

# Soroptimist International of Moorhead



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

**Best for Women**

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Volume 62, Issue 1

September 8, 2011

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## Birthdays September-October

Christine Knutson	Sept. 10
Carol Larson	Sept 19
Barb Mathees	Sept 26
Myrna Johnson	Sept 29



## Committee Meetings

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

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

## November Issue

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

## President's Message

Maureen Kelly Jonason

As I write this, we are about to have our first board meeting of the year, the air is cooling, and my favorite season—fall—is descending upon us. As usual, the summer was a warm blur, but highlights for me include having NCR Governor-Elect Christina Hujenan come all the way from Virginia, MN to do our officer installation in June. Another high point was heeding the call to service issued by Fargo member Judy Anderson for short-notice help putting together a lunch for the Women Build crew. Still, nearly two full months without Soroptimist is enough for me!

We have lots to look forward to this year. We have two new board members: Deb Tack took over for Pam Lee, and Amy Linstaedt is the new Treasurer-Elect. Carol Larson will stay on the board as the Alternate Delegate, a position we did not fill last year, and Susie Nickell “re-upped” as two-year director. Everyone else is fulfilling the second of her two-year term. Last year, the board focused on revising the bylaws, the club policies, and the strategic plan. Please see our club website to access these documents; they are the “guiding lights” for all that we do. Please be open to serving on the board next year when a lot of spots will be open. It is a great chance to grow as a leader mentored by other leaders.

I look forward to the monthly opportunities to socialize with members I don't otherwise see and to volunteer in the community in ways set up by the Community Service Committee. I look forward to the group effort required for fundraising. I look forward to meeting new members and getting to know them over time, discovering their talents and celebrating their uniqueness. I look forward to hearing about Montreal and what new adventures Soroptimist has in store for us in the future. I look forward to following Judy Strong's example and carrying on the Soroptimist mission in whatever way I can throughout the next year. And I know you do too.

So here's to another excellent year of friendship and service!



## New Executive Director

SIA welcomes Elizabeth Lucas, CAE, MBA, of Lake Bluff, IL as new executive director. She replaces Leigh Wintz, FASAE, CAE who has assumed a full-time position as Principal Consultant with Tecker International, LLC. Lucas had been with American Massage Therapy Association and Massage Therapy Foundation, for 15 years as director of marketing and communications and in the last nine years as executive director.

Welcome aboard!



## Act Now!

### Campus Sexual Violence Elimination (SaVE) Act S. 834, H.R. 2016)

Did you know that fall semester of freshmen year is the most likely time for sexual assault on college campuses? The sad reality is that one in four women face extreme sexual violence on campus, as well as high risks of stalking or intimate partner violence. But fewer than 5 percent will report these crimes to law enforcement.

[The Campus Sexual Violence Elimination \(SaVE\) Act](#) (S. 834, H.R. 2016), introduced in April 2011 by U.S. Senators Bob Casey (D-PA) and Patty Murray (D-WA), will provide a better framework for the sexual assault education and victims' rights currently offered by colleges and universities, and expand them to also cover domestic violence, dating violence and stalking.

"Sexual violence is a tragic and harsh reality on college campuses throughout the country," said Sen. Casey. "We must ensure that when we send our daughters and sons off to colleges and universities we are providing every means necessary for them to learn in a safe environment."

Make your voice heard for women on campuses everywhere and demand justice for them. Take action now to break the silence and work to eliminate sexual violence on campuses. Contact your [representatives](#) and [senators](#) today and urge them to support the [Campus Sexual Violence Elimination \(SaVE\) Act](#). Together, we can SaVE women on our campuses from violence!

From soroptimist .org website

Service Projects  
Dorothy Day Food  
Pantry: donate  
canned food  
  
Creative Care for  
Reaching  
Independence:  
Bathroom startup kits



### Cola Pot Roast

Mr. Food [www.mrfood.com/Slow-Cooker](http://www.mrfood.com/Slow-Cooker)

What's the secret to this hearty Cola Pot Roast? The cola, of course! It adds richness to the sauce. This tender, flavorful pot roast will impress your gang time after time! **Serves: 6**

- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 4 carrots, peeled and sliced
- 2 tablespoons Worcestershire sauce
- 1 (12-ounce) can cola
- 1 (3-1/2- to 4-1/2-pound) boneless beef bottom round roast
- 1/2 teaspoon garlic powder
- 1 large onion, cut into half-moons
- 2 tablespoons hot pepper sauce
- 1 (12-ounce) bottle chili sauce

Sprinkle salt, pepper, and garlic powder evenly over entire roast then place roast in a 6-quart slow cooker. Place carrots and onion around roast.

In a medium bowl, combine remaining ingredients; mix well then pour over roast.

Cover and cook on low setting for 7 to 8 hours, or until fork-tender. Slice and serve topped with sauce and vegetables.



**Soroptimist International Moorhead**

Newsletter team:

**We're on the web!**  
**soroptimistncr.org**

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)

S O R O P T I M I S T

**Best for Women****Community Service**

Just a quick reminder to bring a non-perishable food item for the Food Pantry. I spoke to Ruth today and she mentioned donations were down over the summer while usage is up. If anyone would like to help me drop off the items Monday afternoon I will gladly pick you up. Drop off works best in the afternoon between three and four before folks start arriving to be first in line.

September's community service is sign up for the bathroom start up kits for CCRI. This is our third year with this project. For those not familiar with the program, CCRI supports people with disabilities in our community. One of their goals to help their clients move towards independent living. Setting up an apartment for the first time is major step and unfortunately an expensive one. So for their women clients we provide a bathroom startup kit. There is a signup sheet for each month (9 total for the year) and I encourage folks to sign up with a friend.

Bathroom startup kit (does not require every item)

Laundry hamper or wastebasket

Shower curtain and rings

Set of towels

Cleaning supplies (toilet cleaner, cleanser, sponges)

Paper supplies (toilet paper and tissues)

Feel free to add a little something extra like a soap dish.

Please note they do not need personal care items.

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

1. Diane Wray Williams
2. Mary Schneider
3. Verna Lohse
4. Carol Larson - Chair
5. Chris Schmidtke
6. Ruth Korsmo
7. Magda Chalikia
8. Barb Sipson

**Solt**

1. Barb Kevorkian
2. Bev Wesley
3. Marti Johnson
4. Tara Giese
5. Donna Bredlow
6. Deb White
7. Michele Mogen
8. Sharon Kaseman - Chair
9. Christine Knutson
10. Jenenne Guffey

**Arrangements & Hospitality**

1. Myrna Johnson – Chair
2. Linda Winkler
3. Barb Matthees
4. Magdalene Chalikia

**Finance**

1. Pam Lee
2. Deb Tack - Chair
3. Dorothy Agather

**Laws & Resolutions**

1. Myrna Johnson

**Parliamentarian**

1. Myrna Johnson

**Newsletter**

1. Myrna Johnson

**Ways & Means**

1. Dorothy Agather
2. Wilma Ambuehl
3. Monica Douglas – Chair
4. Mary Ann Hanna
5. Pam Lee
6. Chris Schmidtke
7. Amy Linstaedt
8. Ruth Lumb
9. Deb Tack
10. Susie Nickell

**Awards & Scholarships**

1. Amy Linstaedt
2. Barb Sipson
3. Mary Schneider
4. LaRae McGillivray - Chair
5. Barb Matthees

**Publicity**

1. Susie Nickell

**Sunshine Committee**

1. Pam Lee - Chair
2. Barb Kevorkian
3. Sharon Kaseman
4. Ruth Korsmo

**Scrapbook – Display Board**

1. Bev Wesley
2. Mary Ann Hanna

**Reporters for Newsletter**

1. Pam Lee
2. Michele Mogen

# District Fall Workshop

The SI Fargo club members extend a special invitation to District I Clubs (and any SI members) to participate in an informative, challenging, engaging & fun meeting. New members are especially welcome!

This provides a great opportunity to renew old friendships and make new ones!

**SOROPTIMIST INTERNATIONAL OF THE AMERICAS  
NORTH CENTRAL REGION  
DISTRICT ONE FALL MEETING 2011**

**Riverwood Inn & Conference Center, Otsego, MN 55362**

## Fall Meeting Agenda

<b>Agenda</b>	<b>Speaker</b>
8:00 Registration	Host Club
9:00 Welcome	Gov. Shirley
Call to order	District Director
Invocation	Host Club
Pledge of Allegiance	Host Club
Greetings	Host Club
Introduction of VIPS	District Director
Roll Call	District Director
First Time Attendees	District Director

9:30	Governor's Report	Gov. Shirley
10:00	Break	
10:15	Region Committee Updates	Committee Chairs
10:45	District Report	District Director
11:00	"Educate to Lead"	District Director
12:00	Lunch-Invocation	Host Club
1:00	Club Sharing Time	
	Club Activities/Events	District Director
2:00	Governor's Roundtable	Governor
		Govern Elect

(There will be a 15 min break

Somewhere during this time period)

3:00 PM

Evaluation Form	Host Club
Closing remarks	Governor Shirley
Soroptimist Pledge	Host Club
Adjourn	

Contact Maureen or Deb Tack to register.

**Join In the Friendship  
and Learning**

## Mark Your Calendar!

### 97th Annual North Central Region Spring Conference

**Date: May 4, 5 & 6, 2012**

**Host/Chairperson: SI Sioux Falls  
Beth Tellekson -  
betht@bannerassociates.com**

**Location: Hilton Garden Inn, Sioux Falls  
5300 South Grand Circle, Sioux Falls,  
South Dakota, USA 57108**

**Tel: 1-605-444-4500 Fax: 1-605-444-4505**

