING DATES TO REMEMBER

Olympic Peninsula Area Meeting
Hosted by: Greater North Kitsap
TBD
February 24, 2024



NWR Conference
Lake Washington Hyatt
Renton, WA
April 25-28, 2024

MEET THE JANUARY GIRL OF THE MONTH

ARIANA SALAS



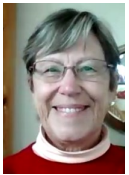
Ariana Salas, our January Girl of the Month, is trilingual—communicating in English, Spanish, and American Sign Language. She’s active in sports as both end runner and Manager for Cross Country and received a letter as Manager of the Boys Basketball Team. Ariana currently has a small business making and selling crochet flowers, key chains and other crocheted items. A junior, she hopes to attend college in Mexico or on the exchange program at a college in Oregon and is aiming for a career as a Language Interpreter.

LIVE YOUR DREAM AWARDEES CHOSEN

The 2023 Live Your Dream Award process has been completed, and we have a first and second place winner. These awards are available to women who are enrolled in school, have financial need, and provide the primary financial support for their dependents. The funds are given to the awardee and may be used for any purpose that will help them reach their career and educational goals.



Our thanks go to three former Soroptimists for helping with the judging: Janet Popelka, Paulette Hill, and Liz Wolf Troberg.



~Natasha Merkuloff-Nichols, LYDA Chair



KAYLA HECKATHORN



We congratulate first place winner Kayla Heckathorn, a Sequim mother of two whose goal is to be a registered nurse. References describe Kayla as hardworking and determined to get her degree in the medical field.

DOLCENIA MONTERO

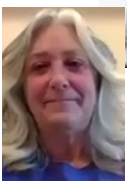


Second place winner is Dolcencia Montero. Also a mother of two, Dolcencia is from Port Townsend and she is working toward a Multimedia Communications, Graphics degree from Peninsula College. References describe Dolcencia as having strong communication skills. They tell us Dolcencia has worked hard to overcome difficult situations.

MEMBERSHIP UPDATE

Hello All! A big thank you to **Amanda Beitzel** who updated the New Member Guidelines. These guidelines define the role of the Sponsor, the role of the Membership Co-Chairs, and the Pathways Committee. Please familiarize yourself with these guidelines so you can inform potential new members of the process.

I want to give a big shout out to The Pathways Committee and especially to **Brandi Larson** and **Sam Fouts** who organized the diaper stickering for First Step. It was very organized, fun, and a great help to that organization.



~Shawn Dredla & Jane Manzer, Membership Co-chairs

“Love is of all passions the strongest, for it attacks simultaneously the head, the heart and the senses.” ~Lao Tzu

PATHWAYS ON DIAPER DUTY

Hello Fellow Soroptimists!

What an amazing experience the last two weeks have been! First Step has a program dedicated to providing diapers to anyone who needs them. Usually, this means that one person comes in early and pulls apart a pallet of diapers and stickers them prior to driving them to medical facilities and First-Step locations as far as Jefferson County. This program has grown year by year, and every time they have to pull employees to do this, they lose valuable time and resources to support the other programs that they do for the community. Between 1/26 and 2/02, we devoted our time to prepping and stickering every bag of diapers and wipes that the First Step had for us. While the final number is impossible to know, we prepped and stickered 23 pallets of diapers and five pallets of wipes! We spent a total of eight hours of labor, with eight volunteers on day one and eleven on day two!

As I go into the sixth month of pregnancy, I am reminded of the new-born diapers, of the blowouts, of the way the sizes come and go faster than I can blink—and of how the cost increases while the number of diapers per box decreases as you shift from diapers to training pants. Most children do not gain the ability to stay dry during the night until between 5-7 years old; some take longer. The approximate cost for my family is between \$100 and \$200 a month. Sometimes the budget is tight, and programs like this can be the difference between a family being able to afford the power bill or groceries on the table. From the bottom of my heart, as both a mother and a Soroptimist, thank you all for contributing to this amazing program!



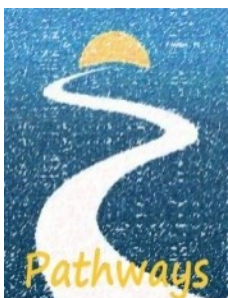
“Strong women. May we know them. May we be them. May we raise them.” ~Author Unknown



~Brandi Larson, Pathways Committee



*“Live life with passion from our hearts and believe.
Let love be the reason and purpose of life.”
~Jerrycel Verlinden*



NEW MEMBER GUIDELINES 2023-24

Sponsor Role — a sponsor is defined as a member who introduces a potential member to SIS.

1. Invite a friend to a meeting/event/social
2. Explain the mission of Soroptimist & meeting procedures
3. Review trifold: costs, steps to join, responsibilities, commitments (available from membership chairs)
4. Introduce guest to members and membership chairs
5. After three meetings/events, a guest is eligible to join
6. Notify the membership chairs, who will begin the membership process

Membership Co-chair(s)

1. Greet potential new member
2. Give a trifold, if appropriate
3. Give an application
4. After receipt of application and dues, a new member may join Pathways and all club functions
5. Obtain a bio/picture and place on website
6. Notify Pathways chairs
7. New member will be inducted as soon as possible

Pathways Committee Purpose:

Pathways Committee is designed to help new SIS members understand all the aspects of membership, to become a contributing member from the beginning of their membership, and to feel comfortable as the new person in club meetings. A small group setting is ideal for this purpose. New members will be in Pathways from September to June or as they join the club. Anyone joining after the first of the year will be given the option to continue in Pathways the following September. Those who joined before January will graduate in June. The committee will meet once a month. Time and place decided by the committee. New members will receive instruction and support helping the assimilate into the club.

Pathways Committee Chair(s)

1. Greet new members at a club meeting/event or by email
2. Send an invitation to the next Pathways meeting
3. Provide a notebook with roster of new members, schedule for club activities, and schedule for Pathway meetings & topics
4. Introduce to other members of committee
5. Explain function and purpose of Pathways, as follows:
 - a. Pathways meets monthly
 - b. Reviews Roster
 - c. Explains mission of club
 - d. Introduces/explains club committees
 - e. Invites each club committee chair to a meeting
 - f. Introduces idea of a community project
 - g. Helps with the decision/execution of a community project
 - h. End of year celebration

HAPPY DOLLARS

This is a new column added last month to the Soropti-Scoop; it is called **Happy Dollars: The backstory.** At the end of our club meetings members are asked if they have something they are happy about and if they would like to share with a Happy Dollar donation. Not all members are able to attend all meetings, which means they miss out on hearing the happy things. It was suggested that the information be included in the newsletter, so all members get a chance to experience the shared joy. This also allows us to learn more about our members, strengthening our club overall.

Linda Klinefelter 31-year anniversary special trip to Seattle this weekend to celebrate.

Cat Xander was happy that the girls of the month came in person with their mothers. Also she was happy to see Kris Osborn at the Christmas Party.

Jane Manzer was happy we had a quorum so we could nominate and vote on Linda Klinefelter being President-elect and Kathy Purcell filling the remaining set of Linda's BOD term.

Virginia Kostanich was happy for her granddaughter who was recently hired by Alaska Airlines as a flight attendant. Her third flight was on the one the 437 Max plane that blew its panel.

Natasha Merkuloff-Nichols's granddaughter started at Southern New Hampshire University.

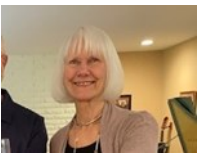
Sandy Lawrence is happy her large family was able to gather together in Seattle and she was treated to a Heart concert at Climate Pledge Arena.

“A purposeful act or extension of kindness to another is never wasted, for it always resides in the hearts of all involved in a chain of love.” ~**Molly Friedenfeld**

FRIEND CONNECTIONS

A suggestion was made to add a new column to the newsletter that would have info from former members—kind of like Happy Dollars, but in written form. Although they are no longer official members of Soroptimist, they are still a part of the Soroptimist Family. Friendships that grew while they were members didn't disappear when changes in their life called for more of their attention. The new column is titled **Friend Connections**.

An email was sent out inviting former members to share what's happening/happened in their life. It said they can write about something great that's happened or something not-so great that's happened. For the great things we celebrate with them; for the not-so great things we encourage and support them. Staying connected is important. It keeps us healthy. Below are a few replies I received. ~kp



What a wild ride life has been!

I left Sequim in November 2022...an opportunity seemed to *materialize* at the end of September when I reconnected with a friend who had lived in Sequim, then moved to North Carolina! As she raved about her new home, the wheels started turning...I was getting older...many friends had dealt with health/life issues. Though I'm healthy now, I know something is lurking that will eventually be a life changer...I'd like to be in a place that will address contingencies so that family/friends won't have to...and maintain my independence. And finally, most of my family is on the east coast—within driving distance!

I visited Pennybyrn at the end of September, sold my house in 1 day and was *homeless* by October 23rd! Everything fell into place...moving was meant to be! I loved living in Sequim for 16 years...and miss my incredible and loving friends.

~Missy Church-Smith

Good Morning Kathy!

I am happy to contribute a short message for the Scoop, just not for February. I am finally moving from my daughter's house to a condo in Edmonds (yay!), and it's happening next week. So, I am very busy at the moment. How about for March?

Take care.
~Jan Chapman

I know Jan indicated she was busy with an upcoming move and would write something for the March Soropti-Scoop. In part because of that, I included her message here so members can send good thoughts and wishes to Jan for a smooth move and calm settling into her new abode. We're all reaching out to you with our support, Jan. ~kp

MEDICAL LOAN CLOSET UPDATE

Becky and Chris attended the Pathways meeting in January to tell new members about the Closet and let them know how they may be involved. Two of our new members, **Virginia Kotanich** and **Sam Fouts** expressed interest in joining our team. Virginia will help with the weekly organizing of the Closet and join the weekly volunteer rotation beginning in a few months. Sam will help by calling clients who are late returning equipment. Thank you, Virginia and Sam, for your support of the MLC by joining our Team!



The Closet was closed for a few days in January because of the snow. They do not plow/clear the pavement at the Stow Place so rather than risk injury to our volunteers and clients, we wait until it is safe for everyone.

We received two lovely thank you cards from clients. They read as follows:

Thank you! Your medical closet service was made aware to us from a person at the Serenity House Thrift Store. The stand-up walker was precisely what I needed during my recovery from heart surgery. Please accept the enclosed donation. Once Again, Thank You!

Special thanks to each and every one of you for the volunteer work you do to provide the Loan Closet. It is such a much needed and helpful service. So very kind of your group. Please accept our donation as a thank you and to help maintain the program. Sincerely and with many hugs.

Despite the weather, we had a very busy month. We received **176** calls during the month of January. We lent **57** items and had 78 items returned. We received **\$745** in donations from our generous community.



~Becky Archer and Chris Snow, MLC Co-chairs

“It's not the depth of your intellect that will comfort you or transform your world. Only the richness of your heart and your generosity of spirit can do that.” ~Rasheed Ogunlaru

WOMEN FOR WOMEN INTERNATIONAL SPONSOREE UPDATE

Our club continues to support two women through Women for Women International (WFWI) and the committed funds allotted in our 2023-24 budget have been sent to the organization. Our “sister” in the Democratic Republic of Congo completed her training in December, and we’ve just been notified about the woman we will be supporting for the coming year. For her safety, very little is known to us about her, other than she is married and lives in Afghanistan. However, I can communicate with her through a portal on the WFWI website and will be encouraging her on behalf of the club.



Our other “sister,” Mary Ajiyo, a 40-year-old with 5 children, lives in South Sudan and we recently received a hand-written note from her. I can’t quite decipher all of it, but much of the note is listing her children and their ages, which are from 3 to 22. She addresses us as “dear friends” and says she joined “Women for Women to get more knowledge on home management and social network.” She thanks us!! Mary is more than halfway through her training, and we will be assigned another woman when she completes her year.

If you’ve not ever visited the website for Women for Women International, do. It will tug at your heartstrings, but know that as a club we’re helping a couple of women very much. <https://www.womenforwomen.org/>



~Jane Manzer, Women for Women International Liaison



Cardiovascular disease is the No. 1 killer of women, causing 1 in 3 deaths each year.

Here are 10 other facts you need to know about women and cardiovascular disease:

Cardiovascular disease kills more women than all forms of cancer combined and yet [only 44% of women](#) recognize that cardiovascular disease is their greatest health threat.

Among females 20 years and older, nearly 45% are living with some form of cardiovascular disease and less than 50% of women entering pregnancy in the United States have good heart health.

Cardiovascular disease is the [No. 1 killer of new moms](#) and accounts for over one-third of maternal deaths. Black women have some of the highest maternal mortality rates.

Overall, 10% to 20% of women will have a health issue during pregnancy, and [high blood pressure, preeclampsia and gestational diabetes during pregnancy](#) greatly increase a women's risk for developing cardiovascular disease later in life.

Going through [menopause](#) does not cause cardiovascular disease, but the approach of menopause marks a point in midlife when women's cardiovascular risk factors can accelerate, making increased focus on health during this pivotal life stage is crucial.

Most cardiac and stroke events can be prevented through education and lifestyle changes, such as moving more, eating smart and managing blood pressure.

51.9% of [high blood pressure](#) deaths, otherwise known as hypertension or the “silent killer,” are in women, and out of all women, 57.6% of Black females have hypertension—more than any other race or ethnicity.

While there are an estimated 4.1 million female stroke survivors living today, approximately 57.5% of total stroke deaths are in women.

Women are often [less likely to receive bystander CPR](#) because rescuers often fear accusations of inappropriate touching, sexual assault or injuring the victim.

Women continue to be underrepresented in Science, Technology, Engineering and Math (STEM) fields, as well as in research. In fact, women occupy nearly half of all U.S. jobs (48%), but only 27% of jobs in STEM fields. Furthermore, [only 38% of participants in clinical cardiovascular trials are women](#).

The American Heart Association's Go Red for Women movement was launched in 2004 with the goal of raising awareness and fighting a woman's greatest health threat — cardiovascular disease. Today, Go Red for Women not only advocates for the health of all women, funds lifesaving research and educates women across the United States and around the world but is committed to removing the unique barriers women face to experiencing better health and well-being.

American Heart Association.



FEBRUARY PROGRAM MEETING

We are delighted to have Erin Naskahi with WomenSpirit Coalition for our February Program Meeting. She will be sharing the work of WomenSprit Coalition, a Washington State organization advocating on behalf Native American women. Please join us in person or by Zoom on February 27th and learn how we can support the efforts of this organization.



~Linda Klinefelter, President-elect



"We were not sent into this world to do anything into which we cannot put our hearts." ~John Ruskin

TIMING IS EVERYTHING

Just like the title indicates, often timing is everything and that was the case with our organization sponsoring the January 23rd Sequim Chamber of Commerce luncheon.



After sorting out a little confusion and a minor mix-up, Soroptimist International of Sequim sponsored the chamber's monthly meeting. It came at a time that aligned well with our upcoming garden show and it proved to be financially beneficial. Two local business leaders stepped up and committed to being sponsors for the show. And a possible third in the wings!

It was evident by comments and applause: our community is excited about the garden show coming back. We have been missed and yes, timing is everything.



~Linda Klinefelter, President-elect



ARTICLE APPEARING IN THE CHAMBER NEWSLETTER

Soroptimist

Slowly the days are getting longer, daffodils are sprouting their leaves and there is excitement in the air because the **2024 Soroptimist Gala Garden Show is returning March 16th and 17th**. A \$5.00 entry for adults and children under 12 free will bring us into the world of gardening.

The 25th annual garden show will present Karen Chapman CPH, designer, speaker and author and her presentation on Deer Resistant Design and add to that, classes by the Master Gardeners of Clallam County. Explore the plants, flowers, wares, and tools of over 50 vendors and then take a break in the café and enjoy a light lunch.

Last but not least, buy a raffle ticket and maybe go home with a quilt handcrafted by the Sunbonnet Sue Quilt Club or a variety of other wonderful raffle items. Whatever you choose, you will be supporting women and girls in our community.

Linda Klinefelter
President-Elect
Soroptimist International of Sequim



HUMAN TRAFFICKING AWARENESS PRESENTATION PROMPTS QUESTIONS

The speaker at our January 23 Program meeting was Mark Nichols, Clallam County Prosecutor, who came to educate us about human trafficking in Clallam County and throughout the State of Washington. Thank you to Linda Klinefelter for arranging this; it was very pertinent as January is Human Trafficking Awareness Month. We thank Mr. Nichols for taking the time to bring us up to date on this important issue.

A lot of information was presented and those in attendance were certainly engaged. Some of the questions that were asked you will see below. The presentation was recorded. You can watch it and hear the answers. Just click on the link: <https://www.youtube.com/watch?v=bCEmlJQP8nA> ~kp

- ◆ Define a port?
- ◆ Could it be applicable (human trafficking) that no trade of money is required to be trafficked?
- ◆ Is this targeting child marriage?
- ◆ Are schools providing teachers and staff training to recognize this?
- ◆ Are truancy courts aware of signs?
- ◆ Is the increase in homelessness feeding into human trafficking?

“Chocolate is a living matter; it has its own inner language. Only when it feels the object of intimate attention, and only then, does it cease to bewitch the throat and begin to dialogue with the senses.” ~*Alexander Von Humboldt*

SEQUIM SOROPTIMIST SWEET SHOP



Let the YUM-raising begin! Our Spring Sweet Shop is now open.

See's CANDIES.

Soroptimist International of Sequim invites you to order See's Candies for your loved ones this spring. All you have to do is follow these easy steps:

- ⇒ Login to the SI of Sequim Sweet Shop at:
https://www.yumraising.com/secure/soroptimisti_sequim_soroptimist_sweet_shop77/NatMer9563/candy
- ⇒ Select the products you want to buy.
- ⇒ Pay the amount due — VISA, Mastercard, PayPal (if you use PayPal shipping charges will apply).
- ⇒ Wait for your candy to arrive — it is shipped directly to you!

Our store is open now to take your orders. Candies **will be shipped out beginning February 20**. Our Sweet Shop will close on March 25th to ensure delivery of your candy in time for your Holiday enjoyment and giving.



~Sandy Lawrence and Natasha Merkuloff-Nichols

GALA GARDEN SHOW ONLY WEEKS AWAY

The 25th Annual Gala Garden Show is fast approaching. The Gala Garden Show Core Committee has been working on this since the summer. The last in-person GGS we had was in 2019. Several springs have come and gone since then, but our club's dedication to putting together a great show remains the same. To produce a successful show, it requires the participation of all of our members. The GGS Core Committee has laid the groundwork; now it is time for everyone to check their calendars and volunteer to show up. There are many areas that members can work: setup and tear down; collect the admission fee; stamp the visitor's hand; distribute programs; sell raffle tickets; assist vendors; assist the speakers. Participating in the show is fun and you don't want to miss it.



Between now and March 16 you can help promote the show in an ease way. If you are on Facebook, you can help advertise the garden show on your Facebook page. You can search on Facebook for the Soroptimist Gala Garden Show. Go to one of our Facebook posts and look at the bottom of the post on the left. Where you see the word **“LIKE”** click on it. Every time we post something about the garden show, it will show on your page. Go to a post and at the bottom on the right, it will say **“SHARE.”** Click on the word **“SHARE”** and you will be advertising the garden show to your friends. It's quick and easy. This is especially helpful now because it's been a few years since we had an in-person show. People have been waiting for this. Let's spread the word.

Another way to help promote the show is by selling pre-sale tickets. Sell some or buy some. They make a great gift; at \$5 it's an inexpensive way to show appreciation for a friend, family member, client or neighbor. And the money raised goes to support our mission of empowering women and girls through access to education. Getting people to the show is more than just a financial benefit. There is a unique feeling in the atmosphere at the Gala Garden Show. This is one of the draws for those who have attended previous shows. It's not just the feeling of spring; it's a feeling of new growth and new possibilities—a feeling of joy, of unity and community.



~Kathy Purcell and Natasha Merkuloff-Nichols, GGS Co-chairs

*“May our heart's garden of awakening bloom
with hundreds of flowers.” ~Thich Nhat Hanh*

WORDS OF GRATITUDE

thank you so much for inviteing me
to see the faces of all the amazing
woman and men apart of such a
wonderful club. You are all so
kind. thank you for the gift of
the month award

from, mattea Brillhart



American Heart Association.
Healthy for Good™

FIGHT STRESS WITH HEALTHY HABITS

1. **Slow down.**

Plan ahead and allow enough time to get the most important things done without having to rush.

2. **Snooze more.**

Try to get seven to nine hours of sleep each night. To fight insomnia, add mindfulness and activity.

3. **Let worry go.**

The world won't end if a few things fall off of your plate. Give yourself a break and just breathe.

4. **Laugh it up.**

Laughter makes us feel good. Don't be afraid to laugh out loud, even when you're alone.

5. **Get connected.**

A daily dose of friendship is great medicine. Make time to call friends or family so you can catch up.

6. **Get organized.**

Use "to do" lists to help you focus on your most important tasks and take big projects one step at a time.

7. **Practice giving back.**

Volunteer your time or spend time helping out a friend. Helping others helps you.

8. **Be active every day.**

Exercise can relieve mental and physical tension. Find something you think is fun and stick with it.

9. **Give up the bad habits.**

Too much alcohol, tobacco or caffeine can increase blood pressure. Cut back or quit to decrease anxiety.

10. **Lean into things you can change.**

Make time to learn a new skill, work toward a goal, or to love and help others.

Learn more at heart.org/HealthyForGood



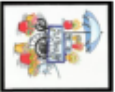

EAT SMART MOVE MORE BE WELL

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February 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
BIRTHDAYS THIS MONTH Becky Archer Shery Lacey Patty Lebowitz 						3 Pathways Meeting Deadline for articles for Soropti-Scoop
4	5	6	7	8	9 BOARD MEETING	10
11 Distribution of February Soropti-Scoop	12	13 Business Meeting	14 	15	16	17
18	19	20	21	22	23	24 Area Meeting
25	26	27 Program Meeting	28	29		

March 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
BIRTHDAYS THIS MONTH Brandi Larson Kathryn Pacelli Gerry Sladowski 						1 2 Pathways Meeting Deadline for articles for March Soropti-Scoop
3	4	5	6	7	8 BOARD Meeting	9
10 Distribution of March Soropti-Scoop	11	12 Business Meeting	13	14	15 Gala Garden Show Setup 	16 Gala Garden Show 
17 Gala Garden Show 	18	19	20	21	22	23
24	25	26 GGS Potluck Celebration	27	28	29	30 Deadline for articles for April Soropti-Scoop
31						

Help Yourself to Happiness by Helen Steiner Rice

Everybody everywhere seeks happiness, it's true,
But finding it and keeping it seem difficult to do.

Difficult because we think that happiness is found
Only in the places where wealth and fame abound.

And so we go on searching in palaces of pleasure
Seeking recognition and monetary treasure,

Unaware that happiness is just a state of mind
Within the reach of everyone who takes time to be kind.

For in making others happy we will be happy, too.
For the happiness you give away returns to shine on you.



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

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To a Person Making a Difference for Women