



SOROPTIMIST INTERNATIONAL OF ASHLAND



CALENDAR	
Nov 2 Noon*	Business Meeting
Nov 3	Lunch Buddy W1
Nov 5 8:30 am	Road Cleanup
Nov 8 6:00 pm	SSGSW Helman Comm. Dinner
Nov 9 Noon*	Gary Einhom, business consultant, "Being Successful in Business in these hard Economic Times"
Nov 10	Lunch Buddy W2
Nov 16 Noon*	Chad McComas, Director, Rogue Retreat for recovering women
Nov 17	Lunch Buddy W3
Nov 25 5:30	Board Meeting Mel's Office
Nov 23 Noon*	NO Meeting
Nov 24	Happy Thanksgiving
Nov 28 5:30 pm	Board Meeting Mel's Office
Nov 30	Dr. John Kalb, M.S. D.C. "Winning at Aging"

* La Casa del Pueblo

COMING EVENTS:

Feb 4, Saturday:

Area Meeting in Grants Pass



From the Daily Tidings, October 8, 2011:

"As demonstrations first swelled in Yemen, regime supporters distributed a photo showing Tawakkul Karman at a protest with a male colleague—cutting out others around them—to taint her for being alone with a man.

"When she was arrested in January, it helped detonate protests by hundreds of thousands."

And now she has been awarded a Noble Peace Prize.

"Karman's Nobel Peace Prize draws attention to the role of women in the Arab Spring uprisings: they have rebelled not only against dictators but against a traditional, conservative mindset that fears women as agents of change"

Tawakkul Karman (a journalist, a married woman and mother of three) shared the \$1.5 million prize with two other women, Liberian President Ellen Sirleaf Johnson, and Leymah Gbowee, a Liberian activist. It was the first time an Arab woman has won a Nobel Peace Prize.

In the context of the presentation we had in Club by Will Sherman, a pilot who works with literacy projects for women in Afghanistan (among other things), perhaps we can begin to appreciate the enormous courage that has been demonstrated by Tawakkul Karman, as well as many other Arab women who were part of various protests throughout the Arab world this past year. The world that they live in certainly does not expect women to speak up in public.

I find these women truly inspiring, in a time when much of the news of the world is genuinely depressing if not scary. What gives them the courage to stand up in this way?

It is interesting that we, who have so much and have gained so many rights, might find inspiration in these heroic women who live in societies where the oppression of women is everywhere.

I write this just as a reminder of the importance of all the work we do in our Club, and as a demonstration of the strength we can give and receive with women all over the world.

CONTINUED ON P2

COOKIN' WITH KAY LYNNE, CONT. FROM P1

November is Violence Against Women Awareness Month, and November 15 is the UN International Day for Elimination of Violence Against Women. May these various reminders inspire us in all the work that we do this month.

And as Thanksgiving approaches. I am aware that we have much to be thankful for indeed: as women living when and where we do.

Happy Thanksgiving to you all!

Kay Lynne



Know Your BOARD

Julie Reeder
Asst. Treasurer

Primary responsibilities: Backup to Treasurer and serve on Administration Committee.

by Sue Kurth

Julie Reeder (Pepperling) was born in 1969 in Garden Grove in Southern California. In 1976, Julie's parents' love for camping and fishing moved the family to the Hyatt Lake Resort in Ashland. Julie said, "Unfortunately, once we purchased the resort, camping and fishing went out the window as there was no time for that. It was all work, work, work! I started working at the lodge at a young age: as soon as I was tall enough to reach the sink!"

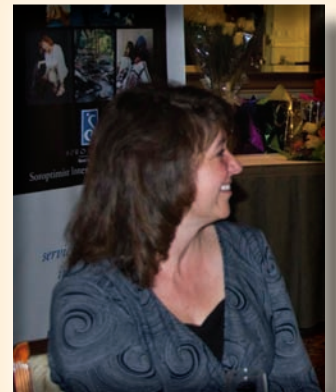
Julie and her two brothers watched their parents work hard. Julie said, "I believe my parents were the biggest influence on my life. They taught me good work ethic and generosity. Lots of campers, hunters, and fisherman returned each summer: it was like a very large extended family as we got to know each one. My parents' generosity extended to them as it was needed. No one who came up to Hyatt Lake Resort ever went hungry, whether they could pay or not."

During her 14 years living at the Hyatt

Lake Resort, Julie made a lot of friends. Some of them are still friends today. Julie said, "While other kids in town were roller-skating and going to the movies, I was out hiking, swimming and playing with snakes. I was quite the "Tom Girl," and I wouldn't have traded it for anything. In second and third grades I went to Pinehurst School, a one room school house up on the mountain. There were eleven students (only two other students were in my grade) and then the district changed, and I started taking the bus to Bellview School in Ashland."

Julie met her husband, Tony Reeder, in her senior year at Ashland High and they married two years later. Three years later their first son Travis was born, and three years after that another boy, Matthew, came along. Currently, both Travis and Matthew attend SOU. "Time has flown by so fast!" Julie shared.

Julie and Tony raised their family in the rural part of Ashland. The Reeder family loved being out in the woods, allowing them different adventures, such as riding ATV's. Julie said, "It was



KNOW YOUR BOARD: JULIE REEDER, CONT. FROM P2



For newer members, we have been featuring our Board Members for 3 years. This year, we will feature only those board members not previously featured. Then we will continue featuring members by longest Soroptimist membership.

All of the older newsletters with these wonderful bios, written by Sue Kurth, are posted on our website in the various newsletters, dating back to September 2009.

very nice to be able to ride the ATV's right out of the garage." Once her sons turned 16 and started driving, "I started wishing we were in town and off of our cliffy mountain road, especially in the winter." Julie has spent half of her life living up in the mountains, enjoying peace, quite, and solitude. Now she is ready for a change. Julie shares, "Our home is for sale as we would like the convenience of living in town. I just hope I can get used to having neighbors." Nowadays, when time allows, Julie enjoys "being able to spend time outside at our home, exploring the countryside."

Julie's professional career has been in the banking world. It started in 1990 with Valley of the Rogue Bank, where Julie started out as a teller, and she loved it. Julie said, "At VRB I was able to learn all aspects of banking, and I found lending to be the most challenging." When Valley of the Rogue Bank was acquired by another bank in 2000, Julie sought employment with People's Bank. According to Julie, "People's Bank was a small community bank, a lot like where I just came from, so I felt right at home." At People's Bank, Julie has experienced life as a loan processor, a construction loan officer, and finally a commercial loan officer. "I feel very fortunate to be a part of People's Bank; they are truly a bank that gives back to our local community," Julie shared. "It's gratifying to be able to help small businesses get their start and help

people achieve their goals."

When Julie was asked where she might be working if she were not employed at the bank, she replied, "I would have loved to work for the forest service. To be able to work in the great outdoors rather than sitting behind a desk would be wonderful, not to mention figuring out what to wear everyday would be a lot easier!"

Some of Julie's favorite things are: the Dragonfly restaurant, reading both fiction and non-fiction. She felt her recent read, *The Help*, was excellent. Her favorite time of the year is summer, which, for her, means vacation time! Julie's favorite thing about being a mom at this time in her life is, "Seeing my boys at the ages they are now, knowing they have grown up to be good caring people, and they are going to be okay. They make me proud."

In 2010, Polly Arnold invited Julie to a Soroptimist meeting, and Julie became a club member. When asked why she accepted the board position, Julie said, "I accepted the invitation to become the assistant treasurer as a way to become more involved in the workings of SIA and to understand more about what we do. I truly am amazed by what we accomplish as a group: all that we do to help others in need. Most of all I really enjoy the company of my fellow Soroptimists!"



BOX TOPS 4 HELMAN

by Janet Leifur

Bring your Box Tops (from cereals and other boxed things) to Janet Leifur for Helman's use. Thanks to all who have participated in this support of Helman School, with special Thanks to Julie Reeder, "top clipper."



Party of Parties

By Yolanda Nagels

The Fundraising Committee is getting ready for it's annual Christmas Auction and Party of Parties sign-ups. Please start thinking about what you will bring for an auction item and what kind of party you would like to host. Past parties are Bunko, Margarita,

Halloween, Valentine, Cookie Exchange, High Tea, Hiking, Rafting, and many more. Time to put your thinking cap on and come up with a new party. How about a Jewelry Making party, Wine Tasting, or ??? Use your imagination.

Yolanda, Fundraising Chair

A sign up sheet has started—and will continue to be passed around in November.

Happy Holidays!



The Sorooptimist Ruby Award: For Women Helping Women

By Joy Dobson-Way

The Sorooptimist Ruby Award:

- Given to a local woman who has worked to improve the lives of Women & Girls, professionally or personally;
- Our Thank You for their work in Making a Difference for Women;

- Designed to encourage women in our community to assist other women.

Our winner is presented with a plaque at a recognition reception AND we give a donation in her name to the charity of her choice.

Nominations due to Joy dobson Way by December __, 2011.

For more information, contact Joy at

dobsonway@aol.com

or

541-840-1550.



SOROPTIMIST STRONG GIRLS STRONG WOMEN: COMMUNITY DINNER

TUESDAY NOVEMBER 8th

Dinner is served family style at 6:00 sharp.

All lunch buddies and their families have been invited, but you don't have to have a lunch buddy to come.

RSVP by email to malinda.wood@ashland.k12.or.us or call the office at 541.482.5620 (by Thursday Nov. 4)



WOMEN'S HEALTH

Found by Kathy Mooney on a Soroptimist Chat line

A Must read for your health—They Teach It at Stanford

“I just finished taking an evening class at Stanford. The last lecture was on the mind-body connection - the relationship between stress and disease. The speaker (head of psychiatry at Stanford) said, among other things, that one of the best things that a man could do for his health is to be married to a woman, whereas for a woman, one of the best things she could do for her health was to nurture her relationships with her girlfriends.

At first everyone laughed, but he was serious.



Women connect with each other differently and provide support systems that help each other to deal with stress and difficult life

experiences. Physically this quality “girlfriend time” helps us to create more serotonin - a neurotransmitter that helps combat depression and can create a general feeling of well being. Women share feelings whereas men often form relationships around activities. They rarely sit down with a buddy and talk about how they feel about certain things or how their personal lives are going. Jobs? Yes. Sports? Yes. Cars? Yes. Fishing, hunting, golf? Yes. But their feelings? Rarely.

Women do it all of the time. We share from our souls with our sisters/mothers, and evidently that is very good for our health. He said that spending time with a friend is just as important to our general health as jogging or working out at a gym.

There’s a tendency to think that when we are “exercising” we are doing something good for our bodies, but when we are hanging out with friends, we are wasting our time and should be more productively engaged-not true. In fact, he said that failure to create and maintain quality personal relationships with other humans is as dangerous to our physical health as smoking!

So every time you hang out to schmooze with a gal pal, just pat yourself on the back and congratulate yourself for doing something good for your health! We are indeed very, very lucky. Sooooo let’s toast to our friendship with our girlfriends. Evidently it’s very good for our health.”

NEW SI-ASHLAND MEMBERS: ERROR LAST MONTH

Lest we all make the same mistake I made, our new member, Alex, is:

Alex Zaremska.

With apologies for my *mispelling* (sic)!



DISTRICT 2 MEETING

by Georgina Holderness

Our district meeting began with the parade of club banners carried by each club president. There were over a one hundred and forty three Soroptimists in attendance.

Lunch time brought a celebration of Soroptimist's 90th Birthday complete with balloons, party hats, crazy glasses and carrot cake cupcakes.

After lunch, we had some very good workshops, which gave us ideas for all our clubs. The ten of us split into groups to attend the different workshops offered so we could get a sampling of what was offered.

Misty's Grill was the location for Tell & Sell and cocktail hour. We had a great time showing off our Bling and Black fashion complete with wonderful masks. We sold Soroptimist umbrellas and also tickets for a Miche purse raffle donated by our own Yolanda Nagel. In a bit of marketing inspiration, we included one raffle ticket with the purchase of each umbrella.

The highlight of the evening was our club receiving the Rock Star award for all the great work we do. The evening ended with Karaoke which brought out the inner singer in all of us.

Sunday morning brought brunch, gifts for Dunn House women's shel-

ter, announcements about next year's District 2 meeting location in Eugene and Regional Conference in Spokane, WA this coming April. Everyone was reminded of deadlines to file applications for the upcoming award season.

The best part was the raffle drawings at the end of the meeting. Mavis won the 50/50 prize, Yolanda won a wonderful autumn basket and Kathy GC won the Miche purse.

Awards Received:
Certificate of Participation
Club Giving: Dreamer's Level
Imagine Life without Violence Award
Club Award for work in all four areas of the Renaissance Campaign
Rock Star Award***



**SOROPTIMIST INTERNATIONAL
OF ASHLAND**

meets at noon on Wednesdays
from September through June.
Please contact Kay Lynne Sherman at **541-951-2763**
for additional meeting or club details
or send us an email at **siashland@gmail.com**.

Our mailing address is:
P.O.Box 544, Ashland, OR 97520.



Editor: Linda Anderson
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JULIE REEDER	15
JANET LEIFUR	20
YOLANDA NAGEL	25
ROBBIN PEARCE	25



WENDY RAY	11
DEBBIE JONES	9
SARA BROWN	9

(NUMBER YEARS SOROPTIMIST MEMBER)

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