



SOROPTIMIST®

Investing in Dreams

Official Invitation

Call to the 106th NWR Conference

**Soroptimist International of the Americas, Inc®
Northwestern Region**



Soroptimist International
Northwestern Region
2024-2026

**April 24 – 27, 2025
Valley River Inn • Eugene, Oregon**

Soroptimist International of the Americas, Inc®
Northwestern Region
Official Call to the 106th Conference



2024-2026 Northwestern Region Board of Directors

Wendy Falkenstein	Governor
Chris Christensen	Governor-Elect
Catherine Dorn	Secretary
Becky McGinty	Treasurer
Sandy Jennings	District 1 Director
Jeanne Androvich	District 2 Director
Sue Thornton	District 3 Director
Diane Yarus	District 4 Director

2024-2026 Northwestern Region District Secretaries

Debbie Austin	District 1 Secretary
Theresa Hart	District 2 Secretary
Nancy Boettcher	District 3 Secretary
Bonnie Baker	District 4 Secretary

2024-2026 Northwestern Region Conference Team

Carolynn Kaetterhenry	Conference Chair
Wanda Costi	Site Coordinator
Cindy Parker	Registration Chair
Linette Zimmerman	Parliamentarian




Table of Contents


<u>Governor's Welcome</u>	<u>4</u>
<u>Official Soroptimist Guests</u>	<u>5</u>
<u>Special Guests</u>	<u>6</u>
<u>At a Glance 106th Region Conference</u>	<u>9</u>
<u>Hotel Information</u>	<u>10</u>
<u>Alaska Airlines Discount Information</u>	<u>11</u>
<u>Region Conference Checklist for Online Registration on Zeffy</u>	<u>12</u>
<u>Region Conference Menu</u>	<u>14</u>
<u>Pre-Conference Checklist</u>	<u>15</u>
<u>Club Delegate Responsibilities</u>	<u>16</u>
<u>Delegate Credentials Form</u>	<u>18</u>
<u>NWR Conference Agenda</u>	<u>19</u>
<u>Thursday Night Event – Pre-Conference Excursion</u>	<u>23</u>
<u>Session Descriptions</u>	<u>24</u>
<u>Marketplace Registration Information</u>	<u>28</u>
<u>Volunteer Opportunities</u>	<u>29</u>
<u>Conference Service Projects</u>	<u>30</u>
<u>Celebration of Life Form</u>	<u>32</u>
<u>Conference Sponsorship Opportunities</u>	<u>33</u>
<u>Program Kudos & Advertisements</u>	<u>34</u>
<u>Region Fundraising</u>	<u>35</u>
<u>Silent Auction</u>	<u>37</u>
<u>First Timers</u>	<u>39</u>
<u>Nominating Committee Candidate Resumes</u>	<u>40</u>

A Note from Governor Wendy

February 25, 2025




Once upon a time, in Northwestern Region, the greatest in all the land, your planning team started taking the steps to write the story of our 106th region conference! Without delay, it is my great pleasure to invite you to join us the weekend of April 24 – 27, 2025 at the Valley River Inn, Eugene, OR. While we have begun writing the story, our hope is that you will take the steps to join us. After all, YOU are what makes it an affair to remember!



In this story, of our 106th gathering, we have three chapters, and each is filled with interesting topics, keynote speakers, workshops and fun that you won't want to miss. But first, we have our prologue with a visit to a Soroptimist member-owned winery, Sweet Cheeks. The views are breathtaking, the selection of wines award winning and it's a great way to reconnect with friends from afar, and welcome new ones.

Our honored guest is Susan Gilbey, SIA Board of Directors (2023-2025). Adding to the list are three motivational speakers, as well as a guest speaker who is investing in her dream and another who is living her dream. Last, back by popular demand is our beloved Ritz Bits with the second volume of Gracious Space.

As authors of your story, you will be able to add to each chapter. Friday's chapter is "*Empowerment Through Sports*." Saturday, our focus is "*Investing in Dreams Through Literacy*," including our Live Your Dream luncheon and a new twist on a Dream It, Be It workshop. On Sunday, our third chapter will be "*Women Helping Women*" and all about the roadmap.



Your conference planning team is quite excited to share *everything* with you; however, I cannot mention it all in this tiny space. I encourage you to read the call, from cover to cover. You might see some new and different things and, of course, the tried-and-true things.

In closing, I encourage you to join us in writing our story and making it a best seller!

Wendy

Wendy Falkenstein
Governor, Northwestern Region



Official Soroptimist Guest



Susan Gilbey, SIA Director

Susan retired from the forest products industry, where she worked in Canada and the U.S. for 41 years. A native of Montreal, Quebec, Canada, she graduated from Mount St. Mary's College in Los Angeles with a B.A. in English, Minor in Business after moving to Southern California to marry her sweetheart, Lyon. They will soon celebrate their 28th wedding anniversary and share their Westminster home with a black kitty named Lulubella.

Susan's been a lifelong volunteer and has given her time to advocate for missing and abused children, senior citizens, the unhoused in her community, among many others. Her passion is her work with Soroptimist International of the Americas, where she's held many positions in her club, region, and within SIA. Today she is proudly serving as a member of the SIA Board of Directors (2023-25).

Susan is passionate about our ability to bring lasting and meaningful change for women and girls in our local and global communities. A lifelong learner, Susan is convinced that equal access to education for women and girls is one of the defining issues of our time.



Friday Special Guests



Lindsey Anderson

Lindsey Anderson is a **best-selling author, speaker, and digital marketing strategist**, recently featured on Netflix. With over **20 years of experience**, she helps organizations **grow their impact through social media**. As the creator of the **Social Media Sales Machine**, Lindsey empowers nonprofits to **amplify their message, attract members, and drive engagement**.

Bev Smith, KIDSPORTS

Beverly Smith – “Bev” is currently the Managing Director of Civic Park in Eugene, Oregon. She is also the Executive Director of Emerald KIDSPORTS. Not only was Bev a former Oregon women’s basketball player, but also played professionally, is a two-time Olympian, past Oregon Women’s basketball coach and member of Oregon Hall of Fame. Bev also coached and taught clinics in 4 countries between 1997 – 2001.



Bev holds a Bachelor of Science Degree in Human Performance from the University of Oregon (1988) and her level 4/5 National Coaching Certificate from the National Institute of Coaching in Victoria, British Columbia. She helped write the draft for Canada Basketball’s Long Term Athlete Development Plan (LTAD) 2001.



Kaia Jacobs, Student Athlete

Kaia Jacobs is a freshman at West Linn High School. She is a three-sport athlete playing basketball, throwing for Track & Field, and competing in weightlifting.

As an athlete for Team USA, Kaia won three silver medals in the Youth Weightlifting Pan American games hosted in Ecuador. Kaia will be representing Team USA at the upcoming Youth Weightlifting World Championships in Peru. Kaia is currently a 4.0 student and her favorite subject is biology.

Saturday Special Guests

Natalie Taylor, Lane County Health

Natalie is a Community Health Analyst working on Gambling & Video Gaming Addiction Prevention for Lane County Public Health.

She earned her BS in Biology, Chemistry and Communication Arts from Linfield College and her MA in Health Advocacy at Sarah Lawrence College in New York. She previously created sexual and reproductive health workshops for disabled women living in shelters in New York City. Before joining the county, she worked for the National Psoriasis Foundation providing case management and writing health education materials. Outside of work, Natalie enjoys cooking, reading and spending as much time as possible with her feisty toddler.





Teresa Baur, LYD Speaker

Teresa grew up in Bend, Oregon, where she spent her time riding horses and volunteering in her community. She later moved to Eugene to pursue her education while raising her young son, Jonah as a single parent. After finishing school, Teresa worked in a variety of roles before following her passion for helping families in need by founding the Lane County Diaper Bank.

In 2015, Teresa was honored to receive the **Live Your Dream Award** from Soroptimist International of Eugene, which supported her as a woman and mother pursuing education and career goals. This experience reinforced her commitment to serving her community and advocating for families in need. Through the Lane County Diaper Bank, she strives to ensure that every child has access to essential diapering supplies, reducing financial stress for families and strengthening her community.

Sharon Lacey, Motivational Humorist

In addition to being a sought-after keynote speaker, Sharon is also an internationally touring headlining comedian. She performs in comedy clubs all across the USA and Canada and has been to Iraq twice to entertain U.S. troops. She's also been on four comedy tours of Africa, where she performs for Ugandan audiences in two of their tribal languages.



All of this comes after Sharon's earlier careers as a radio DJ, television news producer, and a national award-winning middle school teacher.

Soroptimist International of the Americas, Inc®
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At-a-Glance 106th Region Conference

Location	Valley River Inn 1000 Valley River Way, Eugene, Oregon 97401
Dates	April 24 - 27, 2025, Thursday – Sunday
Registration	<p>Early Bird Registration fee is \$50 per person by March 25, 2025</p> <p>Regular Registration fee is \$60 per person March 26 – April 9, 2025</p> <p>Late Registration fee is \$100 per person April 10 – April 27, 2025</p> <p><i>All clubs are required to pay two mandatory registration fees, whether members attend or not.</i></p> <p>ALL registration and payments will be done via Zeffy, our online registration portal. https://bit.ly/3Qv2Hcx</p> <p>Questions regarding registration can be directed to Cindy Parker by email at RegChair@soroptimistnwr.org</p>
Meals	The price of the meal package is \$285 and includes six meals. Individual meals may be purchased. Prices are listed on page 14 and on our Zeffy registration form.
Lodging	Valley River Inn Eugene, Oregon Room reservations must be made online by Tuesday March 18th: https://bit.ly/4j9NH0Z . See conference rates on page 10
Service Projects	Friday: Kidsports Saturday: Sponsors, Inc
Dress/Attire	Conference attire is “business casual,” except: Thursday: Travel Casual Friday Night Tailgate: Favorite Sports Team & Sneakers Saturday Dinner: Classy & Sassy (no denim, please) Sunday: Soroptimist logo wear, etc.
Support Our Conference	Sponsorships, see page 33 Kudos, see page 34 Advertising, see page 34 Region Fundraising, see pages 35-38

Hotel Information

Join us at Eugene, Oregon's Valley River Inn



*Visit Eugene and stay to
enjoy the beauty of the
Willamette Valley and
the Oregon Coast region.
Reserve your room at
this fabulous location
no later than
March 18, 2025!*

*Keep checking
back for
available rooms!*

Hotel Full? Wait lists are available! Contact Wanda Costi:

RegionSiteCoordinator@soroptimistnwr.org

NWR Hotel Room Rates: \$149/night plus applicable taxes and fees (approx. 13%)

Check In/Check Out Policy: Check in time is after 4:00 pm and check-out time is before 11:00 am. Please be assured that Valley River Inn will make every effort to accommodate those guests arriving prior to check-in time based upon availability. Special arrangements can be made with Valley River Inn to guarantee early check-in or late check-out prior to your arrival at a half-day rate based upon availability.

Valley River Inn will provide Soroptimist guests with:

- Complimentary Wi-Fi
- Complimentary Parking
- Cashless Hotel Experience
- Airport and train shuttle, contact the hotel directly to arrange transportation at 541-743-1000

Reservations: Contact the hotel directly at <https://bit.ly/4j9NH0Z> . A credit card or one night's advance deposit is required to secure a room.

Cancellations must be received by April 21 at 4:00 pm or 1 night room and tax will be assessed. Contact Wanda Costi before April 21 if you need to make a cancellation:

RegionSiteCoordinator@soroptimistnwr.org

ALASKA AIRLINES DISCOUNT INFORMATION



Alaska Airlines and Horizon Air have offered us a discount on flights for all Soroptimist members, other meeting participants, and accompanying family members or friends traveling to Eugene Airport via Alaska / Horizon.

Beginning Travel Date: April 15, 2025

Last Travel Date: April 29, 2025

Blackout Dates: April 18 - 20, 2025 and April 25 - 27, 2025

How to use the Discount Code for travel to Eugene Airport:

1. Select "reservations" and then "flights" if the flight selection box does not appear right away.
2. Select Round Trip or One-Way travel.
3. Enter "From" and "To" airports, dates of travel, and preferred time of day.
4. Enter the number of adult and child travelers, up to six total people per booking.
5. Enter our meeting code ECMI 158 in the Discount Code box.
6. Click on the Go icon.

Please purchase your tickets early for the lowest fares and preferred flight selection and be aware of restrictions for the fare you are considering before you complete your purchase. Verify all current baggage allowances and fees as well as travel policies on [Baggage policies | Alaska Airlines](#).

Meeting Fare Rules:

- Your group is entitled to a 7% discount off Alaska Airlines published fares (except companion and other promotional fares).
- You may book and ticket on the blackout dates but no discount will apply.
- Any change or cancellation after ticketing is subject to a service charge. All fare rules and additional blackout dates of the fare apply.
- All tickets must be issued online or by the Alaska Airlines Group desk.
- A \$15.00 service fee will apply to any tickets issued by the Group Desk.

Any Questions? Please contact Wanda Costi

Email:

RegionSiteCoordinator@soroptimistnwr.org

Region Conference Checklist for Online Registration on Zeffy

Gather the following information before you start your registration. You can register individually or as a group. This is the information you need to provide on the online Zeffy registration form.

- Names and emails of the registrants, Saturday lunch LYD winners, LYD winners' family members, and friends
- Club and District
- Special designators, you may indicate more than one designator (Club President, member/delegate, member/non-delegate, First Timer, guest)
- We are trying to lower costs and save paper, so the program and agenda will be available electronically. If you require a paper copy, please indicate on the Zeffy form.
- Do you want to volunteer to help at the Conference?
- Meals: package or individual meals, steak or salmon for Saturday dinner, dietary restrictions (vegetarian, vegan, gluten free, other allergies) Saturday child's lunch is for 12 and under. *Please email Registration Chair Cindy, regchair@soroptimistnwr.org, with your specific allergy so we may alert the banquet staff. If you do not indicate your dietary restrictions on the Zeffy registration form, we may not be able to accommodate your needs.*
- Are you attending the pre-conference outing to Sweet Cheeks Winery?
- What level of sponsorship would you like?
- Do you want to buy Kudos? If so, which program would you prefer? Please send Kudos to Secretary Catherine, secretary@soroptimistnwr.org, with a maximum of 150 characters.
- Do you want an ad in the Conference program? Please send ads to Secretary Catherine, secretary@soroptimistnwr.org, by March 25.
- Marketplace table? Club or member business with the items for sale
- Optional Live Your Dream donation
- Credit, debit, or bank payment information

When you are filling out the Zeffy form

- Choose the number of people, meals, etc. you want to register and the form will provide the appropriate number of blanks.

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Northwestern Region
Official Call to the 106th Conference

- **All clubs are required to pay two mandatory registration fees, whether members attend or not.** If you have 2 or more members attending the Conference, just fill out the designators that apply to them. **DO NOT** choose the “no attendee mandatory” designator. If you have 1 member attending, fill out their designator, and for the other registration choose “no attendee mandatory” and put NO ATTENDEE in the name spaces. If no one from your Club is registering, choose “no attendee mandatory” for both and put NO ATTENDEE in the name spaces.
- After you have entered the information, click “checkout.” Under “Your Information” put the name of the person who is doing the registering.
- Review the summary.
- Ignore the corporate/organization button. It’s a Zeffy thing we can’t remove.
- Zeffy is a free platform, but they solicit donations to help keep it free. There is an automatic 9% donation which is optional. If you do not wish to, change the number in the box to zero. This is important because the donation is non-refundable.
- Complete the registration. You will receive a confirmation email from Northwestern Region-Soroptimist International of the Americas, Inc.

REFUND POLICY (Per the NWR Procedures):

- Refunds for registration fees are for emergency circumstances, a “Request for Refund” form must be completed on the Friday of region conference.
- Meal packages and individual meals are non-refundable. Meals may be resold on the “offer up” board at the conference.

Have questions or need help? Email Registration Chair Cindy Parker at
regchair@soroptimistnwr.org

ARE YOU READY TO REGISTER?

<https://bit.ly/3Qv2Hcx>



Click This Link

-OR-

Scan this QR Code

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Northwestern Region
Official Call to the 106th Conference

Region Conference Menu*

Meal Plan Price: \$285

Friday Lunch

BBQ pork pulled sandwiches: pork shoulder slow roasted and mixed with tangy BBQ sauce with crisp lettuce and house made coleslaw on a toasted brioche bun, individual bag of Kettle Chips, iced tea, coffee, tea

Friday Tailgate Dinner Buffet

Potato salad, pasta salad, green salad with assorted dressings; chef's selection of meats and cheeses, fresh vegetable tray with buttermilk herb dipping sauce; BBQ brisket with rolls, corn on the cob; mac n cheese, vegetarian chili; dessert bars, iced tea, lemonade

Saturday Breakfast

Fluffy buttermilk pancakes, served with bacon, fruit,
butter and maple syrup, coffee, tea

Saturday Live Your Dream Luncheon

Asian chicken salad: sliced marinated chicken breast on yakisoba noodles, sesame vinaigrette dressing, napa cabbage, carrots, green onions, bell peppers, mandarin segments and crisp wonton strips; dessert - chef's choice; iced tea

Saturday Dinner

Spinach salad with sliced strawberries, walnuts, feta, apple cider vinaigrette
Grilled New York steak - topped with compound butter, served with garlic mashed potatoes and roasted seasonal vegetables
or

Smoked honey glazed salmon - topped with marionberry BBQ sauce and orange fennel salad served with wild rice and roasted root vegetables
Dessert - chef's choice; coffee, tea

Sunday Breakfast Buffet

Freshly cut seasonal fruits, scrambled eggs garnished with chives, roasted breakfast potatoes, premium bacon, oatmeal served with brown sugar, raisins and milk, assorted juices; coffee, tea

* Please indicate any dietary considerations when you register on Zeffy and email Cindy Parker RegChair@soroptimistnwr.org with details if you indicate an allergy. If you do not provide notification before arrival, we may not be able to accommodate your restrictions.

Individual Meal Prices

Friday Lunch	Friday Tailgate Dinner Buffet	Saturday Breakfast	Saturday LYD Lunch	Saturday Dinner	Sunday Breakfast Buffet
\$40	\$67	\$37	\$40	\$78	\$47

Pre-Conference Checklist

	Important Deadlines Share the 2025 Official Call to Conference with all club members and encourage them to attend.
	Share the various deadlines for registration fees and meal packages. See Call documents, and important deadlines for details.
	Review the request for Conference Sponsorships, Program Advertising and Program Kudos, Silent Auction donations.
	Share with members that Marketplace is also available to member-owned businesses.
	Submit the Celebration of Life form , with pictures if you have a member who passed away since April 2024.
	Discuss with your club the Slate of Candidates for the Region Nominating Committee, and whether you would like to make any nominations from the floor.
	Complete the Credentials Form (page 18) with proper signatures. Bring to conference and turn in at time of registration. Note the times when the Registration/Credential desks are open. Delegates must be credentialed to vote.
	Ensure all SIA/NWR financial obligations are paid – so delegates can vote.
	Secure your hotel or other accommodations.
	Register , observing the deadlines below.

Important Deadlines

- March 18 Hotel Reservation deadline at negotiated rate
- March 25 Sponsorships, Advertising and Kudos deadline
- March 25 Marketplace Registration deadline – space is limited
- March 25 Celebration of Life forms due to Helene Jensen, see form on page 32
- March 25 Pre-conference Excursion to Sweet Cheeks Winery
- March 25 Silent Auction form to Wanda Costi, see form on page 36
- March 25 **Early Bird Registration** deadline (\$50)
- April 9 **Regular Registration** deadline (\$60); Meal purchase deadline
- April 10 - 27 **Late Registration** Fee applicable (\$100 - \$40 late fee and \$60 registration). *Meals are not guaranteed with late registration*

Packing List

- Completed Credentials Form
- Items for the Region Service Projects and Investing in Dreams Silent Auction
- Cash, credit cards, and/or checks for donations and Marketplace shopping
- Your Soroptimist pins and badge, spirit of fun, and your enthusiasm!

Club Delegate Responsibilities

Your club's delegates should have a working knowledge of Soroptimist laws, region bylaws, the objectives and ideals of the organization, and experience as a member of club committees or of the board. An understanding of parliamentary procedure, the ability to work with others, and a spirit of goodwill and understanding will help the delegate, the club, and the conference body.

The Club President, who is a delegate and who serves as the leader of the club delegation, should:

1. Allocate time at a business meeting prior to the Conference to discuss topics in the agenda so that a majority opinion expressed by the club will serve as a guide to delegates.
2. Arrange with the other delegate to assign sections of the report on the conference to be given to the club.
3. Schedule time during your first meeting after the conference, for delegates to present their reports.

Responsibilities of Club Delegates:

1. Study the Conference Call, which includes the tentative agenda listing business to be transacted, forms, sessions, and the social events.
2. Verify with your club president and secretary that the Credentials form has been completed to be turned in to the Credentials Coordinator in accordance with region requirements. You will receive the Credentials/Voting Card upon completion of registration and credentialing at conference.
3. Clarify the financial responsibilities. (Some clubs have a specific delegate fund divided among delegates, some pay all expenses, and some pay allowances to each delegate.)
4. Take to conference: Region Bylaws, completed Credentials form, name badge, and your Soroptimist pin.

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Northwestern Region
Official Call to the 106th Conference



During Conference, Each Delegate Should:

1. Register and credential promptly. Wear your name badge so others may get to know you and the club you represent.
2. Be on time. Time schedules for conference are most important. Guests invited to address the conference deserve consideration for operating on time.
3. Attend all sessions: Personal business should be attended to before or after sessions or during a recess.
4. Be prepared to jot down important business proceedings and background information to report to the club.
5. Participate in discussion and debate: Remember that you are the liaison between the region conference and the club, so participate with friendliness, moderation, dignity, and an open mind.
6. Vote with the club viewpoint in mind. The delegates should then be instructed to use their best judgment in accordance with conference discussion taking into consideration the welfare of all the clubs in the region.
7. Volunteer or be willing to accept a specific assignment from the Governor or Conference Chair during the conference period. Involvement promotes fellowship and enhances enthusiasm, which you can share with your club members.

After Conference, Each Delegate Should:

Prepare a report as instructed by the club President. The following outline for reporting may be helpful.

1. Share action taken by conference body on proposed changes in bylaws, the budget, and other matters presented to the voting body, and the reason for each action.
2. Ideas for increasing club interest and support in attaining Soroptimist goals.
3. Suggestions for improving club administration.
4. Summary of the workshop sessions and committee presentations.
5. Summaries of addresses and speeches.
6. Your personal evaluation of the conference.





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Northwestern Region
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Credentials Form for Club Delegates

Print & bring this completed form with you. Delegates must be registered and credentialed by:

8:00 am Friday, April 25, to vote in the business session on Friday, April 25, OR

5:00 pm on Friday, April 25, to vote in elections on Saturday morning, OR

8:00 am on Saturday, April 26, to vote in the Saturday business session or runoff election if necessary.

Soroptimist International of _____

District (please circle) 1 2 3 4

This is to certify that our two duly elected delegates and/or alternates are regular members in good standing as listed below.

(Name) _____ President

(Name) _____ Delegate

or

(Name) _____ President Alternate

(Name) _____ Delegate Alternate

Signed: _____ Date: _____
Club President

Signed: _____ Date: _____
Club Secretary

For Office Use Only:

Approved by Credentials: _____ Reviewed by Registration _____

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Northwestern Region
Official Call to the 106th Conference



NWR Conference Agenda

THURSDAY

3:30 – 6:30 pm

Travel Day!

Willamette Valley Excursion:

Sweet Cheeks Winery Eugene, Oregon

Transportation provided

Tour departure from Valley River Inn

Registration & Credentials Desk Open

Delegates' Briefing

Pre-registration required

5:00 – 7:00 pm

7:00 pm

Lobby

Willamette Ballroom

FRIDAY

7:00 – 8:00 am

7:00 – 8:00 am

Chapter: Empowerment Through Sports

First Timers' "Once Upon a Breakfast"

Registration & Credentials Desk Open

Executive Suite

Lobby

8:30 am

Opening Ceremonies

Region Leadership Introductions

Call to Order

Pledge of Allegiance

Introduction of Official Visitors, Special Guests

Soroptimist Recognition

Welcome Messages

- SIA President Ginger Cole
- SIA Executive Director/CEO Michelle J. Burnett

Willamette Ballroom

8:45 am

Business Session

Introductions

Credentials Report

Conference Rules

Adoption of the Official Agenda

Minutes of the 105th Region Conference

Conference Committee Appointments

Correspondence

Nominating Committee Report

Nominations from the Floor

Candidate's Presentations

SIA Director Susan Gilbey

Brand Recognition: *Creating an Effective Club Website*

Laurel Society Fundraising

Announcements

Willamette Ballroom

10:30 – 10:45 am

Break



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Northwestern Region

Official Call to the 106th Conference



10:45 – 11:45 am	Gracious Space General Session Announcements	Willamette Ballroom
11:30 – Noon	Registration & Credentials Desk Open	Lobby
Noon	Luncheon Inspiration Keynote Speaker: Lindsey Anderson Announcements	Willamette Ballroom
1:30 – 2:30 pm	Breakout: Session 1 Elevate Your Social Media Presence, Lindsey Anderson Gracious Space, Ritz Bits Resilience & Wellbeing Workshop, Natalie Taylor	North Columbia Middle Columbia South Columbia
2:30 – 2:45 pm	Break – Brownies & Coffee	Ballroom Foyer
2:45 – 3:45 pm	Breakout: Session 2 Ready, Set, Brand! Karen Marshall Are You Acting Like a Nonprofit? Becky McGinty Resilience & Wellbeing Workshop, Natalie Taylor	North Columbia Middle Columbia South Columbia
3:45 – 5:00 pm	Free Time!	
4:00 – 5:00 pm	Registration & Credentials Desk Open	Lobby
4:30 – 5:00 pm	Marketplace Setup	McKenzie Ballroom
5:00 – 6:00 pm	Marketplace	McKenzie Ballroom
5:45 pm	No-Host Bar Opens	Foyer of the Willamette
6:00 pm	Tailgate Party! Games, Cheer Contest, Photo Booth	Foyer of the Willamette
7:00 pm	Dinner Inspiration Guest Speaker: Bev Smith, KIDSPORTS Guest Speaker: Kaia Jacobs, Student Athlete Nike Raffle Drawing Marketplace Raffle Drawing (if needed) Announcements	Willamette Ballroom

Soroptimist International of the Americas, Inc®

Northwestern Region

Official Call to the 106th Conference



SATURDAY	Chapter: Investing in Dreams Through Literacy	
7:00 – 8:00 am	Polls Open	North Columbia
7:00 – 8:00 am	Registration & Credentials Desk Open	Lobby
8:00 am	Breakfast Inspiration	Willamette Ballroom
8:30 am	Business Session Credentials Report Region Treasurer Report Finance Committee Report Impact: <i>Reaching the Big Goal Together: Best Practices</i> Engagement: <i>Combating the Great Membership Decline</i> Philanthropy: <i>Building Your Fundraising Confidence: Overcoming Your Fear of the Ask</i> Election Teller Report Announcements	Willamette Ballroom
11:30 – Noon	Polls Open (if necessary)	North Columbia
11:30 – Noon	Registration Desk Open	Lobby
Noon	Live Your Dream Award Luncheon Teresa Baur, Live Your Dream Award Winner 2015 Live Your Dream Awards Presentation	Willamette Ballroom
2:30 – 3:30 pm	Breakout: Session 1 Live Your Dream Finances with Wendy & Becky Dream It, Be It – Part 1 of 2 Thriving Through Change, Susan Gilbey, SIA Director	North Columbia Middle Columbia South Columbia
3:30 – 3:45 pm	Break – Cookies & Lemonade	
3:45 – 4:45 pm	Breakout: Session 2 Say Yes! with Sharon Lacey Dream It, Be It – Part 2 of 2 Thriving Through Change, Susan Gilbey, SIA Director	North Columbia Middle Columbia South Columbia
5:30 pm	No-Host Bar Opens	Ballroom Foyer
5:30 – 7:00 pm	Investing in Dreams Silent Auction	Ballroom Foyer

Soroptimist International of the Americas, Inc®

Northwestern Region

Official Call to the 106th Conference



6:30 pm	Dinner Inspiration Keynote Speaker: Sharon Lacey	Willamette Ballroom
8:00 pm	Investing in Dreams Silent Auction Results	
8:30 pm	Investing in Dreams Silent Auction Pickup Announcements	

SUNDAY

8:30 am	Chapter: Women Helping Women – Soroptimist Roadmap Breakfast Buffet	Willamette Ballroom
9:00 am	Legacy of Love Welcome Rose Ceremony Celebration of Life	Willamette Ballroom
9:30 am	General Session Hotel Staff Recognition Final Credentials Report Laurel Society Board Wrap Up Region Committee Reports <ul style="list-style-type: none"> • Imagine Life Without Violence, Donna Ronca • Dream It Be It, Chris Kelly • Live Your Dream, Sheri Kroeter • Engagement Roadmap Update, Governor-Elect Chris Christensen Governor's Report Directors' Reports Closing Remarks Announcements Closing Inspiration Adjourn	Willamette Ballroom



Pre-conference Excursion: Sweet Cheeks Winery



"A refreshing take on great wine"

Discover the simple joys of wines handcrafted with DIY spirit – and a passion for the place they come from at this winery in the hills above the Willamette Valley. Founded by a local family, the owner's wife, Beth, stepped in as President, and continued her role of CFO and guiding light of the business, after the founder's death in 2018. Beth is a member of SI Eugene.

Reserve your space for this excursion into the picturesque hills of the Willamette Valley on Thursday! Excursion departs promptly at 3:30 pm, returns in time for the Delegates' Briefing. Make your reservation early – limited space is available!

Price is \$45 per member, includes transportation to and from the Valley River Inn (members will not be permitted to transport themselves), a tasting and tour with charcuterie. Additional wine or food may be purchased separately.

You may bring any wine that you purchase from Sweet Cheeks Winery on the bus, but we are not permitted to have any open containers of alcohol on the bus or consumed in the hotel banquet rooms.

For questions, contact Carolyn at (360) 320-1663 or conferencechair@soroptimistnwr.org

Session Descriptions

Friday General Session

Gracious Space: This interactive general session workshop will review our previous Gracious Space presentation and explore identifying your core values and having the courage to act on them on behalf of the common good.

Friday Luncheon Keynote

Lindsey Anderson will share how you can use social media to expand your reach and make a bigger impact.

Friday Breakout Sessions

• Session 1 •

Elevate your Social Media Presence: Keynote Speaker Lindsey Anderson will share her expertise to help us elevate our social media presence, engage our communities more effectively, and further our mission of providing women and girls with access to education and training for economic empowerment.

Gracious Space: Dive deeper into the Gracious Space Common Patterns survey completed at our District Meetings and explore the opportunities to engage and invigorate your club with some tidbits from the Ritz Bits.

Building Mental Health Resilience and Emotional Wellbeing to Prevent & Manage Addictions: In this interactive workshop presented by Special Guest Natalie Taylor, we'll explore ways to cultivate curiosity about our brains and develop daily practices to help manage stress and overwhelm; examine behaviors that can become addictive, such as gambling, video gaming, social media use, and online shopping; learn about the brain science behind addiction, practice new coping strategies, and create your own mental health sensory kit to take home. So essential, we're offering this workshop twice on Friday!

One of two
chances!

Soroptimist International of the Americas, Inc®
Northwestern Region
Official Call to the 106th Conference



• Session 2 •

Ready, Set, Brand! Brush up on your Brand Story with Karen Marshall, Brand Recognition Chair. Every member is a brand storyteller. In this session, we will explore the available tools, resources, and best practices to ensure your brand is on point and our Soroptimist story is a best seller!

Are you acting like a non-profit? Join Region Treasurer Becky McGinty as she reviews the obligations for non-profit organizations, like your club! You'll review your state and federal obligations as a non-profit organization in this informative workshop.

Building Mental Health Resilience and Emotional Wellbeing to Prevent & Manage

Addictions: In this interactive workshop presented by Special Guest Natalie Taylor, we'll explore ways to cultivate curiosity about our brains and develop daily practices to help manage stress and overwhelm; examine behaviors that can become addictive, such as gambling, video gaming, social media use, and online shopping; learn about the brain science behind addiction, practice new coping strategies, and create your own mental health sensory kit to take home. So essential, we're offering this workshop twice on Friday!



Saturday Breakout Sessions

• Session 1 •

Live Your Dream Finances: Based on our declining membership, this session will discuss the disparity between the dollar amount of region awards given and the reduction in monies raised. Join Governor Wendy and Treasurer Becky to discuss, share ideas, and strategize on the dollar amount for funding future NWR Live Your Dream Awards.



Dream It, Be It: Part 1 Begin this super-sized two-hour session lead by our Region

2-Hour DIBI event!

Dream It Be It committee, where we'll demonstrate full sessions of the DIBI curriculum in a 4-D theater-in-the-round experience, with a cookie intermission.

Thriving Through Change: Navigating change is crucial for our organization's success. This presentation by Official Visitor SIA Director Susan Gilbey explores how to thrive in the face of evolving circumstances, drawing on insights from person experience(s) and individual change management principles. So essential, we're offering this workshop twice on Saturday!



• Session 2 •

"Say YES to the Stress!" You'll have fun and laugh from start to finish in Sharon Lacey's workshop! The session includes a variety of activities to improve communication, help participants work together and get to know and trust each other. Sharon creates a low-stress atmosphere where everyone can relax and learn the skills of creative problem solving, listening, and group trust.

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Dream It, Be It: Part 2 After the cookie intermission, finish this super-sized two-hour session lead by our Region Dream It Be It committee, where we'll demonstrate full sessions of the DIBI curriculum in a 4-D theater-in-the-round experience.

2-Hour DIBI event!

Thriving Through Change: Navigating change is crucial for our organization's success. This presentation by Official Visitor SIA Director Susan Gilbey explores how to thrive in the face of evolving circumstances, drawing on insights from person experience(s) and individual change management principles. So essential, we're offering this workshop twice on Saturday!

One of two
chances!



Marketplace Information

The Marketplace is a one-hour shopping spree. A wonderful opportunity for a club fundraiser or for a member-owned business.

WHEN:	Friday evening
WHERE:	McKenzie Ballroom
SET-UP:	4:30 pm
TIME:	5:00 – 6:00 pm
COST:	\$50 for Clubs; \$100 Member Business
RESERVATION DEADLINE:	March 25



Please note there will be no electrical outlets available in the Marketplace area.

Guidelines:

1. No non-commercially packaged food products, nutritional supplements, cosmetic or skin items may be sold. All items must be properly sealed and labeled by the manufacturer and include the manufacturer's name and business location.
2. Open food or beverage items not supplied and/or prepared by the hotel are not allowed.
3. All Soroptimist items for sale bearing the Soroptimist name or logo must have completed the proper [SIA licensing approval process](#) prior to region conference. See branding for additional information.

Reserve your table today via Zeffy!

<https://bit.ly/3Qv2Hcx>

Click This Link

-OR-



Scan this QR Code

Volunteer Opportunities!



Join our Region Conference Volunteer Team!

Opportunities include session hosts, buffet line monitors, activity assistants, and more!

A variety of skills and time commitments are needed throughout the conference.

Contact Conference Chair Carolynn Kaetterhenry at

(360) 320-1663 or conferencechair@soroptimistnwr.org with your name and contact information if you would like to join our team or check the box on Zeffy!

We will be in contact with more details closer to our meeting date.

Conference Service Projects

EMPOWERMENT THROUGH SPORTS
SERVICE PROJECT
FRIDAY EVENING
APRIL 25 • 2025

KIDSPORTS

Donations can be made one of three ways:

Make checks payable to Emerald Kidsports

Bring your checks to Region Conference on
Friday evening.

OR

Mail your checks to Emerald Kidsports
2054 Amazon Parkway
Eugene, OR 97405

Online donations can be made at www.kidsports.org/donate/





Saturday's Service Project

Investing in Dreams Through Literacy

Books for Bothy Cottage

Located in Lane County, Oregon, Sponsors, Inc., a 501 (c) 3 organization, was founded in 1973 by a group of passionate volunteers and community activists.

Their mission was to sponsor young women and men exiting the Oregon State Correctional Institution and assist them in re-entry into the community. Sponsors, Inc., philosophy is rooted in the belief that people can and do change, and that each and every person is deserving of a second chance at life.



Bothy Cottage is a unique property designed specifically for mothers in transition to live with their children and is located on the campus along with parenting classes, support groups and more.

**Please join us in updating the Bothy Cottage library.
They are requesting children's books as well as young adult.**

Celebration of Life Form

Form and Photos Due by March 25

If any of your current or former Soroptimist members passed away since April 1, 2024, and were not included in last year's program, please send the following information to be included in our *Celebration of Life* on Sunday morning, April 27.

- ❖ Select two photos of each deceased member.
 - #1 depicts their legacy of service to the club. Perhaps a favorite project or social event.
 - #2 should be an individual picture of the deceased member.
- ❖ Scan your photo into a digital JPG format of at least 300 dpi or higher.
- ❖ Please include text that clearly identifies the appropriate person. May be B&W or color.
- ❖ If photo is not available, the name of the member and the club will be included in the video.

By March 25 email this form with your digital photos to Helene Jensen at hejensen1962@gmail.com and include the words **Soroptimist Celebration of Life** in the subject line. Questions: call Helene Jensen at 360.340.5064 or email.

Please type or print the following information clearly.

Soroptimist International of _____

Contact Person: _____ Contact Phone: _____

Deceased Member's Name	# Years of Membership	Past President	Charter Member	Region Officer*	Federation Officer*	SI Officer*

Contact email: _____

*Please list offices held by the Member

Conference Sponsorship Opportunities

Author your “Sponsor-bility” Story

Take a step into our Northwestern Region Conference library. With your sponsorship, you can enjoy and explore a variety of page-turning benefits. Your generous contributions will help to enhance the conference experience and defray costs.



The Publishers \$1,000+

Governor’s Reception
Conference Sponsor Recognition – podium,
table tents, workshops
Marketplace Table
Friday Lunch Seating
Live Your Dream Luncheon Seating
Saturday Dinner Seating
Half Page Ad in Conference Program

The Editors \$500 - \$999

Podium Sponsor Recognition
Marketplace Table
Friday Lunch Seating
Live Your Dream Luncheon Seating
Quarter Page Ad in Conference Program



The Storytellers \$250 - \$499

Podium Sponsor Recognition
Business Card Ad in Conference Program

*Every purchased sponsorship will be entered into a drawing for
2 Early-Bird Conference Registrations for Montana 2026**

**Certificate may not be used for mandatory Registration fee*

Program Kudos & Advertisements

**Two simple steps to submit your advertisement
or kudos:**

1. Pay on Zeffy
2. Send ad artwork or kudos, specify for which
Program, by email to
secretary@soroptimistnwr.org no later than
March 25.

Advertise your club or business in our Region Conference Program

Price	Size
\$35	Business Card (Canva template: "Business Card")
\$60	Quarter page (Canva template: "Flyers" or "Postcard")
\$75	Half page (Canva template: "Flyers" or "Dinner Party Invitation")

We highly recommend Canva to create your camera-ready ad in a downloaded .png format, reach out to secretary@soroptimistnwr.org with questions!

Send your Kudos for someone special – show appreciation for your club members, a special project, supporter, award recipient, or events in the Region Conference Program or Live Your Dream Program.

Price	Size
\$5	150-character limit

Example Kudos (95 characters: "Congratulations SI Soroptimist Club Member Sally Soroptimist for 50 years of service!")

Region Fundraising

NIKE BY YOU



Emphasizes the creative control that the consumers have over **designing custom sneakers**.

At our Friday night Tailgate, we are going to cap off our day of **Empowerment through Sports** with a chance to win a **\$150 gift certificate** towards the purchase of designing your very own sneaker!



Proceeds go to fund the Region Live Your Dream Award



Northwestern Region Collectibles



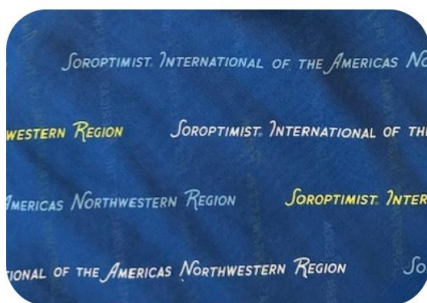
*Book Pin
\$10



*Donate
any amount!

*NWR Scarf
Was \$60
Now \$30

50% OFF



*Proceeds fund the
Region
Live Your Dream
Award



Back by popular demand!

Saturday Night
April 26, 2025

SILENT AUCTION

All money raised from your donated
auction item helps fund our Region awards!



Please email item information to Wanda Costi at
RegionSiteCoordinator@soroptimistnwr.org

on or before March 25, 2025

See next page for details.

Investing in Dreams Silent Auction Fundraiser

Donation Fillable Form

Auction: Saturday, April 26, 2025 5:30 pm

Item or Experience Name/Title for Bid Sheet	
Item Value	\$
Donor Name	
Donor Club Name	
Donor Contact Information (email or phone#)	
Description	

Complete and send this fillable form to Wanda Costi by March 25th:

RegionSiteCoordinator@soroptimistnwr.org

Bring your auction item to registration when you pick up your Conference packet

WHO IS A FIRST TIMER?



A "first timer" could be you!

A "first timer" is a member who has not previously
attended a Region conference!

FIRST TIMER PERKS:

Move to the front of the line! All lines! Buffet lines, Bar lines, and most
importantly, RESTROOM lines! If there is a line, you move to the front!

First Timer breakfast reception with your Region board!

Special recognition throughout the conference!

New friendships!

Exposure to Soroptimist as a Region!

See "Bob's Rules" in action!

Meet the Ritz Bits!

Photo Opportunities Abound!



Nominating Committee Candidates

District 1	No candidate(s)
District 2	Pam Banning
District 3	No candidate(s)
District 4	No candidate(s)

There were no nominations received from District 1, 3, or 4, to the Nominating Committee. **If you wish to be nominated from the floor during the Friday Morning Business Session**, to be eligible for election, candidates must be regular members in good standing (see relevant Bylaws excerpt below). Nominations may be made from the floor during the Friday morning business session by delegates within a candidate's district. After nomination, candidates must distribute enough copies of their resumes to the delegates within their district.

NWR Bylaws Article VI Nomination and Elections

Section 6.1 Nominations

- a. *The Nominating Committee shall secure the nominations of one or more candidates from each district for the region Nominating Committee to be elected in odd-numbered years. To be eligible for nominating, members must be regular members in good standing with their clubs.*
- b. *Candidates for the Nominating Committee or district offices may be nominated by clubs within the individual district or by a member of the region board.*
- c. *The committee shall function according to the guidelines and timelines established in the region bylaws, standing rules, and procedures. The committee chair shall send the final committee report to the region secretary for inclusion in the call to conference. Only the Nominating Committee shall provide nominees' names and qualifications to the clubs of the region.*
- d. *Nominations may be made from the floor at the time the Nominating Committee gives its report.*

NWR Standing Rules

A. Districts

1. e. 1. *On-line club members can be nominated and hold office in the District in which the club member resides according to their physical address, regardless of the District the On-line club is assigned to.*

Candidate Resume



Pam Banning, SI of Cascadia Online

District # 2 Position Nominating Committee

Email: pam.banning@sicascadia.org ; pamazoa@gmail.com

Business Experience/Background:

Bachelor of Science degrees in Biology and Medical Technology

Trained as a Medical Lab Technology; Certified as a Project Manager

After sixteen years in hospital laboratories settings, moved to information technology department supporting laboratory computer systems. Serving clients around the US and Canada in specialty semantic coding for computer operability

Soroptimist Experience: *(Club, Area/District/Region, Federation, International; include years of membership, years of presidency, committee work, etc.)*

2010-2022 Member of SI Lake Oswego/West Linn (12 years)

Served as secretary 2 yrs, treasurer 2 yrs, club president 2 yrs, fundraising member 12 yrs, Live Your Dream Award chair 3 yrs, Dream It*Be It club leader 2 yrs

District Nominating Committee Rep 2022

2022-2024 Member of SI Cascadia Online

President Elect 2024

Personal Statement:

I believe in the mission of Soroptimist International and gain personal satisfaction at helping women and girls at all levels. Many friends have been made along with memories in the last 14 years while serving in club and district functions. I look forward to future endeavors in helping Soroptimist members reach their potential by serving at district level positions. Life is what we make it. There will always be challenges; it's important to be in the present and find the positive.

Soroptimist International of the Americas, Inc.

Northwestern Region



Our Mission Statement

Soroptimist is a global volunteer organization that provides women and girls with access to the education and training they need to achieve economic empowerment.



[Soroptimist.org](https://soroptimist.org)

[Soroptimistnwr.org](https://soroptimistnwr.org)

