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Best for Women

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INTERNATIONAL
OF THE AMERICAS

Soroptimist International of Medford
PO Box 645 • Medford, OR 97501

Northwestern Region, District 2 April 2007

APRIL BIRTHDAYS

Sandy Jensen - 4/11
Alicia Speidel - 4/13
Donna Darnell ~ 4/24
Karen Gale ~ 4/28

APRIL ANNIVERSARIES

Kathleen Guidry ~ 37 years
Karen Schneider ~ 12 years
Debbie Wheeler - 12 years

IMPORTANT DATES TO REMEMBER

APRIL

18ST Business Meeting
21ST Victorian Tea at Fountain Plaza
24TH New Member Orientation
at Fountain Plaza
25TH Dogs for the Deaf Program
27TH Pour Your Heart Out Tea

MAY

2ND Joe Davis - Library Levy
9TH Cec Camden - World Traveler
10TH Board Meeting - noon at Applebee's
16TH Business Meeting - Elections
23RD Joelle Graves - Britt Education
30TH TBA

JUNE

6TH Craig Ward - Anti Graffiti
13TH TBA
14TH Board Meeting - noon at Applebee's
20TH Business Meeting
27RD NO NOON MEETING
2007/2008 Installation of Officers

PRESIDENT'S LETTER

If you were not at the Pear Blossom Baby Contest, you missed a fun time. We had a few less babies this year, but just as much fun. Claudette and her committee did a great job and they are to be congratulated.

I am happy to see all the new members that just joined our club and I hope that we all can make them feel welcome.

We have a great slate of officers for the next year and I applaud everyone who stepped up. They will have an exciting year ahead of them. The slate can be found on page 3 and will be presented at this month's business meeting.

I am looking forward to going to conference in Vancouver next week. All of us who are going are going to learn lots, eat good, meet old and new friends, and shop! I would like everyone to pull up the call to conference on your computers and click on the Northwestern Region Conference Project. This is for the YWCA of Clark County - Safe Choice (domestic violence shelter). They are asking that each person attending donate one item.

We have a tentative garage sale in the works for May so start gathering those things that you no longer need or want. No clothing please.

Let's all enjoy the Spring and the beauty it brings to us. I'm going to get my tomato plants in this week and finish up the rest of my garden.

Shirley
aka The Admiral

2006/2007 BOARD OF DIRECTORS

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Shirley Parke
wsparkeplace@msn.com

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Sdjensen2@aol.com

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scoveor@wave.net

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theresem@cbprowest.com

Assistant Treasurer

Kathy Poland
kathypoland@cbprowest.com

Secretary

Ruth Wooton
ruthawooton@wave.net

Director - 1ST Year

Kathleen Scepan
kjmscepan@charter.net

Director - 2ND Year

Charla Hauser
charlahouser@charter.net

Local Area Representative

Kathy Garrett Canape
Bkgco2@aol.com

Past President Director

Mary Ann Ramsden
rammer@charter.net

Immediate Past President

Kay Brown
kay_brown_cpa@juno.com

March 2007 Attendance

100%ers - 14

Barbara Beaupain Kay Brown*
Diane Cowan* Donna Darnell
Lou Dierieux
Karen Gale
Kathy Garrett Canape
Louise Holmes
Sandy Jensen
Loretta Livaudais-Mapes
Sherrie Messer
Claudette Moore
Kathy Poland
Mary Ann Ramsden

*Makeups - 2 makeups to qualify for 100%

Average February Attendance -27

High of 36 (3/14) Low of 22 (3/7)



Special Thanks to March Helpers

Greeter: Barbara Beaupain
and Kathleen Scepan

Inspiration: Mary Ann Ramsden
and Lou Dierieux

Reception Desk: Lou Dierieux

April Schedule

Greeter: Kay Brown

Inspiration: Alicia Speidel

Reception Desk: Lou Dierieux

May Schedule

Greeter: Denise James

Inspiration: Kathy Garrett Canape

Reception Desk: Lou Dierieux

SOROPTIMIST INTERNATIONAL OF MEDFORD

SLATE OF OFFICERS – 2007- 2008

PresidentSherrie Messer
President ElectAlicia Spiedel
Second Vice President.....Loretta Livaudais – Mapes
SecretaryDonna Darnell
Board Member – 2 years.....Kathy Barnett
Past President Board MemberKay Brown
Immediate Past President.....Shirley Parke*

Serving 2ND of 2 Year Terms

TreasurerTherese MacGregor
Assistant TreasurerKathy Poland
Board MemberKathleen Scepan
Area RepresentativeKathy Garrett Canape

*not elected

This slate is being presented at our April business meeting, to be voted on at our May meeting.

The floor will be open for additional nominations in May. If you wish to add a nominee, you must have their permission.

If you have any questions, please feel free to call Kathy Garrett Canape, Nominating Committee Chairperson, at 482-6288 or email her at Bkgco2@aol.com

IMPORTANT NOTICE

SAVE THIS DATE!

**Our 2007-2008
Installation of Officers
Wednesday, June 27TH
6pm at the Red Lion**

**Details and sign-up will be on the
ACTION clipboard at club.**

**PLEASE PLAN ON ATTENDING
THIS SPECIAL EVENT!**

VICTORIAN TEA

April 21ST

2pm - 3:30pm

Fountain Plaza

\$10.00 to Benefit KidSpree

**Assorted finger sandwiches,
scones with jams and cream,
sweet desserts , teas and cham-
pagne will be served.**

**RESERVATIONS REQUIRED!
Please call Sandy Engelman, our
wonderful hostess, at 772-6005
for reservations.**

MARCH STUDENT OF THE MONTH HONOREE



Nicole Trapp, daughter of Gary and Nancy Trapp, was honored at our March 14TH noon meeting as our Student of the Month. Nicole is a senior at North Medford High School and hopes to

attend Brigham Young University, majoring in Psychology with a minor in Spanish.

Nicole has had a very busy high school career, completing four years of Seminary, Spanish and Mathematics; three years of Sciences, and Culinary arts; all while fitting in several different art and drama courses. During this time, she has been active in the Buddy Program, Student Government, Chefs in Black, STARS, the Medford Cultural Exchange program, the Youth Program in the Church of the Latter Day Saints, served on the Committee for Regional Youth Conference, competed in the Culinary State Championship and has been a tutor in Math, English and Science.

Her plans include participating in a student exchange program in South America to obtain a first-hand grasp of the culture and language. She will also be traveling to Spain after graduation as part of her Cultural Exchange and Spanish class experience. Nicole's ultimate goal is to become a therapist working with teens and their struggles.

Nicole was unable to identify one greatest influence in her life. She attributes each member of her family because they have all helped her become the person she is today. She has been surrounded by caring and influential people who have seen her through laughs, struggles, and always been supportive of her.

Nicole was presented with a plaque and a \$50 US Savings Bond by Youth Service Committee member, Kathleen Scepan.

Congratulations, Nicole!

APRIL STUDENT OF THE MONTH HONOREE



Aracely Gomez, daughter of Alicia Nelson, was honored at our April 11TH noon meeting as our Student of the Month. Aracely is a senior at North Medford High

School and plans to attend Rogue Community College next Fall with hopes of finishing at a four year university after obtaining her two year degree.

During her academic career, Aracely has focused on Child Development electives, with two years of French and Pre-calculus. Aracely has participated in the Buddy Program for three years, and traveled to Minnesota to tour small schools as part of the OSSI review process. For her senior project, she volunteered at Howard Elementary School doing an after-school program helping students with homework.

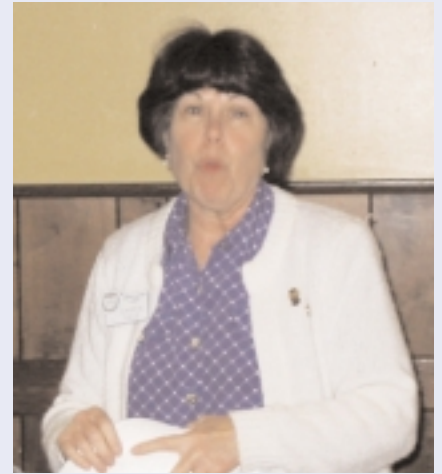
Aracely will attend RCC first so she can continue to work part-time and assist her mother financially and help take care of her younger sister, while saving money to transfer to a four year university.

Aracely says the biggest influence in her life has been her mother. "She has always been there for me, supporting every decision I make. She has set a good example for me and my siblings, and brought us up knowing Jesus Christ, our Lord and Savior, and teaching us never to give up."

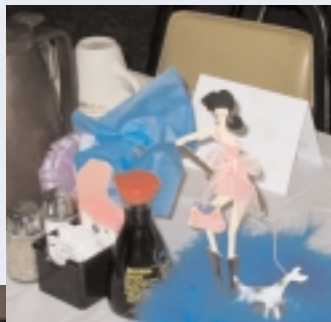
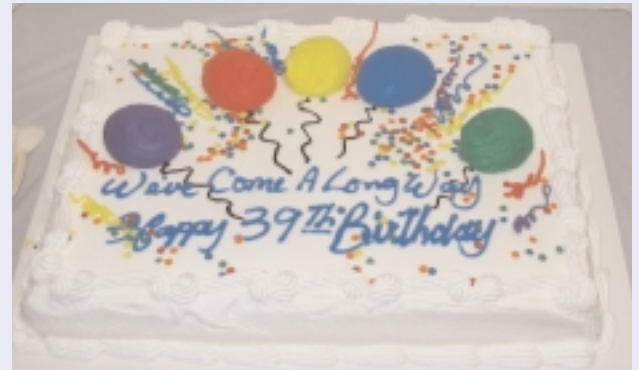
Aracely was presented with a plaque and a \$50 US Savings Bond by Youth Service Committee Chair, Karen Gale.

Congratulations, Aracely!

Soroptimist International of Medford Celebrated the 39TH Anniversary of our Club Charter with an Associates Luncheon on March 28TH



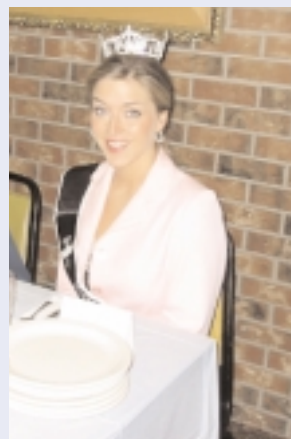
Karen Gale helped organize this festive celebration for us.



Kathy Garrett Canape (left), Sandy Jensen (middle) and Mary Ann Ramsden have a combined 39 number of years in our club!



Members Kathleen Scepan (left) and Kathy Barnett



Our special guest, Miss Rogue Valley, Cassandra Tolman



Saturday, April 7TH, Soroptimist International of Medford held our **22ND Annual Pear Blossom Baby Contest**.



Many thanks to our talented Master of Ceremonies, Chris Corcoran of KOB Channel 5, and the fantastic panel of Judges; City of Medford Mayor Gary Wheeler, Medford City Councilman Jim Kuntz, Rogue River City Planner Laurel Prairie-Kuntz, Medford City Councilman Bob Strosser, Former Medford Deputy City Manager Cathie Davis and JC Penney's Tiffany Johnson - with the toughest job of all, judging 134 adorable babies!

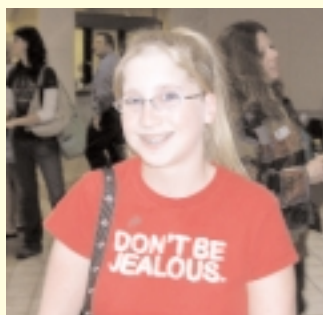
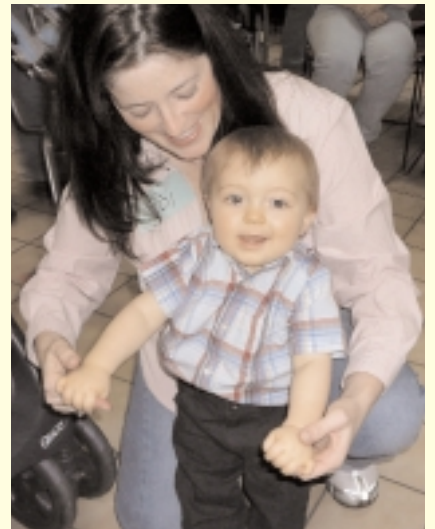


Another big WOW goes to Committee Chair Claudette Moore (shown below - 2nd from right - with, from left, Tonya Sowles , Sherrie Messer and Lynn O'Brien) for putting together yet another successful event, raising \$1,495 for the Jackson County Children's Relief Nursery and CASA!





And the stars of our event - the babies...



*Nikki Nelson,
Baby Blossom 1990!*





And this year's category winners are:
Baby Bud ~ Connor Cesaro
Baby Blossom ~ Baylee Jade Tiller
Bluest Eyes ~ Kellan Kleker
Darkest Eyes ~ Tatem Carroll
Quickest Smile - Boy ~ Jace Emiliano
Quickest Smile - Girl ~ Jordynn Rhodes
Prettiest Hair ~ Alixia Hernandez
Chubbiest Baby ~ Andi Hickey

Everyone Loves A Parade...

Even in the Rain!



Our contest winners and their moms huddled for warmth under the porch of a generous homeowner taking pity on the parade participants trying to stay dry during the fierce rain





Thanks to Claudette Moore and Ron McKinley for towing the babies and doing everything they could to keep them warm and dry!



**10 CRUCIAL SAFETY TIPS - MAYBE THEY CAN SAVE A LIFE OR STOP A SEXUAL ABUSE CRIME!
IT IS ALWAYS BETTER TO BE SAFER THAN SORRY AND PARANOID THAN DEAD. . .**

1. The elbow is the strongest point on your body. If you are close enough to use it, do!
2. If a robber asks for your wallet and/or purse, **DO NOT HAND IT TO HIM**. Toss it away from you, he is more interested in your wallet and/or purse than you, and he will go for the wallet/purse, **THEN RUN LIKE MAD IN THE OTHER DIRECTION!**
3. If you are ever thrown into the trunk of a car, kick out the back tail lights and stick your arm out the hole and start waving like crazy. The driver won't see you, but everybody else will. This has saved lives.
4. Women have a tendency to get into their cars after shopping, eating, working, etc., and just sit (doing their check book, or making a list, etc.) - **DON'T DO THIS!** A predator could be watching you, and this is a perfect opportunity for him to get in on the passenger side, put a gun to your head, and tell you where to go. **AS SOON AS YOU GET INTO YOUR CAR, ALWAYS LOCK THE DOORS AND LEAVE.** If someone is in the car with a gun to your head - **DO NOT DRIVE OFF!** Instead gun the engine and speed into anything, wrecking the car. Your Air Bag will save you. If the person is in the back seat they will get the worst of it. As soon as the car crashes bail out and run. It is better than having them find your body in a remote location.
5. A few things about getting into your car in a parking lot or parking garage:
Be aware: look around you, look into your car, at the passenger side floor, and in the back seat. If you are parked next to a big van, enter your car from the passenger door. Most serial killers attack their victims by pulling them into their vans while the women are attempting to get into their cars. Look at the car parked on the driver's side of your vehicle, and the passenger side. If a male is sitting alone in the seat nearest your car, you may want to walk back into the mall, or work, and get a guard/policeman to walk you back out.
6. **ALWAYS** take the elevator instead of the stairs. Stairwells are horrible places to be alone and the perfect crime spot, especially at **NIGHT!**
7. If a predator has a gun and you are not under his control, **ALWAYS RUN!** The predator will only hit a running target 4 in 100 times; and even then it most likely **WILL NOT** be a vital organ. So **RUN** , preferably in a zig-zag pattern!
8. As women, we are always trying to be sympathetic: **STOP!** It may get you raped or killed. Ted Bundy was a good-looking, well educated man, who **ALWAYS** played on the sympathies of unsuspecting women. He walked with a cane, or a limp, and often asked "for help" into his vehicle or with his vehicle, which is when he abducted his victims.
9. Another Safety Point: the Crying Baby. A woman heard a crying baby on her porch one night, and she called the police because it was late and she thought it was odd. The police told her "Whatever you do, **DO NOT** open the door." He told her they think a serial killer uses recorded baby's cries to coax women out of their homes thinking that someone dropped off a baby. **DO NOT** open the door for a crying baby, call the police.
10. Keep your car keys beside your bed at night. It's a security alarm system that you probably already have and requires no installation. If you hear a noise outside your home or someone trying to get in your house, just press the panic button for your car. The alarm will be set off, and the horn will continue to sound until either you turn it off or the car battery dies, odds are the burglar or rapist won't stick around... after a few seconds all the neighbors will be looking out their windows to see who is out there and the criminal doesn't want that. And remember to carry your keys while walking to your car in a parking lot. The alarm can work the same way there...

PLEASE REFRESH YOURSELF OFTEN OF THESE THINGS TO DO IN EMERGENCY SITUATIONS AND SHARE THEM WITH THE IMPORTANT WOMEN IN YOUR LIFE!

Emerging Health Issues for Women & Girls in the Rogue Valley

Presented by Dr. Robin Miller and Louise LaVergne and Triune Integrative Medicine

Local Area Meeting February 3, 2007

A Four Part Series

Part III of IV



What are the main health concerns for women?
Brain, eye, mouth, heart, breast, bone, endocrine health.

Part III will focus on **Women's Breast Health**



WOMEN'S BREAST HEALTH

- Breast cancer accounts for 18.5% of cancer deaths in women
- One of the more curable cancers and death rates continue to drop
- Survival rates have increased to 96% over the last 60 years
- Early detection is the key (Self-exam, Mammogram)
- For women with cystic breasts: add ultrasound
- For women with dense breasts consider adding MRI, especially with a family history of breast cancer

Prevention is the cure. You can't control your genetics (yet) but you can:

- ~ Exercise just 30 minutes a day can cut your risk in half
- ~ Eat a heart healthy diet and reduce trans and saturated fats
- ~ Add Omega 3 fatty acids through fish oil and ground flax (not flax seed oil)

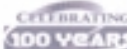
BREAST CANCER RISK REDUCTION

- Avoid alcohol or if you must drink keep it at one a day
- Drink green tea
- Check your vitamin D and if it is low, supplement it
- Get plenty of green leafy vegetables rich with folic acid
- Eat lots of cruciferous vegetables such as broccoli which is rich in Indole 3 Carbinole
- Consider calcium D Glucarate
- Add soy to your diet if you have not had breast cancer
- Avoid Xenoestrogens - Avoid microwaving plastics to help stay away from xenoestrogens (fake estrogens)

Dr. Robin Miller has been a practicing internist since 1979, but her career spans more than just practicing medicine. She is a national speaker specializing in women's health issues. She's written two books, *Kids Ask The Doctor* and *Confessions of the Soul Straight from the Heart*, and numerous articles. Dr. Miller is a medical director, and a medical reporter in print and television genres, hosting news segments "Doctors on Call" and "Focus on Health," on NBC, where she answers viewer phone-in medical questions.



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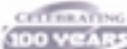
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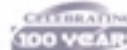
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