



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 12

Soroptimist International of Sequim

Celebrating 75+ Years of Service

June 2024

Officers 2023 — 2024

President:
Shirley Legg

President-Elect:
Linda Klinefelter

Secretary:
Sandy Lawrence

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Shelle Paulbitski

Assistant Treasurer:
Open

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(one year remaining)**
Natasha Merkuloff Nichols

Director: 2 year
Patty Lebowitz

Director: 1 year
Kathy Cunha

Director: 1 year
Kathy Purcell

Newsletter Staff:
Kathy Purcell
Susan Coffee
Jane Manzer
Pat Willis

*“Doing what you
believe in is passion.
Doing it the best
you know how
is contribution.”
~Doug Fish*

PRESIDENT’S MESSAGE

So, here we are at the end of another SIS year and the end of my term as president. My time has not been the usual term, as I have been president for 15 months. With Kim Renfro’s departure in March of 2023, as president-elect I stepped into the role.

It was not an easy transition as I had expected to have a year to prepare by shadowing Kim as she served her term. I felt totally ill-prepared.

It was through the graciousness and guidance of many SIS members and Soroptimists outside of our club that I survived to compose this final president’s message.

I started my term with a focus on what I would like to accomplish and end it with recognizing I cannot check off all that I had hoped to achieve. I do, however, hope I made a positive impact in trying to light the path forward.

A huge thank you to my highly experienced board who supported me through this journey, providing encouragement to keep me going and to all members for enduring my ineptness—particularly my battle with Zoom. I must concede that Zoom won the battle.

SIS has a long history of strong women effortlessly working together fueled by passion and allegiance to community and the SI mission. Every step these women before us took has gotten us to where we are today. Soroptimist evolves with each generation of footprints, left for the next generation to build upon to continue the journey. Footprints that lead each new generation into a future that they will make their own—built on different ideas, different skills and different life experiences focused on new ways to meet new challenges.

As SIS grows, I am thrilled to see a new generation of strong women stepping forward with such grace, courage and determination to take on leadership roles. You are the future that will carry on the mission for generations to come and continue to light the path forward.



~President Shirley



*“A sure sign of a soul-based workplace is excitement, enthusiasm, real passion;
not manufactured passion, but real involvement. And there’s very little fear.”
~David Whyte*

Letter from the Editor

Dear Friends,

Earlier this week I took Blue out for his last potty break of the night. Walking out the door, I noticed it was still light outside; this surprised me. It was after 9:30 p.m. Then I remembered we are in the month of June. The number of hours of light per day will continue to increase until June 20 this year and then the number of hours of light per day will begin to decrease. It is the summer solstice.

According to bigthink.com, the 2024 summer solstice is earth's earliest since 1796; at that time George Washington was serving as the first president of the United States. I wanted to learn more, so I did some additional research.

From space.com: "The summer solstice marks that moment when the sun reaches that point when it is positioned farthest north from the celestial equator. The word solstice literally means "sun standing still." It is derived from combining the Latin words *sol* for "sun" and *sistere* for "To Stand Still."

"For the previous six months, the sun has appeared to migrate on a northerly course in the sky. At the moment of the solstice, that motion stops and then the sun will begin to move south. That motion will continue for six months until the sun drops to its lowest point below the equator and then stops—another solstice point—marking the beginning of winter. We have earth's tilt to thank for the seasons.

"While the sun always rises in the east and sets in the west, it appears higher or lower in the sky throughout the year, depending on the season. If you were to map the sun's midday position every day for a year, it would make a lopsided figure-eight, called an analemma. The point at which the curves of the figure-eight intersect is the equinox, which is when day and night are roughly equal in length."

Our club will be beginning our own summer solstice of sorts. On June 21, 2024, we will be installing the officers and board members for 2024-2025. This will be our last activity for this Soroptimist year. We will be like the sun standing still—seemingly motionless for a while.

That changes pretty quickly as we prepare for the Lavender Festival booth at Fleurish in mid-July. And although we don't have regular club meetings until September, some work will actually be going on at the committee level. If you haven't signed up for committees yet, now is a perfect time to do that.

I was looking at the origin of the word solstice mentioned above. In the Latin word *sol* I see soul, and in the word *sistere* I see sister. It makes me think how we are sisters at the soul level. We support one another, both as Soroptimists and as friends.

We are all a bit like the earth—sometimes feeling tilted. At certain times our ability to participate is higher, at other times it is lower. We all have some hard knocks. Over the year our club's movement is like an analemma. When we come together, we see equal knocks and we work in unity. I noticed when you turn the figure 8 on its side it appears as the infinity symbol. We are ever connected.

I also noticed if you take the last letter of the word **earth** and move it to the first letter of the word, you get **Heart**. As Soroptimists we put our heart into the work we do. I am grateful to be a part of that. And I am grateful for all of you. As we end one Soroptimist year and begin a new one, we will continue Lighting the Path Forward while Sowing Seeds for the Future.



~Kathy Purcell, Editor



"All motion is cyclic. It circulates to the limits of its possibilities and then returns to its starting point." ~Robert Collier

CALENDAR

JUNE

- 7 Board Meeting
- 11 Business Meeting
- *21 Installation

JULY

- 19-21 Lavender Festival Booths at Fleurish

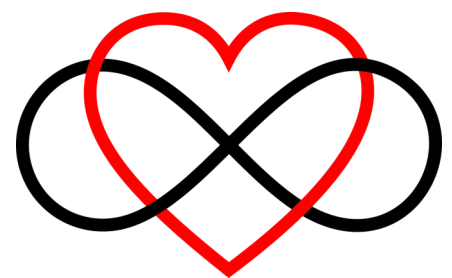
*Evening Meeting

Lighting



the Path Forward

**"An infinity of passion can be contained in one minute, like a crowd in a small space."
~Gustave Flaubert**



**"Your limits are somewhere up there, waiting for you to reach beyond infinity."
~Arnold Henry**

Celebrate Life!

JUNE

Jess McNeil
Natasha Merkuloff-Nichols
Caroline Smith

JULY

Athena Dunn
Jane Manzer
Kris Osborn
Kathy Purcell
Janet Wicker



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



*“Travel far enough, you meet yourself.”
~David Mitchell*

SOROPTIMIST INTERNATIONAL OF SEQUIM

invites you to the

**Installation of the 2024-2025 Officers
and Board of Directors**

**Friday - June 21, 2024
5:30 p.m. - 7:30 p.m.**

Sequim Community Church
950 N. 5th Avenue - Sequim



Potluck

The club will provide pulled pork and coleslaw.
Beverages: coffee, iced tea and
non-alcoholic punch

Bring your favorite appetizer, salad, or dessert.

RSVP to: install@sisequim.org
by **June 14, 2024**

*“We know we cannot plant seeds with closed fists.
To sow, we must open our hands.” ~Adolfo Perez Esquivel*

SOROPTIMIST MEETING DATES TO REMEMBER



SIA Convention
Hyatt Regency Bellevue
Bellevue, WA
July 24-27, 2024

MEET THE APRIL AND MAY GIRLS OF THE MONTH



Emma Gilliam is our Girl of the Month for April 2024 and she's a star! She played the role of Wednesday Adams in Sequim High School's operetta production of "The Adams Family." Emma is also the Operetta Club's Marketing Manager. Emma loves music, whether it be writing songs, playing piano or guitar, or being in musical theater.

Emma is a star off the stage too. She's a member of the Leadership class and the current Sophomore, and future Junior Class, Secretary. Her favorite class is University of Washington Chemistry—she says the combination of science and math is "an academic challenge that keeps you on your toes." After high school she plans to study engineering or a similar STEM-based subject, possibly at Stanford or UW.



Mia Kirner is our May 2024 Girl of the Month. Mia is active in cross country, fastpitch softball and plays second base. When not involved in sports she is active in her science classes and loves to be creative with her hands through ceramics. In addition to being chosen as Soroptimist's Girl of the Month, she has been recognized as

Athlete of the Week in the Peninsula Daily News and is the recipient of the Don Knapp Award. She hopes her future holds attending a four-year college and majoring in kinesiology. Congratulations Mia Kirner!

*"To understand the heart and mind of a person, look not at what he has already achieved, but at what he aspires to."
~Khalil Gibran*

HIGH SCHOOL SCHOLARSHIPS

Soroptimist will be presenting scholarships to eleven girls graduating from Sequim High School for a total of \$14,500. The club has budgeted \$6,000 for these high school scholarships. The other \$8,500 is coming from a variety of directed donations.

One of the donors asked that a scholarship for a girl who wants to become a nurse be named in honor of Margaret Preston. Margaret Preston was Director of Nursing for US Public Health Service and the Federal Bureau of Prisons. Here in Sequim, she was instrumental in both the Dungeness Valley Health and Wellness Clinic and the Sequim Dog Park. Mrs. Preston passed away in 2024.

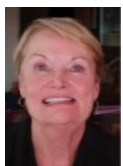
If this class succeeds in the goals they set, the peninsula will be well served. Four of the girls want to go into nursing, three to become dental hygienists, and one into Addictions Studies. One each hoping to go into animal studies, criminal justice or IT rounds out the goals of these young women.

CONTINUING EDUCATION SCHOLARSHIPS

Applications for Continuing Education scholarships are available now through August 15th on our website at sisequim.com. Continuing Education (CE) scholarships are meant to help fund school after a student completes at least one year (24 semester or 30 quarter units) of post-secondary education. Scholarships can be more difficult to find when there is no high school counselor standing over your shoulder and often earnings or savings have been used up during that first year. Because a year of success in college is a good predictor for continued success in post-secondary school, the club has allocated \$9,000 for CE scholarships and a directed donation has added \$3,000 so we will be awarding \$12,000.

PREVIOUS LIVE YOUR DREAM AWARDEE UPDATE

Just got word that **Corenna Messinger**, a Live Your Dream Awardee from 2022-23, is receiving her pin in nursing AND a Presidential Medal for Academic Excellence in June!! The pinning ceremony is unique for nursing student graduates. It is a symbol of the hard work and dedication needed to complete their degree, and it is an initiation into the nursing profession, inspired by Florence Nightingale.



~Cat Xander, Awards & Scholarships Co-chair



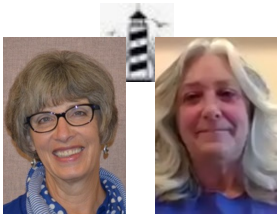
MEMBERSHIP NEWS

Membership has grown this year and we're hoping to retain most of our membership plus add four new members soon after July 1. Please remember to forward your dues and any changes in roster information to **Treasurer Shelle Paulbitski**, address in roster, **by June 15th**. As Shawn indicated in an earlier e-mail, our club is assessed a late fee for late dues payment, and that's not good use of the funds we've worked hard to earn.

Amanda Beitzel will be filling the role of Sunshine person through the end of June.

With the end of the year comes the end of this club year's Secret Pal program also. We've planned a Secret Pal reveal get-together for 12:00 noon on Tuesday, June 25th, at First Security Bank. Please bring your brown-bag or take-out lunch and if you can't make it at noon, come when you can between 12 and 1. Also, take this opportunity to present your secret pal with one last gift and spend some time socializing with the rest of the secret pals. We hope those that took part had fun coming up with ways to make their secret partner's day from time to time.

Lastly, we'd like to thank the members who hosted meetings with tasty treats this year. A couple of members even did it twice! There's still one more meeting, so if you haven't done it before and would like to host June 11th, please let Jane know.



~Jane Manzer & Shawn Dredla, Membership Co-chairs

"I challenge you to make your life a masterpiece. I challenge you to join the ranks of those people who live what they teach, who walk their talk." ~Tony Robbins



Three of our new members met for our last Pathways get-together for the 2023-2024 year. **Christy Holy, Virginia Kostanich and Roxann Harr**—pictured above.

HAPPY DOLLARS

This is a new column recently added 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.

05-14-24 Meeting

Virginia Kostanich—Happy dollars for beautiful weather for celebrating Mother’s Day.

Roxann Harr—Happy dollars for a great barbecue with family on a beautiful Mother’s Day.

Chris Holy—Happy dollars for all the years Becky Archer co-chaired the Medical Loan Closet.

05-28-24 Meeting

Shawn Dredla—Happy that she’s going to be traveling to see her son and daughter and to go wedding dress shopping with her daughter.

Jan Hartig—Happy that she visited her family and was able to see her new great-granddaughter and be at the other one’s 1st birthday.

Jane Manzer—Happy she just got back from a lovely road trip with her sister.

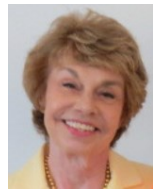
Roxann Harr—Happy landscapers are finally at her house.

Jeanne Martin—Happy for our members’ participation.

Cat Xander—Happy for our Girls of the Month and her Secret Pal.

MEDICAL LOAN CLOSET CHANGES AND APPRECIATION

I will always remember May 2024 as the month that **Becky Archer** stepped down from her MLC Co-Chair duties to take care of her dear husband. Becky has been an MLC volunteer for many years and served with me as a co-chair since 2019. I will miss her wisdom and knowledge of all things MLC and her compassion for serving the people of our community. Working with Becky has provided me and each one of our MLC volunteers with many gifts that we will continue to gratefully use.



May was another busy month at the Medical Loan Closet. We gave five wheelchairs to our local CERT groups. We will provide at least seven more wheelchairs to CERT groups once more wheelchairs that are nearing the end of their service life, are returned by clients. We also received equipment donations from Dungeness Courte which included a transport chair, several wheelchairs, and many wheelchair footrests.

We received **163** calls, lent **76** items, and had **83** items returned. We received **\$575** in donations from our generous community. A couple of months ago a caregiver and her client visited the MLC to borrow equipment. This was the first time this caregiver had visited the MLC, so she took a good look around at all we had available. After she completed the paperwork for her client, she went out to her car, came back, and donated \$100 in appreciation for our service to the community.

This month, one of our donors included sweet words with their donation: “Thank you for all you do for this community, it is a blessing to many and provides such wonderful opportunity to continue caring for our loved ones stress free.” It is so heart-warming, as MLC volunteers, to not only *hear* how much people appreciate our service, but to *see* people donate to the MLC as another way of thanking SIS for the MLC. The community blesses us by trusting us with their hard-earned money. It is also them paying it forward, helping ensure that others in the community will have the same support available to them when they need it.



~Chris Snow, MLC Chair



What's up in the Region?

Throughout this biennium, our Governor Karen Marshall has led us on Safari's providing leadership guidance and important information. There is one more Safari to end the biennium. *Club Orientation* for the 2024-2025 year is offered June 10 and again on June 18 at 6:30pm. It is suggested that all new club leaders take part in one of the sessions.

Register Here for Session I Monday, June 10: <https://bit.ly/3UEUEg4>

Register here for Session 2 (same content) Tuesday, June 18: <https://bit.ly/49ZrDQO>

Northwestern Region Officers for the 2024-2026 Biennium

NWR Governor	Wendy Falkenstein of SI Eugene
NWR Governor-Elect	Chris Christensen of SI Ashland
NWR Secretary	Catherine Dorn of SI Albany
NWR Treasurer	Becky McGinty of SI Spokane
District 1 Director	Sandy Jennings of SI Port Orchard
District 1 Secretary	Debbie Austin of SI Port Orchard
District 2 Director	Jeanne Androvich of SI Southwest Washington
District 2 Secretary	Theresa Hart of SI McMinnville
District 3 Director	Susan Thornton of SI Pasco-Kennewick
District 3 Secretary	Nancy Boettcher of SI Lower Yakima Valley
District 4 Director	Diane Yarus of SI Whitefish
District 4 Secretary	Bonnie Baker of SI of Whitefish

“The role of leaders is not to get other people to follow them but to empower others to lead.” ~Bill George

SAVE THE DATES!

Northwestern Region District Meetings & Region Conference Sites 2024-2025

District Meetings

- District 1: October 18-20, Embassy Suites, Lynnwood, WA
- District 2: October 25-27, The Heathman Lodge, Vancouver, WA
- District 3: October 11-13, Mirabeau Park Hotel, Spokane, WA
- District 4: September 27-29, Courtyard by Marriott, Missoula, MT

Northwestern Region Conference

2025: April 24-27, Valley River Inn, Eugene, OR

**2026: April 23-26, Grouse Mountain Lodge,
Whitefish, MT**

Northwestern Region Conferences and District Meeting Dates for the 2024-2025 Biennium.

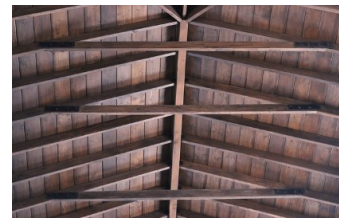
2024 NORTHWESTERN REGION CONFERENCE REFLECTIONS

by: Sandy Lawrence

General Session Keynote and Activity

Keynote Speaker Julie Pham, PhD who is the CEO and Founder of CuriosityBased, spoke to us about the 7 Forms of Respect. The 7 Forms of Respect are Procedure, Punctuality, Information, Candor, Consideration, Acknowledgement, Attention.

Dr. Pham explained about having a framework to describe how you want others to treat you. Just saying you want respect is too general; not clear or direct enough. A framework can help us understand the ways others express respect. It can spark curiosity about where and who influenced how we expect respect. We learned about our breaking points with “The Rubber Band Rule of Respect” activity.



These overviews summarize the 7 Forms of Respect as noted on the website <https://formsofrespect.com/framework/>

Procedure

These individuals feel most natural demonstrating respect by adhering to the established formal processes as well as informal expectations, reading instructions, fulfilling requests as they asked, and they set clear expectations of how they would like their requests to be fulfilled.

Punctuality

These individuals feel most natural demonstrating respect by arriving at meetings on time or a little early. They let people know beforehand if they will be late or absent, even if they know others won't mind. They stay on schedule and end appointments on time.

Information

These individuals feel most natural demonstrating respect by sharing access to information, data, and intelligence, even to those who have no foreseeable need for it. They invite people to meetings just so they can stay informed. They give full updates and background information without being prompted.

Candor

These individuals feel most natural demonstrating respect by asking probing questions, offering constructive feedback, bringing up opposing viewpoints, and pointing out mistakes and errors. They may express their displeasure with someone to their face.

Consideration

These individuals feel most natural demonstrating respect by anticipating people's wants and needs in choosing how to interact with them. When giving a gift, they prefer to surprise someone rather than ask what they would like. They avoid bringing up conversation topics to those they think they will find difficult to talk about such things.



Acknowledgement

These individuals feel most natural demonstrating respect by thanking people for their work. They like to give positive praise and recognize their contributions verbally. Whenever possible, they will acknowledge their requests, even if they can't fulfill them.

~continued on page 9

~continued from page 8

Attention

These individuals feel most natural demonstrating respect by listening attentively, referring back to other people's comments to indicate they heard, putting away possible distractions, and not interrupting except to ask clarifying questions. They do not multitask, even when they know others wouldn't mind.

How you express respect depends on the context. The 7 Forms of Respect® analyzes respect through various dimensions. With insights into your forms of respect you can work more effectively with others.

Workshop

Wendy Norman who is the founder of Worry-Free Wednesdays presented a workshop on Enriching Our Quality of Life by Talking About End of Life. Her team presented an approach to end of life planning with documents and forms caregivers can use to document the outcomes wanted for living out our end days. This presentation reminded me of our 5 Wishes Tea with SHE program we offered. It may be something to think about offering again.

"I first apply to myself and then teach to others: equality, harmony, respect, and justice. I taste and test first myself and then I give and show to others: love, truth, and honesty." ~Ehsan Sehgal

COMMUNITY CONNECTIONS

Dear Soroptimist Membership,

On behalf of the Officers and members of Clallam County Fire District 3, I want to express my personal gratitude for your generous donation of \$1,000. Your recognition of the importance of preparedness in the community means a great deal. Your donation of funding for the CERT program will go a long way in ensuring that the CERT volunteers are fully prepared to serve our community in emergencies.

We are all grateful for your generosity, your trust, and most importantly, your commitment to our mission—Serve, Respect, Prevent and Protect—Thank You!

Sincerely,


Fire Chief Justin Grider

Fire Chief Justin Grider
And The Staff & Volunteer Members of Clallam County Fire District 3



"Without community service, we would not have a strong quality of life. It's important to the person who serves as well as the recipient. It's the way in which we ourselves grow and develop." ~Dorothy Height

June 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
BIRTHDAYS THIS MONTH Jess McNeil Nataasha Merkuloff-Nichols Caroline Smith						1 Pathways Meeting Deadline for articles for June Soropti-Scoop
2	3	4	5	6	7 JOINT BOARD MEETING	8
9 Distribution of June Soropti-Scoop	10	11 Business Meeting	12	13	14	15
16	17	18	19	20	21 Installation of 2024-2025 Officers and Board	22
23	24	25	26	27	28	29
30						

July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
BIRTHDAYS THIS MONTH Athena Dunn Jaime Mariner Kris Osborn Kathy Purcell Janet Wicker 	1	2	3	4 Happy 4th of July 	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19 Lavender Festival Fleurish	20 Lavender Festival Fleurish
21 Lavender Festival Fleurish	22	23	24	25	26	27
28	29	30	31			

Summer Solstice

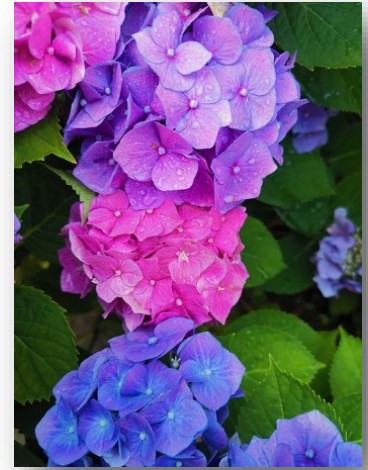
by: Rose Styron

Suddenly,
there's nothing to do
and too much—
the lawn, paths, woods
were never so green
white blossoms of every
size and shape—hydrangea,
Chinese dogwood, mock orange
spill their glistening—

Inside, your photographs
and books stand guard
in orderly array. Your
half of the bed is smooth,
the pillows plump, the phone
just out of reach beyond it.

No one calls early—they
remember your late hours.
The shades are down, so
sunlight's held at bay
though not the fabulous winged
song of summer birds
waking me as ever, always in our
favorite room, our season.
Yesterday's mail on the desk
newspaper, unread. Plans for the day
hover bright out all our doors—

Don't think of evening.



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