



# SOROPTIMIST INTERNATIONAL OF ASHLAND



## CALENDAR

Oct 5 Noon*	Business Meeting
Oct 6	Lunch Buddy W1
Oct 9	Pillow Booth Ends
Oct 12 Noon*	Service Comm Meetings
Oct 13	Lunch Buddy W2
Oct 15	Pillow Booth Co-Chair dinner @ Kay Lynne's
Oct 19 Noon*	Mavis Cloutier on CASA
Oct 20	Lunch Buddy W3
Oct 25 5:30	Board Meeting Mel's Office
Oct 26 Noon*	Will Sherman on Afghan Child Project
Oct 27 6:30-8:30 pm	SI Medford: Trafficking Workshop Sacred Heart Parish Hall, Medford
Oct 28-30	District 2 Meeting, Red Lion Inn, Medford

\* La Casa del Pueblo

## COMING EVENTS:

Nov 8, Tuesday:  
Helman Community Dinner

Wheweee! We're off and running with another new year.

Season of Autumn, of Harvest, of too many tomatoes and zuchinnis and, hopefully, a season of great returns on our annual Pillow Booth project.

September has been an energetic month, as we continue to run the Pillow Booth money-raiser while we are also starting up all the wonderful ongoing activities of Club.

During the October 12 meeting of Club we will really get started on our work of the year as we split up into Service committees; each committee will be able to use the whole meeting time to begin to plan for the year. If you haven't signed up for a committee yet, you can do so on our website. If you would like to change committees, it's not too late to do that: just let the old and new committee chairs know that you are changing.

In October we also have District Meeting to look forward to (October 28-30) in Medford. We have a signup folder at Club each week, to make it easy for you. The last meeting you will be able to sign up for District is October 5. There are several options: you can go for all or part of the week-end.

We have gotten off to a wonderful start with interesting programs this month: Cynthia Bennett talking about the project she has helped with for many years in the Puerto Vallarta dump; and Gwen Overland talking about Suicide Prevention, an important topic for everyone to know about. And as I write this, I look forward to the presentation on the Montreal SI convention which the two Kathys and I will give at the last meeting of September. Thanks, Kathy GC for getting us off to a great start on program!

Polly reminds us that there is always room for mentoring and helping out with our signature project, Soroptimists Strong Girls Strong Women. If you would like to help with this project, let her know.

All in all, we're off to a terrific start. It's so good to see all of you at Club, to hear what you've been doing, to reconnect. Here's to a wonderful year of work together!

President Kay Lynne



# Know Your BOARD

*Laurie Schaaf*  
Secretary

Primary responsibilities: to prepare and distribute minutes of board and club business meetings.

by Sue Kurth

Laurie Schaaf, our new board secretary, is this month's featured board member.

Laurie's birth place was Livermore, California, but she spent her formative years in Ashland. In 1979, Laurie's parents, Ned and Stella Schaaf, decided Ashland was where they wanted to raise their four children. "My favorite things growing up were playing soccer, raising guinea pigs and riding my horse. I loved living on the 10 acres my parents bought near Emigrant Lake," Laurie said. She participated in several 4H clubs, but her primary interest was with her horse in the horse club.

Laurie is proud of the fact she was a Grizzly. After graduating from Ashland High School, Laurie attended SOU, and graduated from the University of Oregon with a BA in Recreation Management. "During school at U of O, I had the opportunity to participate in Camp Adventure. Our department contracted with the US military to provide summer day camp experiences to American military children living overseas. I spent two all-expense paid summers in Korea and one in Japan working, getting college credit, and traveling."

In 1990 Laurie moved back to Ashland with her "future ex-husband" and began her professional career with the Ashland Family YMCA. Laurie shares, "Over the years, the YMCA grew, my job grew, and my family grew." For a number of years Laurie was the Senior Program Director, which entailed overseeing a number of programs

and supervising most of the full-time program directors. When promoted to Associate Director, Laurie's responsibilities included writing grants and working with many board committees. During her professional journey, Laurie became the Y's computer network administrator and software guru. Laurie said, "How this happened is beyond me." Currently, Laurie works closely with the Executive Director in making day-to-day decisions and long-term strategic decisions in running the YMCA. Laurie shared, "I am proud to say (and many of you know, as you are Y members) that we are lucky to have such a great not-for-profit organization in our community!"

Laurie enjoys being the mom of two fine young men--Lewis, age 13, and Julian, age 11. Both attend Ashland Middle School. In sharing about her sons, Laurie said, "I'm most proud of what caring, respectful, and responsible boys they are. It takes a lot of work to raise kids to be that way, but it is very satisfying. Plus, they are just plain fun to be around. Between work and their schedules I stay pretty busy, but I get to catch my breath while they are with their dad with whom I co-parent half time."

When Laurie was asked what she would do with more available time, she said, "I would like to spend more time playing games with my kids or sitting on my back deck reading. However, I know that once I got out on my deck, I'd see that the shrubs need pruning, the weeds pulling, or the lawn mowing. I'm trying to let go of those urges and enjoy myself more."





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.

## KNOW YOUR BOARD: LAURIE SCHAFF, CONT. FROM P2

Laurie has chosen not to have a television in her home. She said she could not imagine finding the time to watch it. Her preference is to take her dog, Boots, for a walk or bike ride or to settle in and read her current book. Laurie is predominately a fiction reader but also enjoys the National Geographic magazine. "One of my favorite books I've read many times is *A Prayer for Owen Meany* by John Irving." Laurie admits to being addicted to NPR and listens morning, night, and weekends. Camping and playing in the outdoors are two of Laurie's favorite activities. Laurie shared, "I love spring because I can hunt for morel mushrooms and enjoy the wildflowers at the same time."

Laurie shares, "The things I've always liked about Ashland are its beautiful setting and proximity to outdoor recreation, its liberal and tolerant viewpoints, and the town's character (and characters). We have so many residents who are willing to give of their time, talents, and treasures to make Ashland special. I don't mind the growth I've seen, but I do wish it could have happened with a few less cars on the road." Laurie's favorite restaurants in town are Omar's and Standing Stone.

When asked why she accepted the position on the board, Laurie responded, "Growing up, I had two good role models for service to others – my parents. My mother, Stella Schaaf, has always been active in her church, volunteering on many committees, and serving as a Deacon. She belonged to AAUW for a number of years. And she was always supportive of the activities her kids participated in. My mom was my 4H sewing club leader! For all my life my father, Ned Schaaf, has been a member of Rotary. Over the years I would sometimes be his guest at meetings, and I watched him collect numerous pins for perfect attendance. I was aware of the many projects he helped with around the community. As an AHS grad I received a scholarship from our local Rotary club. Today the Rotary Community Garden is located in my parents' front pasture. I, along with my sons, have helped grow and harvest the food that gets donated to the Ashland Community Food Bank. So now that it is my turn, I'm happy to have found an active service club to be a part of. I hope that I inspire my sons to make community service a part of their lives."



## 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."



# OCTOBER IS BREAST CANCER AWARENESS MONTH

By Joy Dobson Way, RN, MS

One in every eight women in the United States develops breast cancer. It is the second leading cause of cancer deaths among women, after lung cancer. Over 200,000 new cases of breast cancer in women are diagnosed each year, while about 2,000 cases (1%) are diagnosed in men. Gender and age are the most significant risk factors for breast cancer. A woman is 100 times more likely to develop breast cancer than a man, and a 50 year old woman is 400 times more likely to develop breast cancer than a 20 year old woman.

In 1985, October was named as National Breast Cancer Awareness Month (BCAM) by the American Cancer Society in partnership with what is now AstraZeneca, maker of several anti breast cancer drugs. Their goal was to “promote mammography as the most effective weapon in the fight against breast cancer.” Early detection and effective treatment continue to be extremely important, but fortunately, in recent years, there has been an increasing emphasis on research related to prevention. The study that I am most familiar with is the **Sister Study**, which is taking a long-term look at the “environmental and genetic characteristics of women... to identify factors associated with developing breast cancer.” Funded by the National Institutes of Health Department of Environmental Health Sciences, (NIEHS) and the Department of Health and Human Services, the Sister Study now has its full enrollment of 50,000 U.S. women ages 35-74 (including

me), who have a sister with breast cancer, but who have not had breast cancer themselves.

“We anticipate a wealth of information to come out of the Sister Study,” said Dale Sandler, Ph.D., NIEHS chief of epidemiology and principal investigator for the Sister Study. “Not only do we hope to find out more about the environmental and genetic factors that might lead to breast cancer, we also want to learn more about how factors such as stress, diet and exercise might impact cancer and other disease risks.” According to early Sister Study findings, “women who maintain a healthy weight and who have lower perceived stress may be less likely to have chromosome changes associated with aging than obese and stressed women...”

I have heard it said that there are two kinds of women, those who have had breast cancer and those who live in fear of getting breast cancer. Whether or not this is true, we are all at risk, especially as we age. But, since 75% of women who develop breast cancer have no risk factors other than age, **early detection continues to be incredibly important (see sidebar).**

Sources:

[www.sisterstudy.org](http://www.sisterstudy.org),

[www.Medicine.Net.com](http://www.Medicine.Net.com)

The positive steps we can take to reduce our risk and to ensure early detection of breast cancer are to:

- Maintain a healthy weight and remain physically active;
- Manage stress;
- Reduce dietary fat and limit consumption of alcohol;
- Avoid long-term use of hormone therapy, particularly estrogens and progesterone, after menopause, if possible;
- Conduct a monthly self-breast exam;
- Schedule an annual mammogram.



# INTERNATIONAL CONVENTION IN MONTREAL

by Kathy Mooney



Come hear the International Convention Report at club on September 28 from President Kay Lynne, Kathy

Garrett Canape and Kathy Mooney. If you can't wait, won't be at the meeting or just want to find out more, go to the convention page below for the newsletters links:

<http://www.si-montreal2011.org/index.html>

It was a fabulous convention and we all had a great time.

## WINE WALK FOR WOMEN'S HEALTH - 2011



## BEING 'INTERNATIONAL' — WHAT DOES IT MEAN?

a blog submitted by Kathy Mooney  
7/10/11

This week's SoroptiVoice comes from outgoing International Programme Director Dawn Marie Lemonds. She wrote this a few months ago and we've been saving it for the international SI Convention here in Montreal - Thank you so much to Dawn Marie for sharing this and for all her amazing work over the past few years!

For many years I have had the great privilege to address the issue of "international vs local" with small and large Soroptimist audiences around the world. For some reason, there seems to be a perspective that one must be either focused toward one or the other. I have had a version of the same conversation in many different towns, cities, and countries. The same conversation! One of the amazing things I have noticed is that everyone views themselves as being local while every other place is international. It was surprising to some of the visitors to Rwanda years ago who heard the Rwandan Soroptimists view the international work WE were doing as LOCAL work for them! The other common perspective is PRIDE about their local community and the work that members are accomplishing in their local field.

### Why does internationalism matter?

The plain fact is that we are international! On a more esoteric level, we are part of the world community that has agreed to support issues for women and girls. By the fact of

our organizational structure, each of us is local and international to others. Our collective power is greater than the capacity of each club. Our advocacy and voice for women and girls is strengthened with the local and international voice that we have. Maybe the question is "why wouldn't it matter?"

### Why does it make Soroptimist unique?

We are a local, "on the ground workforce" with 90,000 workers in 3,000 communities around the world. We are known to not just talk about our work but to do it! We are known to take on HARD topics when they weren't popular and make them important for our core group of women and girls. One example of our courage in taking on hard topics is the work we started doing with Human Trafficking and combatting commercial sex with other employment opportunities. In 1995 and since, we have revealed "this dirty little topic" and fought internally and externally when others were afraid to mention prostitution with trafficking. The agenda has moved steadily and persistently forward and around the globe, many are now facing some of the more serious parts of the puzzle which are the "demand side of sexual slavery." I remember handing out leaflets in an Orange County California airport on the first USA National Awareness Day of Human Trafficking. It was one of the hardest things I have ever done but if not me, who?



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## BEING 'INTERNATIONAL' — WHAT DOES IT MEAN? ...CONT FROM P5

**What made you appreciate Soroptimist the most?**

What a difficult question; there are so many reasons! From my first introduction to Soroptimist, I was dazzled by the "do-gooder" ladies from Newport Beach that gave a darn about people they didn't even know in two other countries far away. I could not believe their large heart for women. I now know that we are MUCH MUCH MORE than CHARITY LADIES who do good. I know that while we have the best time together and my best friends are Soroptimists, the thing that brings us together is empowerment of women and girls: finding ways for them to have a voice and be those "do gooders with purpose" in the present and future. I appreciate our international and local struggle to do the right thing, for the right reason and use our

work for good on behalf of women and girls to achieve outcomes that matter. I appreciate that we are willing to roll up our sleeves, go to the "coal face" of the issue and take risks. I appreciate the integrity of purpose and the passion of the people.

Ask these questions. Have these conversations. It is always the perfect time to take a fearless look at your SI Membership and help find that inner compass to ignite our passion and work and hopefully find great reasons to celebrate BEING INTERNATIONAL!

Dawn Marie Lemonds  
Past International Program Director



## 2011 SI-Ashland Pillow Booth

by Cynthia Bennett

Our pillow booth season will end on October 9th.

A few reminders for these last 2 weeks: Do not put garbage in the recycle bin (looks like a garbage bin) between us and the wine booth. Wear closed-toed shoes when working in the booth. Double count the startup cash and the nightly deposit. "Buy" quarters and/or \$5s from the respective "banks" (in the money pouch) with

equal value folding money. Be sure each "bank" has a value of \$100 when you close out for the night. If any of these "banks" are becoming depleted of quarters/\$5s, please notify your monthly chair.

Thanks again for the quick spirit of volunteerism this season. Anyone needing a substitution, got one in record time. What a great group!

The monthly co-chair dinner meeting will be held at Kay Lynne's house on Saturday, October 15th.

# NEW SI-ASHLAND MEMBERS—AS OF 7/1/11—WELCOME!



**Alex Zaremsky** was a medical librarian at St. Francis Memorial Hospital in San Francisco before retiring and moving to Ashland.



**Robbin Pearce** has lived “forever” in Ashland and works for the City of Ashland, running the Water Conservation Program.



**Signa Fischer** came to us from the Brookings club, where she has been very active. Signa is currently on leave due to an injury.

## PARTY OF PARTIES - MARGARITA TACO POOL PARTY

by Georgina Holderness

It was a perfect summer afternoon for the Margarita Taco Pool Party. After our cold and dreary spring, June 25 was the perfect Saturday for fun and friends. The day was bright and sunny with just a hint of high clouds. What a nice way to welcome summer 2011.

This was the second time the Pine Street Friends hosted this “Party of Parties” event. Susan Hollandsworth and Georgina Holderness are also known as Las Amigas de Calle Pino. The pool temperature was a cool 78 degrees. The menu was scrumptious with a gourmet vegetarian bean dip, corn chips, whole wheat, corn and flour tortillas, carnitas – savory pork, lean ground beef, vegetarian refried beans, Spanish rice with organic green peas, home-made guacamole and salsa and all the fixings at the Taco Bar. David

Hollandsworth and Terry Holderness served the perfect margaritas which included fresh squeezed lime juice, agave tequila, Cointreau, and margarita mix served on the rocks. They also had blended slushy non-alcohol options available and plenty of ice cold water with lemon and lime slices.

Guests included Mavis Cloutier, Kathy Garrett Canapé, her friend Irene, Carolyn & Bruce Johnson, Joy Dobson & Tony Way, Peggy & Jim Cossolias, Barb Hetland, her son Graham and his wife Aubrey.

It is always fun to enjoy good food and good friends. It was a great party and there are plans for having another Taco margarita party next year. I know I can hardly wait.



## 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:  
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*Live Your Dream*



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TERI DUNGANNON	SEPT 2
BARBARA OLDFIELD	3
POLLY ARNOLD	6
CAROLYN JOHNSON	7
ROBERTA BROADIE	9
PATRICIA ACKLIN	14

GWEN OVERLAND	OCT 5
GEORGINA HOLDERNESS	17
SUE KURTH	20



OCT	KATHY GARRETT CANAPE	28
	JUDITH FAULKNER	10
	GEORGINA HOLDERNESS	4
	GWEN OVERLAND	1

(NUMBER YEARS SOROPTIMIST MEMBER)

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