



**SOROPTIMIST INTERNATIONAL OF LARAMIE**

**BEST FOR WOMEN**

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

May 2009

***WHAT'S NEW!***

***President's Letter for May***



Dear Ladies,

It's funny what grabs your attention sometimes and really makes you think. As I read through the Thank You notes and letters at the last meeting, many of them hand-written, I saw again how Soroptimist International of Laramie really does make a difference in the lives of women and girls in our community.

Our organization assists with the very basics of life; food, shelter, clothing, and support for young mothers, some of who are struggling to just finish high school. We sponsor opportunities for young people to acquire volunteer and leadership skills thereby facilitating their desire to help mankind for the simple purpose of giving of ones self to help another, in another word, volunteering. What a great club! What an honor it has been to serve as your president for the year.

Congratulations on the Awards received at Spring Conference this year: Fundraising - Bronze Award from the Federation and the Region; Program - Participation in Women's Opportunity Award; Public Awareness - Certificate of Recognition; and Annual Club Goals - 85% completion of goals in the areas of Program, Membership, Fundraising and Public Awareness.

There are a few things to finish before our year ends, but no less important. Our second "Dare To Dream, Dare To Be Yourself" girls fair is May 30<sup>th</sup>, the Women's Health Expo on June 6<sup>th</sup>. Please contact Denise Marquiss about the girls fair or me about the health expo for details. We still need some volunteers for the health expo.

As I close my last letter for the year it is with sentiment and gratitude, tear drops and coffee spots. Tears of sentiment, the coffee to keep up with all of you; you are an inspiration to do one's best job. I know you all have busy lives to manage but you still find the time serve our community and to offer support and guidance to one another. Thank you fellow Soroptimists for a meaningful and successful year as this year's President.

Sincerely, President Carmen



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***WHAT'S NEW!***

**SI PROGRAM HIGHLIGHTS**

ethics resilience change self-confidence risk-taking decisiveness vision innovation initiative  
flexibility  
diversity



**What's Cookin' in Leadership:  
Ingredients for Personal and Professional Success  
Chicago, Illinois • July 3-4, 2009**

**Lead·er·ship** (noun) 1) establishing a clear vision (2) communicating that vision with others so that they will follow willingly (3) providing the information, knowledge, and methods to realize that vision, and (4) coordinating and balancing the conflicting interests of all members or stakeholders.

Are your leadership skills all they can be? These days, particularly in this difficult economy, it's never been more important to upgrade your personal and professional skills. The Soroptimist Women's Leadership Institute, July 3-4 in Chicago, is the perfect opportunity to improve your skills, and gain new insights and information to help you be your personal and professional best.

Visit the SIA website to take the first step toward becoming a better leader. Visit the [Meetings Page](#) to review information on featured speakers, workshop topics, special hotel rates and other travel details. Then, take the leadership [self-assessment](#) and determine which skills you need to strengthen. Use the results to choose the [workshops](#) that will benefit you most.

Register [now](#) before the June 12 pre-registration deadline. All Soroptimist members and non-members are welcome to attend. Attendance is limited to 400. Contact [siahq@soroptimist.org](mailto:siahq@soroptimist.org) with any questions about the Soroptimist Women's Leadership Institute. Remember, there's never been a better time to brush up on your leadership skills!



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***WHAT'S NEW!***



Improving the lives of women and girls,  
in local communities and throughout the world.



Forward to a Friend Privacy Policy |Disclaimer

**Soroptimist International of the Americas**  
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Philadelphia, PA 19103-6103  
Phone: 215-893-9000  
[Questions/Comments](#)

**\*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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**WHAT'S NEW!**

# 2009 Women's Health Expo

at **I** Memorial  
**vinson** Hospital

Health information  
specifically for Women!

- Screenings for *Blood Pressure, Blood Glucose, Ht/Wt/BMI, Pulmonary Function*, and more!
- *Mammograms and DEXA Scans* will be done that day and billed to your insurance.
- *Pay for your low-cost blood chemistry panel--Only \$20! includes complete metabolic panel, TSH, lipid profile and hemogram! No draws will be done that day, they are available M-F from 8-10 am and must be done between June 8 and June 26!*

**Free Admission!\***  
**Free Food!**  
**Door Prizes!**

\* Some low-cost screenings will be offered.



**SATURDAY,  
JUNE 6, 2009  
9 AM-1 PM  
IMH WEST ATRIUM**



Iverson Memorial Hospital  
255 N. 30th Street  
Laramie, WY 82072  
(307) 742-2141  
[www.iversonhospital.org](http://www.iversonhospital.org)



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***WHAT'S NEW!***



## **OUR HISTORY:**

### **“Drizzling Rain Kept All Indoors”: Wyoming’s First Arbor Day, 1888**

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

Wyoming law establishes the last Monday in April as Arbor Day. On that day, according to the statute, a “tree shall be planted on state grounds in a simple ceremony.”

Arbor Day in Wyoming had its origins in the territorial days. A month after the territorial legislature passed the Arbor Day law in March 1888; Gov. Thomas Moonlight issued a proclamation designating it on April 27.

“I request that it be observed throughout the territory by the planting of trees, shrubs, and vines; by the beautifying of homes, highways, public grounds, church yards and other public and private places,” Gov. Moonlight wrote. He further urged the University president and superintendents of schools in the various counties to “give especial attention to tree culture” on that day.

Newspapers throughout the territory printed the proclamation and most encouraged citizens to “plant a tree.”

A few days before that first official Arbor Day, the editor of the *Cheyenne Daily Leader* wrote: “The indications are that Arbor Day will be more generally observed in Cheyenne this year than ever before. Much interest has been manifested in the subject of tree planting for several years past and the result is shown in the way that is gratifying to every one with the interest of the town at heart.” He credited the town’s tree-planting as an important part of the city’s efforts to “stimulate private enterprise.”

The day after Arbor Day, the *Daily Leader* reported on the school ceremonies. It “was celebrated with all the pomp and circumstance possible under existing conditions,” the report said, noting that “the weather precluded the occurrence of outdoor



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demonstrations.” The weather seemed typical for Wyoming in late April: “a drizzling rain forced all indoors,” the article read.

In the indoor ceremonies, students read essays they had written and others recited poetry. A well-known civic leader, “J. C. Baird addressed the scholars.”

But not all of the ceremonies remained inside. After the recitations, students helped teachers and school employees. “A line of trees was planted in front of the school grounds. Each was named and placed by the pupils.”

Most of the names given to the trees were for famous Americans, including one for J. Sterling Morton, the Nebraska newspaperman who originated Arbor Day in 1872 in Nebraska. (Officially, however, Nebraska first designated the holiday just three years prior to Wyoming’s 1888 declaration).

Two students apparently gained the wrath of their teacher when, contrary to “naming their tree” for someone like Lincoln or Washington, proposed it be named for John L. Sullivan and Paddy Ryan, two famous boxers of the period. “The teacher would have none of it,” the paper concluded.

Not only were trees planted at the school in Cheyenne, “Trees and shrubbery were set out in the park, about several of the churches and at the post [Fort D. A. Russell].”

As the Cheyenne editor pointed out, “So far as has been learned, the day was generally observed throughout the territory.”

In Rawlins, “Tree planting has been all the rage last week, a great number of them being planted,” the local paper noted. A week later, the same paper observed, “Tree planting still goes on. In a few years Fourth Street will be the shadiest and handsomest street in the city.”

In Lusk, a town founded barely a year and a half earlier, the newspaper urged citizens: “Plant trees. Today is Arbor Day.” Similar exhortations appeared in other newspapers in the territory.

Surely, the official observances must have urged residents in Wyoming towns, many only recently founded, to bring trees to previously barren plains.

The statement made years later about the Arbor Day plantings in Cheyenne in 1897 may be typical: “School children marched to the lake and planted trees,” the historical account reads. “For years each knew which one they had planted.”

Arbor Day brought not only more trees and greenery to Wyoming communities but a continuing sense of pride in residents of all ages—even when, for the ceremonies at least, “drizzling rain kept all indoors.”



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## **WHAT'S NEW!**

### **OUR HEALTH**



#### **What is swine flu?**

Like people, pigs can get influenza (flu), but swine flu viruses aren't the same as human flu viruses. Swine flu doesn't often infect people, and the rare human cases that have occurred in the past have mainly affected people who had direct contact with pigs. But the current swine flu outbreak is different. It's caused by a new swine flu virus that has changed in ways that allow it to spread from person to person -- and it's happening among people who haven't had any contact with pigs.

#### **What are swine flu symptoms?**

Symptoms of swine flu are like regular **flu symptoms** and include fever, cough, **sore throat**, runny nose, body aches, **headache**, chills, and fatigue. Many people with swine flu have had diarrhea and **vomiting**. Nearly everyone with flu has at least two of these symptoms. But these symptoms can also be caused by many other conditions. That means that you and your doctor can't know, just based on your symptoms, if you've got swine flu. It takes a lab test to tell whether it's swine flu or some other condition.

#### **Who is at highest risk from H1N1 swine flu?**

Most U.S. cases of H1N1 swine flu have been in older children and young adults. It's not clear why, and it's not clear whether this will change.



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But certain groups are at particularly high risk of severe disease or bad outcomes if they get the flu:

- Pregnant women
- Young children, especially those under 12 months of age
- People with heart disease or risk factors for heart disease
- People with HIV infection
- People with chronic diseases
- People taking immune suppressing drugs, such as cancer chemotherapy or anti-rejection drugs for transplants

People in these groups should seek medical care as soon as they get flu symptoms.





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**EVENTS CALENDAR**

**May 21, 2009**

Program Meeting – Installation of New Officers

5:30 pm, Laramie Country Club



**May 30, 2009**

“Dare to Dream, Dare To Be Yourself”

Girls Fair

**June 15, 2009**

2009-2010 Dues due.

**June 6, 2009**

Women’s Health Expo

**July 1, 2009**

Dues to SIA



***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  
Debbie Cheesbrough 8/6

**HAPPY BIRTHDAY TO YOU!!!**



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**QUOTE:**

We could change the world tomorrow if all the millions of people around the world acted the way they believe.

-- Jane Goodall



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***WHAT'S NEW!***

**Rocky Mountain Region Web Site:**

[www.soroptimistrockymtn.org](http://www.soroptimistrockymtn.org)

**2008-2009**

**Board of Directors**

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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.