

# Soroptimist International of Moorhead



# S O R O P T I M I S T

Best for Women

Volume 61, Issue 1

October 16, 2010

## Inside this issue:

District 1 Fall Workshop	1
Donation	1
New Member Profiles	
Margaret Collins	2
Amy Linstaedt	2
Deb Tack	3
Recipe	3
Inspiration	4

## Birthdays September, October, an November

Carol Larson	Sept 19
Barb Mathees	Sept 26
Myrna Johnson	Sept 29
Psm Lee	Dec. 4

## Committee Meetings

Community Service-first Thrus at Village Inn, 7:30

Executive Committee-

Second Tues., Village Inn 7:30

*Publisher's note: This is the first time I have used Publisher. It has been fun learning. I am not sure of some of the processes, but I am trying as many things as I may. I haven't figured out the pictures yet so I'm afraid Mary Ann is a little fuzzy.*

**PLEASE** submit meeting dates, news, and information to be included by November 25.

Thank you to Judy Strong for loaning us her copy to be able to continue such a fine newsletter that she has done for so many years.

Myrna

## District 1 Fall Workshop

This was one of the largest Fall Workshops attendance for many years. If you did not attend you really missed something. It was great to learn about new activities, revisit the old, and to blow our horn about some of ours. Maureen Kelly Jonason, Michele Mogen, Margaret Collins, and myself appreciate the club's support in sending us to the event.

SI Algona hosted the workshop at the Holiday Inn in Burnsville. Governor Elect Christina Huanen represented District 1 Director Renee Tomatz since she is recovering from an operation. Governor Shirley Smith presented information about the region, SIA, and the International.

Recruit, retain, and have fun is really the essence of membership. The region

now has two clubs that are at 15 or less. The district has 328 members which is above the crucial number to retain our Region status. The Region needs to maintain either 300 active members or 20 clubs.

Awards were given for Founder's Pennies which Moorhead received. Fargo received the Club Award.

The Club Campaign has been changed so that donations of \$100 or more are recognized. Clubs are encouraged to donate 10% to Federation, 10% to SIA, and 5% to Region, leaving the clubs with 75% to use for the service projects. The Dec. 10th Appeal has not been decided yet, so the collection may be done at a later time.

The clubs shared

activities that they have done. Many liked our hands on activities as Funland, Dorothy Day House, and Habitat for Humanity. Chic Flick that the Virginia Club does twice a year is being done by other clubs now.

Keep April 2011 available to attend the Spring Conference hosted by SI Virginia club at Fortune Bay Casino and Resort. Plan for a bonfire on Friday night.

Our new member Margaret Collins exclaimed that going to the workshop helped her to understand more about being a Soroptimist more than all the reading she had done.

Moorhead will be hosting the Fall Workshop event in 2014.

## \$500 Presented to Grommesh Family Through Extreme Makeover

SI Moorhead presented to Bill and Adair Grommesh a donation to support their family that started Hope, Inc. which helps to inspire and promote independence for children and young adults with disabilities. Adair started Hope, Inc. and has completed one of her goals to build a baseball field that accommodates youth with disabilities. It is called the Miracle Field. Because of their unselfish work in the community, their family was selected to receive a home built through Extreme Makeover that would accommodate the wheelchair their son uses because of spina bifida. Heritage Homes was lead contractor.



### Presentation of the check.

Left to right: Tyrone Leslie, Maureen Kelly Jonason,, Daryl Braham. Leslie and Braham are owners of Heritage Homes.



**Christmas Party**  
**December 2**  
**Avalon, Fargo**  
**RSVP**  
**myrnajohnson**  
**@juno.com**



© wondercliparts.com

## Margaret Collins

Margaret was born and raised in Bemidji, MN. Her father, who has passed away, was a mechanic and her mother a very busy house wife with seven children. Margaret is the middle child. While in high school, she was on the swim team. After graduating at age 17, Margaret flew to Seattle, WA and worked for Pacific NW Bell for a year before returning to Minnesota.

Margaret has been married for twenty three years to her husband Jeff, who is a truck driver. They have three children. Her son Josh (30) manages a tavern in Dilworth, daughter Jenna (22) is in college, and son Jordan (20) works for Gateway and lives at home.

## Amy Linstaedt

Amy was born and raised in Fargo, North Dakota. She attended Lincoln Elementary School and South High. She belonged to a figure skating club from the time she was 8 until she was 16. She stopped skating because of injuries which are quite common in that sport. She was a hockey cheerleader and also was in band at South High. She attended NDSU and received her degree in Child Development and Family Services. She currently works at State Bank & Trust in Moorhead as a personal Banking Officer and has been with the bank

## By Michele Mogen

Margaret has worked in a wide variety of jobs, all in the customer service domain. She has worked for airlines, travel agencies, in a hospital, public radio, and as a hair dresser to name a few. Currently, she is working part time at the county courthouse until after the election.

Margaret returned to school as an "older than average learner", starting out at M-State and earning her Associate's Degree in Sales and Marketing. She then earned a Bachelor's Degree in Mass Communications from MSUM, and has just finished the coursework for her Master's Degree in Liberal Arts – also at MSUM. Her Master's project involves writing her memoir in graphic novel

form - which is a very unique undertaking for both Margaret and the university.

Margaret is an avid reader and was unable to identify a favorite book, indicating that it depends upon the genre. She works out at Snap Fitness about four times per week, and loves to be outdoors - going for walks or tending to the plants in her "porch garden". Although she likes old movies, she does not watch TV. She also makes her own wine. Margaret's pet peeve is repetition.

Margaret joined SI because she wants to be part of something that is making a difference, especially for women.

## By Pam Lee

for 12 years.

Her father, Steve runs the business her grandfather started in the 70's. The business is called Training Room, Inc. and they sell wholesale athletic supplies. Her mother Cindy worked for Nodak Stores until 10 years ago when she started a career at State Bank in Fargo. Amy has one brother, Brett, he is married with one child and works in the family business.

Amy is single, loves to read, snow ski and attend hockey games and watch them on TV. Her favorite type of book is mystery/

suspense and a couple of her favorite authors are Dan Brown and Jodi Piccoult. Her favorite movie is Prestige with Christian Bale. Some of her favorite memories are attending Star Wars and Indiana Jones movies with her dad.

Her pet peeve is people who crack gum. She recently bought her first home in Fargo. She joined Soroptimist because she wanted to belong to an organization that gave back to people in the community.

## Deb Tack

Deb was born in Britton, South Dakota. She attended grade school in Lead, SD and graduated from high school in Tintah, MN. Deb was a cheerleader, majorette and also belonged to different choral groups in high school. Deb went to NDSU for a year and then spent some time in Texas, later attending Moorhead State University receiving a BS in accounting in 1983.

Her father, Roger Stabnow worked as a miner in Lead, SD, was a mine tour bus driver, and later a grain elevator manager (Nashua, MN & Sheldon, ND). Her mother, Jolene was a stay at home mom. After her parents divorced her mother worked as a cook & waitress (Sheldon, ND). Both of her parents are deceased.

Deb has a brother and three sisters, Cathy, Waverly, MN, Michael, Fort Collins, CO and twin sisters Lori,

Thompson, ND and Lisa, Lisbon, ND. Deb was married but is currently divorced. Deb had one daughter, Robin, who was attending Josef's School of Hair Design and was going to a specialty workshop in Minneapolis and was in a fatal car accident. Robin along with 5 other students lost their lives in February of 1994.

Deb's first job was as a janitor at the high school in Tintah, MN. She was a civilian KP employee at the army base in Fort Hood, Texas. Upon her return to the Fargo/Moorhead area she was a bartender at the Speak Easy, worked with engraving at Fargo Rubber Stamp, and was an accountant and manager at the Moorhead Tree Top. She also ran her own business (Gifts-N-Honey) using the Community Center's kitchen in Georgetown, MN. She very generously donated her products to our style show

## By Pam Lee

before rejoining our club. She has been an accountant at LSS of MN for the past 11 years. Deb loves to garden, read, make candles and she is also a gourmet cook. Her favorite books are the Twilight series. She is currently reading the series a second time, and can hardly wait for the next movie based on the 4<sup>th</sup> book. Her favorite all time movie is Singing in the Rain.

She said she must be having a midlife crisis because recently bought a 1996 Jaguar. Sure sounds like fun to me.

She has rejoined to meet people and make new friendships. Deb considers herself to be a workaholic and this gives her a nice break from work.

Thanks for giving us the opportunity to renew your friendship and hope you make many more.



© funmunch.com

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

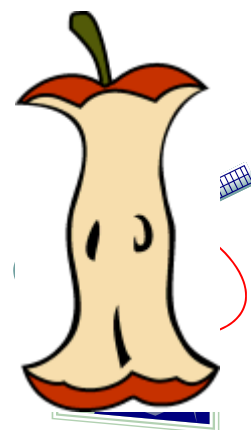
## Recipe Apple Nachos

Prep/Total Time, 20 Min Yield 24 servings

36 caramels                      1 Tbsp water      30 large marshmallows   1/3 cup butter cubed  
4 medium tart apples,                      1/2 miniature semisweet chocolate chips  
peeled and cut into 1/4-in. slices  
1/3 cu chopped dry roasted peanuts      3 Tbsp Halloween sprinkles

In a microwave-safe bowl, melt caramels with water; stir until smooth. Meanwhile, in a large saucepan, melt marshmallows and butter. Arrange apple slices on a large platter. Drizzle with caramel; top with marshmallow mixture. Sprinkle with peanuts, chocolate chips and sprinkles. Serve immediately.

Nutrition Facts: 1 serving equals 149 calories, 6 g fat (5 g saturated fat), 8 mg cholesterol, 76 mg sodium, 25 g carbohydrate, 1 g fiber, 2 g protein. Diabetic Exchanges: 1-1/2 starch, 1 fat.



## 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**



Thank you again to Mary Ann Hanna for all of the work that she does in assembling and storing the purses for the Spring Style Show. Throughout the year and watch those sales to collect items for the purses. Create your own theme, collect with another member or check your own closet or draws to fill the wonderful purses. The date is set for April 9, 2011.

## SOROPTIMIST District Fall Workshop-October 15, 2011, SI Fargo is hosting.

### Best for Women

#### District Workshop Closing

One of the presidents ask for this motivational piece, so told her I would forward to all the District 1 region presidents to use and share with rest of club members.

Sandra Ley, Algona Soroptimist president.

This is the closing poem:

#### The Miracle of Friendship

There's a miracle called Friendship  
that dwells within the Heart  
and you don't know how it happens  
or when it gets its start.....  
but the happiness it brings you  
always gives a special life,  
and you realize that Friendship  
is God's most precious gift!



### Morning Motivation

When I woke up this morning lying in bed,  
I was asking myself;  
What are some of the secrets of success in life?  
I found the answer right there, in my very room.



**AND NOT TO FORGET,  
THE CARPET SAID...  
KNEEL DOWN AND PRAY.**

**Carry a Heart that Never Hates.**

**Carry a Smile that Never Fades.  
Carry a Touch that Never Hurts..**



**HAVE A PURPOSEFUL DAY  
IN THE LORD!**

*'God Blesses Us To Be A Blessing Unto Others'*

