

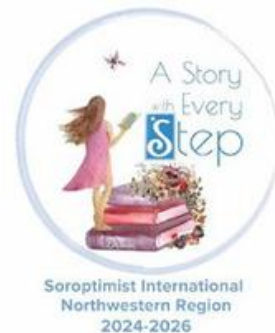
*The Soroptimist*

# W O M A N



**Soroptimist International  
Northwestern Region  
2024-2026**

# TABLE OF CONTENTS



01	<b>Opening Message</b> A word from Governor Wendy
02	<b>Chapter 1</b> Messages from District Leadership District 1—Let Your Dreams Become Your Story District 2—Sharing Stories, Inspiring Dreams, Sparkling Change District 3—Turning Dreams Into Stories District 4—Unveiling A New Story Beneath The Big Sky
12	<b>Chapter 2</b> Committees Impact UpliftHER Club Grant Live Your Dream Dream It, Be It Engagement Brand Recognition Nominating Imagine Live Without Violence

# TABLE OF CONTENTS



28

## **Chapter 3**

Tales from the Treasurer

32

## **Chapter 4**

Club Stories

District 2 Clubs

SI Everett & SI Marysville

SI Lake Oswego/West Linn

SI Port Angeles

46

## **Chapter 5**

Next Steps

Calendar—March 2025, April 2025,  
May 2025, June 2025

48

## **Index**

NWR Contact Information

Who To Contact

Social Media Links

# Opening Message

## *Governor's Message*

### *An ode to Spring!*

Happy Spring fellow authors! I don't know about you, but I love this time of year! The daffodils and crocuses are breaking through the winter ground, nature's alarm clock is waking me with their sweet chirping and soon the sun will be shining longer! What's not to love?!

As Spring unfolds all around us, so do plans in our region. By now all of you have received and read the call to conference, have booked your rooms and made travel plans. We have some great guest speakers, unique workshops and a whole lot of fun just waiting for you.

March is also Women's History Month! How is your club celebrating? Are you participating in SIA's Walk for Women? Maybe your club is hosting an "engagement" event, and are you sharing your club's history? How many clubs still use SOLT (Soroptimist Orientation Leadership Training)? If you don't, you can always start. I'm sure you could find 5 minutes at your business meetings and add it to your agenda. Let's take the steps to share our amazing history, educate our members and continue writing our story.

As the buds on the trees start to open, so should your plans for Big Goal Accelerator Projects, Dream It, Be It programs and fundraising. And what a lovely time of year to recognize and celebrate our Live Your Dream winners! I can't wait to read all about it in the next edition of our story.

In closing, if we keep our focus on our mission and follow our handy roadmap, we will find ourselves cruising into summer with the top down!



See you in April!

Governor Wendy



# Chapter One

MESSAGES FROM YOUR  
DISTRICT LEADERSHIP TEAMS



# DISTRICT 1

Hello D1 Soroptimists!!!

By the time you read this we will be in the midst of Area Meetings!

I hope your club has or is planning on attending! The first is scheduled on February 22, on the Olympic Peninsula, hosted by SI Olympic RainForest. March 1, is Seattle/South hosted by SI Bellevue Met. March 15, is Skagit Island, San Juan, etc. hosted by SI Everett.

Details have been sent to each club. It will be a fun and informative meeting for all. The NWR Board has important information and learning opportunities they want to share at these meetings.

Our hope is that each club will be represented, and will receive important and helpful information to take back and share with your club.

It's been several months since we were together at our District 1 meeting in Lynnwood. That meeting was packed with great training and Soroptimist education! Some of our clubs have already begun to use the information they received which included the session on Gracious Spaces, presented by the past Governors of the NWR; and also, the UpliftHER new Soroptimist Initiative, presented by SIA President Elect, Sue Riney.

We are fortunate to receive assistance and training “by participating in the programs that are developed and sponsored by the Soroptimist organization”. We encourage you to take advantage of what is available to us!





We hope you are making plans to attend the Northwestern Region Conference in Eugene, Oregon, April 24-27!!! What an opportunity to see old friends, make new ones, get inspired and motivated for continuing to live out the Soroptimist mission!!! If you have not had an opportunity to attend a Region Conference, you would certainly be thrilled to experience not only the program presented but also the atmosphere of excitement and camaraderie.

We always enjoy hearing what your clubs are planning in events/fundraising, etc. Each club has its own unique ideas on implementing the Soroptimist vision/mission. The basic purpose remains the same; providing a way for women and girls to reach their full potential and live their dreams.

We will look forward to seeing you at the Region Conference in Eugene!

Thank you for your service to your club, your community and the world!!!



*District 1 Director Sandy Jennings  
District 1 Secretary Debbie Austin*

## DISTRICT 2

Warm greetings to our fabulous District 2 Soroptimist members,

Here's wishing everyone a Happy Women's History Month and a Happy International Women's Day!

From the suffragettes to today's leaders, the journey of women has been one of resilience and courage. Please consider taking a few moments this month to reflect on all the incredible women who have shaped your life.

Women's History Month is an annual declared month that highlights the contributions of women to events in history and contemporary society. It is celebrated during March in the United States, the United Kingdom, and Australia, corresponding with International Women's Day on March 8, and during October in Canada, corresponding with the celebration of Persons Day on October 18.

This year, the National Women's History Alliance (NWHHA) proudly presents the theme of "Moving Forward Together! Women Educating & Inspiring Generations." The theme celebrates the collective strength and influence of women who have dedicated their lives to education, mentorship, and leadership. Through their efforts they have served as an inspiration for all generations—both past and present. Sounds a lot like Soroptimist to me.





In this issue of WOMAN, the spotlight is on what's happening at the District 2 Clubs! Please read the stories, beginning on page 33. You'll read how clubs from A to Z are having positive impacts on women and girls by following our mission, expanding their brand recognition and gaining new members.

Enjoy the read and please, reach out to any of the clubs with questions! Can't wait to see all of you in April at Region Conference.

As always, thank you so much for everything you do! Never forget the difference you make!

In Soroptimist Friendship,



*District 2 Director Jeanne Androvich  
District 2 Secretary Theresa Hart*

# DISTRICT 3

Here we are a month and a half into 2025 and the Soroptimist Clubs in District 3 have been involved in an amazing variety of activities this Club year! I have been hearing wonderful stories from Clubs in D3 as new members are being inducted, funds are being raised, and fun is being had to support our dream programs.

A little history...In 1913, a proposal was approved at the International Conference of Working Women in Copenhagen, to observe March 8th as International Women's Day. Then, in 1982, the U.S. Congress authorized the president to proclaim the week beginning March 7th as "Women's History (Herstory) Week". Soroptimist Clubs around the world are planning events to join in this celebration. Soroptimist International of the Americas (SIA) has invited us to organize a "Walk for Women" in our communities and I know this is happening. SIA has also invited us to join them for their "Fourth Annual International Women's Day Virtual Tea Party". [www.Soroptimist.org](http://www.Soroptimist.org) I look forward to hearing the stories of how Clubs in D3 are participating in this international celebration.

D3 Area Meetings are coming up very soon and I know our host Clubs have been making some great plans. Nancy & I will be in Omak on March 8th at the 12 Tribes Casino with Heartland/Appleland Area Clubs hosted by S I of Okanogan Valley. Columbia Trail Plateau Area Clubs will be hosted by S I Lower Yakima Valley at Desert Wind Winery on March 15th. On April 5th S I LaGrande will host the Oregon Trail Area Clubs at the White Barn Estate. We are anticipating full agendas as we receive updates through the report provided by Governor Wendy, learn more ways to maximize the Soroptimist brand for enhanced recruitment of members, and hear reports of activities by Club presidents...and time to get to know each other better, too.

My last note is to urge everyone to review the Call to Northwestern Region Conference in Eugene April 24-27, 2025!

It was sent via email a few days ago. I can hardly believe how much content the region has packed into the program – it is sure to be a conference you want to put on your calendar now. Begin talking & planning with fellow Club members to experience this event together!

Hope to see you there, and to learn more about how I can assist clubs in staying healthy and strong to help empower women and girls, locally and globally.



*District 3 Director Sue Thornton*  
*District 3 Secretary Nancy Boettcher*

# DISTRICT 4

By the time this newsletter reaches you, hopefully the cold weather and snow will be abating in Montana, and we will be looking forward to spring. And with that comes our upcoming Area Meeting!

This year, we will be gathering in Helena on March 22 where we look forward to more than just the usual governor's report, district director's report, and president reports. We are excited to announce a workshop on the importance of branding, designed to help us better communicate who we are and what we do as Soroptimists, not just in our own communities here in Montana but across the world.

We will also discuss the prospects of chartering a new club in Bozeman hopefully this year, if not in the next fiscal year. To make this happen, we need your help! We are asking all Montana members to reach out to me, District Director Diane if you have any contacts in the Bozeman area. Our goal is to host an informal, informative meeting to introduce Soroptimist, build connections, and gauge interest in forming a club there soon.

I know that come March, International Women's Day (IWD) on March 8th is an opportunity to get some of our fundraising and program projects off the ground. Did you know IWD has been celebrated by advocates of women's equality since 1911? At Soroptimist, we are all about collective impact so if you would like to learn more about how you and your club can join the IWD global community hit this link:

<https://www.internationalwomensday.com/Register>



You can register as a club or individual and will learn about themes, activities, and resources that you might find helpful in bringing awareness of our shared value of achieving full gender parity for ourselves, our daughters, and granddaughters.

There is no greater investment than empowering the next generation of women to realize their full potential. One way Soroptimist does this is through our Dream It, Be It program, which provides girls with the tools they need to achieve their career goals. We are excited to announce that Dream It, Be It will be returning to the Flathead area this April. The Helena Club will be hosting their program in March. We look forward to hearing about those experiences at our Area Meeting and again at the Region Conference in Eugene this April where clubs and members can network around this and other key programs.

Until then, stay safe out there – watch out for the lingering ice!



***District 4 Director Diane Varus  
District 4 Secretary Bonnie Baker***





## *Did you know?*

There are five Soroptimist Federations under the umbrella of Soroptimist International:

- Soroptimist International African Federation
- Soroptimist International of the Americas
- Soroptimist International of Europe
- Soroptimist International of Great Britain & Ireland
- Soroptimist International of South East Asia Pacific



# Chapter Two

COMMITTEES

IMPACT:

UPLIFTER

CLUB GRANT

LIVE YOUR DREAM

DREAM IT, BE IT

ENGAGEMENT

BRAND RECOGNITION

NOMINATING

IMAGINE LIVE WITHOUT VIOLENCE



# IMPACT



#SoroptimistUpliftHER

## And Big Goal Accelerator Project UPDATE

The UpliftHER initiative has been giving clubs a boost to get towards the BIG GOAL. Thank you to the clubs that have participated by either sharing SIA's social media posts, or holding your own project and posting about it, while incorporating the hashtag **#SoroptimistUpliftHER**, **and submitting the project as a Big Goal Accelerator Project.**

There are two months left, March and May for you to participate. The March initiative will be *Single Mothers* and May will be *Period Poverty*.

The suggested projects for *Single Mothers* include providing financial assistance for childcare for single moms enrolled in an education program. Unfortunately, quality childcare can be extremely expensive. Consider offering support for a single mom who wasn't selected to receive your Live Your Dream Award, but who you know would benefit from this support. Alternatively, if you live in an area where childcare options are free or low cost, you could provide a grant for another purpose for single moms. Perhaps an education award or scholarship or paying exam fees on her behalf. And be sure to complete a Big Goal Accelerator Report if you do participate along with sharing about your project with hashtag **#SoroptimistUpliftHER**.

If your club already has a project that is related to one of these obstacles but is not focused on access to education or economic empowerment, you are welcome to share about it during the appropriate month and quarter using the **#SoroptimistUpliftHER** hashtag but just don't report it as a Big Goal Accelerator Project.

If you'd like more suggestions on what are other ideas for the two quarters, or if you have questions about an existing project and whether it fits the criteria to be a Big Goal Accelerator project please reach out to me or email headquarters at [program@soroptimist.org](mailto:program@soroptimist.org).



## Soroptimist Club Grant Information

*Soroptimist Club Grant Applications* are available for your club. They are due March 1st for club projects to be delivered in the 25/26 club year.

Projects are eligible if they:

	<b>EITHER</b>	
Support the Dream Programs ( <i>Live Your Dream Awards</i> or <i>Dream It, Be It</i> )	or	Support Big Goal Accelerator Projects  (support access to education with the goal of economic empowerment and focus on our target population of women and girls who face obstacles such as poverty, violence, or teen pregnancy)
	<b>AND</b>	

Are a fully managed Soroptimist project (partnerships are permitted but must be delivered primarily as a Soroptimist project).

To apply you may click [Applications due](https://soroptimist.jotform.com/form/211195186750053) for the form or copy  
<https://soroptimist.jotform.com/form/211195186750053>

Resources for your club as you fill out the application can be found in [all languages on this page](https://www.soroptimist.org/for-clubs-and-members/program-resources/soroptimist-club-grants-for-women-and-girls.html) or <https://www.soroptimist.org/for-clubs-and-members/program-resources/soroptimist-club-grants-for-women-and-girls.html>.

APPLY for your club today! PLEASE reach out with any questions!

Submitted By Marilee Paddock  
Chair Impact

# LIVE YOUR DREAM

Hello and Happy New Year to all!

All clubs in our region, please give yourselves a huge round of applause for your Live Your Dream campaign results. Not only did we have 100% club participation AGAIN, we blew away our goal of 199 awards (which was a 10% increase over last year) and gave away a total of 214 awards this year! That represents a whopping 18% increase year over year.

I'd like to give a shout out to just a few of our biggest contributors that got us to that goal:

SI Whitefish, MT: 20 awards

SI McMinnville, OR: 11 awards

SI Coeur d'Alene, ID: 10 awards

This secures our ability to give out all the SIA-funded awards in our region. Six at the \$3,000 level and one for \$5,000. This is in addition to 10 awards funded by our Northwestern region at the \$1,500 level. The region judging is currently in progress, and I will be in touch with all winning club chairs in early March to invite your applicants to attend the region conference luncheon on Saturday, April 26th. I hope to meet many of you there to celebrate our region's performance, and I can't wait to hear from some of these amazing, inspiring winners at the luncheon.

Congratulations to all clubs for their commitment to this signature program and changing the lives of so many deserving women in our communities. Thank you all!



Submitted By Sheri Kroeter  
Chair Live Your Dream Award

# DREAM IT, BE IT

## “Be the Person You Needed When You Were Younger”

I attended my neighbor’s funeral this week. We live in a small, tight-knit community and we knew when we moved in that our neighbors were “those people” – super engaged in their community and known by all. They operated the family’s funeral home business for 39 years (just imagine the lives they’ve touched), the husband was a past fire chief (a position he passed to his son-in-law), and their adult children work ski patrol in the winter. It wasn’t until Peg passed, however, that I realized HER indelible impact on our small community – she was instrumental in starting our annual 4th of July “Pignic” roast, the annual Christmas stroll, and our first food bank, in addition to countless years volunteering at our annual community celebration – the Creamery Picnic. In 1980, the local newspaper ran an article on her, which started with the quote: “This woman has made her corner of the world brighter by lighting not one, but many ‘little candles.’”

Dream It Be It is our opportunity to light “many little candles” in our communities. Whether conducting one workshop on a weekend, or a series of workshops, DiBi allows us to reach young women at a very impressionable age – the age when they start to lose interest in math and science (15); the age when girls start experiencing cyberbullying and may begin to self-harm (10-14); the age when girls are twice as likely as boys to become depressed (13). This is also the age they start thinking about their future, considering who they want to be as an adult, and making decisions that will put them on their future path.



Turn the page...



DiBi isn't just another SIA program. It isn't just another metric for us to hit each club year. It isn't just "one more thing" we have to think about and do. It's our opportunity to be the person that many of us needed when we were young. It's our opportunity to light many little candles. And the added bonus – we don't have to recreate the wheel or do it by ourselves. SIA gives us the tools and we get to work with our Soroptimist friends!

Please join us at Valley River Inn in Eugene, OR April 24- 27, 2025. Your NWR DiBi Committee will be presenting a special workshop to support our clubs in successfully completing their DiBi program. Come to learn, share, and have some fun!



Submitted By Chris Kelly  
Chair Dream It, Be It

Chris Kelly, Chair Dream It, Be It: [dibichair@soroptimistnwr.org](mailto:dibichair@soroptimistnwr.org)

D1 Representative Leslie Aungst: [d1dibi@soroptimistnwr.org](mailto:d1dibi@soroptimistnwr.org)

D2 Representative Open: [d2dibi@soroptimistnwr.org](mailto:d2dibi@soroptimistnwr.org)

D3 Representative Angie Comstock: [d3dibi@soroptimistnwr.org](mailto:d3dibi@soroptimistnwr.org)

D4 Representative Sandra Amsden: [d4dibi@soroptimistnwr.org](mailto:d4dibi@soroptimistnwr.org)



# ENGAGEMENT

Are we, as members, exhibiting *Gracious Space*...a reminder

At District Meetings we learned that Gracious Space is a spirit and setting where we invite differences and learn in public. It was very well received, and I am happy to see we will have part 2 at Region Conference.

For our new members, or those who were not able to attend the district meeting in October, Gracious Space was customized by The Ritz Bits specifically for our needs. In case you didn't know, The Ritz Bits are the region's "rules committee" and are made up of past region governors.

Gracious Space creates a foundation for building a space of belonging for a diverse group of people to engage in deep listening and shared learning in a time of complexity and change. Think of Gracious Space as a "container" that holds a club or a team with diverse ideas, perspectives, experiences, and people. This club/team is connected to you as a member, and your role within the space is to be inclusive and proactive and to use tools and methods to create better outcomes for your and others' member ' experiences: engagement, learning, innovation, decision making and retention.

There are four elements of creating Gracious Space: Spirit, Setting, Inviting Differences and Learning in Public. Ask yourself if you embrace the following:

- **Spirit:**
  - How do you show up? Gracious Space has many elements that we embody, such as welcoming, compassion, curiosity and humor.

Turn the page...



- **Setting:**

- What makes a welcoming space?
  - There is physical space. For example: what does the room look like? Is there natural light, etc.
- What makes you feel comfortable in a group setting?
  - The approach equals the goal. Ask yourself what the setting conveys to the group.

- **Invite Difference:**

- Seek and be open to the “other” because we can’t know everything, and people are different. And it’s good to remember that we are each the “other” to someone else.

- **Learn in Public:**

- Be open to possibilities. Creating a space that encourages learning and growth is critical.
- Listening more, judging less.
- Ask questions.
- Be open to possibilities.
- Create a space that encourages
- Take risks
- Admit and learn from mistakes.
- Share learning.
- Receive and give feedback.
- Apologize and repair.
- Be (a bit) vulnerable.
- Don’t be so hard on yourself.
- Choose to be open-minded and welcome diverse opinions.
- This behavior grows within us and can be nurtured through practice.



And the answer is?

While we exhibit some of these elements, we can do better. Let's all work to increase our awareness of what we say, react to and how we interact with each other.

Remember, even when a disparaging comment is whispered, or eyes rolled, others hear it and see it and how disappointing it is to witness, and that truly is not who we are, or who we want to be.



Submitted By Governor Wendy

Stephanie Smith, Chair Engagement: [stephaniesmith1315@gmail.com](mailto:stephaniesmith1315@gmail.com)

D1 Representative Sandy Lawrence: [d1membership@soroptimistnwr.org](mailto:d1membership@soroptimistnwr.org)

D2 Representative Marti Crook: [marti@dr-hvac.com](mailto:marti@dr-hvac.com)

D3 Representative Susan Guthrie: [d3membership@soroptimistnwr.org](mailto:d3membership@soroptimistnwr.org)

D4 Representative Heidi Gordon: [d4membership@soroptimistnwr.org](mailto:d4membership@soroptimistnwr.org)

# BRAND RECOGNITION

Hello, Northwestern Region Soroptimists!

The news for this book is the new SIA Photo Contest. Feel free to contact us if you have questions at [pubaware@soroptimistnwr.org](mailto:pubaware@soroptimistnwr.org). Our team is looking forward to seeing you at our region conference!

## SIA's Photo Contest Submissions are Open!

**February 3 – April 30**

We are excited to announce that our photo contest is underway! This is a great opportunity to showcase the impact your clubs and members have in their communities. **Share the best photos that highlight our mission, programs and your incredible work to empower women and girls!**



### Overview of the Rules:

- You must have media consent from every individual in your photo.
- Submissions are on behalf of clubs, not individual members.
- Unlimited entries are allowed.
- Show us Soroptimists in action!
- Submit high-quality photos.

Read the official contest rules, information on prizes, and more by clicking [HERE](#)!

## What Makes a Good Photo?

We're looking for high-quality photos that effectively capture the impact of Soroptimist's programs. Here are some tips to help your submissions stand out:

- **High Resolution:** Please submit clear, high-resolution images. These will be used for print and online publications, so quality is key! Tip: High-resolution images are typically larger than 2 MB and the best quality images are 300 DPI (dots per inch). Check the properties of your image file.
- **Good Lighting:** Ensure your subjects are well-lit—natural lighting works best. Avoid overly dark or bright photos that hide important details.
- **Capture Positive Moments in Action:** Show the impact of Soroptimist's work with dynamic photos that highlight real moments of empowerment and joy. Focus on the women and girls we serve, not just club members, and capture how our programs make a difference.
- **Diversity:** We encourage you to feature the diverse women and girls we serve in your photos.



Submitted By Karen Marshall  
Chair Brand Recognition



# NOMINATING

Greetings Northwestern Region Members!

The nominating committee was busy during the October District Meetings, encouraging members to step up to serve on the Nominating Committee. As of the deadline to submit nominations, we only have one from District 2. District 1, 3, and 4 did not receive any nominations.

**Any member in good standing** can serve on the committee and I encourage you to think about serving. There is not a lot of time involved. You do need to present the committee's report at District Meetings, but this report is developed for you; easy, peasy!

Nominations can be made from the floor at Region Conference. You must have a candidate's resume available to hand out for all voting delegates in your respective district. If you are interested, I can send you the template for the Candidate's resume.

Send me a note at [kathyk2014@gmail.com](mailto:kathyk2014@gmail.com) or call/text to 541-892-7105. Come join the team that will encourage members to seek Region and District offices for the next biennium!



Submitted By Kathy King  
Chair Nominating Committee



# IMAGINE LIFE WITHOUT VIOLENCE

One of my first meetings as a Soroptimist included a presentation by a woman who was a survivor of domestic violence and shared her story. I will never forget the picture painted by her words ..." after he had beaten me and thrown me across the room by my hair, I felt my scalp slide down towards my eyes. My scalp had become loosened from my skull."

Imagine if we never had to hear this story. Imagine if there was a way we could contribute to prevent this from happening again. Imagine if there was life without violence.

Now let's stop imagining and start doing. You **know** there are ways that your club alone or in partnership can create or contribute to a project that addresses this important crisis.

We have LOTS of grant money to provide. Just make a call, we'll walk you through the process, fill out and submit your grant application before the deadline of November 15, 2025...easy. **This money should not be sitting in a bank account...it should be used to help women survivors so we can actually Imagine a Life Without Violence.** Feel free to reach out to me or committee representatives Sharron King (District 1), or Victoria Gabaldon (District 4) for assistance.

Applications are available on the NWR website, or I can send one. In closing, I will now overwhelm you with resources to explore. Looking forward to seeing you at the next meeting or talking you through your project.

Turn the page...



Washington State Coalition Against Domestic Violence (WSCADV)

<https://wscadv.org/>

Washington Domestic Violence Programs – Washington State Coalition ...

<https://wscadv.org/washington-domestic-violence-programs/>

DAWN - Domestic Abuse Women's Network | (425) 656-7867

<https://dawnrising.org/>

A Complete Guide to Domestic Violence Support Groups in Washington

<https://torronelaw.com/domestic-violence-support-groups/>

Get Help Now – Washington State Coalition Against Domestic Violence ...

<https://wscadv.org/get-help-now/>

Idaho Council on Domestic Violence & Victim Assistance

<https://icdv.idaho.gov>

Free Help and Support for People in Abusive Relationships

<https://oregonlawhelp.org/topics/safety/free-help-and-support-people-abusive-relationships>

Oregon Department of Human Services : Domestic Violence Services ...

<https://www.oregon.gov/dhs/abuse/domestic/pages/dvorganizations.aspx>

Oregon Victim Services Resource Directory

<https://www.oregon.gov/doc/Documents/victim-services-directory.pdf>

Office of Victim Services – Montana Department of Justice

<https://www.dojmt.gov/victim-services/>



Montana Domestic Violence Help, Programs and Statistics

<https://www.domesticshelters.org/help/mt>

Haven Home — Haven

<https://havenmt.org/haven-homepage>

Montana Coalition Against Domestic and Sexual Violence

<https://www.dojmt.gov/ovs-advocates/montana-coalition-against-domestic-and-sexual-violence/>

AWAIC - Abused Women's Aid in Crisis, Anchorage, Alaska

<https://awaic.org/>

Domestic Violence Resources & Information - Alaska Womens Network

<http://alaskawomensnetwork.org/domestic-violence-resources-information/>

Domestic Violence Help and Resources | Alaska Womens Network

<http://alaskawomensnetwork.org/domestic-violence-help-and-resources/>

Domestic Violence & Sexual Assault Shelter - Alaska Family Services

<https://akafs.org/programs/dvsa-services/>

Alaska Domestic Violence Help, Programs and Statistics

<https://www.domesticshelters.org/help/ak.alaska>

Submitted By Donna Ronca

Chair ILWV Committee

Donna Ronca, Chair ILWV: [ILWVchair@soroptimistnwr.org](mailto:ILWVchair@soroptimistnwr.org)

D1 Representative Sharron King: [D1ILWV@soroptimistnwr.org](mailto:D1ILWV@soroptimistnwr.org)

D2 Representative Open: [D2ILWV@soroptimistnwr.org](mailto:D2ILWV@soroptimistnwr.org)

D3 Representative Open: [D3ILWV@soroptimistnwr.org](mailto:D3ILWV@soroptimistnwr.org)

D4 Representative Victoria Gabaldon: [D4ILWV@soroptimistnwr.org](mailto:D4ILWV@soroptimistnwr.org)

# Did you know?

Founders Pennies are donations made by Soroptimist clubs to support global programs. The donations are made to celebrate the organization's founding.

The donation is calculated by multiplying \$0.06 by the number of years since the organization's founding.



# *Chapter Three*

TALES FROM THE TREASURER



# Tales from the Treasurer

Greetings fellow Treasurers!

I have announced on several occasions that my mailing address has changed. I sent emails out to all the club Treasurers and Presidents, notified you in the quarterly newsbook, and posted it in Teams. If you are mailing things to the old mailing address you will get it returned. All the forms have been updated for a long time so if you have an old form, you should get the new one. It is in Teams. The address is:

Becky McGinty  
NWR Treasurer  
503 S Houk Rd  
Spokane Valley WA 99216

I have received a lot of inquiries about donation letters that were due out to your donors if they donated \$250 or more. If you need further information, please search for IRS Publication 1771. It spells it out clearly. It does not have to be a one-time donation of \$250, it could be several donations that they made over the course of the year that totaled \$250 or more. Any donations over \$5,000.00 must be reported on your Tax Return to the IRS. I know I talked about this in the last eBook, but I can see it is important to repeat.

The Northwestern Region Conference is just around the corner. Governor Wendy has asked me to do a Treasurer Workshop. I would like some feedback as to what you would like me to include in the workshop. I have some things slated, but I want the workshop to contain the things you want to know most about. I will leave plenty of time for questions.

Please email me at:

[treasurer@soroptimistnwr.org](mailto:treasurer@soroptimistnwr.org) if you have things you would like me to include in the workshop.





I also understand that several folks have not been able to get on Teams. You need to reach out to [support@soroptimistnwr.org](mailto:support@soroptimistnwr.org) if you are not on Teams. It is important that you get connected. I can tell from the questions I am getting that you are missing a lot of information that is only in Teams. Please try again!

Thank you again for using ZEFFY for your new member registrations! Remember, as of July 1, 2025, all dues payments and new member registrations should be made through Zeffy.

I cannot wait to see you all at the Region Conference. Please come up and introduce yourself to me! There will be plenty of time to ask me questions at either the workshop or just as I am walking around the conference. The planning team has been working on this conference. I think it will be one of the best yet. I know it is filled with learning opportunities and a TON of fun stuff!



*Region Treasurer Becky McGinty*





*Did you know?*

Soroptimist International of the Americas  
Northwestern Region

Check out the website for a plethora of information!

<https://www.soroptimistnwr.org/>

# Chapter Four

CLUB STORIES

DISTRICT 2 CLUBS

SI EVERETT

SI MARYSVILLE

SI LAKE OSWEGO, WEST LINN

SI PORT ANGELES



## District 2 Clubs! Read their stories!

**SI Ashland** has two focus areas this year: growing membership and increasing public awareness of their club. They are putting into place new practices such as delivering donation checks in person (wearing Soroptimist logo items) as well as wearing Soroptimist-themed costumes in local parades. Members are being asked to wear their Soroptimist T-shirts while they are out and about one day a month. They are also documenting their events and posting them on social media. So far, they have 4 new members and word is getting out! Go Ashland!

**SI Brookings** is having an International Women's Day 5k race this month! We can't wait to hear how it affected the community, the turnout, where the proceeds will go and if it brought any new members to the club! Brookings is also working on getting their "Soroptimist Aiding Kids" project to fit into a Big Goal Accelerator Program.

**SI Chehalem Valley** was hit with a challenge for their "Soups On" fundraiser. When they learned the location had double booked, they had to search for a new location, the one found was much bigger! No worries. These amazing ladies embraced the new space with creativity and determination. They made more money than ever before! And, they had a new way to get the message out. A large AV retailer donated space on their electronic reader board. Congrats to the amazing SI Chehalem for taking advantage of an amazing new opportunity and increasing the fundraising potential.

**SI Clark County** is embracing change! They have worked hard to have one of their service projects reworked to be accepted as a Big Goal Accelerator Project! SI Clark County is also embracing the new UpliftHer program. They have adopted the March focus of "Period Poverty" as the service program for their Area Meeting. They are so excited about this project they are planning on continuing through the remainder of the year. Not only are they planning a continuation, but their passion for it runs so deep they are going to tweak it to meet a Big Goal Accelerator Project!

**SI Eugene** is embracing the Live Your Dream Award and celebrating the fact the club has surpassed the number of awards given than in previous years. A total of 6 awards were given, with the winning recipient receiving \$5,000 and moving on to the Region level.

**SI Gold Beach** is embracing the tech world. They are using the Soroptimist building they own to teach senior women computer skills. They have partnered with Beacon Broadband and Coos-Curry Electric to create an 8-week program where high school seniors are partnered with and teach the senior women. Intergenerational bonding occurs, and it is a wonderful thing to watch. The programs are 8 weeks, 1.5 hours each week and ends with a fun graduation! The question is: will this project be adaptable to being counted as a Big Goal Accelerator Project? Let's hope so!

**SI Hood River** is all about growing their membership! Just this spring, they held a recruitment event at a local winery and gained 3 new members. We can't wait to hear what they have planned next.



Turn the page...



**SI Junction City** just celebrated 55 years of service to their community and are looking forward to the next 55! That is an amazing milestone. They are celebrating by focusing their energies on retaining their current roster, while also adding new members. At 55 years, they have proven their commitment not just to our mission, but also to the community. As one of our larger clubs, they are busy with both Dream programs; Human Trafficking; a Children's Book Give Away; Bunches of Lunches; compiling personal care products for young women at the high schools, local aid, and churches; International Goodwill; Ophelia's Place; and Special Requests.



**SI Lake Oswego-West Linn** has taken the steps to educate their community about human trafficking. They recently held an event at the Lake Oswego Arts Center with an amazing panel of highly respected speakers and educators with experience in all sectors of the Human Trafficking world. The event was emceed by Dr. Susan Inman of SI Junction City club. The panel also included Rosie Garbe, Scarlet Road, Executive Director. Scarlet Road has also been a recipient of SI Lake Oswego-West Linn's hard work. Several attendees noted they had no idea the problem is so widespread and can be found in every city and town! Many thanks to the club for bringing it to light and helping to educate a community.



**SI Medford** is on the fundraising bandwagon! They have or are participating in a variety of fun events, starting with selling shrimp dinners for Valentine's Day, and raffling off a case of amazing wines from local wineries. They have also partnered with Goodwill and their donation truck, splitting profits 50/50. What a great way to get the Soroptimist name out there...tagging it with Goodwill. They will also be hosting the area meeting for the JoJacks and in May they have their annual garden tour.

**Turn the page...**



**SI Mount Adams** is blazing a trail for Brand Recognition. They are getting their name out there in the most unique way. In the middle of their town is a “triangle” garden. Everyone passes this garden, whether they are on their way to the schools, or running errands. Everyone sees it. One of the fun things they do in maintaining this beautiful garden plot is to decorate the garden throughout the year. They have purchased signs to call out whatever “awareness” month it is. This past October, they recognized Domestic Violence month and in March they will recognize Women’s History month. Twelve months of branding! Very strategic and oh so creative!



**SI Portland** is another club that is embracing the UpliftHer initiative and giving back to their community. They held an amazing business clothing drive with a program on dressing for success. Each attendee left with two or three great outfits. SI Portland also continues to fundraise for their programs and Live Your Dream Award through their annual high tea, giving 6 awards totaling \$11,000. Job well done!



**SI River Valley** has been a Philanthropy machine! They have focused on fundraising, and it shows. This year they were able to increase the amounts of the Live Your Dream Awards given and they added a third award in memory of Judy Taylor, to honor her service to Soroptimist. To add to their year of giving, they were able to give to a variety of other non-profits. That is worth celebrating!

I'd like to thank all the clubs who shared their stories and accomplishments with us! Congratulations on all your remarkable successes! Your stories are inspiring! When you finish reading these stories, take a moment and imagine a world where women uplift one another, creating a ripple effect of inspiration and change.

What a BEAUTIFUL VISION!

Submitted By Jeanne Androvich  
Director District 2



## Soroptimist International of Marysville Salvation Army

SI Marysville has been very busy this past holiday season! Our club volunteered for three 2 hour time slots in Dec to help raise funds for the MarysvilleSalvation Army. Each 2 hour shift we would ring our bells and sing Christmas Carols. We have now been dubbed the Soroptimist Ringers and Singers!

On our last day of volunteering our Girls in Leadership Club joined us in ringing and singing and passed out lots of candy canes to generous donors. These young ladies in partnership with the YMCA and SI Marysville are in a mentoring program to guide and teach them leadership skills. Having them participate in this fundraising event was part of their lesson on community service and these young ladies proved to be fast learners!

Our three evenings of ringing and singing raised \$835.26 for our local Salvation Army.

PS. And yes each of the minors have written permission to be photographed and have their photos used.



~submitted by Renae James



## Soroptimist International of Everett & Soroptimist International of Marysville Joint Project

SI Everett and SI Marysville teamed up this Holiday Season to adopt residents/patients at Everett Transitional Care Services. Together they purchased, wrapped and delivered gifts for 28 individuals that needed some extra cheer for Christmas.

Over the past few years, the need has grown and more and more individuals with long term care needs do not have family or friends to share the holidays with. SI Marysville has been adopting residents at ETCS for the past 5 years but this year the list was bigger than our club could manage. So, we reached out to the SI Everett ladies, and they eagerly jumped in to help! The ETCS team was very appreciative. After the gifts were dropped off for the staff to distribute at a later time the Soroptimist ladies in attendance wandered the halls on both floors singing Christmas Carols to the residents and care givers.

We look forward to partnering with SI Everett on this project again next year!



~submitted by Renae James

## Soroptimist International of Lake Oswego, West Linn

The Soroptimist of Lake Oswego / West Linn celebrated the holidays with a party at the home of incoming Marlene Everding.

The event also became a work party as members stuffed our snazzy new logo bags with gifts such as cozy throws and gift cards destined for our friends at the Clackamas Women's Shelter and Village For One Shelter residents.



Pictured from left: Marlene Everding, Cheri Weaver, Susan Molnar, Peggy Kennedy, Carmen Rusca Melinda Wittman, JoJo Namaddu, Roxanne Waterman, Bev Herbert and Hollis Davis

## Soroptimist International of Lake Oswego, West Linn

SILOWL is especially proud to report that this year we will be awarding three Live Your Dream Awards to deserving women. After reviewing the essays, our panel of judges remarked that the applicants were especially impressive, and noted remarkably, all three are in trade schools. We are also happy to learn that one of the judges was so wowed by the caliber of applicants and their stories that she is underwriting a \$2500 award herself. A first for our club! The award checks will be presented on March 1 with awardees, their families, judges, guests and prospective club members present.

SILOWL is joining the decluttering bandwagon by partnering with Value Village in Tigard in a fundraiser that is as simple as collecting items and dropping them off at a predetermined time. We will be gathering unwanted clothing, household items, books and more and receiving a healthy check (hopefully) to fund our community projects.

Portrait of success: Club member Roxanne Waterman, owner and founder of Waterman Wealth Strategies in West Linn was one of twenty-two women recognized in the Women of Business Magazine a publication by the Active Media Publishing Group. She was recognized for her decades of hard work in the community. Go Roxanne!

~submitted by Carmen Rusca





# Soroptimist International of Port Angeles Jet Set

## Human Trafficking Prevention

SI of Port Angeles Jet Set has been involved with the installation of Human Trafficking Prevention signage in Clallam County buildings. Attached are two articles from our local paper.

The Peninsula Daily News, regarding the signage and a program at Studium Generale, a weekly presentation at Peninsula College.

Peninsula Daily News - 01/24/2025

Page : A01

## County to install anti-human trafficking signs

Plans to challenge other jurisdictions to follow suit

BY EMMA MAPLE  
*Peninsula Daily News*

PORT ANGELES — Clallam County will be installing human trafficking prevention signs in an effort to make an impact on the issue.

The poster-sized signs will include nine different languages and be placed inside the county's 79 bathroom stalls, according to a county commissioners' agenda item. The signs also address forced labor.

The languages were chosen because there is reason to believe they align with individuals who are most at risk of being trafficked, county Prosecuting Attorney Mark Nichols told the commissioners

during the Jan. 13 work session.

The signs were co-developed by three anti-trafficking organizations and have been used by other governmental organizations, Nichols said.

"They cherry picked those foreign language translations that they thought would be best to include based on upon the data," he added.

Washington state is a hotbed for the recruiting, transportation and sale of people for labor, according to the state Office of the Attorney General (OAG).

According to the National Human Trafficking Hotline, 367 people were involved in human trafficking in Washington

state in 2023.

Some of the factors that contribute include the state's international border with Canada, abundance of ports, vast rural areas and dependency on agricultural workers, attorney general's office said.

Clallam County's includes many of those features, indicating human trafficking is likely a problem "probably at an unknown level," Nichols said.

"This would be something the organization can do tangibly to help combat human trafficking, which is a crime that is believed by many to be much more prevalent than we know and understand," he said.

The idea originated after Nichols gave a human trafficking presentation to the Soroptimist

International of Port Angeles Jet Set club in November.

"One of our initiatives is to bring awareness to human trafficking," club member Deb West said.

During the question-and-answer period, former Clallam County auditor and soroptimist member Patty Rosand asked about the possibility of getting anti-trafficking signs installed in the county, specifically near the auditor's office where people apply for marriage licenses.

"For Mark, it was like a light bulb went on," West said.

Soon after, Nichols brought the idea to the commissioners and the process was set in motion.

Nichols said the hope is that the signs will trigger more reports about human trafficking.

See **SIGNS**, Page A3

## Signs: Presentation planned

CONTINUED FROM A1

If even one person takes advantage of this resource, "then the entire campaign would have been worthwhile," Nichols said during a November work session.

The signs will cost the county just less than \$5,000.

In addition, Nichols said he plans to investigate the possibility of installing Braille signs, based on suggestions by Commissioner Mark Ozias, and panic buttons.

He also plans to reach out to other local governments to challenge them to do something similar, in recognition of January's status as National Human Trafficking Prevention Month.

West said the soroptimists would be happy to lend support to that cause as well.

For those who are interested in learning more about human trafficking and how it affects the Peninsula, Nichols will give a free public presentation at 12:35 p.m. Jan. 30 at the

Peninsula College Little Theatre, 1502 E. Lauridsen Blvd. The presentation also can be viewed on Zoom.

Reporter Emma Maple can be reached by email at [emma.maple@peninsuladailynews.com](mailto:emma.maple@peninsuladailynews.com).

Follow the PDN on



FACEBOOK  
*Peninsula Daily News*



TWITTER  
*pendailynews*

# Human trafficking lecture to be featured at Studium Generale

*Peninsula Daily News*

PORT ANGELES — Clallam County Prosecuting Attorney Mark Nichols will present "Awareness and Prevention of Human Trafficking" at 12:35 p.m. Thursday.

The free hybrid lecture series will be in the Little Theater on the college's Port Angeles campus, 1502 E. Lauridsen Blvd.

To join online, visit <https://pencol-edu.zoom.us/j/89075890152>.

Nichols will present an overview, both globally and locally, of human trafficking and its impacts on our lives and our communities.

The presentation is co-sponsored by the Soroptimist International Clubs of Forks, Port Angeles and Sequim in recognition of Human Trafficking Awareness month.

Future presentations in the series include "Fulbright Exchange to India" with Rob DeCou on Feb. 6, "Mangroves: An

Invaluable Ally Against Climate Change" with Alfredo Quarto on Feb. 13, "Undersea Research and Opportunities for Rural College Students" with John R. Teal and Deborah Kelley on Feb. 20, "Cancer Sticks — Corruption of Sacred Tobacco" with Karen Sixkiller on Feb. 27, and an artist lecture by Cory Ench on March 6.

For more information, email Kate Reavey at [kreavey@pencol.edu](mailto:kreavey@pencol.edu) or visit [www.pencol.edu](http://www.pencol.edu).

~submitted by Kathy Estes







*Did you know?*

Soroptimist International of the Americas  
operates in 21 countries and territories across  
North America, Latin America, and the Pacific Rim.

Can you name them?

# Chapter Five

## NEXT STEPS



## UPCOMING STEPS FOR OUR STORY

### March 2025

- 1-31:** Walk for Women Campaign in honor of Women's History Month
- 1:** Soroptimist Club Grants applications due
- 6:** SIA Board Development meeting (virtual)
- 8:** International Women's Day
- 10:** International Women's Day Tea Party (virtual)
- 15:** Live Your Dream Swords region reporting due to headquarters via online reporting form
- 25:** Northwestern Region Conference Early Bird Registration deadline (\$50)

### April 2025

- 9:** Northwestern Region Conference Regular Registration deadline (\$60); Meal deadline
- 10-27:** Northwestern Region Conference Late Registration (\$100)
- 24-27:** Northwestern Region Conference, Eugene

### May 2025

- 1:** Electronic ballot closes at 11:59 p.m. (EDT) for 2025-2026 SIA President-elect election
- 26:** Headquarters office closed (Memorial Day in U.S.)

### June 2025

- 10:** On or about this date, 2025-2026 dues payment information will be sent from SIA Headquarters
- 10-12:** SIA Board of Directors meeting (virtual)
- 19:** Headquarters office closed (Juneteenth holiday in the U.S.)
- 24-25:** Leadership Round Table (virtual)
- 28:** Soroptimist Leadership Fellows Program (virtual)
- 30:** Big Goal Accelerator Project online reporting deadline
- 30:** *Dream It, Be It* online club reporting deadline
- 30:** Club Giving and Founders Pennies contributions due at headquarters for inclusion in 2024-2025 recognition

- The next newsbook will be posted on June 10<sup>th</sup>.
- The due date for those articles is May 15<sup>th</sup>. Email your submissions to [newsletter@soroptimistnwr.org](mailto:newsletter@soroptimistnwr.org)
- The newsbook is downloadable as a PDF.
- It is available in Teams as well as the NWR website.

# *Index*

NWR CONTACTS INFORMATION

WHO TO CONTACT

SOCIAL MEDIA LINKS



# NWR Contacts Information

## Region Officers

**Governor** Wendy Falkenstein: [governor@sroptimistnwr.org](mailto:governor@sroptimistnwr.org)

**Governor-Elect** Chris Christensen: [governorelect@sroptimistnwr.org](mailto:governorelect@sroptimistnwr.org)

**Region Secretary** Catherine Dorn: [secretary@sroptimistnwr.org](mailto:secretary@sroptimistnwr.org)

**Region Treasurer** Becky McGinty: [treasurer@sroptimistnwr.org](mailto:treasurer@sroptimistnwr.org)

## District Teams

**District 1 Director** Sandy Jennings: [d1director@sroptimistnwr.org](mailto:d1director@sroptimistnwr.org)

**District 1 Secretary** Debbie Austin: [d1secretary@sroptimistnwr.org](mailto:d1secretary@sroptimistnwr.org)

**District 2 Director** Jeanne Androvich: [d2director@sroptimistnwr.org](mailto:d2director@sroptimistnwr.org)

**District 2 Secretary** Theresa Hart: [d2secretary@sroptimistnwr.org](mailto:d2secretary@sroptimistnwr.org)

**District 3 Director** Sue Thornton: [d3director@sroptimistnwr.org](mailto:d3director@sroptimistnwr.org)

**District 3 Secretary** Nancy Boettcher: [d3secretary@sroptimistnwr.org](mailto:d3secretary@sroptimistnwr.org)

**District 4 Director** Diane Yarus: [d4director@sroptimistnwr.org](mailto:d4director@sroptimistnwr.org)

**District 4 Secretary** Bonnie Baker: [d4secretary@sroptimistnwr.org](mailto:d4secretary@sroptimistnwr.org)

## Who To Contact

Woman Newsletter Submissions

[Newsletter@soroptimistnwr.org](mailto:Newsletter@soroptimistnwr.org)

Teams Help

[Systems@soroptimistnwr.org](mailto:Systems@soroptimistnwr.org)

Social Media Postings

[pubaware@soroptimistnwr.org](mailto:pubaware@soroptimistnwr.org)

Brand Guideline Questions

[pubaware@soroptimistnwr.org](mailto:pubaware@soroptimistnwr.org)

Live Your Dream Award Chair

[lydachair@soroptimistnwr.org](mailto:lydachair@soroptimistnwr.org)

Dream It Be It Chair

[dibichair@soroptimistnwr.org](mailto:dibichair@soroptimistnwr.org)

Imagine Live Without Violence Chair

[ILWVchair@soroptimistnwr.org](mailto:ILWVchair@soroptimistnwr.org)

Engagement Chair

[stephaniesmith1315@gmail.com](mailto:stephaniesmith1315@gmail.com)

Philanthropy Chair

[fundraisingchair@soroptimistnwr.org](mailto:fundraisingchair@soroptimistnwr.org)

Nominating Chair

[nominating@soroptimistnwr.org](mailto:nominating@soroptimistnwr.org)

Impact Chair

[programchair@soroptimistnwr.org](mailto:programchair@soroptimistnwr.org)

## Social Media



New social media hashtag for your Facebook and Instagram posts: **#StorieswithsoroptimistNWR**



Follow us on Instagram!

[https://www.instagram.com/soroptimist\\_nwr/](https://www.instagram.com/soroptimist_nwr/)



Subscribe to our YouTube Channel: Soroptimist Northwestern Region

[https://www.youtube.com/results?search\\_query=soroptimist+northwestern+region](https://www.youtube.com/results?search_query=soroptimist+northwestern+region)



Thank you for reading this edition of our region newsbook. We hope you found it informational and educational.



We appreciate all of the great stories and events you are sharing...keep them coming! All questions and submissions should be submitted via email to

[newsletter@soroptimistnwr.org](mailto:newsletter@soroptimistnwr.org)



As you close this newsbook, we hope you will take the path to Eugene for our region conference. It will be a journey filled with adventure, forks in the road, rivers to navigate, all leading to a weekend filled with friendship, fun and inspiration!

See you there!

