



SOROPTIMIST

Best for Women

**SOROPTIMIST  
INTERNATIONAL  
OF THE AMERICAS**

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

*Northwestern Region, District 2*

*June 2007*

**INSPIRATION**

There is enormous power in peace. Seek to let your mind be filled with peace, and your life will benefit greatly.

Worry wastes your precious time, resentment destroys your effectiveness and anxiety drains your energy. A peaceful mind, on the other hand, puts you firmly in control and out of the reach of the world's negative distractions.

Peace comes easily and naturally when you stop fighting against what is. Accept the reality of this moment, let go of the need to need, and experience the peace that is already here.

Peace is what you find when you let go of everything else. Peace requires no real effort other than the realization that you already have it.

Beneath the noise, beneath the chatter, there is beauty, and there is peace. Visualize your concerns as moving quickly away from you, until they disappear into nothingness.

Empty your mind of the stressful thoughts, and peace will fill the space left behind. Be at peace, and every thought, every action, every moment will move you toward real richness and fulfillment.  
*Ralph Marston*

**PRESIDENT'S LETTER**

It's hard to believe this is the last newsletter of the year for me and the last time that Marie will have to nag me. I love Marie and appreciate her. Her job is tough and we are not always cooperative.

We have achieved a lot this year and hopefully had fun and learned from our experiences.

I want to congratulate the incoming officers and wish them the best of luck. Your officers can only be as good as you make them. They need your cooperation and help.

I want to thank all of my officers and the members who pitched in and did double duty while I was ill. You are all appreciated. I hope to see everybody at installation on the 27th. If you have not done so, please sign up. We will have a good time.

Remember the Power of One. Each of us has the power to be the important difference.

***Shirley  
aka The Admiral***

*disclaimer - I never nag (MQC)*

**JUNE BIRTHDAYS**

*Debbie Wheeler 6/9*

*Kathleen Scepan ~ 6/23*

*Louise Dix - 6/X*

**JUNE ANNIVERSARY**

*Ruth Wooton ~ 19 years*

## 2006/2007 BOARD OF DIRECTORS

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ruthawooton@wave.net

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*Kathleen Scepan*  
kjmscepan@charter.net

### Director - 2<sup>ND</sup> 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

## May 2007 Attendance 100%ers - 12

Kay Brown*	Donna Darnell*
Lou Dierieux	Denise James
Kathy Garrett Canape	
Therese MacGregor	Sherrie Messer
Claudette Moore	Shirley Parke
Mary Ann Ramsden	
Kathleen Scepan	Alicia Speidel*

\*Makeups - 3 makeups to qualify for 100%

Average May Attendance - 20

High of 25 (5/30) Low of 15 (5/16)



## Special Thanks to our...

### May Helpers

Greeter: Denise James  
Inspiration: Kathy Garrett Canape  
Reception Desk: Lou Dierieux

### June Schedule

Greeter: Kathleen Scepan  
Inspiration: Karen Gale  
Reception Desk: Lou Dierieux

### July Schedule

Greeter: Claudette Moore  
Inspiration: Sandy Jensen  
Reception Desk: Lou Dierieux

### SIA Mentor Program

SIA's mentor program matches new and seasoned Soroptimists so they can learn from each other's experiences to set and reach goals, enhance coaching and leadership skills, and better contribute to dynamic clubs. A free benefit offered to all members, this program strengthens the organization by helping to create a new wave of confident Soroptimist leaders.

Members can apply as mentees or mentors at any time. For more information, visit the members-only section of [www.soroptimist.org](http://www.soroptimist.org) and go to : Library>Membership>Membership Benefits, or contact Membership Coordinator Nancy Nardone at [nancyn@soroptimist.org](mailto:nancyn@soroptimist.org).

# 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 Five Part Series

Part V of V



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

Part V will focus on **Women's Endocrine Health**

## **WOMEN'S ENDOCRINE HEALTH ~ PANCREAS AND THYROID**

As many as a third of menopausal women will develop hypothyroidism and not know it, many will chalk it up to menopause!

### **Symptoms**

- o Increase sensitivity to cold
- o A puffy face
- o Unexplained weight gain
- o Pain, stiffness or swelling in your joints
- o Heavier than normal menstrual periods
- o Constipation
- o Hoarse voice
- o Muscle aches, tenderness and stiffness
- o Muscle weakness
- o Depression
- o Pale, dry skin
- o Elevated cholesterol

If you think you have thyroid problems get checked and get treated

### **Diabetes**

- The most common type of diabetes is Type 2 which is related to weight in a BIG way
- It occurs with insulin resistance
- You may have enough or even too much insulin but your body isn't responding to it
- The best way to turn this around is exercise and reach a healthy weight

### **Obesity**

- o Obesity in our country is at an all time high.
- o Nearly 2/3 of Americans are overweight or obese
- o Obesity threatens to wipe out any gains we have made in reducing the incidence of heart disease
- o Set an example for your children
- o Move more and eat less
- o Be MINDFUL
- o DE-stress

Mind body techniques - Meditation, Hypnosis, Guided imagery, Yoga (can decrease blood pressure, reduce insulin resistance, reduce stress hormones, build bone with resistance training, and help you to lose weight)

And you know ---- it's never too late to be a biker babe!

**OUR 2006/2007 SERVICE FUNDS  
MAKING A DIFFERENCE IN THE LIVES OF WOMEN AND GIRLS**

**At our May 30<sup>TH</sup> noon meeting, we gave out \$10,000  
to the following organizations:**

**Adopt a Minefield**

**Children's Advocacy Center**

**Community Health Center**

**Community Works - Dunn House**

**Habitat for Humanity**

**Salvation Army Hope House**

**SMART**

**Representatives of each organization were on hand to receive the checks and give us a brief presentation on how the funds would be used to improve the lives of women and girls in our community.**

**2007-2008 Installation of Officers**

**6pm Wednesday, June 27<sup>TH</sup>**

**Red Lion Hotel, Riverside Drive, Medford**

**Menu choices and sign-up sheet are on the**

**ACTION** clipboard at club.

**Last day to sign-up in Wednesday, June 20<sup>TH</sup>**

**PLEASE JOIN US IN WELCOMING  
OUR NEW BOARD AND HONORING  
OUR 2006/2007 BOARD!!**

# NORTHWESTERN REGION

## VIOLET RICHARDSON AWARD

### 2007 WINNERS

Dallas Jessup and Catherine Wehage  
Volunteer Organization: JUST YELL FIRE!  
*submitted by SI Portland North*

**Dallas Jessup**, 14, saw the abduction of 11 years of Carlie Brucia on a security videotape. A man twice her size simply grabbed her arm and pulled her away. He raped and murdered her. From this horrible situation came the outrage that led her and her best friend, **Catherine Wehage**, 15, to create **Just Yell Fire!**

Dallas has a black belt in Tae Kwon Do, so she can get out of most any situation. She and Catherine have a street fighting coach who has taught them even more about stopping a brutal attack. They worked with him to take some of what he teaches elite military personnel and make it work for teen girls in a way that they can learn a lot in less than an hour. They learned that a scared and angry 12 year old can stop an attacker of any size in his tracks if she gouges his eye, whip-slap his ear, bites his face, or any of another seven techniques. They learned that a girl can get away from anyone, every time. Worried because of some kidnappings and rapes in their community, they began teaching their friends.

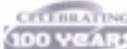
Everyone liked what they were learning, Dallas and Catherine knew they were on to something. To get the word out to more people, they thought to ask Dallas' mother to do a video. They wrote a script with the help of a teacher at a local college. The script was passed along to others and 30 days later, they had an award winning director, a star-studded cast and a professional crew of about 30, all volunteers. They found sponsors from the local community for items that required cash.

The film, *Just Yell Fire!*, was created. Along with the film comes a Dating Bill of Rights, which the girls also created. They developed a web site, [www.justyellfire.com](http://www.justyellfire.com), and calls tho their local phone company resulted in one-year's unlimited bandwidth! Technical volunteers put the vide online, so girls around the world could view it for free. in 465 days, they had 700,000 hits and 30,000 downloads! They also raised the money to send out 10,000 DVDs, for free.

Both Dallas and Catherine are Sophomore Honor Students at St. Mary's Academy in portland. They have received wide-spread media coverage, and began their multi state speaking tour in October 2006. They have been on Montel Williams and Good Morning America, just to name a few. But more importantly, they have succeeded in making a life-saving difference for young girls in their community and throughout the world.



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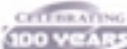


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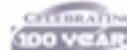
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