



Soropti-SCOOP

*A Communique by
Women Making A Difference*

Vol.7, Issue3

Soroptimist International of Sequim

Winter 2003

Officers 2003 - 2004

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Gail Frick

President-Elect:

Sandy Reed

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Alex Priest

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Marie Angier

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Diane Jones

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Megan O'Donnell

Directors: 1 year

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Directors: 1 year

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Directors: 1 year

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Kathy Purcell

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A MESSAGE FROM THE PRESIDENT

Greetings everyone.

Sandy Reed reminded me that half the Soroptimist Calendar year is over and I am on the downhill side of my presidency. Wow. Where does the time go? One of the best things about being President is I get to induct new members. We have three new members: Brenda Dunlap, Casey Murphy, and Nanc Smith. They are profiled in this issue of the Soropti-Scoop. Get to know these individuals. I see future leaders in all of them.

We are living in some exciting times. Many changes have happened in our lives through new technology, medicines and faith. However, not everyone has been as fortunate to enjoy these changes in their lives.

WANT TO LEARN MORE ABOUT HOW YOU CAN HELP? ATTEND the Spring Northwestern Region Conference on Friday, April 23, 2004 in SPOKANE, WA. (My hometown) AND MEET dawn Marie Lemonds, Soroptimist International Quadrennial Programme Liaison 2003 – 2007. Dawn will address how we can get involved with Project Independence Women Survivors of War. My goal is to have 6 members attend the conference and learn more about soroptimist and ongoing projects. To learn more about the conference please go to the following link www.soroptimistnwr.com Also contact me if you are interested in going.

Spring is coming and so is our Garden Show March 20 and 21. This is a very busy and exciting time for us. Get involved. If you have not signed up for a committee, contact Sandy Reed and sign up today.

Oh, let's not forget that special someone in our life. See's Candy I have learned is good for the Heart and Soul. Orders are being taken as I write this.

Take care. Enjoy life and make someone's day with See's Candy.

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.

**The Spring Northwestern Region Conference
April 23 - 25, 2004 in SPOKANE, WA.
Remember our Goal is to send SIX members!
Will you be ONE of them?**

Letter from the Editor

Dear Friends:

I was born and raised in Chicago. I am not a baseball fan, per se, but yes, I am a die-hard Cub fan. I moved from Chicago over two decades ago, but there's something about being a Cub fan that stays with you. Maybe it is the optimist in us. Or maybe it is the cold that's affected our brains ☺

I remember one year I played hooky from (high) school and went to see the Cubs on opening day. About eight of us took the Addison Street bus down to Wrigley Field. We got there about 6 am thinking we'd be one of the first groups in line. To our surprise, many other people were already there – with blankets and pillows. The doors were to open at 11:30 am, so we had a bit of a wait. We wrapped ourselves in our own blankets, danced around, rubbed our hands together – whatever we could to keep warm. At 10:30 am (one hour earlier than expected) they opened the doors. The crowd began to move, and move quickly. It became a mob! People were pushing forward and some people started to move when they didn't even have their feet on the ground. Blankets and pillows were dropped and trampled over in the rush. Now how did I get on the topic of the Cubs?

Oh yeah, I was sitting thinking about 2004. What kind of slogan would go for 2004? The cubs had slogans every year. Like: "Cubs will be heaven in '67", "Cubs will be Great in '68"; "Cubs will Shine in '69". You get the idea. In thinking of 2004, what came to mind is ROAR in '04. That brought to mind Soroptimist ROAR: Recruitment Orientation And Retention. That brought to mind the Northwest Region Membership Campaign: Three To Get Ready, Four To Go.

Clubs recruiting three members between July 1, 2003 and March 31, 2004, receive recognition nametag ribbons to wear at Region Conference in 2004 and the club name goes in the Grand Prize drawing. For each additional member that the club recruits over the 'Magic 3,' the club is entered again in the drawing.

Our club has already welcomed in three new members: Brenda Dunlap, Casey Murphy and Nanc Smith. And we have at least one, if not three, more recruits waiting in the wings! We're on a roll!

I was wondering why this topic came to mind at this time. Then I remembered that it was around this time of year (Winter of 1997) that Soroptimist International of Sequim became a part of my life. I attended meetings for several months before I was officially inducted as a member. Like the die-hard Cub fan, I am dedicated to the TEAM.

SI Sequim has met our 'Magic 3' for recruitment, but there's still more Magic in our midst. Maybe our slogan should be: "Still More In '04".

Light and Love,
Kathy Purcell
Editor

CALENDAR

JANUARY

- 9 Board Meeting
- 13 Business Meeting
- 27 Program:
Community Service

FEBRUARY

- 6 Board Meeting
- 11 Business Meeting
(GOM Jan / Feb)
- 24 Program: Health

MARCH

- 5 Board Meeting
- 9 Business Meeting
- 20-21 GARDEN SHOW
- 23 Program: Environment/
Garden Show
- 27 Program: Human Rights/
Status of Women

Newsletter Staff

Kathy Purell
Colleen Blazier



Celebrate Life!

BIRTHDAYS

JANUARY

14 Elaine Carlson

FEBRUARY

15 Marti McAllister Wolf

24 Ruth Marcus

MARCH

11 Penny Wolf

17 Megan O'Donnell

28 Sue Ellen Riesau

GARDEN SHOW REPORT

Our 6th Annual Gala Garden Show is just two months away! It is going to be our best show ever. We have a few exciting changes for this year. Instead of a Silent Auction we will be having a Wagon Raffle. We have purchased a large green wagon that will be filled with garden related items. Many of the vendors have already committed donations to the wagon. Raffle tickets are \$5.00 each or 3 tickets for \$12.00. These raffle tickets will be pre-printed and available for sale very soon.

Something else new this year: we will have tickets printed for pre-sale to the Garden Show. These will be available for sale soon as well. The pre-sale tickets will be for a two-day entry at \$4.00 each. This offers a discount off the regular two-day entrance fee of \$5.00.

Our dandy dahlia dancers, that is, our Flower Power Road Show Team, will be taking the Wagon along with them as they visit local Soroptimist and Rotary clubs. These clubs will have the opportunity to see our ladies perform and will be able to purchase raffle and Garden Show pre-sale tickets.

Another change is: on the day of the show, we will be collecting tickets in the vestibule at the Boys and Girls Club. We will also be serving a few more menu items!

We have arranged to have a special area set up that recognizes and honors our sponsors. It will be like a walk in the garden! You'll want to see that! And you'll want to invite your family, friends, neighbors, clients to see it too. -kp

See's Candy

makes an excellent gift,
for **Valentine's Day**
or for **ANY** day.

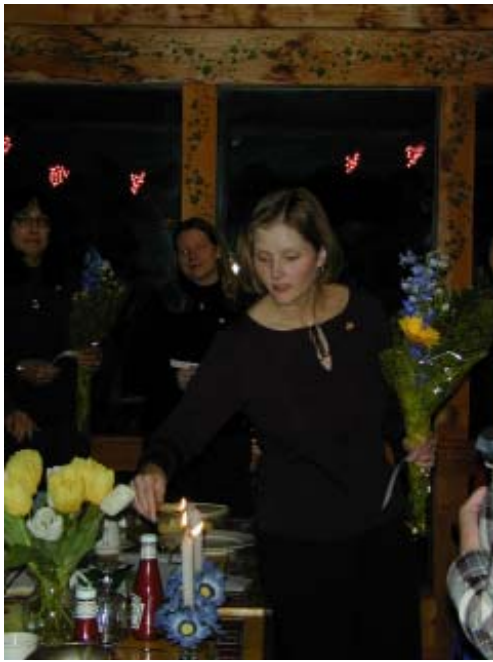


Bailey, Sandy Reed's female Yellow Lab

NEW PROTOCOL

While Colleen Blazier was in Germany for her Grant of Friendship, she learned about some Soroptimist practices that are done differently over there. One of those things she learned is that whenever a new club is chartered or new member is inducted, part of the ceremony is to light four candles: one for the new club/member, one for the Region, one for Federation and one for Soroptimist International. Our club decided to incorporate this protocol into our induction ceremony. After our newest members, Brenda Dunlap, Casey Murphy and Nanc Smith received their Soroptimist pins on December 11th, each of them lit a candle. Danke to our sister Soroptimists in Germany for introducing us to this wonderful addition.

-kp



**Welcome to our
New Members!**

CASEY MURPHY



Casey was born and raised in Sequim and graduated from Sequim High School. After attending college in the Seattle area, she moved back to Sequim to become involved in her family's business, Blake Sand & Gravel where she is now responsible for the company's finances.

Casey and her husband Dave were married March of 2003 in Las Vegas, by Elvis. They have a custom 1956 Chevy that they enter in car shows during the summer.

BRENDA DUNLAP



Brenda's family moved to Sequim when she was 3. They came from Westminster, Colorado.

Her maiden name is DeChant. Her dad sold real estate in Sequim for many years, but is now retired. Her mom works in the Middle School Library. Brenda has an older brother, Chris who is a cop in Seattle and an older sister, Caryn who teaches 2nd grade at Greywolf here in Sequim.

Brenda graduated from Sequim High School in 1990 and went to Western Washington University. She graduated from Western in 1994 with a biology degree and a minor in chemistry. After graduation she came back to Sequim, which was only supposed to be temporary, but she decided to stay. Brenda is now an Insurance Agent and has been working for MM Fryer and Sons Insurance since January 1996.

Brenda met my husband Tracy Dunlap in 1995 and they married in May 1999. In August of 2002 their daughter Kaylee was born. Kaylee is their pride and joy. Brenda has one nephew Damon, who is 2 1/2.

NANC SMITH

Nanc started her selling career at age 11, buying and then selling lightening bugs to the University of Kansas for research. Followed by the top seller of Girl Scout cookies. Nanc Smith has over 25 years of marketing and sales experience with IBM corporation across the US — from San Francisco to Washington, DC and in-between.



Nanc is the mother of three— Kevin in Atlanta, Georgia; Hilary in New York City, NY, and Morgan in Washington, DC. Nanc also has three grandchildren, Megan, Cole, and Julia.

Nanc and husband Eric were captivated by the Olympic Peninsulas' peacefulness and beauty and decided to make Sequim their home. You can find them working in the garden or participating in many of Sequim's community activities. (Or Eric at the drag races.)

Nance says, "I love being involved in community activities and working to "make a difference" in peoples lives. That is why I am excited about joining Soroptimist International of Sequim and working in a team effort to reach their goals."

DUNLAP, Brenda
41 Josephine Pl., Sequim
M. M. Fryer & Sons Ins., Inc.
Home: 681-7638
Work: 683-7988
E-Mail: brenda7988@hotmail.com
Member status: A, 12/03

MURPHY, Casey
102 Falcon Road, Sequim
Blake Sand & Gravel, Inc.
Home: 582-9561
Work: 681-2877
E-Mail: bsg@tenforward.com
Member status: A, 12/03

SMITH, Nanc
154 Kirner Road, Sequim
Caldwell Banker Town & Country
Home: 683-1741
Work: 683-6000
E-Mail: nanc@olypen.com
Member status: A, 12/03

VIOLET RICHARDSON AWARD WINNER CHOSEN

At our first meeting of 2004 the Foundations Committee told us that a winner of the Violet Richardson Award had been chosen. The \$250.00 cash award, given to a high school student between the ages of 14 and 17, is a merit award and is not based on academic achievement.

The student must demonstrate a commitment to improving the lives of others through dedicated, motivated and enthusiastic volunteer action. Efforts to benefit women and children are of particular interest to the judges of this award.

The award program is named after Violet Richardson, the president of the first Soroptimist club in 1921. Richardson believed in personal responsibility and the motto, "It's what you do that counts." She lived her life accordingly, as an active member in her community who was committed to creating opportunities for girls and young women. Soroptimist established this award to honor the memory of this unique woman and her dedication to volunteer action.

When the name of the recipient was announced, it occurred to me that I know her — unless there is another Allison Tjemsland. Computer Solutions has done computer work for her folks. We have purchased Girl Scout cookies from Allison and her sister for years. It always impressed me that the girls came into the store together and asked if we'd like to order any cookies. They were doing the work themselves, learning how to deal with people, learning about mutual respect.



Allison Tjemsland

What great lessons their parents were teaching them. Dale Simon from our Foundations Committee confirmed the Allison Tjemsland I know is the young woman who is to receive the Violet Richardson Award at our January 27, 2004 Soroptimist meeting.

I wanted to include a photo of Allison for this article in our Soropti-Scoop newsletter so I called the Tjemsland home. Allison's dad, Pete, answered the phone. We exchanged pleasantries: Happy New Year; How's business? How's retirement? Then Pete asked me if I had seen the article in the previous day's *Sequim Gazette* about Allison. I hadn't had a chance to read it yet. He said it talked about a "cookie training rally" that was a project of Allison's. She is working for her Silver Award, the highest award a Cadet Girl Scout can earn. He told me that the scouts now have two additional kind/flavor of cookies to offer customers. Looks like Allison is teaching him. ☺ Pete also mentioned that Allison was one of the local students that recently visited Japan.

Kudos to Allison Tjemsland! What a wonderful example she is to all of us.

Kathy Purcell

GETTING TAGGED

One of the great benefits of being a Soroptimist is experiencing the feeling of being a part of something greater than yourself. This is often accomplished through TEAM work. A couple of our newest members, Casey Murphy and Brenda Dunlap, had the opportunity to experience that feeling the very day they were inducted as members.

Each year SI Sequim participates in a project known as the Caring Trees. Lists are submitted with names of local people and items each person would like to receive for Christmas. Tags are made up with the individuals' information and placed on trees at local banks. This year the participating banks were Bank of America and US Bank. Members of the community – including some Soroptimists – take the tags off the trees, purchase the requested item wrap it and return the package with the tag, to the bank. SI members take the wrapped gifts to the agency or person who furnished the list of names who then delivers the gifts just before Christmas. For some of these people, this was the only Christmas they experienced.

At our December 11, 2003 regular meeting, members prepared this year's tags. All members who attended the meeting were invited to participate. Various shapes of tags were cut out from old Christmas cards, a hole was punched and ribbon attached. In some cases glitter and other adornments were added. The names and respective requested gifts were hand written on each tag. It is such a bonding experience when members of the club join together in spirit and action. It seems more like fun than work. Kudos to all the women who helped and especially to the Community Service Committee who organized the project and made sure Santa brought smiles to those who might otherwise have been forgotten. - kp



Mayme Faulk, Janet Wicker, Betty Osborne, Diane Jones



Casey Murphy, Ann Salmon, Brenda Dunlap, Cathy Angel



Janet Wicker, Ann Salmon, Judy Ogilvie, (background)
Peg Rinker, Sandy Reed, Anne Knight (foreground)



Casey Murphy reaches for a pen.

SOROPTIMIST OF SEQUIM MEMBERS PARTY ON

Although our holiday parties have traditionally been a time for members to relax, mingle and enjoy, for some reason this year there was a sense that things were a bit different; it seemed to be more intimate. Perhaps it was because the catering was done by Melinda Lehman, granddaughter of Evelyn Lehman, who is a charter member of the club. Or perhaps it was because there were so many members in attendance (more than 30!). The buffet of food was a treat for our pallets. The wonderful table decorations and goodies were provided by the Hospitality Committee - Mayme, Janet, Jeanie, Elaine, Sherry and Debra - and were a treat for our eyes. The music, provided by Carl Honore and Robyn Swenson, was a treat for our ears. An extra treat was the singing of the Twelve Days of Christmas (Northwest style). The words (see below) were written years ago by our beloved Barb Klink.

Before the evening ended we had our Holiday Raffle. The three winners were: 3rd Place: Kathy Purcell; 2nd Place: Betty Osborne; 1st Place: Judy Ogilvie.

Many thanks to Debra Danielson and the Hospitality Committee for organizing such a wonderful Holiday Party.
- kp

On the Twelfth Day of Christmas My True Love Gave To Me
Twelve Rain Clouds Raining
Eleven Ferries Tooting
Ten Geese a Leaping
Nine Apples Dangling
Eight Lattes Steaming
Seven Salmon Swimming
Six Tulips Swaying
Five Golden Slugs
Four Crawling Crabs
Three Steaming Clams
Two Waddling Ducks
A Seagull in a Fir Tree



Sally Sue Barry, Jane Manzer, Colleen Blazier



Debra Danielson, Betty Osborne, Marilyn Gruber



Judy Ogilvie, Louella Hanson, Elaine Carlson



Sandy Reed & Alex Priest (background)
Marti McAllister Wolf, Laurell Bentsen (foreground)



Mayme Fault, Janet Wicker, Betty Osborne

EDUCATION / WIN COMMITTEE REPORT

SELF MARKETING SEMINAR

On November 19, 2003 we sponsored a Self-Marketing Seminar with Whitley Sakas*; it took place at the new Olympic Theatre Arts (OTA) facility. There were 22 WIN students participating in the seminar. Mitzi Sanders, Sequim High Career Coordinator, walked from the high school with the girls. SI Sequim members Cathy Angel, Jane Manzer, Penny Wolf, Betty Osborne and I were also there.

After introducing herself to the group and giving a brief explanation of her background, Whitley got right down to the lessons of the day. She shook hands while making eye contact with each girl, asking her name and what her ambition or interests were. Whitley took note of the type of handshakes she received, and whether or not the girls held eye contact with her. Whitley received some handshakes that were like a “wet noodle” and others that were a “confident” shake.



Whitley talked about resume writing and said that a one-page resume is best, on a strong grey or off-white paper, such as linen. This paper shows a little more care was taken in preparing the resume, and the color is often noticed more easily in a pile of white papers (other resumes).

Before going on a job interview some homework is recommended. Research the job you are applying for. She stressed that you should:

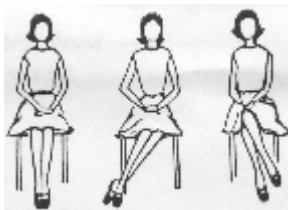
- 1) Know a little about the business.
- 2) Be sure you have the proper address and phone number.
- 3) Do a dry run to check out the location before the interview. This will help you determine how much time it will take you to get there. If you happen to be running late the day of the interview, call to let them know.



When you go into the interview, carry a briefcase or folder. This looks like you did some homework about the job and that you have a definite interest in working for this company. Ask questions at the end of the interview. Be sure to send a thank you card and call after a week to “check in to see if any decisions have been made.” But don’t sit around and wait.

The attire for an interview should be simple go together items such as black pants, black skirt, nice top and jacket or sweater. Dress this up with a nice necklace, earrings and watch. Do not wear jeans. Make-up should be light: lip gloss and blush.

-continued on page 9



-continued from page 8

Keep posture in mind. Walk with a moderate stride with feet in a straight line, your head held high. When sitting, keep knees together, ankles together. Sit tall with hands in your lap.

The interviewer may be Type A – a “live-wire” who has good listening skills and interacts with you. Or, Type B – a “brain-dead” person who may seem disinterested, does not maintain eye contact and does not interact with you. It is your communication skills that make the interview go well.

A few other pointers before you go out: comb your hair and brush your teeth; watch what you wear in public. You never know if the person next to you in the grocery store will be your next perspective employer. You only have one chance to make a first impression.

Near the end of the seminar Whitley asked if we had noticed that she held a pen in her hand throughout the morning. She said that she gets nervous; when she focuses that nervousness on the pen, she is able to talk in a more relaxed and open way. What a great tool!



Mitzi Sanders with Whitley Sakas

Another interesting tool Whitley spoke about is wearing a pin. It often attracts another person’s attention and opens up a conversation. (*I wonder how many of us will now start to wear or at least notice other's wearing pins?*) ☺

Whitley ended with questions about 11:15 a.m. – just as the Marina Restaurant was delivering our sack lunches. It was great timing. We are grateful to the folks at the Marina Restaurant for their professional service. They made the food part go smoothly.



While we ate the lunches, there were mixed comments from the girls about the seminar. One or two said too much emphasis was on the beauty side. One said she would have preferred mock interviews. However, several girls did comment that they learned some valuable tips.

It is said the three most important things in business are location, location, location. At the seminar we learned the three most important things in marketing yourself are **Smile, Smile, Smile**.

Kathy Purcell
Education/WIN Committee Co-Coordinator

**Whitley is a Talent Consultant, offering pageant coaching, talent instruction, interview training and poise classes. You can reach her at (360) 683-2343, 202 Land's End Ln, Sequim, WA 98382*

Thank You

The Hasting’s Trust has once again sent a \$4000 donation to Soroptimist of Sequim for our Women In Networks (WIN) Program. The number of lives touched by the program makes this generous gift priceless. Thank you, Carol Sanders, for your continued support of this wonderful program!

INTERNET COORDINATOR UPDATE

A very exciting new feature on the NWR Intranet is the ability to find a member of the Northwestern Region when all you have is her FIRST name! Once you log into the website, click on NW Directories, then White Pages, then NWR Members: Search for a Member. Below is a what the page will look like. Enter the member's FIRST name. In the example below I entered **Gail**, to see if I could find **Gail Frick**, our president.

Search for Northwestern Region Member

Looking for that member you said you would contact at a District, Region or Area Meeting, but forgot to get her details!

Look no further!

Type all or part of Member's first name:

Gail

[Search for Member](#)

Once you click the "Search for Member" button you will see a screen similar to what is below.

Search Results

10 records match your search.

To view an NWR member's details, click on their last name.

COOK INLET	Gail	Galleher
COOS BAY AREA	Gail	Rutschman
LAKEVIEW	Gail	Allen
OAK HARBOR	Gail I	Jaeger
PASCO-KKENNEWICK	Abigail J	DeSteeze
PORTLAND	Gail L	Jackson
REDMOND	Gail	Meeker
S.W. WASHINGTON	Gail Bevard	Johnson
SEQUIM	Gail	Frick
WALLOWA COUNTY	Gail	Walter

I clicked on [Frick](#) and got her Contact Details (see below).

Gail Frick

Contact Details:

Club Name
Mailing Address

Home Telephone
Work Telephone
FAX Number
Email
Website

Sequim
123 Alice Rd
Port Angeles, WA 98363
3604526961
3606837204

mfrick@olypen.com

Club Number: 1111124

Remember, the success of the website depends on all of us who use it and make suggestions about how to make it better. Visit it often to see the changes as they happen.

Kathy Purcell
Internet Coordinator

RINGING IN THE SEASON

So many people these days have busy schedules. Often it is the small things – the unexpected or different situations – that bring our thoughts beyond our normal daily routines. Take for instance, bell ringing.

Bells make a sound that can get our attention, sometimes dramatically, other times subtly. I wasn't consciously aware of the different sounds bells make until I was ringing bells for the Salvation Army this year. Kate Creasey, who is not officially a member YET, volunteered to participate in the bell ringing with our club. She brought her own bell – one whose sound she particularly likes. You see, Kate collects bells. What a perfect match!



Kate Creasey, Kathy Purcell, Marie Angier

This year our club rang bells in front of Safeway one Saturday in December. Marie Angier and I took the first shift. It was a great opportunity to get to know each other better, while getting donations for the Salvation Army. As we rang the bell, we watched people go into and out of the store. One gentleman had flowers in his cart. Marie and I wondered who was to receive the flowers and for what occasion. The man was halfway to his car when Marie ran out and asked him those very questions. The flowers were for his wife for their 56th wedding anniversary. Marie and I both smiled, thinking of the man's thoughtfulness and the joy it, and the flowers, would bring his wife. Marie chased down another man who had purchased flowers for his wife of 55 years. We saw several more people take flowers out of the store, however, we did not conduct a complete survey of the reasons for their purchase. ☺

As Marie greeted a woman walking up to the store, the woman stopped and told Marie the woes of her sickly husband. The trip to the store was to help her clear her head. It was interesting that this woman was sharing such personal thoughts and feelings. There was something freeing in her openness. It reminded me of the Spirit of the Season.

I'm sure the other Soroptimist members who rang bells (Ann Salmon, Sally Sue Barry, Dale Simon, Anne Knight and Colleen Blazier) had similar experiences. This year, on our watch, \$220.61 was collected. We were told this is more than is collected by some of the regular bell ringers. Dave Salmon told Marie that when "groups" do the "ringing" the group actually brings in more funds than what goes in "the bucket" because groups do a day, and the Salvation Army doesn't have to pay their staff to ring bells. So by this information, we did "bring in" more than the \$220.61! Kudos to all those who participated.

This year whenever I saw anyone ringing bells for the Salvation Army, I made a point to thank them for their efforts. What a joy it is to give.

Kathy Purcell



Dale Simon, Sally Sue Barry, Anne Knight



Colleen Blazier, Dale Simon, Anne Knight

HEALTH COMMITTEE

The program for our February 24, 2004 meeting will be sponsored by the Health Committee. The subject will be Alzheimer's Disease. Here's some information about this very important issue that has probably touched each of us in some way.

TEN WARNING SIGNS OF ALZHEIMER'S DISEASE

Some change in memory is normal as we grow older, but the symptoms of Alzheimer's disease are more than simple lapses in memory. People with Alzheimer's experience difficulties communicating, learning, thinking, and reasoning — problems severe enough to have an impact on an individual's work, social activities, and family life.

The Alzheimer's Association believes that it is critical for people with dementia and their families to receive information, care, and support as early as possible. To help family members and health care professionals recognize warning signs of Alzheimer's disease, the Association has developed a checklist of common symptoms.

1. Memory loss. One of the most common early signs of dementia is forgetting recently learned information. While it's normal to forget appointments, names, or telephone numbers, those with dementia will forget such things more often and not remember them later.

2. Difficulty performing familiar tasks. People with dementia often find it hard to complete everyday tasks that are so familiar we usually do not think about how to do them. A person with Alzheimer's may not know the steps for preparing a meal, using a household appliance, or participating in a lifelong hobby.

3. Problems with language. Everyone has trouble finding the right word sometimes, but a person with Alzheimer's disease often forgets simple words or substitutes unusual words, making his or her speech or writing hard to understand. If a person with Alzheimer's is unable to find his or her toothbrush, for example, the individual may ask for "that thing for my mouth."

4. Disorientation to time and place. It's normal to forget the day of the week or where you're going. But people with Alzheimer's disease can become lost on their own street, forget where they are and how they got there, and not know how to get back home.

5. Poor or decreased judgment. No one has perfect judgment all of the time. Those with Alzheimer's may dress without regard to the weather, wearing several shirts or blouses on a warm day or very little clothing in cold weather. Individuals with dementia often show poor judgment about money, giving away large amounts of money to telemarketers or paying for home repairs or products they don't need.

6. Problems with abstract thinking. Balancing a checkbook may be hard when the task is more complicated than usual. Someone with Alzheimer's disease could forget completely what the numbers are and what needs to be done with them.

7. Misplacing things. Anyone can temporarily misplace a wallet or key. A person with Alzheimer's disease may put things in unusual places: an iron in the freezer or a wristwatch in the sugar bowl.

8. Changes in mood or behavior. Everyone can become sad or moody from time to time. Someone with Alzheimer's disease can show rapid mood swings—from calm to tears to anger—for no apparent reason.

9. Changes in personality. People's personalities ordinarily change somewhat with age. But a person with Alzheimer's disease can change a lot, becoming extremely confused, suspicious, fearful, or dependent on a family member.

10. Loss of initiative. It's normal to tire of housework, business activities, or social obligations at times. The person with Alzheimer's disease may become very passive, sitting in front of the television for hours, sleeping more than usual, or not wanting to do usual activities.

If you recognize any warning signs in yourself or a loved one, the Alzheimer's Association recommends consulting a physician. Early diagnosis of Alzheimer's disease or other disorders causing dementia is an important step in getting appropriate treatment, care, and support services.

WHAT IS ALZHEIMER'S DISEASE?

Alzheimer's disease (pronounced *AHLZ-hi-merz*) is one of several disorders that cause the gradual loss of brain cells. The disease was first described in 1906 by German physician Dr. Alois Alzheimer. Although the disease was once considered rare, research has shown that it is the leading cause of dementia.

Dementia

Dementia is an umbrella term for several symptoms related to a decline in thinking skills. Common symptoms include a gradual loss of memory, problems with reasoning or judgment, disorientation, difficulty in learning, loss of language skills, and decline in the ability to perform routine tasks.

People with dementia also experience changes in their personalities and behavioral problems, such as agitation, anxiety, delusions (believing in a reality that does not exist), and hallucinations (seeing things that do not exist).

Disorders that cause dementia

Several disorders that are similar to Alzheimer's disease can cause dementia. These include fronto-temporal dementia, dementia with Lewy bodies, Parkinson's disease, Creutzfeldt-Jakob disease, and Huntington's disease. All of these disorders involve disease processes that destroy brain cells.

Vascular dementia is a disorder caused by the disruption of blood flow to the brain. This may be the result of a massive stroke or several tiny strokes.

Some treatable conditions - such as depression, drug interactions, and thyroid problems - can cause dementia. If treated early enough, this dementia may be effectively treated and even reversed.

Progression of Alzheimer's disease

Alzheimer's disease advances at widely different rates. The duration of the illness may often vary from 3 to 20 years. The areas of the brain that control memory and thinking skills are affected first, but as the disease progresses, cells die in other regions of the brain. Eventually, the person with Alzheimer's will need complete care. If the individual has no other serious illness, the loss of brain function itself will cause death.

MEDICAL LOAN CLOSET

This has been a very busy period at the Medical Loan Closet. With the icy spots around town, there have been a large number of broken ankles. The committee has done a super job to meet the needs in our community. As an expression of appreciation for these efforts, we have made the largest deposit that I am aware of in the last two years. It was my pleasure to turn in \$335.00

Louella Hanson has been instrumental in helping us provide durable medical equipment to the needy in the Dominican Republic. We are about to help contribute to a second shipment. I hope we can obtain a few pictures from there so we can submit an article to the Northwest Region news. Gary Gano (owner of Olympic Medical Supply in Port Angeles) visited the Medical Loan Closet a few weeks ago. He has been very generous with his time and provided parts to repair equipment at no cost. I visited with Rose Crumb, director of the Hospice of Clallam County, over the holidays.

We needed a few canes and I had items that could be better utilized by hospice patients. She told her staff to "give me anything I needed". We are truly blessed to have such a wonderful working relationship with others in our area.

Colleen Blazier
Health Committee Coordinator



S.O.L.T. COMMITTEE

*This year Sally Sue has been presenting a bit of S.O.L.T. at each of our meetings.
Here's some of what she peppered our November 11, 2003 meeting with.*

Nov. 11, 2003

Proper Soroptimist Custom and Protocol

Begin and close meetings on time; be on time for meetings.

Attend regularly.

Address the presiding officer as president, governor or, if the vice president is presiding, by her title followed by her name, e.g. "Vice President Sandy."

Address another Soroptimist by her first name.

Do business with Soroptimists on a business level, expecting no favors or special treatment.

Pay your own way, unless you're invited as a guest or as a speaker.

Present a membership card as "credentials" when visiting another club.

Invite Soroptimists and others (as deemed appropriate by the president) to business meetings.

Welcome visiting Soroptimists.

Disagree politely and keep informality within the bounds of fellowship and parliamentary procedure.

Use correct terminology:

- We are Soroptimists - not Sorops.
- We are members - not sisters or girls.
- We are clubs - not chapters.
- We are a federation - not national or federal.
- We have a pledge - not a creed or motto.
- We attend a club or district meeting, region conference, federation or international convention.
- We elect region officers not regional officers.
- We believe in Soroptimist - not "Soroptimism."

Use correct names:

Soroptimist International of Sequim

Soroptimist International of the Americas

Soroptimist International

Venture Clubs of the Americas

Protocol promotes orderly procedures. Personal friendships, likes & dis-likes cannot matter in official life. Always remember that you honor the office the person holds. . . not the person.

Note: Should an occasion arise when you do not know the correct protocol, you will find that a gracious, cooperative attitude is most acceptable.



Soroptimist International of Sequim

P.O. Box 126

Sequim, WA 98382

To A Woman Making A Difference For Women