



SOROPTIMIST

Best for Women

SOROPTIMIST INTERNATIONAL OF THE AMERICAS

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

Northwestern Region, District 2

May 2007

INSPIRATION

Real Women Have Curves

Real women have curves, wrinkles, and flaws.

Each one earned with experience, perseverance and determination.

Let them make you who you are.

Love every mark, every scar, every extra curve you wished to go away,

Accept what you can't learn to love,

Then let go of what you can't accept.

Each wrinkle comes with the wisdom only years of life can give.

For life is how a girl grows into a woman.

MAY BIRTHDAYS

Jennifer Greer ~ 5/8

Marie Quinn-Cabler - 5/15

Mary Ann Ramsden ~ 5/22

MAY ANNIVERSARY

Lou Dierix ~ 37 years

IMPORTANT DATES TO REMEMBER

MAY

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

Six of our members traveled to Vancouver, Washington for the Regional Conference. We had a good time, ate well, and hopefully, learned something. It is always good to see old friends and join in the camaraderie with other Soroptimists. Usually our club helps pay the way for anyone going to meetings and conferences. I hope that in the future more of you will take the opportunity to go.

We have done a lot of good for our community this year, and the Service Committee will be presenting its suggested list of recipients for this year at the business meeting. Loretta has done an excellent job of getting us interesting speakers. Dogs for the Deaf Program and Cec Camden really stick out in my mind.

We only have one month left before our transition of new officers. We can also look forward to some new members joining us in July. We have a great slate of officers for this coming year, and I applaud everyone who stepped up. We will have elections at the business meeting on the 16TH. Please try to attend.

We have our garage scheduled for the 19TH at Claudette's. Gather up all those things you no longer need or want and bring them on Friday. No clothes please.

Let's all enjoy our Spring and Summer and all the beauty of our area. We are truly blessed to live here. My garden is in and I have some flowers that need to be planted and, then, I can sit back and enjoy them.

*Shirley
aka The Admiral*

2006/2007 BOARD OF DIRECTORS

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Shirley Parke
wsparkeplace@msn.com

President - Elect

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Sdjensen2@aol.com

Second Vice President

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Director - 1ST Year

Kathleen Scepan
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Director - 2ND Year

Charla Hauser
charlahauser@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

April 2007 Attendance 100%ers - 14

Kay Brown Diane Cowan
Lou Dierix Louise Holmes
Kathy Garrett Canape
Sandy Jensen* Sherrie Messer
Claudette Moore*
Kathleen Scepan

*Makeups - 2 makeups to qualify for 100%
Average February Attendance - 18
High of 21 (4/4) Low of 16 (4/11)



Special Thanks to April Helpers

Greeter: Kay Brown
Inspiration: Alicia Speidel
Reception Desk: Lou Dierix

May Schedule

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

June Schedule

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

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!



From left, our own Kathy Garrett Canape, Kay Reid of SI Bellevue, and North Valley's Marjorie Williamson and Arlis Duncan, gear up for a spectacular Saturday night of food, fun and dancing



A bevy of beauties, this reunion of past and present Venture Club members include our own Sandy Jensen (2nd from left in back) and Venture Club of Medford past president Tonya Sowles (right front)

89TH Annual Northwestern Region Meeting Vancouver, WA April 27, 28 & 29...



A multi-generational dynamic duo of Venture Club Medford's Past President Destiny Fugate (left) and grandmother Sherrie Messer, SI Medford's 2007/2008 President



Those Venture Club of Medford gals really know how to have FUN! Tiffany Perez-Smith (left) and Sherie Odom at the Venture 80TH Birthday Celebration...



with, from left, Rachel Moore, Destiny Fugate and Tonya Sowles

NORTHWESTERN REGION
Soroptimist International of the Americas, Inc.
& Venture Club

2007 Spring Conference
Vancouver, Washington
April 27-29

2007/2008 GOALS

Membership

- To maintain 111 clubs
- To increase the number of members by June 30, 2007
- Grow every club by 1 net member per year

Program

- To have 91 clubs participate in the Women's Opportunity Award program
- To have 83 clubs participate in the Violet Richardson Award
- To have 50 clubs participate in the Making A Difference For Women program
- For each club to participate in a Saturday of Service project by 2008
- To have 78 clubs donate to a SI project, either the December 10th President's Appeal of the Quadrennial Project

Fundraising

- To have 85 clubs participate in the Annual Club Campaign at recognition level
- 100% participation in Founder's Pennies each year
- Encourage members to join or upgrade their Laurel Society donations. A region wide goal of \$15,000 per year
- Continue to educate members on the value and importance of the Laurel Legacy

Public Relations

- For each and every club to do at least one media campaign per year
- 56 clubs in Northwestern region participate in the "Live Your Dream"

PARTNERSHIPS and SPONSORSHIPS

Reducing our dependence on dues

Do you want to help reduce SIA's dependence on member dues? SIA Fund Development Council Chair Linda McDoniels told NWR conference attendees some of the ways the FDC is accomplishing that.

Pink Magazine has recently joined SIA as our official print media sponsor! In that capacity, *PINK* sponsors Women's Opportunity Awards recipient Tamanika Ferguson's inspirational blog on our new Live Your Dream website at: www.liveyourdreamcampaign.org.

PINK is an excellent partner for SIA as it offers tools, tactics, and strategies to help women have a beautiful career and a beautiful life. Featuring a magazine, annual events and a content-rich website, *PINK* is designed exclusively for today's business women. *PINK* exists to promote women who make a significant impact on the world through their work and their lives. Watch your email in the coming weeks for an exclusive Soroptimist promotion for *PINK* magazine! We hope you will support *PINK* as they are supporting SIA and all the work we do on behalf of the world's women and girls.

Soroptimist ads will promote the magazine over the next two years. Members, in turn, will be encouraged to purchase subscriptions to the magazine.

.....

SIA has established a partnership with **Janney Montgomery Scott LLC**, a financial services organization. This partnership is led by Adrienne Horen, a financial planner with over 20 years of experience in investing for women.....

SIA will continue to develop relationships with marketing partners, such as Women & Wine. See www.soroptimist.org for more information on that exciting program.

.....

Fundraising plans within the membership include the **Barton-Cotton** partnership in which members will receive a box of Soroptimist-branded note cards in May. Members are encouraged to keep the cards and use them to spread the word about the Soroptimist mission.....

With the “**Executive Director for a Day**” drawing, you can purchase an opportunity (for only \$20) to win a two-day trip to Philadelphia to be Leigh Wintz for a day. The trip includes airfare, hotel, meals and more. Northwestern Region Fundraising Chair, Suzanne Sullivan, and her team are happy to sell you tickets. That drawing will be held August 27,2007.

Linda also reminds us of our power as consumers: “As business and professional women, we have the ability to help women and girls through the purchases we make each day - and by recommending to friends and associates that they support socially responsible retailers as well.”

WOMEN'S OPPORTUNITY AWARDS

2007 NORTHWESTERN REGION WINNERS

Jo Trumbo, submitted by SI Rogue Valley Sunrise, was awarded \$5,000. Jo Trumbo lives in Medford, and has just achieved her CNA (Certified Nurses Assistant) through Rogue Community College, where she is now completing her prerequisites to allow her to go on to complete a bachelor's degree in Respiratory Therapy, a program in partnership with the Oregon Institute of Technology.

Jo hopes to utilize her talents and compassionate nature to "help those who cannot breathe for themselves." She is a single mom with seven children; two of whom are still at home. She herself was injured in a horseback riding accident and was comatose for two months. She had to relearn many things and overcome severe memory loss and anxiety.

Cyndi L. Noyes, submitted by SI Medford, was awarded \$1,000. Cyndi is attending Rogue Community College, working on the second year of her Associate of Science Degree, which will allow her to transfer to Southern Oregon University to obtain a Bachelor's degree in Human Services. She is very excited about a career in Human Services, where she "can assist people to successfully interact with life, and find all the resources they need." She is a single mom with a daughter in college, and lives in Medford.

All Hands on Deck

Time and Tide Wait for No Woman

SIA Director Fannie Louie reminds us that as an organization, Soroptimist is the best in promoting women and bringing solutions in addressing challenges to women and children all over the world. The statistics are staggering: trafficking of female children, genital mutilation, lack of education, and low statistics of gender equality across the board.

During 2005/2006, SIA helped improve the lives of women and girls:

- Women's opportunity Award - Cost per life change: \$1,059.70
- Soroptimist Club grants for Women & Girls - Cost per life change: \$41.98
- Soroptimist Disaster relief Grants - Cost per life change: \$24.08

Nearly 15,000 women and girls were reached in these programs:

- Soroptimist Workplace Campaign to End Domestic Violence
- SI's Project Independence: Women Survivors of War
- SI's annual December 10TH Appeal
- Violet Richardson Award
- Soroptimist Club Grants for Women and Girls

MAY STUDENT OF THE MONTH HONOREE



Breanne Barlow, daughter of Scott and Cathy Bignee, was honored at our May 9TH noon meeting as

our Student of the Month. Breanne is a senior at North Medford High School and will attend Brigham Young University-Idaho next January, thanks in part to over \$700 in scholarships Breanne was awarded for her excellent academic grades, where she will pursue a Bachelors Degree in Elementary Education.

Breanne has been in choir since elementary school and had the opportunity to sing duets and solos at choir festivals and concerts. She has been in the Buddy Program and Seminary for four years for her church.

Her plans include teaching, getting married and raising a family.

Breanne feels the person that has most influenced her life is her mom. In her words, "I am the way I am today because of her and what she has done for me. She has helped me through all the good and bad times, she is an amazing mother as well as a very service oriented person".

Breanne was presented with a plaque and a \$50 US Savings Bond by our Youth Service Committee.

Congratulations, Breanne!

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 IV of V

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

Part IV will focus on **Women's Bone Health**

WOMEN'S BONE HEALTH

- Most women do not realize that one out of two post-menopausal woman will have at least one fracture of her wrist, hip or spine
- Taking care of your bones is crucial
- One third of post-menopausal women will develop osteoporosis

Risk factors

- o Menopause without hormone replacement
- o Genetics
- o Smoking
- o Vitamin D deficiency
- o Coffee (black) with cream is okay
- o Diet high in animal protein (leaches calcium from the bones)
- o Inactivity
- o Certain medications
- o Prevention
- o Know your bone density
- o Get adequate vitamin D, which may be more than the 800 IU dose which is recommended.
- o The best Vitamin D comes as Vitamin D3 (800-1500 units)
- o Adequate calcium between 1000 mg and 1500 mg depending on your age. (When taking calcium, check that there are no trace metals)
- o Magnesium 250 mgs
- o Weight bearing exercise
- o A heart healthy diet
- o Limit alcohol consumption (1 glass a day for women)



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