



Log 'n Line



Taipei Convention a Hit with Delegates

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After being invaded by the largest contingency of Soroptimists to attend an SIA federation convention in well over a decade, Taipei may never be the same.

All of Taiwan put their very best foot forward for the multi-day event in July. Our delegates, President Carol and Guia Del Rosario had an opportunity to meet the federation leadership and other delegates, attend workshops and presentations, and even sneak in some sightseeing and shopping. There were no issues to vote on so business sessions were dedicated to presentations, workshops, and awards.

This was also an opportunity to meet with our Friendship Links from Akashi and Makati. President Carol and Guia were able to finalize the paperwork with Makati to

officially make them our friendship link. They also contacted the delegate from Akashi and had breakfast with her. (See picture page 4.)

Our delegates watched with great pleasure as the

Makati Women's Opportunity Award winner took top honors in the federation. An indigenous woman from a remote mountain area, she had overcome great difficulty, racism,

*Continued, Pg 6
Convention*



Colorful and energetic entertainment at Taipei convention reflected the friendliness and openness of the event.

Special points of interest:

- Ways and Means plans unveiled.
- We hear from our Women's Opportunity Award winner.
- Revised committee assignments and home dinner committees.
- New breast cancer detection methods and information sources.

Girls Just Gotta Have Funds!

A hosted dinner in which guests bid on and pay for all amenities, with tables having individual themes set by the table host, and ancillary possibilities for raising money will be the major fundraiser for the year.

Angie Thorpe for the Ways and Means committee unveiled their plans and the idea was accepted at the July

business meeting. The date for the event is not firm, but the committee is looking at holding it in the early part of 2009, possibly in February.

Each table will have a hostess who will offer for sell or bid such amenities as silverware, condiments, wine, upscaled décor, upscaled cuisine, wait service, and possibly other small items fur-

nished by the hostess. The theme of the table will also be set by the hostess; guests seated at the table may dress (and act) in that theme.

As well as tickets being sold to the event and selling items at the table, money will also be raised through a silent auction and maybe a very limited live auction.



President Carol receives some sage advice while in Taipei.

PRESIDENT'S CORNER

Taipei: Friends, Snakes, Ice Cream, and Fast Elevators

First, I would like to thank each and every member for allowing Guia Del Rosario and me to participated in SIA 40th Biennial Convention. The opportunity you afforded us to travel to Taipei, Taiwan was a lifetime experience. We were able to make contact with two of our International Friendship links, one from SIA Makita, Philippines and the our other club link from SI Akashi, Japan. We met very warm and lovely women and exchanged information to further our relationships. We were also able to make contact with SIA's incoming President Alice Wells. We visited with her and presented her with a fine bottle of Napa wine and Jelly Belly beans.

I want to share a few of the wonderful things we experienced on our Taipei travels. We were able to visit the National Palace Museum. We went to the Taipei 101 Tower, the tallest building in the world, and visited the upper observatory. We also saw the Chiang Kai-Shek Memorial Hall. We toured the Dr. Sun Yat-sen Memorial Hall and the Martyr's Shrine and were honored to watch the Changing of the Guards precision drill team exercising a professional and solemn exchange.

We also had tours to the ShihLin Night Market (aka Snake Market) a scary place where they eat snakes and drink their blood. And we visited the HuaXi Street Night Market for jade items and gifts. Taipei is the Capital City and seat of its democratic government. It is a ultra modern city with numerous

high rise buildings, Convention Centers, and wonderful amenities and holds some of the best collections of rare treasures in museums. Most of the 650,000 artifacts in museums are heirlooms of the Chinese families. Our tour to Taipei 101 was a memorable experience—the elevators are the fastest in the world according to the Guinness Book of Records. As you can see by the picture on the right, Guia was showing me how to order dinner by a large ice cream cone in one hand and a cup of hot soup in the other.

The Chiang Kai Shek memorial Hall was a monument erected in memory of the former President of the Republic of China. The tri-colored Ru-yi flower displays before the architecture symbolizes freedom, equality, and universal love.

We spent four full days in meetings and break-out sessions. We heard wonderful speakers and gathered information to share at a later time. Thanks again for the experiences gained.



Guia Del Rosario with her well balanced meal of soup and ice cream—it's balanced one item in each hand.

We Hear From Our 2008 Women's Opportunity Winner

Lucretia Hopkins truly was our winner-in-chief in 2007-2008 club year. Not only was she selected by our outside panel of judges for the Women's Opportunity Award from our club in January, but an entirely different panel chose her for one of our two scholarships given to college students in May.

She recently wrote about her feelings on receiving these awards.

"...I said thank you, time and time again, yet it doesn't seem to be enough. I wish I could find the words to describe how extremely special and blessed I feel, not only to have been selected once, but twice. And the inspiration is two fold. I cherish the day that I am able to give someone the same opportunity that you all have provided me. I don't think you all understand your generosity not only helps me, but the generations to come. Although it is not nor ever will be enough...THANK YOU. Have a wonderful day!!! May God continue to bless each and every one of you!!!"

Directors Are Your Conduit to the Board of Directors

Cathy Preovolos and Marina Fata are our directors. As directors they are charged with the responsibility of communicating the members' concerns to the board.

President Carol has asked members who have concerns or ideas to take before the board to please put them in writing and give them to a director to bring to the board.

The directors are then to get back to the member to report and explain any board decision or action.

This policy is in keeping with our club's bylaws and procedures.

"Your generosity not only helps me, but the generations to come."

This month's *Log 'n Line* is highlighted in purple in honor of Relay for Life. We will return to our Soroptimist blue highlights next month.

LOUISE PULEO SPEAKS OUT

The Relay: Celebrate...Remember...Fight Back!

Our member Louise Puleo is the event chairman of this year's Vallejo-Benicia Relay for Life. On July 23, she took a rare break at Sutter Solano Medical Center to discuss the relay.

Thank you for taking time out of your busy schedule to talk with me about Relay for Life. I know that this is an event that is very close to your heart. Can you tell us a little about how Relay for Life came to life, so to speak, here in Vallejo?

Relay for Life, the first in Solano County, was held first here in Vallejo in 1996. American Cancer Society contacted several people and asked them to be on the committee. I joined as a representative of Sutter Solano. In 1996 I was on the planning committee. The first year we had 6 teams and raised \$10,000. Sutter Solano had 3 of the 6 teams. We were so proud! That first year we did it all without much of a budget. We became, as of 1999 campaign, the Vallejo-Benicia Relay for Life. Sharon Miller chaired in 1999 and continued to chair until 2006.

What keeps you coming back year after year? Originally, I had family members who had had cancer. I thought it was an excellent way to raise funds, raise awareness, and to educate.

Since you were diagnosed with cancer after you had been involved with Relay for Life for several years, how has your perception and feeling about the event changed?

I always thought it was a wonderful event, but having now gone through the surgeries and treatments, I don't want any of my daughters or son, family members or friends to go through it. One day all of us who are a part of this will be able to say we helped cure cancer.

What is your most memorable experience with Relay for Life?

There have been many over the years, but consistently it has been the Luminary ceremony—walking the track, looking at the bags in honor of or in memory of those who have had cancer. One special memory I have is of an elderly gentleman who could walk only with the aid of a walker, and then not very well. He would take a few steps, stop, sit down and get his breath, and then continue until finally he made lap after lap around the track. It was very inspiring.

Have you introduced any new events or features this year?

This year we are introducing our new motto: Celebrate...Remember...Fight

Back. The "fight back" will be to encourage participants to continue the fight, which might be volunteering as a driver, stopping smoking, or just living a healthier life style.

What do you say to people who believe that funds for cancer research, treatment, and care should come from sources such as the National Centers for Health or other governmental financing, in effect saying, "Don't bother me; let the government take care of it."

There is money from those agencies for research, but certainly not enough and considering everybody has someone who has been affected, I think it's all of our responsibilities to find a cure for this. Not only to find a cure, but to provide care for our cancer survivors and their families so they may have a better quality of life.

Thank you again for taking your time to talk with Log 'n Line. I cannot tell you how proud we all are when we see you at the front during the first lap, wearing your survivor's shirt. We wish you and everyone involved great success and we will see you on the field August 2 and 3.



Louise Puleo, 2008 Event Chairman of Vallejo-Benicia Relay for Life, has seen the benefits of the event from all sides.

Those Special Days...

BIRTHDAYS

- Louise Puleo.....August 5
- Helen Intintoli.....August 8
- Greta Lange.....August 9
- Albiana Doll.....August 20

CLUB ANNIVERSARY

- Sharon Powers
August 11, 1997
- Kathy Hahn
August 15, 2005

So...you think you know Soroptimist?

We think of it as being as much a part of Soroptimist as the lady in the emblem, but just how prevalent is the pledge? Don't all Soroptimist memorize it, recite it, and by the way, how can you call yourself a Soroptimist if you haven't mumbled your way through it for months only to realize one day that you know it? Answer on page 6.

1. It is universal—all Soroptimist pledge their allegiance to us.
2. It is used only by some clubs worldwide.
3. It is used only in SIA and SIGBI (Soroptimist International of Great Britain and Ireland)
4. It is used only by some clubs in SIA and SIGBI.
5. It is used only in SIA.
6. It is used by some clubs in SIA only.

Schedule of Events

August 2008

- ◆ 1—4:00 p.m., meet at St Pat/
St Vincent Athletic Field to
set up our tent, tables, signs,
etc.
- ◆ 2 & 3—Relay for Life at St
Pat/St Vincent Athletic Field
- ◆ 4—We will celebrate one member's
amazing, creative accomplishments.
- ◆ 6—Board Meeting. If you are an
officer or director, the rest of the
members thank you for attending and
making impartial decisions affecting
the club.
- ◆ 11—Business Meeting. Be there or
be square (and uninformed).
- ◆ 18—Kim Thomas of the Children's
Network
- ◆ 25—Mayor Osby Davis



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					14:00 pm set up for Relay 4 Life	2 Relay for Life—SPSV
3 Relay for Life—SPSV	4 Creative Member	5	6 Board Meeting	7	8	9
10	11 Business Meeting	12	13	14	15	16
17	18 Children's Network	19	20	21	22	23
24	25 Mayor Osby Davis	26	27	28	29	30

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Looking Ahead:
September 1 we are dark for Labor Day

What's going on in our committees and how you can help...

Bulletin/Roster—If you did not have your photo in last year's roster or if you would like to change the photo that was published, please see Betsy Milan about having a new one taken. If you have one you like, you can e-mail it to either her or Carol Larson.

If you would like to work on the new web site, see Betsy Milan. This is your chance to get your ideas on the web!

Finance—Guia Del Rosario would like you to request the funds you believe you will need for your committee. If you have not already made your request, she needs it immediately. The sooner she completes her report, the sooner we will have a final budget to work with.

Law and Resolutions—Chairman Kathy Hume is accepting volunteers who would like to work on our bylaws and club procedures. See her or drop her an e-mail.

Programs—Helen Intintoli would like suggestions for programs. Pass along contact information on anyone who you believe would be able to present an interesting, informative, and/or fun program.

Ways and Means—Do you have a fun, highly remunerative, and/or easy idea for a second (third?) fundraiser? Contact Angie Thorpe or Kris Shirrell.



Keeping in touch with our Friendship Links is primarily the responsibility of the IGU committee. Here Guia Del Rosario of the committee and President Carol visit with one of the members of SI Akashi.

Committee Assignments Made by President Carol

Committees are at the heart of how our business is accomplished. President Carol has completed making the assignments, using guidelines in the bylaws and standing rules, requests by individual members, and requests of committee chairmen. These assignments are shown below. There are minor changes between this, final list and that distributed July 21, so you are urged to peruse this list.

Members who wish to serve on a committee to which they have not been assigned should check with the committee chairman and President Carol.

ARCHIVES

Greta Lange, Chairman

Anne Fourie
Irene Heenan
Helen Intintoli, *ex officio*

BULLETIN AND ROSTER

Betsy Milan, Chairman

Carol Larson
Judi Salvadori
Sandy Vollmer
Helen Intintoli, *ex officio*

FINANCE

Guia Del Rossario, Chair

Pinky Santiago
Angie Thorpe
Pat Zuniga
Karen Jones, *ex officio*

HEALTH AND ENVIRONMENT

Honoré McIlhattan, Chairman

Albiana Doll
Greta Lange
Rozzana Verder-Aliga
Sharlynn Willingham
Kathy Hume, *ex officio*

HUMAN RIGHT/STATUS OF WOMEN

Albiana Doll, Chairman

Alicia Cook
Anita Hawkes
Anne Ligda
Desiree Toronto
Kathy Hume, *ex officio*

INTERNATIONAL GOOD-WILL AND UNDERSTANDING

Phyllis Neely, Chairman

Judith Brown
Guia Del Rosario
Betsy Milan
Mary Ellen Ryan
Pinky Santiago
Kathy Hume, *ex officio*

LAWS AND RESOLUTIONS

Kathy Hume, Chairman

Belva Gibson
Glenda Goode
Betsy Milan
Phyllis Neely
Pat Zuniga
Carol Howard, *ex officio*

PROGRAM

Helen Intintoli, Chairman

Albiana Doll
Phyllis Neely
Honoré McIlhattan
Cathy Preovolos
Kris Shirrell
Angie Thorpe
Pat Zuniga
Carol Howard, *ex officio*

PUBLIC AWARENESS

Carol Larson, Chairman

Judith Brown
Cathy Preovolos
Judi Salvadori
Helen Intintoli, *ex officio*

RECRUITMENT AND RETENTION

Sharlynn Willingham, Chairman

Marina Fata
Anne Fourie
Glenda Goode
Myrna Kingsbury
Shelee Loughmiller
Phyllis Neely
Sharon Powers
Carol Howard, *ex officio*

SCHOLARSHIP

Cathy Preovolos, Chairman

Marina Fata
Kathy Hahn
Myrna Kingsbury
Carol Larson
Christine Lemke
Honoré McIlhattan
Rozzana Verder-Aliga
Pat Zuniga
Kathy Hume, *ex officio*

SERVICE

Marina Fata, Chairman

Belva Gibson
Glenda Goode
Irene Heenan
Myrna Kingsbury
Greta Lange
Cathy Preovolos
Sharon Powers
Ike Redman
Desiree Toronto
Pat Zuniga
Carol Howard, *ex officio*

SIA PROGRAMS

Pat Zuniga, Chairman

Albiana Doll
Marina Fata
Lisa LeFebvre
Shelee Loughmiller
Louise Puleo
Kathy Hume, *ex officio*

SOCIAL ACTIVITIES

Lisa LeFebvre, Chairman

Kathy Hahn
Anita Hawkes
Irene Heenan
Helen Intintoli
Betsy Milan
Sharon Powers
Kris Shirrell
Carol Howard, *ex officio*

WAYS AND MEANS

Angie Thorpe and Kris Shirrell, Co-Chairmen

Belva Gibson
Lisa LeFebvre
Carol Larson
Louise Puleo
Ike Redman
Carol Howard, *ex officio*

Chaplain—Irene Heenan
Historian—Sharon Powers
Financial Reviewer—Pat Zuniga
Parliamentarian—Glenda Goode



As Chaplain, Irene Heenan gives the Inspiration at the beginning of meetings.

“Committees are at the heart of how our business is accomplished”



Guia Del Rosario and President Carol enjoy themselves at Federation Convention in Taipei, Taiwan.

Convention, continued from page 1

and sexual discrimination to obtain her education. She is now planning to return to her tribal area and teach elementary education.

Many of the presentations were given in languages other than English. Attendees could follow the simultaneous translation on screens installed throughout the meeting room. While there was some difficulty with the initial background color saturation, it was later corrected. In any case, the workshops on every aspect of leadership, team building, and personal development were professionally presented and valuable.

President Carol and Guia took Jelly Bellies with them as ice breakers. The candies were such a hit that there were people standing in line to get their jelly belly fix.

Who can think of going to Taiwan and not think about shopping? President Carol got initiated into the art of shopping by bargaining while Guia pulled out her old skills. And what more can a good shopper want than to have a major jade market within walking distance of the hotel?

The meeting was worth every one of the 12+ hour of flying each way!

Home Dinner Committee Assignments Portend Enjoyable Times

Home Dinner committees have been assigned by our social committee. We all thank Lisa LeFebvre for getting this task done early in the year. If you cannot serve on your assigned committee, you need to find someone to switch with from another committee. Let Lisa know that you have made the change.

Group 1—September

- Helen Intintoli
- Betsy Milan
- Mary Ellen Ryan
- Kris Shirrell
- Pat Zuniga
- Anne Ligda
- Phyllis Neely
- Cathy Preovolos
- Onetta Munkres
- Myrna Kingsbury

Group 2—January???

- Marina Fata
- Kathy Hume
- Shelee Loughmiller
- Ike Redman
- Pinky Santiago
- Sharlynn Willingham
- Irene Heenan
- Sharon Powers
- Albiana Doll
- Christine Lemke

Group 3—March

- Alicia Cook
- Anita Hawkes
- Carol Larson
- Louise Puleo
- Rozzana Verder-Aliga
- Sandy Vollmer
- Greta Lange
- Carol Howard
- Guia Del Rosario
- Desi Toronto

Group 4—June

- Glenda Goode
- Kathy Hahn
- Karen Jones
- Judi Salvadori
- Angie Thorpe
- Belva Gibson
- Judith Brown
- Anne Fourie
- Josefine Stolz
- Honoré McIlhattan

Well behaved women rarely make history.

So...you think you know Soroptimist? answer

The answer is 2. The pledge is used by some clubs worldwide. The clubs where it is used are primarily English speaking—the US, UK, Canada, Australia, etc. However, it is not used by all clubs in any federation. There are difficulties in translating the words without losing their underlying meaning. In many clubs, the Soroptimist symphony is sung in addition to or in place of the pledge; the symphony is usually sung at the beginning of meetings. Likewise, the Soroptimist grace is said by many clubs. There is no rule or protocol that says we have to recite a pledge, sing a song, or say a special grace. After all, it is the meaning behind the words that we honor and uphold, not the words themselves. So, don't be surprised if you don't hear the words of the pledge when you visit other clubs, but let's keep saying them because they are awfully nice words.

Shelee Loughmiller Transfers to Our Club

Shelee Loughmiller, a transfer member from SI American Canyon, was welcomed to our club in a ceremony moderated by Greta Lange at our July 21 meeting.

Shelee is Executive Vice President, Corporate Initiatives for Blue Coast Financial Group. Her company supports a network of business to business consultants who want to build their own consulting practices. Her products primarily focus on cost reduction and tax savings programs.

You may reach Shelee at (contact information edited out of website edition).



Shelee Loughmiller being welcomed to our club by Greta Lange.

It Just Keeps Getting Better and Better: Breast Cancer Detection Options

Many of us remember when finding a lump in the breast almost automatically meant going for a surgical biopsy and not knowing if you would wake with or without a breast. Things have certainly improved and are continuing to advance.

Women are still urged to use breast self examination (bse), but the truth is that most women don't follow a strict regimen and are frustrated in not knowing what they are doing. The most important thing to do is to familiarize yourself with how your breasts normally feel, realizing that some sections will have more lumps and bumps, other areas may feel sandy, pebbly, or grainy and that most lumps are benign. Some women find it helpful to diagram their unique features so they can follow changes over time. No one should rely solely on bse.

In addition to bse, we now have not only mammograms, but digital mammograms, MRI exams, and ultra-

sound. Mammograms remain the gold standard when it comes to detecting breast cancer. However, 10% of cancers are missed in mammograms due primarily to the difficulty of reading some women's films. Digital mammograms and MRI exams

may be recommended for these women and for women who have a history of chest radiation treatments or breast augmentation. Ultrasound is useful in diagnosing younger women whose breasts tend to be dense and full of milk glands.

Where's the Best Place to Look for More Information?

There has been an explosion of information on the internet about breast cancer. A Google search for "breast cancer" comes up with over 55,400,000 hits. Below are some of your best internet sources:

National Cancer Institute: www.cancer.gov/cancertopics/types/breast A comprehensive site which includes information on clinical trials, new treatment options, new detection options.

National Institute of Health: www.nlm.nih.gov/medlineplus/breastcancer This is another comprehensive site which concentrates on state of the art research projects, and includes multimedia presentations, a library of information, an especially comprehensive glossary of terms, with links to many other sites.

American Cancer Society: www.cancer.org Their section entitled "All About Breast Cancer" is just that—all you might want to know at one easy to navigate site.

Breast Cancer.org - www.breastcancer.org This is a nongovernmental, nonprofit whose medical information is overseen by a professional advisory board. Its multiple articles are especially easily understood. The site includes discussion boards, online conferences with professionals, and information for every level of interest from family member to just diagnosed to survivors. The site is excellently maintained, with daily updates.



Why yes, I did have my mammogram today. Why do you ask?

Secret Soroptimist of the Month

Last month's Secret Soroptimist was Betsy Milan. (How else could *Log 'n Line* get a picture like that on such short notice?!?) Now, who is our beauty this month?



Personal Passages

Christine Lemke has been missing meetings due to a broken wrist she suffered during a fall. Her injury has also kept her from her work. Best wishes, Christine for a speedy recovery.

We were saddened to hear that former member Seana Pangia recently underwent surgery for a brain tumor. You may send cards and best wishes to her home.

We recently were made aware of the death of Life Member Dorothy Weeks. Dorothy had been living in a care home in San Ramon for several years before her death. Our sympathies are extended to her family.

The Legal Stuff

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We're coming to the web soon!

*improving the lives of women and girls, locally
and throughout the world*

Soroptimist is an international volunteer organization for business and professional women who work to improve the lives of women and girls, in local communities and throughout the world. A 501 (c)(3) organization, Soroptimist relies on charitable contributions to fund its programs.

Soroptimist International of Vallejo was chartered in October, 1939, and since that time has been an integral part of the community. Numerous local programs which benefit women and girl are funded through the club. Known for its dynamic scholarship program, benefitting girls in local high schools and colleges, the club is also a proud, enthusiastic participant in Soroptimist Founder Region Foundation which funds fellowships for women in the final years of their doctoral studies.

Picture Of the Month



Springstowne Lady Wildcat Wrestling team. SI Vallejo helped these middle school young women live their dreams through a grant to partially fund their travel squad's participation in the USGWA Hawaii Kick-Off Classic in which our Vallejo girls competed against the best girl wrestlers from all the islands of Hawaii. Of the nine girls on the travel squad, all medaled and five won the gold in their events.

Officers

Carol Howard, President

**Kathy Hume,
President-Elect**

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