



# Soroptimist Scoops

## President Joann Says Farewell . . .

### SIK Club Officers

- Joann Garcia, President
- Jackie Doerr, Vice President
- Lynda Riffle, Treasurer
- Lawana Willbrand, Secretary
- Desiree Bendtin, Director
- Virginia Corder, News
- ◆ ◆
- Eileen Birin, Past President
- ◆ ◆
- Alice Wells, SI President-Elect



Thank you, SI Kachinas, for making my tenure an easy one! Two years of serving as SI Kachinas president has truly been a wonderful experience. I marvel at the composition of our club; we are women whose values, interests, personalities, joys and sorrows are so interconnected. What a diverse club we are. I want to thank you all for making my experience as your president a really good one.

Some things I learned about the Kachinas . . . you are responsible, dependable, organized, and professional. You are warm, caring, and respectful of each other. You not only work hard, but play hard, too. From working in Glendale Glitters to hosting Bunco to attending concerts or having get-

togethers at our homes, we always seem to so enjoy each other's company.

There was never one time, especially those 7 a.m. morning meetings, that I thought, "oh, good grief, another meeting." Indeed, I looked forward to our Tuesday mornings! I knew that we would get down to business, not waste time, and walk out of Bitzee Mama's knowing we had accomplished something.

Our fund, and fun, raisers have been the icing on the cake. Where and how else could we raise over \$1,000 in three hours or less? And have a good time doing it. The best part? Giving away monies at the Awards Breakfast, the annual event where all of us

feel so very good about having worked so hard all year to help improve the lives of women and girls. I am confident it is that goal that makes us strive to do better all the time.

It was, and I believe always will be, the wonderful women in this Club who make all the difference. From Queen of the World Alice to Tip-toeing through the Tulip Tree Judy to Spark Plug Eileen to Get-Your-Money-Out Chris, you are all marvelous! I could not have chosen a better group of women to spend every Tuesday, plus other days, with! I thank you for making my job an easy one! ☺

## Yipee Yi O!

Plans are moving along for this year's Fall Meeting. Our theme was confirmed after Lynda Riffle won the District 4 Director position; we're going western! We have secured a location for the meeting [Pendergast's Learning Center] and will house visitors at the Wigwam Resort and Spa. The Friday evening social will be held at The

Grille on the Green [at the Wigwam] from 6-10 pm. Saturday's events are also promising. Committee work will begin this summer to ensure the event is well organized. Our mission is to not only provide new information for the year, but



to have a rip-roaring day of fun! If you have not yet signed up for several committees, please do so right away. It will take the full membership to make this a truly dynamic meeting for everyone. See Sandy P., Ginny or Lynda. We've got a job for everyone! ★

### JUNE

- M. Sherwood June 25

### JULY

- L. Willbrand, July 21

### AUGUST

- M. Ramroth, Aug 2
- A. Wells, Aug 2
- S. Ravenscroft Aug 3
- S. Johnson Aug 24
- J. Olson Aug 24



## Happenings To Come

- \* **Spring Conference**  
June 10-12, Palm Springs, CA
- \* **Induction of New Officers, June 18@**  
6:00 pm at Jackie's
- \* **Leadership Conference, August 6-7,**  
Phoenix
- \* **Fall Retreat, August 22@**  
Wigwam Grill 9-2pm
- \* **Fall Conference, October 22 & 23,**  
Pentegast Learning Center

## Semper Fi!

Our last program of the year was noteworthy! MGYSGt. Steve Soha of the Marine Corps visited with us to share his work with the **Wounded Warrior** program of the US Marine Corps. Steve's job is to make contact with wounded warriors from the Iraq and Afghanistan wars (although he sees any vet that needs his service). He helps them adjust to civilian life and tends to special needs—emotional, social or economic. Most soldiers have traumatic brain injuries, and he currently has 57 on his caseload. His work is essential and extremely patriotic. He shared his hope that we may be able to partner with Kachinas this year as we look for needy families during the holidays and seek out a viable WOA candidate. We thank Steve and all the marines for their service to this country. ★



This year's

Spring Conference was a hoot! The Kachinas were well represented by President Joann, Director Desiree, Vice President Jackie, Treasurer Lynda, Past President Eileen and President-Elect Ginny. What a crew!!

The conference culminated a very productive year for everyone. The VRA and WOA finalists were presented and had wonderful stories to share that validated efforts across the Region. The Kachinas were the recipients of the highest honors for the **Governor's Flying High Award**. Our presentation on *Trafficking* was recognized as supreme effort in all four Renaissance areas. The icing on the cake at the conference??? Our own Lynda Riffle, Kachina extraordinaire, was elected to the office of District 4 Director for 2010-2012! Way to Go, Kachinas!

## Walking With Attitude!

There's a new Sheriff in town, and she's just the one to "kick butt, and take names". This year's new officers' installation was held on Friday evening at Jackie's Ranch on June 18th. Jackie and Eileen organized the Round Up, and they did a fabulous job!

The evening started off with cocktail hour [*could it be any other way?*] and Ameci's provided delectable munchies (thanks to Sharon).

President JoAnn started things off with a special thanks to all the wonderful Kachina women who supported her tenure of service. Kachinas reciprocated with thanks and a beautiful Kachina Sculpture to President



JoAnn for her dedication and leadership for the past two years.

Eileen and Jackie rounded up the new sheriff and deputies and swore them in with a tailored western text courtesy of Eileen's creative genius.

Incoming president Ginny provided some inspiring comments and helped us focus on the upcoming challenges and direction for this next year: "*We're heading west, Pardners! We've got our boots on and we are 'Walking with Attitude!'*".



## New Health Numbers

Everyone wants to be healthy, but how we do that keeps changing as we learn more. Here are the latest numbers to live by according to Health Magazine [June 2010].

**1 . . .** The number of hours each day you should spend online socializing.

**5 . . .** The number of martini-type drinks each week.

**500 . . .** The number of calories needed to be cut to lose 1 pound in a week.

**1000 . . .** The number of International Units of Vitamin D you need daily. ☺

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