



SOROPTIMIST INTERNATIONAL OF LARAMIE

WHAT'S NEW!

BEST FOR WOMEN

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

November 2008



President's Letter for November

Dear Members;

November, the Thanksgiving Season, what a busy time of the year in our lives, it's also a busy time in our Soroptimist year. We just had a terrific membership event with 13 guests attending, two joined right away and many are still very interested in our organization.

Coming up are the deadlines for the Violet Richardson Award (VR) and Women's Opportunity Award (WOA), applications are due to our club soon, December 1st, for VR and December 15th, for WOA. While posters and applications have been delivered to all the right places, individually we can take a moment to consider the women and girls who pass through our lives in its daily course who might qualify for and deserve these awards. Please contact President-Elect Denise for applications if you should happen to encounter a qualified recipient for these awards.

On December 13th, from 10am to 4 pm, we will be assisting the Salvation Army with its annual Bell Ringing at Wal-Mart, please contact me if you would like to sign up for an hour, we like to have at least two people all the time and its just more fun that way.

Before we rush into December, we should take some time to reflect on the things we are thankful for; as President of SIL there are many, such as the chairs and committee members who work on our projects, get them started and see them through. Doing the things that our club does is a combined effort of many. Our board of directors this year has been very supportive and offers their guidance readily; I can't imagine serving as president with them. Thank you.



SOROPTIMIST
Best for Women

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WHAT'S NEW!

BEST FOR WOMEN

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November 2008

For the ladies of Soroptimist International of Laramie, words of gratitude are hard to put together so I found these by Elizabeth Whittemore, called “*My Friends*”.

*My friends are little lamps to me,
Their radiance warms and cheers my Ways,
And all the pathway dark and lone
Is brightened by their rays.
I try to keep them bright by faith,
And never let them dim with doubt;
Fore every time I lose a friend
A little lamp goes out.*

Sincerely, Carmen

SI PROGRAM HIGHLIGHTS

Will we have a holiday party? The results from the recent survey.

SI/LARAMIE Party Survey, summarized 11/13/08

Question	Response %	# Answered	# Unanswered	Comments
1. Would you like to have a Soroptimist holiday party?	Yes: 96.3 No: 3.7%	26 1	0	I love the SI Christmas party. Members only
2. I would prefer				None
Members & prospective Members only	100%	23	4	
Members and guests (men)	0	0		
3. I would prefer this format:				Either works for me! Either would work but if we had members and guests it should be in the evening I like the old Christmas ornament
At lunch time	12%	3	5	
After work	36%	9		



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WHAT'S NEW!

BEST FOR WOMEN

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November 2008

In the evening	60%	15		exchange we used to have with wine and cheese-begin about 5:30 or 6. Evening or after work and not as late (close to Christmas) as was last year. We have family in town already.
4. I would prefer				Either is fine, but it is a lot of work to host a party that time of year for so many. But either is fine. Due to the cost. Either—if in a restaurant prefer a quiet room, perhaps the country club. Either would be great. I think a member's home is a nice touch, if one if offered. If not a restaurant is great too. Either No preference
In a restaurant	34.8%	8	4	
In a home	73.9%	17		
5. I would prefer				
Carry in	60%	15	2	
catered	48%	12		
6. If catered, what is your preference for cost				
Between \$10 and \$15	50%	11	5	
Between \$15.01 and \$20	50%	11		
7. What is your preference for a gift exchange				
No exchange	34.6%	9	1	
Item costing less than \$10	15.4%	4		
Item costing less than \$15	34.6%	9		
Item costing less than \$20	15.4%	4		
8. Do you	13		14	My home if the date worked.



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SOROPTIMIST INTERNATIONAL OF LARAMIE

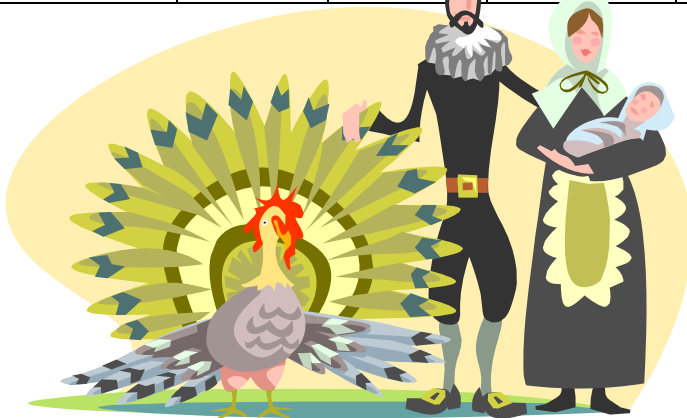
WHAT'S NEW!

BEST FOR WOMEN

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

November 2008

<p>have a suggestion for a restaurant or could you offer your home?</p>			<p>Margie. Altitude back or side room, Hilton p-private room, finger foods only, not too many tables so groups stay loose rather than sit down areas. Unfortunately my house is too small to host the party; I am fine with going to a restaurant too. Corona Village, cavalryman, Grand Ave Pizza, The Library, the Mandarin. Finding a restaurant for a Christmas party could be hard. We're struggling to find a place for our work party. VeeBar or Altitudes Altitude is always a good choice. Instead of a gift exchange let's bring baby things for the heart to heart pregnancy center or safe if no one offers I could volunteer my home Jeanie Corona Village, Altitude I would be happy to offer my home however I live out of town and weather could be a problem. I suggest the country club—they are very accommodating on any night of the week. Dianne.</p>
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SOROPTIMIST
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SOROPTIMIST INTERNATIONAL OF LARAMIE

WHAT'S NEW!

BEST FOR WOMEN

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November 2008

Soroptimist International of Laramie's Goals for 2008 – 2009:

Program:

1. Give a Women's Opportunity Award and forward winner for participation at Region Level.
2. Participate in another federation or local community service project benefiting women and/or girls.
3. Donate to at least one Soroptimist International Project.
4. Complete at least one Soroptimist Celebrating Success entry, submit to SIA and copy Governor-Elect.
5. Complete at least one Program Focus Report online (or send to SIA) and notify Governor-Elect.
6. Complete and send Soroptimist Club Award form to SIA (due June 1); copy Governor-Elect.

Membership:

1. Hold a membership event.
2. Recruit new members to attain a minimum net gain of one member, (7).
3. Recruit four new members into club.
4. Maintain at least 15 regular members.
5. Retain 90% of membership, 40 members.

Public Awareness:

1. Write/submit at least three press releases using SIA materials.
2. Receive mention at least one time in the media for a women and/or girl-focused project.
3. Hold a "Live Your Dream" Event
4. Publish a monthly newsletter and distribute it electronically to club members, other clubs in the region, region leaders, the *Soroptbits* editor, and SIA.

Fundraising:

1. Contribute at least \$5.28 per member I Founders Pennies.
2. Donate at least \$150 to SIA's Annual Club Campaign.
3. Encourage members to use the GoodSearch search engine and to make SIA their Charity.

Other:

1. Send at least one representative to both District Meeting and Region Conference.
2. Send at least one representative to the Leadership Development Workshop at Conference.
3. EXTRA CREDIT: Take action to charter a new club in the Rocky Mountain Region.



SOROPTIMIST
Best for Women

SOROPTIMIST INTERNATIONAL OF LARAMIE

BEST FOR WOMEN

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

November 2008

WHAT'S NEW!

***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!**

Who Inspires You?

**SOROPTIMIST LIVE YOUR DREAM WEBSITE ASKS,
"WHO INSPIRES YOU?"**

PHILADELPHIA, Pa.—*Women who shatter the glass ceiling. Rosa Parks. The women of Africa. A mother.* What could such an unrelated grouping have in common? They are all women chosen by visitors to Soroptimist's "Live Your Dream" website, LiveYourDreamCampaign.org, in response to a simple question: "Who Inspires You?"

The contest was in celebration of the second year of Soroptimist's "Live Your Dream Campaign," a fun and inspirational online community where people can go to celebrate women and the power of their dreams.

The winner of the "Who Inspires You?" on-line contest, Dawn McAdams of Bensalem, Penna., chose women in business who make it to the top as her inspiration to live her dreams. She writes, "These women inspire me to work hard, stay motivated and they push me to the next level. My dream is to not only become a CEO of a company, but to also continue my life as a mother, wife, daughter and friend. I will be strong and motivated, but I will also leave time for those who have helped me on my journey." McAdams received a \$500 American Express gift card, which she will use to help her achieve her dreams.

Muriel Brounstein of Citrus Heights, California, is inspired by the life of Rosa Parks, whose bravery in keeping her seat on the bus began a year-long civil rights boycott leading to a change in the law. "Her courageous act encourages me to speak up when I see an injustice. I keep a magnet on my refrigerator that says, 'Stand up for your principles, even if you stand alone,'" she writes.

The women of Africa are Janet Franzen's inspiration. "They survive the hardships of war, AIDS, famine and all things bad that plague their countries," shares Franzen of Cody, Wyoming. "Even in these surroundings, their human nature and caring is evident in every gesture and smile."

Sometimes a woman's inspiration is closer to home. Sarah Walker of Las Vegas, Nevada, applauds her mother as a support through multiple challenge and adversities. "I was injured at 2 years of age, which resulted in the loss of my left eye. My parents, especially my mother, never treated me differently, encouraged me to succeed, rescued me from the



SOROPTIMIST
Best for Women

SOROPTIMIST INTERNATIONAL OF LARAMIE

BEST FOR WOMEN

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

November 2008

WHAT'S NEW!

harsh words of children ... my mother set examples for me in volunteer work, service projects and supported and encouraged me to take the extra step to succeed," she states. "Reach for the stars, the sky is the limit!"

The Live You Dream Campaign and website have been honored with the MarCom Gold Award and the Communicator Award of Distinction. Most recently, the Live Your Dream campaign's inspirational webisode series featuring a past Soroptimist Women's Opportunity Award recipient won a bronze-level Telly Award in the not-for-profit category. The prestigious annual competition honors the best in local, regional and cable television commercials and programs, as well as the finest video and film productions and work created for the web. Soroptimist's webisode series was chosen from among 14,000 entries.

Headquartered in Philadelphia, Pa., Soroptimist is an international volunteer women's organization offering programs that improve social and economic conditions for women and girls. Its major program, the Soroptimist Women's Opportunity Awards, provides cash grants for women seeking to improve their lives with the help of additional education and training. Each year, more than \$1 million is disbursed to deserving women through this award-winning program. Soroptimist is a 501(c)(3) organization that relies on charitable donations to support its programs. For more information on how Soroptimist improves the lives of women and girls, visit <Soroptimist.org>.

NOVEMBER- a time for thanks.





SOROPTIMIST
Best for Women

SOROPTIMIST INTERNATIONAL OF LARAMIE

BEST FOR WOMEN

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

November 2008

WHAT'S NEW!

OUR HISTORY

Most stories of Thanksgiving history start with the harvest celebration of the pilgrims and the Indians that took place in the autumn of 1621. Although they did have a three-day feast in celebration of a good harvest, and the local Indians did participate, this "first Thanksgiving" was not a holiday, simply a gathering. There is little evidence that this feast of thanks led directly to our modern Thanksgiving Day holiday. Thanksgiving can, however, be traced back to 1863 when Pres. Lincoln became the first president to proclaim Thanksgiving Day. The holiday has been a fixture of late November ever since.

However, since most school children are taught that the first Thanksgiving was held in 1621 with the pilgrims and Indians, let us take a closer look at just what took place leading up to that event, and then what happened in the centuries afterward that finally gave us our modern Thanksgiving.

The Pilgrims who sailed to this country aboard the *Mayflower* were originally members of the English Separatist Church (a Puritan sect). They had earlier fled their home in England and sailed to Holland (The Netherlands) to escape religious persecution. There, they enjoyed more religious tolerance, but they eventually became disenchanted with the Dutch way of life, thinking it ungodly. Seeking a better life, the Separatists negotiated with a London stock company to finance a pilgrimage to America. Most of those making the trip aboard the *Mayflower* were non-Separatists, but were hired to protect the company's interests. Only about one-third of the original colonists were Separatists.

The Pilgrims set ground at Plymouth Rock on December 11, 1620. Their first winter was devastating. At the beginning of the following fall, they had lost 46 of the original 102 who sailed on the *Mayflower*. But the harvest of 1621 was a bountiful one. And the remaining colonists decided to celebrate with a feast -- including 91 Indians who had helped the Pilgrims survive their first year. It is believed that the Pilgrims would not have made it through the year without the help of the natives. The feast was more of a traditional English harvest festival than a true "thanksgiving" observance. It lasted three days.

Governor William Bradford sent "four men fowling" after wild ducks and geese. It is not certain that wild turkey was part of their feast. However, it is certain that they had venison. The term "turkey" was used by the Pilgrims to mean any sort of wild fowl.

Another modern staple at almost every Thanksgiving table is pumpkin pie. But it is unlikely that the first feast included that treat. The supply of flour had been long



SOROPTIMIST
Best for Women

SOROPTIMIST INTERNATIONAL OF LARAMIE

BEST FOR WOMEN

WHAT'S NEW!

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

November 2008

diminished, so there was no bread or pastries of any kind. However, they did eat boiled pumpkin, and they produced a type of fried bread from their corn crop. There was also no milk, cider, potatoes, or butter. There were no domestic cattle for dairy products, and the newly-discovered potato was still considered by many Europeans to be poisonous. But the feast did include fish, berries, watercress, lobster, dried fruit, clams, venison, and plums.

This "thanksgiving" feast was not repeated the following year. Many years passed before the event was repeated. It wasn't until June of 1676 that another Day of thanksgiving was proclaimed. On June 20 of that year the governing council of Charlestown, Massachusetts, held a meeting to determine how best to express thanks for the good fortune that had seen their community securely established. By unanimous vote they instructed Edward Rawson, the clerk, to proclaim June 29 as a day of thanksgiving. It is notable that this thanksgiving celebration probably did not include the Indians, as the celebration was meant partly to be in recognition of the colonists' recent victory over the "heathen natives," (see the proclamation).

A hundred years later, in October of 1777 all 13 colonies joined in a thanksgiving celebration. It also commemorated the patriotic victory over the British at Saratoga. But it was a one-time affair.

George Washington proclaimed a National Day of Thanksgiving in 1789, although some were opposed to it. There was discord among the colonies, many feeling the hardships of a few pilgrims did not warrant a national holiday. And later, President Thomas Jefferson opposed the idea of having a day of thanksgiving.

It was Sarah Josepha Hale, a magazine editor, whose efforts eventually led to what we recognize as Thanksgiving. Hale wrote many editorials championing her cause in her *Boston Ladies' Magazine*, and later, in *Godey's Lady's Book*. Finally, after a 40-year campaign of writing editorials and letters to governors and presidents, Hale's obsession became a reality when, in 1863, President Lincoln proclaimed the *last* Thursday in November as a national day of Thanksgiving.

Thanksgiving was proclaimed by every president after Lincoln. The date was changed a couple of times, most recently by Franklin Roosevelt, who set it up one week to the next-to-last Thursday in order to create a longer Christmas shopping season. Public uproar against this decision caused the president to move Thanksgiving back to its original date two years later. And in 1941, Thanksgiving was finally sanctioned by Congress as a legal holiday, as the *fourth* Thursday in November.



SOROPTIMIST INTERNATIONAL OF LARAMIE

BEST FOR WOMEN

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

November 2008

WHAT'S NEW!

During this Thanksgiving holiday, remember to keep our troops and their families in your thoughts and prayers. Their gift to us is so precious, as freedom and safety they provide is imperative to our own lives and families.



OUR HEALTH

COLONOSCOPY:

The thought of a colonoscopy often brings forth feelings of dread and especially of disgust. No one likes the idea of such an invasive test made in such a private area of the body. But there are many benefits to a colonoscopy, because there are many things that may go wrong inside your colon. Since a colonoscopy looks inside your colon, this can tell us what is wrong or what might go wrong. Your colon is your lower (or "large") intestine. A colonoscopy is performed using a colonoscope, a flexible, fiber-optic cable connected to a small camera.

Your doctor may have several reasons for wanting to perform a colonoscopy. Usually, this reason is to screen for colorectal cancer. You may be surprised to know that colorectal cancer is the second leading cause of deaths due to cancer, with lung cancer being the most common. This kind of cancer often starts in small masses of cells called polyps on the walls of your colon.

While the polyps are small and are just starting to grow, there are typically no symptoms to speak of. But over time, usually after five to ten years, these tiny polyps can turn into a cancerous growth. It is recommended that people who are over the age of 50 have a colonoscopy once every five to ten years, whether they have any symptoms or not. Through a colonoscopy, your doctor can identify, locate, and remove any precancerous polyps that could be growing in your large intestine.





SOROPTIMIST
Best for Women

SOROPTIMIST INTERNATIONAL OF LARAMIE

BEST FOR WOMEN

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

November 2008

WHAT'S NEW!

Colonoscopies may also be useful in discovering other diseases of the colon. If you have noticed any rectal bleeding or blood in your stool, your doctor can use a colonoscopy to determine what the cause of the bleeding is as well as its exact location. A colonoscope may be equipped with a small laser which can be used for repairing any site that is bleeding.

A colonoscopy also might become necessary if you have other colon-related symptoms, such as a change in bowel movement habits or any weight loss that can not be explained by your diet. Basically, you ought to have a colonoscopy if you or your doctor thinks that there is any disease, inflammation or abnormality in your colon. Usually, the colonoscopy will be able to discover any abnormalities in your colon or it will determine that no abnormalities are present.

You may ask if there are any risks involved in colonoscopies. But any medical procedure will have some risk, and a colonoscopy is no exception to that rule. During the test, air is used to inflate your colon to give the doctor better visibility. This air can lead to cramps and swelling in your abdomen. However, as soon as the test is complete and the air is removed, any pain or swelling should subside. Sometimes, when your doctor discovers a polyp during the colonoscopy, he may choose to remove a small sample of it for a biopsy. The removal of this tissue may cause a small amount of blood to be in your stool for a short period following the test.

While the chances of this are very small, it is possible that the colonoscopy may injure your intestinal wall. Lastly, there is always the risk that it will not find a problem, even when one exists.

You should know that there is little doubt that you will experience some discomfort throughout the procedure. The degree of discomfort often depends on the experience and skill of the colonoscope operator. Also, the more anxious you are, the more difficult it will be for the operator to perform your colonoscopy. To ensure that you remain as calm as possible, it is likely that your doctor will offer you sedatives to keep you relaxed, but not asleep. You will be lying on your left side throughout the colonoscopy. In order to get maximum visibility, the colonoscope operator may request that you shift positions on occasion.

Although the idea of a colonoscopy seems quite uncomfortable, it is an important test that you should have on a regular basis. This is especially true if you are at a greater risk of colon cancer. The essence of avoiding colon cancer is to catch it early. Getting a colonoscopy regularly could mean the difference between life and death.



SOROPTIMIST INTERNATIONAL OF LARAMIE

WHAT'S NEW!

BEST FOR WOMEN

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

November 2008

To prepare for your colonoscopy, your intestines ought to be completely emptied. Your doctor may prescribe some kind of liquid diet, or laxatives, or enemas. But these methods are harsh and uncomfortable, when accomplishing complete colon cleansing could be much easier. You should ask your doctor if you may use a natural colon cleanse or a colonic. Even if you must continue with the prescribed medications, getting a regular colon cleanse in the weeks and months before your colonoscopy ought to make your preparation that much easier.

EVENTS CALENDAR

November 25, 2008

Eliminate Violence Against Women in the Workplace



November 27, 2008

Happy Thanksgiving!
No Program Meeting.

December 1, 2008

Violet Richardson Award applications due to Club

December 4, 2008

Board Meeting @ Altitudes, Noon

December 10, 2008

SI Dec. 10th Appeal, Human Rights Day

December 11, 2008

Business Meeting @ Wingers, Noon

December 15, 2008

Women's Opportunity Award applications due to Club





SOROPTIMIST
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BEST FOR WOMEN

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November 2008

WHAT'S NEW!



HAPPY BIRTHDAY TO YOU – CELEBRATE BEING YOU!!!

Susan Simpson – 11/28

Mary Brownell – 11/30

Marcella Wieland – 12/3

Sharon Kyhl – 12/10

HAPPY BIRTHDAY TO YOU!!

QUOTE:



The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy. --

Martin Luther King, Jr.



SOROPTIMIST
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SOROPTIMIST INTERNATIONAL OF LARAMIE

WHAT'S NEW!

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November 2008



SIA Headquarters

Soroptimist International of the Americas

1709 Spruce Street

Philadelphia, PA 19103-6103

Phone: 215-893-9000

Fax: 215-893-5200

E-mail: siahq@soroptimist.org

Web Site: www.soroptimist.org

Rocky Mountain Region Web Site:

www.soroptimistrockymtn.org

2008-2009 Board of Directors

PRESIDENT

Carmen Roth

rothfam@bresnan.net

W – 745-5235

**CORRESPONDING SECRETARY &
NEWSLETTER EDITOR**

Fay Glissman

jfgliss@msn.com

W – 742-7896

VICE PRESIDENT

Denise Marquiss

marquiss@uwyo.edu

W – 766-3362

MEMBER AT LARGE

Kathy Phillips

kphillips@wyo2u.com

W – 745-3524

RECORDING SECRETARY

Elizabeth Parks

eparks@uwyo.edu

W – 766-5405

MEMBER AT LARGE

Linda Lebeda

llebeda@aol.com

W – 745-6881

TREASURER

Anna Halsey lilac@bresnan.net

W-742-3739

PAST PRESIDENT

Susan Bulgrin

sbulgrin@sec1stbank.com

W – 721-2111



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SOROPTIMIST INTERNATIONAL OF LARAMIE

BEST FOR WOMEN

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

November 2008

WHAT'S NEW!



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.