

# 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 4

May 17, 2011

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### President's Message

Maureen Kelly Jonason



#### Judy Strong in Scotland

Dear Soroptimists,

There is nothing like the passing of someone dear to remind us all of our limited time on this earth to make an impact. Carrying a heavy heart into the NCR conference, I was sincerely touched by how many people there expressed their condolences over our loss. Quite a few email messages from Soroptimists far and near awaited my return. Everyone said the same thing: what a bright light Judy was, what an inspiring leader, what a true Soroptimist, living a life of service to others – she will be greatly missed. The memorial service was just what Judy wanted—and had pre-planned: the big Soroptimist banner on the wall, tasteful yellow and blue flowers, a simple wooden urn, and lots and lots of friends with many

funny stories, all told with respect, admiration, and affection. Those attending appeared to be mostly from the two communities she cared about the most: Soroptimist and MSUM. She left quite a legacy in both communities and no one is likely to forget her soon—that's for sure.

Plans for a fitting way to memorialize Judy are being considered, and by next fall, an ad hoc committee will bring proposals to the group for consideration. In the meantime, I will think of Judy often—whenever I see a cat, a bowling ball, or the Soroptimist logo for that matter—and I will remember that she embodied the very best of Soroptimist – a dedication to improving the lives of women and girls locally and globally. I'll spend some time thinking about more ways to live out the Soroptimist mission and how, really, little time I have to make a difference. I imagine that will inspire me to give a little more time and treasure in the years to come. May it be an inspiration to you as well. Plans are also under way for the coming year—yes, already! If we want the membership book by the September meeting, we need to get the revisions and info and photos to Verna soon. Some SOLT members are

willing and able to help. Verna and I are also working on programs for next year and welcome any and all suggestions. Carol and the Community Service Committee are already setting a schedule of meaningful service in our community. Ways and Means have already set the date for next year's style show and have asked us all to consider collecting (and buying) items all year long to go into the purses. This "chore" is especially fun for people who love to shop and keep their eyes open for bargains: perfume, jewelry, knick-knacks, books, kitchen tools, household tools, garden tools, sewing stuff, kitty stuff, doggy stuff, golf stuff, key chains, slippers, belts, accessories of all kinds, edibles (as long as they don't expire), and purses, purses, purses! And then, closer to the date come the gift certificates that drive the women wild: services for car care, nails, hair, tanning, massages, dry cleaning, chiropractic, dental care, and restaurants and bake shops for food from 1 to 20! It feels like Christmas already!

Whew! Just keep it mind is all I'm saying.

And speaking of planning ahead, why not take a look at your calendar now and consider marking off the third Thursday in

### Birthdays May-August

Michele Mogen	May 9
Ruth Korsmo	May 18
Beverly Wesley	June 7
Mary Schneider	June 12
Monica Douglas	June 14
Susie Nickell	July 9
Ruth Lumb	July 27
Barb Kevorkian	August 12
Margaret Collins	August 22
La Rae McGillivray	August 23
Jean Sando	August 27

### Committee Meetings

Community Service-first Thursdays at Village Inn, 7:30 AM

Executive Committee- Second Tues., Village Inn 7:30 AM

### September Issue

PLEASE submit meeting dates, news, and information to be included by August 30th. Myrna

## Carol Larson

Carol joined Soroptimist International of Moorhead in January 2009 and has been a willing and active member ever since. She currently serves on the board as a director as well as chairing the community service committee. Carol recently attended the 2011 Spring Conference in Virginia, MN to get a broader perspective of the SI organization and was recognized for being a first time attendee.

Carol was born in Moorhead, MN to a family consisting of her father, who was in the military, her mother, who was a nurse, and three older siblings (two brothers and one sister). As is typical of military families, each of her siblings was born in a different place.

After graduating from Moorhead Senior High School (class of '83), Carol earned her undergraduate degree in economics from

what is now Minnesota State University, Moorhead or MSUM. She went on to earn her masters degree from Southern Illinois University Carbondale. Then, out of frustration with the insecure job market of the 80's recession, Carol joined the navy. Although this decision was made with the intention of being a short-term job solution, it became her career. Carol retired from the navy as a commander in January 2004 after twenty-one years. While in the service, Carol earned additional degrees in Telecommunications from the Naval Post Graduate School and in Military History from the Army's Command and General Staff College. She has lived in three different foreign countries and eight different states in the US. Her favorite places to live have been Japan (she loves this culture) and either the state of Washington or northern California.

## By Michele Mogen

This is Carol's fifth year as adjunct faculty at MSUM where she teaches in the economics department. She has purchased a home in Moorhead and also enjoys a cabin on Middle Cormorant Lake. Carol enjoys reading, gardening, Sudoku, occasional quilting, and walking her dog (she also has a cat). Her favorite books are biographies, although she also enjoys some science fiction. In the summertime, Carol joins a Tai Chi group. It was in this activity that Carol met Bev Wesley and Mary Ann Hanna, both of whom encouraged her to join Soroptimist.

Carol says that she likes SI because she believes in the organization's mission and she appreciates the local, regional and international opportunities to make a difference. Her concern is that people forget how far women have come in a relatively short amount of time.



Service Projects  
Funland  
Gooseberry Park  
May 23rd  
9 - 1 PM

## Thirsty Thursday Good Eats

No recipe needs to be difficult or take too much time. If it tastes good, it is wonderful. Pam is sharing her recipe from Thirsty Thursday from March.

The secret of the good taste may be a special spice mix and this is the case.

### Slow Cookers BBQ Pulled Pork Seasoning

Add savory and hearty flavors to your favorite family meals as they gently simmer in the slow cooker.

Prep Time: 10 minutes

Cook Time: 8 hours on LOW  
or 4 hours on HIGH

Makes 10 servings.

#### You Will Need

3 lbs. boneless pork shoulder roast, well-trimmed  
1 pkg. McCormick® Slow Cookers BBQ Pulled Pork Seasoning  
1/2 cup ketchup  
1/2 cup firmly packed brown sugar  
1/3 cup cider vinegar

PLACE pork in slow cooker.

## Pam Lee

MIX Seasoning, ketchup, brown sugar, and vinegar until blended. Pour over pork. Cover.

COOK 8 hours on LOW or 4 hours on HIGH. Remove pork from slow cooker.

SHRED pork, using 2 forks. Return pork to slow cooker; mix and heat with sauce before serving.

**Important:** For best results, do not remove cover during cooking.



## Susie Nickell

Susie Nickell was born in Beloit, Wisconsin to Ray & Marilyn Long. Her father was a vacuum cleaner salesman and her mother was a homemaker and also attended beauty school. Susie is the only person she knows that got a perm at 2 years old, as her Mom practiced on her and her sisters! Susie is the oldest of 6 girls. Her sister Bonnie lives in Atlanta, GA, Julie lives in Vermont, Brenda and Teresa both live in Missouri and Diane lives in Colorado Springs. They do not have the chance to get together very often but they were able to fulfill their parent's dream of going to Las Vegas for a family vacation a few years back. Her parents have retired and now live in Urbana, Missouri.

Susie and her family moved around a lot in her growing up years. They lived in Wisconsin, Kansas, Arizona and Colorado. They settled in Colorado Springs when Susie was 11. She attended Wasson High School. She enjoyed theatre and music in high school and also playing the guitar.

After high school, she attended the University of Southern Colorado for 2 years majoring in Music with a minor in Theatre. As a freshman she sang in a group dominated by seniors. After college she spent 3 years in the Army and then she was accepted into the Air Force and spent 10 years stationed at the Air Force Academy, as a member of the Air Force Academy Band, in Colorado Springs. There were 84 members of the band, and only 6 of which were women. The early 80's were known to have a lot of sexual harassment going on in the military, and Susie and the other women knew of it firsthand. Susie filed sexual harassment charges against her Show Director and her Commander, knowing that if Social Actions believed them over her, she would lose a job she loved. She filed the charges on a Friday and by Monday the AFA Band had a new commander and her Show Director was stationed somewhere else, NOT supervising women! While in the Air Force she fulfilled a lifelong dream of singing at the Grand Old Opry. She appeared there four times.

Susie met her husband Gary when she was 14 years of age when he moved to Colorado

## By Pam Lee

Springs. They remained friends and married 20 years from the date of their high school graduation. Gary is a Professor of Psychology at Minnesota State University. Susie received a teaching degree from MSU Moorhead. She currently is a Realtor with Prudential Premier Real Estate and has been with them for the past 2 1/2 years. Gary and Susie have 2 children, John who is 14 and Annie who is 12. They both attend Horizon Middle School and are active in tennis and theatre.

Susie likes to read, play guitar and sing, and spend time with her family. Her pet peeve is people who do not listen. Her favorite author is JD Robb. Her all time favorite movie is Terms of Endearment. Susie has found that she shares a similar frame of mind with her Soroptimist friends, when it comes to giving back to deserving women in our community. She also stated that she has made many new friends within our organization that will last a lifetime.

We are glad you chose Soroptimist, Susie.



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



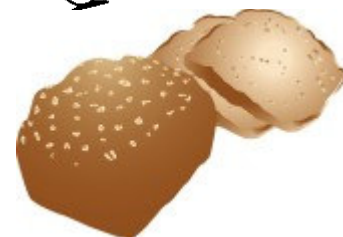
## Almond Cake (Another Thirsty Thursday Good Eats)

**Susie Nickell**

3/4 margarine or butter melted	1 1/2 C. sugar	2 eggs
1 1/2 C. flour	pinch salt	2 tsp. almond extract
		1/2 tsp. vanilla

Mix all together. Line 8 or 10 inch round pan with foil. Pour mixture into pan. Sprinkle 2 tsp. sugar and 2 1/2 oz. package sliced almonds on top. Cut the almonds thru the batter lightly.

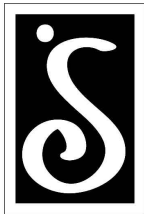
Bake 350 for 35 to 40 minutes.



### Soroptimist International Moorhead

Newsletter team:

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



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Best for Women

### Community Service and Ways and Means

Mark your calendars. May 23 the Horizon Middle School is helping out in the park for their second Community Service Day. SI of Moorhead, River Keepers, CCRI and the Park Department have a full day of activity for them. This year we're responsible for the painting of the maze (another flood, another paint job) including a mural on the east side to welcome families to Funland and cleanup of the flower beds. We need volunteers from 9 a.m. to 1 p.m. Between 9 and noon I need a couple volunteers at both sites to supervise the students, so if you like to gardens we have plants to go in and mulch to spread. If painting is your thing, the maze is the place for you. If you want to help with the accessibility exercise, CCRI will find a place for you.



There are 5 stations:  
Painting the maze (replacement boards and the mural on the east end) I need volunteers for this area. Also the mural is going to be stencils of flowers (daisies, roses, lilies, and dandelions) and bugs

(lady bugs, butterflies and dragonflies) so if any of you have left over exterior paint in just about any color here's an opportunity to get rid of it. Please verify it's still good but feel free to bring it to the May meeting and I will take it off your hands.

President's Message continued from page 1

March, April, and May so that when those other offers come along, you'll be able to say you are already booked. While you are at it, consider starring Sat. October 15 for the fall district workshop down in the Cities. Fargo is hosting and they plan to hold it in Albertville for easy access to us westerners – and of course, what else—shopping at the outlet mall! It's a great, short, and fun way to learn more about the layers of Soroptimist that make involvement even more meaningful.

In the meantime, enjoy the nearly tolerable weather!

### JOINT INSTALLATION JOINT POTLUCK DINNER

June 16, 2011 6:00 to setup the meal at 6:30

Idea One and Cass County Electric (west building)

3312 42nd St S, Fargo, ND

Please bring a dish to share, and the type of dish according to your last name.

A-G Vegetables, salad, or fruit—H-N Hot dish—O-Z Dessert

If you prefer a different type, please switch with someone in your club..

Questions or RSVP to [myrnajohnson@juno.com](mailto:myrnajohnson@juno.com)



Park clean up: The city will have a load of new mulch to go down. I also have some flowers to be planted. We need volunteers for this station. In addition, if anyone has a wheel barrel we can use that would help tremendously for moving the mulch (I can pick up the wheel barrel). I have 3 trowels and 3 watering cans for planting, so we could probably use a couple more.

Accessibility exercise: Diane Wray Williams is working this station with CCRI, I have not had any requests for help at this station.

River keepers will be doing clean up down by the river ?????? Water is still fairly high, so this station may be merging with the mulch work.

The school is doing birthday packages for Dorothy Day, Churches United and YWCA. (Cake mix, frosting, candles, party items)

Come an hour, come all morning. The kids are a lot of fun!!!! Not to mention pizza at noon. Let me know if you can help and where you would like to be stationed. (Rain day is May 25.)

So anyone that can help with the first two stations, I will have a sign up sheet at May's meeting or send me an email. The rotation is going to be every half hour so you don't need to be there the entire morning. Any time you can spare would be great and its a lot of fun.

Carol Larson at [Larsoncll8@aol.com](mailto:Larsoncll8@aol.com).



Maureen Kelly Jonason, Michele Mogen, Carol Larson, and myself learned, shared, and enjoyed a wonderful conference hosted by SI Virginia at Fortune Bay Casino. It was great to see old friends, and make new ones. Maureen, Michele and Carol received their first time attendee's recognition of which there were 40.

Friday night was the opening ceremony that was called to order by Governor Shirley Smith. A welcome was given to Federation Director, Connie Desko. Recognition of the past governors was given, welcome from Virginia Councilor Larry Chafee with response from Governor Elect Christine Hujanen. Reading of greetings by the Region Secretary Carol Woods. Adoption of the agenda and standing rules was done. The 95th Conference minutes were reviewed and a committee for the 96th Conference was appointed. The three District Director's made comments. The Friday night bonfire was cancelled since it had snowed several inches.

Saturday morning brought the President's Breakfast with Governor Shirley Smith, Governor Elect Christine Hujanen, and Federation Visitor Connie Desko. Roll Call of the Delegates and Officers was done and 77 members were present. Governor Shirley gave her report and Region Treasurer reviewed the Treasurer's Report and was filed for au-

dit. SI Moorhead received a certificate for the Focus Reports that were submitted. Federation Director Connie Desko presented the certificates for Soroptimist Celebrating Success and gave here Federation Report. Committee reports were written, and reviewed. Laws and Resolution Chair Ardis Haaland noted that SI Moorhead's by laws were submitted and signed. The by law proposal was voted upon that the dues be prorated twice during the year. Motion carried Historian Charlotte Engstrom's report was given which everyone enjoys. Past Governor's Award Certificate was earned by SI Moorhead. Of the nine applications, no one meet the criteria, so an award was not given. *Change for Change* was collected. Last year's total was over \$700. and \$781.91 was collected this year. SI Moorhead gave \$79 this year. The theme for District I is "Let Me Entertain You" for next year. A video presentation "A Glimpse of Northern Exposure" about the history of the iron range was shown. Sharon Gunderson performed a song about Virginia that was written by Marguerite Grams, our region's oldest member at 100 years. She was present for the conference. SI Moorhead received certificates for participation in Women's Opportunity Award, and Violet Richard, but not for the Ruby Award. Connie Desko, Federation Director pre-

sented "Maximizing You Unique Talents. What is your most important asset? Develop your abilities, think of your personal strengths, what do you do constantly that others don't in your club or not able to do, and what is something you would like to have done. Our mission is to change the world for women and girls. Review "Basic Principles of Leadership on SIA website. A Jeopardy Knowledge Bowl was done. Si Moorhead received the certificate for completing the Public Awareness Report. Fundraising is asking that each club gives 10 percent of their fundraising to the Annual Club Campaign. The Laurel Society was explained. Membership has goals of have a recruitment activity, new member packet, and new member orientation. Help club members if some one is not able to pay. Webmaster Beth Tellekson and here daughter were not able to complete a newsletter. Club's newsletters are to be submitted to them. SI Moorhead was complemented on how the website is used for club materials. The Spirit of Soroptimism for SI Moorhead was awarded to myself with was a wonderful surprise. The Twenty Year Recognition Awards and Laurel Society Inductee was done.

On Sunday along with others, Judy Strong was honored during the Celebration of Life conducted by Mary

**Mark your calendars!**

**Hosted by SI Sioux Falls**

**97th Annual  
North Central Region  
Spring Conference  
May 4-6, 2011**

**Meet others from the region and share our story of  
Best for Women**

