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https://  
www.facebook.com/  
pages/Soroptimist-  
Northwestern-  
Region/114263771950897



**Treasurer Reminder!**

As indicated on the Treasurer’s Calendar, the deadline for submission of **form 990** is **November 15**. If you have any questions, please contact Region Treasurer Carla Tucker.

**From the Heart of the Governor**



I’m a farm girl at heart having spent my younger years working on the family farm. Once the crops were planted, it was important to make sure irrigation water made it to the end of each row. Getting water to the end of the row allowed all plants to thrive and grow. To assure this, my dad would carefully watch the water as it started down the rows to make sure it reached the end before leaving it unattended. When it didn’t, he would walk carefully down the row to remove any barriers so the water could quickly move along its way. He took great care of each and every row and often had the highest yields.

October signifies harvest—a time of gathering in that which was sown. As Region officers attend District Meetings, we celebrate your season of Soroptimist service by presenting certificates of recognition for a job well done. To assure your club’s continued success, it’s important that information (water) reaches the end of the row. In other words, information from Federation, Region, and District leadership needs to be promptly accessed and distributed to all club members. You can help this information reach the end of the row by



Photo by Governor Elect Stephanie

updating your email information in the SIA membership directory, assuring someone in your club regularly accesses your SIA club email account, and by sharing information received at your District Meeting this month.

Remember it’s the small and simple things that keep your club healthy and strong. We appreciate your many efforts as we work to lift Northwestern Region HIGHER!

*~Carol Hansen, Governor*

## KUDOS

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The Kudos Korner is Open and waiting for you to share! This is for giving a “shout out” to a specific group/person.

It is a place to mention members who have let their Soroptimist spirit shine and have made a difference. Submit your Kudos to: [nwrsia@gmail.com](mailto:nwrsia@gmail.com). Be sure to include KUDOS in the subject line of the e-mail.



### Email Contest

Don't forget about the Region Email Contest. An email was sent to the club email addresses on October 1. We look forward to your participation!

## Kudos Korner

We at SI of Renton are delighted to share our Kudos for **Erika Roberts**, a 20+ year member.

In submitting our Club member questionnaire/feedback, Erika suggested a possible Pie Sale Fall Fundraiser.

She not only researched on line and called to gather the needed information, she drove down to the Pie shop in Kent to speak to them in person, find out all the details and she followed up and made a fabulous presentation to SI/Renton at our last meeting.

We were thrilled with the potential net profits from this easy-to-organize and to-participate-in event. The club voted to take on this new fundraiser and we are looking forward to a great return and yummy pie!

Thank you Erika for your great idea and due diligence to present it to SI of Renton!

*Leslie Aungst*  
SI of Renton President

We would like to share that our very own **Marti Ensign** has been nominated to be an Honoree for the 2014 Olympia YWCA Woman of Achievement. More information on the other candidates can be found: <http://www.ywcaofolympia.org/page/meet-our-2014-women-achievement>. As a member of Soroptimist of Olympia International she implemented the Hope Africa Scholarship to help women obtain medical education.

Marti is one of our longest standing members (she joined in 1976) and we are excited to share her life with our community and Soroptimists as a whole.

*Karen Hall*  
SI of Olympia President

“Don't aim for success if you want it; just do what you love and believe in, and it will come naturally.”

~David Frost

As a member of Soroptimist International of Sequim and having just read the latest *The Soroptimist WOMAN*, I would like to give kudos to **Kathy Purcell**. Kathy is one of the most industrious and dedicated Soroptimist members I have ever known.

She not only is a part of the Public Awareness committee, but she is huge contributor to our club. She produces our very professional newsletter, assisted in the updating of our club website site, acts as our professional photographer, participates on several club committees, contributes to several other organizations in our community and is the epitome of what Soroptimist is all about.

She tends to be quiet and has the appearance of being shy, but it is merely a disguise because she is a bolt of lightning when it comes to her contribution to our club, the region and to the community as a whole.

With warm regards,  
*Linda Klinefelter*  
SI of Sequim Board Director

“Strive not to be a success, but rather to be of value.”

~Albert Einstein



**SI of Hamilton** just chartered a new “S” Club! What a wonderful way to Reach Higher!

## Reaching Higher

### SI of Sequim Sets New Site

After seven years **SI of Sequim** got an itch to change the look of their website. It’s clean, fresh and easy to navigate. The main pages meld a banner representative of Sequim—known for lavender—with the Soroptimist logo, tagline and mission. Even LiveYourDream.org is included on their site. The banners on the sub-pages reflect the respective topics. They have incorporated photos of members acting, interacting and having fun. Check it out at: [www.sisequim.org](http://www.sisequim.org)! Congratulations to SI of Sequim for Reaching Higher!



## Milestone Mentions

**SI of Helena** recently celebrated their **70th Anniversary!** Congratulations!

If your club is having an anniversary (multiple of 5 years) we’d like to know about it! And if you have a particular celebration activity scheduled, please tell us what you have planned. Let the region celebrate your milestone! Joy shared is expanded and multiplied. Send your Milestone Mentions to [nwr-sia@gmail.com](mailto:nwr-sia@gmail.com) along with **MILESTONE MENTIONS** in the subject line of the e-mail.

## Events

Is your club planning an event or activity? Provide us with the who, what, when, where and why and we’ll have it listed in *The Soroptimist WOMAN*. Be sure to include contact information. Send your events to [nwrsia@gmail.com](mailto:nwrsia@gmail.com) with **EVENTS** in the subject line.

**What's Happening**

## Imagine Life Without Violence



October is National Domestic Violence Awareness Month—first officially observed in 1987. It is estimated that 5.3 million acts of domestic violence (DV) occur each year in the US alone. Contact the National Coalition Against Domestic Violence (NCADV) at [www.ncadv.org](http://www.ncadv.org) to learn how your club can work with them on programs and policy that impact your state and local communities.

Go to, [www.soroptimist.org/members/program/program\\_workplacecampaign.html](http://www.soroptimist.org/members/program/program_workplacecampaign.html) to access resources on our SIA focus on DV as a workplace concern. Here you will find detailed information including Campaign instructions, our White Paper on the subject, Fact Sheets, and more. Traditionally our Workplace Campaign to End Domestic Violence is observed on November 25<sup>th</sup>, the **International Day to Eliminate Violence against Women**—so start planning now. Keep me posted on your efforts.

*Diane Yarus, NW Region ILWV Committee Chair*



“Just listen and you’ll see them.” ~Paige Dearth

# Live Your Dream Awards At-Large Applications

## DID YOU KNOW?

Women living anywhere in the United States can submit their Live Your Dream Awards application via an online submission process. When a woman submits an application via the online portal, she is shown a list of clubs within 75 miles of her ZIP code. She can choose one of these clubs to receive her application for judging.

## HOW THIS WORKS FOR CLUBS

The applications are sent, via email, to Live Your Dream Club Chairs if one has been appointed by the club. If one has not been appointed, applications are sent to Club Presidents via email.

If a club has any questions about a specific application, they contact the applicant directly, as SIA Headquarters does not have contact with the applicants before they submit the application.

## WHAT CLUBS CAN DO

If clubs would like to appoint a Live Your Dream Awards Club Chair so that the applications will be sent directly to someone other than the club president, visit: <http://www.soroptimist.org/members/membership/updateroster.html> for instructions on how to update club rosters to include a Live Your Dream Awards Club Chair.

Please be sure to update your club websites with the new 'Live Your Dream: Education and Training Awards for Women' program name and to highlight the application **deadline of November 15**.

If for any reason a club will not include at-large applicants in club-level judging, the club must let SIA Headquarters know in advance so an application does not "fall through the cracks" and so all applications are fairly considered. If a club *does not* plan to include at-large applications within the club judging process, and if Headquarters know this fact, the applications will be judged at Headquarters.

"You have to dream before your dreams can come true." ~A. P. J. Abdul Kalam

The image is a graphic titled "live YOUR dream education & training awards for women" with a green box asking "Are You Eligible?". Below this, it asks "Do ALL of the following statements apply to you?" and lists seven criteria in colored boxes: 1. I am the primary financial support for myself and my dependents (purple); 2. I have never earned a graduate degree (purple); 3. I live in one of Soroptimist's 20 countries and territories (green); 4. I have never received a Live Your Dream or Women's Opportunity Award (blue); 5. I am accepted or enrolled in a vocational training or undergraduate degree program (blue); 6. I have financial need (orange); 7. I am not a Soroptimist member, employee or immediate family of either (purple); 8. I am motivated to achieve my educational and career goals! (purple). At the bottom, it says "If so, YOU are eligible to apply for the Live Your Dream Awards!" and provides the URL <http://www.soroptimist.org/awards/live-your-dream-awards.html> to learn how to apply.

## IF YOU HAVE QUESTIONS

Contact the region committee with any questions, suggestions, or comments. A club toolkit, applications, and other resources are posted on the Live Your Dream Awards website, <http://www.soroptimist.org/members/program/lyd-awards.html>.

Thank you for all you do to improve the lives of women and girls!

*Janet Schempf, Live Your Dream Awards Region Chair*



## Region and District Leadership 2014-2016

Governor **Carol Hansen**  
(SI of Pasco-Kennewick)  
Governor Elect **Stephanie Smith**  
(SI of Oak Harbor)  
Region Secretary **Marti Crook**  
(SI of McMinnville)  
Region Treasurer **Carla Tucker**  
(SI of Burlington)  
Dist 1 Director **Nancy Buechner**  
(SI of Friday Harbor)  
Dist 1 Sec **Renee Recker**  
(SI of Oak Harbor)  
Dist 2 Dir **Dawn Christiansen Cuellar**  
(SI of Lake Oswego/West Linn)  
Dist 2 Sec **Theresa Heidt-Vanderschoot**  
(SI of McMinnville)  
Dist 3 Dir **Tamra Smrekar**  
(SI of Newport)  
Dist 3 Sec **Kathi Hanson**  
(SI of Three Rivers)  
Dist 4 Dir **Melissa Domme**  
(SI of Helena)  
Dist 4 Sec **Cindy Zimmerman**  
(SI of Helena)

### Due Date:

Submissions to The Soroptimist WOMAN are due by the first of the month. Publication is distributed by the 10<sup>th</sup> of the month.

## Lift Our Region Higher Through Legislative Action

As Soroptimists, we all have a passion for helping women and girls to live a life without violence and oppression and to truly be able to live their dreams. While there are many ways that we do this, one way to effect change is by working with policy makers and legislators. In the Northwestern Region, we have a wonderful opportunity through our clubs in Alaska, Washington, Oregon, Idaho, and Montana to work together to have a collective impact on regional, national or even international issues. With all of our clubs, think about how many people we can educate and influence to improve the lives of women and girls!

The Northwestern Region Legislative Committee wants to hear your thoughts about initiatives that we could pursue and your interest in volunteering. Legislative sessions in our states start early in 2015, so time is of the essence. It's easier than you think to be involved and together we can really make a difference!

Contact: **Lura Powell**,  
*Region Legislative Chair*  
[ljpowell6@gmail.com](mailto:ljpowell6@gmail.com)

For info about advocacy visit the SIA website:  
[http://www.soroptimist.org/members/program/program\\_advocacy.html](http://www.soroptimist.org/members/program/program_advocacy.html)

“Let us not look back in anger, nor forward in fear,  
but around in awareness.” ~James Thurber

## Leading with Leadership—Breast Cancer Awareness Month—Make A Difference



Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point. The good news is that many women can survive breast cancer if it's found and treated early. A mammogram—the screening test for breast cancer—can help find breast cancer early when it's easier to treat.

What can you/your club do to raise awareness and spread the word about steps women can take to detect breast cancer early?

Get a mammogram, establish a routine for self-breast exam.

Spread the word about mammograms. Encourage communities, organizations, families, and individuals to get involved. Arrange for an article or ad in your local newspaper, post the information on your clubs Facebook page and tweet a friend to remind them to get a mammogram.

Organize an event for healthcare providers and survivors to speak to women about the importance of getting screened.

Encourage women ages 40-49 to talk with their health care provider about when to start getting mammograms.

Wear pink ribbons.

Remember, men can get Breast Cancer (1 in 100).

Encourage the men in your life to do a self-breast exam.

**Peggy Whitford, Women's Health Region Co-chair**

More info available on the SIA website:  
<http://www.soroptimist.org/members/program/programdocs/modelprogramkits/mpkearlydetectionbreastcancer.pdf>