

Call to Conference

SOROPTIMIST

Best for Women

SOROPTIMIST INTERNATIONAL OF THE AMERICAS

73rd Western Canada Region Conference

May 4th – May 7th, 2006



SOROPTIMIST INTERNATIONAL
A GLOBAL VOICE FOR WOMEN

SOROPTIMIST INTERNATIONAL OF THE AMERICAS
BEST FOR WOMEN

Western Canada Region Theme ~ THE POWER OF ATTITUDE
Conference Theme ~ A SEA OF ATTITUDE

Hosted by Soroptimist International of Greater Victoria

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Dear Soroptimists and Friends;

This special invitation is for you to attend the 2006 Spring Conference of Western Canada Region in beautiful Victoria, the capital city of B.C.

Our hosts, Soroptimist International of Greater Victoria are excited to welcome you to "A Sea of Attitude," so whether you are crossing the sea or following the sea or flying over the sea, just be sure to come and share that Soroptimist attitude with them. They have done a great job working together with the Region Team to prepare a conference alive with fun, celebration, friendship, education, and did I say "fun"?

SIA President - Elect Tes from the Philippines is our "official" Federation guest. Learn about Soroptimist activities from her perspective.

Western Canada Region Governor - Elect Patti will share her experiences from her recent Project Independence tour in Rwanda.

Members have requested an avenue for sharing their successful club projects. This has been addressed in the "World Café," -- back by popular demand !

Of course, one of the highlights will be the installation of our 2006-2008 Region Board. Our efforts to encourage leadership development in Western Canada Region have certainly paid off making our elections difficult, with such an outstanding slate of candidates.

Our speakers and breakout sessions are balanced between program education and leadership and personal development. It is our hope that everyone goes home a little wiser -- carrying away some new ideas for yourself and for your club.

I heard "Nellie" has relocated to Victoria, so who knows what that may bring!! I am almost afraid to ask,

We want to give a warm Western Canada welcome to any visiting Soroptimists joining us for the weekend. We want you to come and see what a small but mighty region does for fun or perhaps you have heard that SI Greater Victoria is a little "fishy!"

We are happy to make new Soroptimist friends and welcome the exchange.

See you in Victoria on May 4 in "A Sea of Attitude."

Sharon Fisher, Governor, Western Canada Region

OFFICIAL CALL
WESTERN CANADA REGION CONFERENCE ~ MAY 2006

WHERE Harbour Towers, Victoria, BC Telephone: 1 800 663 5896
345 Quebec Street Fax: 1 (250) 480 6593
Victoria, BC V8V 1W4 Email: reservations@harbourtowers.com

WHEN May 4th to 7th, 2006

HOST CLUB SI of Greater Victoria (awhittall@telus.net)

HOTEL RESERVATION DEADLINE: April 1st, 2006 Reserve early, first come first served

Reservations are to be made directly with the Harbour Towers, Victoria.
Please state that you are reserving a room in connection with the Soroptimist Conference in order to obtain your conference rates.

Standard Room \$99.00 One Bedroom Suite \$119.00
Two Bedroom Suite \$139.00 Penthouse Suite \$399.00

*10% provincial room tax & 7% GST apply to all rooms. Rates based on single/
double occupancy. \$15 additional person per room per night.*

HOTEL PARKING Complimentary Parking

CONFERENCE REGISTRATION DEADLINE APRIL 3rd, 2006 - Conference Fee, including meals, is \$210.00
See registration form for *partial* registration rates

Completed Registration Form to be forwarded to the Treasurer,
Jeannette Ward, #113 - 165 Kimta Road, Victoria, BC V9A 7P1
Tel: (250) 658 1681 Fax: (250) 658 1145

REGISTRATION TIMES Thursday, May 4th, 2006..... 4:00pm to 9:00pm
Friday, May 5th, 2006 7:00am to 11:30am
Saturday, May 7th, 2006..... 7:00am to 11:30am

CREDENTIALS DEADLINE APRIL 3rd, 2006
Complete the enclosed credentials forms (one for each club). Make two copies of the credential form: one to keep for yourself and one to be handed into the registration desk at conference. This form entitles your club to vote.

OFFICIAL CALL
WESTERN CANADA REGION CONFERENCE ~ MAY 2006

VOTING BODY The voting body of the conference shall be the region officers and the accredited delegates of each club in good standing. A club is in good standing if all requirements of Soroptimist bylaws and all region procedures are met

DELEGATES The delegates of each club shall be the president and two regular members or their alternates

NON - DELEGATES All Soroptimists and guests are invited to attend

CONFERENCE PACKAGE Package containing the official program, meal tickets, etc. will be available at the registration desk

SPECIAL GUESTS **SPEAKERS**

SIA President-Elect Tes Choa ~ official Federation visitor
Jody Paterson of PEERS (Prostitutes Empowerment Education and Resource Society) ~ Keynote Speaker

BREAK OUT SESSIONS

Fiona MacKay Young, "Your Attitude is Showing"
Inspector John Charlton and Ms. Carla Baehler, "Don't Meth with Crystal"
Susan Washington, "Living Deliberately ~ Being in the Moment"

EVENTS **MEETING AND EATING**

Thursday Friendship Evening -
 SI of Greater Victoria has a fun evening planned!
Friday Lunch - Celebrating Club Programs
Friday Evening - Hosted by SI of Courtenay
Saturday Lunch - Awards Luncheon "*HIGH TEA*"
Saturday Evening - Installation and Awards Banquet

CONFERENCE RULES

The voting delegates of the region shall be the Western Canada Region Board and three accredited delegates of each club in good standing.

A club shall be deemed to be in good standing upon meeting all requirements of federation, region and club by-laws by the time of the delegates' registration.

STANDING RULES

1. All voting delegates must be seated together at the front of the Conference room promptly at the beginning of each session.
2. The Agenda as adopted shall be the Order of the Day.
3. Ringers on cell phones and pagers shall not be allowed during business sessions, work shops or meals.
4. Upon rising to address the chair, each delegate shall state her name and the name of her club.
5. Only registered delegates (or a registered alternate when a delegate is not in attendance at the Conference) shall answer the roll call or vote and may not be replaced except for exceptional cause which shall be approved by the Board.
6. During a debate, a delegate may speak for two minutes and once only, unless no one else wishes the floor.
7. Non-voting delegate may only take the floor if no voting delegate is waiting to speak.
8. All non-routine motions shall be submitted in writing to the Secretary on approved forms at the time they are made.
9. Unless they are inconsistent to Soroptimist laws, Robert's Rules of Order shall govern.



INFORMATION FOR CLUB PRESIDENTS & DELEGATES

WHAT TO DO IN ADVANCE

- Review the Call to Conference with your club
- Make two copies of the Credentials Form: one to keep yourself and one to bring to Conference
- Prepare with the other delegates for the issues and items of Region business
- Reserve rooms at the Harbour Towers Hotel by calling 1-800-663-5896. Advise them you are with Soroptimist International and ask for Conference Rates

COMPLETE AND FORWARD

- Registration Form plus cheque or VISA payment. Return Registration Form and cheque by the 1st of April. Remember there is a \$20.00 late fee, so don't delay.
- *Celebration of Life* Memorial Form for each deceased member of your club
- Mail or email photos with brief descriptions of no more than three (3) successful projects for the Programs of Service Presentation by March 31st to Linda Cunliffe lindac@acncanada.net and copy Governor Sharon @ sfisher@eyeconn.com

WHAT TO BRING

- Your club banner for the BANNER PARADE at the Opening Ceremonies
- One Delegate Credentials Form per club
- Western Canada Region - Proposed Bylaws
 - Operations Manual
 - Procedures Manual
- SIA Bylaws & SI Constitution
- An item with minimum value of \$50.00 for the Silent Auction
- Any Sales Table items your club wishes to sell. Please let us know if you plan on doing this, so we will know how many tables to set up.

BRING LOTS OF YOUR CLUB MEMBERS!

CONTACT INFORMATION
2006 CONFERENCE COMMITTEE

Chairperson	Audrey Whittall awhittall@telus.net	(250) 382-3378
Co-chair	Terry Parent tparent@saanichpolice.ca	(250) 656-3295
Credentials Chair	Margaret Lintern mlintern@shaw.ca	(250) 642-6747
Hospitality Chair	Dorothy Currie dorothycurrie@hotmail.com	(250) 595-8896
Memorial Chair	Joyce Anderson joyce.anderson@shaw.ca	(250) 384-1450
President	Muriel Sitter Muriel.sitter@coastcapitalsavings.com	(250) 477-7664
Program Chair	Judy Rippon judyri@city.victoria.bc.ca	(250) 595-2659
Publicity Chair	Fay Mikkelsen fay.mikkelsen@coastcapitalsavings.com	(250) 483-8612
Registration Chair	Anna LeDrew alledrew@telus.net	(250) 474-3881
Transportation Chair	Helen Taylor hdgtaylor@shaw.ca	(250) 360-1432
Treasurer	Jeannette Ward	(250) 658-1681

WESTERN CANADA REGION BOARD

Governor Sharon Fisher	sfisher@eyeconn.com
Governor-Elect Patti Dolan	pattidolan@shaw.ca
Treasurer Megan Halprin	megansybil@shaw.ca
Secretary Bea Kelly	bebe25@telus.net
Board Member Joanne Mepham	mepham@cablerocket.com

TENTATIVE AGENDA

THURSDAY, MAY 4th, 2006

- 10:00am Pre-Conference Board Meeting
- 4:00 - 9:00pm Registration
- 7:00pm Opening Reception – Harbour Ballroom
No Host Bar – Light Buffet
Theme: *A Sea of Attitude*
Hosted by Soroptimist International of Greater Victoria

FRIDAY, MAY 5th, 2006

- 8:00 - 11:30am Registration - Harbour Ballroom, Mezzanine
- 8:00am Assembly of Piper, Flag Bearers, Dignitaries, Club Banner Bearers
- 8:30am Opening Ceremonies - Harbour Ballroom, Mezzanine
Anthems: Oh Canada, Land of the Morning, Star Spangled Banner,
Invocation
Introductions of WCR Board and Head Table
 Past Governors
 Past Federation Board Members
 Invited Dignitaries
 Head Table
Greetings from Invited Dignitaries
Greetings from Host Club, President Muriel, SI of Greater Victoria
Congratulatory Letters, Governor-Elect Patti
Greetings from Western Canada Region, Governor Sharon
Celebration of Life Service
- 9:15am Break
- 9:30am Call to Order
Thought for the Day
Roll Call, Secretary Bea, SI of Tri Cities
Credentials Report #1

TENTATIVE AGENDA

FRIDAY, MAY 5th, 2006 (cont'd)

- Adoption of Standing Rules
- Adoption of Agenda
- Introduction of Region Team
 - of First Timers
 - of Long Standing Members
- Approval of Minutes of 72nd WCR Conference, Secretary Bea
- Business Arising from Minutes
- Introduction of Courtesy Resolutions Committee, Governor-Elect Patti
- 10:00am KEYNOTE SPEAKER ~ Jody Paterson, PEERS
(Prostitutes Empowerment, Education and Resource Society)
- 11:00am Nominating Committee Report
 - Candidates' Speeches
- Announcements
- 12:00pm **CELEBRATING OUR SUCCESS** Program Luncheon
- 2:00pm Call to Order
- Credentials Report #2
- Soroptimist Foundation of Canada Report
- Consolidated Board Report
- Region Committee Reports as follows:
 - Program Chair Linda Cunliffe
 - Membership Chair Angela Bunting
 - Fundraising Chair Megan Halprin
 - Public Awareness Chair Noreen Straker
 - Administration Chair Cora Salvador
- 2:45pm Announcements
- 3:00 - 5:00pm Breakout Sessions (there is time to attend two sessions, as each session is repeated once)
 - Your Attitude is Showing
 - Don't Meth Around with Crystal!
 - Living Deliberately ~ Being in the Moment
- 6:00pm First-Timers Reception - Hosted by Western Canada Region Team
- 7:00pm Dinner - Hosted by SI of Courtenay

TENTATIVE AGENDA

SATURDAY, MAY 6TH, 2006

- 7:00 - 9:00am Registration and Voting - Harbour Ballroom
- 9:00am Call to Order
Credentials Report #3
Thought for the Day
- 9:15am Federation Address ~ SIA President-Elect Tes Choa
Election Results
Further Ballots, if necessary
- 10:00am Break
- 10:15am Financial Report
2006 -2008 Region Budget
New Business
- 11:45am Announcements
2007 Conference Presentation - SI of Saskatoon
- 12:00pm ***BEST FOR WOMEN*** LUNCHEON
- Woman's Opportunities Award
 - Violet Richardson Award
 - Making a Difference for Women Award
 - Western Canada Fellowship Award
- 2:00pm Call to order
Credentials Report #5
Continuation of New Business
Project Independence - Rwanda Tour - Governor-Elect Patti
Announcements
- 3:15 - 5:00pm World Café
- 5:00pm Set up for Silent Auction
- 6:00 - 6:30pm Governor's Reception for Past Governors, Invited Dignitaries,
Club Presidents and Region Team

TENTATIVE AGENDA

SATURDAY, MAY 6TH, 2006

7:00pm Closing Banquet - Hosted by SI of Greater Victoria

Region Awards

- Joyce Blake Visit Exchange Award
- Marguerite Duguid Area Meeting Award
- Isobel Gilhespy Membership Award
- Elsie Garlick Foundation Award
- Marguerite Watson Bulletin Award
- Frances Wagner Woman of Achievement Award

Recognition and Appreciation - Governor Sharon

Courtesy Resolutions Report

Silent Auction Results

Installation of 2006-2008 WCR Board - SIA President-Elect Tes Choa

Remarks - Incoming Governor Patti

Pledge & Adjournment - Governor Sharon

SUNDAY, MAY 7TH, 2006

8:00-10:00am Farewells

Drop off Evaluation Forms and name tags

10:00am Post Conference WCR Board Meeting

10:30am Conference Committee meeting with WCR Board

- 2006 Conference Committee
- 2007 Conference Committee



SECTION TWO

ATTACHMENTS AND FORMS

Registration Form
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"Celebration of Life" Memorial Form
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Travel Information
Guest Speakers
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World Café Menu



REGISTRATION FORM

Last Name: _____ First Name: _____

S.I. Club: _____ Office Held (if any) _____

Address: _____ City: _____

Province: _____ Postal Code: _____

Home Phone: _____ Fax: _____

Business Phone: _____ E-Mail: _____

Please indicate if you are a: *Region Board* *Voting Delegate* *Non-Voting Delegate*

First Timer *Long Standing (10 years +)*

Note: Registrations postmarked after April 3rd, 2006 will be assessed a \$20.00 late charge.

If you are attending the full conference (includes all meals, programs and activities):

VOTING DELEGATE - Full Registration Fee \$175.00

NON-VOTING DELEGATE - Full Registration Fee \$210.00

OR IF you are not attending the full conference, payment requirements as listed below:

Business Session(s) only (meals extra, see below)

Registration Fee (one-time fee) \$ 35.00 _____

(not payable if only attending meal function)*

Separate Meal Costs Only (no attendance during day)

Thursday Evening _____ x \$30.00 = _____

Friday Lunch _____ x \$30.00 = _____

Friday Dinner _____ x \$40.00 = _____

Saturday Lunch _____ x \$30.00 = _____

Saturday Banquet _____ x \$45.00 = _____

Partial Conference Fee = \$ _____

Late Registration (after April 3rd, 2006) \$ 20.00

TOTAL AMOUNT ENCLOSED \$ _____

Payment Options, Meals, Dietary and/or special requirements (see next page)

REGISTRATION FORM

Please make your cheque payable to **SI OF GREATER VICTORIA** and mail along with your registration form to:

Jeannette Ward
#113 - 165 Kimta Road, Victoria, BC, V9A 7P1
Tel: (250) 658-1681 Fax: (250) 658-1145

To pay for your registration by **VISA credit card**, supply the following information and mail it along with this page please OR email to awhittall@telus.net

Name on VISA Credit Card: _____

Credit Card No.: _____ Expiry Date: _____

Signature: _____ Approval #: _____
(for use by the Registration Committee)

MEALS

If you have DIETARY and/or special requirements, please note them here -- with your name and the name of your club. _____

Otherwise, choose one of the following:

Friday Lunch: Shrimp & Penne Pasta **OR** Chicken & Penne Pasta _____

Friday Dinner: **Buffet** with six salads, potatoes, vegetables, Baron of Beef, Chicken, Salmon, and cold seafood (clams, mussels).

Saturday Dinner: Filet of Halibut **OR** Roast Pork Loin _____

SALES TABLES

Clubs wishing a table for sale of merchandise at Conference may fill in the club information below. Please note that clubs may only sell items **at their tables**. This applies to tickets, merchandise, etc. etc.

There is a restriction on the number of tables in the mezzanine, first come, first served.
Sorooptimist International of _____ requests one table.

Reservations can be made at the Harbour Towers Hotel by email
reservations@harbourtowers.com

CREDENTIALS FORM

TO THE CREDENTIALS CHAIRPERSON

The following members have been appointed to represent Soroptimist International of _____ at the Western Canada Region Conference, to vote and transact business as may come before the Conference.

PLEASE PRINT CLEARLY

President: _____ Alternate: _____

Delegate: _____ Alternate: _____

Delegate: _____ Alternate: _____

Board Member/Delegate: _____

By my signature hereunder, I certify that the above named delegates are active members, in good standing, of our Soroptimist International club.

(President or Secretary)

(Club)

(Date)

Distribution:

- One copy to be presented at the time of registration of the delegates
- One copy to be retained for club files

Credentials Committee, contact
Margaret Lintern, 5681 Wisterwood Way E., Sooke, Victoria, BC V0S 1N0

CELEBRATION OF LIFE FORM

To the Celebration of Life Chairperson

From Soroptimist International of _____

Since the May 2005 Conference the following members have passed to greater service. Please include her in the Memorial Service this year. (Complete one form for each deceased member.)

Name: _____

Year of Birth: _____

Date of Death: _____

Length of Membership: _____

Please email a picture of your member to Governor Sharon at sfisher@eyecomm.com

On the back of this sheet or by email with picture, please indicate:

- How the deceased member will be remembered for her contribution to the life of your Soroptimist Club.
- The deceased member's personal accomplishments.

The Celebration of Life Service will take place on Friday, May 5th in the morning, after the opening ceremonies. Before we begin at 8:30am, your participant will be given instructions by someone from the host club. Please be sure they identify themselves to one of the pages.

- The service will be a *Celebration of Life*.
- We would like one member of your club to take part in the service for each member who has passed away.

Please let us know who the presenters will be and who they will be representing.

Member (s) participating:

One copy to be mailed no later than April 1st, 2006 to:

Celebration of Life Chairperson, SI of Greater Victoria
Joyce Anderson, 3677 Kathleen Street, Victoria, BC V8P 3H6
joyce.anderson@shaw.ca (250) 384 -1450

HOTEL INFORMATION



The Harbour Towers Hotel is situated at
345 Quebec Street, Victoria, British Columbia, V8V 1W4
Call the reservations line, toll-free at 1-800-663-5896
Telephone (250) 385 - 2405 Fax (250) 480 - 6593
Email reservations@harbourtowers.com
Website www.harbourtowers.com

Visa Registration available

THE HARBOUR TOWERS HOTEL is conveniently located in the downtown, just a short stroll or carriage ride to all of Victoria's Famous Inner Harbour dining, shopping attractions, marine activities, cultural centres and Inner Harbour Transportation Terminals.

At HARBOUR TOWERS HOTEL & SUITES, they believe "It's the little things that make the difference." From our professional front-desk personnel to our dedicated housekeepers, our ultimate goal is to provide the impeccable service & extra little touches that will make your visit memorable.

- One standard room @ \$99.00 plus taxes, per night are available for set up as follows:
Queen-size bed, or two Queen beds or King-size bed or two Double Beds
- One bedroom suite @ \$119.00 plus taxes, per night are available for set up as follows:
two Double beds & Couch or one Queen- or King-size bed & Couch
- Two-bedroom suite @ \$139.00 contain one King-size bed, one Double bed, living room with couch, table & chairs and kitchenette.

Please note: \$15 for each additional person, per room, per night. Ten % provincial room tax and 7% GST apply on all rooms.

There is a Fitness Centre with weight machines, swimming pool, sauna and a jacuzzi. Parking is complimentary to all overnight guests. All rooms contain an iron and ironing board, coffee pot with coffee/tea, hairdryer, as well as data ports.

The hotel features 120 comfortable Standard Rooms, 40 one Bedroom Suites, 24 two Bedroom Suites and 11 penthouse suites. All suites included kitchenettes.

Reservations can be made at the Harbour Towers Hotel by email

reservations@harbourtowers.com

TRAVEL INFORMATION

AIRLINES

Victoria International Airport is situated just off the Pat Bay Highway (23 k. from Victoria). Pat Bay Highway takes you into downtown Victoria.



Air Canada 1-888-247-2262
West Jet 1-800-538-5696

Airline harbour to harbour service (downtown Vancouver to downtown Victoria):

Harbour Air 1-250-384-2215 West Coast Air 1-250-388-4521
Helijet Inter. 1-800-665-4354

BC FERRY SERVICE

Sailing times are daily except as otherwise indicated May 1- June 6, 2006
Vehicles leaving ferries connect directly with Pat Bay Highway.

Leave Tsawwassen		Leave Swartz Bay	
7:00 am		7:00 am	
9:00 am	also 10:00 am May 4 & 5	9:00 am	
11:00 am		11:00 am	
12:00 pm	Friday	12:00 pm	Sunday
1:00 pm		1:00 pm	
2:00 pm	Friday	2:00 pm	Sunday
3:00 pm		3:00 pm	
4:00 pm	Friday	4:00 pm	Sunday
5:00 pm		5:00 pm	
6:00 pm	Thursday & Friday	6:00 pm	Sunday
7:00 pm		7:00 pm	
9:00 pm		9:00 pm	

FERRY SERVICE FROM USA

Victoria Clipper (Daily Return Service) Victoria/Seattle 1-250-382-8100
Black Ball M.V. Coho (Daily Return Service) Victoria/Port Angeles 1-250-386-2202

BUS SERVICE

Daily Scheduled Service

From Vancouver to Victoria, and Victoria to Vancouver

Pacific Coach Lines 1-250-385-4411

*** Maps of downtown Victoria, and the route from the Airport or
Ferries are available @www.hellobc.com

KEYNOTE SPEAKER

JODY PATERSON, PEERS PROSTITUTES EMPOWERMENT, EDUCATION & RESOURCE SOCIETY



PEERS is a non-profit society established by ex prostitutes and community supporters. We are dedicated to the empowerment, education and support of prostitutes. We assist individuals who desire to leave the sex industry and strive to increase public understanding. Jody Paterson is the Executive Director of Peers.

Jody Paterson is a former journalist who spent 22 years at the Times Colonist and other newspapers in Kamloops before leaving journalism last August to become Executive Director of the Prostitutes Empowerment, Education and Resource Society.

She continues to write for the newspaper once a week on various topics, and won a Western Magazine Award in June for a profile of legislative columnist Vaughn Palmer. An article that was commissioned by the B.C. Business Magazine.

Paterson won several other writing awards during her years in newspaper, including best B.C. columnist in 1996.

While Paterson can't imagine a time when she gives up writing entirely, she has found her niche working amid the complex and surprising realities of the local sex trade. She now sits on a number of boards and committees related to her new job, including advisory boards to the University of Victoria's Centre for Addictions Research and Centre for Youth in Society.

Paterson has three grown children, two stepchildren and three grandsons.

FEDERATION KEYNOTE SPEAKER

TESCITA CHOA SIA PRESIDENT ELECT



Teresita "Tes" Choa of Metro Manila, Philippines, began her term as President-Elect on September 1, 2005. A member of the Makati, Philippines Soroptimist club, Tes has been a Soroptimist for 21 years.

She has served Soroptimist as club President, Philippines Region Secretary, District Director and Governor. As President-Elect, Tes will assist the President in overseeing strategic planning and program development for the organization. She will assume the office of President on September 1, 2006.

Tes works as a lobbyist for environmental concerns, and as a distributor for XANGO, a Mangosteen beverage drink from Utah, U.S.A. She is also a marquis in the Sathelyne International Group of France, an essential oils company. She holds a bachelor's degree in business administration from Maryknoll College in Quezon City.

In addition to her Soroptimist activities, Tes is the Vice President of the Girl Scouts of the Philippines, and the founding chair of Mother Earth Foundation. She has also achieved the Advanced Bronze level in Toastmasters International.

YOUR ATTITUDE IS SHOWING FIONA MCKAY YOUNG



I am convinced that life is ten per cent what happens to me, and ninety per cent how I react to it. And so it is with you. We are in charge of our attitudes.

~ Charles Swindoll

Fiona MacKay Young offers Transformational Coaching through Handwriting Analysis for Business, Career & Personal Development. By changing your writing, you change personality traits -- overcoming blocks to success, becoming the person you want to be, doing what you want to do. Like a great many other things that most people think no one knows about them, attitude is very clearly identified every time you write.

In some people it may be very clearly identified even when they don't write. A truly ingrained attitude will show in the face of anyone, middle aged or older. There is an old saying that when you are young you have the face God gave you. When you are older you have the face that you have created. Haven't you seen someone who you just know is the nicest person, because they have a "Nice Person" face? They are not necessarily what we would call "good looking," but they just look so pleasant.

In writing, attitude is apparent no matter what the age or appearance of the writer. For instance, the optimist looks on the "up" side of life; the pessimist looks on the "down" side of life. As happens in many other traits, the general English way of talking about something shows in the same way in handwriting.

Enthusiasm is contagious. It draws people to you. It gets them involved. It infects them with whatever you are enthusiastic about. Leaders need enthusiasm to bring others on side.

The beauty of attitude is that it is always in your power to change it. To quote Charles Swindoll again, "*The remarkable thing is that we have a choice every day regarding the attitude we will embrace that day . . .*"

Here's to your Attitude!

www.potentiality.biz


Fiona MacKay Young

fiona@fiona-online.com

DON'T METH WITH CRYSTAL!
Inspector John Charlton and Carla Baehler
of the Saanich Police

“If there was ever a drug to go to war on, this is the one”
(Cst. Brad Fraser, Victoria Police Department)

At this workshop the following will be covered:

WHAT ARE THE SIGNS OF USE?

- Methamphetamine use is not always apparent, but there are warning signs

Who is at Risk?

- Crystal Meth poses a serious risk in any community - for users and for those unknowingly living near a meth lab

What Can be Done in Your Community?

- Education about the dangers and devastating effects of crystal meth is our greatest tool in the prevention of crystal meth use by youth and will help families protect their children

Be Part of the Solution

- Learn how **you** can be part of the solution

For Their Sake, Take Action Now!

“It takes the full resolve of a community to fight crystal meth. Communities must move fast and work together to educate . . . children and prevent them from being poisoned by this drug”
(Gord Robson, Facilitator, Maple Ridge Crystal Meth Task Force)

LIVING DELIBERATELY ~ BEING IN THE MOMENT

Susan Washington



Susan's work supports Living Deliberately and Being in the Moment. She is a Certified Professional Co-Active Coach, Speaker, Writer, Catalyst, and Reiki Master Teacher with a Master's Degree in Education from the University of Toronto. Susan lives in Coal Harbour, Vancouver where she inspires individuals, couples & teams to create and celebrate lives they really love. Feel free to visit her website at www.coachingthebest.com.

Susan works with both corporate and private clients to help them realize their life's dreams and has a great time doing it all the while. *"I just get chills that my clients are brave enough to want more out of life. It's a great job."*

Susan Washington grew up in Winnipeg, Manitoba. She has a Masters in Counselling, and currently holds PhD candidacy status at the University of Toronto, but she left her PhD when she found her calling. The extensive life-coach training program she pursued in California was something she just knew she had to do, and ever since it has been one of those, "do it and never look back" type of experiences that she feels so blessed to have had. After all, she gets to spend her days helping people find their bliss.

"Your thoughts create your life," she said. "Power lies in moving beyond limiting beliefs." Similar to yoga, where letting go of thoughts and just breathing is the goal, in life we must let go of the negative and just inhale positivity.

Susan's workshop will move you closer to 'feeling' on purpose and knowing what living deliberately really means, whether you are new to personal growth or looking more deeply at why you are here and what you are up to. Susan will create a warm environment for you to see, feel and explore what BEING IN THE MOMENT means.

All you need to do is show up, let go of any expectations and have fun, be curious and smile. Life can sometimes feel like a struggle. Susan reminds you to take things lightly and be happy.

Come enjoy and let yourself experience more self-acceptance and kindness.

You deserve it.

WORLD CAFÉ

Come and sample a bite of Soroptimist that will leave you wanting more and more! This is Officers' School with some S.O.L.T. added for taste. Everyone is invited to these interactive sessions. You will have time at each table before you move on to another topic of interest.

Table 1	Club President's Round Table <i>All clubs to send a representative</i>	Patti Dolan
Table 2	Bean Counters and Club Treasurers <i>All Treasurers to attend and if absent send a delegate</i>	Megan Halprin
Table 3	What We Do and How We Do It! <i>SIA Program Information – Are we doing it right?</i>	Linda Cunliffe
Table 4	Our Global Connection – International Programs <i>Project Independence, Presidents Appeal, UN</i>	SIA President - Elect Tes Choa
Table 5	Membership Mentoring <i>How is member satisfaction in your club?</i>	Angela Bunting
Table 6	Discussion on Gaming Licenses <i>Let's try and help each other sort out the confusion!</i>	Panel



Put the FUN in FUNdraising . . .

The next tables will focus on successful club projects. By request -- we have been asked for time to share ideas between clubs! The projects selected excel in all areas of our Kenaisance Campaign. Any event that creates Public awareness can also be a fundraiser, achieve our program goals and therefore address membership recruitment and retention.

The most common two elements in all events was that they were fun or they felt really good. Each event captured the attention of several hundred eager attendees.

Table 7	Bras for a Cause <i>Specific fundraiser for women's cancer</i>	SI of the Langleys
Table 8	Awards Luncheon <i>Public event to profile Soroptimist awards</i>	SI of the Tri Cities
Table 9	Charity Dinner Auction with a Theme <i>Girls night out with a new theme annually</i>	SI of Banff National Park
Table 10	Charity Dinner Auction with a Cause <i>Treasure Chest of Hope</i>	SI of N & W Vancouver
Table 11	Best for Women Conferences <i>A full day of education and fun</i>	Panel

Many clubs can benefit from finding new ideas and strategies to create their own local event and perhaps novel ideas to improve an existing event. Tables will have sample material to share; along with personal experiences about what works and what has been tried before.

Try a taste or two ~ you'll like it!

NOMINATING COMMITTEE REPORT

2006 - 2008 SLATE OF CANDIDATES

GOVERNOR-ELECT	ANGELA BUNTING - SI of Tri Cities
SECRETARY	TERRY PARENT - SI of Greater Victoria SARAH PHILLIPS - SI of Surrey/Delta HEATHER ROLLINS - SI of Chilliwack
TREASURER	MEGAN HALPRIN - SI of Vancouver PAMELA JOLIN - SI of Courtenay SHERRI SMITH - SI of Central Alberta
BOARD MEMBER	CAROL JOHNSON - SI of Abbotsford MARILYN NAJM - SI of Banff COLLEEN SCHMIDT - SI of Abbotsford

LAWS & RESOLUTIONS COMMITTEE REPORT

The Laws & Resolutions Committee has received the following resolutions to be considered at this conference.

PROPOSED BY THE PROGRAM COMMITTEE

Motion # 1

To replace Section 25.4(1) Western Canada Region Fellowship Award as follows:

25.4 (1) Western Canada Region Making a Difference for Women Award

a) **Concept**

The *Making a Difference for Women Award* of \$1,500 shall be given annually on behalf of Western Canada Region and the Region finalist to an organization mutually agreeable by the Region finalist and the Region Board.

b) **Purpose**

The purpose of this award is to honour women and organizations committed to improving the lives of women and girls in local communities and throughout the world.

c) **Funding**

This award shall be funded through region dues.

d) **Administration**

The award shall be administered in compliance with Soroptimist International of the America's award criteria and rules detailed in the Region Operations Manual.

Rationale:

The Soroptimist Foundation of Canada several years ago introduced Grants for Women, which also recognize women in post-graduate studies.

There is currently no Region recognition prize for the finalist of the new *Making of Difference Award*. With cash recognition going to a charity improving the lives of women and girls, not only will more clubs participate, but it will create Public Awareness opportunities for Soroptimist by honouring the work we do.

LAWS & RESOLUTIONS COMMITTEE REPORT

PROPOSED BY THE REGION BOARD

Motion # 2

Replace Western Canada Region Procedures May 2005, as amended, with Western Canada Region Bylaws 2006 as presented.

Rationale:

As recommended by Soroptimist International of the America's, all regions should review their procedures to streamline region operations. The recommended name for these rules is "Bylaws."

NB:

- If this resolution passes, the Region Board will approve the "Draft Operating Procedures" at the post-conference board meeting.
- This document will replace the Region Operations 2005.
- The "Draft Operating Procedures" will be available for review and circulated prior to Conference.

PROPOSED BY THE REGION BOARD

Motion # 3

To approve the Region Budget 2006 – 2008 as circulated.

SOROPTIMIST INTERNATIONAL ~ WESTERN CANADA REGION
PROPOSED REGION BYLAWS 2006

*ARTICLE I
NAME AND TERRITORIAL LIMITS*

- Section 1.1.** The name of this region shall be Soroptimist International of Western Canada Region.
- Section 1.2.** The territorial limits of this region are established by the federation and currently consist of the provinces of Alberta, British Columbia, Manitoba, Saskatchewan, Yukon Territory, Nunavut and that portion of the Northwest Territories situated west of Hudson Bay.

*ARTICLE II
PURPOSE*

- Section 2.1.** The purpose of this region shall be to promote the projects and fulfill the purposes of Soroptimist as defined in the International Constitution and Federation laws.

*ARTICLE III
MEMBERS*

- Section 3.1.** Soroptimist International clubs and their members residing within the territorial limits of the region shall be considered members of the region.

*ARTICLE IV
OFFICERS*

- Section 4.1.** The officers shall be the Governor, Governor-Elect, Secretary, Treasurer, and Board Member-at-Large.
- Section 4.2.** To be eligible for election to office of Governor-Elect, candidates must be regular members in good standing who have served as club president.
- Section 4.3.** To be eligible for election to office, candidates for the position of Secretary, Treasurer and Board Member-at-Large, must be regular members in good standing.

Section 4.4. The officers shall be elected to serve for two years or until their successors are elected, and their term of office shall begin on July 1 in even-numbered years. The Region Governor is not allowed to succeed herself. The Secretary, Treasurer and Board Member-at-Large are eligible to serve two consecutive terms in the same office.

Section 4.5. Vacancies

Should a vacancy occur in the office of Governor, the Governor-Elect shall automatically succeed to that office and complete the unexpired term in addition to the term to which elected. A new Governor-Elect shall be elected at the next region conference.

Vacancies occurring in the offices of Treasurer, Secretary or Board Member-at-Large shall be filled by appointment of the region board. An appointment to the board will count as one full term if more than half the term is served.

Section 4.6. Duties

- a. **Governor:** The Governor shall: preside at meetings of the Region Board; coordinate with the secretary for the issuance of minutes within 45 days of board meetings; coordinate with the Secretary, for the issuance of a Call to the Region Conference at least 60 days prior to the date of the meeting; approve expenditures in accordance with the budget; serve as ex-officio member of all committees; perform such other duties as may be assigned by the Board or prescribed by these bylaws.
- b. **Governor-Elect:** The Governor-Elect shall: prepare for assuming the office of Governor by becoming familiar with all aspects of the Soroptimist organization; work closely with and under the direction of the Governor, assisting to the fullest extent possible. In the absence of the Governor, she shall preside at meetings. She is empowered to appoint committees to serve in the next biennium after January 1st of the year in which her term will commence.
- c. **Secretary:** The Secretary shall: record the minutes of board meetings and conference; coordinate with the Governor for the issuance of minutes within 45 days after the close of the meetings; coordinate with the Governor for the issuance of a Call to Conference at least 60 days prior to the date of the meeting.
- d. **Treasurer:** The Treasurer shall: deposit and disburse all funds belonging to the region, under the direction of policies developed by the region board; provide financial reports at board meetings, and region conferences; prepare a budget in the even-numbered year of

the biennium, to be approved by the Board of Directors and voting delegates at that conference; prepare the region books to send to a professionally-designated accounting firm within 45 days of the end of the biennium in which her term ends.

If the projected income changes by more than \$2,000.00 for the biennium, the region treasurer shall prepare a revised budget to be approved by the board of directors and the voting delegates at conference in the odd-numbered year as well.

- e. **Board Member-at-Large:** The Board-Member-at-Large shall: undertake tasks assigned by the Region Board; offer support to other officers as necessary; be the chair for the Laws and Resolutions Committee; and make sure the Region By-laws, Operating Procedures and Conference Handbook are kept current.

ARTICLE V

NOMINATIONS AND ELECTIONS

Section 5.1. Nominations

- a. There shall be a Nominating Committee consisting of three persons: a chair appointed by the Governor, a member elected by the board and a member elected by the conference delegates at the region annual meeting in odd-numbered years. Not more than one person from any club may serve on this committee. No more than one person shall currently be serving on the Region Board.
- b. In October, of odd-numbered years, the committee chair shall send a letter inviting clubs of the region to suggest members for consideration for the office of Governor-Elect, Secretary, Treasurer and Board Member-at-Large. Members eligible and willing to serve are to return a standard resume form enclosed with the letter to the chair of the Nominating Committee by December 15th.
- c. In January of even-numbered years, all completed resumes shall be copied and sent to the other members of the committee by the chair. The committee members will verify that the candidates are eligible for office and will present at least one name for each office. If more than one candidate has consented to serve and is eligible, the committee may place more than one name in nomination for the same office.

Likewise, if a candidate agrees to be considered for more than one office, the committee may place her name in nomination for any of the offices for which she has consented to serve.

In addition, the committee may contact other Soroptimists as to their willingness to serve, and obtain the standard resumé.

- d. The slate of candidates and their resumes will be included with the Call to Conference in the even-numbered years.
- e. Nominations may be made from the floor at the time that the Nominating Committee gives its report. Additional eligible nominees for office must provide a completed standard resume form for distribution to all delegates at the time the nomination is made.
- f. To be eligible for nomination to the position of Governor-Elect, candidates must be regular members in good standing with their clubs and must have served as club president.
- g. To be eligible for nomination to the position of Secretary, Treasurer, or Board Member-at-Large, candidates must be regular members in good standing with their clubs.

Section 5.2. Elections

Voting shall be by ballot. The Region Governor shall appoint two tellers to oversee the election and count the ballots. The conference registration committee shall insure that each voting delegate has been properly designated by her club and that her name badge identifies her as being entitled to vote.

A majority shall elect. If a majority is not received on the first ballot, a re-ballot shall occur between the two candidates receiving the most votes.

When only one nomination is received for any position, there will be no voting for that position. As long as the candidate is eligible to stand for that office, she will be proclaimed elected by acclamation.

The new officers shall be installed at the banquet on the last night of the Conference and will assume office on July 1st of even-numbered years.

ARTICLE VI MEETINGS

- Section 6.1.** The region shall hold an annual conference for the purpose of conducting the business of the region, promoting Soroptimist projects and programs in order to provide opportunities for leadership and personal development of members. The Region Board will approve final venue and dates.

- Section 6.2.** The region may sponsor additional meetings for the purpose of providing Soroptimist orientation and leadership training.
- Section 6.3.** Special meetings of the region shall be called upon the written request of at least five clubs. At least seven days' notice (personal, written, or by telephone) shall be given each club. The business to be transacted at any special meeting shall be limited to the purpose stated in the call to the meeting.
- Section 6.4.** The quorum for any meeting of the region shall be 10 delegates from at least seven clubs.
- Section 6.5.** Each club shall be entitled to three voting delegates at any region meeting. Clubs should annually elect such delegates and an alternate to serve in this capacity from among the regular members of the club. In addition, each member of the region board is entitled to one vote at the region conference.

ARTICLE VII
BOARD OF DIRECTORS

- Section 7.1.** The Board of Directors shall consist of the officers of the region and a Board Member-at-Large.
- Section 7.2.** The Board of Directors has administrative authority over the affairs, funds, and property of the region, except that they may not modify any action taken by the delegates at a region conference.
- Section 7.3.** The Board of Directors shall meet at least annually, prior to the annual conference for the purpose of reviewing the financial status of the region and assessing the need for, and results of, orientation and training conducted.
- Section 7.4.** Special meetings of the board may be called by the Governor and shall be called upon the written request of at least three members of the board. At least seven days' notice (personal, written or by telephone) shall be given. The business transacted at any special meeting shall be limited to the purpose stated in the call.
- Section 7.5.** The quorum for board meetings shall be a majority of the board.

ARTICLE VIII
COMMITTEES

Section 8.1 Standing Committees

Nominating Committee A Nominating Committee consisting of three persons shall be formed in odd-numbered years for the purpose of proposing candidates for election to region office. (See Section 5.1.)

Federation Nominating Committee Eastern Canada Region and Western Canada Region belong to the same electoral area. The electoral area Nominating Committee shall consist of three members in good standing, appointed by their respective Region Governors. When it is Western Canada Region's turn to elect a member to the Federation Board, the Region Governor shall appoint two members to the committee, and the Eastern Canada Region Governor shall appoint one member. The committee shall follow the guidelines in Federation Procedures and follow instructions from SIA Headquarters to ensure a timely completion of the election.

Laws and Resolutions Committee At least three persons from three different clubs shall be appointed to serve on this committee for the biennium. The chair of this committee shall be the Board Member-at-Large. The committee shall review all proposed resolutions and amendments to the region bylaws and insure their inclusion in the Call to Conference each year. Proposals from clubs must be submitted to the committee chair by January 5th prior to the conference each year.

Program Committee A committee of at least three persons shall be appointed by the Governor to promote and administer Soroptimist programs in concert with the federation. The Federation Program Council member from the region shall serve as Chair.

Membership Committee A committee of at least three members shall be appointed to serve as a resource for clubs needing assistance with recruitment and retention of members. The Region Governor shall appoint the chair for the committee.

This committee shall also work in cooperation with the federation and under the direction of the Region Board in extension activities for the formation, orientation and nurturing of new clubs in the region.

Fundraising Committee A committee of one to three members shall be appointed in order to promote fund-raising activities to support the programs of the federation. The Region Governor shall appoint the chair for this committee.

Public Awareness Committee A committee of at least three members shall be appointed to promote public awareness of the organization throughout our region. The Region Governor shall appoint the chair for this committee.

Section 8.2. Special Committees: The Governor, with the approval of the board, may appoint special committees to undertake special tasks or projects

ARTICLE IX

FINANCE

Section 9.1. The fiscal year shall be July 1st through June 30th.

Section 9.2. Each club shall remit annual region dues and a mandatory conference registration fee to the region treasurer by July 1st each year.

Section 9.3. The dues of the region shall be \$40.00 a year for regular members and \$20.00 for life members. Dues shall be pro-rated monthly for members who join during the year. Any increase in region dues must be approved by a majority of delegates present at the annual spring conference. Notice of any proposed increase must go out in the Call to Conference.

Section 9.4. The Mandatory Conference Registration fee shall be \$150.00 per club. This entitles each club to send up to three voting delegates to conference.

Section 9.5 The region books shall be reviewed and an opinion given by a professionally designated accountant at the close of each biennium. Requests for review may be made at other times by: the Region Board, the Finance Committee, or the voting delegates at conference.

Section 9.6 Prior to the close of the biennium, an independent professional accounting firm will be appointed by the Region Board.

ARTICLE X

OPERATING PROCEDURES

Section 10. The Region Board will establish operating procedures. These may be changed by a majority of the board.

ARTICLE XI
PARLIAMENTARY AUTHORITY

Section 11. The rules contained in the current edition of *Robert's Rules of Order Newly Revised* shall be the parliamentary authority for all matters not specifically covered in these bylaws, region standing rules, SIA bylaws and procedures, or the Soroptimist International constitution.

ARTICLE XII
AMENDMENTS

Section 12.1. These bylaws may be amended by a two-thirds vote of delegates present and voting at any annual meeting of the region. Notice of proposed amendments shall be included in the call to the meeting.

Section 12.2. Any club may propose amendments to these bylaws. Such proposals must have been approved by a two-thirds vote of the club and submitted to the chair of the Laws and Resolutions Committee (copy to the region Governor) by January 5th.

Section 12.3 The Region Board may propose amendments to these by-laws, provided they have been approved by a majority of the board. Such proposals shall be forwarded to the Laws and Resolutions Committee.

Western Canada Region Budget

	Proposed Budget 2006 - 08	Approved Budget 2004 - 06
REVENUE		
Advocacy Fund Transfer	500.00	500.00
Conference Auction (Leadership Retreat)	1,200.00	
Growth & Development Fund Transfer (Charter)	1,600.00	1,600.00
Growth & Development Fund Transfer (Club Grants)	1,500.00	1,500.00
Interest Income	1,100.00	500.00
International Convention Fund Transfer	4,800.00	
Membership Dues Life (30)	1,200.00	
Membership Dues Active (440)	35,200.00	38,000.00
Mandatory Conference Registration Fees (150 x 18)	5,400.00	4,200.00
Total Income	52,500.00	46,300.00
EXPENSES		
Administrative		
Bank Charges	50.00	50.00
Financial Reporting	1,200.00	1,000.00
Insurance/Bonding	840.00	1,050.00
Postage/Fax/Telephone/Office Supplies	1,410.00	1,600.00
Web Maintenance	1,000.00	350.00
Total Administrative Expenses	4,500.00	4,050.00
Conference/Convention Expenses		
Conference Minutes	800.00	600.00
Federation Convention	2,400.00	2,400.00
Governor's Round Table	2,400.00	3,000.00
International Convention (goes into Reserve Fund)	2,400.00	2,400.00
International Convention Fund (Transfer)	4,800.00	
Mandatory Conference Registration Fees	5,400.00	4,200.00
Region Conference - Board	7,600.00	8,000.00
Total Conference/Convention Expenses	25,800.00	20,600.00
General Expenses		
Action Line	800.00	2,000.00
Advocacy Expense	500.00	500.00
Board Travel	3,600.00	3,600.00
Committee Expense	1,000.00	800.00
Governor's Travel	3,500.00	3,500.00
Growth & Development Fund (Chartering)	1,600.00	1,600.00
Growth & Development Fund (Club Grants)	1,500.00	1,500.00
Leadership Training	4,200.00	3,100.00
Leadership Training Board	1,000.00	
Membership (Committee Expense)	1,500.00	1,500.00
Total General Expenses	19,200.00	18,100.00
TOTAL OPERATING EXPENSES	49,500.00	42,750.00
Total Region Awards	3,000.00	3,000.00
TOTAL REGION EXPENSES	52,500.00	45,750.00
EXCESS REVENUE OVER EXPENSE		550.00

Coming Attraction

Leadership Retreat

August 10 - 13, 2006
Vancouver

- ◆ Officer Training Workshops
 - ◆ Soroptimist Leadership Training
 - ◆ SIA Convention Updates & Review
 - ◆ and lots More!



Look for further details at Conference!