



PRESIDENT'S MESSAGE

By Katie Kight  
SI Ukiah President  
2012-2013



*"Ask yourself what is really important and then have the wisdom and courage to build your life around your answer."*

Greetings SI Ukiah Members and Friends,

The new club year is off to a great start! Our first fundraiser, the Salad Bar Lunch, was a success thanks to Committee Chair Donna Moschetti, her crew and every club member who helped out one way or another. It was wonderful to have so many special guests attend; Founder Region Governor Dona Gaddis Wolf, District IV Director Maddy Leader, SI Santa Rosa President Helen Sager, SI Windsor President Joan Mora and SI Windsor members Vickie and Marge.

At our first Board Meeting, members enjoyed a lovely lunch and afternoon meeting thanks to Janet Hunt. We ventured out to the country where Janet graciously welcomed us to her home. The views were amazing and it was quite fun to see a deer calmly resting just outside the house. After the meeting, Janet drove Willow and me to see their 'tourist attraction' located toward the bottom of the property, the Big Bay Laurel Tree. The circumference of the trunk measures 36 feet and the fragrance filled the air. I've included photos below.

Our first volunteer project of the year is this Sunday, October 6th. I hope you're planning to join the fun at the Free Children's Health Fair to help provide kids with bike safety helmets and help them maneuver through the bike safety course.

Together we're brightening our club, community and world!

- Katie



## Celebrating October Soroptimist Anniversaries Congratulations!

		MILESTONES
Carol Lanier	October 2003	10 Years
Georgia Leventis	October 1995	
Judy Pinto	October 1993	20 Years
Glenys Simmons	October 2011	

MEMBERSHIP  
ANNIVERSARIES

## CALENDAR

### Meetings

September - June  
Wednesdays, Noon-1:00  
Ukiah Garden Cafe  
1090 South State Street

### Board Meetings

All members welcome to attend  
Monday prior to the business  
meeting, 5:30 p.m.  
Schat's at Friedman's

### October 2013

- 2 Committee Meeting
- 3 Founders Day  
1st Club Chartered in  
1921 in Oakland.
- 5 District Meeting  
St. Helena  
"Riding the Wave of  
Change"
- 6 Free Children's Health  
Fair - Bike Safety  
Course
- 7 Board Meeting
- 9 Business Meeting
- 16 Program Meeting
- 23 Membership  
Information Luncheon
- 30 Hospitality Meeting



**Soroptimists  
Shine...**  
Brightening Our  
Club, Community and World!

## FREE CHILDREN'S HEALTH FAIR BIKE SAFETY COURSE

**Jessica Kimball, Committee Chair**

**Our next volunteer day will be at the Free Children's Health Fair, Sunday October 6,** at Alex Rorabaugh Center on the Grace Hudson School Campus. Our club will be giving away bike helmets from 11:00 a.m. to 3:00 p.m. In addition we will operate the bike safety course. We need lots of volunteers to man both activities. The shifts are in one hour increments and help is needed on all shifts from 10:00 a.m. to 4:00 p.m. Bring a friend, it's fun working with kids.

## RECRUITMENT AND RETENTION

**Willow Anderson, Committee Chair**

### MEMBERSHIP INFORMATION LUNCHEON, WEDNESDAY OCTOBER 23rd.

Who do you know that may be interested in learning more about how they can become involved with SI Ukiah as a member? Invite these potential members to join us for lunch!

Let's continue to grow our membership so we can empower even more women and girls to live their dreams!



## SCHOLARSHIPS AND AWARDS

**Lucille Mirata, Committee Chair**

The following award applications are due in December. Please help spread the word. Information and application forms are available on our website, [www.siukiah.org](http://www.siukiah.org)

**RUBY AWARD, DUE 12/1/13** - For a woman in the community who is improving the lives of women or girls through her professional or personal life. By identifying and focusing on a need of women and girls, this woman has contributed to the improvement of their lives. Although clubs may honor a woman for a lifetime of good work, the majority of the work should have occurred within the past two years.

**VIOLET RICHARDSON AWARD, DUE 12/1/13** - A recognition program for young women ages 14-17 engaged in volunteer action within their communities or schools.

**WOMEN'S OPPORTUNITY AWARD, DUE 12/15/13** - For women who provide the primary financial support for their families, and who are enrolled in or have been accepted to a vocational/skills training program or an undergraduate degree program.

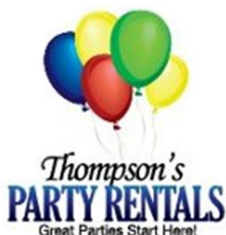
## SEE'S CANDY

**Penny McIntosh, Committee Chair**

The committee is gearing up for our main fundraiser, See's Candy. Pre-sale forms will be passed out in October when Penny returns from vacation.

# THANK YOU TO OUR CLUB SPONSORS

with whom we are able to prosper for the good of our community.



Ask about our business sponsorship program

*Soroptimist improves the lives of women and girls through programs leading to social and economic empowerment.*

## SALAD BAR FUNDRAISER Donna Moschetti, Committee Chair

The Salad Bar held on Wednesday, September 18, 2013 went very well. Everyone seemed to enjoy the food and there was a huge assortment of salads, which was great. A huge thank you to everyone who sold tickets, made salads, baskets, helped set up, serve and clean up. This would not have been a success without you. It looks like we made approximately \$1,300.



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## SEPTEMBER GUEST SPEAKERS

**Bridget Sholin, Ukiah Valley Medical Center**

**Vincent P. Valente, M.D., Ukiah Valley Rural Health Women's Center**



The September program meeting of SI Ukiah featured Bridget Sholin from Ukiah Valley Medical Center, who shared with us the opportunity to attend a meeting on Women in Anxiety at the Ukiah Rural Health Center – one of several meetings they will be sponsoring on women's health – and also thanked us for our participation in the Free Children's Health Fair.

Bridget then introduced our guest speaker from Ukiah Valley Rural Health Women's Center, Dr. Valente, who has been practicing in Ukiah since 1975. With an endearing sense of humor Dr. Valente discussed several women's issues and through all his topics he highlighted the new technologies and the different ways of thinking from when he first began.

He first discussed uterine fibroids. He said one in five women will have these in her lifetime. They are benign – it is very rare for one to be cancerous and he has not seen a cancerous one in all his time in practice. The cause is unknown although they are hormone-related and will shrink after a woman goes through the change. In order for surgery to be indicated now, they need to be causing problems such as bleeding, or be very large.

His second topic was incontinence, and he informed us there are two kinds, urgency and stress. Urgency incontinence can be helped with medication, as well as keeping the bladder empty. Stress incontinence, however, is caused from the bladder dropping down and happens from sneezing, laughing, and coughing. It can be fixed by many procedures, but the standard is an out-patient repair with a minimal amount of mesh.

Lastly, Dr. Valente informed us that the recommendations for pap smears have changed and are no longer needed by women over the age of 65. For younger women with normal yearly tests of at least five years, pap smears can be done every three years. He did stress though that yearly pelvic exams are still a necessity as are yearly mammograms.

Dr. Valente stayed to answer questions he was not able to get to during the meeting. We thank him for his interesting and informative presentation of women's health and his thorough discussion of each subject. He is a wealth of information and we were delighted that he so willingly shared it with us.

## A FEW FACTS ABOUT THE LAUREL SOCIETY

**What is the Laurel Society and why was it established?** The Laurel Society was established in 1994 to honor individuals who have made SIA their charity of choice, supporting the Soroptimist mission. The Laurel Society was created to show appreciation and recognition to donors for major gifts that would ensure continued funding for Soroptimist programs.



**How do I become a member of the Laurel Society?** Individuals can make a personal contribution to Soroptimist to become a member of the Laurel Society. An individual can also be honored with Laurel Society membership by her family, her club or her friends as recognition for exemplary service, leadership recognition and special life events.

**How are my Laurel Society contributions used?** Laurel Society contributions are used to fund Soroptimist programs and awards: Women's Opportunity Awards, Violet Richardson Award, Soroptimist Club Grants for Women and Girls, STOP Trafficking, and the Workplace Campaign to End Domestic Violence.

**What kind of recognition is given for Laurel Society contributions?** All Laurel Society members are acknowledged with a thank you letter and pin representing their membership level. Recognition is also often given at region conferences. Laurel Society members receive exclusive invitations to SIA functions, such as the Laurel Society event at convention.

**Is it possible to make a donation to another member's Laurel Society?** Yes. The contribution is credited to the member's Laurel Society at the request of the donor.

**Does the contribution need to be paid all at once?** Each unrestricted gift of \$100 or more from a member—or in honor of a member—to Soroptimist is credited toward membership in the Laurel Society. Headquarters tracks total contributions and will send a pin when the member reaches the next recognition level.

**If I set up a monthly contribution, will it count toward my Laurel Society membership?** Yes. Contributions received through monthly giving are credited to the donor's Laurel Society.

**If my employer will match my contribution, will it be credited to my total Laurel Society contributions?** Matching gifts are a great way for Soroptimists and supporters to maximize personal contributions and increase the impact of their gift.

**Will Soroptimist accept any gifts other than cash for recognition in the Laurel Society?** Soroptimist will gratefully accept gifts of stock and property toward membership in the Laurel Society. The donor is credited for the cash value of the gift at the appropriate contribution level.

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