



Soropti-SCOOP

*A Communique by
Women Making A Difference*

Vol.7, Issue 4

Soroptimist International of Sequim

Spring 2004

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A MESSAGE FROM THE PRESIDENT

Greetings everyone.

Greetings everyone. What a glorious spring we are enjoying. I want to Thank all of you for participating in the Garden Show and the leadership of Sandy Reed. It was a fun weekend and I had a great time. The community is still buzzing about it and the vendors are smiling all the way to the bank.

Speaking of Change, the year is fast coming to a close and one of my goals is to streamline our committee's and bring our by-laws up to date. We are working on this as this newsletter is being printed. The coming months are going to be very busy for us.

We have the **Regional Conference** in Spokane (my home town), **Irrigation Festival - VIP Celebration, Scholarship Awards, Election of Officers, Night At The Theatre, Installations, Budgeting and planning** for the coming year and **Relay for Life** and one of my favorite festivals "**Lavender**".

This has been a fun, exciting and growing year for me and I want to thank all of you for being part of it. I would like to end with a thought about Elaine Carlson. Elaine has touched many of our lives. Elaine has made a difference in my life. I know I am a better person for having known Elaine. She was a Soroptimist with an Attitude for Life.

Live life to the fullest, it begins with your attitude.
President Gail

*As we go about our daily lives, let us keep in mind this year's theme: **INVEST – in Your TEAM, Your Community, Your Future.***

Many thanks to the Sponsors of our 6th Annual Gala Garden Show and Sale

MAJOR SPONSORS



SEQUIM GAZETTE



SUPPORTING SPONSORS 500+

City of Sequim, Edward Jones, Gail Frick, Swains General Store, AGS Publishing,
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FRIENDS OF THE GARDEN SHOW \$100+

Costco, Miller Sign, Olympic Bank, Bank of America, Computer Solutions, Northwest Home Décor,
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Sequim Sunnyside Mini Storage, Morgan Stanley, Megan O'Donnell

Letter from the Editor

Dear Friends:

Do you remember the old detective series Dragnet? It always started with words something like: "There are 16 million stories in the city. This is one of them." Perhaps there aren't quite as many stories about our 6th Annual Gala Garden Show and Sale, but this is one of them.

Although I co-chaired the Vendor Registration Sub-committee with Peg Rinker before, this year I got more involved. It all started when Peg and Jack went on vacation and she turned over all her files to me for almost a month. It was a Thursday. At that time there were only two vendor spaces left, one inside, one outside. How exciting to see so much vendor interest so early – the show was still nearly two months away!

The following Thursday two messages were left on my answering machine by perspective vendors for the show. One more message was left the next day. A week later there were three more calls. A vendor "waiting list" was started. Calls continued to come in and the list grew. Sandy Reed wondered if the Boys and Girls Club had an additional room we could use to accommodate more vendors.

The Sequim Gazette had offered to do a pull-out section of the paper that would highlight our Garden Show specifically. Sub-committee chairs were responsible for getting the appropriate information to the Gazette. A list of the vendors was part of that information.

Peg had given me a large map of the main room with the booth numbers marked and the vendor names hand written in. Her records also included the registration forms that the vendors mailed in to her. I matched the map against the registration forms, but I found a few discrepancies. There were a few booths assigned that didn't have corresponding forms. I reviewed the information three times. I was starting to recognize the vendor names. (Was this subconscious training?)

When Betty Oppenheimer from the Sequim Gazette called and said to send her the entire vendor list, I did. Some of the vendors were going to be contacted to be interviewed but all would be invited to be advertisers in the special section. The newspaper also wanted a map showing the assigned booths. I prepared a map of the main room with the booths numbered. I did up a list of the vendor names and corresponding booth numbers.

About that time, Peg came back from vacation. I started to breathe a bit easier. I returned all of Peg's records to her and explained what I had found. She clarified the information and I sent the map and list to Betty at the Gazette.

Sandy Reed and Peg visited the Boys and Girls Club and a decision was made to add an additional room. This meant a map and vendor list of assigned booths was needed for the second room which we referred to as the East Room. I gave Peg the waiting list of vendors. Now that we had more spaces available, she was going to contact those in waiting and get the booths assigned. This happened very quickly. And a new waiting list started. I prepared the information about the East Room and sent it to Betty.

The week before the show I prepared pre-printed name tags for each of the vendors. The day before setup two vendors called with emergencies and cancelled. Vendors from the second waiting list were ready to fill the open slots.

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CALENDAR

APRIL

- 9 Board Meeting
- 13 Business Meeting
- 23-25 Region Conference
- 27 Program:
Economic & Social Dev

MAY

- 7 Board Meeting
- 8 VIP Luncheon
- 11 Business Meeting
- 20 Night At The Theatre
- 25 Program: Foundations

JUNE

- 4 Board Meeting
- 8 Business Meeting
(GOM May/June)
- 23 Installation
- 29 Brainstorming
Evening Meeting

Newsletter Staff

Kathy Purcell

Colleen Blazier



New friends Rich and Jodi Heitmann, out of Port Townsend they do wrought iron work.



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Celebrate Life!

BIRTHDAYS

APRIL

- 2 Louella Hanson
- 6 Sherry Phillips
- 9 Marilyn Gruber
- 22 Leah Tuttle

MAY

- 4 Jeanne Martin
- 5 Evelyn Lehman
- 10 Sandy Reed
- 14 Marcia Beggs
- 19 Willadee Tallman
- 24 Rhonda Carrell

JUNE

- 1 Alex Priest
- 17 Diane Jones
- 20 Anne Knight

The Saturday morning of the Garden Show just after 6:30 am, I walked into the Boys and Girls Club with my purse and digital camera. I figured I would take a few pictures for the newsletter. I noticed Peg had her film camera. She usually takes pictures of each vendor. After the show a copy of the photo is sent with a thank you letter to each vendor. Later that morning Peg told me there was a problem with her camera and asked if I would take pictures of the vendors. (I have always wanted to learn how to use my digital camera more productively. Was this more subconscious training?)

It wasn't easy to get photos of the vendors because there were so many people. That is a good thing though. It meant that people were interested in the vendors' products. When there was a bit of a break, I started taking pictures. My thought was to get the vendors in booth order. That didn't work because many vendors had non-stop customers. Still, I was able to take pictures of many vendors on Saturday.

After I got home from the show I downloaded the pictures to my laptop computer. On Sunday I took the laptop to the Garden Show to review the pictures with Peg. I wanted to verify which ones might need to be retaken. A few vendors did not smile; those were definite candidates for retakes. In the process of waiting and shooting the pictures, I got to talk with and learn a bit about many of the vendors. I already knew the "business names" now I was getting to know the individual people. A few of the vendors made me smile or laugh, a few moved right into my heart; it felt so much like sharing with family.

On Sunday afternoon as the vendors were disassembling their booths and carrying things out to their vehicles, I felt sad. It is amazing how close you can feel to people in such a short time. It had been two great days. Experiences like this are priceless.

I am grateful to all those who were a part of the show: sponsors; vendors; attendees; Darrell Sharp and his students who created floral designs for the show (What fabulous flower trees!); the WIN girls who helped with vendor support; Suzanne Little and the Boys and Girls Club who opened their doors to us. And most of all I am grateful to my Soroptimist sisters – especially Sandy Reed, who as Garden Show Committee Coordinator, steadfastly kept us on track.

The success of any fundraiser is not just in the amount of dollars collected, but also in the amount of good experiences collected. Our 6th Annual Gala Garden Show and Sale was a grand success! Each person at the show (workers, vendors, attendees) has his or her own story about the experience.

When I reflect back on the joyous, fun and meaningful experiences of my life, many of them happened while working with my Soroptimist sisters. Getting involved is the key.

Light and Love,
Kathy Purcell
Editor



Jerry Listal

Here's an example of someone who found his way into my heart:

Jerry Listal (left), The Kingston Worm Man says he does these shows for his girls. On the right you can see he has pictures of his daughters taped to the plastic container that he brought to the show. You can also see the gift they gave him for Christmas; it says: "#1 Dad" and that's how they make him feel.



What inspires him

**Welcome
to
our**



New members Suzie Bliven, Sharon Vera and Kate Creasey, smiling just after becoming member of Soroptimist Int'l of Sequim

**New
Members!**

SUZIE BLIVEN

Suzie was born in Port Angeles and raised on a 60-acre farm in Agnew. Her parents, John and Carmen Jarvis, supposedly retired now, are still there raising beef and hay. Suzie has a 28 year old daughter, Jonel Lyons who manages Pondicherri and lives with her partner, Justin Pollack in Carlsborg.



Her husband, Peter Bliven owns Blitz Masonry and is a member of the famous Delta Rays dance band. He also has an almost 28-year old daughter, Harmony Liebert who sells ads for the Sequim Gazette. Harmony and her husband, Jack have two boys – Dillon 5, and Caleb, 4 months. Which makes Peter and Suzie grandparents and makes Dillon and Caleb the sixth generation to live on Finn Hall Farm.

Suzi's various career identities thus far – starting from high school graduation, and not necessarily in that order – include: mom, homemaker, farm worker, store clerk, “scow girl”, grad student, teacher, agency director, case manager, program facilitator and did I mention grandma? After 15 years of doing social-type work, Suzie decided to take a break and start up her own organic gardening business. Get a little dirt therapy!

Suzie's says her mom was her inspiration for wanting to be a Soroptimist. Her mom was a member when she had her store – the Broseery, in Port Angeles. It was a great way for her mom to network and get to know other women in business. Suzie remembers how supported and encouraged her mom felt. Additionally, being involved in the services groups gave her mom a way to give back to her community. Suzie says: “That is my hope also. Thanks for your support.”

SHARON VERA

Sharon was born in Aberdeen, WA on February 6, 1948. If you use your math, you'll see she is now 56 years old. Sharon has lived in Sequim for just three short years – however, they have been eventful years!



Sharon came here married and with a teenage son. She is now divorced, and her ex-husband and son live in Port Orchard. Sharon has a 35-year old daughter who lives in Portland, OR.

“Sequim proved to be a place of rebirth and redirection at a time when I needed it most,” Sharon says. “Not that I recognized the need while mired down! Who ever does? Nevertheless, I am happy to state at last that I am happy to be single, strong, and happy in Sequim.”

Sharon's interests are varied: reading; writing (journaling – essays); weaving; horseback riding; cooking; “Shabby Chic” decorating; and all forms of animals. Sharon has a dog weighing in at a mere 155 pounds and two fluff ball, spoiled cats. Sharon says she relishes gardening, and creating indoor and outdoor areas of repose and quiet.

Sharon's careers are varied run the gamut from: medical secretary; owner/operator of her own medical/legal secretarial service; paralegal and legal researcher; insurance agent; and now Owner/Operator of “AngelCare”. Sharon is a Licensed, Bonded Senior Care Specialist providing full assistance to seniors with the activities of daily living in the comfort of their homes. Sharon also offers the all-important respite care for caregivers.

Sharon says;” I am excited to finally be joining Soroptimist International of Sequim and bringing what I can to this fabulous organization – use me as you will!”

KATE CREASEY

Her name is Kathryn, Kathy, Kate Creasey depending on how long you have known her, but she prefers to be called Kate. She was born in Atchison, Kansas and named Kathryn Mary by her dad who wasn't about to let her mom name her Liza Sue which was her intention.



Kate is about as close to a native as one can get without being "official" having been brought to Sequim when she was not quite one year old. She has lived here for all but one year of her life, which she spent working as a nanny in Hawaii.

Kate is married to Tim who she has known from school and youth group. They have one son, Bill, who is 25 and lives in Port Angeles with his wonderful wife Laurie. No grandchildren yet, but she has put in an order for red-headed twins.

Kate started a business in January with a partner, Mindi Blanchard. They have named their business "Bridge Builders, Ltd." And their motto is "redefining Personal Independence." They are defining themselves as Family Care Managers and Resource Specialists. Ask Kate about what they do – she loves to tell people about it.

On a more personal level, Kate has many hobbies, but her favorites are Flower Gardening, Reading and making homemade greeting cards. She has special flowerbeds just for cutting flowers. She enjoys being able to make arrangements for people, attaching a personal handmade card and delivering it to brighten their day.

Kate's husband works with metal and their yard and garden reflect his handiwork. Stop by sometime and look around. Kate and Tim call it their Oasis and when you see it, you will know why. Kate says: "Let me know when you're coming and I will make some iced tea and we can sit in the garden swing and chat."

BLIVEN, Suzie
123 Calamus Lane
Sequim
808-4947 cell
683-8719
Business: Suzie B's Organic Gardening (PH #s as above)
no Email

CREASEY, Kate
191 Smithfield Road
Sequim
683-8927
Business: Bridgebuilders (683-8384)
Email: bridgebuilders@olypen.com

VERA, Sharon
(pronounced ver - ay, accent on 2nd)
461 Dungeness Meadows
Sequim
681-0922
Business: Angel Care (681-0922)
Email: slynvera@aol.com

NATT - Night At The Theatre MAY 20, 2004

Whether you're a new member or a long time member, you'll want to mark your calendar for MAY 20, 2004. That's our Night At The Theatre, a Fun Club Fundraiser. The name of the production is **Side By Side**. It is a musical but don't worry You don't have to sing.☺ Tickets are \$12 which includes the play, refreshments at intermission, door prizes and FUN!

Play: **Side By Side**
by: Stephen Sondheim
Directed by: Dewey Ehling &
Marianne Trowbridge

EDUCATION / WIN COMMITTEE REPORT

MEN & WOMEN WORKING TEAMS

For several years the WIN Committee has thought about having a Men & Women Teams luncheon. Our idea was to invite a panel of men and women who work as part of a team in somewhat risky but rewarding professions such as: firefighters, police officers, EMT, etc. We wanted to hear first-hand what makes a team work.

The idea became a reality on February 25, 2004 when Soroptimist International of Sequim hosted the Men & Women Teams Luncheon, held at the Sequim High School Library. Invitations were mailed to WIN students/parents, Sequim High School administrators, School Board members and local service organizations. WIN students picked up tickets at Mitzi Sanders' office and were encouraged to invite a male classmate to attend.

The panel of speakers included:



From the Coast Guard Senior Air Crew Team:
Lieutenant Terri Kindness and
Petty Officer 1st Class Scott Welch



From the Nat'l Guard Helicopter Air Crew Team:
Sergeant Heidi Rota,
67 Uniform Aircraft Crew Chief and
Sergeant Nathaniel Thompson,
68 Foxtrot Aircraft Electrician



Firefighters From:
Sea-Tac Fire Dept **Janet Williams** and
Federal Way Fire Dept, **Todd Williams**



From Sequim Police Department:
Officer Kori Keegan and
Officer Dave Campbell.

Before a standing room only crowd (over 100 students: 75% girls / 25% boys plus community members), Mitzi Sanders started things off by introducing the panel of speakers. Leah Tuttle, co-coordinator of the Education/WIN Committee, briefly spoke about Soroptimist International of Sequim, highlighting our funding of scholarships and explaining the WIN Program.

One at a time the teams were invited to speak about their professions and their experiences. A question and answer period followed each team. It is impossible to cover in detail all that was shared during those two hours. However, one of the important things each team stressed was trust. They don't think about whether their partner is a man or a woman. They rely on one another; they know they have the training, trust, and respect for one another. Each team also mentioned the importance of education.

It is interesting to note that it was very quiet in the library while the speakers were talking. Although students were sitting next to friends, there wasn't any chatting, fidgeting, or fiddling with backpacks. The speakers had the audience's undivided attention. This says a lot about the speakers – they had interesting information to share. This also says a lot about the students – they were respectful of the speakers.

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A few things stand out in my memory:

When Lieutenant Terri Kindness originally tried to get into flight training, she did not meet the height requirement. She didn't give up. She found someone who agreed, "If you can fit in it, you can fly it." A door was opened and she stepped through it.

Firefighter Janet Williams said, "I didn't fit the perception I had of what a firefighter is." She thought of a firefighter as a burly man or, at best, a not very feminine woman. With the encouragement of family, Janet pursued the possibility and found her calling as a firefighter.

Petty Officer 1st Class Scott Welch said he lives here because of the school district. He has chosen Sequim for his daughter's education. Kudos to our school district!

Officer Dave Campbell spoke of how he is a police officer because of the encouragement of one of his Sequim High School advisors who was in the audience. There was so much respect and gratitude in Officer Campbell's voice. What a great example of how each of us can change the life of someone. It was a very moving experience.

One of the WIN students asked the police officers if they ever get scared. The reply was, "Sometimes you don't know it's scary until it's over." They are trained to respond to a situation. This is a good example of the value of education.

There were many insights shared by the speakers. Here's just a dozen for you to consider:

- When you say "I do," you make a commitment to your country and to your community.
- Get to know about what is involved with the job.
- We save lives, we don't take them.
- Find what fits what you want to do.
- It's like working with your brothers and sisters. It's a team effort.
- Everyone has a specialty.
- It just wasn't exciting enough. I wanted variety and something I can be proud of. I wanted to be able to help somebody.
- Education shows commitment.
- Keep trying. You need to be persistent. Stay motivated.
- You get to be a problem solver.
- Do your best.
- It's all about trust.



After the speakers finished and people were lining up to get food at the buffet, some students –both girls and boys – were lining up to talk to the speakers.



I heard several students comment that they didn't realize what was involved in the jobs. They didn't realize how much education was required.

We thank the speakers for taking time from their busy lives to share with us. We may never know how many lives will change because of it.

The food for the luncheon was provided by The Oak Table, a long-time supporter of our WIN Program. Betty Oppenheimer of the Sequim Gazette was at the Men and Women Team Luncheon. She wrote a wonderful article about it which appeared in the newspaper the following Wednesday. The success of the WIN Program is due to support from the entire community. We are grateful the community is part of the WINning TEAM.

Kathy Purcell
Co-Coordinator Education/WIN Committee

FOUNDATIONS COMMITTEE



Girl Of The Month

December 2003

Krista Gunstone

January 2004

Julie Reno

February 2004

Leanne Schaafsma

March 2004

Sarah Fletcher



Gratutude expressed from people we have helped.



The names of all the members of the Tjemsland family start with the letter A. However, they are a Grade-A Family in more than name only.

Dear Soroptimists,

Thank you so much for selecting me as a recipient of the Violet Richardson Award. The breakfast you invited me and my family to was also great.

Thanks again,
Allison Tjemsland

Dear Soroptimists,

Thank you so much for thinking of me. I would like to thank you for recently selecting me to be the Girl of the Month for January. I am incredibly grateful.

Also, I wanted to thank you for inviting my family and me to a great breakfast at Petals.

Sincerely,
Julie Reno
Sequim High School Student

Soroptimist of Sequim,

Thank you for continuing to sponsor a Sequim flower basket. Your plaque is on the pole by Home Realty.

Along with the flower baskets we have been able to plant flowers around town – Christmas decorations this year; we did the light sculpture in Bank America Park.

Thanks for helping make all this possible. And a special thanks for taking on Bank of America flower project.

Emily Westcott &
Sequim Chamber of Commerce.

Dear Soroptimists,

Than you for being a member of the Sequim-Dungeness Valley Chamber of Commerce. We appreciate your support and want to make sure you find value in your membership. Networking opportunities for business and community participants occur at our Chamber lunches and at the several events held by the Chamber during the year. This is a wonderful opportunity to meet other business people and use those relationships to further your success and to participate in the enhancement of our community.

The Chamber's Web Site: www.cityofsequim.com, lists our members, provides links to member's web sites offering advertising opportunities and is linked to other Peninsula web sites. Please check the web site for your business name if you would like to make any corrections or additions let us know.

INTERNET COORDINATOR UPDATE

As Internet Coordinator when new things are available on the Northwestern Region Website, I receive notification. Recently I received an email about the Quadrennial Project: Project Independence Women Survivors of War. When I took the time to read through the message, it touched a chord in my heart and I wanted to make sure our club members are aware of the project and how we can participate.

In a nutshell the Project goal is to raise \$1.2 million over the next four years. We can be a part of it by purchasing note cards and lapel pins. The note cards are \$15/box of 12; the lapel pins are \$5.00 each. 100% of the proceeds from our purchases will be forwarded to SIA HQ for this project.

These items may be in short supply till after the Region Conference. **With that in mind, it would be prudent to get a commitment for a pre-order from our members and I can turn that in at the Region Conference in April. If you are interested in ordering either the note cards or lapel pins, please let me know what quantity of each: kathpur@insequim.com.**



Below is information about the project:

Through Project Independence Women Survivors of War, Soroptimist International and Women for Women International are combining the forces of thousands of individual women to support women survivors of war in Afghanistan, Bosnia and Rwanda. Over the next four years, Project Independence will raise at least \$1.2 million to provide nearly 2,000 women with the skills they need to rebuild their lives after war.

There are three parts to the program:

- Through the Sponsorship Program, Project Independence will provide at least 1200 women with direct aid and emotional support.
- Through the Renewing Women's Life Skills Program (ReneWLS), Project Independence will provide at least 1200 women training in vocational and leadership skills.
- Through the Microcredit Lending Program, Project Independence will provide at least 600 women with loans they can use to start their own businesses and income-generating projects.

How are we going to raise the \$1.2 million?? There are two things we can do right now to start raising funds:

1. Purchase a box of beautiful note cards. These cards come 12 to a box and feature women enrolled in the project in Afghanistan, Bosnia, Rwanda, and Algeria. They are \$15/box.
2. Purchase a lapel pin. The lapel pins are \$5.00 each.

100% of the proceeds from your purchases will be forwarded to SIA HQ for this project.

I encourage all of you to join in this important Quadrennial Project.

Kathy Purcell
Internet Coordinator

GARDEN SHOW REVIEW

I've been asked to say a few words about this year's Gala Garden Show and Sale. The words that come quickly to mind are:

Laughter, Friendship, Pride, Joy,
Beauty, Flowers

Being chairman of this event was one of the most rewarding experiences I've ever had because of all the wonderful people involved. We all combined our individual talents to create something beautiful. Our garden show was a gorgeous spring bouquet with each of us, like each unique blossom in that bouquet, contributing our own special talent and beauty.



Thank you all . . . Sandy

You are invited to share the feeling of the 6th Gala Garden Show and Sale through the pictures that follow:



Suzanne Little and Sandy Reed



Blake Sand and Gravel



The Garden Walk



Insert from the
Sequim Gazette



The Garden Walk

Dedication to a beloved Soroptimist Sister



The show was dedicated to our beloved friend, Elaine Carlson who passed away the Monday before the show.



The winner of the Garden Wagon was Janice Cook, daughter of Mayme Faulk



Anne Knight, Gail Frick, Betty Osborne

RAFFLE FOR THE GARDEN WAGON



Sandy Reed talking about the wagon



Casey Murphy, Colleen Blazier, Gail Frick explain how the money raised goes back into the community



Judy Ogilvie making the pitch



Marti McAllister Wolf, Louella Hanson, Laurel Bentsen



Alex Priest



Is that PEG peeking out from behind the flower tree?



Kathy Purcell, Sandy Reed, Peg Rinker



Sharon Vera & Nanc Smith



Jane Manzer and Carol Blake



Gail in mid stride,
a woman in motion



Anne Knight and Speaker Bob Maddux



Betty Osborne, Kathy Purcell, Ann Salmon



Dale Simon



Dave and Ann Salmon enjoying the show



Mayme Faulk, Frances Well, Penny Wolf, Janet Wicker



Penny Wolf, Frances Well, Casey Murhpy, Cindy Bidegary, Janet Wicker, Sherry Schubert, Mayme Faulk



Marie Anger and daughter Janaye



Gail Frick



Busy Workers: Gail Frick, Leah Tuttle, Mayme Faulk, Janet Wicker



Denise Endres, a WIN student helping deliver food and drink.



Leah Tuttle sampling one of the soups at the Garden Show Café



Penny Wolf and Megan O'Donnell

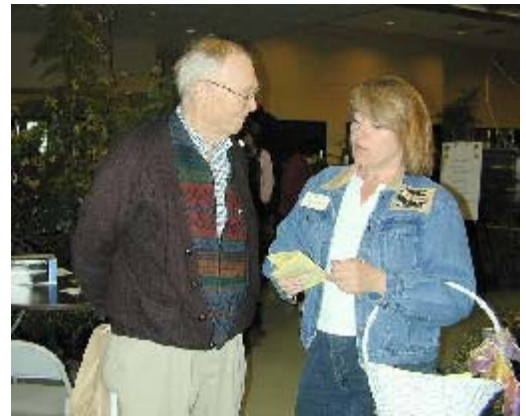


Casey Murhpy and Marie Angier with Janaye





Master Gardeners



Master Gardeners



America In Bloom



FFA



Cathy Angel and Mitzi Sanders



Irrigation Festival Princess Ashlee Gustason with her mom Gerilee



Participants having FUN!



Flowers, flowers everywhere!

In Loving Memory

We dedicated our 6th Annual Gala Garden Show and Sale to Elaine Carlson who passed away the Monday before the show.

Elaine was a past president of Soroptimist International of Sequim and a past recipient of the club's Woman of Distinction award. Elaine was more than just a Soroptimist Sister; she was a friend, a mentor, a teacher. Elaine touched the hearts and minds of others through her kind and caring nature - and her sense of humor. She had a "Can Do" attitude. Elaine gave of herself, being there for others, showing up for life.

In gratitude for these and the many other gifts she gave, we honored Elaine Carlson by wearing ribbons of gold and blue, our Soroptimist colors.

We will miss Elaine's physical presence, but her love and spirit will remain in our hearts always.



Dear Friends:

When I first heard that Elaine Carlson had passed away my heart was heavy. I took a breath and sent loving thoughts to Jerry and the family. Taking another breath a thought crossed my mind: "We should dedicate the Garden Show to Elaine." Then a few more thoughts came in: "Would that be appropriate?" "Would we have enough time to do it properly?" The initial idea fell away.

Thursday evening before the show Sandy Reed called me at home. She and Gail Frick thought we should dedicate the Garden Show to Elaine. What a great idea! I was so grateful that they wanted to do it. Sandy asked me if I would write up the dedication. Gail and Sandy were going to make up ribbons that all the Soroptimist members would wear at the show in honor of Elaine. The ribbons would be blue and gold – our Soroptimist colors.

Friday morning I looked through club scrapbooks and pulled out five pictures of Elaine to include with the written dedication. Jerry lent us a framed photo of Elaine. All of these were on display near the entrance to the show.

I attended Elaine's memorial service this past Friday. The church was packed. Many of the people who shared comments about Elaine had known her for 20 or more years. I felt a bit of an outsider since I had only known her since I became a Soroptimist six years ago. Then a woman wearing a scarf on her head stood up on the far side of the room. Her name is Lois Thomas. She said she had only known Elaine for three months but said that Elaine was the most positive and inspirational person she had ever met. Elaine had given her a book titled, There's No Place Like Hope. It is inscribed- "To Lois, Love and my very best wishes and prayers" Elaine Carlson. It brought tears to my eyes because it was plain to see how Elaine touched so many lives – even those she had known for just a short period of time. What a great example! She will be with us always.

With Love and Gratitude,
Kathy Purcell

PS At our evening meeting on 3/30/04 we had a Candle Lighting Service in honor of Elaine. Lois Thomas lent her book to us and Debra Danielson read several of the writings. Judy Ogilvie told us that the pot luck salad that she brought included Pecans she had received from Elaine. It was as if Elaine had provided us with food for both our bodies and our souls. Thank you, Elaine!

HEALTH COMMITTEE

The Hormone Replacement Therapy (HRT) Decision: To Take or Not To Take

By: Joan Starker, M.S.W., Ph.D.

All menopausal women face a difficult decision: to take or not to take hormone replacement therapy or HRT. New studies appear daily and the data are overwhelming and confusing. How can a woman make an intelligent, educated decision?

A woman needs to be armed with enough solid information to take charge of this critical decision. She needs to weigh the costs and benefits, consider her family history, values, and the severity of her menopausal symptoms. Some women opt to take hormones on a short or long term basis. Other women prefer complementary approaches, such as herbs. Some women decide not to take anything.

HRT (Hormone replacement therapy)

HRT can help alleviate menopausal symptoms such as hot flashes, insomnia, and vaginal dryness. It can also help protect bones and prevent osteoporosis. For a woman with an intact uterus, it is essential to take both estrogen and progesterone to prevent uterine cancer. Women with risk factors such as a family history of osteoporosis, early menopause before 40, very fair skin, small bones, sedentary lifestyle, and diet low in Vitamin D and calcium should consider getting a baseline DEXA to measure bone density.

The usual dose of estrogen is .625 mg which is only about twenty five percent of the amount in oral contraceptives. However, recent research presented at the 22nd Annual American Society for Reproductive Medicine meeting showed that low-dose hormone replacement therapy (HRT) is as effective for easing menopausal symptoms such as hot flashes and vaginal dryness but with fewer adverse side effects. As an interim solution, many women choose to take low dose oral contraceptives during perimenopause as a way of regulating periods, and reducing menopausal symptoms. (Some women experience side effects from birth control pills such as breast tenderness, depression, and bloatedness.)

For many years, HRT was prescribed to prevent cardiovascular disease. However, preliminary findings from a major government study of 27,000 women (The Women's Health Initiative) indicate that HRT may actually increase the risk of heart disease! Although the full results of the study will not be available until 2005, there was a small increase in heart attacks, strokes, and blood clots in the hormone groups in contrast to the placebo.

In addition, another study called HERS (Heart and Estrogen/Progestin Replacement Study) found that women who already had heart disease were not helped by taking HRT and, in fact, during the first year did worse. However, over time this result evened out. As a result, the researchers recommended that women with a history of cardiovascular disease should not begin HRT.

However, there are other factors to consider. Most women are fearful about developing breast cancer. Most experts agree that taking HRT for up to five years does not increase a woman's risk in breast cancer. However, The National Women's Health Network points out in a recent review of the literature that taking estrogen replacement therapy for five or more years increased the risk of breast cancer by about 35 percent. In addition, HRT results in breasts that appear denser on mammograms, so this diagnostic tool is less likely to detect small cancers.

Sometimes women experience side effects while taking HRT. Although often they are temporary, in some cases they may result in stopping HRT or trying a different dose or type of HRT. Common side effects include nausea, headaches, and breast tenderness. There are also different methods of delivery, including the pill, patch, cream, gel, and vaginal ring. In addition, there are different regimens including a combined, daily dose of both estrogen and progesterone, and a sequential approach that attempts to mimic a woman's natural cycle resulting in menstrual-like bleeding. Finding the right dose, and type of HRT often involves trial and error. If a woman decides to stop taking HRT, she needs to taper off rather than quit abruptly, which may result in the hot flashes returning with a vengeance.

Some women have found that alternative approaches can be effective in alleviating menopausal symptoms. For example, Vitamin E, natural progesterone cream, Promensil (made from red clover), increased dietary soy, and black cohosh have been reportedly beneficial in easing hot flashes.

The HRT decision is often fraught with anxiety. To make matters worse, it occurs at a time when women may be coping with severe menopausal discomfort and stressful life events. Nonetheless, it is critical for a woman to actively make a decision that fits her needs. Fortunately, it is a decision that can be reassessed based on how a woman is feeling, her level of discomfort, health profile, and the latest research.

RELAY FOR LIFE

We will be in partnership with the Port Angeles Soroptimist clubs once again this year for the American Cancer Society **Relay For Life**. Please mark your calendars for June 4-5th; we have already registered twelve people for the event. There is certainly the opportunity to add more members to our team. The event will take place at the Port Angeles High School track starting at 6 PM.

There is a “Western” theme this year. Please put on your creative thinking caps to help us plan on decorations for our campsite on the track. We have thought about “Band Together To Fight Cancer”. We could sell bandanas and homemade sweat bands. As many of you recall, last year we walked on one of the hottest days of the year. There will be lots of games, contests, food and raffles going on during this 24 hour marathon. Bring a few extra dollars to participate in these fundraising activities.

There will be a Relay store that has Relay “gear” and other fun **Relay For Life** logo items. Luminaria bags and donation forms will be available at our next meeting on March 30th. There will be a special ceremony to light these candles for friends and loved ones that have had cancer.

The goal is to have each participant raise money for cancer research. As Sherry Schubert mentioned at one of our meetings last year, she had \$2000.00 pledged for her participation in the Relay. Walt Schubert has been asked to be the guest speaker at the Relay (as the longest cancer survivor). What a celebration of life! I also have a sample letter that explains to family and friends why you are walking in the **Relay For Life** and asking for a donation. I raised \$2685.00 just from mailing this letter and would be happy to share it with you. We can offer to walk in honor of their loved ones. My personal goal is to raise \$3000.00 in loving memory of Elaine Carlson; her spirit touched my life in a very special way. We are masters of fundraisers!

Casey Murphy will have the Participation Packets at our next meeting at the Foursome Club and the Walk Schedule that is divided into 30 minute segments. Obviously, you can come and stay as long as you like and cheer for the Soroptimist teams. If you are unable to be an active participant in the Relay, I hope you will pledge your support. The Relay is a unique, challenging and fun way to support vital cancer research.



MEDICAL LOAN CLOSET

The Medical Loan Closet committee would like to thank two of our members that will be leaving us. **Sue Ellen Riesau and Gerri Bartholomew** did a wonderful job serving our community and they will be missed. We are very fortunate to have such great replacements. Two of our newest members have agreed to join this committee. We welcome **Kate Creasey and Suzie Blevins**.

I will be attending a Rotary meeting in April and hope to meet members of their link club from Mexico. We have some excess equipment to donate and that would support the “Amigo Project”. I would like to do some spring house cleaning and we have some very nice items to share.

This committee has already helped more than 250 members of our community in the last 8 months. The weekly “on call” schedule that was recommended by Sue Ellen has worked so well for all of us. I know that Peg Rinker still has “special” friends that she helps out in-between her schedule. This is a welcomed service that helps so many. Gary Gano, from Olympic Medical Supply, has been a God-sent by repairing equipment and even donated 11 canes when we needed them. This project brings out the very best in all of us.

Blessings in our Friendships,
Colleen Blazier

Northwestern Region
Soroptimist International of the Americas
Eighty-Sixth Region Conference
Spokane, Washington / April 23-24-25, 2004

A Look at the Workshops

The Secrets of Being an Effective Club Officer

This is a dedicated training session for club officers - presidents, secretaries and treasurers, incoming, outgoing and wanna-bees. Hear the secrets for gaining the trust of your members, running a smooth and productive meeting, recording the history of your club, and keeping your financial records in compliance! (1.5 hours)

- Governor Dede, Secretary Jan and Treasurer Shaneen

The Greeks had a Word for it: MENTORING!

Come learn and share some humorous and always thought-provoking ways how *mentoring* can strengthen membership and leadership in your club. This is a "work-shop" (mostly working, little shopping) in which you'll be an active participant, not just a listener. Rewards? Recognition? Incentives? You bet! *Yassou!!* (1.5 hours)

- The Leading Edge, Leadership Development Committee

Women's Health and You!

Welcome professional panelists from the Spokane medical community. Did you know that heart disease and stroke are the No. 1 and No. 3 killers of women...? Learn the current risks and statistics regarding women's health and your future. Get answers to the questions you've always wanted to ask! (1.5 hours)

The International in Soroptimist

Meet our Grant of Friendship recipients and learn about the internationality of our organization. Hear how what you do in your clubs affects women and children all around our world. We ARE an international organization! (1 hour)

The Region in Northwestern

Each Northwestern Region club contributes \$46.50 per year to our region identifying projects through the region Service Assessment. What are these identifying projects...? Where does this money go...? How can my club benefit from these service projects...? (1 hour)

Submitting for Financial Grants

Have a special project your club would like to participate in, yet you have no money...? Do you have a hands-on project in your community? Learn how you can apply for grant money from SIA and other corporations. Does our 501 (c)(3) status open any doors...? The money is out there for the asking! (1 hour)

Every life form seems to strive to its maximum except human beings.

How tall will a tree grow? As tall as it possibly can.

Human beings, on the other hand, have been given the dignity of choice.

You can choose to be all or you can choose to be less.

Why not stretch up to the full measure of the challenge and see what all you can do?

- Vitamins for the Mind by Jim Rohn



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

To A Woman Making A Difference For Women