



Soroptimist Scene

The newsletter of Soroptimist International of Tampa October 2016

President's Message



October is Breast Cancer Awareness Month.

Breast Cancer is the most common cancer in the United States. It is the second leading cause of cancer death in women. Lung cancer is the first. Statistics show that 1 in 8 women will have invasive breast cancer some time during her life. With continued research and early detection, the death rate of breast cancer has fallen. The earlier breast cancer is found, the easier it can be treated. Women over 40 should have regular breast screenings. However, it is never too soon to start talking with your doctor about what age and screening plan is best for you.

As women, we can be so focused on the care of others that we often neglect ourselves. To be successful at anything we do, we have to take care of our health, hearts and minds first. The month of October will be filled with all kinds of pink reminders to help us remember to take special care of our bodies. So if you haven't already, I encourage you to do your monthly breast exam and to

schedule your mammogram screening. Let's take care of ourselves so that we can take care of others.

For more information about the research, prevention, diagnosis and treatment of breast cancer go to

www.cancer.org or www.breastcancer.org

President Rosetta

October Happenings

We will forgo a regular club meeting this month so that members can focus their time and energy on two important weekend events. Our **Joint District I and II Meeting** will be held on September 30 – October 1 in Coral Gables. This is a gathering of all the Soroptimist clubs in Florida with our Southern Region officers, so it's a great opportunity to share information and learn more about our organization. SI Tampa will be represented by District II Director Michelle Strawser, Vice President Lorraine Lundy, Secretary Teri Matlach, BJ Scott and Cathy Strawser. Lorraine will present our continuing work with the Teen Dating Violence Bookmark as a nomination for the Governor's Service Award.

SI Tampa will also participate in a major fundraising event on October 8-9 at the **Fall Plant Festival** at the USF Botanical Gardens, 12210 USF Pine Dr., Tampa 33620. We'll sell plants throughout the weekend to raise funds for our Live Your Dreams Awards. This plant festival draws large crowds, so

it's also a great opportunity to tell others about Soroptimist and our mission. For those coming to sell plants, you'll be asked more than once, "What's a Soroptimist?" So please, practice your 30-second "elevator speech" so that you can tell others about our organization and mission to improve the lives of women and girls.

Plant Sale Schedule

Our thanks go to everyone who signed up to help with the Fall Plant Sale. Here's our schedule for the weekend.

Friday, October 7 plant set-up

We'll meet at 10 am at the home of Susie Miller, 8516 N. Habana Ave., Tampa to load up her plants. The big trailer will be in her driveway, so please park across the street at the school. We'll deliver plants to the gardens and then make a second run with the trailer to Diana's house.

Lorraine, Glenda, Mindy, Elsie, Teri and her "Big Guy" and Diana with Cecil and Louis.

Saturday, October 8

Debbie (cashier all day) Diana (all day)

8:00 to 10:00 AM: *Glenda and BJ*

10:00 to 12:00 PM: *Rosetta, Vicki*

12:00 to 2:00 PM: *Fran, Vicki, Elsie, Lorraine (1 PM)*

2:00 to 4:00 PM: *Fran, Vicki, Lorraine*

Sunday, October 9

Debbie and Diana: AM

9:00 to 12:00 PM: *Glenda*

12:00 to 3:00 PM: *Teri (cashier), Michelle, Rosetta, Lorraine (1 PM).*

Take-down at 3:30 PM: *Lorraine, Teri. Also, we are looking for members who can take plants home and care for them until the next sale in April 2017.*

Dream It, Be It, begins October 6

Our first Dream It, Be It session with the YMCA Teen Achievers will be Thursday, October 6 from 4:00 to 6:00 PM at the Central City YMCA, 110 E. Palm Avenue, Tampa. We are expecting up to 30 girls from Blake High School, mostly ages 14 and 15 years old. This first session will be an opportunity to introduce ourselves to the girls, get to know them too, listen to what they want and need from us, and begin to talk with them about their dreams and goals. One of the activities will be creating individual dream boards. These sessions will continue to be the first Thursday of each month.

There is also an opportunity to become a mentor to one of these Teen Achievers and truly get to know your mentee and help guide her through the school year. Please contact Fran DeLuccia or Vicki Salin-Decker to become involved in either of these service projects.

"Young girls with dreams become women with vision."

Domestic Violence Awareness Month

October is also Domestic Violence Awareness Month, so while you are wearing a pink ribbon for breast cancer, put on the color purple for domestic violence awareness. Here are a few statistics to remind us of the tremendous scope of this problem.

Three women in the U.S. are murdered every day by a current or former male partner.

4,774,000 women in the U.S. experience physical violence by an intimate partner every year.

Every minute 20 people are victims of intimate partner violence.

Center for Disease Control and Prevention

One in four women will be victims of severe violence by an intimate partner in their lifetimes.

Worldwide, men who were exposed to domestic violence as children are three to four times more likely to perpetuate intimate partner violence as adults than men who did not experience domestic abuse as children.

World Health Organization

Intimate partner violence is the leading cause of female homicide and injury-related deaths during pregnancy.

American Psychological Association

98% of all domestic violence cases include an element of financial abuse. The number one reason domestic violence survivors stay or return to the abusive relationship is because the abuser controls their money supply, leaving them with no financial resources to break free.

Black women experience intimate partner violence at rates 35 % higher than white women.

University of Minnesota's Institute on Domestic Violence in the African American Community

Domestic violence is the third leading cause of homelessness among families.

National Coalition for Homelessness

SI Tampa will continue to address the issue of domestic violence through our Teen Dating Violence Bookmarks, Live Your Dream Awards, and guidance and support to the Teen Achievers to help them move closer to their goals and dreams.

Fundraising Ideas Sought

President Rosetta has put out a request to members to brainstorm ideas about possible fundraisers for next year. Some ideas shared to date:

An evening dinner gala

Hosting a bridge tournament

Holiday raffle

Hosting a bingo event

Please share your ideas with any board member as we consider options that will raise funds to support service to the community.

Yearbook Update

A committee is working to update our member yearbook so that you will have quick access to contact information at your fingertips. This committee would like to include a photo of each member and requests that members send a favorite photo of themselves to Teri Matlach at tiggerteri@gmail.com. Thanks everyone.



Helen Ennis Madden Oct. 28

Soroptimist International of Tampa Officers for 2016-2017

President Rosetta Peacock
Vice President Lorraine Lundy
Treasurer Deborah Pruden
Recording Secretary Teri Matlach
Corresponding Secretary
Vicki Salin-Decker
Director Michelle Strawser
Director Fran DeLuccia

Upcoming Dates:

September 30-October 1, 2016
District I and II Meeting. The
Biltmore Hotel, Coral Gables, FL
Theme "Team Work Makes the
Dream Work."

October 3 Soroptimist Founder's Day

October 6, 4:00 pm: Dream It, Be It
at YMCA

October 8-9 USF Plant Sale

November 10, 5:30 PM:
Monthly meeting at the
Children's Board

Contact us at sitampa@soroptimist.org

or write to
SI Tampa, PO Box 271774
Tampa, FL 33688.