



SOROPTIMIST

Best for Women

SOROPTIMIST
INTERNATIONAL
OF THE AMERICAS

Soroptimist International of Medford
PO Box 645 • Medford, OR 97501
Northwestern Region, District 2 February 2007

**IMPORTANT DATES
TO REMEMBER**

FEBRUARY

- 19TH President's Day
- 20TH Venture meeting, 6pm Bella Union
- 21ST Business Meeting
- 28TH Bern Case, Airport Manager

MARCH

- 3RD Saturday of Service Baby Shower
- 6TH MADFW Reception
- 7TH No NOON Meeting
- 8TH International Women's Day
- 14TH Women's Opportunity Awards
Violet Richardson Award
Student of the Month
- 15TH Board meeting, noon at Applebee's
- 20TH Venture meeting, 6pm Bella Union
- 21ST Business Meeting
- 28TH Associate's Luncheon

APRIL

- 1ST Venture Golf Tournament
- 3RD Venture meeting, 6pm Bella Union
- 4TH Sexual Assault Awareness,
Anna D'Amato
- 7TH Pear Blossom Baby Contest
- 11TH The Importance of Sleep,
Dr. Overlander
- 12TH Board meeting, noon at Applebee's
- 14TH Pear Blossom Parade
- 18ST Business Meeting
- 25TH Dogs for the Deaf

PRESIDENT'S LETTER

We had a wonderful time at the area meeting February 3RD. The School House Retreat Center was a wonderful venue for our group. Venture arranged for the lunch and did a fabulous job. Venture announced that February 5TH was their 20TH birthday. Congratulations to them.

Wanda Costi, our new District 2 Director, is a genuinely nice person. I will have a copy of her talk on the clipboard. Our speaker was Dr. Robin Miller of Triune Integrative Medicine and KOBIDoctors on Call and Focus on Health. She spoke on Emerging Health Issues for Women and Girls in the Rogue Valley. I know we all learned something from her talk.

Saturday, March 3RD is our Saturday of Service (SOS), Community Mother and Baby Shower. There will be flyers and more information soon. Claudette Moore has this well in hand. We will be at Fred Meyer North again this year. We will start at 10 a.m. We will have sign up sheets. Claudette and Ellen Naumes have already said they will do it again next year.

Last, but surely not least, is the Baby Contest. It will be held on April 7TH. There will be more information coming soon. Claudette Moore is also handling this committee and is doing a great job.

I want you to know that I really appreciate the committee chairs that are doing such a good job this year. I really don't have to worry about them. And, of course, there are all you members who continually offer to help and do great jobs.

Well, I have to get this message off to Marie so that she can send it out. I don't know how the months go so fast. It seems like I just did one of these.



**Shirley
Aka Admiral**

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kay_brown_cpa@juno.com

January 2007 Attendance 100%ers - 13

Kay Brown*

Donna Darnell

Lou Dierieux

Karen Gale

Kathy Garrett Canape

Sandy Jensen

Loretta Livaudais-Mapes

Therese MacGregor

Sherrie Messer

Claudette Moore*

Shirley Parke

Mary Ann Ramsden

Kathleen Scepan

*Makeups - 2 makeups to qualify for 100%

Average January Attendance - 21

High of 27 (1/31) Low of 12 (1/24)



Special Thanks to January Helpers

Greeter: Kathleen Scepan

Inspiration: Sherrie Messer and

JoAnn Lund

Reception Desk: Lou Dierieux

February Schedule

Greeter: Barbara Beaupain

Inspiration: Kathy Poland

Reception Desk: Lou Dierieux

March Schedule

Greeter: Kathleen Scepan

Inspiration: Mary Ann Ramsden

Reception Desk: Lou Dierieux

FEBRUARY STUDENT OF THE MONTH HONOREE



Tammie Harrison, daughter of Jeff and Karen Harrison, was honored at our January 10TH noon meeting as our Student of the Month. Tammie is a senior at

North Medford High School and has applied at seven universities with hopes of attending Princeton next fall.

Tammie is a busy young lady, taking a bevy of AP and Honors classes. In addition to the heavy academic load, she has participated in the Key Club and the International Club, and even found time to serve her community by volunteering at the public library, and teaching a group of low-income Filipino children while living there her junior year of high school where she became fluent in Tagaloo (the local language).

Last summer, Tammie attended the Junior Statesmen Summer School in Washington DC, where she studied Government at Georgetown University and met Secretary of Labor Elaine Cho and the White House Chief of Staff Josh Bolton.

Tammie's goals are to work in law, diplomacy, politics, or international public health. She also aspires to learning Chinese and/or Arabic someday.

When asked who her greatest influence has been, Tammie replied, "Jesus Christ, because He saved me and changed my heart. Because He loves me unconditionally, I am able to turn around and give that same love to others. Because of Jesus, my life has purpose and I can relate to others in a positive way."

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

Congratulations, Tammie!

FEBRUARY BIRTHDAYS

Diane Cowan ~ 2/5

Cheryl Henneberry ~ 2/28

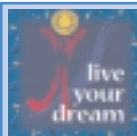
FEBRUARY ANNIVERSARIES

Donna Darnell ~ 10 years

Lynn O'Brien ~ 3 years

Admiral Shirley Parke ~ 3 years

Marie Quinn-Cabler ~ 3 years



SIA will soon launch an exciting new **Live Your Dream** website! This site, which will be located at

www.liveyourdreamcampaign.org will encourage women from all walks of life to live their dreams and spotlight inspirational stories of women living their dreams and give visitors the opportunity to share their own stories.

ANNUAL SATURDAY OF SERVICE NORTHWESTERN REGION COMMUNITY BABY SHOWER

WHEN: Saturday March 3RD, 2007

PURPOSE: To gather donations of baby essentials and provide them to low-income mothers

WHY: To be part of SI Saturday of Service program, to have clubs region-wide hold a project on the same day, to increase awareness of Soroptimist, and most of all, to help women in need.

WHAT WE CAN DO: Our club will be at the North Fred Meyer. Claudette Moore is our committee chair. Please assist in distributing flyers, seeking donations, sign up on the **ACTION** clipboard at club for a 2 hour shift at Fred Meyer or to help sort donations at Community Works after the event.

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 I of IV



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

Part I will focus on **Women's Heart Health**

WOMEN'S HEART HEALTH

Heart Disease – The Facts

- ~ Most women are afraid of breast cancer, what they don't realize is that they are six times more likely to die of heart disease
- ~ 500,000 women die each year from heart disease and stroke combined
- ~ Heart disease is the #1 killer.

Risk factors for Heart Disease

- ~ Family history
- ~ Diabetes
- ~ Obesity
- ~ Hypertension
- ~ High cholesterol
- ~ Sedentary lifestyle
- ~ Smoking stress

Symptoms of a Heart Attack in Women

- Chest pain
- Fatigue
- Flu like symptoms
- Indigestion
- Jaw pain
- Vague chest discomfort

Why is research lagging in women?

We're not just mini-men with periods!!

Prevention is the key:

There are many successful treatments for those with coronary artery disease:

- Angioplasty
- Stents
- Bypass surgery

However...

The secret of the cure lies with prevention! This is not very dramatic but VERY effective

Modify the modifiable risk factors

- ~ Stop smoking
- ~ Eat a heart healthy diet
- ~ Limit saturated fats/include more Omega 3 fatty acids/consider the Mediterranean diet/limit empty carbohydrates
- ~ Exercise
- ~ Keep your blood pressure down
- ~ Lower your cholesterol
- ~ If you have diabetes due to insulin resistance, lose weight and exercise

Heart Health Supplements

- Consider: fish oil supplements, ground flax, CoQ10, Alpha Lipoic Acid, aspirin for some.
- Take distilled fish oil and make sure there are no metals in it. 2 good brands are Nordic Naturals and Eskimo Oil
- Stress management can also successfully manage many risk factors:
- Meditation, yoga, put yourself #1 on the list



Saturday, February 3RD, our local area meeting was held at the School House Retreat (bottom left with Retreat Director Poppi Beverage). With guest speaker District 2 Director Wanda Costi (top left) and special guest Dr. Robin Miller (shown being introduced by SI/Ashland's Sara Brown, bottom right), the meeting was well attended, successful and very informative on Emerging Women's Health Issues in the Rogue Valley. See page 4 for the first of a 4 part series outlining Dr. Miller's presentation.



Saturday, January 20TH, JoAnne Lund, Claudette Moore and Mary Ann Ramsden took seven of the Carr kids bowling at Lava Lanes. As Claudette puts it, "A great time was had by all. What a tremendously polite group ... they really enjoyed themselves".



Tuesday, February 13TH, SI/Medford, SI/North Valley, SI/Rogue Starlight, SI/Rogue Valley Sunrise and Venture Club of Medford hosted a Joint ROAR Reception at the Skyline Plaza Rogue Room at the Rogue Valley Manor. With a Valentine's Day Theme, the festive reception had 75+ attend, including members and guests.

**ANNUAL
MAKING A DIFFERENCE
FOR WOMEN
RECEPTION**

**Tuesday, March 6TH
5:30 pm- 7:30 pm**

**Rogue Room at Skyline Plaza
Rogue Valley Manor**

**Hors d'oeuvres Buffet
No-host Wine & Beer Bar**

\$9 per person

**Signup on ACTION
clipboard**

Questions?

**Contact Marie Quinn-Cabler at
857-0947 or email
digdablues@charter.net**

**Rogue Valley
Women's Alliance**

Annual Networking Dinner

Tuesday, March 13TH

5:30pm

**Rogue Regency Inn
Medford**

Theme: Rogue Valley Girls Today

**For additional details,
please contact Louise Holmes at
lholmesmed@aol.com**



**The 2007 Annual
Violet Richardson Awards
are being presented to:**

1ST Place Winner is Amanda Knowles. Amanda is being recognized for her involvement with Studio Sfumato, a Living Opportunities art program for the developmentally disabled. Amanda will be presented with a \$500 check for the contributions she makes to our community at our March 14TH noon meeting.

1ST Runner-up is Camilla Whitney. Camilla is being honored for her volunteer work with the Church of Jesus Christ Latter Day Saints. We are pleased to present Camilla with a \$300 prize.

2ND Runner-up is Laura White. Laura is being presented with a \$200 check in recognition for her volunteer work with the Crystal Lakes Youth Ranch.



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