

Soroptimist International of Moorhead



S O R O P T I M I S T

Best for Women

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Volume 61, Issue 2

January 18, 2011

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Birthdays January, February

<i>Verna Lohse</i>	<i>Jan 2</i>
<i>Chris Schmidtko</i>	<i>Jan 13</i>
<i>Linda Winkler</i>	<i>Jan 14</i>
<i>Diane Wray Williams</i>	<i>Jan 23</i>
<i>Dorothy Agather</i>	<i>Jan 26</i>
<i>Deb White</i>	<i>Jan 26</i>
<i>Mary Ann Hanna</i>	<i>Feb 5</i>
<i>Donna Bredlow</i>	<i>Feb 7</i>

Committee Meetings

Community Service-first Thursdays at Village Inn, 7:30 AM
Executive Committee- Second Tues., Village Inn 7:30 AM

Upcoming Meeting Presenters:

- January – Val Ritland, Metro Youth Partnership
- Feb – Edna Szymanski, MSUM President
- March – Adair Grommesh + our 2 WOA winners
- April – Our Violet Richardson Award winner
- May – ArtSage
- June – Installation Meeting with Fargo

March Issue

PLEASE submit meeting dates, news, and information to be included by March 10th.

President's Message

As we move into the new year, we have so much for which to be grateful and so much to which to look forward! How's that for formal?

Last year, we did so much as a club: inducted six new members; got the Gooseberry Mound Park mural painted and installed \$7000 in new wheel-chair accessible equipment; donated funds to many groups in need; provided scholarships to two women in college with the Women's Opportunity Award and rewarded the work of an up-and-coming young leader with the Violet Richardson Award; collected bath items for homeless women starting over in new homes for CCRI; collected warm things for women and children in the local shelters; provided Christmas presents for the single women at Churches United for the Homeless; served at Dorothy Day Food Pantry and for Pangea—Cultivate Our Cultures; collected pennies and used cell phones worth \$5000 for Rape and Abuse Crisis Center; and raised money through the Herberger's coupon book sales and our stellar spring style show. Think about the hundreds and hundreds of collective volunteer hours we put in and BLOW OUR OWN HORN! Toot!

I joined Soroptimist of Moorhead in 2006 for a variety of reasons: my mom had benefited as a WOA winner in

1972, and so I had heard about Soroptimist early; then she joined and I heard about her activities in SI of Fargo. Then Mary Ann and Bev asked me to join Moorhead; I went to a recruiting event and had so much that I had to join! And what kept me as a member? My first year, the Community Service Club had arranged a great variety of opportunities to serve the needy in our community, and I partook as often as possible. I still remember Diane Wray Williams giving me cute wind-up toy sneakers because I "jumped right into service." That was a clincher, Diane! It also didn't hurt that in 2006, SI Moorhead served as docents for the controversial *Girl Culture* exhibit at the Hjemkomst Center and that March and used the Saturday of Service to serve breakfast to all the women and girls who came to hear Rosalind Wiseman speak on her book *Queen Bees and Wannabes: Helping Your Daughter Survive Cliques, Gossip, Boyfriends, and Other Realities of Adolescence*. Remember? That whole experience taught me the power of collective volunteerism and cemented the value of Soroptimist for me.

Now we look forward to another year of service, socializing, fundraising, and learning. Having at the

Maureen Kelly Jonason

privilege of participating in the Soroptimist Emerging Leaders Program in Philadelphia a few years back and recently attending the federation convention in San Francisco, I can tell you that learning more about how Soroptimist operates at the district, regional, national and international levels is as exciting and inspiring as the local work we do. I encourage everyone to get to know Soroptimist at all levels. We are amazingly fortunate to have the SI convention here on our continent in 2011 to allow more of us to attend. But even if you can't go to Montreal in July, you can certainly attend the North Central Region spring conference when it is so close by—just a few miles north of Virginia, MN this year! Mark you calendar for the April 15-17 road trip. I will again be taking my van and so can take people who don't want to make the drive themselves! I would love to have an impressive turnout from SI Moorhead this year. I especially encourage new members to come along and see firsthand the ripple effect that Soroptimist makes in improving the lives of women and girls throughout the Midwest.

I have a feeling that 2011 is going to be a very good year!
 Toot! Toot!

Myrna

SAVE THE DATE

Altrusa International of Fargo is pleased to announce the date of this year's Friendship Brunch event. They will host the "Girls Just Want to Have Fun" themed event on February 19th at the Holiday Inn. It will take place from 9:30am to 11:30am with a breakfast buffet served.

Service Project
January– Warm
Things-mittens etc.
February-to be
determined



Magda Chalikia

Magdalene Chalikia was born in Corfu, Greece. When she was about 2 ½, she moved with her family to Athens, Greece and finally settled in Glyfada where she grew up.

Her father, Ioannis, worked in farming, bartender/waiter and later started a successful laundry business. His primary customers were restaurants and he not only laundered the linens but provided them. Her mother, Penelope, was a stay at home mom but also worked in the laundry business. She has a twin brother, Alexander, who worked in the laundry business and is now semi – retired and works at a golf club.

Magda, went to public school and was in the band and on the swim team which were city supported. She attended a small liberal arts

college, Deree College, which is now the American College of Greece. She majored in Psychology and earned graduate degrees at McGill University in Montreal, Canada. She has praise for all her teachers and other student she met. In her career Magda taught psychology in Greece. She also worked at McGill and at the University of Wisconsin in Milwaukee as research associate, researching speech and sound perception, before coming to Minnesota State University Moorhead in 1991. She is currently Professor and Chair of the Psychology Dept at MSUM.

Her husband, Verlin Hinsz, is a professor at North Dakota State University in the psychology department. They have been married about a year, but have been together for about 16 years. Magda has no children.

By Pam Lee

Her hobbies are photography, travel and she recently started making jewelry. Her pet peeves are incompetence and rudeness. She loves Latin America literature (e.g. Gabriel Garcia Marquez & Carlos Fuentes) but also Doris Lessing and Margaret Atwood (can't pick **one** favorite book). She also loves movies; a recent favorite is Inception.

She has dual citizenship and loved growing up by the beach in Greece. In Glyfada where she grew up there were mostly boys and so she considers herself a tomboy. She loves to relax when she can and she hopes to find time to do more volunteer work that she enjoys. She joined Soroptimist to meet new people and get involved in more volunteer projects.

We are glad Magda, that you chose our club.

San Francisco Report

I finally have time to review and reflect on my experiences in San Francisco in July at the SI of the Americas federation convention. In spite of the folly of traveling with a broken leg and the humbling experience of using a wheelchair and depending on others for help, I had a highly educational time. I roomed with Christina Hujanen, our current governor-elect. "It's not who-you-know, it's who-ya-nen," is how she helped me remember her name. She took care of the fun part and was very patient with my over-sized scooter blocking the bathroom, my heart monitor going off and scar-

ing her to death, and my sleep-apnea snoring. I was unusually high maintenance that week.

The SIA Biennial Convention is non-stop action. Having missed my morning flight, I missed the delegate briefing and new ARS keypad training for voting. Thank goodness Christina was close by during voting (she propped her feet up on my wheelchair every chance she got J) or I would have missed out. The Friendship Dinner is lots of fun with members in colorful traditional clothes from various cultures. The NCR delegation wore red, white, and

Maureen Kelly Jonason

blue. Some clubs went all out with matching jackets, or kimonos in the case of some Japanese clubs. Bling and glitz abounded that night.

Thursday morning began with the Opening General Session 9am-noon, a meeting of the whole introducing the SIA president, SIA president elect, Executive Director Leigh Wentz, and the SI president 2009-2011 Hanne Jensbo, who is very sweet and charming. With the help of the new handheld electronic voting aid, we went through the by-laws revisions discussion pretty quickly. Everyone had her

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Marti Johnson

New member, Marti Johnson, is a special education teacher at Moorhead Senior High School who has a passion for empowering women and girls. Growing up, her mentor and inspiration was her grandmother: a strong woman who outlived five of her seven children and who highly valued education. Marti's grandmother graduated magna cum laude from college and became (as a widow) the first woman optometrist in the state of North Dakota. She raised her children to strive to be and do the best, and each attended college and became a professional. Marti's role model was community minded and participated in many civic organizations. With this influence in Marti's life, Soroptimist International of Moorhead is the perfect fit.

Marti was born in Beach, moved to Cavalier and eventually to Fargo, ND, where she graduated from Shanley High School in 1972. High school interests and activities included plays and choir. With her HS choir, Marti had the opportunity to travel and perform across the United States. She was a student director of HS plays.

After HS, Marti obtained a bachelor's degree in Early Childhood Family Education from NDSU, then another bachelor's degree in Special Education from MSUM. In 2001, Marti earned her master's degree in Curriculum and Instruction from St. Thomas. Marti started her employment in the Moorhead School District as a para-educator in 1988, then was hired as a special educa-

By Michele Mogen

tion teacher in 1996.

Marti has two married children, Alissa and Jacob, and together with her second husband, Dale, has a total of eight grandchildren. Besides spending time with the grandkids, Marti loves reading, bible studies, exercising and traveling.

Marti joined SI of Moorhead because she so strongly believes in the organizations' mission of bettering lives of women and girls and breaking the cycle of domestic violence. Her goal is to make a difference in women's lives and to "get the word out" about SI.



CoolClips.com

**Membership:
Recruit, Retain,
Have Fun**



Italian-Style Chicken Skillet from Kraft Foods

Myrna Johnson

Prep Time 5 min Total time 25 min Makes 4 servings

Easy and quick, I often serve it with left over rice to save time.

WHAT YOU NEED

4 small boneless skinless chicken breast halves (1 lb) 1 onion, halved, sliced
1 red pepper, cut into thin strips 1/2 cup fat-free reduced-sodium chicken broth
1/4n cup Kraft Tuscan House Italian Dressing and Marinade

MAKE IT

Heat large nonstick skillet sprayed with cooking spray on medium-high heat. Add chicken:cover with lid. Cook 5 to 7 min. on each side or until chicken is cooked through (165 F). Remove chicken from skillet; keep warm.

Add vegetable to skillet. Cook, uncovered, 4 min. or until crisp-tender, stirring occasionally.

Stir in broth and dressing. Return chicken to skillet. Cook 1 min. or until chicken is coated and heated through.. While the chicken is simmering, prepare brown rice to serve with it.

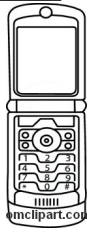
Calories 220 Total fat 9 g, Saturated fat 1.5 g, Cholesterol 70mg, Sodium 250 mg, Carbohydrate 6 g, Dietary fiber 1 g, sugars 3, Protein 26 g,

Carb Choices 1/2, Diet Exchange 1 Veg + 3 meat (L) + 1-1/2 fat



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MARCH SATURDAY OF SERVICE



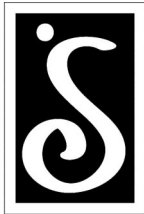
The Moorhead Soroptimist club continues its tradition of collecting cell phones and "pennies for change" for the Rape and Abuse Crisis Center. So all of you (or family or friends) that replaced your cell phone this last year, this is a great program that gets clutter out of your house while helping to ensure the safety of RACC's clients. You may drop the phones off at the Hjemkomst Center anytime, or you may come to our table at the Moorhead Center Mall on March 12 from 10 a.m. to 2 p.m. This is an opportunity to interact with the public and get the word out about our program and still while supporting this critical program of the RACC. So consider volunteering to man the table at either 10 a.m. or noon. Contact Carol Larson to volunteer.

Soroptimist International Moorhead

Newsletter team:

Pam Lee
Michele Mogen
Myrna Johnson-Publisher
Submit articles, recipes, or news to: Myrna Johnson at myrnajohnson@juno.com

We're on the web!
soroptimistncr.org



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SOROPTIMIST

Best for Women

Spring Conference April 15, 16, & 17, 2011-Hosted by SI Virginia at Fortune Bay Resort and Casino

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turn to voice concerns over editing, as most of the changes were simply cleaning up language and making the document more streamlined. There were no policy or program changes, but that idea had to be reiterated constantly as members worried about leaving out this or that word or phrase. The bylaws were simplified down to what bylaws are supposed to contain instead of elaborating on details better described elsewhere. The keynote speaker was Victor Malarek, author of *The Johns: Sex for Sale and the Men who Buy It*. He is a very passionate advocate for women and girls exploited in the worldwide sex trade, and it was refreshing to hear someone focus on the customers, almost entirely men, who keep the trade flourishing.

Then it was off to a great lunch with the Women Opportunity Award winners highlighted. Certainly, no one starves at these conventions. The food was always elegant and plentiful (at \$30-60 I suspect they were also fundraisers! J). From there it was on to afternoon workshops.

I attended "Conducting Effective Meetings" and learned, among other lessons, that in Robert's Rules "Old Business" is now called "Unfinished Business," we shouldn't record the name of the seconder, motions should be no longer than ten words, a motion should be stated four times before voting, and there is no need to vote on adjourning. Good to know! Of course, there are a few rules we don't particularly follow such as rising from the chair to be recognized before speaking and the presider not using "I" while presiding (she is supposed to say "Your chair says . . .") Then it was on to "Fabulous Fundraisers" where we learned about such fun fundraisers as asking 12 prominent men to "walk in her shoes": a 1 1/2 hour cocktail party in which the men wear high heels and solicit donations to

raise \$3000. Expense-saving tips? Cash bar, chicken instead of steak, and use high school or college entertainers. Interestingly, the lifespan of a typical fundraiser is 5-7 years. Other ideas included Spa Day, Yoga Night, a cookbook (*Fast and Easy: The Meals not the Women*), and box lunches for business people. Workshops ended at 5 and the evening was free. I was in bed by 7!

Friday morning, we resumed the meeting-of-the-whole to finish up voting matters and get a video invitation to Montreal in July. Lunch today celebrated the Live Your Dream Award winners. My afternoon workshops were on SI club grants and "Taking Your Club from Good to Great," with Executive Director Leigh Wintz. Friday evening was free for optional tours.

Saturday morning, I wanted to learn more about Soroptimist's international work as an NGO at the United Nations. It was exciting to find out the global role of Soroptimist in improving the lives of the poorest women and girls on earth. I think our work with the UN would make an interesting program. After the Recognition Luncheon was the final general session with keynote speaker Cynthia D'Armour speaking on "Party Your Way to Your Club's Future Success" and details on the new Renaissance Campaign. All in all, it was a jam-packed four days but well worth the trouble!



Style Show April 9, 2011
Please collect items for the purses, and turn in to Mary Ann Hanna

