



SOROPTIMIST

Best for Women

**Northeastern Region**  
*Improving the lives of women and girls*

## CALL TO CONFERENCE

**37<sup>th</sup>** CONFERENCE

**April 3, April 4, and April 5, 2009**

The WESTIN Hotel  
Waltham, Mass.

***Together... Growing Forward***

*Pattie Shea, Governor*

*Sara Nichols, Governor-Elect*

*Cheryl Kelly, Conference Chair*

**Northeastern Region**

**1976 - 2009**

Improving the Lives of Women and Girls in  
local communities and throughout the  
world

# Club Responsibilities

<u>Hostess Club</u>	<u>Haverhill</u>	<u>Goodie bags, city welcome</u>
<u>Conference Chair</u>	<u>Cheryl Kelley</u>	<u>Assistance with daily room set up</u>
<u>Protocol</u>	<u>Joann Blake</u>	<u>Advise Governor Joan on Soroptimist Protocol</u>
<u>Registration</u>	<u>Bridgeport/Haverhill</u>	<u>Print badges and open registration table</u>
<u>Credentials</u>	<u>Gr. Providence</u>	<u>Verify credentials and file report with Secretary</u>
<u>Fundraiser</u>	<u>Gr. Hartford</u>	<u>Goal to raise \$1,000 for Laurel Society</u>
<u>Program</u>	<u>Governor-Elect</u>	<u>Sara Nichols Secures Speakers</u>
<u>Luncheon</u>	<u>Waterbury</u>	<u>Print program and provide decorations</u>
<u>Saturday Banquet</u>	<u>Willimantic/Boston</u>	<u>Print program, decorations and banquet entertainment</u>
<u>First Time Attendee / Memorial Service</u>		<u>Director Pam Blass</u>

[All clubs should bring a basket for the raffle to benefit Laurel Society](#)

Tables for the Mini Mall will be available for \$15.00 each.

Business attire for all business meetings.

Dressy for Saturday Banquet.

## President's Checklist:

### PRIOR TO CONFERENCE

- **February 12 - Distribute Call to Conference via email or mail to your members. Post on your club website or members can download from Region website [www.soroptimistner.org](http://www.soroptimistner.org)**
- **March 13- Return following forms to conference chair Cheryl Kelley:**
  - **Delegate credentials form and check for \$135.00 (form attached)**
  - **Personal Registration and Meal Reservation Form and check (form attached)**
  - **Club Fundraiser Registration Form with check –Mini Mall Table( form attached)**
- **March 13 -Return following forms to Pam Blass**
  - **Memorial Tribute Form - form attached**
  - **First Time Attendee form - form attached**
- **March 13 -Return Soroptimist of the Year Nomination Form to Governor Pattie Shea- form attached**
- **March 18 - Prepare a written outline of 6-minute presentation for Region records**  
**Bring your club Banner and all displays of club activities**

## Northeastern Region Spring Conference

Dear Soroptimist Members & Friends,

Our Spring Conference is fast approaching. It is with pride and excitement that I ask every member to join us in Waltham, Massachusetts for this opportunity to celebrate our achievements. Conference Chair Cheryl Kelly has worked hard to make this a very special weekend for you. We have so much to celebrate. This is an exciting time for the Northeastern Region. Come and share the enthusiasm!

On Friday evening, back by popular demand, **Cheryl Roby** will have us Rock our Chakras. The Region Board read your suggestions for Friday night during conference, so this year there will be no business session. This is just a night to socialize and relax. Dinner, cash bar, SIA shopping and dance to achieve balance in our lives. A great way to meet up with friends and meet our new members.

On Saturday, we are fortunate to have as our Official Federation Visitor, **SIA President-Elect Cathy Standiford**. For those of you who attended the Fall Workshop, you had the opportunity to meet Cathy and know what an enthusiastic guest she is. Cathy's speech "Women in Leadership" will be a motivational and informative.

**Fund Development Council Chair Rosemarie Burton** will tell us about exciting plans for fundraising at the Federation level

Our keynote Speaker for Saturday is not to be missed! **Ray Bechard, the founder and director of Ahava Kids** will speak about his mission to rescue and care for young victims of child trafficking, enslavement and exploitation throughout the world.

Saturday afternoon workshops will involve two one-hour focus groups for membership/marketing research for SIA. One session for Presidents and one for first time attendees/new members. These workshops will be facilitated by President-Elect Cathy Standiford.

For those of you not involved in the focus groups, we have a great workshop hosted by our own Kathy McAfee and Kathleen Oyanadel of Farmington Valley, offering self-defense and life saving techniques. More information to follow at conference.

The Waterbury Club has an inspiring luncheon program that will leave our guests with the feeling that joining Soroptimist may be right for them! We will recognize our Women's Opportunity Award Winner, Violet Richardson Award Winner and our Making a Difference for Women Honoree.

The Willimantic Club will host dinner Saturday night. Come and have some laughs. I heard rumor of a Karaoke machine. SIA Idol is not far away!

I hope that you will attend the entire Conference. This is a wonderful opportunity to learn more about Soroptimist International while enjoying the company of members from other clubs. Together we have made achievements. Together we will celebrate and together we will grow forward.

My gratitude to all. Governor Pattie Shea

# Northeastern Region Official Call to Spring Conference 2009

## *Together...Growing Forward*

When: Friday April 3, Saturday April 4, and Sunday April 5, 2009

Where: Westin Waltham Hotel  
Waltham, Massachusetts

Registration: Friday April 3 4:00-6:00 PM  
Saturday April 4 7:00-8:30 AM

Delegates: Three elected delegates or alternates must be regular members. Any alternate elected by the club Board of Directors to fill a vacancy in the club's representation shall present a statement signed by the club secretary showing that she was duly elected, giving the date of such election, and certifying that she is a regular member.

*Delegates must be seated prior to opening of the business session.*

Credentials: Presidents must fill out credential form and mail to Cheryl Kelly.

Voting Body: Northeastern Region Bylaws Section 10: The voting body shall be the members of the region board and the accredited delegates of each attending club in good standing.

Non- Delegates: All Soroptimists and guests are encouraged to attend.

**Registration Fee: \$45.00**

**First Time Attendee \$35.00 registration fee**

**Late Fee: A \$15.00 late fee will be imposed on registrations  
Postmarked later than March 10**

**Club will pay delegate's registration. Each club will pay a \$135 for 3 delegates even  
if they do not attend.**

**Room Reservations: Must be made directly with the Waltham Westin no later than  
March 04 Call 781-290-5600**

**\$109.00 single or double room plus tax**

**Download all forms and get updated information: [www.soroptimistner.org](http://www.soroptimistner.org)**

# Northeastern Region Spring Conference Tentative Agenda

April 3 - April 5, 2009  
Waltham, Massachusetts

Friday April 3, 2009

- 4:00-5:00 PM Pre-Conference Board Meeting
- 4:00-6:00 Registration - Emerson Room  
Mini Mall Open
- 6:00 Social – Dinner, cash bar
- 8:30 Welcome to Conference – *Governor Pattie Shea*  
Welcome by City Official
- 8:45-9:45 **Rock Your Chakras Cheryl Roby**  
An encore presentation to shake off the stress and bring balance into your life by dancing to your own inner rhythm. Dress Comfy.

**Saturday April 4, 2009- CONCORD ROOM**

- 7:00-8:30 AM Buffet Breakfast
- 7:30-8:15 Registration
- 8:30 Opening Ceremonies: Presentation of Colors  
Anthem and Pledge of Allegiance *Conference Chair Cheryl*  
Welcome and Introductions- *Governor Pattie Shea*  
Announcements and Appointment of Reader and Tellers  
Credentials Report  
Reading of Standing Rules *Parliamentarian Joanne Blake*  
Adoption of the Official Program  
Official Correspondence *Secretary Deirdre Green*
- 9:15 AM Recognition of First Time Attendees *Director Pam Blass*  
Appointment of Readers and Tellers
- 9:35 Financial Report *Treasurer Michele Jenks*
- 9:45-10:30 Federation Report *President-Elect Cathy Standiford*
- 10:30- 10:40 Break

- 10:45- 11:30           **Ahava Kids            Director /Founder Ray Beachard**  
Learn about the World's Fastest Growing Crime-  
Child Trafficking and how you can save these children from the  
most horrible abuse imaginable
- 11:30-12:00PM        Club Reports (Waterbury, Farmington Valley, Boston, New  
Haven)
- 12:00-12:15            Fundraising Report-    *Region Chair- Kathy Lang*
- 12:15 -2:15            Awards Luncheon - *Hosted by Gr. Waterbury Club.*  
Member Recognition    *Gov. Pattie Shea*  
Soroptimist of the Year  
Women's Opportunity Award    *Chair Diane Higgins*  
Violet Richardson Award        *Chair Lydia Tedone*  
Making a Difference for Women Award    *Heidi McNamar*  
*Region Program Council Chair*
- 2:30- 4:30            Workshops – room locations TBD
- 2:30 -3:30            Focus Group I - Presidents -
- 2:30 -3:30            Mini Self Defense – Life Saving Techniques- see details.
- 3:30- 4:30            Focus Group II - new members
- 6:00 PM                Social Hour- Cash Bar- Emerson Room  
Mini Mall open
- 7:00                    Dinner / Entertainment    *Hosted by Willimantic Club*
- Sunday April 5, 2009
- 7:15-8:15 AM        Breakfast Buffet – Concord Room  
*Mini Mall Open- Emerson Room*
- 8:30                    Memorial Service                *Director Pam Blass*
- 8:45                    Business Meeting Resumes  
Credentials Report
- 8:55-9:25            Club Reports (Gr. Providence, Bridgeport, Haverhill,  
Willimantic)
- 9:25-9:35            Region Membership Report    Region Chair Joan Merritt
- 9:35-9:55            Fund Development Council Report        *Rosemarie Burton*  
*Fund Development Council Chair*
- 9:55-10:15            Break/check out

10:15-10:25	Region Program Report- <i>Region Chair Heidi McNamar</i>
10:25-11:00	Club Reports (Meriden, CRV, Greater.Hartford)
11:00-11:15	Laurel Society Basket Raffle - <i>Greater. Hartford Club</i>
11:15-12:00PM	Conference Wrap <i>Conference Chair Cheryl Kelly</i> Closing Remarks <i>Governor Pattie Shea</i>
12:00-12:15	Soroptimist Pledge
	Adjournment and Retiring of the Flags
12:30-1:00	Post-Conference Board Meeting- Emerson Room

I pledge allegiance to Soroptimism and to the ideals for which it stands:

The Sincerity of Friendship  
The Joy of Achievement  
The Dignity of Service  
The Integrity of Profession  
The Love of Country

I will put forth my greatest effort to promote,  
uphold and defend these ideals,  
for a larger fellowship in home, in society,  
in business-for Country and for God.

**COMING TOGETHER IS A BEGINNING,  
STAYING TOGETHER IS PROGRESS  
WORKING TOGETHER IS SUCCESS.**

# About our Speakers

## **CATHERINE STANDIFORD**

Catherine Standiford serves on the Board of Directors for Soroptimist International of the Americas, and is the 2008-2009 President Elect. Cathy has been a member of Soroptimist International of Garden Grove, California since 1989, and has held numerous positions of leadership at all levels of the organization, including club President, Desert Coast Region Governor, and Public Relations Liaison for Soroptimist International. Cathy's Soroptimist involvement has taken her around the world from Australia to Africa; and she has attended the Commission on the Status of Women meetings at the United Nations twice as part of the Soroptimist International delegation.

Professionally, Cathy is the Assistant City Manager for the City of Santa Ana, located in Orange County, California. Santa Ana is the 9<sup>th</sup> largest city in the State, serving a population of 353,000. Cathy holds a Bachelor of Arts degree from Whittier College majoring in "Perspectives of Human Behavior," and a Master's degree in Business and Public Administration from the University of California, Irvine.

## ***CHERYL ROBY***

Cheryl retired from her career leading multimillion-dollar technology projects for a major financial services company to pursue her interest in personal transformation and energy healing. Cheryl is a Rieki Master and a graduate of the three-year energy healing program at the Institute of Healing Arts and Sciences. She also holds a Bachelor of Arts degree in Economics from UConn. Her studies of Rieki and other energy healing modalities led her to Kripalu Center in Lenox, Mass., where she fell in love with their DansKinetics classes. She followed this love and completed training as a Kripalu DansKinetics Instructor in 2006. She is the author of the Roby Chart, a colorful graphic of the human body, showing the major organs and the chakras related to them.

The mission of Cheryl's business ROCK YOUR CHAKRAS, is to balance energy and raise consciousness through dance, workshops and individual healing sessions. She offers DansKinetics classes and workshops on a variety of healing subjects. She offers individual energy healing sessions on the mind/body connection.

*To learn more log on to [www.rockyourchakras.com](http://www.rockyourchakras.com)*

# Ahava Kids

Your love is their last best hope

## Raymond Bechard

Raymond Bechard is the Founder and President of Ahava Kids, a 501(c)3, Not-For-Profit human-rights organization dedicated to rescuing and caring for young victims of human trafficking, enslavement and exploitation in the United States and throughout the world.

Beginning his professional career in Public Relations and Marketing, Raymond quickly gravitated toward human rights issues by devoting himself full-time to addressing injustices around the world. He began a consulting firm which supported and advised international charities working to bring safety, opportunity and empowerment to people in need. In his work, Mr. Bechard traveled extensively throughout Europe, the Middle East, the former Soviet Union, Mexico, and Haiti. During his travels, he witnessed multiple cases of young people enslaved in the world of trafficking and the transnational criminals perpetrating these crimes.

Drawing on his diverse experience and desire to help children more directly, Mr. Bechard began Ahava Kids in 2003. His objective is to build a growing coalition of people and organizations across the globe to stand between children and whatever evil they may face; to protect and defend children in order to lift them up to a better, safer life.

Specifically focusing on child trafficking, the world's fastest growing crime, Raymond Bechard has developed the process of *Intervention, Care and Prevention*. This three-step procedure is the most effective method of removing young people from the various dangers of trafficking while giving them the best chance at survival and a decent life.

Recently, Raymond Bechard and Ahava Kids have

- Rescued and cared for at least 20 victims of human trafficking in New England and New York.
- Assisted local, state and Federal investigators with several ongoing human trafficking investigations.
- Opened a 16 bed Safe House facility for young adult victims of human trafficking in the United States.
- Been serving as a member of Connecticut's Domestic Violence in Immigrant Communities Task Force and Testified before Connecticut's Human Trafficking Task Force.
- Traveled to Iraq and other locations in the Middle East to investigate Child Trafficking there.
- Written the book ***UNSPEAKABLE: The Hidden Truth Behind the World's Fastest Growing Crime***, an expose on the international scope of child trafficking and organized crime's involvement.

Raymond lives in Old Saybrook, Connecticut where the offices of Ahava Kids are located. He can be reached at Ray@AhavaKids.org or 860-760-0370.

**Empower Yourself by Attending  
the Women's Self-Defense Workshop**

Saturday, April 4th from 3:00-4:00pm  
Soroptimist Intn'l Northeastern Region - Spring Conference

*"I really should learn to defend myself"* If you've ever thought that or said that to yourself, then now is the time to act! Please join us for this special 1-hour hands-on workshop in Women's Self-Defense on Saturday, April 4th of our SI-NE spring conference in Waltham, MA.

This optional workshop is sponsored by our Soroptimist International Farmington Valley Club and led by two of its members, Kathleen Oyanadel and Kathy McAfee who are both advanced students of Yu's Academy of Martial Arts.

This seminar is intended for women of all ages, shapes and sizes who are interested in learning how to protect themselves. No previous experience is necessary.

- **What you'll learn:** basic techniques to disable your attacker, how and what to yell, how to maintain a mind set that will keep you safe and more...
- **What to wear:** If possible, bring a change of clothing, including warm socks, loose fitting garments, such as sweat pants, long-sleeved t-shirts, yoga apparel or the like.

A suggested minimum donation of \$5 per person for attending this women's self defense workshop will help the SFIV club raise money for a deserving service project! (*cash or checks made out to SIFV please*)

**Space is limited to the first 35 participants to register.** Please reserve your spot by emailing Kathy McAfee at [Kathy@MarketingMotivator@yahoo.com](mailto:Kathy@MarketingMotivator@yahoo.com) (subject line should read: "Reserve my spot for the April 4th Women's Self Defense workshop) or calling (860) 408-0033.



## ***Meal Offerings for Soroptimist Northeastern Region Conference***

---

### ***Friday Dinner***

---

#### ***Taste of Italy Buffet***

*Vine-ripened tomatoes, fresh buffalo mozzarella, basil, balsamic and olive oil  
Caesar salad, foccacia croutons and shave reggiano cheese  
Italian wedding soup      Thin crust three-cheese pizza  
Herb basted chicken breast      Artichoke and mascarpone filled with spinach agnolotti,  
Roasted red pepper coulis      Freshly baked foccacia      Traditional tiramisu  
Flourless sweet ricotta cannolis      Coffee and Tea*

#### ***Saturday Breakfast***

*Chilled Tropicana orange and cranberry juices  
Seasonal fruits and berries  
Assorted cold cereals with skim, 2%, and whole milk  
Fresh baked pastries, breakfast breads, assorted fruit preserves, honey and sweet butter  
Freshly brewed coffee, regular and decaffeinated and assorted teas*

#### ***Saturday Luncheon***

##### ***Choice of:***

***Boston baked scrod***, lemon chive tomato vinaigrette  
*Steamed young red skin potatoes      Seasons best vegetables*  
***Aromatic spice rubbed breast of chicken***, cilantro citrus cream  
*Cardamom infused basmati rice      cumin scented cauliflower  
Baked rustic bread and sweet butter*  
*Dessert      Apple blossom, caramel sauce      Coffee and Tea*

#### ***Saturday Banquet***

*Fresh rolls and sweet butter  
Delicately hand rolled cucumber bundle with baby greens, grilled asparagus and goat  
cheese rosette, tomato vinaigrette*

##### ***Choice of:***

***Basil marinated salmon filet***, vodka lime sauce  
*Oven roasted potatoes      haricot vert*  
***Slow oven braise short ribs***, tomato beef jus  
*Caramelized onion mashed*  
*Dessert      Raspberry mascarpone timble, chocolate sauce      Coffee and Tea*

#### ***Sunday Breakfast***

*Chilled Tropicana orange and cranberry juices  
Seasonal fruits and berries  
Assorted cold cereals with skim, 2%, and whole milk  
Fresh baked pastries, breakfast breads, assorted fruit preserves, honey and sweet butter  
Egg white frittata with spinach, roasted bell peppers, broccoli and asparagus  
Freshly brewed coffee, regular and decaffeinated and assorted teas*

### **General Directions to the Waltham Westin Hotel**

#### **From East**

Take I-95 North to Exit 27A (Totten Pond Road) Go over the bridge and at the first set of lights, turn right onto 3rd Avenue. The hotel will be on the left.

#### **From Boston Logan International Airport**

Follow the signs to the Ted Williams Tunnel then to Interstate 90 West. Continue to Interstate 95/Route 128 North. Exit at 27A (Totten Pond Road). Make a sharp right turn onto 3rd Avenue and the hotel will be on the left.

#### **From West**

Take I-90/Massachusetts Turnpike to Route 95 North. Take Exit 27A (Totten Pond Road). Make a sharp right onto 3rd Avenue and the hotel will be on the left.

#### **From South**

Take Route 84 East to I-90 (Massachusetts Turnpike). Continue to I-95/Route 128 North and take Exit 27A (Totten Pond Road). Make a sharp right turn onto 3rd Avenue and the hotel will be on the left.

## Standing Rules

1. The voting body of the Conference shall be the Northeastern Region Board, the Presidents, the duly accredited Delegates or their alternates.
2. The Official Program and the Agenda shall be the order of the day,
3. All voting delegates must be seated in a designated section of the Conference Hall promptly at the opening of each session.
4. Those Delegates not answering the Roll Call at the beginning of each session, if tardy, shall be detained by the Credential Committee until duly recognized and recorded as voting Delegates for that particular session.
5. On a discussion a member shall rise, be recognized, address the Chair, and state her name and Club clearly.
6. A voting Delegate shall take precedence over an attending member in being recognized.
7. The first Delegate to rise shall be recognized, providing she has not already spoken on the question.
8. A voting Delegate may speak twice only on the same question for two minutes at a time.
9. A Soroptimist who is not a voting Delegate may speak once only on a question, for not more than two minutes.
10. All substantive motions shall be submitted in writing to the Chair on the prescribed form.
11. A voting Delegate may not leave the Conference session when there is a motion on the floor unless given permission by the Chair.