

President: **Rosemary Steven**

Issue No 72
Winter 2019



Dear Club Members,

Welcome to a single season edition of your Newsletter! We certainly have a wide variety of articles for your perusal. Remember that our website and Facebook page have to be tailored for 'the world' BUT this is YOUR Club publication.....So, if you like the style, then keep the articles coming.....if you don't, then send me material that you would like to share with members!

Sue Underwood

President Rosemary, Malgorzata & Hilaria Visit S.I. Essen



On Friday 18th October Malgorzata, our friendship link co-ordinator, Hilaria, one of our new members, and I left very early in the morning to fly to Dusseldorf airport and then to travel to Essen in response to the extremely kind invitation from S.I. Essen Victoria, one of our friendship link clubs, to visit and gain a greater understanding of their club and insight into the history and redevelopment of Essen today.

We were met by Anne-Dore who had patiently waited for our arrival as a morning storm resulted in our very scary flight arriving an hour and a half late! We travelled to Essen and met at lunchtime in a traditional café in the centre of Essen many club members whose warmth of welcome was amazing. We then had a

fantastic guided tour led by Michaela, a club member and Lutheran Minister, of the centre of Essen visiting the magnificent abbey and learning of the key role powerful women had for many centuries played in its history. The evening was spent in a brewery and beer kellar with even more Soroptimist sisters meeting us. On Saturday morning our new friends had arranged a three hour bus tour of Essen and the surrounding beautiful countryside I particularly enjoyed seeing the preserved coal mine retained as a memorial to the importance of coal mining in the area, and to see the magnificent mansion of the Krupp family. We were then taken to the home of Friderika who had very kindly prepared a delicious lunch. We then visited the home of Elisabeth who gave an extremely interesting talk and insight into the history of the famous Krupp dynasty and the roll of its strong and philanthropic female members, and then we were taken on a conducted tour of the historic model village managed today by the Krupp Foundation.



In the evening we were invited to a wonderful restaurant where we met even more Soroptimist sisters, at which President Dorothee spoke eloquently of the club activities and presented us with a gift. We not only had a fabulous dinner but had a most enjoyable evening. On Sunday morning we visited the inspiring Synagogue of Essen, now a museum and educational centre dedicated to all aspects of Jewish life. We then travelled into the countryside where we enjoyed another traditional lunch before we said our goodbyes and departed for our evening flight.

The warmth, generosity and true friendship we received was overwhelming and we have some wonderful memories. Grateful thanks to the organising committee who co-ordinated the programme, transport and social events, a reciprocal invitation is a must. We wish newly installed President Nadja and all our new friends best wishes for their new year.

President Rosemary

Malgorzata adds...

We received a wonderful welcome to Essen and at one of the meetings in Frederika's home during lunch I was asked to share a story of my Father's life during the World War 2.

My Father worked in the mines near Essen/Oberhausen, where he was sent in 1942 to do compulsory labour. This was very hard work in the mines and people only received two bowls of watery soup a day. Many did not survive. However my Father was lucky, a German Supervisor fed my father bread, ham and cheese and his wife prepared these sandwiches for my Father over a substantial period of time. They risked their lives doing this. I shared this story with my son, Peter who said that even in the harshest of ideologies such as Facism, human values can win. Some People risked life to help others.

I was very glad to be able to share this story in Essen and I understand that Anne-Dore and Michaela, the Lutheran Minister may try to 'Find a Family' of that man who helped my Father survive doing harsh labour at the age of 16-17. We had such lovely and warm reception In Essen in 2019. Who would have thought about it in the 1940s? Times and people can change. Life goes on and memories shape us all. One can find light in the darkest moments in our European history.

Thank you Women of SI Essen Victoria.

Malgorzata Kmita

& Dorothee replies to 'We returned safely' email

Dear Malgorzata, good to read that all of you returned safely.

All the club sisters of Essen Victoria enjoyed your visit very much. We loved to show a little bit of Essen to you. Even more important we had very interesting conversations, which I hope we can continue in the future.

Now each of us is going back to "normal life", but at least in Essen there are remaining really wonderful memories of your visit.

I hope we shall meet again quite soon, wherever. Herzliche Grüße to you (and of course to Rosemary and Hilaria)

Dr. Dorothee Garms

Regional New Members Lunch

It was a pleasure to attend the biannual Regional New Members lunch . I attended with 8 of the 10 new members from our club who have joined over the past 2 years and a friend of Shaneela's who was staying with her for the weekend . Everyone seemed to enjoy the afternoon and the lovely touch of a rose , given to every new member by our then Regional President , our own Sue Underwood .



.....Catherine.....Hilaria.....Sue Harris.....Fii.....Liz.....Sophie.....Lillian.....Shaneela.....

Hilaria asked could she say something on behalf of the new members . She thanked everyone for the lovely welcome extended to the new members and said how much they had enjoyed the afternoon. It was a great success.

Rose Marginson

As Regional President hosting the event, I was so proud to see so many new members for Manchester – we must be doing something right!

SLR IPP Sue (or should I have typed 'South Lancashire Region Immediate Past President Sue'!)

Meet Hilaria Asumu

Hilaria Asumu is the Director of SafeHaus UK, an emergency childcare business based in the UK, providing emergency childcare solutions to parents with young children who struggle to find last-minute care for their children during crisis or breakdown in childcare arrangements. She is also the director and majority partner of SafeHaus-UK Nigeria, a security-conscious concierge business in Nigeria, providing relocation and concierge services with quality thoroughly vetted local staff for Nigerians in diaspora, expatriates/other foreigners visiting or considering investing in Africa.

Hilaria is a very driven and motivated woman who believes in equality and diversity for women and girls especially black women. She mentors and supports BME women who want to set up their own businesses, charities, looking for work experience, job hunting and also acts as an advocate for BME kidney disease patients from early diagnosis to post-transplant support.

After years of working in the private, public and third sectors and learning different skills and acquiring different degrees, she decided to break away and start her own business after a tragic experience that changed her life forever. She set up different businesses and is currently setting up a charity in the UK to support BME renal patients and Nigeria to provide free dialysis treatment at a purpose-built facility in Edo state, Nigeria for low-income earning kidney disease patients.

She's actively involved in various charities and charitable activities in the community, namely 'Home Start', supporting women living with domestic violence, NHS Blood and Transplant, campaigning for BME organ donation, Soroptimist International, working in the community and beyond supporting women and girls and most recently, set up her own charity Warriors, Survivors and Heroes Foundation UK (WS&H Foundation UK).

As an ambassador for organ donation in the black community in the UK, working with the NHS Blood and Transplant Team, she took her campaign to Nigeria in August this year, where the idea for a free dialysis centre was born and the centre is set to be completed by the end of 2020 to cater especially for women and girls.

Hilaria is currently studying for a masters in Employment Law, she has a masters in Human Resource Management, a first degree in Foreign Languages, a degree in Management of Children and Young People and is highly trained in all areas of business. She has received local and international awards recognising her business skills, hardwork and commitment to helping and supporting others within her community. She is married with 2 children, a boy and a girl, who make her proud every day.

Hilaria Asumu



Soo is practising 'Reduce, Reuse and Recycle'

Here are the changes I have made over recent years, it really does all have an impact on how much non-recyclable material goes in my bin each week – every little helps !

REDUCE

Now buy non plastic wrapped greetings cards – many shops do now stock these including John Lewis and Card Factory.

Send Xmas greetings mostly via Facebook

Gift Bags – within the family we reuse these for Xmas and birthdays

Wrapping paper – no glittery ones as these can't be recycled

Xmas Crackers – bought recyclable ones

Experiences as gifts – presence not presents! e.g. concert tickets

Cat food – switched from pouches to cans and foil containers

Milk – switched from plastic to organic milk in glass

Chewable toothpaste tablets

Cotton wool pads and panty liners – switched to washable ones

Tampons – switched to a 'Mooncup'

Shop on foot – greener, plus being little and often more meal planning and less waste.

Take own boxes to butchers and fishmongers (including in the supermarket).

Kitchen roll and Loo roll – switched to non plastic wrapped – delivered by "who gives a crap"

Flannels as wiping clothes wherever possible instead of kitchen roll

Hankies and tea towels instead of tissues and kitchen roll

Washing up – switched from plastic sponge scourers to a durable plastic scrubber (which is sterilised with boiling water) and a pan scrub made from coconut fibre

Buy bread loose from the bakers

Buy oats in paper not plastic

Never use cling film – either an upturned plate or beeswax wrap or sandwich box

Use my Soroptomist Thermal Cup for hot drinks !

Soda stream – on my Xmas list !

Switched to a GREEN tariff with my energy provider

REUSE

Zero – waste shop – use refillables for washing up liquid, liquid soap, clothes detergent, pasta, rice, lentils etc

Take reusable produce bags for fruit and veg

Containers for meat and fish from butchers and fishmongers

Any plastic wrapping which is unavoidable I save for reuse where possible

Rechargeable Batteries

RECYCLE

(As well as the usual paper, cardboard, glass , Plastic type 1 and 2, foil, cans)

“Stretchy Plastic” can go in the plastic bag recycling points at supermarkets

Specialist recycling streams for : disposable contact lens containers – local opticians

Crisp packets and biscuit wrappers – www.teracycle.co.uk

Yoghurt pots – take to a friend in Cheshire where they can recycle these

Offer unwanted items which are not suitable for charity shop on local Facebook freecycle page – eg bubble wrap, large cardboard boxes

Lids – from fizzy drinks and milk containers – in aid of Pathfinder Guidedogs

Used Stamps – many charities will have them – mine go to the Breast Cancer Research Unit at Wythenshawe Hospital's Nightingale Centre.

.....Hopefully this may inspire you to make a few changes too - New ideas would be very welcome

Soo Rose Cook

Report from your Foreign Correspondent - November 2019.

I finally made my move 'up north' in May and transferred to SI Lancaster on June 1st. Although members live in Lancaster, Morecambe, Heysham and various villages nearby, the area covered is nowhere near as big as the spread of Manchester members. Lancaster itself is a bit of a bottleneck with it's one way system but, I am assured, not as bad as it used to be. The Bay Gateway road was built a couple of years ago which is a route from the M6 to Morecambe avoiding Lancaster, and it makes it very easy for me to get to club meetings at the Holiday Inn near to the M6 junction. I can get there in under 15 minutes. Club subscriptions are low at £96 per annum. One reason for this is that no room hire is paid for meetings. The Holiday Inn provides tea, coffee and bottled water at £2 per head with no further charge for the room, which is very good value.

However, it does make for extra administration for the club.

The hotel is notified of the numbers required a few days in advance, apologies must be given in advance (or you are liable for the £2) and the Treasurer collects monies at meetings.

There is an apologies book available and a tick off list for payments at the meetings. Also a folder of flyers for other club's events which is very useful. Reports for the business meetings are emailed to all members in advance, and not presented at length by the officers. This clearly has pros and cons, and I leave you to make up your own mind about it.

Each month there is a business meeting and a speaker meeting at the Holiday Inn and a coffee morning (sometimes evening) at a members home. Friendship evening is different too, there is a charity raffle but it is not a ticketed fundraiser. All members bring an item for the finger buffet and there is an open invitation to other clubs. I attended the Morecambe and Heysham Friendship Evening, along with other Lancaster members, which was held in walking distance of my house enabling me to imbibe. The club has a summer outing and this year it was to Sizergh Castle with lunch beforehand in the local pub.



To celebrate the International Day of Peace an evening event was organised. A delicious meal was prepared by the Global Village Cafe, an organisation that gives refugees training and employment, and a group of refugee violinists provided the entertainment.



In September the Pan Lancashire Anti-Slavery Partnership bus was in Lancaster and members helped to raise awareness with a march from St Thomas Church to the Slavery memorial on the river front, and I enclose a group photograph.

I was able to fill a space which arose for a club member to help once a month editing the talking newspaper for a Lancashire charity for the visually impaired called Galloways. They have spacious premises in Morecambe (with a lovely public cafe called Brew Me Sunshine) where every Thursday afternoon volunteers go through the newly published local papers to pick out

items ready for the Friday recording of the talking newspaper. I am now on this rota once a month along with a fellow Lancaster member, and I usually buy a coffee and a cake in the cafe too!

So far I have attended the regional lunch and one regional council meeting where I met up with a number of familiar faces from my time as South Lancs Regional President. I have also replaced 'do you...?' with 'do we....?' when asking questions about the club, which is as it should be of course.

I look forward to seeing you all at your Charter Dinner on March 7th. All best wishes, Val.

Val Moss

Liz Visits S.I. Accra, Ghana.

Ever since I joined SI Manchester I was convinced there must be a club in Accra , Ghana. However, every time I visited Accra and made enquiries all I got was , Soroptimists, who are they? !

Finally a friend gave me a contact I sent a couple of messages but had no response.

Prior to my visit this year I checked the SIGBI website and found a number for Accra! I called on arrival and a lovely

excited lady, Karen Korsah answered the phone! She is the Vice President. We arranged to meet and had a lovely chat. She spoke to the other members and they invited me to their club meeting which I was happy to attend.

I was invited to say a few words about our Club. They were very interested in the variety of projects we support.

They also informed me about their projects and challenges with fund raising and attracting new members.



Some of their projects :

- 1) Initially provided sanitary products to girls as large numbers were missing school. Decided not sustainable so decided to Supplying Reusable Sanitary Products to the girls school
- 2) Bio Fill Sanitation Project (built 10 seater toilets for a 400 Girls High school that only had 2 toilets!)
- 3) Paediatric Oncology Unit
- 4) Annual Pre-School Vaccination Project in partnership with Public Health
- 5) Library Project
- 6) Annual visits to day nursery to supply Christmas presents
- 7) Another project built showers , urinals and toilets
- 8) Bore holes in villages

The list was impressive !!

I was made to feel very welcome and at home ! And hope on my annual visits to Accra I would be in touch They said they would like to have a friendship link with us in Manchester.

Two of the ladies attended the International Conference in KL !! (*I wish I'd have known! Sue Underwood*)

They have recently launched a new club in Tema, a town near Accra. They look forward to the African Federation!

I had a fabulous time with them and it was great to be with a group of ladies who did not ask me " Soroptimists? Who are they ?"

Elizabeth Aniteye



Susan's Interesting Find

Whilst helping to empty the house of one of our oldest and most respected members, I came across an envelope labelled " List of Charter members". As I thought we had removed all of the immaculately organised Soroptimist papers earlier, I wondered if it was relative to her Nursing Career, but opened it to check. It was, indeed the formal list of Charter Members of S.I. Manchester, dated February 18th 1926.

Reading it shocked and amazed me and set me thinking about what I believed about the history of our membership. I understood, when introduced to the possibility of becoming a Soroptimist, in the 1970's, that it was an organisation for 'Women in the Professions', and indeed, in the top echelons of such. This was borne out by the leaflet I saw , that said "Soroptimist Clubs are classification service clubs for professional and executive business women. They offer the same opportunities for service and for wider personal business contacts that are afforded men by Rotary, Round Table and other men's service clubs". The umpire for the team I played hockey for was a local member, but she was a Headmistress. As I was 'only' a mere Teacher, I felt I was far too lowly to be seriously considered by the process involved, at the time, before you became a member, so I declined.

I met a lady on holiday, in the late 1980's who had been a member for many years and held Senior positions. She talked me through my concerns and I promised her that, although my workload as a P. E. Teacher at the time left me with very little spare time to give to the organisation, when I retired, I would join.

When I had the opportunity to take 'Early Retirement' in the 1990's, she reminded me and I joined my local group. At that time we had our 'category' on our badge i.e. our Profession and there was discussion as to whether I was entitled to have this as I had retired before I joined. As I had agreed to carry on teaching in short-term contracts, it was agreed I could have 'Teacher' on my badge. I was a little overawed by the magnificence of members' 'categories', but eventually, after going to a Regional Meeting, I met other ladies who thought they were 'only' people, like me. Reassured, I listened intently, researched and worked hard and am still a member after 22 years. Don't get me wrong, it was me that was overawed and I have loved the opportunity to work with the wonderful, powerful, women. I just didn't realise that over the years there has been such discrepancy in what Profession, and therefore right to membership, meant.....according to the Oxford English Dictionary a 'Profession' is "an occupation that involves training and a formal qualification"

Not long into the new millennium, Soroptimist International had to address the fact that many of the projects we have done, empowering women, all over the world, inspired the women to want to be one of us and spread our good work and ethics, so set about solving that. There were years of very heated objections, debates and votes, but eventually it was agreed that all women could be considered for membership. So, bearing this in mind, I want to share with you the Professions of the original 43 founding members....also bearing in mind this was 1926, when women were expected to become good wives and mothers and before all women got the vote :

Barrister, Blouse Maker, Dentist, Elocutionist, Engineer, Florist, Garment Manufacturer, Journalist, Lecturer, Librarian, Mental Welfare Worker, Nurses Outfitter, Osteopath, Photographer, Pianist, Principal of Secretarial Training School for Gentlewomen, Printer, Secretary, Singer, Solicitor, Theatrical Costumier, Toy Seller, Typewriter Repairer and Dealer.

Susan Hollick

A Selection of '16 Days of Action Against Domestic Violence – Orange the World'

The 'Butterpillar Project'

The latest part of our Butterpillar sewing project with Manchester Women's Aid is geared towards the 16 days of Action against Domestic Violence .

The women decided that they should make plain aprons . Ladies from the different Refuges then met for the first session to put their ideas on their own apron either by drawing or sewing to represent:

- 1) Being a slave to domestic violence at home ,
- 2) Freedom and Refuge

The photos show some of the women starting and progressing their designs.



Women from the Refuges are expressing their experiences of Domestic Violence, from how they felt, to feelings for the future escape and happiness. We are delighted to be involved in this project. So humbling to meet so many wonderful women who are slowly moving forward with their lives .

The women will showcase their designs at 'Apron Mania' on Wednesday 11th December....here we are modelling the tshirts!

From our Facebook Posts during November



The 'Dead Women Walking March'

Soo and Elaine walked in the **Dead Women Walking March** to remember and represent the women murdered in the U.K. due to Domestic Violence . It takes place on the Sunday nearest International Day for the elimination of Violence against women . It was at the start of '16 days of action against Gender-Based Violence'.



The Pankhurst Centre '173 Handbags'

What a privilege to be involved in the morning at Manchester Women's Aid this week, remembering the 173 who died due to domestic violence over the past year . We had donated some of the handbags and helped display them on the day . A coffee morning followed where we had a chance to talk about the issue and speak to some of the victims of Domestic abuse . The handbags will be filled with nice things for those women .



The Pankhurst Centre 'Dressing Our Emmeline'

We had an early start to dress 'Our Emmeline' before sunrise and to be ready for the morning footfall We are #RisingUp for #16DaysOfAction in #Manchester calling for businesses to do more to support those suffering domestic violence.....

.....& we also took the opportunity to promote Soroptimism!



For the record:

Being on a tram before 7am was definitely a 'Remind me why I'm a Sorooptimist' moment!

The cakes were real and still there at 7.30pm, though they were a bit soggy!

The group photo was taken by a very likely new member, Kiki.....she had been considering the 'W.I.' but was now definitely a Sorooptimist!

Elaine did a marvellous job undressing 'Our Emmeline' in the dark!



DATES FOR YOUR DIARIES

Tuesday,	10 th	Dec 2019	Members' Christmas Party
Wednesday,	11 th	Dec 2019	Apron Mania with the Butterpillar Project.
Saturday,	25 th	Jan 2020	Burns Night Dinner.
Sunday,	2 nd	Feb 2020	Chain Gang Lunch to meet other Presidents etc of the Region.
Saturday,	29 th	Feb 2020	Pancake Party
Saturday,	7 rd	March 2020	Charter Dinner at Swinton Park Golf Club.
Thursday,	23 rd	April 2020	Annual General Meeting. Details to follow.
Saturday,	2 nd	May 2020	Regional Conference in Southport.



Christmas Greetings:

We are grateful to all who, in lieu of cards, have sent their Christmas greetings on the following pages.

The donations will go to our General Charities Account.



Copy for the next edition of the Newsletter by **Sunday, 8th March**, please.

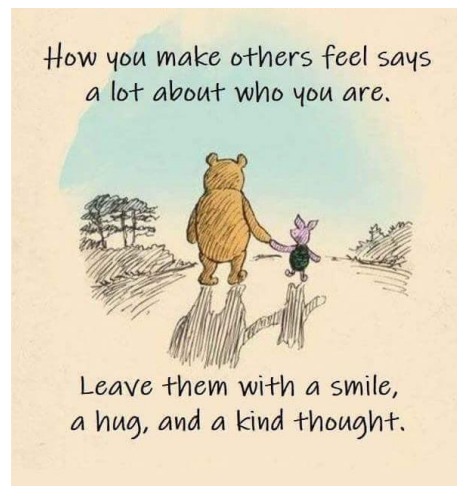
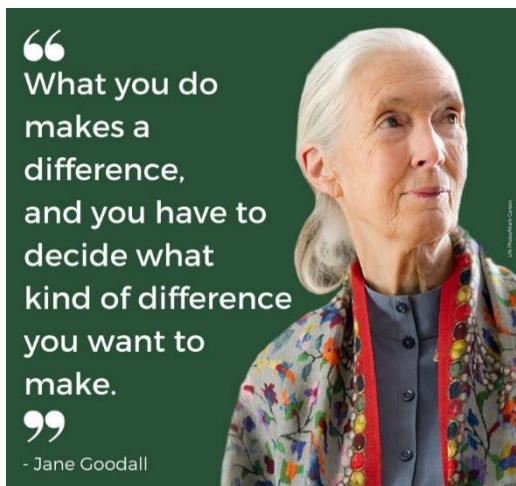
Personal anecdotes always welcome.

Send in your 'Memories of Members' and 'Last Words'

New Members please introduce yourselves!

Sue Underwood

Last Wordsfrom Women, and a bear, who could/should have been Sorooptimists!



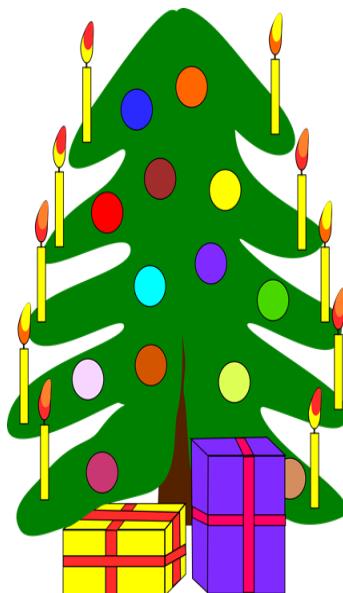


Wishing you a joyful
season at this special time
of year & a happy &
healthy new year
Rosemary & Gus



Wishing all our members a
Very Happy Christmas
and New Year
from
Rose and John

With very best
wishes to you &
yours this festive
season
Barbara & Steve B



A very Happy Christmas
to all Soroptimists and
their families with a
great New Year in 2020
Stella

We wish you joy over the
festive season and health
and happiness for 2020.
In friendship
Fiona, Paul, Alex and
Ciara



Warmest wishes for a
happy Christmas season
and good health for the
New Year
Barry and Shena



Merry Christmas!
Health and happiness to
you and yours in 2020
Sue



Merry Christmas and
Happy New Year to
everyone from your
friend in the north
Val



Happy Christmas & Season's
Greetings to All, especially
our friendship links.
Hoping that 2020 will bring
more Peace and Joy for All.
Malgorzata



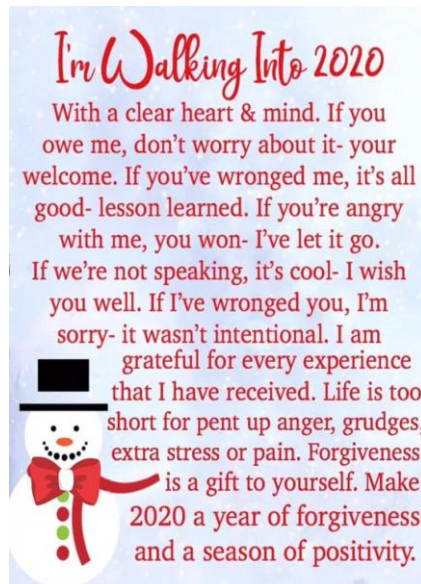
Seasons greetings to all
Soroptimists & their
families
Ann



Wishing All Soroptimists
& Soroptimisters A Very
Merry Christmas and A
Very Happy, Peaceful &
Healthy New Year!
Liz & family



Very Merry Christmas to
you and your families
Love
Susan and David



Peace and Goodwill to
all with best wishes for
a joyful Christmas
Love to all
Kathleen B



Season's Greetings to all
my Soroptimist friends
from
Maureen H



Hoping you have a
relaxing and peaceful
Christmas
Elaine



Wishing you all a Happy and
Healthy Season of Goodwill
and a prosperous New Year
Best Wishes from
Sue Harris

