



SOROPTIMIST

Best for Women

February 2018 Issue

SOROPTIGRAM

Soroptimist International of Harrisburg PA - P O Box 61971 Harrisburg PA 17106

Soroptimist International of Harrisburg, PA Inc
Soroptimist International of the Americas, Inc.
North Atlantic Region
District IV

Chartered June 1, 1938
Making a difference for Women since 1921
The vision of SI is:
To be a Global Voice for women through awareness, advocacy and action.

SOROPTIMIST
INTERNATIONAL
Of
HARRISBURG, PA, INC.

2017-18 OFFICERS & BOARD

President: MaryBeth Lehtimaki
Vice President:

Please Consider

Recording Secretary:
Billie Hawk

Corresponding Secretary:
Patti Krow

Treasurer: Alice Lubrecht

Directors:

Jackie Speaks 2017-18

Susan Wolfe 2017-18

Carol A. Colyer 2017-19

Delegates:

Karen Rabena 2017-18

Renee Jones 2017-19

MESSAGE FROM PRESIDENT MARYBETH

February brings us to thoughts of hearts and giving. The American Heart Association designated February 'American Heart Month' in 1963. Along with all things heart healthy, we take time to share our love with family and friends sending cards, treats, and flowers as well as, service to our community with our monthly projects. Let's extend our heartfelt concern for members who cannot be with us each month with a card shower. (Gretta and Jeannie)

February is the midpoint of our active calendar year. We have much to look forward to. We will be putting together new committees and board responsibilities. Think of how you can serve and support the club's growth and mission. Your support of our monthly projects is heartily appreciated. We may be small, but we are mighty. This shows forth each month when we carry out all your generous gifts which warm the hearts of the recipients.

Heartfelt thanks go out to the board members as they are carrying much of the responsibility for the management and function of the club. I also extend thanks to our committee chairs who are working hard to extend awards and support to women in our community who serve the community or who are working diligently to improve their lives and the lives of their loved ones.

A bright Red, happy, healthy blessing is offered to each of you!

MaryBeth

February Invocation
Peggy Schmidt

PROGRAMS

FEBRUARY: Collect Toiletries for Downtown Daily Bread, Salvation Army on our joint project.

**DATE: February 27, 2018
TIME: 6:30 P.M.
PLACE: Best Western Premier Hotel,
Harrisburg, PA**

**Members who plan to attend the February dinner meeting MUST notify Billie Hawk 545-6991 or hawk4017@verizon.net the Wednesday before meeting
Meal Cost \$19**

FEBRUARY MEETING

We will be collecting small toiletries for Downtown Daily Bread for patrons to use, i.e., soaps, shampoo, and other trail size items.

SALVATION ARMY – Two representatives from Salvation Army will be discussing their after-school program which has 113 girls at Steelton Highspire. We are partnering with them in developing a career development program using the DIBI curriculum.

NAR Governor Tammy will be in attendance and will bring greetings to the Club from the NAR Board.

GIANT, KARNS & WEIS CARDS



Treat a senior citizen, a family member and or give a gift to a

family or individual in need of assistance. Grocery cards can be purchased in the amount of \$10, \$20, \$25, \$50 and \$100.

While Gretta is healing, please contact Jacalyn Speaks for gift cards at jcspeaks@patreasury.gov or jcspeaks@aol.com to submit your orders.



CALENDAR OF UPCOMING EVENTS:



- March 13 SI HBG Board Meeting Carol Colyer's house
- March 27 SI HBG Dinner Meeting
- April 10 SI HBG Board meeting, Susan Wolfe's House
- April 18 SI HBG Dine for Dollars at ISAACS
- April 27-29 SI NAR at Cape May, New Jersey
- July 30-Aug 2 SIA 45th Biennial Convention, Japan
- August 17-18 SI NAR SOAR, Hilton Garden Inn Valley Forge/Oaks
- November 2-3 SI NAR Districts 3&4 FDM, Hilton Garden Inn Valley Forge/Oaks
- July 18-20, 2019 SI 21st International Convention Kuala Lumpur

DISHCLOTHS FOR SALE



Handmade crocheted dishcloths will be for sale at our September meeting. All funds will be donated to our club.

Prices: 1 dishcloth \$4.00
2 dishcloths \$7.00

SI of CANNOCK and DISTRICT

President of SI Cannock, Val Jones, is proud of her Scottish heritage and



invited members and friends to celebrate this with her at a Burns Night,

celebrated all over the world, showing the on-going influence of Robbie Burns. The evening was well attended with everyone making a particular effort by wearing something tartan – whether clothing, a sash or a ribbon; some managed to locate white heather or the purple thistle! The tables were decorated with tartan ribbons to continue the celebration.

President Val performed the Selkirk Grace and the “Address To The Haggis’ in true Scots style before everyone enjoyed a meal

which included the choice of haggis, Scottish beef or Scottish salmon followed by traditional Scottish desserts, all prepared and served wonderfully by staff at the Barns Hotel.

SELKIRK GRACE Some hae meat, and canna eat, And some wad eat that want it; But we hae meat, and we can eat, And sae the Lord be thankit.

Robert Burns (1759 - 1796)

After the meal President Val ensured that everyone could toast the Queen with ‘a wee dram o’ whisky’; she then invited Soroptimist Trish Mellor to read one of Robbie Burns’ most famous poems “A Red, Red Rose”, a very romantic poem written by Burns in 1794, just two years before his death, one that epitomized how much he loved women and loved “being in love.”

A Red, Red Rose

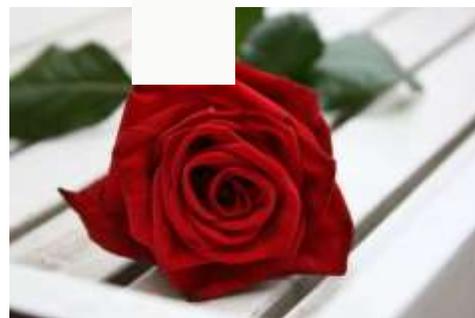
O my Luve's like a red, red rose,
That's newly sprung in June;
O my Luve's like the melodie
That's sweetly play'd in tune.

As fair are thou, my bonie lass,
So deep in luve am I;
And I will luve thee still, my Dear,
Till a' the seas gang dry.

Till a' the seas gang dry, my Dear,
And the rocks melt wi' the sun:
I will luve thee still, my dear,
While the sands o' life shall run.

And fare thee weel, my only Luve!
And fare thee weel, a while!
And I will come again, my Luve,
Tho' it were ten thousand mile!

Robert Burns



Call to Spring Conference

We have received the call to Spring Conference. Copies of the call and descriptions of events will be at the February meeting. Registration



information will need to be finalized before our March meeting so come to February with calendars in hand. Plan to

“Escape to the Cape” with us.

Go Red for Women’s Heart Health

Did you remember to wear red on Friday Feb 2?



April Awards Program—

If you are a chair of a committee who



gives a award at the dinner, remember you need to let the attendance chair know how many meals will be needed AND

you will need to complete a voucher request for any award check and give it to President MaryBeth by the March meeting.

Learn more about how you can take action to improve your heart health...

TAKE ACTION WITH LIFE'S SIMPLE 7

About Life's Simple 7



Manage Blood Pressure

High blood pressure is a major risk factor for heart disease and stroke. When your blood pressure stays within healthy ranges, you reduce the strain on your heart, arteries, and kidneys which keeps you healthier longer.

[Learn how to manage your blood pressure.](#)



Control Cholesterol

High cholesterol contributes to plaque, which can clog arteries and lead to heart disease and stroke. When you control your cholesterol, you are giving your arteries their best chance to remain clear of blockages.

[Learn how to control your cholesterol.](#)



Reduce Blood Sugar

Most of the food we eat is turned into glucose (or blood sugar) that our bodies use for energy. Over time, high levels of blood sugar can damage your heart, kidneys, eyes and nerves.

[Learn how to reduce your blood sugar.](#)



Get Active

Living an active life is one of the most rewarding gifts you can give yourself and those you love. Simply put, daily physical activity increases your length and quality of life.

[Learn how to get active.](#)



Eat Better

A healthy diet is one of your best weapons for fighting cardiovascular disease. When you eat a heart-healthy diet, you improve your chances for feeling good and staying healthy – for life!

[Learn how to eat better.](#)



Lose Weight

When you shed extra fat and unnecessary pounds, you reduce the burden on your heart, lungs, blood vessels and skeleton. You give yourself the gift of active living, you lower your blood pressure and you help yourself feel better, too.

[Learn how to lose weight.](#)



Stop Smoking

Cigarette smokers have a higher risk of developing cardiovascular disease. If you smoke, quitting is the best thing you can do for your health.

[Learn how to stop smoking.](#)

*We are on the web at:
www.harrisburgsoroptimist.org*

**SOROPTIGRAM DEADLINE:
Deadline for the March Issue is March 15**

SOROPTIMIST PLEDGE

**I pledge allegiance to Soroptimist and to
the ideals for which it stands.
The Sincerity of Friendship
The Joy of Achievement
The Dignity of Service
The Integrity of Profession
The Love of Country
I will put forth my greatest effort to
promote, uphold and defend these ideals,
For the larger fellowship in home, in
society, in business, for Country and God.**

Editor: Alice Lubrecht
Associate Editor: Carol Ann Colyer

WHO ARE SOROPTIMISTS

Soroptimists are women of all ages, cultures, and ethnic groups. They are working moms and single women, small business owners and corporate executives, attorneys, teachers and physicians. Soroptimists are leaders across all professional disciplines that also serve as role models for younger women at the beginning of their careers. The common thread that connects all Soroptimists is the desire to make a difference for others through volunteer service.

Soroptimist International of the Americas (SIA) is part of Soroptimist International, the world's largest classified service organization for executive and professional women.

The Harrisburg Club's mission is to use our time, talents and resources to advance the status of women and children. To accomplish this mission, we establish and support specific projects to address the needs locally, regionally and internationally.