President’s Message
By Melinda Walker

Gratitude.

Aren’t we blessed to live in this beautiful little valley and its amazing people? Do you count your blessings every day? Can you think of 5 things, right now? How many of you are grateful to be Soroptimists? I hope you are! The work that we do is extremely valuable. Last weekend, at the SI District 3 meeting in Leavenworth, Washington, I was fortunate to be able to learn from others and also share with all the attendees and our own fellow club members, the following message.

5 Benefits of a Gratitude Attitude

1. **Perspective** – It might sound strange to those of you that I’m here saying this 18 months after losing my husband Jeff to cancer, talking about gratitude. I can honestly say the morning after he passed – March 29, 2014 – that when the sun woke me and it’s warmth on my face, I was grateful. When I felt my sister’s dog snuggled up next to me, I was grateful. When I thought of my two sons, safe & very close by, I felt grateful. My sister & her husband also healthy and close – grateful. I don’t remember much else that day, or a few after, but a sense of being grateful was real and powerful.

2. **Proposition** - Gives you a goal, something to work toward, daily at a minimum is best, upon waking or closing your eyes. But to really get the full benefits, write it down. There will be a progression, as you move through issues in life, such as grief, or the empty-nesting period, or the birth of a new grandchild, and it will be enjoyable to look back someday... or just on a bad day. The significance is intensified by writing it down.

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3. **Positivity** – A premier scientific expert on gratitude and a Berkley professor and researcher, Robert Emmons, reported a 3 week study in his book “Gratitude Works! 21 Days to Emotional Prosperity” the following list of benefits:

**Physical Improvements**

1. Stronger Immune System
2. Less notice of aches & pains
3. Lower Blood Pressure
4. Better Sleep/ wake refreshed

**Psychological** – more alert, optimistic, and happy

**Social Benefits** – more helpful, generous, and compassionate

5. Volunteered more
6. Felt more outgoing
7. Less lonely

4. **Popularity!** – Who wants to be around “Debbie Downer” (whine, whine, whine)?? No One! Grateful people are overall more fun, positive, happy and want to share that feeling with others!

5. **PEACE** – a sense of calm is achieved (this is something I’m personally working towards). Your gratitude allows the power of your mind to give weight to what is important. Mother Teresa said, “Peace Begins with a Smile.” In your next heated debate at work, or in arguing with your husband to prove your point, maybe consider this idea...

*I challenge each and every one of you to either continue or begin your gratitude journal and report back to me (or just to yourself!) how it makes you feel or if you see a change in your outlook, and therefore, other areas of life. I’m optimistic and believe that if you understand and practice this premise, it will be exciting to see where you can take yourself...*
BIRTHDAY CELEBRATIONS

President Melinda will be celebrating SILG monthly birthdays at each Business Meeting (the second Thursday of each month). There will be treats and likely singing, possibly some clapping and even a slight chance of cheering...so put on your birthday suit and plan to have some fun!

*clothing optional **not really

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**Anniversaries**

- Shirley Roberts, 1990
- Susan Lewis, 1981
- Patty Gooderham, 1980
- Gerry Braseth-Palmer, 1978

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**Birthdays**

?? You’ll have to speak up and announce your special day at our birthday celebration at the Business meeting!!?

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**November Club News & Events**

- **Board meeting** is Thursday, November 5th at Bear Mountain Pizza at noon.
- **Business meeting** is Thursday, November 12th! We'll meet at noon at Island City Hall. REMEMBER, to bring your own lunch and a smile.
- **Program/Education meeting** is Thursday, November 19th. **Guest Speaker: Girls In Science program**
- **Boot & Socks** - if you're out hitting up the last minute yard sales or cleaning out closets, please remember to keep an eye out for items for our Boots & Socks distribution on **October 31st and November 7th**. Contact Jessie Huxoll at jessiehuxoll@live.com for questions. We need as many members as we can get this year in order to keep the process streamlined! Shifts are 7:45 am to 9:30 am or 9:30 am to 12:00 pm.
- **Festival of Trees**—December 4th is right around the corner!! This is our annual FOT event and our biggest event of the year. Sign-up sheets are being distributed for members to help at the event. Contact Shannon Willmarth at sunnysmc02@gmail.com to sign up.
60% of women say they're more ambitious than their mothers, and 45% are more ambitious than their fathers.

Both genders feel that "Dedication + Hard Work" are the most relevant components on getting ahead."Talent" came in 3rd!

70% of respondents feel ambition is developed, not an innate trait.

The 3 words that most come to mind when people hear the phrase "Ambitious Woman:" Confident. Driven. Smart.

65% of women (and 70% of men) said they would work even if independently wealthy, and half would rather get the job of their dreams than retire tomorrow.

Almost 40% of people said enjoying work is a top priority, more important than money and security, and WAY more important than having power and influence.

50% of women said they feel pride when they're acknowledged for their ambition.

Almost half the women polled were raised to believe ambition was Very or Extremely Important. 62% of moms say they're raising their kids to believe the same.

50% of moms say they are more ambitious on behalf of their kids than themselves.

59% of women have felt regret about not having been more ambitious at some point in their lives.

*Respondents were selected to mirror age and sex proportions of adults according to the US Census.*
Recipe of the Month: Cheesy Ham ‘N’ Potato Soup

Submitted by Jamie Thiesfeld

Total Time: Prep/Total Time 30min. Makes: 7 servings

Ingredients
2 Cups cubed potatoes
1-1/2 cups water
1-1/2 cups cubed fully cooked ham
1 Large onion, chopped
3 Tablespoons butter
3 Tablespoons all-purpose flour
1/4 Teaspoon pepper
3 cups milk
1-1/2 cups (6ounces) finely shredded cheddar cheese
1 cup frozen broccoli florets, thawed and chopped

Directions
In a saucepan, bring potatoes and water to a boil. Cover and cook for 10-15 minutes or until tender. Drain, reserving 1 cup cooking liquid; set potatoes and liquid aside.

In a large saucepan, sauté ham and onion in butter until onion is tender. Stir in the flour and pepper until smooth; gradually add milk and reserved cooking liquid. Bring to a boil; cook and stir for 2 minutes or until thickened. Reduce heat to low. Add the cheese, broccoli and reserved potatoes; cook and stir until cheese is melted and soup is heated through.

Nutritional Facts
One serving (1 cup) equals 334 calories, 22 g fat (12 g saturated fat), 72 mg cholesterol, 614 mg sodium, 17 g carbohydrate, 1 g fiber, 18 g protein.
Dear Sally,

What is the Ruby Award and how can I get one?

Bubbling with bling,
Jeweled Julie

Sorry Julie, no rubies for you. This award is given to women outside of Soroptimist who also work to improve the lives of women and girls, and used to be called the Making A Difference for Women Award. This honor is named after the first Federation President, Ruby Lee Minar. If you know any deserving women please recognize her by nominating her for this award. She will be honored and may even decide to join Soroptimist.

Submit your Solty Sally questions to Pat Wood @ pattonywood99@gmail.com, names will be changed to protect the uninformed.
Soroptimist International of La Grande announces the “Live Your Dream” education and training award for women. The La Grande chapter offers a $2000 scholarship to one local woman. She then advances to the regional competition where a first place award of $5000 is made. The cash may be used to offset any costs associated with a woman’s effort to attain higher education including books, child care and transportation.

Eligible applicants must provide the primary financial support for herself and dependents; have financial need; have not received a graduate degree; be enrolled, or accepted to a vocational/skills training or undergraduate degree program; have not previously received a Soroptimist Opportunity or Live Your Dream award; not be a Soroptimist member; and possess a Social Security or Tax Identification number.

Application instructions and forms can be found on the Soroptimist International website: www.soroptimist.org and click on “Live Your Dream.” Submit your completed application and two personal recommendations on the forms provided to: vbrogobjti@gmail.com by November 15, 2015.

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**3 TRUTHS & A LIE — Maria Moulton**

1. Married 32 years
2. Six children
3. Knee boarder
4. Former Cheerleader

**THE LIE:** MARIA HAS 2 CHILDREN, NOT 6.