

S O R O P T I M I S T

Soroptimist International of Hamilton

Hamilton , Montana

Best for Women

Volume 22 Issue No. 5 Nov. 2019

PRESIDENT'S NOVEMBER MESSAGE

TABLE OF CONTENTS

President's Message	1
Alene Courage Award	2,3
Calendar	3
Donate	3
Birthdays	4
What Do You Like Best About Winter Coming?	4
District 4 info and Photos	5
Adopt a School	6
Witches Brigade	7

"It doesn't take monumental feats to make the world a better place. It can be as simple as letting someone go ahead of you in the grocery line." Barbara Johnson, American writer. Yep, it's the small things that matter.

See's will be fast approaching by the time this letter comes out. We normally open the Friday after Thanksgiving. Shifts are available to meet every schedule. Saturdays are a nice fit to accommodate those pesky work schedules Monday through Friday. Sign up early and often.

Alene Tunny was recognized as the 2019 SAFE Courage Award. A copy of her speech is included in this newsletter. It is our honor for Alene to be a Soroptimist and such an inspiration to our community.

Happy Thanksgiving to everyone, Be Thankful for what you have, Be Thankful for what you don't have. Be safe, take care of yourselves and we will 'See' you.

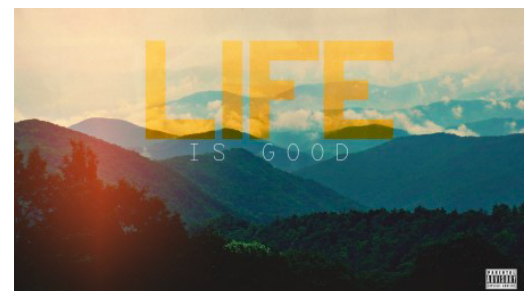
Life is good... crummy and challenging sometimes...but good!!

Dixie Dies, President



"You don't just luck into things as much as you'd like to think you do... you build them step by step, whether it's a friendship or opportunities."

Barbara Bush



CONGRATULATIONS ALENE TUNNY

FOLLOWING IS THE SPEECH SHE GAVE AT SAFE'S REPORT TO THE COMMUNITY



Thank you! This is truly a special honor.

I follow a long line of courageous women and men who have received this award in previous years. They are often your next-door neighbor, a relative, or a friend. As many of you know, 1 in 4 women and 1 in 7 men will experience domestic violence in their lifetime, and the numbers for Native American women are even more staggering.. We will be hearing more about that today from our outstanding and courageous speakers. Domestic Violence is not about others, it affects all of us!

I will never forget the early morning phone call that I received on August 26th six years ago. I listened to the news that my beautiful 41-year-old daughter had just committed suicide by shooting herself. She had been in and out of a relationship with an abusive husband and had finally reached the breaking point. Expensive divorce proceedings and brutal custody battles had taken its toll on all of our family.

I couldn't breath as I sat wondering what more could have been done to prevent such despair. Even now, hardly a day goes by that I don't feel the pain of losing her and I ask myself what more could I have done.

I share this with you because I want you to know why I personally have such a deep commitment to standing up against domestic violence. Every 9 seconds in the United States a woman is assaulted or beaten. That means that during my brief remarks, approximately 20 women will have been beaten or assaulted.

How could I not take a stand!

When I was asked to join the Board of Directors at SAFE three years ago, I knew that I had found my calling. Here was a group of peers committed to making our community a safer and healthier place. During my time on the board I have consistently witnessed the courageous acts of women and children struggling to leave abusive situations. The cycle of abuse isn't easily broken. Being told that you can't survive on your own, no one will believe you, you're stupid, or even worse, strips a woman of the self-confidence needed to break out on her own. The Sheriff's Department, through the use of the Lethality Assessments, and the staff at SAFE support these courageous attempts with expertise, kindness and compassion.

Recently I attended a workshop for the SAFE staff and I learned about the effects of secondary trauma. Secondary trauma can occur when an individual is exposed to the people who have been traumatized. The symptoms are similar to those of PTSD and have been researched in first responders, health workers, and professionals such as those at SAFE.

I admire the courage of the survivors and their children, and I also admire the daily courage of the staff at SAFE and the members of the Coalition in maintaining resilience when helping others in traumatic situations.

In closing, I appreciate this award and I honor all of the courageous people that it represents.

We are truly a community.

CALENDAR

Nov 7 noon	Business meeting, BJ's
Nov 14 noon	SOLT/Speaker mtg at BJ's
Nov 28	
Dec 5 noon	Business meeting, BJ's
Dec 12 noon	Christmas Party, BJ's
HAPPY	HOLIDAYS

A GREAT WAY TO HELP OUR COMMUNITY



Have you been waiting to donate to our 25 in 5 fund? You can donate to our club directly from our Website "Donate" tab. You can choose a monthly donation or a one-time donation. It's run through PayPal, but you use whatever credit card you want.

Click below or on the Website.

<https://www.sihamilton.org/donate>



Nov 5 Sue Mcmeeken

Nov 18 Linda Schmitt

Dec 8 Gloria Janskovitch

Dec 11 Cory Keith

Dec 14 Norma Twyman

Dec 20 Sue Smith

Dec 25 Lois Vallance

Dec 26 Jeanette DeMinck

Dec 31 Laura Reichart

What do you like best about winter coming?

Ann Brown: Contemplation and meditation which only comes in large quantity when the weather forbids me to walk my mild climate dogs. OK I use them as excuses. More over every project put off in the sunshine of other seasons jumps out at me, screaming, "finish me." This winter came too soon posing a whole other problem...unfinished garden projects staring through the windows...waiting for spring.

Norma Twyman: Cooler nights so I can sleep better!

Vikki Bell: No worries! I love being warm and cozy in my home during the freezing temperatures, especially if I can spend the time creating my quilting treasures in pjs! Soon to have a gas fireplace in my new place to daydream by!

Dixie Dies: Renewal... animals are hibernating for next spring, birds going south, crops getting nourishment to grow next spring... oh, and going to Maui!!

Jeanette DeMinck: Bonfires, our warm fireplace and when it's over :)

Kathleen Graler: This probably goes without saying 😊 Winter is coming so South we are going!!

Sue Mcmeeken: Waterskiing.



Mary Kearns: This will be my sweaters, hearty soups, cozy brings it's own beauty. Blessed

second Montana winter. Lucky for me I love fires, a nice Cab, and Netflix. Each season to be able to enjoy each one.

Virginia Chaffin: More time to read, quilt and bake with a nice cup of hot tea or cocoa. Plus taking winter pictures to send to kids and relatives who may be missing out on snow and blizzards.

Norma Twyman: Cooler nights so I can sleep better!

Barbara June: Enjoying my swing on my patio in Arizona.

District 4 Meeting 2019 Kalispell

Sandra did a great job as Registration Chair for the meeting and keynote program on Trafficking Saturday night. She presented the movie "CHOSEN" and reported some trafficking facts. Our club has the movie and can present it to the schools, etc. Sandra will be running for District 4 Director at the Northwestern Region Conference next April in Seattle. It is an honor to serve at District Director and it would be nice if our club could show up and support her at the NWR Conference next April.

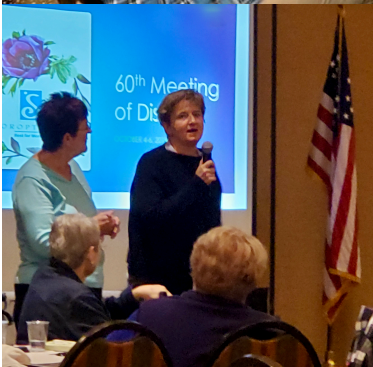
We had a workshop from Vanessa Horning about her visit to the United Nations for Soroptimist in New York City. Soroptimist International of the Americas sits on the council for Women in the United Nations. Each year 20 Soroptimist attend a week of learning about Women from all over the world. Any Soroptimist can apply to go and there is no charge for attending. You must pay for your trip to NY and rooms there etc. Vanessa talked about a workshop with African women working to end female mutilations and some other workshops.

President Dixie found a Soroptimist from Berlin Germany in the hall by our meeting room and invited her into the Meeting. Her name was Barbara and she gave us a few facts about her club in Berlin. There are 3 clubs in Berlin, an older one in East Berlin, an older one in West Berlin and her club in the middle that was formed when the wall went down in Berlin in the hopes that the clubs could all work together. She said that they still cannot work together. Her fundraiser is ticket sales to a concert. Her club project is working with school children. She did well with her English and had been to Yellowstone and on her way to Glacier. (Photo below)

We forgot to bring our club banner, so Dixie entered the meeting representing our club with flowers.

There are now 76 clubs in our Northwestern Region (Washington, Oregon, Montana, Alaska and Northern Idaho) and 9 clubs in District 4 (Montana).

Next District 4 Meeting is in Whitefish October 3-5th, 2020.



Next Northwestern Region Meeting is April 16-19th at Hyatt regency Lake Washington Seattle Southport, Washington.

Next Soroptimist International of the American's Convention is in Bellevue, Washington, July 22-25th 2020

It was a good time with lots of laughs. *B. June*

4th GRADE

The kids are accustomed to us coming to work with them now, and we always get several kids who make sure to say "hello" to us as we come in the classroom.



We helped the kids with an art project. This was a learning experience. We had forgotten how chaotic a group of 24 4th graders can be. This project involved painting a fall tree using bundled q-tips. Each kid got three colors of tempera paint to create a tree with the leaves turning the colors of fall. Mary Lou gave the kids a brief description of why leaves go from green to all the pretty colors in the fall. The kids really enjoyed the project, and several were excited to give their creation to their families. – Mary Lou and Sandra

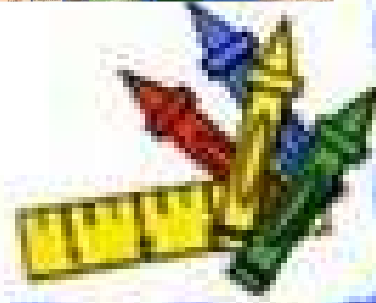
My last week there was trying: kids not focusing, not sure what was going on. One girl asked me why I wear four rings. After telling that story to our own Dixie, DD said, "Tell her you've got 10 fingers and just wait 'til next time!" – Vikki

One of my tasks this month has been to make photocopies for Liz. It's been awhile since I had to use anything other than my home printer to make copies, so it was a bit of a learning curve to figure out how to do duplexing, lighten backgrounds and automatic stapling. – Sandra

A big reason I wanted to get involved with the kids is to try to help improve their sense of self. Occasionally one will pull at your heart. While helping one young man with his math, he just said "I don't have any friends." It completely caught me by surprise, and I just didn't know what to say. I guess I just need to keep coming back and becoming his friend. I had to chuckle when he looked at the colorful, themed pencils I brought with me and said "I have to wait until I finish my math to get one of those, don't I." He was really looking forward to getting to pick out a pencil.

Sandra

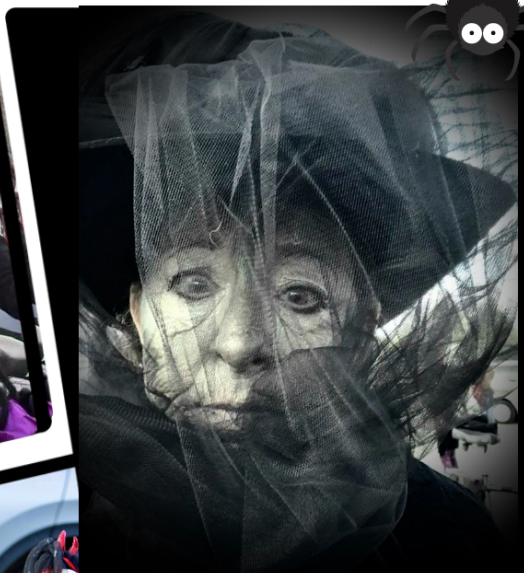
The kids painted pumpkins. Here are a few photos of their art project. – Alene



195

The number of views on our
website in October

Witches Brigade
10/26/19



BOO!



**Life
is Good®**

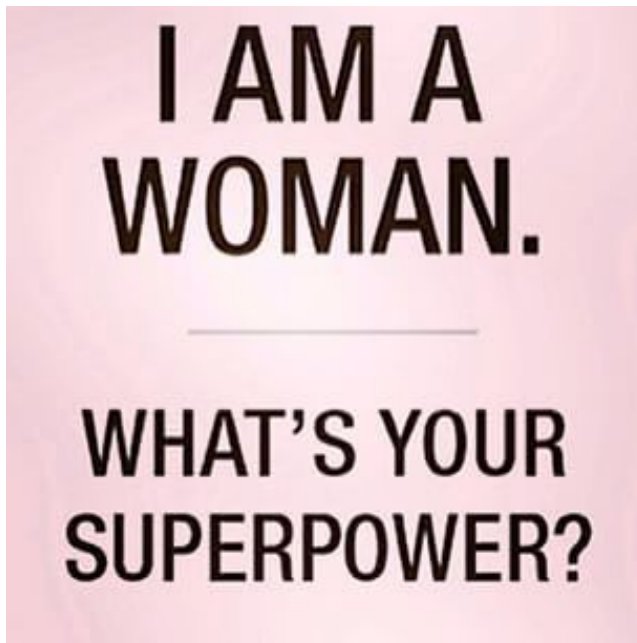
"A smile is a curve
that sets everything
straight."

Phyllis Diller

SOROPTIMIST OF HAMILTON

P.O. BOX 1012

HAMILTON, MT 59840



Submissions to the newsletter can be sent to: <mailto:sinewsletter@gmail.com>
If you submit to either of the above locations, you are guaranteed it will reach us!