



Soropti-SCOOP

A Communique by
women dedicated to improve the lives of women and girls
in local communities and throughout the world.

SOROPTIMIST

Best for Women

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Soroptimist International of Sequim

February 2009

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

MESSAGE FROM THE PRESIDENT

Dear Soroptimists,

Happy Valentine’s Day to you all. Isn’t it wonderful to have a day devoted to letting those we love know how much they mean to us. It doesn’t just have to be your husband, boyfriend or significant other. It can be your grandchildren, your best friend, your neighbor, brother, sister, mom or dad. Actually that just gave me an idea; my neighbor just lost her husband so I think I’ll send her a card.

Valentine gifts don’t have to be expensive. It is the thought that counts. My husband came to our front door one year with a flat of primroses and a Valentine card. I thought that was very cute. I’m not as clever as he is.

The most fun is when you catch someone off guard. Maybe you don’t usually do something for Valentine’s Day. One year my mother went all out. My 3 brothers and I came home from school and the dining room table was all decorated with a special tablecloth, balloons, flowers, and a card for each one of us not to mention a special dinner. I will never forget it. She only did that once but it was a very special moment.

When I was in grade school the teacher made large envelopes for all the students and they were hung all around the room. Our parents bought a box of cheap cards and we wrote our names on them and put one in each envelope. Each student gave a card to every other student in the class. It was wonderful. Every child went home feeling loved with a large envelope full of cards.



I want you to know that you are all my valentines. I appreciate you all more every day and not just because you are members of Soroptimist. I consider you my friends and I want you to know how much you mean to me.

President Kathleen



Letter from the Editor

Dear Friends,



What does it mean to have a green thumb? How do we know a seed will grow to be **Alfalfa**, **Beans** or **Clover**? Or an **Azalea**, **Bells of Ireland** or **Carnation**? Does anyone teach the **ABC**'s of seeds? What's in a seed anyway?

These questions came to mind as I was walking the dog and thinking about our 11th Annual Gala Garden Show coming up March 21 and 22 – a fitting time for such seeds of thought.

A person is said to have a 'green thumb' when almost any plant he/she plants will turn out to thrive well under his/her care. It's interesting that the word 'plant' can be either a noun or a verb. A seed has within it, the heart of what it needs to develop into itself.

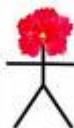
Researching flowers, I learned the Azalea is a Chinese symbol of womanhood; Bells of Ireland are for good luck; pink Carnations mean "I'll never forget you."



I've never thought of myself as a gardener, at least not in the sense of planting wonderful things in the soil of my backyard. We will see a lot of that kind of gardener at our Garden Show next month.

A gardener is one who tends a garden. One definition for garden is 'a rich cultivated spot'. Using that designation, our mind is a garden. Our thoughts are seeds we plant into the soil of our consciousness. But to be a gardener, we have to tend our garden – we have to be mindful of our thoughts. If we plant seeds of compassion, peace and love – and nurture them – we will reap compassion, peace and love.

MIND GARDEN



The mission of Soroptimist is to improve the lives of woman and girls in local communities and throughout the world. We nurture the seeds of this mission when we participate in Soroptimist activities. There are two opportunities coming in April – the Area Meeting and the Regional Conference. We each choose the level of nurturing which works best for us.

In a way we are all gardeners – being given the seeds of possibilities at birth. When we utilize our potential, expressing our talents – we show we have a green thumb. I am ever grateful for the beauty of each of your gardens.

Light and Love,
Kathy Purcell, Editor



"Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom."
~ **Marcel Proust**

CALENDAR

FEBRUARY

- 6 BOARD MEETNG
- 10 Business Meeting
- 24 Program Meeting
Judith Pasco

MARCH

- 6 BOARD MEETNG
- 10 Business Meeting
- 14 SOS - Saturday
of Service
- 21-22 GARDEN SHOW
- *31 Progressive Dinner

* EVENING MEETING



"In my garden there is a large place for sentiment. My garden of flowers is also my garden of thoughts and dreams. The thoughts grow as freely as the flowers, and the dreams are as beautiful."
~**Abram L. Urban**



"Half the interest of a garden is the constant exercise of the imagination."
~**Mrs. C.W. Earle**

Celebrate Life!

BIRTHDAYS



FEBRUARY

- 8 Deborah Groesbeck
- 11 Missy Church-Smith
- 22 Jan Chapman



FEBRUARY PROGRAM Meeting

We will be hearing a presentation from **Judith Pasco**, the board chair of the **Mujeres De Maiz Opportunity Foundation** or Chiapas group. She will fill us in on the latest activities happening in Chiapas and how things have changed. *(The foundation recently appeared in a blog see page 7.)*

We will also have a skit performed by students from the high school to highlight Human Trafficking. The skit is titled **“Body and Sold”**. I am excited to have both of these topics covered – you won’t want to miss it.
~Rose Jaeger



Note the phone number for our
MEDICAL LOAN CLOSET

504-0231



MEDICAL LOAN CLOSET
Societate Internationala de Soroptimi
504-0231
(This is a loan closet)
600 N Sequim Avenue
Borrow from the Sequim High School Auditorium
(By appointment only)



SOROPTIMIST DATES TO REMEMBER

2009 Regional Conference
Missoula, MT
April 23 – 26, 2009



2009 Area Meeting
Bremerton WA
April 4, 2009



EDUCATIONAL SUPPORT

Melissa Schmidt is our Women’s Opportunity Award recipient for 2009! You will be able to meet her at our April Program Meeting! The Violet Richardson Award recipients have been chosen also; they will be announced in our next newsletter.



A WIN PROGRAM EVENT – Return Engagement – Engaging Girls

THE VISION:

- ...a girl can go to the mall – **without fear**
 - ...a girl can go to a party – **without risk**
 - ...a girl can walk home – **without dying**
- ...Dallas Jessup, "*Just Yell Fire*"



On Saturday, February 21, 2009, *Sequim High School* girls will listen, observe and practice techniques in order to make this vision *their reality!*

We invite you to join us and observe not only techniques, but also the camaraderie that develops among the high school participants! Lunch will be served (if you plan to stay for lunch, please let Missy know no later than February 18th.)

"*Just Yell Fire*" is the brainchild of a young Oregon woman named **Dallas Jessup**; her non-profit organization's mission is to raise awareness of teen abduction and sexual assault, while empowering girls – ages 11-19 – with basic *street fighting* skills to escape potentially dangerous situations. (note: **Dallas Jessup** received the Violet Richardson Award at the region level!)

The seminar will begin with the DVD "*Just Yell Fire*". Scenarios depict girls waiting for a bus, going to an ATM, jogging through a park...typical activities for teens; however, every setting has the potential for danger. As each scene is played twice, the actors first present a negative outcome – abduction, followed by a positive outcome – escape. This will be followed by hands-on practice!

The Sequim High School cafeteria will be transformed into a practice studio...a place in which each girl's self-confidence and expertise will be enhanced! The girls will master 10+ techniques! Most have *catchy* names such as: *hair comb*; *hands-up*, *scoop kick* et al. – good memory cues, especially in a frightening situation! Each student will leave the seminar with a copy of the "*Just Yell Fire*" DVD, and a renewed sense of empowerment.

The WIN Program proudly celebrates its 12th year... a joint partnership between *SI Sequim & Sequim HS*
Our mission...empowering young women through exploration of non-traditional careers & education
...opening **WIN**dows to the future

"The most noteworthy thing about gardeners is that they are always optimistic, always enterprising, and never satisfied. They always look forward to doing something better than they have ever done before." ~ *Vita Sackville-West*

PROGRAMS

As I contemplated what to write about the Sierra Leone and Human Trafficking programs, I had decided to do another success story. But as I read the Sunday paper I came across an article that changed my mind. This article, "Investing in girls to combat poverty" was in the Seattle Times and piqued my curiosity.

It was covering the World Economic Forum with the head of Nike, Melinda Gates, and the head of Unicef as attendees. For the first time ever, the Forum devoted one of its sessions to the impact of educating girls in developing countries. Girls were considered "the most neglected, at risk, unsupported part of the world's population". By providing girls with education and economic based opportunities they will be able to help transform their families, their villages and ultimately their countries according to the Nike executive. By directing funds to educating girls, we will gain a higher return and get a higher impact for our money.

The article went on to say that over two decades of research has shown that investing in women is smart economics and investing in girls is even smarter. Unfortunately over 70% of the 130 million children out of school are girls, that is 91 million! "If you invest in girls, if you educate girls, if you get girls into jobs, you solve many problems", according to the managing director of the World Bank.

This article left me feeling very empowered. Our club and the many like us are already on the forefront of this movement. We have been for some time. It is great to help those in our communities, and is the first place my donation dollars go but it is exciting to think we can and do have an impact around the world. The lives we change in Sierra Leone, in Chiapas, Mexico, in Uganda, (in Sequim) and so on have a long term ripple effect. Just like a pebble thrown into a pond. Even though we do not necessarily see the effects of our efforts, know that they are out there and do make a difference.

~Rose Jaeger, Programs Chair

Thanks to all those who sold/purchased Journals and Scarves. And thanks to Kate Creasey and Dale Simon for contributing their talents thru these items.

The total collected so far for Project Sierra is **\$1,023.60!** Great Job, Ladies. Let's keep it up!

Journals / Scarves

Kate Creasey is making journals again! Proceeds from the sale will go to Project Sierra! The journals are **\$15** each.



Dale Simon's handmade scarves are for sale again also. The scarves are available for purchase at Sequim Village Glass, end of season price: **\$15** each.



WEAR RED FOR GO RED

Northwestern Region Soroptimists were encouraged to join the millions of women, as well as companies, organizations and cities across America on National Wear Red Day, Friday, February 6, 2009. By joining the Go Red for Women movement, we become part of the fight against heart disease, the number 1 killer of women in America. By putting our passion together with positive action, we continue to educate other women about their risks and help them find their own personal path to better health for life.

Please plan to attend the NWR Health Committee workshop in Missoula. Our speaker will share her personal story about choices. We make them every day. Women like us are dying of heart disease at the rate of almost one per minute! Do you want to be the one in three women who will die this year of heart disease? The involvement of Soroptimist in this movement can help save lives of mothers, sisters, aunts, daughters, best friends, grandmothers and other women just like you. See you in Missoula!

In good heart health,
Northwestern Region Health Committee



The 11th Annual Gala Garden Show

The Garden Show committee is hard at work on the final plans for our 2009 Gala Garden Show. **Kate** is finalizing the materials, articles and information to submit to the Sequim Gazette; **Sherry & Marilyn** are working on the menu and food for the Garden Café; **Missy** has our speakers all lined up; **Deb Carlson** has dressed & rehearsed our singing flowers; . . . and the list goes on. We are blessed to have so many enthusiastic women working to make this event such a big success.

One person who worked very hard on corporate sponsorship is **Heidi Hansen**. She had a very professional packet of information to present prospective sponsors and made a point of making personal contact also. Alas, as you can imagine this was a very steep uphill battle this year and as of this writing all prospects have declined sponsorship. However, we do have some good news in that **Angel Farm** (thank you **Cathy**) came forward with a **\$250 Friend of the Garden Show donation**, which will certainly help. Bottom line is that we'll all need to work extra hard selling admission tickets, selling raffle tickets, encouraging people to eat at the Garden Cafe, etc. Again, if you know of **ANYONE** who might consider a **Friend of the Garden Show** sponsorship at an amount **less than \$1,000**, please let us know.

“My green thumb came only as a result of the mistakes I made while learning to see things from the plant’s point of view.” ~H. Fred Ale



WHO WORKS AT THE GARDEN SHOW??? EVERYONE, THAT’S WHO!!!

Please be aware that we have **153 specific time slots** to fill on the days of the show, and will need to have all members sign up for more than one area to work. Yes, we work hard, but it is time filled with fun and camaraderie.

Please contact **Deborah Groesbeck** if you need to purchase a **FLOWER POWER** t-shirt. We do have 7 short-sleeve T-shirts leftover from last year (remember if it’s cold, they look great over a long sleeve shirt) and they run about \$10. Let Deborah know at our next meeting if you need to purchase one.



\$100 Soroptimist Wall of Fame spots still available. See Kathy!

“I used to visit and revisit it a dozen times a day, and stand in deep contemplation over my vegetable progeny with a love that nobody could share or conceive of who had never taken part in the process of creation. It was one of the most bewitching sights in the world to observe a hill of beans thrusting aside the soil, or a rose of early peas just peeping forth sufficiently to trace a line of delicate green.” ~Nathaniel Hawthorne

The Mujeres de Maiz Opportunity Foundation Goes Green



Judith Pasco, Board Chair of the Mujeres de Maiz Opportunity Foundation will be speaking at our February Program Meeting. Our club has contributed to this organization for several years. The Mujeres de Maiz Opportunity Foundation got some recognition when it turned up on a blog....here's an excerpt from the blog:

I wanted to take today to highlight the important work of one of our 501(c)3 non-profit customers the Mujeres de Maíz Opportunity Foundation <http://www.mujieresdemaizof.org/en/index.php> based out of Sequim, Washington. The organization's mission is to improve the lives of the indigenous young women of the Mujeres de Maíz en Resistencia Cooperative in one of the poorest states in Mexico called Chiapas.



The cooperative is a group of seamstresses from eight villages in Chiapas, who get together every couple months to exchange knowledge and practice computer skills. Many of the streamstresses have to sew through the night which is difficult due to the lack of electrical power, which forces the streamstresses to use expensive and dangerous kerosene lamps.



The Mujeres de Mujeres de Maíz Opportunity Foundation took an interesting approach to solve the lighting problem for the streamstresses by donating Everlite Solar Compact Spotlights <http://www.gogreensolar.com/collections/frontpage/products/everlite-compact-solar-spotlight> which are basically a highly efficient LED light with a nickel-metal hydride battery and small solar panel. Now, thanks to the Mujeres de Maíz Opportunity Foundation, the streamstresses have access to solar electricity which replaces kerosene oil, an expensive item for the poor women to purchase.

You can read the rest of the blog at: <http://blog.gogreensolar.com/2009/01/small-solar-panels-make-big-impact.html>

“Let no one ever come to you without leaving better and happier. Be the living expression of God’s kindness: kindness in your face, kindness in your eyes, kindness in your smile.” ~ Mother Teresa

“Joy can be real only if people look upon their life as a service, and have a definite object in life outside themselves and their personal happiness” ~ Leo Tolstoy

HITTING THE ROAD

The Best Time EVER by Nina S. Jones

Ron and I have been waiting for 8 months to take a well earned vacation to the lovely isle of Kauai. We've been there twice in the 90's. We stayed with some dear friends. This is the view from their front yard.

We stayed on the island for 8 days. We planned a lot of activities. I made a New Year's resolution to do scary things, and boy did I make good on that resolution. Some of the things we did included climbing to the top of Sleeping Giant...



This is Ron (left) on the highest part of it (obviously he doesn't have to challenge himself to do scary things, they just come naturally to him). The next shot (right) is from the view from up there.....pretty spectacular!

We also kayaked (no shots - didn't want to take the camera out on the water.) It was a gorgeous day!



We DIDN'T go on this road, but we did go 4-wheeling at this beach. These guys, by the way, are kite sailing. We didn't do that, but we enjoyed watching it!

~continued on page 9



Aloha ~continued from page 8



We went on a train ride around a sugar plantation. Then we went ziplining. It's true, little "scared of heights Nina" actually jumped off platforms and sailed through the Hawaiiin sky. What a blast!



Another great adventure was to take these surfboards and go fluming the ditch. There are irrigation ditches throughout the island. They were built in the early 1900s by the Asian immigrants. The ditches are no wider than from your finger tip to finger tip. You not only ride through ditches, but you go through culverts (tunnels). Very scary. Very fun.

On our final day in Kauai, we went snorkeling. There were some beautiful fish. Ron caught a pencil urchin at Poipu. I, sadly, got seasick. Ron went out a few times. I think he had lots of fun. Below is a shot of Ron walking along the beach.



We had a wonderful time and couldn't recommend it more. Kauai is called the Garden Island for good reason. We felt so relaxed and happy. It really was one of our best trips yet.

NEWS from SOROPTIMIST INTERNATIONAL of the AMERICAS

The Soroptimist Program Impact Report 2007-2008 which you can find at: (<http://sia.informz.net/z/cjUucD9taT0yMTcyNTkmcD0xJnU9MTAwMDY3NzYzMCZsaT03MzE2NTk/index.html>) describes the impact we had on women and girls around the world through Soroptimist programs. As Soroptimist clubs, the impact on your local communities is outstanding, but when combined with the impact around the world, it's amazing. Consider the following:

- 1,120 women helped through the Soroptimist Women's Opportunity Awards
- 7,414 women and girls reached through the Soroptimist Club Grants for Women and Girls
- 1,328 women and their families benefited from the Soroptimist Disaster Relief Grants

Please use the impact report to:

- Feel good about the organization that you support and belong to.
- Congratulate your club on the fantastic work of Soroptimist.
- Raise awareness in your community about the international impact of our organization.
- Thank club supporters and to encourage even more engagement.

Congratulations on all your efforts to improve the lives of women and girls. Your part in helping women and girls throughout the world to live their dreams is immeasurable.



Soroptimist Women's Leadership Institute

Soroptimist is designing a fabulous two-day seminar for its first-ever Women's Leadership Institute, July 3-4, 2009, at the Westin Michigan Avenue in Chicago, Illinois. This program is open to ALL Soroptimists with an interest in sharpening existing leadership skills; gathering new ideas; and learning to become an outstanding leader. Watch for more information and get ready to register online on the Meetings/Convention page (<http://www.soroptimist.org/members/meetings/meetings.html>) in the members area of Soroptimist.org. Attendance will be limited to the first 400!

Act Now

Visit Act Now (<http://www.petitiononline.com/jan1109/petition.html>) to add your name to a letter urging U.S. President-elect Barack Obama to use the full force of his presidency to continue the fight against sex trafficking. Make sure your voice is heard on this important subject.

Global Summit of Women

Once again, Soroptimist is a Global Member of the Global Summit of Women (<http://www.globewomen.org/summit/Summit.htm>). This year's summit will be held in Santiago, Chile, May 14-16. Soroptimist members can receive a 5 percent discount on registration. This upcoming global gathering focuses on the new leadership models that women bring to political and business leadership in the 21st century. Consider attending this important and informative meeting of business and professional women from around the world.



Election Results

Congratulations to the 2009-2011 Board of Directors: Shirley McCoy, SI/Dundas, Ancaster, Flamborough, Ontario; Sumie Ito, SI/Tsukuba, Japan; Raquel Arreola Ruiz, SI/La Mesa, Mexico; Linabelle Villarica, SI/Meycauyan, Philippines; Tazuko Tanaka, SI/Kyoto, Japan; and Patricia Donohue, SI/Watsonville, California. These members will assume their new leadership positions on September 1, 2009, and will serve in that position through August 31, 2011.

Making a Difference for Women Award Renaming Poll

Soroptimist members had the opportunity to help choose a new name for the Making a Difference for Women Award! The final two choices were: The Soroptimist Ruby Award and The Soroptimist Best for Women Award. You can read more by visiting http://www.soroptimist.org/members/madfwpoll/english/madfw_vote_english.html in the members section of SIA's website. The deadline to vote was February 6th. Stay tuned to find out the winning name. Thanks to all who voted; you are part of history.



Membership/Marketing Survey Announcement by President Alice

President Alice announced a new membership/marketing survey that members will soon be able to access from the members area of Soroptimist.org. The survey is a follow-up to the study conducted in 2003 that helped frame the Renaissance Campaign. Visit the Spotlight area to hear what President Alice has to say.



New program resources:

- Three new white papers are available: Balancing Work and Family Life, The Gender Wage Gap and History, Controversies, and Future of U.S. Anti-trafficking Laws. Visit the SIA website and view the Whitepapers.
- Effective Partnerships for Soroptimist Clubs (<http://www.soroptimist.org/members/program/ProgramDocs/GeneralInformation/English/EffectivePartnershipsforClubs.pdf>) outlines why (or why not) to partner with local organizations and/or Soroptimist clubs, and offers suggestions for ensuring success.
- Writable and email-ready Soroptimists STOP Trafficking Project Report Form (<http://www.soroptimist.org/members/program/ProgramDocs/Trafficking/English/SSTProjectReportForm-Writeable.pdf>)

The View from Corporate Relations

As we start the New Year, our corporate partners continue to support the Soroptimist mission. Both PINK Magazine and Janney Montgomery Scott, will be represented at upcoming region conferences. Visit the Partners page of Soroptimist.org to learn what they have to offer!

Welcome New Soroptimist Clubs!

Go to the members area of the Soroptimist International of Americas website: <http://www.soroptimist.org/> in the Spotlight section to view new clubs that have chartered in the 2008-2009 club year. Please consider sending letters of congratulations and encouragement to these new clubs.







Membership Resources

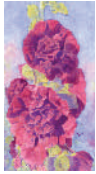
Check out the following membership resources on the Soroptimist.org website. They provide a great introduction to Soroptimist and help answer the most frequently asked questions!



Soroptimist 101
Membership FAQ

February 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 American Heart Month</p> 	2	3	4	5	<p>6 BOARD MEETING</p>  <p>National Wear RED Day</p>	7
<p>8 Deborah Groesbeck</p> 	9	<p>10 Business Meeting</p>	<p>11 Missy Church-Smith</p> 	12	13	<p>14 Valentine's Day</p> 
15	<p>16 President's Day</p> 	17	18	19	20	21
<p>22 Jan Chapman</p> 	23	<p>24 Program Meeting Judith Pasco</p> 	25	26	27	28



March 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Women's Health Month 	2	3	4	5	6 BOARD MEETING	7
8 Int'l Women's History Day Daylight Savings Time 	9	10 Business Meeting	11	12	13	14 SOS—Saturday of Service
15	16	17 St. Patrick's Day 	18	19	20 Set-up for Garden Show 	21 11th Annual Gala <i>Garden Show</i>
22 11th Annual Gala <i>Garden Show</i>	23	24	25	26	27	28
29	30	31 Dinner 				

Because you are my friend *By Joanna Fuchs*

Because you are my friend,
my life is enriched in a myriad of ways.
Like a cool breeze on a sweltering day,
like a ray of sunshine parting glowering clouds,
you lift me up.

In good times, we soar,
like weightless balloons
over neon rainbows.

In bad times, you are soothing balm
for my pummeled soul.

I learn so much from you;
you help me see old things in new ways.

I wonder if you are aware
of the bright seeds you are sowing in me.

I'm a better person for knowing you,
so that everyone I interact with
is touched by your good effect on me.
You relax me, refresh me, renew me.

Your bounteous heart envelops me
in joy and love and peace.

May your life be filled
with dazzling blessings,
just as I am blessed
by being your friend.



Soroptimist International of Sequim
P.O. Box 126
Sequim, WA 98382

SOROPTIMIST

Best for Women

*improving the lives of women and
girls in local communities and
throughout the world.*

To A Woman Making A Difference For Women