



Soroptimist International of Manchester
1926 - 2016

PRESIDENT

Rosemarie Marginson

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Dear Club Members,

I hope you have all found your summer break enjoyable and re-vitalising. But July and August have been hectic for me – full of family visits, all of which were enjoyable though somewhat exhausting. Fitting activities and mealtimes around the routine of a very active 16 months old great grandson who insists on trying to feed himself with mixed success is decidedly testing. The weather was kind and one has been able to get out and enjoy the lovely Anglesey countryside.



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**THE HELEN LATTO SOROPTIMIST PRIZE**

On the 24<sup>th</sup> June, the President and I were invited to the Annual Prize giving of the Junior Royal Northern College of Music. This is always a pleasant afternoon with all the prize winners present and the various donors invited to make the presentations. The students, aged 10-18 years host each table for tea and cakes and we have the opportunity to speak with our winners.

This year the Soroptimist Prize was shared by two singers, a soprano and an alto; charming young women with unusual names, Angelina Dorlin-Barlow and Cerefinia Penny. Cerefinia is half Paraguyan and told me that her name is often given in Paraguay. We have received thank-you letters from each of them, along with their hopes for the future. Both wish to pursue careers as professional singers. As Angelina has written "It is incredible to be surrounded by like-minded, dedicated youth with such great passion for music."

It is not an easy profession but we wish that their hopes are fulfilled.

***Yvonne Mullen***



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Once again we are grateful to our website team of President Rose and Pat for the following three articles.

NEW MEMBER INDUCTION

At our June meeting, Caroline Georgiou was welcomed to the club and presented with her badge by President Rosemarie.



JULY SPEAKER



It was a pleasure to have Dr Jane Molloy, Clinical Lead for the Greater Manchester Stroke Service, as a speaker at our July meeting. She explained the FAST test, what to watch out for in a stroke and that early diagnosis is paramount. The progress in treatment over the last 20 years or so has been amazing and now includes clot retrieval. As an organisation

we are very good at helping others but sometimes it is good to have advice on taking care of ourselves, particularly as strokes can affect any age group

DIVAS UP NORTH

President Rosemarie and President Elect Barbara enjoyed their second experience of being interviewed by Dena from Divas Up North on Salford City Radio. Divas Up North is a weekly show aimed at women in the North West and presented by women in the North West. Rosemarie and Barbara spoke about Soroptimist International of Great Britain and Ireland and about what we do as a club – including promotion of our Charity Lunch on 23rd July at Swinton Golf Club.



CHARITY LADIES LUNCHEON



The Ladies Charity Luncheon at

Swinton Park Golf Club on Sunday, 23rd July, was a complete sell-out, when 121 people enjoyed a most successful and financially rewarding afternoon. President Rosemarie had planned and organised with great precision a varied range of demonstrations and stalls, reflecting the theme of Wellness, Health and Beauty. Physiotherapy, manicures, hair and makeup demonstrations were alongside stalls selling handbags, jewellery and much more.

Regional President Margaret and members from Ashton, Bolton, Burnley, Crosby and Leigh generously supported us, alongside family and friends of club members, especially a huge circle of our President's personal contacts. We were greeted with a glass of bucks fizz, followed by a delicious and well-presented lunch. Mid-afternoon the tea and cake provided a welcome interval. The guest speaker, Wendy, a life coach, gave a light hearted message of positivity. The raffle was a great success with fantastic support from all present.

Act4 Africa and our own Manchester club stand were an excellent way of raising the Club's profile - Barbara and Susan providing educational input in their respective roles. The event raised the tremendous sum of £2,034 for club charities - an amazing success. The personal efforts of Rosemarie are greatly appreciated as well as the photographic skills of John. Well done!

Rosemary Steven



ARCHIVE CORNER CONTINUED - DR DORA SUTCLIFFE-LEAN

Dora was a charming, quiet member. She was a qualified osteopath, a founder member and ultimately an Honorary Member of our Club. Her quietness disguised a lovely sense of humour. Although she never held office, she was a dedicated, regular attendee, only missing a meeting for professional commitments. I doubt she ever missed a Soroptimist Conference, national or international, and wherever she travelled there would always be a patient for her to treat. For many years she lived in Southport and often "could not find her train ticket". But as she was so well known to the ticket collectors, they just waved her through!

Dora practised into her eighties but due to failing health in her nineties moved to live near to her daughter and family in Buckinghamshire.

Yvonne Mullen



PARTYING IN THE PARK

Saturday, July 15th, started dull, drizzly and not particularly warm so spending the day in a park was not really an attractive prospect! Nevertheless, several hardy members of SI Manchester arrived bright and early to set up our stall in Victoria Park, Stretford, for the Picnic in the Park, organised by the Park's Friends Group.



We learnt that "pop up" gazebos are not as easy to set up as they sound and that trying to set up the SI Manchester pop up banner in a strong breeze is a bit of a challenge, but we think the stall looked pretty good in the end.



We attended the event as part of our Growth Plan initiative to get out in the community, raise awareness of Soroptimism and attract new members. We chatted to a wide variety of people, young and old, male and female – many were simply intrigued by the name and wanted to know what it meant, others were

genuinely interested in the work that we do. Two young ladies, aged around 15 or so, wanted to know all about us so that they could impress their teachers! We also made a useful link with Stretford WI and hope that we will be able to meet up with them soon.

The Friends of Victoria Park did a great job with the organisation of this event. The weather cleared up in the afternoon, the crowds gathered and the music played – folk, reggae, rock. Unfortunately, we had to leave before the end as we didn't have enough people to look after the stall for the whole day, but we still had time for some fun!



Barbara Blaber



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## STRAWBERRY AFTERNOON TEA

Thanks to Yvonne we had a lovely afternoon at her house for the Strawberry Tea. The weather wasn't as kind as in previous years but many of us braved the chilly, cloudy weather to sit outside until the rain started; David and John quickly dismantling the gazebo before it became too wet. We had plenty of cakes and other produce to sell and, of course, there was the inevitable raffle. The £350 raised will be donated to St. Anne's Hospice.

**President Rosemarie**



## BUREAUCRACY GONE MAD



In every family there's one who does the routine jobs, and in our family that's me. One of my jobs is to organise prescriptions so that we have enough pills to keep us going while we're in Italy on our annual visit to the family. (I've just realised that I've been doing this for the best part of a quarter of a century!!) And it's an annual irritation. You see, over the years I've come to realise that the "prescription lady" at our practice has difficulty understanding our need to take pills with us to last through our two-month holiday. A normal request via the pharmacist always results in a refusal to provide more than a one-month script, followed by endless phone calls to the aforesaid prescription lady to ask for her help.

Take this year, for example. Ever optimistic, I started in good time and phoned the prescription lady on August 10<sup>th</sup>, explaining that we were due to go away and would need enough pills for the two months of the holiday, plus one week afterwards (because it always takes a week from putting in the request at the pharmacy to the pills being dispensed). She was most friendly, said she understood perfectly, and since I'd explained the reason for the request she was happy to send whatever we needed. Just take the script to the pharmacy with a note of whatever we would need and she'd do the rest. So that's what I did.

I started with Mario's list. He'll be away for 61 days, then home for another seven before he can receive his next supply, i.e he'll need 68 day's worth of pills. Straightforward – yes? Actually - no. You see, pharmaceutical companies provide pills (mostly) in packs of 28. Do the arithmetic.  $28 \times 2 = 56$ , not enough,  $28 \times 3 = 84$ , more than enough. At 28 pills per month that means 3 packs, the equivalent of 3 month's prescriptions. The prescription lady was not impressed with that. During this battle I had sent a similar request in for my own medication, and by now I was beginning to wonder whether I'd have the same problem as Mario. Not so!! Can you believe that all my pills, sufficient for 2 months and 1 week, were ready and waiting for me to collect? No hassle, no aggro, just a straightforward transaction!

It's now August 22<sup>nd</sup> and I've been to see my friend the pharmacist again. A solution is in sight. He has managed to convince the prescription lady that sooner or later (ie, if he lives long enough) Mario really will need all the pills requested, so they won't be wasted, and that it would be unkind and impractical to require him to return to Macclesfield from Italy to collect his prescription. She has agreed, bless her, and I can pick up the first on August 25<sup>th</sup>. And the others on 29<sup>th</sup> and 30<sup>th</sup>! I hope it's true.



Sometimes it seems as if it's hardly worth the hassle. Five visits to the pharmacy and a couple of phone calls simply to get the prescriptions ordered. Even then I would have to wait until the last minute and collect them all on 30<sup>th</sup>, or alternatively make three visits to collect them individually. Something like this happens to us every time we go away! I'm taking pills to control my blood pressure and I'm willing to bet that I need them more than ever after one of these encounters!

**Barbara Valcaccia**

## PROUD MOMENT FOR THE LGBT+ CENTRE

On 15<sup>th</sup> August The LGBT+ Centre was announced as the winner of Best Community Space in the Spirit of Manchester Awards. Fighting off stiff competition from 12 other nominees the public vote was in favour of this marvellous place, which I manage. The LGBT+ Centre supports lesbian, gay, bisexual and trans people, as well as their friends, families and allies from Manchester and beyond. It is a safe haven and a hidden gem in Manchester's social and political history! Staff and volunteers will celebrate at the Spirit of Manchester Award's ceremony on October 5<sup>th</sup>. For more information please see

[www.manchestercommunitycentral.org/spirit-of-manchester](http://www.manchestercommunitycentral.org/spirit-of-manchester) For more information about The LGBT+ Centre please visit [www.theproudtrust.org/lgbt-centre/](http://www.theproudtrust.org/lgbt-centre/)

**Ali Hanbury (Linked Member)**



**SAPPHORMATION 2017: 'AGAINST THE GRAIN'**



The Empowerment People, The Proud Trust and Young Women's Health Project are presenting this festival for women who love women – **11<sup>th</sup> - 12<sup>th</sup> November 2017.**

The Sapphormation Festival will take place in Manchester over the weekend of 11-12th Nov. Now in its 5th year the festival is a celebration event for women who love women, not only in a lesbian and bisexual context, but also in sisterhood. The festival takes place at LGBT Centre, 49-51 Sidney Street, M1 7HB and is largely free of cost. The Saturday is full of workshops and discussions and the Sunday is dedicated to a 4-course sit down meal and lecture-type input, for which we hope to have Dr Nieve Moore from Edinburgh University. The meal costs about £20.

I have been volunteering at the event since it started and trying to get a good variety of women involved. I hope you can make it. The web address is : [www.sapphormation.com](http://www.sapphormation.com)

**Sally Carr**



**THE BRAS ARE FINALLY ON THEIR WAY TO AFRICA!**

I'm pleased to report that a 'boot full of bras', via a couple of supermarket trolleys, have now been delivered to Oxfam for shipment to Africa!

In true African 'Just About In Time' style, Swinton Oxfam closed their doors for the refit as we left!



**ZAMBIA PROJECTS 2017**

After 15 months enjoying the retired life, enjoying my Soroptimism, even contemplating adopting a dog, two projects in Zambia materialised! The main project was to set up the systems for a recently acquired body shop, but an upgrade of the dealership systems was also planned.

The work was 'challenging' to say the least as I attempted to train an insecure 'control freak', an ex-shareholder of the newly acquired business, who was also vastly overpaid! It took 8 weeks rather than 3, I was declared a bully and a tyrant, but we did part friends.....I have a beautiful sari to prove it!?! Thankfully I was living with the MD and her husband and enjoyed true African hospitality in the company of friends old and new.



The View "When Working From Home"



De-stressing

## SSSSH – SUE'S SPONSORED SHEDDING OF STONES FOR HEAL



Apologies if this is a tad egotistical, but I tell it as evidence of promoting Soroptimism at every available opportunity.....

It is no secret that I have been following the 'Slimming World Food Optimising Plan' since last October, and, I must say that it has not been difficult! Even in Zambia, several of the 'family' were following the plan, and I returned 8 pounds lighter after 12 weeks, despite the hospitality!

This week I learned that my fellow group members had nominated me for their 'Woman of the Year' award. I had to give a short presentation of 'My Story So Far' including 'before' photos and clothes!

The experience was overwhelming, not a dry eye in the house! Of course, as one of 'things that keep me focused' I mentioned Soroptimist International Manchester's fund raising for the HEAL project and the friends sponsoring me for each stone that I shed.....several women declared an interest in Soroptimism and one member insisted on adding £20 to the 'SSSSH Pot'!

For the record, I have now shed a total of 4 stone 9 pounds and 'SSSSH Pot' has £250 pledged!

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KEEP YOUR MOBILE PHONE SAFE

Do you know about IMEI numbers for your mobile phones? If you do, read no further but they are essential to know if you lose or have your mobile stolen. **IMEI means** International Mobile Equipment Identity. **IMEI** is the unique serial **number** of every GSM mobile cell phone. The **IMEI number** is used by networks to identify valid phones and block stolen or blacklisted phones from accessing the network.



To find your IMEI No, type the following into your mobile phone. *#06#
Now write it down somewhere safe - ie NOT in your mobile!

Maureen Heywood

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### SIGBI BENEVOLENT FUND: QUIZ

How much do you know about the Benevolent Fund to which we all contribute?

1. When was the Benevolent Fund started?
  - 1939
  - 1942
  - 1947
2. Which clubs proposed and seconded its formation?
3. How is it funded? (tick all you think are correct)
  - Capitation Fee levied on members
  - Donation
  - Legacies
  - Gift Aid
  - Other
4. What countries are covered by the fund?
5. How long do you have to have been a member for before you can be eligible for consideration?
6. Do you have to be unemployed or retired to be eligible?
7. Can applications be considered on behalf of former members?

8. Are applications means tested?
9. Can grants be made on (tick all you think are correct):
  - a one off basis?
  - an ongoing basis?
10. How do members apply to the fund?

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MEMBERSHIP NEWS

Greetings to those Members each of whom celebrates her birthday in the next couple of months.



Rose Marginson	5 th September	Rosemary Steven	2 nd November
Barbara Valcaccia	22 nd September	Val Moss	5 th November
Catherine Dickinson	25 th September	Shena Cuttle	8 th November
Barbara Blaber	30 th September	Margorzata Kmita	9 th November
Margaret Cropper	14 th October	Yvonne Mullen	17 th November
Fiona Spencer	25 th October	Sue Underwood	17 th November

DIARY DATES

Saturday,	16 th Sept	- Regional Meeting at Leigh Sports Centre
		- PAC 10am for 10:30am, followed by Council Meeting (AGM)
Saturday,	7 th Oct	- Friendship Evening - details later.
Thursday,	26 th -29 th Oct	- SIGBI Conference, Cardiff
Saturday,	25 th Nov	- Regional Meeting at Leigh Sports Centre
		- PAC 10am for 10:30am, followed by Council Meeting
Saturday,	9 th Dec	- International Evening – details later

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**STOP PRESS**

Val is attending her Mentor Training for The Girls' Network charity on September 5th and will write about it in the next edition of this publication.

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Christmas Greetings in Lieu of Cards

Those who wish to send greetings via the December Newsletter (and make a donation to Club Charities) are asked to have their messages ready for the November Meeting.

Many thanks to all those Members who have supplied articles and photographs for this Newsletter.

Copy for the next edition of the Newsletter by 18th November, please. Personal anecdotes are always welcome.

Kathleen Beavis
Maureen Heywood