



SOROPTIMIST  
Best for Women

**SOROPTIMIST INTERNATIONAL OF LARAMIE**

**BEST FOR WOMEN**

<http://www.soroptimistoflaramie.org/>

April 2009

***WHAT'S NEW!***

**President's Letter for April**

Dear Members;

For the past 8 years the Rocky Mountain Region has sponsored a Spirit of Soroptimist Award. This award honors a Soroptimist who exemplifies the Spirit of Soroptimist.

**This year our club selected Mary Bower as our 2009 Spirit of Soroptimist Honoree. Congratulations Mary!**



It seems each year one member stands out in our club in terms of service; it's no surprise that Mary was selected as this year's honoree.

One member shares, "Mary is such a good communicator and she told me once she was scared to death to talk in front of a group of people so she joined Toastmasters, overcoming her fear of public speaking"; another, "She is so steady and good at what she does and gives both of her time and her business talent."

Mary perseveres at whatever she does, whether it's owning and operating her successful business or volunteering for community service projects; in addition to serving as chair of the club's annual fundraiser. She's quick to diffuse a delicate situation and always puts others first when any recognition is due for a job well done. She has been a member of Soroptimist for 15 years serving in many capacities including President. For the past two years Mary organized and introduced SI of Laramie's annual fundraising event, *Laramie Laughs for a Cause*. She has served quietly over the years, always there willing to listen, serve, educate and support.



Mary loves to be outdoors; whether it's riding her bike to work and hiking in the mountains, or nurturing her flowers, especially her orchids. She is passionate about environmental conservation, no wonder she's usually there for our Greenbelt cleanup. Mary has a genuine and compassionate spirit; Mary Bower is a Spirit of Soroptimist.

Sincerely, President Carmen



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**SI PROGRAM HIGHLIGHTS**

President Carmen wants to direct you to "GoodSearch", [www.goodsearch.com](http://www.goodsearch.com) .  
"GoodSearch is a search engine which donates 50-percent of its revenue to the charities and schools designated by its users. It's a simple and compelling concept. You use GoodSearch exactly as you would any other search engine. Because it's powered by Yahoo!, you get proven search results. The money GoodSearch donates to your cause comes from its advertisers — the users and the organizations do not spend a dime!"

**She encourages you to use this search engine, designate Soroptimist International of the America's as your charity, and every search you make will benefit SIA.**

DO NOT FORGET the Women's Health Expo on April 18, 2009. Even you can't volunteer, stop by to get the latest information on women's health issues.

It's not too late to volunteer, we still need some members to escort people to lab and x-ray for screenings, mammograms and dexta-scans between 9am-1pm, as well as staff our table. You may sign up for a one hour time slot or more if you like as we still need at least one more volunteer for each hour. On Friday I'll send out the sign-up sheet as reminder for you. Have a good week. See you on Saturday!

**\*Each month our newsletter will highlight at least one area in our Programs of Service. The more we all know about Soroptimist, the easier it will be to tell everyone we meet what great things we do and what a great organization we are!**





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Greetings to our new Soroptimist Member,

**Rebekah (Becky) Palmer** grew up in Central Pennsylvania and moved to Laramie 6 years ago. She is married to Rory Palmer and has three children – Ryan and Rachel (17) and Ashley (13). She finds that raising teenagers is a challenge, but likes the adventure! She works at Groathouse Construction and is pursuing an accounting degree after 20 years of hands-on experience.



### **OUR HISTORY:**

**GOODBYE WINTER – HELLO SPRING**

#### **Trader Seth Ward's Blizzard of a Lifetime**

**By Phil Roberts, Department of History, University of Wyoming**

Wyomingites generally consider two winters during the state's history as "worst of the century." For many 19<sup>th</sup> century residents, the epic winter was 1886-87. The state was buffeted by strong storms that produced extremely cold temperatures and deep snow.

The bad weather started on November 1, 1886, with temperatures plummeting and snow falling statewide. The waves of storms finally came to an end in late April, 1887—an unusually long period of constant snow, wind and cold.

The winter of 1886-87 became legendary, not for the measurable snows or record low temperatures, but because of the extraordinary damage it caused to livestock producers in



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Wyoming Territory. The prairies, already nearly barren from the preceding extremely dry summer, provided insufficient grass for hundreds of thousands free-ranging cattle on the open ranges. As a result, losses for many cattle companies were so severe that the firms, many organized by absentee owners, had no choice but to declare bankruptcy.

In the 20<sup>th</sup> century, the great snowstorm of 1949 is often the one long-time residents use as a measure of blizzard strength. That storm started on New Year's Day, 1949. Central and Eastern Wyoming were especially hard hit with raging winds piling the snow into gigantic drifts, leaving many rural residents marooned for weeks.

Livestock losses from the 1949 blizzard were considerably less than from the bad winter of 1886-87. Historians attribute the greater losses in the 19<sup>th</sup> century to open-range conditions. By 1949, few cattle in Wyoming grazed on "open range" and most ranchers had contingency feeding as backup.

These two winters became legendary, but residents in various parts of Wyoming have memories of other less "celebrated winters." In at least one case, it was a "stormy spring."

The year was 1844, 46 years before Wyoming became a state and 15 years before it was even organized as a territory. Trader Seth Ward was only 24 years old at the time, but he was already a veteran of trading along the Santa Fe Trail and of trapping for Lancaster P. Lupton's fur company near Fort Laramie. Fort Laramie had been established just ten years earlier—the first permanent Euro-American settlement in Wyoming.

Under contract in the spring of 1844 for hauling furs for a couple of other fur companies, Ward and two Indian companions accumulated "so many furs that there were not enough ponies to move them over to the Platte." En route south to obtain more horses from Lupton's fort in present Colorado, the three men camped for the night with a group of about 25 Arapahoes.

During that night, May 1, a huge snowstorm descended on the campers. The deep snow and high winds made it impossible for Ward's party to move. The Arapahoes eventually made their way to sheltered valleys to the West, but Ward and companions decided to stay put until the weather cleared. The storm didn't let up for more than two weeks.

They had packed lightly, assuming that with the arrival of spring, they would have no weather obstacles. With each passing day, their meager food supply dwindled.

Ward had commented to his colleagues before the storm that he'd never seen so much wild game as they encountered along the trails south. Nonetheless, in camp for those two weeks, the strong storms made it impossible to hunt and the party was reduced to eating their two dogs, just to stay alive. Finally, after reaching Fort Lupton and returning north with the extra horses, Ward commented on how the wildlife lay dead everywhere.

After successfully getting their valuable fur cargo to St. Louis that summer, Ward became acquainted with Robert Campbell, a co-founder with William Sublette, of Fort Laramie.



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After a decade's association with Campbell's company, Ward gained the lucrative contract as "post sutler"—the merchant given exclusive trading privileges—at Fort Laramie. Appointed in 1857 by Secretary of War Jefferson Davis (later president of the Confederacy during the Civil War), Ward stayed on in that post until 1871.

The following year, 1872, Ward and his wife left the "frontier" and returned to Missouri where he operated a farm on land that later became a residential neighborhood (and golf course) in Kansas City. After holding numerous prominent civic posts and directorships of banks and corporations, Ward died there in 1903.

Wyomingites throughout history have established "bench-mark" winters—ranging from 1886-87, 1949, or particularly for Cheyenne residents, 1979, when the state capital dug out from more than 120 inches of snow that season. But for pioneer trader Seth Ward, the "blizzard of a life-time" remained that spring storm during two weeks in May, 1844, when he and two colleagues ate dogs to survive.

## ***OUR HEALTH***



### ***The Lies Women Tell Their Doctors***

WebMD Feature from "Redbook" Magazine

By Norine Dworkin-McDaniel

"I don't smoke." "I exercise regularly." "Yeah, I floss." If you've ever looked into your doctor's eyes and told her a half-truth — or even an outright falsehood — join the club. But those little health fibs can have serious consequences: Your dishonesty may keep your doctor from preventing heart attacks, pregnancy complications, even cancer. Read on to learn why it's worth it to come clean.

It's normal to fib about some things. "So sorry we won't make the potluck — can't find a sitter." You promise your mother you'll call. But the one person you should never, ever



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lie to is your doctor. Yet we do. All the time. A national survey recently revealed that 52 percent of women routinely stretch the truth when they talk to their doctors — exaggerating how much exercise they get, lowballing how much they smoke or drink, even hiding sexual behavior. We lie, mainly, because we know we're not being as dedicated as we should and we don't want to feel judged or endure a lecture we've heard before. (Hey, we're not stupid. Lazy, perhaps, but not stupid!)

Other lies just...slip out. It can be hard in a short visit to bring up behavior we might be ashamed of (even if there's no reason to be — docs have seen and heard it all before, and worse). We figure, what's the harm in omitting a few minor details — like that STD we had in college, or that one time we forgot to take our birth control?

In fact, more than a quarter of the women in the survey didn't believe their lies were a big deal. But lying to the one person who really needs to know the truth — and is bound by doctor/patient privilege and federal law to keep that info private — can be a *very* big deal. When you tell even a fib, your doctor can't diagnose you correctly, which wastes your time and money and may keep her from giving treatment that could save your life. So the next time you're tempted to make like Pinocchio with one of the following falsehoods, here's the truth about why you should tell nothing but.

**THE LIE: "Of course I floss!"**

"When I was in practice, I heard this lie every day," laughs Paula Jones, D.D.S., now president of the Academy of General Dentistry. "I'd ask, 'How often?'" And the truth would start to come out. "They'd say, 'Oh, a couple of times a week' or 'I only do this one tooth where food gets caught.'"

**WHY YOU SHOULD COME CLEAN:** Neglecting to floss leads directly to tooth decay, gum inflammation, and gum disease — and a growing body of research suggests that gum disease may contribute to cardiovascular disease. Some studies also suggest a link between gum disease and a life-threatening pregnancy complication called preeclampsia. If you cop to being a non-flosser, your dentist can make doubly sure to watch for and help you prevent these dangerous conditions.

**THE LIE: "I'm monogamous."**

Cheryl, 48, went to see her gyno for what she thought was a yeast infection — and was shocked to learn she actually had trichomoniasis, an STD. She didn't want to admit she was juggling four guys, so when the doctor asked how many partners she had, "I said one, of course," recalls the accountant from Knoxville, TN. The doctor gave Cheryl



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enough medication for her and her partner. But Cheryl kept seeing the other guys too. "I went back for my checkup, and my gyno says, 'You still have this. You haven't told me the whole truth, have you?' I said, 'Yes, I have.' She didn't want to call me a liar, but she said, 'You have to treat everyone you're seeing, or quit seeing the ones you don't want and treat the one you do. Otherwise, you'll never get rid of this.'" Cheryl dumped the other guys and continued treatment with her main man. "But afterward, I changed doctors," she admits. "I couldn't face her anymore."

**WHY YOU SHOULD COME CLEAN:** Your doctor doesn't ask about your sex life to judge your morals. What does concern her is that sleeping with more than one person may increase your risk for STDs. Delayed STD treatment can mean a more entrenched pelvic infection, fertility problems — even cervical cancer. "If your gyno knows you have several partners, she may recommend you have an annual Pap test and get screened more frequently for STDs," says Dimino.

### **THE LIE: "I watch what I eat and exercise."**

"I have patients who swear they're exercising and sticking to the calorie count," says Bonnie Davis, an advanced registered nurse practitioner in Largo, FL, who helps administer a weight-management program. "Yet they've put on 5 pounds while taking an appetite suppressant three times a day. That's impossible."



Meredith, 26, sticks with the purposely vague "sometimes" when asked how often she exercises. "I wouldn't feel right saying 'regularly,'" says the writer from Forest Hills, NY. "But when I say, 'Sometimes,' I consider that I walk to the subway every day, and if I'm not wearing heels, I walk fairly briskly." In other words, she's not lying outright — just bending the truth enough to spare her the inevitable lecture. "I know that losing 10 pounds could lower my risk for heart disease and diabetes, and diabetes does run in my family," Meredith says. "But I don't want to hear it. I'd rather doctors think that I take it seriously than give them the opportunity to tell me what I already know but still am not paying attention to."

**WHY YOU SHOULD COME CLEAN:** If your blood pressure and cholesterol are high or you're borderline diabetic — all factors that can boost your risk for cardiovascular disease — diet and exercise can help, which is why your doctor asks about them. But if you're not *really* making either lifestyle change and your numbers don't get lower, your doc may put you through a battery of pricey medical tests and/or prescribe a range of medications to lower them for you. And while taking a pill may sound easier than



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counting calories and hitting the gym, it actually "opens up a Pandora's box of inconvenience," says Nora Tossounian, M.D., an internist at the Women's Health Center at Hackensack University Medical Center in New Jersey. Start with the nuisance of remembering to take medication once or twice a day; add to that the high cost of those meds. Then there are the side effects: muscle aches on statins; bloating, cramping, and diarrhea on diabetes medications; a plunging sex drive

with certain blood pressure drugs. **The truth hurts less.**

**EVENTS CALENDAR**

**May 1-3, 2009**

Region Conference, Burley, ID

**May 7, 2009**

Board Meeting @ Noon, Altitudes

**May 10, 2009**

Mother's Day

**May 14, 2009**

Business Meeting @ Noon, Altitudes

**May 21, 2009**

Evening Program Meeting – 5:30 pm

Installation of New Officers

Laramie Country Club

**June 15, 2009**

2009-2010 Dues due.





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***HAPPY BIRTHDAY TO YOU – CELEBRATE BEING YOU!!!***

Maureen Lutterman 5/24  
Jeanine Niemoller 5/28  
Fay Glissmann 6/26  
Kay Lynn Hammer 6/28

Denise Marquiss 5/26  
Natalia Weakly 6/21  
Linda Gault 6/27

***HAPPY BIRTHDAY TO YOU!!!***



**QUOTE:**

It is one of the most beautiful compensations in life...we can never help another without helping ourselves.

-- Ralph Waldo Emerson



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**SOROPTIMIST PLEDGE:**

**I pledge allegiance to Soroptimist and to the ideals for which it stands:**

**The Sincerity of Friendship**

**The Joy of Achievement**

**The Dignity of Service**

**The Integrity of Profession**

**The Love of Country**

**I will put forth my greatest effort to promote, uphold and defend these ideals, for a larger Fellowship in home, in society, in business, for country and for God.**

Soroptimist is an international volunteer organization for business and professional women who work to improve the lives of women and girls.