



GOVERNOR ' S MESSAGE

THE RIPPLE EFFECT

The price of a barrel of oil had risen beyond anyone's expectations. In recent months the price has slowly dropped, however, not to the level seen prior to its rapid ascent. The ripple effect on the consumer is evident and affecting everyone's daily life.

What does the price of a barrel of oil mean to you and me? The cost of filling the gas tank of our vehicle has almost doubled. The cost of public transportation has increased and services are stretched. Food prices have increased dramatically. Farmers pay more to fill their tractors. They spend more for fertilizers, pesticides and plastic packaging. Storing and processing food takes a huge amount of energy, which is linked to the price of fossil fuels. Transportation costs continue to increase. In order for there to be profit in farming and the food production industry prices to you and me must rise. Increased costs for wheat and rice, due to shortages created by severe weather adds to the financial outlay at the grocery store. A recent survey, conducted in the United States, looked at the percentage of increase over one year for certain food staples. The survey showed the price of eggs had increased by 53%; bread and rice by 25%; milk by 19%; coffee by 14% and chicken by 11%.

What are you doing to make your dollar go further so you can purchase the basic food staples? Are you clipping coupons? Do you plan ahead and prepare several days worth of meals to reduce energy use? Do you swap home-grown produce with neighbours? Do you join with others to buy bulk items at wholesale prices? Have you stopped dining out? Do you now only enjoy a specialty coffee once a week? Did you have a stay at home vacation?

What if you were already clipping coupons, preparing meals ahead, and in a co-op to buy bulk at wholesale prices? What if you use the food bank and food supplies are low? People who could contribute to the food bank are feeling the effects of a strained budget and many can no longer contribute. How do you pay the increased costs for heating and electricity? How do you manage a rent increase, however small? Would you have to make a choice between shelter and food?

Many people have to make that choice. Many are single mothers, survivors of domestic violence, caught in the downward spiral as the cost of living continues to increase. What choices do they have? What opportunities are afforded to them?

Soroptimists are business and professional women working through projects that help to improve the lives of women and girls in our local communities and throughout the world. Now, possibly more than at any other time, it is important to be a Soroptimist. You have the skills, knowledge, experience and the resources to make a difference. Continue to be successful in your efforts so all women and girls may have a choice of opportunities.

Take one step, make one decision to support Soroptimist programmes and projects and others will follow. It is no different than dropping a pebble in the water and seeing the ripple effect.

Wishing you continued success,
Governor Angela.

Change is inevitable; growth is optional (attributed to Walt Disney)

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WESTERN CANADA REGION CHAIRS 2008–2010

M E M B E R S H I P

WELCOME! WESTERN CANADA REGION MEMBERSHIP CHAIR - PATRICIA DYE

Patricia, a three year member of Soroptimist International of Surrey Delta, brings skills, knowledge, and experience to the position of Region Membership Chair. Patricia is a graduate of BCIT with honours in two programmes: Human Resources Management and Management Systems. Currently, Patricia is working towards her Canadian Human Resources Professional designation. Patricia is employed with TELUS and has gained experience through her work in several departments. She is currently working on a mentorship/networking programme for client care representatives at TELUS. Being a Soroptimist is important to Patricia as well as supporting other worthy community organizations.

Patricia will be working with members in an effort to achieve the membership goals of the Region, as outlined in the Region Strategic Plan. She will be contacting the Membership Chair of each club for information sharing and collaboration of efforts. Patricia may be contacted at patricia.dye@telus.net

Welcome! Western Canada Region Extension Chair – Bea Kelly

Bea, a Soroptimist for over 20 years, was the charter President for Soroptimist International of the Tri Cities, where she is currently a member. Through her business, Bea meets women from all walks of life and in a number of cities in Western Canada. Bea is currently working with Governor Angela to charter a club serving the communities of Maple Ridge and Pitt Meadows in B. C. Do you know women in these cities that would be interested in joining Soroptimist? Please let Bea know and she will invite them to the next meeting. Bea may be contacted at bebe25@telus.net

F U N D R A I S I N G

WELCOME! WESTERN CANADA REGION FUNDRAISING CHAIR – CARLA BUSNARDO

Carla is a longstanding Soroptimist and has held many executive positions in three different Soroptimist clubs. At the present time she is a member and immediate past-President of Soroptimist International of Vancouver. She brings a unique sense of humour and great enthusiasm to the position of Region Fundraising Chair.

In her professional life Carla is a Knowledge Manager for Canada Border Services Agency. In this role she is responsible for providing education and sharing knowledge with her adult audience. Carla wishes there was a money tree for each club so all projects and programmes would be consistently and fully funded. Alas, she has not found the money tree, however, Carla has some very creative ideas that she will be sharing with the members.

Carla will be working with members to achieve the goals of the Region Strategic Plan. Carla will be contacting the Fund Raising Chair of each club to share information and build a collaborative information base of successes. Carla may be reached at carlab@netscape.ca

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P R O G R A M M E

WELCOME! WESTERN CANADA REGION PROGRAMME CHAIR – KARIMA HUDDA

Karima is a member of Soroptimist International of Edmonton and has held several Club executive positions, the most recent being Club President. Karima looks forward to new challenges and certainly the role of Programme Council and Region Programme Chair will provide this opportunity. Karima brings good organization skills, excellent communication skills, and a commitment to make a difference in the Region. Karima was fortunate to spend an afternoon with SIA Programme Coordinator Dawn Walsh, discussing the role and to gain a stronger understanding of Soroptimist programmes.

Karima will be contacting the Programme Chair for each club to discuss the goals of the Region, as per the Strategic Plan, and to assist clubs with education and information. Working together with Karima are B. J. Gallagher a member of Soroptimist International of Edmonton and the Region Women's Opportunity Award Chair; Donna Schreyer a member of Soroptimist International of Winnipeg and the Region Making A Difference for Women Award, and Bev Lowsley a member of Soroptimist International of Greater Victoria and the Region Violet Richardson Award Chair.

Karima may be reached at khudda@radtagtech.com B. J. may be reached at bjgal@telus.net

Donna may be reached at eagle257@shaw.ca and Bev may be reached at bev.sigv@gmail.com

Each of these Soroptimist are available to answer your questions, take suggestions, and provide education and resources for their specific Chair responsibilities.

Also, under the auspice of the Region Programme Chair is the Region STOP Trafficking Initiative. Our Past Governor Janneke Lewis has accepted the appointment as Chair for this committee for the biennium. We will be providing further information on this initiative in e mails to Club Presidents and in future issues of the Action Line. The objective of this initiative is to make a significant difference in the public's awareness of the trafficking issue and to work toward a trafficked free 2010 Winter Olympics.

P U B L I C A W A R E N E S S

WELCOME! WESTERN CANADA REGION PUBLIC AWARENESS CHAIR – LINDA CUNLIFFE

Linda is a charter member of Soroptimist International of Surrey/Delta and has held various Club executive positions. Linda brings a wealth of knowledge and experience to the role of Public Awareness Chair. She was the Region Action Line Editor 1996 – 1998, Region Advocacy Chair 2000 – 2002, and Region Programme Chair and SIA Programme Council Member for the first biennium of the Renaissance Campaign, 2004 -2006.

Linda received the Frances E. Wagner Soroptimist Woman of Achievement Award in 2005, and was nominated for the Surrey Community Leader Award in 2003 and the Langley Women of Excellence Award in 2000. Linda was co founder of SAS Surrey which was the proud recipient of the Solicitor General Community Safety & Crime Prevention Award in 2004 for outstanding contributions towards crime prevention and community safety in B. C.

Linda is a Licensed Professional Realtor and has been a working member of various boards, strategic planning committees, social services committees and project development teams.

Linda will be contacting the Public Awareness Chair of each club to discuss opportunities for combined public announcements and to provide information and education related to getting the word out about Soroptimist. Linda may be reached at lindacunliffe@telus.net

Working with Linda to achieve the Public Awareness goals as set out in the Region Strategic Plan is Noreen Straker. Noreen is a long standing member of Soroptimist International of the Langley's, a Past President of the Club and Region Public Awareness Chair for the first biennium of the Renaissance Campaign 2004-2006. Noreen brings a strong commitment to Soroptimist and an enthusiasm which is never ending.

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The Sorooptimist International of the Americas website www.sorooptimist.org has a section which provides a summary of all of the events and activities of the Convention together with links to videos and photographs. The photographs truly reflect the diversity of our membership, our successes and just how much fun we had. The theme of the Convention was “Sharing Good Fortune” and we certainly did!

Some of the highlights:

- Over 1,750 attend and 778 attend Convention for the first time
- 200 plus members, SIA's next generation of leaders, participated in the Emerging Leaders sessions and donned cap and gown for their graduation. **Sorooptimist International of Courtenay President Hilary Tredwell did Western Canada Region proud.**
- Opening ceremonies featured a video presentation on the countries in our Federation and highlighted the important work and progress of influential women in each country
- Alison Levine, team captain for the first American Women's Mount Everest expedition was the keynote speaker – She said, **“Fear is okay – complacency is what will kill you.”**
- S. I. A. Women's Opportunity Award winner Mispah Evangelio of Aklan, Philippines was presented with her award. She said **“Thank you for making it possible for me to live my dream.”**
- 1,120 women received more than \$1.3 million dollars from Sorooptimist to help them achieve their dreams this past year. 11 of the 28 Regions achieved 100% club participation – **Western Canada Region is one of the 11 Regions – Congratulations!!**
- Violet Richardson Award recipient Cindy Berman of La Jolla California was present to accept her award. She said **“thank Sorooptimist women here and around the world for their support and encouragement of my project and their belief in helping others.”**
- Almost \$300,000 was given to young women and \$130,000 was given in donation to the girls' volunteer organizations
- Making a Difference for Women recognized Anne Ream of Chicago, Illinois. Ms. Ream established “The Voices and Faces Project”. Its mission is to give a voice and face to rape survivors. She said, **“Sorooptimist is doing such important work, and to be recognized by your organization is indeed humbling.”**

WESTERN CANADA REGION KUDOS

"S. I. of Abbotsford-Mission has won the 2008 award as the Best Service Organization in Abbotsford, B. C. The presentation was made at a gala event with many personalities and politicians present.

Our nominator was the Fraser Valley Child Development Society. They noted that we had given them \$30,000 over the years.

The great newspaper coverage mentioned our Women's Opportunity and Violet Richardson awards and that the club focus was services and programs for women and girls. This has been great publicity for our club."

Linda Gertsen, Past-President

gertsen2000@yahoo.com

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LEADING THE WAY – LEADERSHIP RETREAT

Over thirty Soroptimists from Western Canada Region came together on August 23 and 24 2008 for the third annual Western Canada Leadership Retreat. Governor Angela opened the weekend with a welcome and a review of events at the SIA Convention in Taipei.

SIA Secretary-Treasurer Sharon provided an informative, step by step presentation on 'Building a Successful Fundraiser'. I'm sure the tips will be put into good practice as I saw many women feverishly taking notes during the presentation. I found the information on how to approach prospective donors very helpful, along with the idea that a club should be systematic in building a donor list to be increased year to year.

Soroptimist Foundation of Canada Board Member Shirley Sanderson gave an interesting overview about the SFC, including information on their Grants for Women and Club Grants for specific projects. I was very interested to learn that SFC can be designated as your charity of choice in your employer's United Way Campaign, which makes donating to the SFC as an individual very simple.

We were happy to welcome Dawn Walsh, SIA Programme Coordinator who followed up on SIA Board Member Sharon's information with her presentation 'Designing a Club Project'. This was a very practical step by step template on putting together a successful project. Dawn provided information on the many resources available to members on the SIA website, including how to complete a Program Focus Report online.

SIA Past-President Yvonne Machuk rounded out Saturday's event by giving members an update on happenings at Soroptimist International. Several attendees commented that they now had a better understanding of the 'big picture' of Soroptimist International.

Saturday evening found groups of Soroptimists taking over tables at local restaurants. Tables were hosted by weekend presenters to give everyone a chance to ask questions and glean information in an informal setting.

Rosemary Sargent opened Sunday with laughter and to-the-point information as she had several members enact a very dysfunctional meeting to start out her presentation on 'Are you Getting the most out of your Meetings?'. I'm sure that members across the region are seeing the results of this presentation as their club representatives put the information learned into action.

Governor Angela wrapped up a busy and informative weekend by leading a workshop on developing a club strategic plan. Attendees worked in groups on sections of a plan; many walked away from the weekend with a rough draft strategic plan to take to their individual clubs.

I found the weekend informative, energizing, exhausting and a lot of fun. It is always great to get together with members of other clubs and exchange ideas. We hope to see many Soroptimists at next year's event, set for **August 8 and 9, 2009**.

Governor Elect Colleen Schmidt

SEVERAL GOOD IDEAS FROM THE WEEKEND:

1. Having difficulty finding good candidates for the Making A Difference for Women Award? Go to each organization your Club supports and ask them to nominate a recipient and have them complete the application form for her. If nominee is unsuccessful one year have them reapply in subsequent years.
2. Provide Soroptimist business cards to each new member on their induction.
3. Develop and practice your 30 second elevator speech.

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AN INTERNATIONAL OPPORTUNITY

KENYA EXPERIENCE

Prior to my most recent trip to Kenya I was given \$500 from my club (North and West Vancouver) for a joint project with the **Kakamega Soroptimist Club**. The Kenyan group had been working with the local women's prison in an effort to make the lives of the women in the prison a little easier.

A group of us went to the prison to meet the women and to find out what they needed in the way of support. A room is available for those who are interested in doing craft work – most of the women sit on the floor. That day the women were knitting, crocheting and making baskets. The women asked for sewing machines so that they could learn sewing and tailoring which would help them when they were released and would also enable them to make clothes for their children. In Kenyan prisons women are allowed to have their babies with them until they are two years old (the end of breast feeding).

Not long after this visit on March 8th - International Women's Day - a group of Soroptimists went to the prison with fresh vegetables to give some variety to the women's ordinary fare of ugali (corn meal) and cabbage. We shared the food with them and took part in the singing and dancing that followed. There was also a contest to choose Ms Kakamega Prison which was great fun.

With the \$500 we were able to provide two treadle sewing machines, 20 meters of material, an iron, and other items such as pins, needles and scissors. The day we delivered these items we also brought cookies for the children. Both the women and the prison staff were very pleased with the Soroptimist help and I hope we can continue to support these very disadvantaged women.

The balance of the funds was used to provide some basic supplies for displaced persons in one of the refugee camps during the recent civil unrest in Kenya.



Submitted by:
Marie MacKay
S.I. North & West Vancouver

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S U C C E S S F U L E V E N T S

S.I. of North & West Vancouver held their third **Tuning into our Teens** conference for parents of adolescent girls in June. This year's conference had a full house with approximately 90 parents attending. The topics discussed included, "When is it more than just the blues? (Recognizing depression)", "Become the parent your daughter needs", "What parents need to know about teen sex" and "The truth about drugs in schools". All the speakers and presentations were well received and the feedback from every parent was very positive. This was due in no small measure to the hard work of the conference chair, Veronica Loat, and of everyone who helped make this event a success.
For more information please contact veronica-loat@shaw.ca

C O M I N G E V E N T S

Soroptimist International of North & West Vancouver for a wonderful evening of fine dining and dancing, with silent and live auctions, a balloon raffle and the sale of keys to the Treasure Chest and help support this worthwhile cause.

Saturday, November 1st, 2008

6.00 pm to 12.00 am

Hollyburn Country Club, 950 Crosscreek Road, West Vancouver

For tickets Phone 604-985-6701, E-mail: soroptimist@shaw.ca or
Visit our website at www.soroptimistnvwv.org

W A N T E D

ACTION LINE EDITOR urgently required. Please contact Governor Angela at angela.bunting@shaw.ca with your questions and for further information.

The Action Line will be published four times in each year of the biennium.

Submission deadline:	Publication dates:
December 31, 2008	January 2009
March 31, 2009	April 2009
June 30, 2009	July 2009
September 30, 2009	October 2009
December 31, 2009	January 2010
March 31, 2010	April 2010
June 20, 2010	July 2010

RESOURCES AND INFORMATION

Please visit these websites for more information and lots of resources.

Soroptimist International website www.soroptimistinternational.org

Soroptimist International of the Americas website www.soroptimist.org

Soroptimist International of the Americas Western Canada Region website www.wcsoroptimist.org

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