

October Newsletter

Message from the President

Welcome back everyone, I hope you all had a great summer and are ready to have a fabulous year. Since we took the summer off, first thing to do is figure out what our focus is to be this year. We have many areas that we can put our energies into, i.e. education, poverty, health, domestic violence/sexual assault, and mentoring. We, of course, will be promoting Live Your Dream and starting the needs assessment for Dream It, Be It. The more membership involvement, the more areas we can impact. It is very important that we work on getting new members. Recruiting new members within this environment who will sustain clubs as well as lead them into the future often is cited as the main challenge for club. The following are the many reasons why women decide to join our clubs, so be ready to help prospective members see that we can offer all this.

Fulfillment: Work on projects that improve

the lives of women and girls and foster personal satisfaction and recognition.

Friendship: Cultivate relationships with other women who have similar interests and values.

Diversity: Meet and learn about women from different ethnic and cultural backgrounds, and participate in projects that address the needs of women throughout the world.

Networking: Associate with other women representing a variety of professions to facilitate valuable business contacts.

Leadership: Develop skills at the club level to enhance leadership opportunities at all levels of the organization as well as professional capabilities.

Mentoring: Share ex-

pertise with women at the beginning of their professional lives or with those who are transitioning their careers.

Convenience: Belong to an association with organized programs and professionally developed resources that enable members to concentrate on providing volunteer service.

Services: Receive a subscription to *Best for Women*, SIA's twice-yearly printed newsletter; access a wealth of resources in the member's area of www.soroptimist.org; and take advantage of special offers and discounts through partnering organizations.

I am so excited to see what the year holds for us. No matter what we achieve this year, we are going to have fun doing it. Thanks, Kate Espy
SIPO President



SOROPTIMIST
Best for Women

Kate Espy, President

October 2014

Calendar of Events

Sept 23—Program Meeting @ McCormick Woods, 5:30

Oct 3—Angie Harrison Memorial Guild Women's Luncheon, Kitsap Conference Center, 11:00 AM

Oct 7—Board Meeting @ That One Place Bakery, Noon

Oct 14—Meeting @ China Sun Buffet, Noon

Oct 24-26—Northwest Region Conference, South-center

Oct 25-26—Holly Daze, Towne Square

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Live Your Dream Award & SIPO Scholarship Committee

By Mary Kaltenborn

Education is the key to bringing women and families out of poverty into financial stability. The SIA Board of Directors has affirmed education as the most effective way to empower women and girls as well as to create a sustainable change in their lives.

Soroptimist clubs have been empowering women through access to education since 1972 via the **Live Your Dream Awards!** Program goal: Through increased education, women will secure employment that provides an improved standard of living for themselves and their dependents.

The Women's Opportunity Award is now known as the Live Your Dream Award. This program is the cornerstone program of Soroptimist International of the America's and is awarded to assist women who have primary financial responsibility for their families to obtain the skills-training and education necessary to improve their employment and standard of living for themselves and their families. This is a cash award and can be used for tuition, books, transportation, child care, etc. The SIPO Budget Committee has proposed a budget of \$3,500 for this award at the club level. Our club winner(s) is then forwarded for consideration at the Northwestern Region level and that winner is forwarded for consideration at the Federation (SIA) level.

This program clearly has a tremendous impact on award recipients. But we know we can have even MORE of an impact! We can reach this goal by increasing the impact of the Live Your Dream Awards by providing follow-up and continuing services for our recipient(s) as recommended by SIA. Our club can provide so much more beyond a cash award. Examples: provide an opportunity for additional funding to support further education or training, on-line support/mentoring, job support, clothing for school or job interviews, take her to lunch, donate a laptop, gift certificates for day-to-day needs such as gas, groceries, public transportation, childcare, back-to-school costs for her children, host birthday parties for her children, invite her to club events and meetings, etc.

The deadline for our club to receive the LYD applications is November 15th, one month earlier than the previous WOA was due. The LYD application that includes the eligibility requirements is available on the SIPO website siportorchard.com or contact me and I can email the application. The committee will be publicizing and distributing applications in September and October.

The Violet Richardson award that acknowledged girl's community service and the Fellowship award that provided assistance for a women pursuing a graduate degree have been discontinued at the club level, the

Northwestern Region level and at the Federation level.

SIPO dissolved their SIPO Foundation last year so all awards and scholarships will be funded through SIPO. There will no longer be a Board Designated award/scholarship that was previously awarded by the Foundation.

Last year the SIPO Awards & Scholarship committee renamed the SIPO Pro-Tech Scholarship to become the **SIPO Educational Scholarship**. These are not SIA or Region supported scholarships but are SIPO club scholarships and includes scholarships for skills training, technical training, community college (2 yr. degrees), universities (4 yr. degrees), 2 yr. degrees transferring to 4 year degree university and/or women of any age seeking scholarships to further their education beyond high school. Previous recipients, including a previous LYD recipient, may apply for additional scholarships. I would suggest recommending to SIPO members that the SIPO Educational Scholarship also include women pursuing a graduate degree. The Budget committee has proposed approximately \$11,000.00 for the 2014-15 SIPO Educational Scholarships plus \$990 for 3 Girl's State students.

If you would like to serve on this committee please contact Mary K. kaltenborn@wavecable.com

Stroke

by Bobbie Weatherill

We've read a previous article about strokes in the newsletter, but with my recent experiences in that arena, I'd like to share some of what has happened and what you can do to perhaps prevent you or a loved one from being a victim of this destructive and debilitating illness. A stroke is a "brain attack" and it occurs when the blood supply to the brain is blocked and brain cells die. A hemorrhagic stroke occurs when a blood vessel bursts inside the brain, and an ischemic stroke is caused by a clot or plaque that blocks a blood vessel. The latter is what happened to my husband.

Jay had been receiving treatment for high blood pressure for several years and was being followed by a nephrologist who specializes in hypertension and kidney disease. We were seeing him at one or two month intervals and the visits always focused on changing/adding anti-hypertensive medications or stressing the need for Jay to lose weight, which he

has. However, over the summer he had three strokes. He continues to have deficits from the previous strokes, including left arm weakness and a useless left hand, balance issues and occasional speech problems. I now look at him as a ticking time bomb.

I want all of you to understand how devastating a stroke is, and how it changes your life in an instant. It takes away so much of who you are. So, please make sure your doctor checks your carotid arteries when you have your physical exams. Those arteries provide much of the blood supply to the brain and once one is occluded 100%, nothing can be done. (I just had a Life Screening and was pleased that nothing much was of note, so far anyway). Watch your diet, get some exercise and monitor your blood pressure. Be an advocate for yourself and your loved ones. Health care is not the same as it was when I was a young nurse. In many cases, from what I've observed these past few months,

the emphasis is on things other than on patient well being. Please be bold and speak up assertively if you have concerns and your questions aren't being answered to your satisfaction. And recognize the signs/symptoms of stroke. Remember the FAST acronym: **F** for facial droop, **A** for arm weakness, **S** for slurred speech and **T** is for time - call 911 now! Other symptoms can include confusion, headache, numbness on one side dizziness or difficulty walking.

And know your risk factors! Unavoidable risk factors are age (being 55 or older), being male, being African-American, family history, and previous stroke. Other risk factors include high blood pressure, high cholesterol, diabetes, atrial fibrillation (irregular heartbeat), tobacco use, alcohol and drug use, obesity and a sedentary lifestyle. Take care now and be thankful later! It hopefully isn't too late to start now to prevent a stroke!

"S" Club meets the second and fourth Tuesday of each month beginning September 23rd.

Meetings convene at 2:10 PM in Portable 3 of the high school under Mary Ayken's advisory. SIPO members are welcome and encouraged to attend, support the girls' activities, and help inform activity choices.



SIA Launches New Girls Program

by Linette Zimmerman

Are you up for more dreaming? We have the "Live Your Dream" award that replaces the Women's Opportunity Award. And now we have "Dream It, Be It: Career Support for Girls" replacing the Violet Richardson Award.

The new program focuses on empowering girls, ages 14-18, to pursue their goals and reach their full potential. In addition to telling girls they can be whatever they want to be, we need to provide them with the resources, give them direction, and give them the skills to make their dreams come true. To succeed, young girls need to have guidance and training. No matter what our age, it is often easi-

er to verbalize our dreams than to realize our dreams. This program will help to build a bridge between verbalization and realization and use the skills of "seasoned dreamers" in eliminating barriers to the dreams of young girls.

This program is expected to take about a year to implement. The first phase is a community needs assessment to see what organizations are currently working with girls and to assess our desire and ability to partner with these organizations. The next phase will be to develop an advisory group of girls to help develop a plan. This plan could take the form of mentoring one-on-one or in small groups. It

could be a one-day conference; it could be offering programs to help girls explore non-traditional jobs. What is important is to include girls in the planning process to help ensure its success. What may be a great idea to us may be a "yawner" to girls.

One of the aims of the program will be to get more girls to continue their education beyond high school, whether it be vocational school or college. Let's work together to educate young girls so they can be financially independent. Educate a girl and you educate a village.

Amazon Smile for SIPO

by Leah Nitz

Amazon Smile for SIPO

To sign up for the Amazon Smile benefit for SIPO follow the following steps:

Either sign in to your Amazon.com account or create and Amazon.com

account

On the general Amazon

search page enter

'amazon smile' into the search bar

Select either 'Amazon

Smile' or 'Amazon

Smile sign up' depend-

ing what shows in your suggestions

Next click on the link provided

In the page that comes up begin to type in Soroptimist International

Our club will auto populate as you type

Wise Words from Extraordinary Women...

"Women observe subconsciously a thousand little details, without knowing they are doing so. Their subconscious mind adds these little things together-- and they call the result intuition."

Agatha Christie

Fred Meyer Community Rewards

by Leah Nitz

Did you know that SIPO can receive Fred Meyer Rewards and raise money for the club without any fuss or fundraising efforts? We encourage all members, friends and family to select SIPO as their non-profit of choice to receive the nonprofit rewards. Once SIPO is linked to your rewards card, donations are earned each time you make a purchase at Fred Meyer.

This opportunity is already set up and running. All members are encouraged to go to <http://www.fredmeyer.com/communityrewards> and select Soroptimist of Port Orchard as the organization to link to your rewards card, invite your friends and family to do the same, and let's raise some funds!

Make sure you have a Fred Meyer Rewards account that has been activated for at least 72 hours

Go to: <http://www.fredmeyer.com/myfredmeyer/Pages/default.aspx>

You will see community rewards as an option on the left hand side. Click on it

You will see another page with Community Rewards listed on the Left Hand side at the bottom of the options list – Click on that

You should see this:

Community Programs

- Donations
- Store Doorway Activities
- Fred Meyer Sponsorships
- Couragous Associates
- Community Rewards**

FredMeyer.com > Company Information > Community Programs > Community Rewards

Community Rewards



community rewards™



Where Shopping & Giving Unite

Support your favorite nonprofit just by shopping at Fred Meyer with your Rewards Card. We're donating \$2.5 million each year - up to \$625,000 each quarter - to the local schools, community organizations and nonprofits of your choice. All you have to do is link your Rewards Card and use it when you shop at Fred Meyer.

Are you a Fred Meyer customer?

You are now able to link your Rewards Card to your favorite nonprofit by following the link below. Whenever you use your Rewards Card when shopping at Freddy's, you will be helping that organization earn a donation from Fred Meyer. If you do not have a Rewards Card, you can sign up for one at the Customer Service Desk of any Fred Meyer store.

Frequently Asked Questions

Link your Rewards Card Now

Are you a nonprofit?

Click on the big purple button that says 'Link your Rewards Card Now'

Follow the instructions there

Relay for Life—Where Does the Money Go?

by Laura Dean

Last year the question was posed to me, by one of our members; “With all the money we raise, why is there no cure for cancer? Is this really doing any good?” So I did a bit of research to see where American Cancer Society spends their money, not all of which comes from Relay for Life, but that is a substantial source of revenue.

American Cancer Society
Research in Washington – 17 grants = \$6,727,800.00
Great NW Division – 65 grants = \$31,632,300
Nationwide – 882 grants = \$449,971,021...
Yes ladies, that is nearly 500 million dollars.

There a variety of doctors doing research, most of whose names mean nothing to me, but the largest local recipients are Fred Hutchinson, approximately 4.7 million, UW research 1.35 million, Group Health .5 million, Virginia Mason \$100,000.

Since 1946 American Cancer Society has funded more than 4 billion dollars in cancer research. Some of the discoveries made are: the link between smoking and lung cancer, the effectiveness of a Pap test, the safety and effectiveness of mammograms, and the use of Tamoxifen to prevent the recurrence of breast cancer, the importance of estrogen receptors in the treatment of breast cancer, the effectiveness of lumpectomies in the treatment of some

breast cancer, development of PSA (prostrate) screening and have dramatically improved the 5-year survival rate for childhood leukemia.

Relay For Life also contributes to several “Quality of Life” programs to lend support to those with cancer. These included transportation to treatments (Road to Recovery), lodging for those who need to stay close to hospital while undergoing treatments (Hope Lodge) and several other support programs.

So, while there is not a vaccine yet, maybe we will live to see the day when cancer is as rare as polio. Relay For Life is one of several ways to lend support.

District 1 Meeting

By Laura Dean

This year, our district will meet on Oct 25-26, at the Doubletree Suites at Southcenter. There is an optional President/President Elect workshop held on Fri, the 24th at 4-6 pm. The Sat meeting begins at 8:30 am - 9pm, and the Sun. session is 9 am - 11:30 am. The cost for this is \$30 which the club will pay, and \$115 for a meal package, which you will pay in advance to the club. Additionally, hotel rooms run about 139 per nights, and generally we pair up to share

rooms. These meetings are wonderful. The amount you will learn is tremendous, and the FUN you will have is even greater. It is a perfect chance to meet members of other clubs, share their ideas and get inspired to do more. Our district is made up of clubs from western Washington and Alaska, so it will be a good sized group, and there will be non-stop information, all presented in an inspirational and entertaining manner. If you are

new, this is a great way to get started. If you are not new, you will still have a great time and learn more.

To reserve your spot, email Helene at hejensen1962@gmail.com by Sept 22, and she will take care of all the details. From 9-23 – Oct 8, the price goes up to \$40, and room reservation must be made by 10-12, to get these discounted rates

Grant Evening Event

by Laura Dean

Our evening meeting in June was dedicated to passing out another \$15,000 of grant money. This was our second time this fiscal year, so we have really helped a lot of great organizations this year. As a service committee, we decided several years ago, that it made more sense to do this process in the spring, as the money raised in each president's year, would be presented during her term. So the change of timing finally happened this year, and will continue in the late spring in the future.

Reps attended from Coffee Oasis, Kitsap Sexual Assault

Center, Westsound Treatment Center, Royal Family Kids Camp, Holly Ridge and Kitsap Adult Center for Education. All accepted their checks, expressed their gratitude and spent a few minutes telling us about their programs.

Grants were started about five years ago, by former member Bev Kincaid, who is a professional grant writer. She felt that the way we were awarding checks was too random, and not always supporting our goals and ideals fairly. The present process requires each applicant to describe their program, their

goals and their budget. An evaluation committee then reads the applications and they are scored on six different criteria. The results are then averaged, and lastly discussed until an exact decision is reached. Surprisingly, most of us usually agree and decisions come pretty easily.

As always, the event was at the core of what we do, *"Women helping Women"*. We can all be proud of our own contribution in making this money available to do more good supporting women in the community.

Wise Words from Extraordinary Women...

"Luck is a matter of preparation meeting opportunity"- Oprah Winfrey

Joyful Wizard

From the Fun Committee

Do you have a messy scarf, lingerie, or even sock drawer? Try using zip lock bags to sort and organize. Labeling the bags so you know what is in them (slips, half/full, small socks, put same colored scarf in

same bag etc), works wonderfully. This was an idea that a former member, Vida Heckle, gave members years ago.

Do you have a puzzling dilemma that we could help make your life more joyful?

Send in your dilemma and the JOYFUL Wizard may be able to help or better yet send in your secret solutions to life's little issues-and make all our lives more joyful.

SAVE THE DATE...

On the 5th Tuesday, September 30, there will be a SIPO Event.: Dinner by Demarle

courtesy of Leslie Burnett. There will be food, games and a brief demonstration of Demarle products for all to enjoy. Please feel free to in-

vite friends and family for a fun night and conversations! More information to follow!

Celebrate SIPO Birthdays!

Summer Birthdays were celebrated by several of our members. In June Tomi Bonneville and Meg Mahaney blew out candles, during July Phyllis Wittington And in August Virginia C, Jamie Leinan, Joan Cartier, Heide Vilarma, Virginia Mi-

nor, Sharon McAfee and Diane Seitz celebrated. This Fall, in September we have Emily Lobdell and Bobbie Weatherill enjoying a birthday celebration, in October Brenda Kruse, Leah Nitz, Wendy Crenshaw and Heleine Jensen. Join us in wish-

ing these members a very happy, Happy Birthday.



Amy's Takeover Monday November 24th @ 6:00PM

by Leah Nitz

Amy's by the Bay is committed to helping out the community by allowing nonprofits such as Soroptimists of Port Orchard to host a fundraiser in her restaurant and share with us 50% of the sales during the 4 hour dinner period. Amy encourages us to include raffles and auction items to raise more for our cause.

How can you contribute? Members may donate homemade baked goods and other small items for a silent auction. Members can also solicit donations for the silent auction especially if you have connections for items like a 'ride along with a cop' and a 'kids birthday

party at the firehouse' (I keep trying to get this one at the Rotary Auction and someone always out bids me), please let me know. These are just the kind of items I think will do well without much cost to members. Any other ideas for silent auction items that are of no cost to us, please contact me.

What else? There will be a 50/50 raffle which may engage other diners besides ourselves and our guests. Who wouldn't like to win some extra money through the raffle!

The Club decided at the September 8th club meeting to spotlight the proceeds from this event

towards a specific need. We are awaiting the poll results of what the club wants to focus on this year, before we recommend to the Ways and Means committee which community need we would like to support. More to come on that.

All that is left to do is to invite our friends and family to come enjoy dinner at Amy's on November 24th. The menu will be the regular Amy's menu. Please send Leah an email with any thoughts or suggestions you may have regarding this event.