



Soroptimist Scene

The newsletter of Soroptimist International of Tampa September 2016

President's Message



We gain strength, and courage, and confidence by each experience in which we really stop to look fear in the face...we must do that which we think we cannot.

Eleanor Roosevelt

Our official 2016-2017 club year is underway. I am so very grateful and happy to have each one of you in this club. It is because of you, your dedication and selflessness that helps this club to be successful.

A Moment in History:

On September 14, 1964 Helen Keller was presented with the Presidential Medal of Freedom. We all know the story of Helen Keller and her struggle to overcome challenges impacted by being born deaf and blind. After discovering her strength, courage and confidence, Ms. Keller spent her life raising awareness and securing funds for the American Foundation for the Blind.

As women, we are stronger than we sometimes think. History shows us that. As a club, we are one. We are stronger, more courageous and more confident with every experience we share together. It is our experiences that will carry us forward and

help us to leave a club legacy that we can all be proud of.

President Rosetta

September 8 Club Meeting

Soroptimist International of Tampa will meet on Thursday, September 8, 2016 at 5:30 pm at The Children's Board of Hillsborough County, 1002 East Palm Ave., Tampa. We will finalize a budget for the club year. Director Fran will provide light snacks. Guests are welcome.

SI Greater Ft. Lauderdale has made a request that Soroptimists coming to the District Meeting bring gently-worn bras to donate. Bras are among the most needed yet least donated items of clothing. Please bring your donated bras to the September meeting, and our delegates will deliver them to the District Meeting. This project will support survivors of domestic violence.



Congratulations to President Rosetta and our 2016-2017 board members on the occasion of their first board meeting. They are hard at work planning for a successful Soroptimist year.

2016-2017 Committees

Members, please review this committee list. If your name isn't assigned to a committee yet, or if you want to join another committee too, please contact President Rosetta or Vice President Lorraine.

Website – Rosetta

Facebook – Michelle, Mindy

Newsletter, PO Box – Diana, Michelle

Human Trafficking – Jeanette, Mindy, Cathy, Elsie

Teen Dating Violence Bookmarks – Vicki, Teri

Plant Sales – Diana, Mindy

Flea Markets/Garage Sales – Fran, Mindy

Corporate Sponsors—(open)

Christmas Family - Carmen, Diana

Dream It, Be It/Teen Achievers – Fran, Rosetta, Vicki, Cathy, Teri, Lorraine, BJ, Glenda

Dream It, Be It One Day Conference – Michelle

Live Your Dream Award – Lorraine, BJ

Ruby Award – Jeanette

Violet Richardson Award – Fran, Cathy

Audit—Debbie, Fran, Diana

Yearbook—Teri, Cathy, Vicki,

Plant Work Day

We work hard, and we play hard. And if you're really good, you can hardly tell the difference! Five members gathered at the home of Susie Miller on August 27 to help prepare plants for the October sale.



Here's the BEFORE picture with lots of smiles. For two hours we trimmed and repotted gingers, ferns and bromeliads to get them ready to sell.



And the AFTER picture—but we're still having fun. Thanks everyone!

Director's Notes

We introduced the 2016-2018 Southern Region Board members in the June edition of the Soroptimist Scene. Each of these officers serves a two year term. The primary role of the Southern Region Board is to promote the projects and fulfill the purposes of Soroptimist as defined by Soroptimist International of the Americas, our federation.

Southern Region includes five states (Florida, Georgia, Mississippi, Tennessee, and Alabama), Puerto Rico, and The Bahamas! We have three districts within our Region:

District I contains eight clubs: Boca Raton-Deerfield Beach, Coral Gables, Davie, Greater Ft. Lauderdale, Homestead, Pompano Beach, San Juan, and the Palm Beaches.

District II has five clubs and is comprised of St. Lucie, Stuart, Tampa, Pinellas, and Greater Daytona Beach.

District III is formed by five clubs located in Atlanta, Huntsville, Montgomery, Music City Nashville, and Tuscaloosa.

We LOVE our district meetings and our Southern Region Conferences here in the South! It is not just a platform to share and disseminate important information; it is also a time to brainstorm with some of the most passionate and dedicated women in service. Our fellow Soroptimist clubs and members have some incredible community projects impacting the lives of women and girls.

We are all volunteers coming together, supporting one another, and learning from each other's successes and challenges. Our membership is our strength. Your region board is extremely focused on mission, progress, and fun while achieving our goal collectively.

I can assure you this is a biennium in which you will want to be very involved!



The Southern Region Board with Governor Denise Held (center front).

Michelle G. Strawser
Soroptimist Southern Region
District II Director 2016-2018

Sprinkles of SOLT

*Soroptimist Orientation and
Leadership Training*

Who can join Soroptimist?

With bylaws changes approved by the membership in 2014, there were significant changes in eligibility for membership. Membership in clubs is no longer based on occupations and classifications.

Membership is available to individuals who support SIA's vision, mission, and core values:

- **VISION**—Women and girls have the resources and opportunities to reach their full potential and live their dreams.
- **MISSION**—Soroptimist improves the lives of women and girls through programs leading to social and economic empowerment.

- **CORE VALUES**—Soroptimist International of the Americas is committed to:
 - Gender Equality: Women and girls live free from discrimination.
 - Empowerment: Women and girls are free to act in their own best interest.
 - Education: Women and girls deserve to lead full and productive lives through access to education.
 - Diversity & Fellowship: Women from varied backgrounds and perspectives work together to improve the lives of women and girls.

Improving Indoor Air Quality with Plants

We know about air pollution - it's outside - coming from industry and automobiles. Sometimes you can see it or smell it. But did you know indoor air pollution is 2-5 times greater than outdoor? Many of our household products, building materials and even home furnishings are major contributors to poor indoor air quality. And these are all around us! And with our air conditioned, properly-sealed homes, there is hardly an escape.

Volatile organic compounds (VOCs) are emitted as gases from certain solids and liquids. These are found in paints, varnishes, waxes, cleaning and disinfecting supplies, cosmetics, degreasers and hobby products. They are also in fuels, dry cleaned clothes, and pesticides. Exposure includes both short and long-term effects such as eye, nose and throat irritation, headaches, nausea, problems associated with the central nervous system and even more serious effects.

How can we protect ourselves? Minimize the use of VOCs and use indoor plants! There are plants that can thrive indoors and

have even been studied as to their air cleansing properties. NASA did a study "Interior Landscape Plants for Indoor Air Pollution Abatement," and here are a few of the best (and they grow really well here in Florida):

1. **Aloe** - clears formaldehyde and benzene and is also good for cuts and burns! Grow it in a sunny window.
2. **Spider Plant** - Clears benzene, formaldehyde, and xylene. And it is safe for kids and pets! Grow in bright indirect light.
3. **Snake Plant** - *Sanseveria* - also known as mother-in-law tongue. Removes formaldehyde. Grows well in low light and loves the steamy bathroom environment. Another great place - put it in your bedroom...it releases O₂ at night and takes up CO₂...opposite the timing for other plants. So it is thought to be a big help in a good night sleep.
4. **Heart-leaf Philodendron** - This is toxic so watch around pets and kids who might like to eat leaves! It removes VOCs and formaldehyde. This plant likes indirect light and has a trailing habit. It grows well in hanging baskets..
5. **Bamboo Palm** - Removes benzene and trichloroethylene and formaldehyde. This plant grows best in high humidity and bright but indirect light.
6. **Ivy** - Removes formaldehyde and airborne fecal matter particles. It is aggressive when grown outdoors but is well behaved inside in pots.
7. **Ficus** - For formaldehyde, benzene and trichloroethylene. Bright indirect light is best.
8. **Dracena** - Removes trichloroethylene and formaldehyde. Bright indirect light.
9. **Pothos** - Removes formaldehyde. Bright indirect light but is toxic to pets! Great in hanging baskets up and away from pets.

Maybe a good sales pitch for the plant sale!

Highlights from the SIA Annual Report for FY 2014-15

At the end of FY14-15, our federation comprised twenty countries and territories, including Argentina, Bolivia, Brazil, Canada, Chile, Colombia, Ecuador, Guam, Japan, Korea, Mexico, Northern Mariana Islands, Panama, Paraguay, Peru, Philippines, Puerto Rico, Taiwan, United States, and Venezuela with 31,019 members in 1,298 clubs.

Live Your Dream Awards were given to 1,293 women including \$1.77 million in education grants. 78% of Soroptimist clubs participated.

Disaster Relief Grants of \$132,938 were awarded for eight disaster relief projects.

Dream It, Be It began with 19,610 volunteer hours contributed to program planning. \$127,810 was spent to support local Dream It, Be It projects.

Read the full report at www.soroptimist.org.



JoAnn Stevens	Sept. 2
Lorraine Lundy	Sept. 4
Glenda Williams	Sept. 7
Barbara Jean Scott	Sept. 17
Rosetta Peacock	Sept. 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 8: 5:30 pm, monthly meeting at the Children's Board.

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

October 8-9 USF Plant Sale

SIA Convention July 30 –Aug 2, 2018 in Yokohama, Japan.

SI Convention July 18-20, 2019 in Kuala Lumpur, Malaysia

Contact us at sitampa@soroptimist.org

or write to
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